

The Healing Hands



Summer/Fall
2007

BROOKLYN UNITED METHODIST CHURCH HOME AND ADULT DAY HEALTHCARE CENTER

Smiles
of a
Summer
Day

In the summer at BUMCH we make use of the outdoors as much as possible. There are the Friday Barbecue lunches. There are outdoor Game Days — and the Summer Youth Program teenagers to play with us! There is the Annual Health Fair, where residents, staff and community members can learn and fellowship together. Plus, this summer the first staff basketball competition was held during the Health Fair. — *Content with summer, we await the rich variety of autumn.*



The Healing Hands

Published periodically by the
Brooklyn United Methodist
Church Home
1485 Dumont Avenue
Brooklyn, NY 11208
Phone 718-827-4500
Fax 718-277-1700
Adult Day Healthcare fax:
718-827-9400
Email: izadina@bumch.org
www.bumch.org

Board of Directors

Officers

John H. Cole, *President*
Joseph J. Fennessy, *Vice President*
Donald T. Kirby, *Treasurer*
Bianca Armitstead,
Corporate Secretary

Members

Sherwin Chue
Ascension L. Day
Rev. John P. Fahey, Jr.
Rev. Cedric Johnson
Kenneth P. Jordan
Ruby L'Heureux
Rev. Wendy C. Modeste
Rev. Richard S. Parker
Christina Stack

Honorary Members

Anne Alster
Rev. Austin H. Armitstead
Rev. Robert W. Howard

Management Staff

Victor Orriola
Administrator
Syed Husain, M.D.
Medical Director
Kamla Ramsumair, R.N.
Director of Nursing
Sandra Pitterson-Cohen
Director of Finance
Rev. Ieva Zadina
Director of Pastoral Care & Outreach
Carolyn Roper-Smartt
Director of Human Resources
Vanesia Daniel-Allen
Director of Social Services
Wieslaw Bunowski, PT
Director of Rehab Medicine
Damary Campos
Director of Admissions
Joann Pierdipino
Chief Clinical Dietitian
Awilda Rosario
Director of Adult Day Health Care
Linda Levine
Director of Therapeutic Recreation
Winston Watson
Director of Food & Nutrition
Wendell Williams
Director of Environmental Services



Administrator's Message

The kids are back to school and the days are getting shorter; naturally it means that summer is drawing to a close. I can't speak for anyone else, but this year summer moved very quickly. I'm not certain if I was too busy or I had way too much fun, but summer went by awfully quick. In any event, as this summer season winds down it's a perfect time to reflect.

Over the summer BUMCH started a few projects. One of those was a Pain Management Support Group. That program is flourishing as it provides our residents with another avenue to cope with the pains associated with aging, in addition to the clinical interventions already being employed. I have high hopes for this program and all it can accomplish.

Switching gears a little, we also installed a direct TV satellite dish for our residents' television viewing; the dish will enhance reception and programming for our residents. We also started work to renovate our pantries; with the 2nd and 3rd floor pantries completed we now turn to the fourth floor. Lastly, we commenced work to replace our roof and, weather permitting, we will complete the roof before the end of summer.

So as the new season is approaching, we look forward to it and the challenges that fall will bring.

One other piece of business that remains open for the summer: both NY baseball teams are well positioned for the postseason. Can fall bring us, dare I say it again, a Subway Series? Enjoy the fall.

— Victor Orriola



Our Administrator shares a dance with a Registrant in Adult Day Healthcare.

From the President



Elected President of the Board last spring, this is my first message to you in that position. First, I am honored to be the president of such a great organization. I was first on the Board in the 1970s and came back on about three years ago when I was appointed Pastor of Grace Methodist Church in Valley Stream. Grace Church has a history with the Home: former Administrator, Anne Dowling, was a member here; Rev. Bob Howard, long term president of the Board, was Pastor here; and Rev. Austin Armitstead, another former Board Chair, attended Grace in retirement. When the Lord led the Bishop to appoint me here after four years serving as the Associate Director of the United Methodist City Society, I guess another part of the plan was my becoming president of the Home Board.

Thanks to a very fine professional staff, it is a pleasure to work with the Home leadership. I am pleased to report that our occupancy rate is running close to capacity and the Adult Day Care Center is regularly filled! This and careful management of our finances means that we are doing well in meeting our budget. The always present burden of being ready for State inspections has been handled well and we basically have a clean slate. Each time the inspectors come they have to find one or two minor items in order to justify their visit — our staff deals immediately with the issues they raise. Renovation work planned for some time is still scheduled but is taking longer than we had hoped due to the State and City permit process.

I am looking forward to seeing all of you November 7th at our 20th Annual Awards Dinner Dance at Russo's On the Bay. This year for the first time we are giving a new award — the Anne M. Dowling Dedicated Service Award — to a long term member of our great staff, Claudette Kearns. I hope you can attend, but if you can't please consider a Journal ad.

Finally, let me tell you about our cemetery adventure this summer. We knew that the Home owned a plot at the Cypress Hill Cemetery in Queens and a group of us visited there in August to determine if there were plots still available for burial. There may be, and the Board will be asked to authorize a survey to determine what exactly is under the large — two football fields nearly — grassy area with a weathered marble marker in the middle. Records show that in the area in the 1850's more than 25,000 early Methodists were reburied from Church plots in lower Manhattan. About 10,000 of these reburials have names, the rest so far being unknown. I have shared this information with the pastor of the John Street UMC and our Conference Archivist. While this may not be a big deal for you who are not Methodists, it should be for our wider Methodist connection. Many in the plot were born in the late 1700's and represent some of the earliest Methodists in North America. I am sure we will hear more about this in the months to come, especially as we approach our Home's 125th Anniversary next April.

