Jane Thibault’s Tips for GROWING Up!
(Or ~ How to Prepare for A Hale, Hearty, and Happy 120th Birthday Party)

There are a few things we can do to prepare for the gift of 120 years of life (the potential biological life span). These are: FIND, FOSTER, FILL, FEED, FAST, FLAIL, FEEL, FUN, FLOSS, FLING, FORGIVE, and FINISH. The earlier we start the more fun we’ll have at the party!

FIND… Your unique purpose for the second half of life.
What legacy does the gift of a long life allow you to give the world? Find an interest that fascinates you, an outlet for your creativity… Find a purpose you can pursue even when you are frail.

FOSTER… Friendship; the well-being of the next generation; your interest in the lives and needs of others; your spirit of generosity.

FILL… Your mind with ideas, your life with people, your senses with beauty, your soul with what/Who is beyond you, your whole life with love.

FEED… Your body with deeply colored fruits and vegetables, calcium-rich foods, fish, and long drinks of water – and fill your soul with the messages of God.

FAST … From negative thinking about yourself and fault-finding in others. Give up worrying. Adopt an “attitude of gratitude” or a spirituality of “giftedness” for the gifts of yourself and others. Trust that you will always have what you need.

FEEL… The joys and sorrows, pains and pleasures that come your way; the love of other people; the rain and sunshine on your face; your connectedness with all that exists.

FLAIL… Your body around for 30 minutes each day: Stretch luxuriously before getting out of bed. Limber your joints with range-of-motion exercises or yoga. Balance a book on your head while walking; stand on one foot, then the other – or do Tai Chi, Yoga, Pilates, etc. Strengthen your muscles by lifting weights and your heart by walking, swimming, bicycle-riding.

FUN… Make fun of yourself and your frailties. Look for short, funny stories to share. Search for the hilarious in the oddities and even the tragedies of life. Enjoy helping others laugh with you. Play every day – especially with children.
List, appreciate, and celebrate the little joys or gifts of everyday life – a good night’s sleep, the smell of air after rain, a dish of ice cream – even the availability of hearing aids, eyeglasses, canes, walkers, and medications that keep you alive!

FLOSS… Your teeth daily – the best thing you can do to prevent dentures – and (surprise!) also help your heart!

FLING… All the “stuff” you no longer need or use – things that get in the way of your living a more graceful, happy life – physically, emotionally, socially, and spiritually.
Stop collecting: For every new item you get, give something away. Start to give away your treasures to those who will appreciate them – and enjoy their joy!

FORGIVE… Everyone: your parents, family, friends, enemies, politicians – and yourself.

FINISH… Each day with these questions: What gifts did I give to the world today? What gifts did I receive? What shall I give tomorrow?

The earlier you start planning for your 120th birthday party, the more fun it will be! If you would like Jane to help you plan your 120th birthday celebration (no matter how many years you now have) give her a call at 502-228-5993 or email her at: thibaulj@bellsouth.net. ♥

Jane Thibault, Ph.D., is Clinical Professor/Gerontologist Emerita, Univ. of Louisville, School of Medicine; Adjunct Professor, Louisville Presbyterian Theological Seminary.
Honoring Older Americans

Do you know any Medal of Honor recipients? These men sacrificed themselves for their friends and their country. Today, those who survived their death-defying ordeals receive an instant salute when in the presence of other soldiers. Generals and presidents pay special homage to these heroes.

They often bear the scars of their heroism. No one can deny they are special people. They were willing to die, even expected to. Jesus, of course, did the same for us. He died in our place, yet is alive.

We all know many aging people who deserve to be honored too. And since May is “Older Americans Month,” let’s show appreciation for their long-time contributions to their families, communities and country.

The theme for this year’s Older Americans Month is “Never Too Late to Play!” It reminds us of the important role older adults play when they share their experience, wisdom and understanding with succeeding generations.

The theme also recognizes the value older adults continue to bring to our communities through spirited participation in social and faith groups and other activities.

Lifelong involvement in social, creative, and physical activities has proven health benefits. But older adults aren’t the only ones who benefit from their engagement in community life. Studies show their interaction with family, friends, and neighbors enrich the lives of everyone involved.

Young people who have had significant relationships with grandparents or elders say that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While Wesley Manor provides services, support and resources to our older Americans year-round, the month of May is a great time to show special appreciation for some of our most beloved citizens.

How can you honor older adults this month? Maybe you can give them more time out of your busy schedule, or a note of encouragement.

While we can’t bestow literal Medals of Honor on all these seniors, we can find other ways to honor their long lives of service, sacrifice and love. ♥

The Perks of Getting Older….

