

# engage!



## Beyond Our Walls

Abundant Life at Home

Pint-Sized Powerhouse

The Roaming Reporter

Volume 6, Number 1  
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Composition:  
The Merz Group

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Cover Photo: *United Methodist Communities at Bishop Taylor resident, Rosalind Fowlkes, adjusts her sunglasses while relaxing outdoors.*

## A LETTER FROM THE EDITOR

The learned and wise Benjamin Franklin once said, “The most acceptable service of God is doing good to man.” The theme Beyond Our Walls speaks to reaching out into the greater community, our mission statement, and ‘doing good.’ The word “Communities” in our new name reflects our commitment to Abundant Life for Seniors wherever they live.

The Roaming Reporter (page 6) reveals the excitement and vibrancy at just one of our resource cafés. Three currently operate in public spaces, increasing visibility and encouraging seniors to casually drop-in, take a class, exercise, join a book club, access resources, socialize, and more.

Articulating the desire to go beyond our walls and extend our expertise, HomeWorks has launched in two locations. HomeWorks supports individuals in their own homes, bringing services and medical monitoring aimed at improving quality of life at home.

We are grateful to residents who value service beyond our walls. Over the years, the Garfield Elementary School and United Methodist Communities at Collingswood have partnered in intergenerational opportunities. Each week over the summer, residents read a variety of stories to the school’s summer campers. On their last visit, the grateful students gave presents to the volunteer readers, who felt purpose and joy in sharing.

In the spirit of Beyond Our Walls, United Methodist Communities is collaborating with service providers to mutually achieve better healthcare results and caregiving efficiencies, improving outcomes and optimizing resources. The article on page 3 outlines one such partnership.

As trusted voice and resource for older adults in New Jersey, we are



most thankful for opportunities that strengthen our organizational mission and enhance our social accountability.

Janet M. Carrato

## A LETTER FROM THE PRESIDENT & CEO



Dear Member of the UMC Family,

The Board of Directors of United Methodist Communities sold its Ocean Grove, New Jersey campus, United Methodist Communities at Francis Asbury, to Allegria at Ocean Grove. With a commitment to quality senior care, Allegria has assumed full leadership and will continue to operate it as a senior living community.

The Board of Directors recognized 25 years ago that the building did not fit the strategic model of operation to which United Methodist Communities was moving, but invested heavily over the ensuing years to keep it operating and comfortable for the residents. The organization reached a point where that was no longer good stewardship of its resources. Consistent with John Wesley’s advice, “do no harm ...

do all the good that you can,” this decision allows Francis Asbury to remain intact for the current residents and staff.

Historically, United Methodist Communities has built, acquired, replaced and sold multiple facilities over the years, most recently in 2006 when Meridian Health purchased Manor by the Sea in Ocean Grove, a stand-alone skilled nursing community.

Additionally, in contrast to our Strategic Plan and future direction, Francis Asbury did not offer the comprehensive continuum of services under one roof, as do United Methodist Communities’ four full-service campuses: Bristol Glen, Collingswood, Pitman and The Shores. United Methodist Communities will continue full operations of its nine retirement campuses and HomeWorks.

During the board’s review, Allegria at Ocean Grove emerged and shares our commitment to providing compassionate care and excellent service. These, as well as the opportunity for Francis Asbury’s current residents to continue living in a vibrant community, dominated the board’s decision.

Allegria at Ocean Grove understands that Francis Asbury associates delivered outstanding, values-driven care to the residents and desired the same strong and capable workforce that United Methodist Communities has experienced through the years. Therefore, we made arrangements for all Francis Asbury associates to transition to Allegria.

We recognize that a significant change, such as this, brings a range of feelings. Therefore, our chaplains have remained onsite to help people express and process their emotions. In closing, I thank our extended family for the innumerable ways in which they have supported and been a part of Francis Asbury over the years.

Sincerely,

Lawrence D. Carlson  
President & CEO

“Do no harm ... do all the good that you can.”

