



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

Affordable Housing Apts.

(Income-based Rent / Income Restricted)

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



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[Facebook.com/WesleyPlaceDothan](https://www.facebook.com/WesleyPlaceDothan)

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Retirement-Community](https://www.facebook.com/Wesley-Gardens-Retirement-Community)

[Facebook.com/MathisonPanamaCity](https://www.facebook.com/MathisonPanamaCity)

PANAMA CITY

Cool Pool Party

Our June Summer Kickoff Pool Party was a huge hit at Mathison Retirement Community (Panama City). Residents enjoyed a wonderful afternoon filled with great food, refreshing frozen drinks, fantastic music, and plenty of time to relax and visit with friends. A special shout-out to **Select Rehab** for helping create a wonderful afternoon.

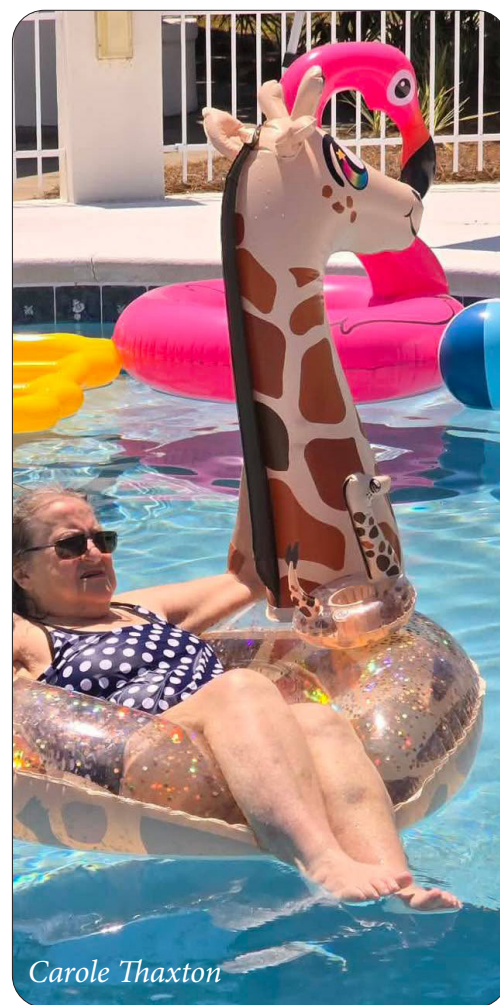
Enjoy these Summer Mocktail Recipes from Wesley Haven Villa (Pensacola)!

Citrus Sparklers

For a 9 oz. glass, dip the glass rim in juice, then into a plate with yellow sugar. Add ice, and 1/4 cup pineapple juice, 1/4 cup orange juice, and 1/2 cup ginger ale. Garnish with either an orange slice or a pineapple & cherry toothpick.

Watermelon Wowies

For a 9 oz. glass, dip rim of glass in juice, then into a plate with pink sugar. Add ice, and 1/2 cup watermelon juice, and 1/2 cup non-alcoholic Prosecco. Garnish with a watermelon cube toothpick.



Carole Thaxton



Lois Dick, Patricia Williams, Mary Sue Adams, Lou Bolinger and Patricia Barnard



PENSACOLA

Conference Flower Donation Brightens Wesley Haven Villa

Wesley Haven Villa (Pensacola) is located across the street from First United Methodist Church, host church of the Alabama-West Florida Annual Conference in June. The community's administrator, Tess Helton, and her team provided the Conference's Laity Banquet with a refreshing Mermaid Punch made with orange juice, pineapple juice, Sprite, and a splash of blue coloring. Following the Conference, the church donated its beautiful flower arrangements to the assisted living community. Residents and staff transformed the greenery and blooms into gorgeous new centerpieces.



Tess Helton



Annelle Linger

MONTGOMERY

A Child's Level



Sometimes the best way to connect to a child is to get on their level. **Melba Ohnich** at Wesley Gardens (Montgomery) did not hesitate to get right down on the floor to play with a young friend. Moments like these remind us that kindness, joy, and a playful spirit have no age limit.

Special bonds can form when generations come together. This is part of what makes Wesley Gardens such a wonderful place to call home.

DOTHAN

Herb & Spice Day



Wiregrass Master Gardeners **Brenda and Larry Oakley** visited Wesley Place on Honeysuckle (Dothan) for National Herb and Spice Day on June 10. The day is a celebration dedicated to exploring the diversity of fresh and dried seasonings, their health benefits, and their ability to enrich everyday cooking. **Barbara Hundley** and **Katie Hughes** planted their own herbs and spices in recognition of the special day.



Memorial Flowers

We are grateful for the generosity of the late **Marcia Huggins** of Hartford, AL, who designated that flowers from her service be shared with the residents of Wesley Place. Associate **Jacque Ferry** accompanied **Ambria Barber** and Miss Henry County **Aaliyah Sanders** to carry out Ms. Huggins' wishes. We are thankful for the joy these flowers brought to our residents.



DECATUR

Memorial Day Hot Dog Cookout



Residents at Wesley Acres (Decatur) enjoyed a special hot dog cookout for Memorial Day. Maintenance staff members grilled up the hot dogs and residents pitched in to provide a variety of flavorful side dishes. The cookout was such a success that another one is being planned to celebrate July 4th! Many thanks to the grillers: **Ronald Roberts** and **Robert Murphy**.

