



Methodist Homes of Alabama &
Northwest Florida
1520 Cooper Hill Road
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(205) 951-2442

www.methodisthomes.org

Methodist Homes News

A Publication of Methodist Homes of Alabama & Northwest Florida

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

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Home of the Free Because of the Brave Pensacola Community Honors Veterans & Fallen Heroes

This Memorial Day, Wesley Haven Villa (Pensacola) remembered those who gave everything so that we can enjoy our lives and our freedom. They honored husbands, wives and children, and also those who supported and stood by them. **Mr. John Griffin**, E-3 Hospital Corpsman from the US Navy, gave a powerful speech and read a very moving poem to honor these heroes.

May is also home to Amred Forces Day, a day set aside to recognize veteran service members. Wesley Haven Villa proudly honored its own resident veterans:

Robert Wayne Born - Branch: Navy; Rank: Aviation Machinist Mate; Length of Service: 8 Years.

Nicholas Bunch - Branch: US Marines; Rank: Major; Length of Service: 21 Years.

Arlon Fillmore - Branch: Navy; Rank: Navy Intelligence; Length of Service: 3 Years.

James "Jim" Bledsoe Harrison, Jr. - Branch: US Marine Corp; Rank: Major USMC, Pilot & LSO; Length of Service: 22 Years.

Dennis Resor - Branch: Army; Rank: E5 Sargent; Length of Service: 3 Years.

Duane C. Rouser - Branch: Army; Rank: Private First Class; Length of Service: 2 Years.

Frances E. Slim - Branch: Her Majesty's Royal Marines; Rank: Sargent Major; Length of Service 23.5 Years.

And an honored veteran who passed away on July 3rd: **Carl Williams** - Branch: Navy; Rank: Lt. Commander; Length of Service: 20 Years. Administrator **Tess Helton** said of Carl, "He had such an amazing life. All I can think of is now he is doing exactly what he loves... He is flying. He's flying with angels and he always said being in the sky in a plane was his happiest place."



John Griffin



Home of the Free Because of the Brave

MONTGOMERY

Step Right Up and Try Your Luck!

To kick off the season, Wesley Gardens (Montgomery) held a “Spring into Summer” Open House and Carnival in June. Residents and guests were invited to play a variety of games and enjoyed carnival treats. This successful event was powered by volunteers. Special thanks go to “Bird” Bradford and the faculty and staff from **Faulkner University**, to **Duffey Dolls from Frazer Church**, and to the **Serve Team from Church of the Highlands**. Also involved were **Paige and Julie the Bingo Queens**, **Sarah Messick**, and **Cindy Bargainer**. “Teamwork makes the dream work!”



LaSadria Robertson and Leonard Schultz



BIRMINGHAM

Summer Serve Day



Middle schoolers from **Vestavia Hills Methodist Church** shared some of their time over summer break with residents at Fair Haven (Birmingham) for “Serve Day”. The students played games with the residents and helped them with an art project.



SELMA

“Family” for July 4th

Ruth Jackson and associate **Barbara Malone** posed for a quick picture at the Fourth of July celebration at Epworth House (Selma). Ruth has been living at Epworth House since 2003 -- that’s 20 years of Fourth of July celebrations with her Epworth House family!

Pictured below are **Shirley Barbour** and **Melissa Buster**, and **Ronald Dixon**. Everyone had a blast and enjoyed grilled hamburgers with all the fixings (prepared by associate **Robert Watts**), baked beans, and chips & dip. For dessert, it was a pound cake with ice cream, topped with strawberries and blueberries.





How Does A Dementia Patient Adjust To Memory Care?



Although there is not a one-size-fits-all solution to helping a person with dementia adjust to life in a memory care setting, many years of experience has armed us with the knowledge to help make the transition as smooth as possible. Here are 5 steps to help your family and your loved one prepare and adjust to memory care or dementia care in a community setting:

Step #1 – Know That You Are Not Alone

Generations of families have successfully navigated the transition of their loved one from a home setting to the fulfilling life that dementia care can provide. You are not alone. There's no need to be embarrassed about your loved one's condition or your family's desire to seek help. Many adult children are still in the workforce and simply cannot commit to full time caregiving. Other families reach a point where their own health is suffering. Other people just want the benefit of structured activities to keep their loved one engaged in life. Dementia care can be just the right solution.