- John Wesley



# UNITED METHODIST COMMUNITIES AT COLLINGSWOOD RATED NUMBER ONE

By Gary Engelstad



Kennedy Health System's Skilled Nursing Facility (SNFist) program spans the continuum of elder care needs in homes, hospitals and rehabilitation and assisted living communities. Regardless of setting, the goal is maximizing individuals' potential for health and functional independence. During a recent conversation, Dr. Joseph A. Libby (Fellow of the American College of Physicians), Kennedy's medical director, explained how and why United Methodist Communities at Collingswood was rated number one among their vast network of partnering facilities.

Seeking partnerships with healthcare organizations that have demonstrated exceptional care is a growing trend among medical providers. These partnerships, based on coordination and information sharing, create environments where the patients are the beneficiaries of a unified commitment to the best outcome.

When these partnerships work well, they result in fewer hospital admissions, readmissions and emergency department visits compared with a group of accountable care organizations — these major factors assist in reducing expenses, as all partners are more focused on maintaining a high level of quality.

“Hospital partnerships have become such an important facet of the modern healthcare delivery system. The fact we came in at number one is just icing on the cake,” asserted James Clancy, Collingswood's executive director.

Also, patients have more opportunities to interact with their physicians in comparison to facilities not in similar partnerships, a factor highly valued by patients. Older adults, who have gone through life expecting more meaningful relationships with physicians, find this especially important. Data shows better healthcare for everyone — especially for people with chronic diseases, such as diabetes and heart failure.

Collingswood scored high on all of these measures, earning them the number one ranking as the preferred healthcare facility for Kennedy Health System's patients.

*Gary Engelstad is Annual Giving Officer for the United Methodist Communities Foundation.*

## PROFILES IN PHILANTHROPY HOLMAN AUTOMOTIVE GROUP

By Gary Engelstad



All of our communities have been blessed by outside volunteers who in ways great and small, make our residents' lives better. United Methodist Communities at Collingswood feels especially appreciative of a special relationship with Holman Automotive Group employees.

Based in Maple Shade, New Jersey, Holman Automotive Group was founded in 1924 when Steward C. Holman signed a contract with the Ford Motor Company. Rice and Holman Ford then became the area dealer in Merchantville, selling Model T, Model A, and the first V-8 models during its early years. Today, Holman consists of more than 40 operating companies, which include automotive dealerships across the country, a leasing and auto retail finance company, an auto parts distributorship, a truck up-fitting business, and the largest privately-owned fleet management and leasing company in the United States.

With a longstanding commitment to the communities in which they have a business presence, 2016 marked the 70th year that Holman supported their local United Way. In fact, the Holman-Collingswood relationship began through United Way's Day of Caring Program, which promotes the spirit and value of volunteerism and generates positive community relationships. Holman chose Collingswood as one of their nonprofits for the Day of Caring, and since that start, have been rolling up their sleeves to make a difference.

Mary Moloney, Collingswood's volunteer coordinator, remarks, “Before the annual September visit, our team starts a wish list of potential projects and activities



*Holman volunteers returned for their eighth annual Days of Caring campaign and savored a delicious lunch prepared by Dining Services.*

residents would enjoy. Prior to Holman's arrival, they not only choose several, but also come prepared with gardening tools, manicure supplies, materials for refinishing furniture, and their expertise. Their work is always top notch and they are always flexible to our needs if a new project should pop up at the last minute. A rousing bingo game always finishes the day, with guaranteed laughter and new friendships formed.”

Keisha Copling, a Holman employee volunteer, says, “I love doing the residents' nails and talking to and learning from them. I have made so many friends.”

Numerous Holman employees have returned on their own time to touch base with residents they have gotten to know so well. Mary added, “It's a pleasure to work with such an organized group.”

*Gary Engelstad is Annual Giving Officer for the United Methodist Communities Foundation.*



# ABUNDANT LIFE AT HOME

By Deborah Walsh



As a recognized leader in seniors services, United Methodist Communities' launch of HomeWorks, a Health Care Services Firm, made a natural segue. Nearly 90% of adults age 45 and older (AARP survey) want to stay in their homes "for as long as possible" as they age. HomeWorks, through its in-home care, fills the gap in the care continuum and supports older adults transitioning from or to hospitals, assisted living or nursing homes.

