

**Report**

United Methodist Homes of New Jersey

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4 Since the United Methodist Homes of New Jersey (UMH NJ) board of directors approved the Strategic Plan  
5 2013 - 2017, we have done much and published this progress in the last two annual reports. The theme for our  
6 fiscal year 2015 annual report, Share the Magic of UMH, continues to chart that journey.

7 With Alliance Rehab, Bristol Glen and The Shores at Wesley Manor implemented SeniorFITness, a venture which  
8 supports a longstanding priority — improving resident function, quality-of-life and independence. Led by  
9 professional exercise physiologists, the multidisciplinary program, designed to be both fun and functional for  
10 older adults, improves strength, balance, mobility and mental well-being through a wide assortment of  
11 activities. As residents age, improving balance is one of the keys to preventing falls.

12 A significant step toward the Strategic Plan’s expansion of Home and Community Based Services occurred in  
13 June 2015 with the launching of The Arms Café at Wesleyan Arms. They have partnered with Home Helpers of  
14 Monmouth County and the Visiting Nurse Association of Central Jersey to promote living and learning for the  
15 area’s older adults. PineRidge of Montclair’s resource hub and meeting place, Senior Space, successfully  
16 continues to offer weekly social interaction, physical exercise and lifelong learning at the Montclair Public Library.

17 As both hubs engage into and with their local communities, the varied calendars include: chair yoga or Zumba®,  
18 art, technology, reading and book club discussions, meeting new friends, walking groups, finding information,  
19 enjoying the company of others, and more. Resource coordinators offer information about elder care to  
20 individuals and their families. This allows access to important resources to successfully age in place at home:  
21 meals, home care, tele-health, and chore, social and transportation connections.

22 Our full-service communities continue to transition from a medical model in healthcare to household models,  
23 creating environments where residents can live fulfilling, meaningful and self-directed lives. The Shores at  
24 Wesley Manor has developed three neighborhoods of approximately 20 residents each. These establish a  
25 person-centered model of caring for residents, giving them greater control over their daily routines. We  
26 invested almost two years bringing key stakeholders together to learn about and create the model.  
27 Conceptual plans of similar scope are in the works for Collingswood, followed by Bristol Glen and then Pitman.

28 As planned and in harmony with Service Expansion, The Shores at Wesley Manor opened six hospice-dedicated  
29 apartments in April 2015. Located in a private assisted living neighborhood, each one-bedroom apartment has  
30 been custom designed for individuals facing terminal illness that no longer responds to curative treatment. The  
31 expertise of the multi-disciplinary hospice team includes advanced, traditional and alternative therapies; 24-  
32 hour nursing oversight; medication management; certified caregivers; emotional and spiritual support; personal  
33 services; and palliative care for symptom management and pain control. Welcoming gathering spaces for  
34 families and friends complement a nurturing atmosphere.

35 We refreshed our mission, vision and values statements and celebrated Commissioning Services for our  
36 executive directors and housing administrators. This focus on our Wesleyan Christian values segued into  
37 Missioning Services for all associates at each community. They honored associates and their call by God to a  
38 ministry of caregiving and affirmed the important impact associates make using their unique gifts and embracing  
39 our core values of compassion, respect, stewardship and service. Additionally, Spiritual Care Teams and local  
40 Mission Teams have been formed to develop creative ideas for celebrating the Homes’ mission and values in  
41 the future.

## **Reports to the 2016 Annual Conference**

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1 United Methodist Homes concluded fiscal year 2015 with an overall increase in net assets. We completed a  
2 refinancing of debt in October which reduced the amount of interest expense that UMHNJ must pay on our  
3 outstanding debt and this resulted in a large decrease in interest expense in 2015. Therefore, through this  
4 positive stewardship, we are realizing savings and able to retain more of our cash for other ministry purposes.  
5 This promotes goals under the Strategic Plan's mandate to Strengthen the Financial Position of the Ministry.

6 Through the analysis of hospital discharge documentation, all of the full-service communities have created a  
7 specialty clinical niche within their respective healthcare centers. Bristol Glen offers a pulmonary specialty  
8 while The Shores focuses on cardiac rehabilitation. This initiative has effectively aligned us with several  
9 hospitals for stronger referrals and consistency of clinical care as people move from hospital to home.

10 As accountable care organizations and bundled payments have surfaced as key strategies of the federal  
11 government to control the cost and quality of healthcare, our ability to reduce hospital readmission rates and  
12 track key clinical performance metrics have proved invaluable. This is critically important for our future and  
13 will distinguish UMHNJ in the marketplace. We continue conversations with several accountable care  
14 organizations and major insurance companies.

15 To advance the Strategic Plan's mandate to Strengthen the Organizational Human Capital, considerable  
16 time has been devoted to developing foundational human resources policies and best associate relations  
17 practices, including the Fair Treatment Process. Consistent with those outcomes, we issued an Associate  
18 Resource Guide. The recruitment, hiring and on-boarding of new talent now aligns with the organizational  
19 values. Also, within human resources and aligned with Integrating the UMHNJ Mission into the Fabric of  
20 the Ministry, we are assimilating our values into the organizational job descriptions and reinventing the  
21 performance evaluation process. In order to make decisions consistent with our organizational values, we  
22 are creating a Wesleyan decision-making model.

23 Share the Magic of UMH, a daylong event filled with magic, music, information and inspiration, occurred in May  
24 2015. The day held some very serious purposes: bringing together associates who work in eleven unique  
25 locations; affirming and acknowledging organization-wide, local site, and individual accomplishments; giving a  
26 status report on the Homes; viewing videos featuring the compassionate relationships between associates and  
27 residents; and inspiring and motivating staff. Four associates received awards as determined by nominations  
28 through an interdisciplinary Awards Committee.

29 United Methodist Homes of New Jersey is united by our commitment to a noble mission and common  
30 purpose. Collectively, we have moved our mission and agenda forward with your help. We do this work for  
31 the love of people and for the ways in which our efforts improve the human condition. We do it for our love  
32 of Newton, East Orange, Montclair, Neptune, Plainfield, Red Bank, Ocean Grove, Ocean City, Collingswood,  
33 and Pitman. And we do it for the love of residents who have entrusted their housing and care needs to  
34 us for over 108 years.

35 While much work remains toward the Strategic Plan's initiatives, we will continue to embrace omnipresent  
36 change and grow. We thank you for your many demonstrations of love, energy, passion, support, and  
37 faithfulness, especially to the Fellowship Fund, the cornerstone of our charitable mission. God bless you and the  
38 role you play facilitating United Methodist Homes' abundant life.

39 Virginia Samuel Cetuk  
40 Chair, Board of Directors  
41 United Methodist Homes

Frank Kardashian  
Chair, Board of Trustees  
United Methodist Homes Foundation

Lawrence D. Carlson  
President & CEO  
United Methodist Homes