



Methodist Homes of Alabama &
Northwest Florida
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Birmingham, AL 35210
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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

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Wesley Haven Villa

Pensacola, FL (850) 434-1035

Haven Our Lady of Peace*

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

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BIRMINGHAM

New Medical Director at Fair Haven

Fair Haven (Birmingham) is proud to welcome **Dr. Erald Lula** as its new Medical Director.

Patrick Davies, Executive Director of Fair Haven, said that he is thrilled to have Dr. Lula leading the clinical team at Fair Haven.

“Dr. Lula is a forward-thinking progressive clinician that understands both the needs and the challenges facing our elders in today’s world,” Patrick remarked. “He is not only an outstanding professional, but he is also a really good person.”

Dr. Lula is an established medical professional with extensive experience in medical management, medical research, and project implementation. His passion for nursing facilities is rooted in a personal experience with his grandfather, who suffered from Dementia while residing in a nursing home.

“Witnessing the transformative impact of compassionate, timely, and guideline-driven medical care on my family inspired

me to focus on enhancing care for our aging population,” Dr. Lula shared. “With a rapidly growing aging population, providing specialized medical and personal care is essential.”

The vulnerability of senior adults living in a communal setting is something Dr. Lula said he well recognizes. He emphasizes the importance of safe, respectful, and competent care for seniors, regardless of their socioeconomic status.



Erald Lula, M.D.

“Fair Haven is dedicated to providing community-based enrichment for aging adults needing care,” said Dr. Lula. “I appreciate the services and amenities offered by the community, which cater to the residents’ needs. It is

my aim to strengthen patient relationships founded on trust, communication, and respect, ensuring the highest level of care for every individual.”

Dr. Lula completed his training in Internal Medicine at Henry Ford Hospital in Michigan, one of the nation’s largest regional academic medical centers. In addition to his medical degree, Dr. Lula also holds a master’s degree in public health, focusing on primary prevention.

Continued on Page 2



LULA - Continued from Page 1

In his spare time, he enjoys traveling with his wife, exercising, and playing golf.

Working with Dr. Lula is **Taneaka Rowe-Houser**, a board-certified Nurse Practitioner from Alabama with more than 15 years of medical experience. She is a native of Dadeville, Alabama, who has spent her nursing career specializing in cardiology. Prior to coming to Fair Haven, she ran an Atrial Fibrillation Clinic at Grandview Medical Center. Taneaka lives in Chelsea with her husband and their 11-yr-old daughter. She loves traveling, and cooking is a special hobby as she enjoys trying new recipes.

Together, Dr. Lula and Taneaka form a dedicated team committed to making a positive impact on Fair Haven and on the lives of their patients.

PENSACOLA

A Busy Summer



The residents of Wesley Haven Villa (Pensacola) have kept busy all summer long. From country drives and a casino outing in our lovely community bus, to weekly games and exercises, to Mister Softee's ice cream visits, there's something for every taste and interest in Pensacola.



PANAMA CITY

Rollator Tune-ups



Beep, Beep, "Next!" **Darrell McGuire** of Select Rehab has been doing rollator tune ups every few months for the past year or so at Mathison Retirement Community (Panama City).

He checks the residents' equipment to see if the brakes are working properly or if anything needs tightening. He also checks to see if residents have any height issues so he can adjust, if needed. Darrell even goes as far as to give each vehicle a thorough wiping down. We are grateful for the fun way Darrell contributes to the lives of our residents.

DOTHAN

Football Fanatics!

It's time for football once again, and thanks to Gentiva Hospice, Big Al and Aubie made a special appearance in September at Wesley Place on Honeysuckle (Dothan). Whether it's Roll Tide or War Eagle (or something else), these two characters brought joy to residents throughout the community. LeadingAge Florida (which has recently taken up advocacy in Alabama as well) picked up this story and ran it on their social media.