Besides assisting with personal care and chores, HomeWorks offers case management services such as advocacy, disease management and coaching, service coordination and help for long distance caregivers.

Located in Ocean Grove and Newton, compassionate and trustworthy caregivers travel to the homes of clients who trust our mission, compassionately serving in community so that all are free to choose abundant life.

Besides the important tasks of assisting with personal care and household duties and errands, companionship, an important and often overlooked component of home care, is part of the caregivers' duties. Because HomeWorks' care plans include friendly companionship and conversation, we work

hard at matching caregivers with each individual's cultural, physical and spiritual needs.

Seventy percent of Americans (Home Health Care News study) believe some form of spirituality should be part of their healthcare. Of those surveyed, 72% stated their spiritual needs were minimally met or not supported by the medical system, pointing to the need for pastoral care. In response, HomeWorks' chaplains and other spiritual leaders offer comfort and strength to homebound clients and staff alike.

HomeWorks partners with Veterans Home Care, an organization which helps veterans or their surviving spouses obtain personal care services free-of-charge, further adding value to the program. Visit [UMCommunities.org/HomeWorks](http://UMCommunities.org/HomeWorks) or call 732-838-1950 for additional information.

*Deborah Walsh is Executive Director of HomeWorks.*



# AT THE WESLEYAN CAFÉ

By Stephanie Coutros and Rebecca Roe

## What is your favorite activity?

"Yoga and arts and crafts are definitely crowd pleasers," area resident Josh Birch admits, "but, while yoga is my favorite activity, I stick around for everything."

Liz Abrams, a 10-year resident of The Wesleyan reports, "I enjoy community-oriented events, like the presentation on the history of the Reckless Estate."



*Mild fall weather permits chair yoga on the porch.*

## Would you encourage other seniors to visit?

Josh says, "Yes, I would. I used to be shy, but I really enjoy coming."

Liz affirms, "It would be nice if more people from the neighborhood joined in. I encourage them to do that."

## Why do you think seniors enjoy coming?

Mary Patichio, social services coordinator at The Wesleyan reflects, "There are lots of great activities and services. Arts and crafts is probably the most popular and even though yoga has a smaller group, it has loyal followers who come every week."

Linda Masi, community life assistant at The Wesleyan, points out, "We're in a good location, across from the post office, so on nice days we get some foot traffic."

## What has kept you coming back?

Liz explains, "I come back for all the interesting presentations and community happenings."

## How did you learn about The Wesleyan Café?

Josh says, "A friend told my wife about United Methodist Communities at The Wesleyan. I first went to the café when it was in that building. I kept coming when they moved to this new location."



*The Wesleyan Café meets at 164 Broad Street in Red Bank every Wednesday from 10am to 2pm and is open to all seniors.*

*Stephanie Coutros is Digital Marketing Strategist.*

*Rebecca Roe is Philanthropy Assistant for United Methodist Communities Foundation.*



# CHECK OUT UNITED METHODIST COMMUNITIES' BLOG!

Check out our new informative blog posts every Wednesday. Here are just a few:

## MAY

- Tips for better sleeping as a senior
- Medical marijuana in New Jersey - What you need to know

## JUNE

- How to prepare for hospice care
- Join the fight against osteoporosis

## JULY

- Fun mental exercises that keep our brains healthy and sharp
- Fascinating facts about aging

## AUGUST

- The importance of DNRs and Advanced Directives
- Medication safety tips for seniors

[UMCommunities.org/blog](http://UMCommunities.org/blog)

## A Message from United Methodist Communities Foundation

Families feel reassurance knowing their grandparents, parents and loved ones are comfortable and happy where they live and that benevolent care is there to help. Since 1985, United Methodist Communities Foundation has assisted thousands of residents. Your tax-deductible gift is vital in helping us offer high quality care to our residents in need. Will you help? Use the envelope attached or make your online gift today at [UMCommunities.org/donate](http://UMCommunities.org/donate).