Step #2 – Choose A Trusted Community

Make a list of the communities that offer dementia care in your area and find out how long each has been caring for persons with dementia. Talk with friends, fellow church members, social workers

and others about whom they trust. As you visit your top choice or choices, ask about the length of service and experience of key staff members.

Step #3 – Schedule An Assessment

Each dementia patient is on a journey, from the early stages of mild dementia to more advanced, debilitating dementia. The community will need to make a professional assessment of your loved one to find out exactly where they are on the journey to ensure a proper fit for the desired care.

Step #4 – Move In With Familiar Items

When it is time to move in to the dementia care area, try to avoid purchasing anything new. The dementia resident needs items that he/she is accustomed to seeing and using all the time.

Step #5 – Evaluate & Adjust, If Needed

You have made the right decision for your family and your loved one with dementia. As you spend time with your loved one in his/her new environment, you may think of other things that will help complete a successful adjustment. As staff members get to know more about your loved one, they may have valuable advice to offer as well. Don't be afraid to ask questions and voice your fears. It may be YOUR first dementia experience, but

the staff members you're talking to have likely worked with hundreds of dementia residents and families. It is in the best interest of all the parties involved to have an open line of communication, and to be flexible and willing to make adjustments, as needed.

If you live near Birmingham, Dothan, or Montgomery, Alabama, or near Panama City, Florida, we welcome you to contact us to explore Methodist Homes' dementia and memory care options.

PENSACOLA

Chillin' & Grillin'



The Salvation Army of Pensacola sponsored a cookout for the residents of Wesley Scott Place (Pensacola) on June 10. Volunteers cooked and served a tasty summertime lunch with dessert, and brought gifts for each attendee as well.



PANAMA CITY

Hero Of Hope Award 2023



The Florida Assisted Living Association has selected Med Tech **Tamara Howard** of Mathison (Panama City) as this year's recipient of the Hero of Hope Award. This award recognizes staff who are shining stars and always provide positivity to make others' dim lights shine brighter. **Cindy Wood**, Administrator of Mathison, said that she nominated Tamara for the award because of her dedication to the residents. "Tamara never says 'no' and she always has a smile on her face." Congratulations, Tamara!



*Thank
you* 

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of our donors and friends.

*Gifts through
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DOTHAN

Young Soldier-In-Training



Meet **Cole Allen**. This young man aspires to be a soldier, and has been visiting veterans since he was 3 years old. He asked his mom **Michelle Allen** to bring him to Wesley Place on Honeysuckle (Dothan) to shake hands with veterans and to give each of them a toy soldier. Cole is truly an extraordinary person!

YES - I WANT TO HELP YOUR MINISTRY

- \$ _____ General Contribution (undesigned)
- \$ _____ Redefining Home (capital fund raising campaign)
 For: Fair Haven (B'ham) / Wesley Place on Honeysuckle (Dothan)
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of Alabama & Northwest Florida

Methodist Home for the Aging Corp.
1520 Cooper Hill Road
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(205) 951-2442
www.methodisthomes.org

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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Four Hidden Benefits of Assisted Living

Aside from being close to medical assistance if needed, there are some not-so-obvious benefits to choosing an assisted living lifestyle.

FAMILY CAN BE FAMILY - One of the most important, though least discussed, benefits of assisted living is that family members can trade in their primary caregiver hat and go back to being family. Since their loved one's basic health needs are being met, there's more time for family to, well... just be family.

FIXED EXPENSES - Most older adults are living on fixed income, and the fixed expenses of an assisted living community with all-in-one pricing can take the pressure off of budget planning. No more unexpected repairs. It's much easier to plan for the level cost of an assisted living community than to plan for the costly surprises that often come with maintaining a home.

MAKING NEW FRIENDS - Forming friendships is a lifelong activity. Friendship bonds are not reserved for children! Most residents of assisted living communities find that they bond well with other residents and enjoy making new friends. They often have common interests and face similar challenges.

HELPING HANDS NEARBY - Getting dressed for church or cleaning house may seem simple, but these can be complex tasks for older adults, requiring much more planning and forethought due to physical limitations. Even preparing a meal can be exhausting, and it's not uncommon to find them skipping meals. Making lunch may no longer seem worth the effort. Residents of assisted living communities always have helping hands nearby for small day-to-day tasks, and most communities include three meals a day, light housekeeping, and activities in their assisted living apartment package.

If you're ready to find out if assisted living at one of our Methodist Homes communities is a fit for you or a loved one, contact us at 1-800-852-2093. We will be happy to get you connected for more information or a tour.

