



*Methodist Homes of Alabama &
Northwest Florida*
1520 Cooper Hill Road
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.



Drivers of Senior Living

An Exploration of Four Major Life Changes

Life is a journey filled with countless milestones and transitions. As we grow older, certain life events can become catalysts for change, prompting senior adults to consider new living arrangements that provide companionship, enhanced support, and peace of mind. Let's explore four major life changes that often indicate the readiness of senior adults to embrace the benefits of a retirement community.

connect with others who have experienced similar losses. The sense of community and companionship found in retirement communities can help individuals rebuild their lives, forge new friendships, and find solace amidst a nurturing environment.

A Significant Health Change

Whether it's managing a chronic illness, recovering from surgery, or experiencing a decline in mobility, the need for specialized care and support becomes increasingly important. Retirement communities offer access to comprehensive healthcare services, including medical professionals, specialized facilities, and tailored wellness programs. You'll also find a higher quality of life, with professional assistance available around the clock, ensuring their health and well-being are prioritized.

The Loss of a Spouse

The loss of a beloved spouse can be an incredibly challenging life event, accompanied by feelings of grief, loneliness, and a profound sense of loss. In such times, moving to a retirement community can be a transformative decision. These communities foster an environment of compassion, understanding, and emotional support, providing opportunities to

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[Facebook.com/WesleyPlaceDothan](https://www.facebook.com/WesleyPlaceDothan)
[Facebook.com/WesleyHavenVilla](https://www.facebook.com/WesleyHavenVilla)
[Facebook.com/Wesley-Gardens-Retirement-Community](https://www.facebook.com/Wesley-Gardens-Retirement-Community)
[Facebook.com/MathisonPanamaCity](https://www.facebook.com/MathisonPanamaCity)



DRIVERS OF SENIOR LIVING - Continued from Page 1

Distance from Adult Children or Primary Caregiver

It today's mobile society, a geographical separation between seniors and their adult children can create feelings of isolation and the burden of managing day-to-day tasks alone. It may be time to consider moving to a retirement community to regain a sense of closeness and support from others who care and can provide daily assistance. Community life offers proximity to tender caregivers and new friends, so that out-of-town family members can have peace of mind knowing that help and companionship are a continuous part of their loved one's life.

No Longer Able to Maintain a Home

Home maintenance tasks, such as yard work, cleaning, and repairs, can become burdensome and potentially hazardous due to physical limitations or age-related changes. Transitioning to a retirement community eliminates the stress and physical strain associated with home upkeep. Seniors can instead focus on enjoying a maintenance-free lifestyle, with access to various amenities and services that promote a vibrant and carefree life.

Major life changes can be transformative moments that signify the readiness for senior adults to explore the benefits of moving to a retirement community. Whether it's coping with the loss of a spouse, experiencing a significant health change, living far away from loved ones, or struggling to maintain a home, retirement communities provide a supportive and engaging environment tailored to the unique needs of seniors. By embracing this new chapter, individuals can discover renewed purpose, meaningful connections, and a fulfilling lifestyle that nurtures their well-being for a satisfying and vibrant future.

If you are interested in talking with an admissions team member about a new chapter at one of our Methodist Homes, give us a call or send an email to info@methodisthomes.org. We look forward to learning more about your desires and hopes!

DOTHAN

God Bless America & Our Veterans



The veterans and spouses at Wesley Place on Honeysuckle (Dothan) were honored during a ceremony by Gentiva Hospice for their service and sacrifice to our country. Thank you to all who have served to ensure our freedoms. Pictured above receiving pins are **Edwin "Mack" Sheehan** and **Carolyn Godwin**.

PENSACOLA

Early Thanksgiving



Damascus Road Missionary Baptist Church brought the residents on Wesley Scott Place (Pensacola) an early Thanksgiving Dinner on November 16. The event included a very nice meal, along with prayers and songs. In addition, Damascus Road brought all of the residents some small gifts, even the ones not present. We are grateful for such generosity during the Holidays!