Please Remember  
United Methodist Communities in Your Will.

# PINT-SIZED POWERHOUSE MEET CHEF CORRINE GODLEWSKI

By Alice Coghill



Corrine and United Methodist Communities at Pitman executive Chef Rich Schleeter prepare and serve taco dip and chicken quesadillas.

Nine-year-old Corrine Godlewski of Washington Township, NJ epitomizes the maxim, “good things come in small packages.” She first volunteered for the 13th Annual Classic Car Show and Picnic at United Methodist Communities at Pitman. Corrine’s enthusiastic zest of life and upbeat personality magically sparked a ‘love at first sight’ reaction from residents and associates.

Executive Chef Rich Schleeter struck up a conversation with Corrine and discovered, beside loving sports and school, she had a real passion for cooking. So, a few weeks later Chef Schleeter invited Corrine and her mother, Cyndi, for a tour. Corrine later brought her homemade guacamole dip and chips for him and few lucky associates to sample. He was so impressed with the pint-sized chef that he and Norm Engel “cooked up an idea.”

Without telling a soul, Dining Services Director Norm Engel ordered Corrine her own custom made chef’s jacket like those worn by the Pitman chefs. Shortly thereafter, a date was set for Corrine to participate in his weekly cooking demonstration.

Chef Schleeter concluded, “What can I say — the kid’s a natural and she didn’t even let an injured ankle slow her down. Her recipe for taco dip was a big hit and we served it with some chicken quesadillas for lunch with a South of the Border flavor. The only question I kept hearing was, ‘When is she coming back’ and ‘What is she cooking next?’ ”

“I am proud of how giving she is. We have always done easy charity such as donating canned goods or Toys for Tots, but never this level of volunteering. Corrine wants to be a chef and welcomes every opportunity to learn about cooking,” said her mother Cyndi.

*Alice Coghill is Sales Counselor at United Methodist Communities at Pitman.*

## Guac’n’tac

### Ingredients

- |                            |  |
|----------------------------|--|
| 1 lb. ground beef          | Salt   |
| ¼ cup water                | Pepper   |
| 1 tablespoon garlic powder | 1 ½ cups Kraft Mexican-Style Four Cheese or shredded cheese of your choice |
| 1/3 cup taco seasoning     | Tortilla chips or taco shells  |
| 1 ripe avocado             |  |
| 1 lemon                    |  |
| ½ cup sour cream           |  |

### Instructions

1. Cook ground beef. Drain excess liquid.
2. Add water, garlic powder and taco seasoning to beef.
3. Let simmer on low heat while completing the steps below.
4. In a microwave-safe bowl mash avocado. Add juice of a lemon, sour cream, salt, pepper and 1 cup of the cheese. Mix together. Add ground beef.
5. Sprinkle the top with the remaining 1/2 cup of the cheese. Microwave 30 seconds to melt cheese.
6. Serve with your favorite tortilla chips (dip/appetizer) or taco shells (entrée).

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## THE WORLDWIDE POWER OF NINE

By Janet M. Carrato

Imagine for a moment that you've had to flee your home because of a natural disaster, crisis, war or conflict. Now envision you've received a Health Kit containing basic necessities: hand towel, washcloth, comb, nail file or clippers, soap, toothbrush, adhesive bandages, plastic bag, and toothpaste.

Knowing these nine items can change the outlooks and lives of vulnerable people all over the world, all five of United Methodist Communities' affordable housing campuses (The Wesleyan, Wesley by the Bay, Covenant Place, Bishop Taylor, and PineRidge of Montclair) chose United Methodist Committee on

Relief (UMCOR) Health Kits for a mission project that would impact people far beyond their walls. UMCOR focuses on humanitarian relief and disaster response around the world.

In January 2016, as part of an organization-wide mission education program, the associate-led Housing Mission Team formed and began planning. Over the next nine months, they partnered with residents and collected the kit items as well as monetary donations.