MONTGOMERY

Food For Thought: Senior Living Dining

When it comes to choosing an assisted living community for yourself or a loved one, several factors come into play - the quality of care, the amenities offered, and the overall atmosphere. But one aspect that often gets overlooked and deserves special attention is the menu. At Wesley Gardens (Montgomery), the dining experience is nothing short of exceptional. Let's explore just how important the menu is at an assisted living community like Wesley Gardens.

A Culinary Oasis:

Wesley Gardens is not your typical assisted living community when it comes to dining. We offer a culinary oasis for residents. Each meal is carefully curated to provide a fine dining experience that rivals that of a high-end restaurant. The presence of linen tablecloths and napkins, china, and flatware sets the stage for a meal that goes beyond sustenance; it becomes an event in itself.

Delicious Selections:

The heart of any dining experience is, of course, the food. At Wesley Gardens, residents are treated to a mouth-watering selection of dishes at every meal. From savory Southern-style entrees to delectable desserts, the menu is designed to cater to a variety of tastes and dietary needs. This ensures that residents can look forward to every meal with anticipation, knowing they'll enjoy a delicious and satisfying feast.

Nutrition and Wellness:

Nutrition plays a critical role in maintaining the health and well-being of residents. Our menu not only focuses on taste but also emphasizes nutrition and wellness. The culinary team ensures that every dish is thoughtfully prepared to meet the dietary requirements of the residents. This commitment to balanced and nutritious meals contributes to overall health and vitality.

Showcasing Culinary Talent:

Three times a day, the kitchen staff's dedication to their craft is evident in the carefully crafted menus, which offer an array of culinary delights. Residents have the opportunity to savor a variety of dishes, from traditional Southern favorites to international cuisine. This diversity not only keeps the dining experience exciting but also reflects the community's commitment to providing a holistic living experience.



Exceptional Service:

Apart from the delectable dishes, the wait staff at Wesley Gardens is truly remarkable. Their attentiveness and responsiveness add an extra layer of warmth to the dining experience. Residents are not just customers; they are family, and their comfort and satisfaction are of utmost importance.

Don't underestimate the significance of the menu. Wesley Gardens sets a high standard in this regard. Our dedication to providing a fine dining experience with a focus on nutrition, culinary talent, and exceptional service truly makes Wesley Gardens stand out. So, if you or a loved one are considering assisted living, remember that the menu can be more than just food; it can be an essential ingredient in a vibrant and fulfilling life.

Assisted Living Week Proclamation

Methodist Homes was proud to be represented by Administrator **Randy Allen** of Wesley Gardens (Montgomery). He and others from the Assisted Living Association were at the state Capitol as **Governor Kay Ivey** signed a proclamation to kick off National Assisted Living Week in the State of Alabama. Randy is pictured third from the left.



The Best Boston Butt



Meat that just falls right off the bone! Wesley Gardens (Montgomery) is very blessed to have **Butch Britton** as a resident. His grilling days are special. He whipped up Boston Butts, Smoked Chicken and Ribs for Labor Day, as well as Conecuh Sausage wrapped in Bacon for a scrumptious pre-Labor Day feast!



Our heartfelt thanks to all of our donors and friends. *Gifts through September 30, 2023*

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#GIVINGTUESDAY

Fountain of Love



NOVEMBER 28, 2023

This GivingTuesday, choose Methodist Homes! GivingTuesday is a worldwide initiative to raise funds for deserving nonprofits during the Holiday Season, following "Black Friday" and "Cyber Monday". Mark your calendars!

LEGACY GIVING

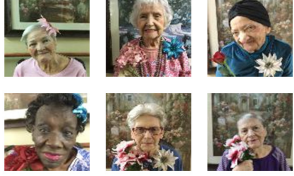
Legacy Giving is another way to make a significant difference. Let your estate planner know how much you would like to give, and direct that the gift will be made to Methodist Home for the Aging, 1520 Cooper Hill Road, Birmingham, AL 35210. If you need more info, contact Sherri Easdon, Dir. of Public Relations, at 205-951-2442.



