



An Elderly Housing, Health Care and Services Provider
 Affiliated with the West Ohio Conference
 of The United Methodist Church

Wesley Glen Inc
 5155 North High Street
 Columbus, Ohio 43214

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Wesley Ridge Retirement Community

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The Sanctuary at Wesley Hills

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 Lancaster, Ohio 43130

(740) 681-2686
 TOLL FREE 1-877-40HILLS
www.methodisteldercare.com

Welcome **WELLness**

Wellness ~ Day by Day, Month by Month ...



A Year of Emphasis on Wellness



Welcome WELLness

Dear Friends,

In 2010, through good economic times and bad, Methodist ElderCare Services has been a constant in providing quality housing, health care and services to seniors in a Christian community setting.

Wesley Glen celebrated 41 years of ministry to adults in December of 2010. In addition to the celebration of this anniversary, there are many other accolades for Wesley Glen. Assisted Living received the "Readers Choice" Award for 2010 by the Readers of the Suburban Newspaper in central Ohio. The Health Care Center received a "5 Star Rating" from the Ohio Department of Health, the highest rating within a 50 mile radius of central Ohio.



What makes Wesley Ridge and Wesley Glen different from other communities? It is our commitment to treat each senior as an individual . . . like family. Our residents receive various levels of care based on their individual needs, so they can each enjoy their own individual retirement lifestyle. We are unique because we have been providing excellent care to senior adults in the central Ohio area for generations.

Reg
Margaret R. Carmany, Esq.
Chief Executive Officer

Greetings

Some of the accomplishments of 2010 include:

- ❖ Deficiency Free Health Inspection by the Ohio Department of Health for the Health Care Center, Assisted Living and Special Care areas at Wesley Glen.
- ❖ Bishop Place at Wesley Ridge received a 100% Deficiency Free Health Inspection by the Ohio Department of Health.
- ❖ Memory Care at Wesley Ridge was renamed "The English Garden" in December.
- ❖ Wellness Director added to the staff for residents and employees.
- ❖ Concierge Services added at Wesley Glen and Wesley Ridge.
- ❖ Care Card Program added to the website for family members.
- ❖ Groundbreaking for New Wellness Center at Wesley Glen.
- ❖ Wesley Glen and Wesley Ridge received an EAGLE Accreditation from the United Methodist Association of Health and Welfare Ministries.

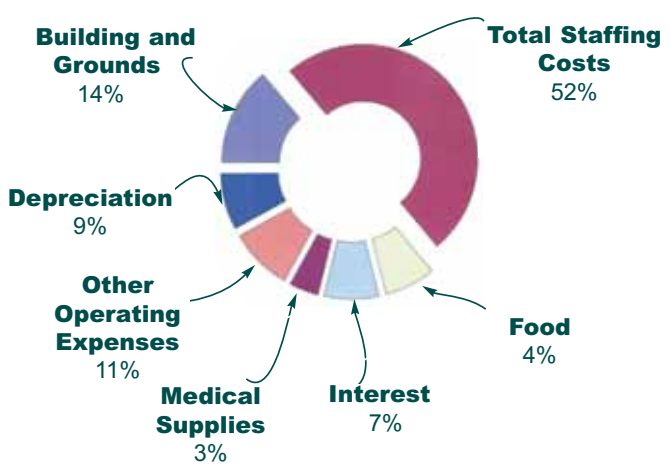


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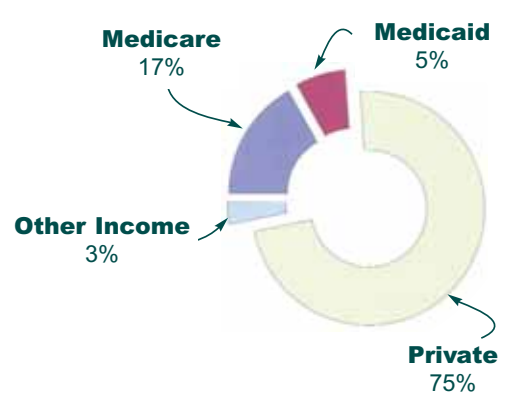
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Reports

2010 Operating Expenses by Class



2010 Revenue Funding Sources



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Please remember Methodist ElderCare Services or an affiliate in your estate plans. Call (614) 501-1458 for more information or email dcason@mecsdc.com.