*There is nothing left anymore to learn the hard way.
*You no longer think of the speed limit as a challenge.
*You can eat dinner at 4:00 p.m.
*Kidnappers are not very interested in you.
*In a hostage situation, you are the most likely to be released first.
*Your secrets are safe with your friends – they can’t remember them anyway!

Maintaining a “merry spirit” is essential as we age. How we see ourselves is what counts most of all. My grandmother lived for a time in Wesley Manor’s Healthcare Center and she told me one day that she wished she could help her fellow residents because there were just “so many old people in this place.” The reflection from her dressing mirror might have shown a 90 year old woman, but inside the heart of a 20 year old was alive and well.

No matter how many years we count off on the calendars of life – the spirit of youth is at the core of ourselves. So nurture it with kindness, feed it with laughter and surround it with the light of positivity.

That merry spirit just may be the best friend we have as we age! ♥

Rev. Rebecca Church
Chaplain

No doubt getting older comes with its challenges, but attitude is everything! Proverbs 17:22 (KJV) says, “A merry heart doeth good like a medicine; but a broken spirit drieth the bones.”
We, the current working class, have so much to be thankful for as we consider the sacrifice of the older generation. That group of individuals, whom we serve in our senior care facilities, has done much to pave the way to our current level of prosperity.

They worked hard to get us through the Great Depression. They fought for our freedoms in World War II, the Korean Conflict, the Vietnam War, and various struggles in the mid-east.

They not only worked hard at their jobs, but they taught us how to save for the future. So, now that they’ve retired and need long-term care services, what should we do for them?

Should we push them off into relative obscurity into crowded nursing homes where they wait to die? Do we take away their individuality and freedoms by placing them in an institution where they become just another client? What kind of love should we show our parents and grandparents for all the sacrifices that they have made for us?

Becoming “old” in America should be like winning a race. It should have its rewards. At Wesley Manor, we believe that our calling is to make our residents happy by providing excellent care, a clean and pleasant environment, a stimulating culture, and great food. We strive to honor our residents, and give them all of the respect that they deserve. We give them the options to set their own schedules, to associate with whoever they like, whenever they like, and to worship God on their own terms. Wesley Manor’s goal is to feel as much like a home, hotel or a resort as possible – not like an institution!

We want living here to be viewed as a privilege of growing old, and not a punishment. As we look toward the future, we are making plans and dreaming dreams to build warm and welcoming structures and to provide environments and programming that reward older adults.

We need YOU to help us attain these goals. Please prayerfully consider the gifts and contributions YOU can share with Wesley Manor to enhance the lives of our current and future residents. It might be through volunteering, financial support, providing enriching programs, “adopting” a resident, helping with our “Swing for Seniors” annual golf outing or a myriad of other things. We need YOU to partner with us, to ensure our residents’ happiness, comfort, and to enhance their surroundings.

Aging is indeed a privilege and a gift! ♥

Jerry L. Hoganson
President

Celebrating 250 years of Service!

On February 28th, we honored twenty-one staff members for 5-30 years of service. Pres. Jerry Hoganson said, “The quality of an organization is only as good as those who provide services – and we are blessed by the quality of individuals being recognized today. Their dedication to our mission shows in their long-term efforts!”

30 years – Donna McCandless
25 years – Carole Jackson
20 years – Pam Mahoney
15 years – Rebecca Church, Bobbi Ellis, Frank Fritts, Judy Glass, Deanna Young
10 years – Darlene Dunford, Linda Hatfield, Norma Henderson, Becky Keown, Charlotte O’Brien, Janette Smith, Margie Tennyson
5 years – Michelle Anderson, Ruby Donahue, Mariellen Francis, Regina Huber, Naomi Ridener, Katlyn Werner

Heartfelt thanks to these special staff members – and many others – who make Wesley Manor the wonderful “home” that it is to all our residents! ♥
Extreme Makeovers Make our “Home” More Inviting!

Living Room – Health Care Center

On Thursday, April 12th at 3 p.m., Wesley Manor dedicated and celebrated the redecoration of the Living Room in our Health Care Center with an Open House. This renovation was completed in memory of our former resident, Alberta Cowherd, and was made possible through the thoughtfulness and generosity of Alberta’s close friend, Sandy Bock.

Spa Room – Memory Care Center

Gifts that we receive in honor or in memory of others are sometimes designated for a specific use. During the last year, we have received a number of special honorariums and memorials to be used in our Memory Care Center, which serves the needs of early-mid-stage Alzheimer’s/Dementia residents. These gifts honor or memorialize others while enhancing the living spaces and services that we provide to current residents who call Wesley Manor “home.”

