



*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.

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BIRMINGHAM



Fair Haven IL+
Independent Living Plus

Fair Haven unveils new service level for active seniors



In April, Fair Haven (Birmingham) rolled out a new level of service called Independent Living PLUS, designed to provide personalized support for active seniors who just need an occasional helping hand.

"Our families have been very excited and receptive to the new service," said **Shanna Williams**, Fair Haven's Senior Living Counselor. "It offers an affordable avenue to enter the retirement community environment at a lower price point. Their loved one is able to get some help, but only pay for what they need. Plus, if one day health needs change and the more complex care of assisted living is needed, it doesn't require an apartment move! It's the best of both worlds."

The all-inclusive pricing model of Independent Living PLUS features a private apartment with kitchenette, all utilities, including basic cable and wi-fi, three home-style prepared meals per day, emergency call systems, and much more for only \$3494 per month.

To top it off, this month Fair Haven was recognized for being among 25 Alabama communities to earn the 2024 Bronze Commitment to Quality Award presented by the American Health Care Association in partnership with the National Center for Assisted Living.

More about Independent Living PLUS can be learned on our website or by contacting Shanna Williams at SWilliams@fairhavenbirmingham.org.





DECATUR



Liz Prosch, RN, is Methodist Homes' VP of Quality Assurance and Mission Integration. In April, Liz began taking a wellness program to our communities, starting with residents at Wesley Acres (Decatur). The Movin' and Groovin' class features low impact exercise for high impact fun!

MONTGOMERY

Book Club Reads Aloud



Here's a glimpse inside a beautiful and heartwarming activity at Wesley Gardens (Montgomery). It's the narrated book club led by Life Enrichment Director **Teresa Messick**. Reading aloud can bring so much joy and connection to those who may not be able to see the pages or words anymore. It can also transport us to different worlds and ignite our imagination. The name of our current read is "The Hidey Hole" by Montgomery author **Geri Ellzey Craig**. Geri's mother lived at Wesley Gardens for a time and donated the book to our library. Find this post on our Facebook page and let us know what other books we should read together. We'll take reading volunteers, too!

PENSACOLA

The Corner Store



Duane Rouser shows he is ready for business at The Corner Store at Wesley Haven Villa (Pensacola). Residents can shop for many everyday items as well as gifts and other fun things. Residents

volunteer to staff the store, which is always updating with new offerings. The name "The Corner Store" was chosen during a contest, a perfect name as the shop sits on a corner hallway intersection.





PENSACOLA



Health & Nutrition

Reps from **Baptist Health Care** finished up a 3-part nutrition class in May at Wesley Scott Place (Pensacola). Residents enjoyed a Panera Bread lunch during the final class, along with a quarterly health screening. Pictured left is **Edna Lyons**, and below are **Priscilla Simpkins**, **Carol Dabon** and **Geneva Burke**.



Tips for Addressing Parent Concerns

Transitioning from a familiar home to a retirement community is a significant decision, often met with resistance from elderly parents. Here are a few tips:

Empathy and Patience: Listen to their concerns and acknowledge their feelings. Show that you understand their emotional attachment to their home.

Open Communication: Discuss the realities of aging and the potential risks of staying alone, such as falls, isolation, and delayed medical attention.

Highlight the Positives: Focus on the benefits of retirement communities, such as social activities, fitness programs, dining options, and healthcare services.

For more help on this subject, see the newest blog on the Fair Haven website.