Welcome **WELLness**

January

“Mind Games”

“Top of the Mind” was a 4 week challenge for residents and staff that addressed the intellectual/mental aspect of our overall wellness. The activities ranged from Sudoku to cross word puzzles to going dancing (chair dancing counts!). The goal of this program was to get us thinking beyond just nutrition and exercise. Regular intellectual activity has been shown repeatedly to provide benefits including reduced stress, better thought processing and a better feeling of well being.



Laughter Therapy with Pat Snyder

In this special event workshop we learned to sing the Laughter National Anthem, perform some fun exercises and learn the rules for good-hearted living with qualities like kindness, forgiveness and especially gratitude for every day of the week. The session also included a piece on the value of laughter to our good health.



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Welcome **WELLness**

Well Life Cookbook

The Well Life Cookbook contains over 40 pages of yummy recipes submitted by the residents and staff at both Wesley Glen and Wesley Ridge.



Insurance and Healthcare Education

We learned how to properly use our current insurance plan and utilize the different healthcare options available.

February

Social Accountability

Advocacy

- Sponsor of the Alzheimer's Memory Walk, along with residents and staff from Wesley Glen and Wesley Ridge who walked and raised money.
- As a member of the Ohio Healthcare Association, ElderCare lobbies regularly for improved funding and legislation favoring senior programs.
- Civic, church and other groups use meeting rooms at Wesley Glen and Wesley Ridge at no charge.
- Wesley Ridge hosts a lunch and learn program that is open to the public on Alzheimer's Disease.
- Wesley Glen helps sponsor the WALK4HEARING event by the Hearing Loss Association of America, Central Ohio Chapter.
- School for the Deaf partnership.
- Community Music groups have the chance to perform in all areas throughout the year.



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Healthy Eyes

Guest speaker Antoine Livers from Optimal Vision and Mobility, Inc. spoke on the importance of taking care of our eyes and how to cope with life after being affected by one of many vision impairments.



Social Accountability

Wellness Programs

- Programs include Health and Fitness Day, CPR classes, mammography van and blood drives.
- Employee Wellness Committees at Wesley Glen and Wesley Ridge.
- PAWS from Maple Grove United Methodist Church visit the Health Center.
- Wellness programs are offered including Tai Chi, The American Heart Association and the Arthritis Foundation.
- Retired Veterans at a retirement home in Florida exchange pen pal letters with the Health Center residents at Wesley Glen.
- Exercise classes focusing on balance, strength, flexibility and aerobic conditioning at Wesley Glen and Wesley Ridge.
- Chair yoga and chair zumba classes at Wesley Ridge.
- Fore Hope - Therapy Golf.
- Therapy Dogs.



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Healthy Eating

Lisa Kaylor, Wesley Glen Dietitian, and Jay Dorsey, Executive Director of Dining Services, taught us how to properly read and understand the nutritional facts on food labels as well as how to properly combine foods for a healthy sustaining meal.



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Summer Safety

Marilyn Sick offered a session on precautions we need to take when we are out in the summer heat, including sunscreen, poison ivy, insect bites, allergies and asthma.



Earth day

Wesley Glen celebrated Earth Day with a recycling challenge and the planting of a tree on the hillside.

Safety Awareness

June Acri from COAAA spoke about how to prevent or avoid violent acts and provided many tips on how to be safe at home, in the car, at work and on the internet.



Chautauqua

Wesley Ridge met under the tent for Chautauqua 2010. Residents, staff, families and guests from the community enjoyed the entertainment, recreation, study and reflection.