One of the most visible recent enhancements in the Memory Care Center has been the redecoration of the Spa Room.

When we share our blessings, we can work miracles! This is one of them!

Raise the Roof – Replace Boilers

People often improve with age – but roofs and boilers don’t! Work began several weeks ago to replace the original roof (almost 50 years old) on our Assisted Living Center and the boilers will be replaced as well. Though these projects will cost more than $600,000, these earth-friendly GREEN initiatives will provide many benefits: greater year-round comfort for our residents, lower energy costs, enhanced curb appeal, added reliability and lower budgetary costs.

These improvements will benefit both current and future occupants who will call Wesley Manor “home.”
Your Gifts and Visits Brighten Lives!

Our local churches and groups do so much to reflect God’s love and care to Wesley Manor’s older adults throughout the year. Some have selected specific holidays as a focus.

For many years, Louisville’s Christ Church members have sent a “Reach for the Stars” Christmas gift to every Wesley Manor resident in our Assisted Living, Memory Care and Health Care Centers! Several Christ Church circles and Sunday School Classes have provided Sing-a-longs and Bingo marathons with wonderful prizes. CCUM volunteers have worked countless hours indoors and out.

Health Care Center residents were also delighted when Donna Johnson’s “Daisy” Troop 1085 personally delivered beautiful handmade Valentines to our residents in the Health Care Center.

Summit Heights UMC organized a “Spring Garden” outreach several years ago. Participating church members take a construction paper “flower” that has a resident’s name on it, with a list of needed items. This year, fifty-four residents received special “Spring Garden” gifts. 14-year-old Jessica Wayne delivered hers in person! Summit Heights members were inspired to get personal notes of thanks from several gift recipients.

The Older Adult Ministry Team of Louisville’s St. Paul UMC plans a beautiful and elaborate Valentine’s Day celebration for Wesley Manor residents each year with festive holiday decor, refreshments, entertainment and favors. Residents anticipate this event from one year to the next!

In April, Southern High School students planned an intergenerational craft class and made quilt squares with Memory Care Center residents.

It’s not the North Pole – it’s CCUM’s 2011 Christmas gifts!

Ken Curry shares a laugh with his mother, Virginia Curry

St. Paul volunteers delighted our AL residents at Valentine’s party

(left to right) Daisies Breahna Frost, Alejandra Leon and Kylee Huffman delivering Valentines

Summit Heights members selecting “Spring Garden” gift recipients

“Spring Garden” gift delivery

Southern High School students provided art project in MCC

Wesley Manor Retirement Community, Methodist Retirement Homes of Kentucky, Inc.
Healthy Lifestyle Choices Benefit Brain – and Body!

Deanna Young, BSN, RN, CDONA-LTC – VP of Nursing and Client Services

Because your brain is like a muscle, the rule of “use it or lose it” applies! Brain cells don’t replicate after 30, so there are fewer of them as we age – making it more difficult for older adults to learn new things... But the brain can form new branches and connections to compensate, and there are habits that will help prevent memory loss and maintain a healthy brain and body.

✓ It starts with a well-balanced diet. (Our Dietician, Megan Montgomery, expands on this below...)
✓ Monitor and control blood pressure, cholesterol, blood sugar, weight.
   Lowering blood pressure, cholesterol, blood sugar and weight lessens our risk of Alzheimer’s and Dementia, is good for your heart and protects against diabetes.
✓ Don’t smoke. It damages the brain’s blood vessels, causes heart disease and increases cancer risks.
✓ Use alcohol in moderation. Excessive alcohol use damages brain cells, but red wine in moderation (and red grapes) provide benefits to heart and brain.
✓ Take care of your psychological health.
   Depression can cause memory problems and decrease our ability to concentrate, but can be treated with medication and counseling.
✓ Stimulate your brain: Involve all your senses!
   • Hearing – Listen to a variety of music and stay socially active.
   • Vision – Read, enjoy artwork or view new sights.
   • Touch – Work with your hands in a garden, with crafts and handiwork.
   • Smell/taste – Try new spices and new foods and appreciate nature’s smells.
   • Motor senses – Walk, do water aerobics, resistance exercises or stretching.
   • Brain “push-ups” – Do crossword puzzles, Seek ‘n Find, Scrabble and new activities.
✓ De-stress: Find ways to simplify your life. Chronic stress damages areas of the brain governing short-term memory – so cultivate a positive attitude and find relaxing diversions that you enjoy.
✓ Get plenty of rest each night. Feeling overtired increases memory problems.

Making “My Plate” Your Plate

Megan Montgomery RD, LD – Staff Dietary Consultant from Dietary Consultants, Inc.

