

April 2021

Calendar of Events

Due to COVID 19 Precautions, there are currently no in-person activities. We will be providing you with various activities/crafts that you can engage in within your apartment.

Zoom Programming:
10:00AM Monday and Wednesday: Senior Fitness
12:00PM Wednesday: Cooking with Linda
10:00AM Every Other Friday: Yoga



The Wesleyan Echo

April 2021

Pam's Health Notes



I have spent the last three and a half years encouraging you all to grow, expand your knowledge, step out of your comfort zones and try new experiences. And now, I must

bravely do the same. While I am so grateful for the opportunity to take on a new role with United Methodist Communities; a role that will allow me to still bring wellness and life-long learning to you all indirectly, I am saddened to have to say good-bye.

You all welcomed me with opened hearts and opened minds when I walked through the doors back in October 2017; and have been so kind to me since. I will forever remember your individual, personal qualities that have brought so many smiles to my face day after day. I will also remember your collective spirit that fills the air at The Wesleyan. It is the accumulation of each and every one of you that makes the Wesleyan such a special community. Working with you has truly been the highlight of my career.

I have tried to do my best to work diligently for you all when you have needed my assistance, while trying to instill within you that you are smart, capable human beings. I have also tried my best to bring innovative programming to you. I hope that I have made some impact upon your lives in one way or the other. At the very least, I hope that I have instilled within you that you are worthy of full-person wellness (mind, body and spirit), that you are all capable of learning no matter your age; and that life-long learning is very impactful upon your overall emotional health and well-being. While I may not physically be at The Wesleyan, my spirit will remain here to remind you all to take care of your physical health, and to nurture your spirit and souls.

Your presence in *my* life the last three and a half years has been wonderful for my soul. Thank you.

How lucky am I to know such wonderful people who are so hard to say good-bye to.....

Associate Directory

Gertrude Kehleay
Housing Administrator
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Pamela Joyce
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Kim Almonte
Administrative Assistant
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Linda Masi
Community Life Assistant
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James McGuinness
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Cervin Howard
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Security Desk
732-936-9990

United Methodist Communities at The Wesleyan

9 Wall Street
Red Bank, NJ 07701
732-936-0760 (p)

Administrator's Corner



My Dear Residents,

As we begin to see more sunshine, the happier we will be. We can now walk outside and catch a breath of fresh air. Happy Easter to all of you. Easter is the time of Hope, Love and Joyful Living. For Easter, we will be giving out our regular Easter eggs. Please be on the lookout for them.

You have all gotten the Memo informing you that Pamela Joyce, our Social Service Coordinator is moving on to a new position within the United Methodist Communities. We will miss Pam, and we want to thank her for all her services to every one of us here at The Wesleyan. We would like to wish her much success in her new position as Director of Social Services.

We will be hiring a new Social Service Coordinator in the coming weeks. We pray that the new person will be just as wonderful as Pam. Pam will be here until the new Social Service Coordinator begins. Please stop by to say goodbye to Pam and to wish her well.

As always, please remember to continue to wear your mask and keep social distancing. Keep well and stay safe.

Thank you and be blessed.

Blessings,



Gertrude Kehleay
Housing Administrator



Senior Space

Woman's Club of Red Bank
164 Broad Street, Red Bank, NJ
Wednesdays, 10am-2pm

A place for older adults to live, learn, and socialize through activities, classes and more!

The Wesleyan, a senior housing community, hosts *Senior Space*, a resource hub for the area's older adults. It is a dedicated place to learn, socialize, find wellness information, engage in programs, and have meaningful interactions.

Activities, resources, and presentations at Senior Space include, but not limited to, Technology Support at the Internet Café, Medicare/Medicaid/Entitlements, Financial Assistance Support, Transportation/Access Link, Nutrition/Food, "Shut-In" Support or Monitoring, Senior Gold/PAAD, Mental Healthcare, Adult Daycare, Fitness and Exercise, Volunteerism, Home and Community Based Services (HCBS), and Physician Finder.

In-person Senior Space is currently on pause; however we are offering virtual programming on Zoom:

- ♦ **Monday and Wednesday-Senior Fitness 10:00AM**
- ♦ **Every Wednesday-Cooking with Linda 12:00PM**
- ♦ **Every Other Friday-Yoga 10:00AM**

In addition, Social Service Assistance is available via telephone or Zoom. For More Information, Please Call 732-936-0760

Congregate Services: If you need assistance with cleaning, grocery shopping, and other errands, there is help available to you through the Congregate Housing Program (CHSP).

The CHSP program aims to help you remain independent in your apartment by providing assistance with daily tasks such as cleaning, shopping, laundry, linen change, meal prep, and other tasks.

Cost for CHSP services is based on your income. The State of New Jersey provides a subsidy to reduce your cost for services.

Please call Pamela Joyce, Social Service Coordinator if you would like to request services, or if you would like more information.

New Resident Spotlight **CONTINUED FROM PAGE 3**

What life advice would you pass along? Maintain a patient and positive approach to all.

Do you have any hobbies? Lately, not much other than music.

What brings you joy? What makes you smile? Of course, my children when I can see them; and people like you Pam, with a great attitude. We will miss you.



Welcome to The Wesleyan, Timothy!!!!
“A good neighbor—a found treasure.” -Chinese Proverb



Connect with us through social media!

NEW RESIDENT SPOTLIGHT:



Timothy Boyce

Where were you born? Glenridge, New Jersey

Where did you live prior to moving into The Wesleyan? How long did you live there? Sea Bright, New Jersey. I lived there on and off for about 35 years.

What did you do for a career? I worked for a medical device company designing lasers and endoscope's for glaucoma management; as well as providing surgical training to doctors and/or personnel, in the field, which took me around the globe.

What are the most rewarding things about getting older? Waking up in the morning!

What are the most important lessons you've learned in your life? Maintaining a patient and positive approach to all, (which can be difficult at times).

Who inspires you the most? What qualities do they possess that inspire you? My most successful friends from college days, who are still out there producing and performing.

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Maintenance Memo



Fire Safety

The escape plan in the event of a fire, as recommended by the Red Bank Fire Department: Residents should shelter in place if the fire alarms go off. This building has fire sprinklers in all common areas and in all resident apartments. All resident apartments have metal fire doors. The only time Red Bank Fire Department wants a resident to leave their apartment is if the fire is actually in their apartment. Under such circumstance, the resident should exit their apartment. Otherwise, residents are to shelter in place. If a resident has to exit their apartment due to a fire in their apartment, they should NOT use the elevator; they should use the stairwells at the end of each hallway if they are able to do so.