CENTENARIAN CLUB
2nd & 3rd Quarter 2023
Frances Gentry - July 100
Julia Gerwe - Sept 101
Joyce Goodwin - Sept 102
Martha Smith - Sept 101
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Muriel Windsor - June 102



BIRMINGHAM



Ageless Beauty

During a “Glamour Shots” event, it became abundantly clear that the residents of the 2 North Household at Fair Haven (Birmingham) possess

a great deal of skills and personality, though sometimes obscured by the challenges of dementia.

“Smiles, joy and dignity are essential aspects of our care philosophy at Fair Haven,” said **Michelle Riggs**, 2 North Household Leader at Fair Haven. “We believe that people living with dementia should continue to experience a life filled with purpose and moments of pride.”

The event allowed residents to tap into their dormant talents and skills, some of which they may not have engaged with for years. From painting and photography, to hairstyling and makeup, “Glamour Shots” offered a platform for residents to rekindle their passions and interests.

“It’s rewarding to see residents rediscover their lifelong skills,” added Riggs. “Providing opportunities for engagement and self-expression is key to enhancing their quality of life.”

Fair Haven’s dementia care goes beyond medical treatment, fostering an environment where residents can live with purpose and dignity, no matter their cognitive challenges.

It’s A Small World After All



A big thank you to **Shirley Crowder**, who brought her piano and voice talents to Fair Haven (Birmingham) and led a sing-along for residents. Shirley is a Christian speaker and freelance writer. She also has a lot of connections with our community! Shirley is a former church friend of our Life Enrichment Coordinator, she was taught English in high school by resident **LaVerne Marshall**, AND Shirley was delivered by a resident’s aunt when she was born to her missionary parents in Nigeria! What a small, amazing world we live in! Pictured above are **Nancy Brown**, Shirley and LaVerne.

SELMA



A Change of Season



As summer ends and fall begins, Epworth House (Selma) residents like to take to the outdoors. **Gloria Varner** and Bella enjoy their walks and resting on the bench swing. Associate **Willie Sanders**, resident **Wesley Strong**, and associate **George Tarver** were hard at work planting turnip greens and collard greens in our garden.



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

\$ _____ *The Fountain of Love* (provides help to residents)
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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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Meet Les Hogan: Dothan's New Executive Director

Methodist Homes of Alabama & Northwest Florida has tapped **Les Hogan** as the new Executive Director for Wesley Place on Honeysuckle (Dothan). The established retirement community's outgoing director, **Dan March**, announced his plans to step into retirement by the end of the year.

Les Hogan grew up in Level Plains, AL, a small township near Enterprise. After graduating from Enterprise High School, he attended and graduated from the University of Alabama at Birmingham, where he studied Occupational Therapy.

As a therapist I did a lot of my clinical and volunteer work in a skilled nursing facility setting," Les conveyed. "I fell in love with the population, and the history and wisdom that you can learn from older adults."

Les worked in contract therapy and in-house therapy in several geriatric settings. He is currently enrolled in the University of North Alabama's MBA program, and anticipates completion next year. He obtained his Nursing Home Administrator's license in 2003, and prior to joining the team at Wesley Place on Honeysuckle in August, Les worked in administration at Canterbury Health Care in Phenix City, AL, and at Hartford Health Care in Hartford, AL.

"The resident-centered culture of care that has already been built at Wesley Place will continue, and even advance," said Les. "My goal is to advocate for Wesley Place as the number one choice in the Wiregrass for senior adults seeking long term care, short-term rehab or assisted living."

Les and his wife Stacey are active and involved members of Hillcrest Baptist Church in Enterprise. Their blended family includes 5 children – Ella Hogan, who is the reigning Miss Enterprise 2023, and four boys: Caleb, Hub, Connor, and John David. Les enjoys officiating high school sports, and outdoor activities such as hunting, fishing, golfing, scuba diving, and traveling when time allows.



Les Hogan & Family