



Methodist Homes of Alabama &
Northwest Florida
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www.methodisthomes.org

Methodist Homes News

A Publication of Methodist Homes of Alabama & Northwest Florida

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PENSACOLA

Life's New Beginnings: Grace Reinbold

"I realized that my life is beginning again."

For **Grace Reinbold**, those words are more than hopeful—they're lived. After moving to Pensacola in 2020 to be closer to family, and more recently recovering from a fall that resulted in shoulder replacement surgery, she arrived at Wesley Haven Villa (Pensacola) in February. What she's found since then is something she didn't expect: a deep sense of happiness and renewal.

"I can't believe all the goodness that has happened since I arrived," she shared.

Grace's journey to this new beginning has been anything but ordinary. In 2019, she was inducted into the SOURCE Hall of Fame, honoring women who have made a significant impact behind the scenes in the music industry. Over the years, she built a career as one of only a handful of female artist managers in Nashville, working with major Rock & Roll acts and helping grow the genre in the heart of "country" country.

"We had to break through that and yet not do anything to destroy it," Grace explained. "Not do anything that would give one single bad impression of country music...because they really were all wonderful."

But ask Grace what matters most, and her answer centers not on career success, but on service.

A guiding philosophy—to give in order to receive—shaped some of her proudest accomplishments. She and her husband helped advocate for warning labels on cigarette packaging, work that contributed to nationwide education efforts for young people. In Nashville, she created the Rhinestones & Roses Fashion Show,



Son Jason Reinbold with Grace Reinbold

bringing together celebrities and media for charitable causes, and later organized a charity football event benefiting Meals on Wheels.

Today, that same spirit of service continues.

Grace is regaining strength and looks forward to returning to volunteer at the thrift store at Pensacola First United Methodist Church. She is also planning to become a docent at a local art museum, eager to share her love of learning and connect with others.

At Wesley Haven Villa, she's found not only support, but inspiration in the people around her.

"They're very bright, talented people," Grace said of her fellow residents. "This is one of the most special places in Pensacola."

"There is a lot for people to do," she added. "Anyone who needs a little extra help getting their health back to normal... there couldn't be a better place."

For Grace Reinbold, this chapter is not a conclusion—but a continuation. A life of new beginnings, still unfolding.

Full article at wesleyhavenvilla.org



PANAMA CITY

Mathison Olympics

The Mathison Winter Olympics 2026 was an absolute win! Darrell and his team at **Select Rehab** brought the spirit of the Olympic Games to life at Mathison (Panama City) with fun-filled events, a lively medal ceremony, and delicious Italian treats—complete with cappuccinos.

Residents competed in four creative events: table-top curling, a snowball throw, virtual skiing, and a hockey shoot-out. The smiles, cheers, and friendly competition made it a truly unforgettable celebration.

Pictured at the podium receiving their medals are: (L to R) **Betty Mathes, Ellie Russo, Joan Potter, Pat Barnard, and Erress Kiser.** The men on the podium are **Deck Hull and Charlie Gramling.**

Judy Sharp and Joan Gramling are pictured competing in table-top curling.



PENSACOLA

Manna Food Pantry



For two years, **Manna Food Pantry** in Pensacola has been delivering a FREE Food Box to the residents of Wesley Scott Place (Pensacola) twice each month.

In partnership with the **American Heart Association**, Manna supports a “Food as Medicine” program which is designed to help individuals who may benefit from incorporating fresh produce in their diet to address food insecurity and improve their health outcomes (blood pressure, A1C, body weight, etc.). **The Farm Pensacola Produce Market** supplies fresh produce boxes twice each month, and Manna supplements the boxes with nonperishable items.

DOTHAN

A Unique Exercise: Cardio Drums

At least once a month, **Michelle Ellison** of **Dayspring and Palliative Care** brings her Cardio Drums to Wesley Place on Honeysuckle in Dothan. With nearly a decade of experience in long term care, she understands what motivates seniors to stay active, and she’s put that knowledge to great use.

Inspired by youth fitness trends, Michelle adapted the exercise ball concept using large neon exercise balls set atop sturdy, upturned garbage cans. The bright colors stimulate the mind and spark interest. As she blasts the golden oldies out of a portable speaker, residents drum along to their favorite tunes, creating music while they move.

“They can make music,” Michelle said. “Some think they can’t, but they can. They are doing exercises, but don’t know that they are exercising.”

The activity encourages much-needed arm movement. Seniors often prioritize leg strength that is necessary for mobility and neglect upper-body exercises. But it’s not all about arms. Michelle points out that residents sometimes get up and dance, or move their feet to the beat as well.





BIRMINGHAM

A Community Life Benefit: Looking Out For One Another

As we grow older, our need for connection often becomes even more important. For many older adults, especially widows and widowers, daily life can grow quieter after the loss of a spouse. While children and grandchildren remain a treasured part of life, they often live far away, or are busy with careers, teenagers, or college-age children responsibilities.

The result? Many seniors find themselves spending a great deal of time alone.