MONTGOMERY

Alzheimer's & Brain Awareness Month



Wesley Gardens (Montgomery) is proud to share that **Karen Jones**, Director of Sales and Marketing (pictured above 2nd from the left), was invited to attend a special proclamation signing ceremony on June 12 hosted by **Governor Kay Ivey** recognizing June as Alzheimer's & Brain Awareness Month in Alabama.

This meaningful event shines a light on the millions of individuals and families affected by Alzheimer's disease, while honoring caregivers, advocates, and those living with dementia. It also serves as a reminder of the importance of education, awareness, and support as we continue to champion quality care for older adults.

As caregivers for persons living with Alzheimer's and other forms of dementia, Wesley Gardens is grateful for the opportunity to be part of this important statewide effort and to stand alongside others who are committed to making a difference in the lives of those impacted by Alzheimer's disease.

PENSACOLA

Community Empowerment



Wesley Scott Place (Pensacola) recently held a cookout with The Salvation Army. The Salvation Army collaborates with nonprofit "Restoring the Village" on local charity and community outreach events. Their Reconnecting Generations initiative is a community empowerment movement designed to strengthen families, mentor youth, and break cycles of generational poverty.

Pictured above is The Salvation Army's **Mattie Braxton** flanked by Wesley Scott Place associates **Don Bonal** (Director) and **Robert Wells** (Maintenance). Pictured below is **Betty Robinson** enjoying the event.





*Thank
you*




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of Love**



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of our donors and friends.

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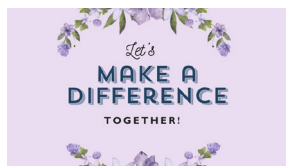
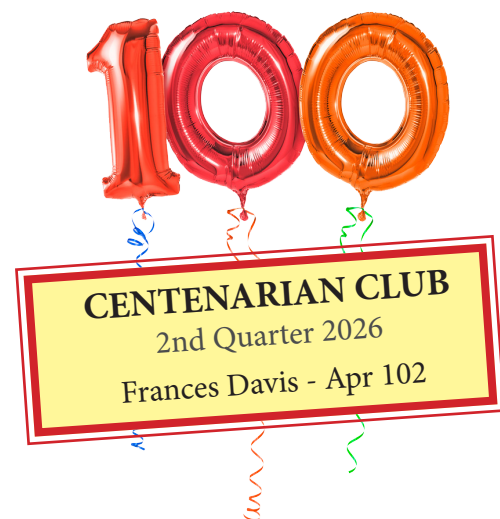
Volunteer Brunch

Volunteers are at the heart of Fair Haven (Birmingham), sharing their time, talents, and compassion in countless ways throughout the year. To celebrate their dedication, we recently gathered for our annual Volunteer Brunch, a special opportunity to honor the men and women who help make our community such a vibrant and caring place to call home.

Whether hosting birthday parties, providing musical entertainment, staffing the Fair Haven Gift Shop, or just lending a hand, our volunteers make a meaningful difference in the lives of residents and staff alike. Their servant hearts enrich our community every day. We are deeply grateful.



Residential Administrator Earnestine Thompson addresses the volunteers.



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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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We have a connection with DonateStock.com that creates a PayPal-like experience for donors who wish to lighten their tax burden with a direct stock gift to Methodist Homes! Visit "Donate" at methodisthomes.org to learn more.

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\$ _____ The *Fountain of Love* (provides help to residents)

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METHODIST HOMES
of Alabama & Northwest Florida

Methodist Home for the Aging Corp.
1520 Cooper Hill Road
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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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METHODIST HOMES

Memory Loss: Normal Forgetfulness Vs. Concerning Loss

We all misplace our keys or forget a name now and then. It's part of being human — and yes, part of getting older too. But for families watching a loved one's memory change, it can be hard to know when "a little forgetfulness" is simply normal aging, and when it might be something more.

At Methodist Homes, we often hear this question from families who love their parents deeply and want to make sure they're okay. The truth is, a little memory slip is usually nothing to worry about. But some changes deserve more attention.

What's Normal with Aging

With age, the brain naturally slows down a bit. It might take longer to recall names, learn new things, or keep track of small details. You may notice your loved one occasionally forgets an appointment, needs to make lists more often, or pauses to find the right word.

These changes are common — and they don't stop someone from managing daily life or enjoying the things they love.

When to Pay Closer Attention

Memory loss that interferes with daily life is different. If your loved one begins missing bills, forgetting recent conversations, repeating questions often, getting lost in familiar places, or showing unusual confusion about time or surroundings, it's wise to take note.

Other signs include changes in judgment, mood, or personality. For example, they might withdraw from friends, lose interest in favorite hobbies, or seem anxious or fearful without clear reason.

If these changes feel persistent or concerning, talk with a healthcare provider. Sometimes memory issues are caused by medications, infections, or vitamin deficiencies, all things that can be treated. Other times, the changes signal a condition like Alzheimer's or another form of dementia, where extra support may be needed.

At Methodist Homes, our assisted living memory care communities are designed



with that next step in mind. Residents have caring eyes on them, daily routines that bring comfort, and compassionate staff who know how to support both independence and safety. Families often tell us they feel a sense of peace once they know their loved one is receiving attentive, thoughtful care.

Because at the end of the day, the goal isn't just about remembering more — it's about living well, surrounded by care, respect, and community. Find Memory Care at Wesley Place on Honeysuckle, Wesley Gardens, Fair Haven & Mathison.