DOTHAN

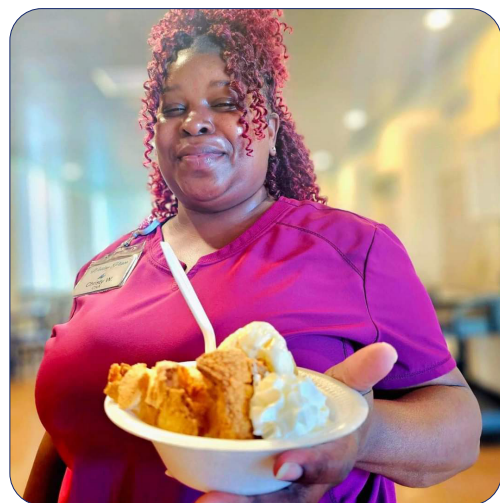
Radiant Memories

The staff at Wesley Place on Honeysuckle (Dothan) took full advantage of May's National Skilled Nursing Care Week, themed "Radiant Memories – A Tribute to the Golden Age of Radio." This theme was chosen by the **American Health Care Association** to "honor the stories and experiences that define skilled nursing care, and to embrace the spirit of nostalgia for the golden age of radio." Pictured left and right is Executive Director **Les Hogan** with several members of his team feeling groovy in the 70s and channeling "The Fonz" and his Pink Ladies of the 50s.

Residents enjoyed Coke floats courtesy of **Southern Care Hospice**, and watched the movie *Grease* on 50s day. A community-wide Hawaiian Luau on finished off the week-long festivities.

Honoring CNAs

Wesley Place staff also took advantage of June's CNA Week to honor their hard-working caregivers. Pictured left is **Christy Walker** enjoying a pound cake & ice cream treat sponsored by **Gentiva Hospice**. On the right are **Christina Jeffries**, **Rebekah Finley**, and **Trina Hunter**.





Our heartfelt thanks to all
of our donors and friends.

*Gifts received through
June 19, 2024*

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Alabama-West Florida Foundation
North Alabama Conference
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Church at Ross Bridge *Hoover*
Circle 1 - Vestavia Hills MC *B'ham*
Frazer Free Methodist *Montgomery*
Huffman UW in Faith *Birmingham*
J.O.Y. Class - Canterbury UMC *B'ham*
Leighton UMC *Leighton*
St. Luke UMC *Pensacola*
St. Luke UW in Faith *Pensacola*
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BIRMINGHAM

For A Good Cause - The FH Gift Shop



The Gift Shop at Fair Haven (Birmingham) offers residents, staff and guests a bright and cheerful place to purchase gifts, cards, stamps, toiletries and more. Under the guidance of a volunteer staff, led by **Ann Gervin** and resident **Carol Savage**, with help from resident volunteers **Karan Keim**, **Margaret Alexander** and **Marie Gwarjanski**, the shop is stocked, staffed and ready for business each Tuesday and Thursday from 1:00-3:00 p.m.

The shop originally opened in the 1970s, under the leadership of the late **Mary Margaret Tomlin**. Since that time, the Gift Shop has been an integral part of life for the residents. It is centrally located near the community's mailboxes, adjacent to the beauty parlor off the main front lobby.

All proceeds are used to benefit various resident areas in the community where there is a need. You are invited to stop by any Tuesday or Thursday from 1:00-3:00 to shop or to just sit and visit.



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 at 205-951-2442.**



Kindness Matters and Let's Make A Difference Together are volunteer-led efforts for Fair Haven's A-Wing long-term care neighborhood (Kindness Matters) and 1 North long-term care neighborhood (Let's Make A Difference Together). 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 at givebutter.com/kindnessmatters or at givebutter.com/letsmakeadifferencetogether.

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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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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PANAMA CITY

Tea & Sweet Treats

The Mother's Day Tea at Mathison (Panama City) was a huge success! Many of the beautiful cups and saucers were lovingly donated by ladies at the **Lynn Haven Senior Center**, and some were loaned to us from **Hiland Park Baptist Church**. The very talented **Neysa Wilkins** from Channel 7 News shared an inspirational and empowering message and sang beautifully for the more than 75 attendees. In addition to tea, we enjoyed traditional cucumber sandwiches, petit fours, lemon bars and caramel squares. The food was provided and served by Life Enrichment Director **Valerie Jenkins** and her family and friends. Flowers for the centerpieces were donated by **Hallmark Flowers**.



MONTGOMERY

Wesley Gardens
ASSISTED LIVING



Wesley Gardens (Montgomery) is a finalist in two categories of the Montgomery Advertiser Community's Choice Awards: Best Assisted Living and Best 55+ Retirement Community! We will announce our placement on our Facebook page after the awards ceremony in July!