In September, they gathered at The Wesleyan for the final phase — packing and shipping the kits. The Wesleyan's Housing Administrator and Mission Team Leader, Gertrude Kehleay, welcomed all and thanked the residents and staff, who not only generously gave items for 101 kits, but also raised \$310.00.

“Since UMCOR focuses on humanitarian relief and disaster response around the world, the team felt elation and joy knowing the kits would impact people far beyond our walls,” reflected Gertrude.

*Janet M. Carrato is Director of Communications and Public Relations.*



United Methodist Communities President and CEO, Larry Carlson; and Vice President of Housing, Cindy Jacques (second from right and rightmost); join Housing Mission Team Leader, Gertrude Kehleay (third from left); and associate team members (left to right), Deede Bolger, Monique Degivenchy, Tanya Sweet Preston, Kerileigh Sherman, Jeanette Edghill, Dee Carmichael, and India Santos.

## UNITED METHODIST COMMUNITIES AWARDS & RECOGNITIONS 2016

### United Methodist Communities at Bristol Glen

Centers for Medicare & Medicaid Services, Department of Health and Human Services, Deficiency-Free Federal Survey

### United Methodist Communities at Collingswood

U.S. News & World Report: Best Nursing Homes

### United Methodist Communities at Home Office

United Methodist Association, EAGLE (Educational Assessment Guidelines Leading toward Excellence) accreditation

MarCom Award, Platinum, Crab Cakes in Ocean City (video)

MarCom Award, Gold, engage! Fall 2016

MarCom Award, Gold, Three Common Senior Scams (video)

MarCom Award, Honorable Mention, UMC Branding Refresh Campaign

MarCom Award, Honorable Mention, Connections, Spring 2016

MarCom Award, Honorable Mention, Marcella's Testimonial (video)

### United Methodist Communities at Pitman

SeniorAdvisor.com, The Best of Assisted Living in Pitman

### United Methodist Communities at The Shores

New Jersey Department of Health, Division of Health Facilities Evaluation and Licensing, Deficiency-Free Nursing Survey

LeadingAge NJ Excellence in Care Award, Joanne Cheesman

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# FRIENDS, NEIGHBORS AND VOLUNTEERS

By Deede Bolger

United Methodist Communities residents are mindful of the richness of their lives and the many advantages from which they benefit. With a strong social consciousness, many willingly donate their time and talent to enrich those less fortunate in their communities.

Wesley by the Bay residents, Lori Kintz and Jenny Wasiuk travel almost daily to the Ocean City Senior Center, which offers the fellowship and fun of activities, as well as a noon meal. Some transport their neighbors, do friendly visits to cheer shut-ins and conduct outreach with their churches, while others reach farther into the surrounding community.



Pat Zell and Patricia Pitchers mentor schoolchildren. George Benner (above), a Vietnam veteran, assists other veterans. Janet Melven makes contact phone calls to shut-ins who look forward to a friendly voice each day. Several days each week, Susan Elgena volunteers at the Shore Medical Center, while Barbara Taylor loves her time at the Historical Society.

The Wesleyan resident, Enilza Andrade, knits and crochets hats for Monmouth Medical Center cancer patients, which lends warmth and comfort during hair loss. She also creates teddy bears for the Salvation Army.

Each week, fourth grade students from the Red Bank Charter School venture a short distance to visit their neighbor, The Wesleyan. With focus on Service Learning, residents teach socialization skills, and together, they complete projects, share their personal histories, light refreshments and snacks.

Myrna Thomas (below), who resides at PineRidge of Montclair, blesses others with her boundless energy. She instructs an exercise class at Metropolitan Baptist Church and works with a group of volunteers at Trinity Temple Seventh Day Adventist Church, packing and distributing food and blankets to the homeless.



“The number of residents’ outside interests seems to grow continuously, perhaps in proportion to their sense of gratitude,” observes Kerileigh Sherman, social service coordinator. “As an added benefit, they vastly enrich their own lives while enriching others.”



Believing we are all children of the Lord, Myrna’s mission is to serve Him and help others to know Him. Therefore, her newest ministry takes her to the streets of Newark and Irvington, where she invites and prays with those who accept.