Grip Strength & Fall Risk



Accessible Physical Therapy in Pensacola made a presentation about mitigating fall risk to residents at Wesley Scott Place (Pensacola) on November 30. Those present had their grip strength measured. Grip strength has been shown to be a possible indicator of one's overall health in aging, fall risk, susceptibility to illness, and mortality.



PANAMA CITY

University Academy Children Bring Gifts & Holiday Cheer

A hearty ‘Thank You’ to University Academy in Panama City for bringing treats and goodies for residents at Mathison Retirement Community (Panama City). Mathison was chosen as a service learning project, and was presented a donation check for \$200 that will be put to good use in activities. University Academy is a free, public K-8 charter school, and its Kindergartners made the deliveries at Mathison on December 10.

This is the second year that the group has come to Mathison bearing gifts, and the sweet relationship residents have with these precious children is obvious. We love the children of University Academy, and cherish the time they have spent with us. The students sang songs and exchanged gifts with the residents. This is service learning at its best! Pictured with children are: Mathison associates **Valerie Jenkins** of Life Enrichment and **Cindy Wood**, Administrator holding the ‘check’; **Francis ‘Mike’ McConnell**; Private Sitter **Joyce**; and **Janice Roberts**.



BIRMINGHAM

Elder Care Tweaks for Estate Plans

Birmingham Elder Law Attorney **Lynn Campisi** brought her expertise on tweaks for estate plans to guests and residents at Fair Haven (Birmingham) in October. She offered several nuggets of knowledge for better estate planning.

Durable Power of Attorney - Designates someone to make financial decisions should a person be unable to act on their own. It's expensive to get these powers later.

Health Care Power Of Attorney - Appoints someone to make health care decisions should a person become incapacitated. This is different from the Power of Attorney. Advance Directives contain a Living Will and appoint a Health Care Proxy, and give health care professionals directions concerning medical treatment.

Disposition of a Body - A body becomes the property of the next of kin. Avoid delays in burial by completing an affidavit that appoints an agent to handle the burial.

Beneficiary Designations - Beneficiary designations override a Last Will and Testament. Consider a trust as beneficiary for an incapacitated beneficiary or a beneficiary who is a minor.

Last Will and Testament - A Power of Attorney ends at death. The Will appoints an Executor to handle the dispensation of assets. Lynn advises the use of percentages rather than dollar figures to distribute financial assets to beneficiaries. This fosters fairness, no matter the size of the estate at distribution. The important thing is to put specific desires in writing.

Living Trust - A legal document is required to create a Living Trust, which can avoid probate. Assets transferred into the trust can be distributed by the Trustee.

Retirement Account - Most beneficiaries must liquidate an IRA within 10 years of the death of an IRA owner. The exception is for spouses and disabled persons.





CHURCHES & CHURCH AFFILIATES

Alabama-West Florida Conference
Alabama-West Florida Foundation
North Alabama Conference
Earnest UMC Hueytown
J.O.Y. Class - Canterbury UMC B'ham
Pensacola First UMC Pensacola

INDIVIDUALS and ORGANIZATIONS

ALL OUR FAMILIES and RESIDENTS
for their ASSOCIATE CHRISTMAS and
HOLIDAY FUND DONATIONS

Helen M. Adamson
Carolyn Ann Averett
Conley Averett
Annie R. Beverett Memorial Trust
Calvin Brown
Marlon Chambers
Christine Johnson Clark
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John K. Craig
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Margaret B. Marshall
Martin #2 Trust
Nancy McSwain
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Carol Taylor
Christopher W. Tomlin
Kevin Uylengco
Helen H. Walker

Our heartfelt thanks to all
of our donors and friends.