Thanks for your continued prayers and support. Peace,
Rev. John H. Cole



Walter Campbell, District Manager of Brooklyn Community Board 5, spoke on April 18 at the Spring Brunch@BUMCH.

Learning is Hope

A message of hope was conveyed by Walter Campbell on April 18. Possibly he never used the word "hope," but everything about him, and the stories from his 28-year tenure as District Manager, spoke of hope manifested in the evolving fortunes of East New York, where the Home is located. Mr. Campbell seems to know every block, every leader and organization, almost every building in the area, and he enthusiastically and methodically supports plans of improvement for them all, no matter how long it may take.

In the belief that learning is most pleasant together with food and fellowship, the Home presents Brunches that feature prominent speakers with deep and useful knowledge.

The Commissioner for the New York City Department of Aging, Edwin Méndez-Santiago, will speak at the Autumn Brunch@BUMCH on Wednesday, October 31, 9:30 am. Join us!



Learning is Youth

Every summer the Home hosts a six-week internship program where high school youth help and have fun with the Residents. Young and old gain new understanding of each other. Some feel a little younger, others, wiser.



Always Learning...



Ellen Bartoldus, LMSW, LNHA, led a workshop on leadership at BUMCH on Sept. 6.

SERVANT LEADERSHIP: BUILDING A PATH TOWARD EXCELLENCE

Nursing homes are currently in a pressure cooker of change, Ellen Bartoldus told the department heads of BUMCH, who participated in her 3-hour workshop with lively attention. The chief change is a gradual transition from hierarchical leadership to "servant leadership," which emphasizes democratic approaches that empower staff and rely on improved communication skills on the part of everyone. These skills are crucial in the nursing home because staff tends to treat residents as it is treated.



LEARNING ABOUT PAIN MANAGEMENT: A QUALITY-OF-LIFE MATTER

Every Monday morning at 11:30 a group of about ten BUMCH residents meet with Dr. Keith Gonsor to talk about their pain and how to get some control over it. The support group is a place where the residents can resolve some of the many issues that are involved in the experience of pain. Most important, they learn that they have power to reduce their own pain.

There are three important factors which contribute to pain: tension, focus, and attitude. We ourselves have remedies for all three. For example, to reduce tension, we can seek ways to relax, not forgetting to *breathe deeply*.

We can re-focus attention away from pain toward something more pleasant and distracting, such as enjoying the fellowship of friends or family.

Finally, we can change our attitude: *Believing that we're helpless makes pain much worse.*

In the support group we can gain the sense that there are things we can do to reduce our pain. It helps to know that we are not alone in what we're going through, that a lot of it makes sense, and that there are tools we can work with to fix the situations that cause pain.

In future sessions the group will talk more about anger and will get training in how to communicate better: for example, how to ask for what we want in an effective way.

Resident Thomas Gill says he is learning in the support group to express himself more calmly and directly, and he enjoys watching DVDs as a distraction from pain. Mostly, though, he relies on God.



Dr. Keith Gonsor, psychologist at BUMCH, is conducting a Pain Management Support Group for residents who experience chronic pain.



Brooklyn United Methodist Church Home Invites You

Brunch@BUMCH



Guest Speaker:
Edwin Méndez-Santiago
Commissioner of the
New York City
Department of Aging

Wednesday, October 31, 9:30-12 noon

Good food and good fellowship
among caring people in a caring environment

Presentation by Commissioner Ed Méndez-Santiago,
followed by questions and discussions:

“Community Groups Joining
to Create a Safety Net for the Elderly”

20th Annual Awards Dinner Dance

Wednesday, November 7, 2007

Honoring

Distinguished Service Award
Congressman
Edolphus “Ed” Towns



William C. Kirkwood
Humanitarian Award
Bianca Armitstead



Anne M. Dowling
Dedicated Service Award
Claudette Kearns



Russo's on The Bay

162-45 Cross Bay Boulevard, Queens, NY

Reception & Silent Auction at 6:30 pm

Dinner at 7:30 pm

For more information:

Carolyn Roper-Smartt (718) 827-4500 ext. 105

Save the Date: Saturday, April 5, 2008 – Luncheon celebrating the
125th Anniversary of the
Brooklyn United Methodist Church Home

Brooklyn United Methodist Church Home
And Adult Day Healthcare Center
1485 Dumont Ave.
Brooklyn, NY 11208



Also see our website:
www.bumch.org

COMMUNITY SHARPS PROGRAM

As a service to the community, BUMCH will accept household sharps for appropriate disposal every Wednesday, in the front lobby, from 2:00 p.m. to 3:00 p.m. "Sharps" include needles, syringes and lancets only. The sharps containers must be

- (1) shatter proof, leak proof and puncture resistant,
- (2) sealed with a tight fitting screw top or heavy-duty tape, and
- (3) labeled "CONTAINS SHARPS."

It is recommended the containers be bought at a surgical supply store.

Adult Day Healthcare Center



Director of Physical Therapy, Wieslaw (Wesley) Buniowski, leads the Registrants in morning exercises. It's wonderful how every part of the body can be exercised even in a seated position!

ADULT DAY HEALTH CARE at The Brooklyn United Methodist Church Home is a flurry of activity every week day from 8 am to 4 pm. Vans arrive bringing 50 to 60 Registrants from all parts of Brooklyn. Breakfast is served, followed by meditation, discussions of the day's news, daily exercises or just visiting with friends. Soon it's time for lunch and then afternoon activities, with plenty of choices: choices between English and Spanish language activities, between Bible study and dominoes, between ESL classes and manicures, and so on. Trips for shopping or to lunch buffets are a favorite. And when the music starts, people from all over the Home are drawn to the dance or to watching the dancers.



The Center's computers enable Registrants to follow up on personal interests in numerous areas, while taking a break from group activities.