Myrtle Rodgers (left), volunteers with members of the Covenant United Methodist Church. On Monday evenings, she walks from her Covenant Place apartment home to its sponsoring church next door to help prepare over 100 meals. Upon completion, they are served to the homeless in Plainfield.

Bishop Taylor resident, Linda Smith, always the first to welcome visitors, has a penchant for all things culinary. She eagerly helps the kitchen aide with the congregate meals and prepares food for the senior resource café. Serving double duty, she assists neighbors who are unable to cook for themselves and at the same time, assures they are okay. Monique Degivenchy, social service coordinator, observes, “Always caring and honest in her views and thoughts, Linda’s actions add to the good of the Bishop Taylor community.”

*Deede Bolger is Housing Administrator at United Methodist Communities at Wesley by the Bay.*



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Time to simplify and downsize? Resolve to make this past winter your last one removing snow and maintaining a home. Call the community of your choice (back cover) to arrange a tour or start online at [UMCommunities.org](http://UMCommunities.org).

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# OUR SACRED MISSION

## THE CHALLENGE OF RESPECT

By John Callanan



During this year, United Methodist Communities is celebrating our core value of respect, which we define as seeing and valuing sacred worth. Jesus definition was simple: treat others the way you want to be treated (Luke 6:31). Being respectful, though, is difficult in practice. The challenge comes from the fact that we all define respect differently and live out our values imperfectly.

I learned that lesson the hard way while on vacation a few years ago, when I purchased a Model-T wrench at an antique shop in Massachusetts. I realized that the wrench was produced by Ford, but curious that it carried a modern logo. I attempted to ask the owner if she knew when Ford started using that modern logo and in the course of the conversation, she thought I was implying that the wrench was not authentic and, therein, questioning her honesty and integrity. She got so

angry that she almost wouldn't sell me the wrench!

What I learned that day was that other cultures define respect differently - New England has a historic and distinct "Yankee" sub-culture. I did not see that due to our different cultural perspectives, we were talking past each other in ways that only escalated the situation. If communication can be so difficult on something as simple as a small purchase, how much more difficult is it when we tackle larger issues such as embracing inclusion and modeling respect?

I don't pretend to have all the answers about how to be respectful and I do not mean to minimize the difficulty of cross-cultural communication. Yet, I firmly believe that we can find the answers together, if we treat each other as we wish to be treated and trust each other enough to engage in a conversation about what respect means to each of us in our setting.

*Rev. John Callanan is Corporate Director of Mission and Pastoral Care.*

### MISSION STATEMENT:

Compassionately serving in community so that all are free to choose abundant life.







# United Methodist Communities

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## In-Home Care for Seniors

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HomeWorks | Newton, NJ | 973-940-6300

[UMCommunities.org/HomeWorks](http://UMCommunities.org/HomeWorks)

## Full Service Communities

At the heart of United Methodist Communities' resident-driven services and amenities is a team of highly qualified professionals delivering a continuum of care to adults 65-years and over.

### Bristol Glen

Newton, NJ | 973-300-5788

[UMCommunities.org/BristolGlen](http://UMCommunities.org/BristolGlen)

### Pitman

Pitman, NJ | 856-589-7800

[UMCommunities.org/Pitman](http://UMCommunities.org/Pitman)

### Collingswood

Collingswood, NJ | 856-854-4331

[UMCommunities.org/Collingswood](http://UMCommunities.org/Collingswood)

### The Shores

Ocean City, NJ | 609-399-8505

[UMCommunities.org/TheShores](http://UMCommunities.org/TheShores)

## Affordable Housing Communities

### Bishop Taylor

East Orange, NJ | 973-676-9057

[UMCommunities.org/BishopTaylor](http://UMCommunities.org/BishopTaylor)

### PineRidge of Montclair

Montclair, NJ | 973-746-0003

[UMCommunities.org/PineRidge](http://UMCommunities.org/PineRidge)

### The Wesleyan

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### Wesley by the Bay

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