*Gifts received through
December 13, 2023*

INDIVS and ORGS (continued)

Andrea Whitlow
Getchen Williams
Patricia A. Zettler

Tribute Gifts IN HONOR OF

Mr. & Mrs. V. M. Griswold
By Terry & Kirsten Ingalls
Robert L. McKee, III
By Frances Huber

Tribute Gifts IN MEMORY OF

Frances Agee
By James Agee
Bernie & Lila Barton
By K. Wayne Vickery
Freda C. Bates
By Franklin E. Bates
J. David Fraley
By K. Wayne Vickery
Delois Grant
By Linda Webb
Mary "Jo" Grigsby
By K. Wayne Vickery
D. Bryan Hare
By Wendy Hallford
By Michael Holt
By Joan Humphries
By Jenny Parker
By Luci & Lem Stabler
Sandy King
By W. Bruce Akins
Laura Lanier
By Richard & Mary Lillard
Brenda Lawrence
By Barbara B. Anders
Dwayne Ray Owen
By Sherri Easdon

**YEAR-END
GIVING**

Please make Methodist Homes a part
of your year-end giving plan. You can
use the attached gift envelope to mail a
gift to Methodist Home for the Aging,
1520 Cooper Hill Rd, Birmingham, AL
35210. Or scan the QR CODE to give
securely online. Thank you!



**LEGACY
GIVING**

In addition to the valuable support
of our donors to the *Fountain of Love*,
and to other projects and programs
at Methodist Homes, 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 Rd, Birmingham, AL
35210. Or use the attached gift envelope
to indicate your desire to be contacted
about planned giving. Or call Sherri,
Director of PR at 205-951-2442.



Kindness Matters is a new volunteer-
led effort for Fair Haven's A-Wing long-
term care neighborhood. As the elderly
travel toward the end of life, dignity and
self-worth are even
more important. The
goal of the campaign
is to provide for basic
needs that boost self
esteem. Learn more:





ANNUAL REPORT

The *Fountain of Love Fund* was the primary recipient of your generous donations to Methodist Homes during the fiscal year of July 1, 2022 to June 30, 2023. The Fountain of Love supports residents whose own resources become exhausted and they now need help meeting their monthly obligations. Other gifts were provided to various activity funds and to the Associate Christmas

Fountain of Love Receipts Fiscal Year 2021-2022

- Fair Haven \$56,781.45
- Mathison \$4,757.66
- Wesley Gardens \$38,472.62
- Wesley Haven Villa \$18,345.27
- Wesley Place on Honeysuckle \$60,768.57

Number of People Served & Total Assistance Provided

- Fair Haven - 4 people - \$51,839.94
- Mathison - 1 person - \$17,420.00
- Wesley Gardens - 3 people - \$81,528.00
- Wesley Haven Villa - 4 people - \$85,461.00
- Wesley Place on Honeysuckle - 13 people - \$135,638.48

Fund at each community. Our mission would not be complete without your support. We hope that you will keep Methodist Homes in your prayers and in your giving plans during the current fiscal year and beyond. Through the strength of your giving, ministry is possible.

FOL Gift Sources & Amount Given

- Alabama-West Florida Conf. Apportionment \$38,896.57
- North Alabama Conference Apportionment \$17,233.95
- Churches & Church Affiliates \$68,932.65
- Other Sources (memorials, donations, etc.) \$54,062.40
- Jewell D. Dennison FOL Endowment Fund \$241,663.37

TOTAL Fountain of Love Gifts FY 22-23: \$420,788.94

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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)

\$ _____ *The Fountain of Love* (provides help to residents)
Designate for: Where most needed / Fair Haven (B'ham)
Wesley Gardens (Mtgty) / Wesley Place on Honeysuckle (Dothan)
Mathison Center (PC, FL) / Wesley Haven Villa (Pns, FL)

_____ My gift is in Honor of / in Memory of:

Please notify (name & address): _____

Your Name: _____

Address: _____

City/State/Zip: _____

Mail To: Methodist Homes of Alabama & Northwest Florida
1520 Cooper Hill Road, Birmingham, AL 35210

Methodist Homes is a 501(c)(3) organization. Gifts are tax-deductible as allowable by law. To give securely by credit card online, visit www.methodisthomes.org and click on the DONATE tab. Complete the donation form powered by BLACKBAUD.



