



Methodist Homes of Alabama &
Northwest Florida
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Birmingham, AL 35210
(205) 951-2442

www.methodisthomes.org

Methodist Homes News

A Publication of Methodist Homes of Alabama & Northwest Florida

Methodist Homes Communities

Housing & Health Services

Fair Haven

Birmingham, AL (205) 956-4150

Wesley Place on Honeysuckle

Dothan, AL (334) 792-0921

Wesley Gardens

Montgomery, AL (334) 272-7917

Mathison Retirement Community

Panama City, FL (850) 215-4663

Wesley Haven Villa

Pensacola, FL (850) 434-1035

Haven Our Lady of Peace*

Pensacola, FL (850) 436-5900

Affordable Housing

(Section 8 / Tax Credit)

Wesley Acres & Wesley Acres II

Decatur, AL (256) 355-8281

Wesley Apartments

Anniston, AL (256) 237-4371

The Epworth House

Selma, AL (334) 875-6450

Wesley Glen

Decatur, AL (256) 355-8281

Wesley Park Apartments

Anniston, AL (256) 741-8666

Wesley Scott Place

Pensacola, FL (850) 437-1400

*Joint venture operated by Sacred Heart Health System / Ascension Health.

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DOTHAN

Blessing of the Quilts: Fidget Blankets

Trinity Lutheran Church Dothan Blesses Community

A compassionate group of ladies from Trinity Lutheran Church in Dothan makes and gives away a variety of handmade items around the Dothan community. They make blankets, booties and hats for babies in the hospital. They make hats and backpacks for the homeless. They make blankets and quilts for dialysis patients. But it's the lap quilts and fidget blankets that they make for memory care and nursing home residents that catch our attention. As a provider of assisted living,



rehab, nursing home care, and memory care, Wesley Place on Honeysuckle (Dothan) is proud to connect their handmade gifts to its residents over the last 15 years.

In February 2023, one of the quilting group's founding members, **Barbara Richardson**, decided to make Wesley Place on Honeysuckle her home. Barbara and **Margaret Sizemore** started the quilting group about 18 years ago. Today 18 members meet every other Tuesday crafting their creations with donated fabrics and other objects. The day of our interview, Barbara had just personally completed two new fidget quilts.

"My girlfriend and I started it back 18 years ago, and we had been doing baby quilts, birthing pads, booties and different things," said Barbara. "We've been doing fidget quilts for about 5 years."

(continued on Page 2)

MONTGOMERY

Centenarian Visits School At 100 Days

What better way to celebrate 100 days of school than with a 100-year-old friend! Trinity Presbyterian School in Montgomery invited Wesley Gardens Centenarian **Peggy Holley**, to visit their the kindergarten class and share stories.

Here are some interesting stats in the year that Peggy was born, 1922: She was born in the same year as Betty White and Judy Garland. She was born the same year that water skiing began, the Eskimo Pie was patented, President Warren G. Harding introduced the first radio in the



White House. A postage stamp was 2 cents, a gallon of gas was a quarter, and a new house cost a little over \$5,000!

**Blessing of the Quilts: Fidget Blankets** (continued from Page 1)

Barbara Richardson

Barbara explained that the fidget quilts were added to the Trinity Lutheran Church quilting group's project offering when a quilting group member's husband began experiencing cognitive challenges. "She told us about fidget quilts," Barbara recalled. "We looked it up on the computer and found out how to make them. We have been giving them to the nursing homes and places where dementia patients are. It helps them because it gives them something to do and things to touch."

Barbara makes herself available to her neighbors and friends at Wesley Place on Honeysuckle who want to learn to make fidget quilts and other items as they are able. The fidget quilts may come with zippers, beads, buttons and button holes, and even stuffed animals. Each fidget quilt is handmade, and each is unique.

Once a year, the quilts and other items are laid out lovingly over the church pews at Trinity Lutheran Church and a ceremony is held known as "Blessing of the Quilts". A prayer of blessing is prayed over each one.

