



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

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

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Therapy At Home For Assisted Living Alternative To In-Patient Nursing Rehab for Residents

Assisted living residents at Wesley Place on Honeysuckle (Dothan) and Fair Haven (Birmingham) can now receive personalized therapy in their very own apartments! In September of 2020, Methodist Homes partnered with Therapy Management Corporation (TMC) to manage the physical, occupational and speech therapy needs at its two innovative short-term stay rehabilitation centers. TMC's new Therapy At Home program brings therapy interventions to residents in assisted living and memory care at the first sign of possible decline so that residents can maintain their highest level of independence for as long as possible.

It works like this: Nurses or other personnel may notice a small change in a resident's mobility, physicality or cognitive function. A physician's order is sought to refer the resident to TMC's Therapy At Home program, assuming that no nursing intervention is needed. The fully-equipped mobile outpatient therapy can then be experienced in the comfort of one's assisted living or specialty care assisted living (SCALF) apartment. It is a cost-effective way to deliver short-term therapy to regain safe function and fix small issues before they become big problems.

"We want to give them a little tune-up if we notice they might be declining a little bit," said **Stephanie Woods**, TMC's therapy navigator at Wesley Place on Honeysuckle. "They don't have to leave their home. No driver's license, no problem."

The Therapy At Home program is more convenient and cost-effective than transporting out to therapy appointments.



Additionally, therapists can tailor the recovery plan to the resident's daily lifestyle and living environment. That's a win for the resident and a win for TMC.

"Our goal is to make sure they are safe with their mobility, balance and endurance," Stephanie commented. "We want them to be strong physically. We also offer speech therapy and help with swallowing issues, memory, cognitive issues, and safety issues. The program covers a full gambit of wellness for everybody."

If you would like to know more about TMC's Therapy At Home services, contact the marketing team Fair Haven or Wesley Place on Honeysuckle.

PENSACOLA

Not Your Ordinary Painter... Meet Frank

Frank is a painter... but not the usual kind of artist. Frank paints personal copies of other people's work. And it's stunning. Meet **Frances "Frank" Slim**, 95, a father, grandfather and great grandfather living at Wesley Haven Villa in Pensacola, FL.

Frank discovered a knack for painting while in India as a member of the British Diplomatic Service. He explained that there was a lot of downtime at his posting in New Delhi, and he needed to find something to occupy his mind.

"I quickly became bored, because there was not really food for the brain," Frank confessed. "So I thought to myself, what can I do that's creative? I found some books on the market in New Delhi and began painting. No lessons. I discovered that I succeeded in copying other people's work."

This kind of painting is a hobby that Frank continues to this day in his apartment at Wesley Haven Villa. "Because I copy, it's unethical to sell them. They are for my own enjoyment. When I finish one, I'm pleased with myself, and want to keep it."

Frank paints works from any artist that catches his eye but he does have a favorite:

Edouard Cortes, 1882-1969, a French painter of French and Spanish ancestry, who spent most of his career painting scenes of Paris, France.

As to how a former member of the British Royal Marines and the British Diplomatic Service gets to Pensacola, Florida, Frank relayed his journey.

"I joined [the British Royal Marines] as a drummer boy at 15 years old and when I became 18, I had enough of the drums and became one of the Royal Marine Commandos. I did this until I was 40," said Frank. "I did a lot of traveling all over the world, mostly Eastern Europe and Asia."

Frank married Daphne Gaynham in 1957, and she accompanied him on postings to Malta and Singapore, and then on his postings with the British Diplomatic Service to India, Poland, Egypt and Washington D.C., where the British Embassy is located.

"At that time I had teenage daughters," Frank explained. "As a family we decided that we would like to immigrate to the United States. My wife had a sister married to an American serviceman. The sister was living in Indiana, and so on the grounds of sisterhood we could get a visa and become



naturalized citizens. And so I had to check myself on the U.S. job marketing with no qualifications or anything."