MONTGOMERY

WARM WISHES



It warms our hearts to see young people in our community giving gifts from the heart this season. Wesley Gardens (Montgomery) is grateful for the blankets gifted to us by Miss Alabama State University and her court, Student Government Association representatives and ambassadors. Bring those smiles and hugs to us any time.



Annual Halloween Costume Reveal



What a wild ride! We knew it wouldn't be easy to top our Halloween costumes from years past, but we managed to do it! The Life Enrichment Director at Wesley Gardens (Montgomery) **Teresa Messick** worked day and night to build our very own roller coaster. It chugged right through our dining hall at lunchtime, much to the delight of the residents. Below is a look back at some of Wesley Gardens' Halloween features.



SELMA

Christmas Cheer At Selma Community



L-R - Preston Frazier; Sherry Williams; Randy Allen and Gloria Varner; Tommie Garner and Woodrow Dickerson



Epworth House (Selma) held its Christmas party on Dec. 11. Montgomery entertainer **Preston Frazier** set the party ablaze with his lively piano tunes and heartwarming vocals, turning the event into a festive musical delight for residents and associates. Good food, great fellowship, and fun door prizes were all part of the merry celebration! Wesley Gardens Administrator **Randy Allen** organizes and travels the Methodist Homes Christmas Party circuit. Two service awards pins were presented at Epworth House: **Willie Sanders** for 15 years of service, and **Kevon Morgan** for 35 years of service.



PENSACOLA



HAPPY THANKSGIVING

We have so much to be thankful for at Wesley Haven Villa (Pensacola). “Our Thankful Tree” has become an annual tradition. Residents and associates displayed what they are thankful for on each leaf of this display in the grand hallway. One resident said, “I just love stopping here and reading all the leaves. They are so colorful too!”

Our Thanksgiving family meal was filled to overflowing with residents and their families, and we are grateful for each and every person. We hope your Thanksgiving was as fulfilling as ours. Residents pictured below with their family and friends are **Josephine Roberts; Catherine Vargo; and Kathleen O’Reilly.**



BIRMINGHAM

Tops In Alabama!

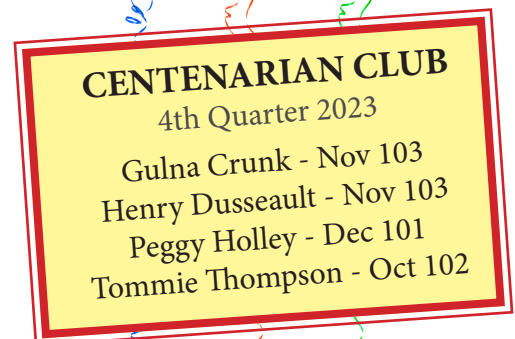


Newsweek has released their listing of Best Nursing Homes 2023, and Fair Haven (Birmingham) came in at #10 in Alabama. Fair Haven is the **ONLY** Birmingham community on the list **AND** the only continuing care retirement community (CCRC) in the entire state to make the list.

Patrick Davies, Executive Director of Fair Haven, expressed pride in the nonprofit’s 62+ year history of quality care and innovation in senior living.

“As Birmingham’s only not-for-profit, faith-based continuing care retirement community, we feel deeply honored by the announcement of this recognition,” Patrick beamed. “Birmingham has long been recognized as a leader in health care. We are always proud and privileged to be able to contribute to this reputation.”

Congratulations, Fair Haven!



CENTENARIAN CLUB

4th Quarter 2023

Gulna Crunk - Nov 103

Henry Dusseault - Nov 103

Peggy Holley - Dec 101

Tommie Thompson - Oct 102



METHODIST HOMES
of Alabama & Northwest Florida

Methodist Home for the Aging Corp.
1520 Cooper Hill Road
Birmingham, AL 35210-2303
(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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*Merry
Christmas
and Happy New Year*

From Your Friends at Methodist Homes.

Featuring Santa & the beautiful Ida Brunnet,
sharing her smile from Wesley Place on Honeysuckle, Dothan!