In the name of our compassionate Savior, we give thanks for the hands who prepared these quilts and other items to help comfort those in need. Father, we now dedicate all of these items to the glory of God. We ask that You shower blessings upon the people who will use them. May each Item be a constant reminder of Your love and Your grace. Teach us all to use our talents to reach out to those in need, that we may not only speak Your words of love and grace, but demonstrate them in tangible ways. May Your love travel with each Item even as they are passed on to other people in need. This we pray, in the name of The Father, The Son, and the Holy Spirit. Amen!



PENSACOLA

Be Well



Baptist Health Care in Pensacola brought a health and safety presentation in January to the residents of Wesley Scott Place (Pensacola). The representative spoke about general wellness and hosted "Be Well Bingo", with Valentine's Day decorations as prizes.



DECATUR

Humble And Kind: Nadine Cottingham

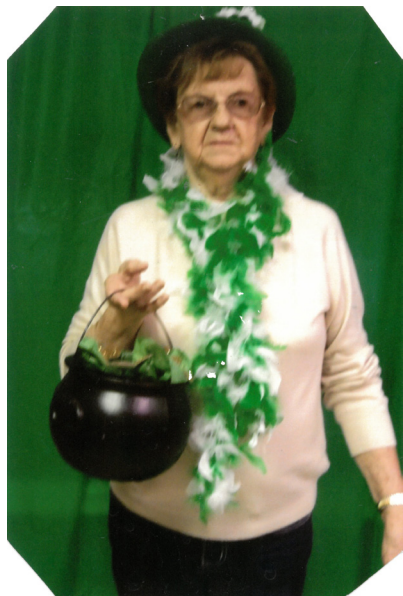
Humble and Kind. That certainly describes active 84-year old resident **Nadine Cottingham**. Nadine and her sister **Betty Grigsby** became part of the Methodist Homes family in 2007. In total, Nadine and Betty are 30-year roommates, and currently reside at Wesley Acres (Decatur).

Nadine was the caregiver to her mom and dad until each passed away. Throughout the years, Nadine also served as caregiver to her son-in-law and two of her brothers. She has dedicated her life to serving others.

Currently, Nadine assists Wesley Acres residents who need help getting to doctors appointments, chemo treatments, or those who are temporarily under the weather and need help with cleaning or cooking until they are back on their feet. In her spare time, Nadine enjoys going out to eat with her sister, and getting her hair and nails done. She gets her exercise by walking inside the building twice a day, exactly twelve hours apart – once at 4:00 pm and again at 4:00 am!

Nadine is the mother of two daughters, one of whom also lives at Wesley Acres, and her other daughter works as a housekeeper for the community! Nadine has twelve grandchildren and three great grandchildren. Whenever she gets the chance, Nadine loves to showcase her dancing skills.

To know love is to know Nadine. She is indeed humble and kind.





Why Choose Assisted Living? Fair Haven Birmingham As Example



Assisted living is not a nursing home. Assisted living, generally, is a health and safety solution for a senior adult who is largely still independent. Assisted living provides health and safety monitoring for people who may need help with a few daily tasks, but otherwise function freely on their own.

Assisted living has many benefits. Imagine meals prepared for you, weekly housekeeping and a calendar of activities to choose from. At Fair Haven (Birmingham), assisted living also means your own private apartment, complete with kitchenette, bath, washer/dryer, and more, with the added benefit of helping hands nearby when needed. A 25-minute assessment conversation can usually help determine if someone qualifies for assisted living and will thrive at Fair Haven. Here are the five factors that a community like Fair Haven may be looking for:

MOBILITY - A resident must be able to travel on their own for at least 100 feet, with or without an assistive device (like a cane, walker or wheelchair). Residents need to be able to get themselves to their desired dining arrangement for each meal. The community will do all the cooking (and cleanup)!

SOCIAL SUITABILITY - Assisted living life is a social life. A mental test is given to help discover social appropriateness. It is not a pass/fail test – there are a wide range of mental abilities and capabilities in assisted living. The test results are used in conjunction with the other 4 factors help make a fit determination.

RECOGNITION - Another benefit: medications are overseen and administered by qualified staff. No more confusion over whether Mom took that pill this morning or not. What a relief! The resident must be able to recognize their name on a medication card.