Get Healthy, Go Green Challenge

During the month of July we participated in the Get Healthy, Go Green Challenge! We focused on increasing our exercise and intake of healthy foods such as fruits, vegetables and whole grains, as well as reducing our impact on the environment by recycling, reusing and conserving items. Each day participants had the opportunity to fill out a tracking card listing the activities they did and what healthy foods they ate. By completing these tracking cards, participants were eligible for prizes. Participation was great and we gave away two bicycles, four Ohio State baskets and gift cards. There were three residents who filled out a tracking card for every day of the challenge!



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Fast Food Facts

Our dietitians provided information about the food guide pyramid and focused on teaching us how to make healthier decisions if we choose to eat fast food! We selected foods from a variety of menus and then added up the calories that we would have eaten. It was shocking to see how easy it is to make bad nutrition decisions, but also a relief to find out that it is possible to make better choices if we must eat out.



Social Accountability

Mission Work

- Shred-It Environmental Certificate – Recycling at Wesley Glen saved 111 trees from destruction.
- Wesley Glen planted a tree in honor of Earth Day.
- Recycling programs are ongoing at Wesley Glen and Wesley Ridge.
- Pickerington Elementary offers music programs at Wesley Ridge.
- Wesley Ridge shares buses with the City of Pickerington and local churches.
- Cub Scouts visit Wesley Ridge for patch work.
- Wesley Glen sponsors the donation of suitcases to the United Methodist Children's Home.
- Wesley Glen shares buses with local churches.
- Care packages for Combat Military.
- Hands on Ohio.
- Scarlet City Church.
- Make scrapbooks for the School for the Deaf.



Welcome WELLness

September

De-Stress

Julie Kusiak, Class Instructor for Ohio Health and Professional Yoga Therapists, covered how stress triggers the nervous system, setting a whole cascade of physical and emotional reactions into play.

We learned how to counter the impact of stress by actively engaging the body's relaxation response. We received an overview about stress, followed by a demonstration and practice of simple techniques that reduce stress reactions in the mind and body.

It was a relaxing and educational presentation about tools that we can use in daily life.



Social Accountability

Educational Outreach

- Wesley Glen hosts interns from The Ohio State University Medical School, Columbus State Community College of Nursing, Ohio State University School of Dietetics.
- Local day care facilities, elementary schools and high schools participate in intergenerational programs.
- Wesley Ridge offers its annual Chautauqua Week with programs for growth in body, mind and spirit.
- Wesley Glen welcomes Columbus Academy volunteers in September.
- North Broadway children visit weekly in the Health Center at Wesley Glen.

Support Groups

- Alzheimer's support groups meet monthly at several locations and varying times.
- Hearing and Vision Impaired support group luncheons are held at Wesley Glen.



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Cancer Awareness

Guest speaker Jan Wallace, Nurse Practitioner from the Columbus Cancer Clinic, discussed the relationship between cancer and aging, cancer facts, prevention tips and the importance of screenings.



Biggest Loser Contest

Between both campuses, employees lost a total of 200.4 pounds during the month long contest!

Social Accountability

Charitable Care

- Wesley Glen residents volunteer in the Susanna's Shop to raise funds for Charitable Care.
- Both communities sponsor food collections for local food pantries.
- Wesley Glen residents sponsor and support a NU-2-U sale to raise funds for Charitable Care.
- Quilts for the United Methodist Children's Home.
- Just My Blankets.
- Blankets for Foster Children.
- Knit lap blankets for guests in the Health Center.
- Stuffed Dogs for Nationwide Children's Hospital and Riverside Hospital.

October



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November

Healthy Holiday Eating

With the holidays just around the corner and delicious holiday foods tempting us, Dining Services taught us to make healthier choices when eating and cooking during the holidays. Chef Kevin offered excellent holiday food samples for everyone and shared healthy cooking substitutions.



Annual Health Risk Assessment

71% of employees participated in the Health Risk Assessment in November to measure their health status from the previous year. The following areas improved from 2009: lower cancer risk, less than five sick days per year, good substance abuse status, no or low alcohol use, good weight status and non-smoker or avoids tobacco!



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Serving Others

Not only does serving help others, but also improves our overall wellness. In December we made a dozen fleece tie blankets to donate to a local homeless shelter!



December



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