I strive to ensure that each resident’s individual nutritional needs are met, in light of their preferences, medical conditions and other factors. I also provide diet educations to new residents or those returning home. The USDA now uses “My Plate” as a visual aid for making better food choices. Key points are:

✓ Limit sodium intake
   • Eat less than 1500 mg/day - use low sodium or sodium-free spices instead of salt.
✓ Limit fat intake
   • Limit saturated fat (butter, milk fats, high-fat cuts of meat).
   • Replace saturated fats with mono and poly-unsat. fats (soft margarine, canola and olive oil).
✓ Eat the “rainbow”
   • Include 2.5 cups of brightly-colored fruits and vegetables.
✓ Choose about 5.5 oz. of lean protein
   • These proteins are found in lean cuts of meat, poultry, seafood and legumes.
   • Limit eggs, nuts and seeds eaten each week, due to high fat content.
✓ Make half your grains whole grains
   • Aim for 6 oz. per day, with 3 oz. from whole grain sources that are high in B Vitamins, Iron, Magnesium, Selenium, and fiber.
✓ Drink plenty of fluids
   • Water, tea, juice, milk, coffee and broths help our bodies stay properly hydrated.
✓ Make 30 minutes of physical activity a priority
   • This can be cleaning, yard work, walking or running errands.
   There are no guarantees in life, and we know that genetics play a key role – but cultivating healthy lifestyle choices will give us a better appreciation for life’s journey.

Wesley Manor’s mission, as a full continuum of care retirement community, is to serve our residents and families with a dedicated, professional staff in a nurturing Christian environment.
Our Residents Helping Others

AL residents packing supplies for tornado victims

Vivian Spurling and Montie Wesley assist with “Have a Heart for Seniors” mailing

Do all the good you can... By all the means you can... In all the ways you can... In all the places you can...
At all the times you can... To all the people you can... As long as ever you can.

- John Wesley’s Rules For Living

2012 Wesley Manor Golf Scramble Registration
Friday, June 22, 2012 at Quail Chase Golf Club

REGISTRATION DEADLINE: FRIDAY, JUNE 15, 2012

CONTACT NAME

BUSINESS

STREET ADDRESS

CITY, STATE, ZIP

DAYTIME PHONE NUMBER

EMAIL ADDRESS

$2500 – Title Sponsor (Admits 4 Golfers)
$1000 – Corporate Sponsor (Admits 2 Golfers)
$250 – Hole/Green Sponsor
$100 – Individual Golfer
I can’t play, but would like to donate $ 

TEAM REGISTRATION

GOLFER NAME

GOLFER NAME

GOLFER NAME

GOLFER NAME

Please make check(s) payable to:
Wesley Manor Retirement Community
Payment must accompany registration.
Please send team reservation and check(s) to:
Anita Kuvn
Wesley Manor Retirement Community
5012 East Manslick Road
Louisville, KY 40219
Phone: (502) 964-3959   Fax (502) 966-0819

Wesley Manor Retirement Community, Methodist Retirement Homes of Kentucky, Inc.
Where caring is a promise kept!

Wesley Manor is grateful for the strong and capable Leadership of our Board of Directors as we seek to fulfill our mission ministry to older adults.

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The Beacon is the newsletter of Wesley Manor Retirement Community, Methodist Retirement Homes of Kentucky, Inc., Anita H. Kuvin, Editor

502.969.3277 www.WesMan.org

Looking Ahead…

2012 Swing for Seniors Golf Scramble – Friday, June 22nd
Quail Chase Golf Club – Lunch by Mark’s Feed Store

All proceeds from this FUN fundraiser benefit Wesley Manor’s Charitable Care Program. Last year alone, Wesley Manor provided more than $1,305,000 in charitable and subsidized care to 105 seniors who now call Wesley Manor “home.”

To become a sponsor, donate prizes or auction items – or to register as a golfer, please contact Candi Blinn or Anita Kuvin at 964-3959 – or complete the Registration Form found on page 7 of this “Beacon of Hope” newsletter.

Caring for a loved one with Alzheimer’s Disease or other dementias?
Becky Beanblossom of Home Instead Senior Care will present three workshops at Wesley Manor. You will learn the causes, and behaviors associated with Alzheimer’s. This will include tips to encourage your loved one to share stories and memories for a Life Journal, how to manage difficult behaviors, and activities to keep your loved one engaged and active. There is no charge, but reservations are required.

Family Education Workshops – First 3 Thursdays in June
June 7th, 14th and 21st – 6:30 to 7:30 p.m.
Wesley Manor Retirement Community
5012 East Manslick Road – Louisville, KY 40219
Please call Candi Blinn at 964-3959 for reservations and information.