CONTINENCE - Everyone has accidents from time to time, but incontinence is a sign that greater supervision and care is required for personal dignity. Proper self-sanitary care is essential to the pleasant shared environment of assisted living.

AFFORDABILITY - Assisted living is private pay in Alabama. To best determine

one's ability to afford the care, add up your current monthly rent or mortgage, food cost, all the utility bills (electric, water, sewer, cable, pest control, etc.), neighborhood fees, monthly home maintenance, property taxes, insurance, etc. Many people find that assisted living apartment life is quite a bargain! Add in the cost of private sitters, and it's an even greater bargain.

As a side note, there are a few people who may find financial assistance toward the cost of assisted living, but they are highly situational. Wartime veterans and spouses may be able to find some financial assistance with assisted living costs. Also, some long-term care policies also have coverage for assisted living, so contact your policy administrator. The public governmental assistance program of Medicaid does not pay for an assisted living apartment.

Ready for an assisted living conversation? Call Methodist Homes at 800-852-2093. Use this QR code to download a sample affordability cost comparison worksheet, or visit the affordability blog for Fair Haven at FairHavenBirmingham.org.



PENSACOLA



Back In Time

Wesley Haven Villa (Pensacola) residents twisted the morning away at the Bayview Center's Doo Hop Dance in February. Hopping and bopping to music from the 50's era, residents had a wonderful time with other seniors from the Pensacola area.

Wearing poodle skirts created by the Life Enrichment coordinator, along with their own retro attire, residents created a window into a "happening" time when life was all about the look of skirts, rolled up jeans, and muscle cars.

One of our very own won 3rd place in the costume contest. Congratulations **Liz Barrett**! For more stories like this, LIKE our Facebook Page.



BIRMINGHAM



Valentine's Day at Fair Haven (Birmingham) featured a special lunch and the amazing music of **Choko Kimura Aiken** and **Chuck King**!



Our heartfelt thanks to all
of our donors and friends.
Gifts through
March 31, 2023

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PANAMA CITY

Kids Raise \$550 For Activities



University Academy's Kindergarten classes visited Mathison (Panama City) to spread some LOVE around Valentine's Day! The UA Family raised \$550 toward the social activities fund for residents. UA brought their Kindergarten students to enjoy crafts with the residents and bring them the generous gift. They later posted the recognition and thanked their donors on their own social media, Generations being together made for a happy day!

YES - I WANT TO HELP YOUR MINISTRY

\$ _____ General Contribution (undesignated)

\$ _____ Redefining Home (capital fund raising campaign)

For: Fair Haven (B'ham) / Wesley Place on Honeysuckle (Dothan)

\$ _____ The *Fountain of Love* (provides help to residents)

Designate for: Where most needed / Fair Haven (B'ham)

Wesley Gardens (Mtg) / Wesley Place on Honeysuckle (Dothan)

Mathison Center (PC, FL) / Wesley Haven Villa (Pns, FL)

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OUR MISSION

To enrich the lives of older adults and all those who serve them in faith-based communities, where life is celebrated, relationships are valued, teamwork is embraced, service excellence is expected, and the touch of God's love is ever-present and ageless.

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Mother's & Father's Day Card & Carnation FUNDRAISER

By Mother's Day (May 14) & Father's Day (June 18), every resident living at one of our five *Fountain of Love* eligible care communities will be presented with a Card & Carnation to honor them mother-figures and father-figures in our lives. Will you please support the *Fountain of Love* in Honor or in Memory of someone special this Mother's Day and/or Father's Day? 100% of gifts received go into the *Fountain of Love Fund*.

If your gift is in honor of someone, you may want to include a custom message and we will print it directly on the card. You can even write a special message to someone whom you do not know and we will pass on your message of encouragement in a resident's card. Your honoree does not have to be a resident, though! We will mail a special card with a message for any honoree/memorial!

☐ YES! I am making a gift this Mother's Day/Father's Day!

My gift is: _____ In MEMORY of / In HONOR of
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