Frank found a job as a manager for a British builder, putting up houses in the Washington D.C. area, and from there he and his wife retired in 1993 to Connersville, Indiana, then to Noblesville, Indiana in 2013. It was there that Daphne passed away in 2015. Frank made his way to Florida to be closer to two of his daughters who live in Cantonment, Florida. His daughters did the research, and in March of 2023 they helped Frank make his home at Wesley Haven Villa.

PANAMA CITY

"Let The Good Times Roll!" Mardi Gras



When your Chef is from New Orleans, you enjoy a deliciously authentic Mardi Gras lunch. Thanks go to Executive Chef **Scott Simpson**, whose menu included favorites such as chicken and sausage gumbo over rice, or beef brisket w/BBQ sauce, as well as potato salad, fried okra,



stewed cabbage, seasoned red beans, and of course, New Orleans-style beignets.

A large assortment of Mardi Gras beads was donated by **Charlie Coram's Place** in St. Andrews. The **Dancing Divas** provided entertainment and passed the beads out to the attendees.



Karen Maddox & Iris Reeder



BIRMINGHAM

Show-And-Tell

What we treasure tells a lot about ourselves and is usually accompanied by a good story. Residents at Fair Haven (Birmingham) had a wonderful time at Show-And-Tell. Some lovely stories came to light from the objects people brought.

A few of the treasures highlighted: the first gift **LaVerne's** husband gave her; **Nancy's** treasured book of poetry her uncle gave her in 1945; a blown-glass paperweight that **Carol's** father found in the rubble of WWII; paintings **Ann's** father had done in 1971; **Carl's** comedic drawings of the world as he saw it; **Gailya's** framed painted Christmas card from her neighbor, the not-yet-famous Ron Lewis; **Al's** wife's life-like robotic dog that was a comfort to her when she lived at Fair Haven; **Sara's** custom-made clay figurine of her young twin boys and family dog; **Kay's** photography of the chapel and stained glass at Callaway Gardens; a prized sheep figurine from **Nancy's** beloved collection; **Corinne's** decorative carriage vase that held flowers to make it smell nice; **Anna's** necklace made from all the lost hair beads collected in the hallways while teaching elementary school; **Margie's** tiny frog that



was a sign of hope to her multiple times in her life; **Bhurrel's** story of a sweet kitten that went everywhere with its beloved owner; and **Eljee's** fossil from her trip to Morocco. Sharing stories among friends is a treasure all its own.

Volunteers



Crafts are an easy way to connect and grow relationships with residents in a group setting as well as in one-on-one encounters. Pictured above are some of the **UAB Sigma Kappa Sorority** members making one of their monthly visits to Fair Haven (Birmingham), spreading smiles and making people feel loved.

UAB Sigma Kappa, the **UAB Kappa Kappa Psi Brothers** and the **UAB Tau Beta Sigma Sisters** are regular volunteers at Fair Haven.

If you are interested in a volunteer opportunity at Fair Haven, either individually or as a group leader, contact Life Enrichment Coordinator **Anna Warner** at AWarner@methodisthomes.org or by calling 205-956-4150.

MONTGOMERY

Love And Waffles

Ahh, Valentine's Day. They say that the way to a person's heart is through the stomach, so what better way to show our love for the residents of Wesley Gardens (Montgomery) than by serving up homemade waffles, hot off the waffle iron, with all the fixins'?! Did they enjoy it? The smiles say it all.



Mary-Lynn Long, Mary-Angela Roling & Mary Taylor



Eula & Robert Britton, Congrats on 60 Yrs!



Margery Lindsey, Dorothy Sparks & Clara Jehle



Life Enrichment Coordinator **Teresa Messick** serves up the tasty, customized treats.



Our heartfelt thanks to all of our donors and friends.

Gifts received through February 29, 2024

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Alabama-West Florida Conference
Alabama-West Florida Foundation
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Canterbury UMC *Birmingham*
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Covenant Methodist *Dothan*
Frazer Free Methodist *Montgomery*
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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 call Sherri, Director of PR at 205-951-2442.