Why Social Connection Matters

Human beings were created for relationship. We thrive when we share experiences, conversations, and meaningful moments with others. While independence is valuable, isolation can quietly diminish a person's quality of life.

This is why living in community is one of the most celebrated aspects of choosing apartment life in a senior living community.

The Benefits of Living In Community

At a retirement community like Fair Haven (Birmingham), independent living apartment life provides:

- Built-in opportunities for daily interaction
- Shared meals and gathering spaces
- Planned activities and social events
- Bible studies and spiritual fellowship
- Fitness classes and hobby groups
- Organized outings in the Birmingham area



Instead of isolated days, residents experience natural connection. A neighbor becomes a walking partner. A shared interest turns into a standing coffee time. Holidays are celebrated together. Life becomes fuller simply because it is shared.

A Community That Looks Out for One Another

Perhaps one of the most meaningful benefits of community life, especially at Fair Haven, is the way residents genuinely care for each other.

If someone doesn't make it to a concert, someone notices. If a neighbor isn't feeling well, friends check in. Cards appear. Phone calls are made. Doors are knocked on. Residents often walk together to activities or stop by one another's apartments just to say hello.

It is not unusual for friendships here to feel like extended family. In many cases, they become just that.

Independent Living for Couples

While many residents are single seniors, couples also choose independent living to simplify life and expand their social circle. Without the responsibilities of home maintenance, couples often find more time to build friendships, participate in activities, and enjoy community together.

Independent living allows both privacy and connection in perfect balance for this stage of life.

Fair Haven: A Place to Belong

At Fair Haven, residents don't give up independence, they gain opportunities to form new friendships, rediscover interests, grow spiritually, and live each day with purpose.

No one was meant to navigate life alone, especially in the later years. A vibrant senior living community provides more than housing. It is a place to belong.

If you or someone you love is exploring senior apartment living in Birmingham, we invite you to learn how independent living at Fair Haven can support not just comfort and convenience, but connection and community.

BIRMINGHAM

Fair Haven (Birmingham) enjoyed a visit from the Silver Saints who brought love and cheer to residents around Valentine's Day. The Silver Saints are members of a life group from **Rebirth Christian Fellowship** called Senior Connection.

"Our life group Senior Connection exists to empower not only our own seniors, but to empower other seniors to live life out loud," said group leader **Gloria Menifee**. "With that in mind, we are reaching out to those people who sometimes are underserved."

The life group was formed out of the heart of its pastor, **Doug Taylor**, to ensure that no group would be left behind in carrying out the church's mission to 'Honor God and Help People'.



Thank you 



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- North Alabama Conference
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- Calloway Methodist Church Calloway
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- Marion Methodist Church Marion
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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.

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MONTGOMERY

Alzheimer's Advocacy Day

by Randy Allen

Wesley Gardens (Montgomery) was proud to have members of our Administrative Team attend Alzheimer's Advocacy Day at the Alabama State House, standing alongside advocates and caregivers to support those living with dementia.

We met with legislators to encourage support for Senate Bill 184 / House Bill 375, which would require dementia-specific training for employees in the Adult Protective Services Division of the Alabama Department of Human Resources, helping ensure more informed care and protection for vulnerable adults.

We also showed our support for House Bill 528, legislation that would establish the Alabama Dementia Network within the Department of Public Health to strengthen resources, coordination, and support for families across our state.

At Wesley Gardens, advocating for those living with memory loss isn't just part of our work — it's part of our mission.



Representing Wesley Gardens:
Randy Allen (Administrator),
Karen Jones (Marketing), and
Cassandra Williams (Dir. of Nursing)

Remember Mother's Day and Father's Day Honorariums or Memorials!



PANAMA CITY

Valentine Queen & King



Congratulations to Valentine King and Queen at Mathison (Panama City), **Carol & Dick Cowley**. The Cowleys have lived in Panama City since they married in July 1969. Carol served in the Bay County schools beginning as a teacher's aide and later as a school media specialist (AKA librarian) until her retirement. Dick worked as a telecommunications technician for almost 50 years. About 3 years ago, the couple began thinking about moving to a retirement community, and were able to move to Mathison in April of 2025. Both are happy to call Mathison home, and honored to be elected by their peers as 2026 Valentine Queen & King.

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- \$ _____ 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)
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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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Mother's & Father's Day Card & Carnation FUNDRAISER

By Mother's Day (May 10) & Father's Day (June 21), every resident living at one of our five *Fountain of Love* eligible care communities will be presented with a Card & Carnation to honor them mother-figures and father-figures in our lives. Will you please support the *Fountain of Love* in Honor or in Memory of someone special this Mother's Day and/or Father's Day? 100% of gifts received go into the *Fountain of Love Fund*.

If your gift is in honor of someone, you may want to include a custom message and we will print it directly on the card. You can even write a special message to someone whom you do not know and we will pass on your message of encouragement in a resident's card. Your honoree does not have to be a resident, though! We will mail a special card with a message for any honoree/memorial!

YES! I am making a gift this Mother's Day/Father's Day!

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