Kindness Matters is volunteer-led effort for Fair Haven's A-Wing long-term care neighborhood. As older adults travel their journey, dignity and a sense of self worth are very important. The goal is to provide items of comfort and access to personal care services for residents at Fair Haven who may have no family or funds. Learn more:





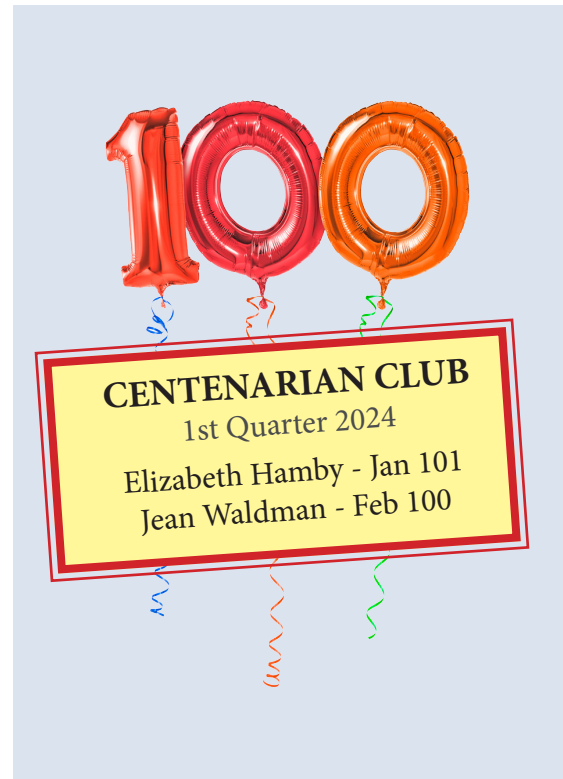
DOTHAN

Residents Support Local Food Bank



The assisted living residents of Wesley Place on Honeysuckle (Dothan) participated in The Empty Bowls Dothan project, which raised funds to benefit the Wiregrass Area Food Bank by selling handcrafted ceramic bowls.

The bowls are created and donated by local artists, volunteers, and high school art department students. Every bowl sold provides enough food to feed a family of 4 for a week. Thirty residents purchased a bowl for \$10 each during the fundraiser. Their collective generosity will provide one week of food for 120 people in the Wiregrass.



DECATUR

Painter's Paradise



We are very grateful to **Ashley Bryant** from Hospice of the Valley who sponsored an apartment door decor painting craft at Wesley Acres (Decatur) in late January to prepare for Valentine's Day. In fact, painting classes are held each Wednesday, led by resident **Angel Lindley**.

Pictured above are **Norma McMunn, Maria Vandiver, Linda Woodward** and **Flossie Gilmore**. Pictured below are **Regina Marzette, Blanca Gonzalez, Eloise Dilbeck** and **Flossie Gilmore**.



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 (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.

SELMA

Selma Resident Shares Crafty Talents

Ilean Ward has been a resident at Epworth House (Selma) for two and a half years. She actively engages in leading a Bible study within the community and possesses a keen knack for crafting.

After receiving a diagnosis of a movement disorder, Ilean's doctor advised her to engage in activities that would keep her hands occupied. When her previous passion for fine sewing became impractical, she transitioned to the art of card making.

"I enjoy giving the cards to people," Ilean remarked. "I make them, I send them, and try to put a little joy in somebody's day."

Utilizing the same paper used for her cards, Ilean crafts sturdy handbags that often catch the eye of onlookers on outings.

However, her most cherished recent achievement is the completion of her first quilt.

"We were talking about quilting one day after the Bible study was over, and I suggested that we have a quilting class. And so to get us started, I decided to make a quilt." Ilean beamed, "This is my first full-sized quilt for a bed."

We are delighted to have Ilean as a valued member of the Epworth House community.

