

This brochure lists a sampling of the topics available for presentations to church, civic, or other community organizations.

If your group is interested in a particular topic that is not listed, please give us the opportunity to discuss your needs. We can create customized presentations.

To Schedule One of Our Professional Experts for a Presentation

- Select one of the topics your organization would like to learn more about.
- Contact us at the number listed below to schedule a speaker. Please provide as much advance notice as possible.
- Speakers are available for daytime meetings. Some programs can be scheduled for evenings or weekends. In addition, we would be happy to arrange lunch and a tour of Wesley Village.
- There is **no charge** for the speaker. However, some presentations require a small charge, per person, for expenses.

For further information please contact:
Mary Ann Bradshaw
Speakers Bureau Coordinator
Development and Public Relations
203-925-4952
MABradshaw@umh.org



Development and Public Relations
United Methodist Homes
580 Long Hill Avenue
Shelton, CT 06484

Lively and interactive free presentations for church, civic, or other community organizations. Look inside for details!



The Speakers Bureau of United Methodist Homes



Learn...Laugh Lunch...Share Grow



Wesley Village, a senior living community in Shelton that offers retirement living, assisted living, short-term rehabilitation and long-term care, has been implementing Planetree, a relationship-centered philosophy of care, since 2002.

Wesley Village has been recognized both within Connecticut and nationally for excellence in resident care, nursing services, and exemplary employment practices.



Wesley Village and its parent organization, United Methodist Homes, are not-for-profit organizations that are supported by donations from individuals, churches, businesses and foundations.

The Speaker's Bureau is a service of the Development and Public Relations Department of United Methodist Homes
www.umh.org



Choose From These Topics

Nutrition

JAZZ UP YOUR MEALS



Chef Jack O'Donnell is a 40-year veteran of the culinary arts. An excellent speaker (and chef), Jack puts on a lively demonstration of food garnishes and appetizers for all occasions.

(\$5 per person)

Jack O'Donnell, Chef and Director of Food Services at Wesley Village, Shelton

PASS ME A CARROT PLEASE - THE NEW FOOD PYRAMID

Plan for healthier eating by learning about fats, proteins, and carbohydrates and why our bodies need them. Recipes and educational materials included. Workshop and lunch offered at Wesley Village. (\$5 per person)

Mary Ellen Reilly, Chef and Serve Safe Instructor, Wesley Village, Shelton



THE LOW DOWN ON VITAMIN D

Recent research has indicated that Vitamin D plays an important role in good health. But what is the right amount of this nutrient to take and how does calcium fit into the picture? This talk will provide you with an overview of the benefits of Vitamin D and Calcium, as well as the signs and symptoms if you are lacking them. A list of Vitamin D rich foods will be provided. And nutritious snacks (optional \$5 per person) available upon request!

Tina Miller, R.D., Registered Dietitian



HELP MY KIDS EAT HEALTHY!

Schedule this informal and interaction discussion designed to assist parents in helping their children adopt healthier eating habits and become more active. The presentation also contains great tips on ways to involve kids in meal planning and preparation, as well as easy ways to get the most nutritional "bang for the buck" out of every meal.

Tina Miller, R.D., Registered Dietitian

Fitness

BREATHING, MEDITATION, AND SPIRITUALITY

Learn a series of breathing exercises to help build your inner "ki" (spiritual essence) and experience the benefits of increased focus, improved relaxation, and reduced stress. Improve your outlook and health with one breath.

Pete Mansfield, Manager of Environmental Services at Wesley Village, and a martial arts instructor



TIPS FOR MAINTAINING YOUR INDEPENDENCE

Aging takes a toll on our bodies. Learn what exercises you can do to improve strength, flexibility, and balance to maintain your independence at home. This is a fun and educational program.

Dianne Terrace, Fitness Specialist, Director of the Wellness Center, Crosby Commons at Wesley Village, Shelton

Personal Enrichment

ISSUES ON AGING

This workshop/presentation explores the many ways in which older adults feel loss on many levels - physically, mentally, emotionally and spiritually. Through a presentation and interactive sharing, participants discover ways to enable the older adults to whom they minister to feel whole.

Jim Stinson, Director of Spiritual Life, United Methodist Homes



COULD YOUR CUSTOMER SERVICE USE A TUNE UP?

Do you lose customers because your customer service can use some tweaking? Are you using good telephone etiquette? Learn helpful tips to make a good first impression, interact with your customers, and anticipate their needs.

Dave Primini, Marketing Manager, Wesley Village, Shelton

THE ROLE OF HUMOR AND HEALING: DISCOVERING YOUR COSMIC-AND COMIC-SELF?

Do you find yourself taking life too seriously? Are you stressed out? Learn how humor can be a useful tool in combating everyday stress. Tap into your inner "clown" and gain new appreciation for the sunny side of life. Discover how the practice of joy, laughter, and mirth can lead to better health. Check your inhibitions at the door and join us for this highly participatory presentation.

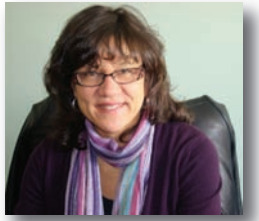
Sue Saxton, Case Manager, Bishop Wicke Health Center



SUCCESSFUL AGING... IN ANY ENVIRONMENT

Did you know that meaningful relationships and a sense of purpose are some of the keys to successful aging? This interactive presentation provides an overview of what research has shown to be the most important components of successful aging. You'll also leave with other tools to help you or someone you love live the next chapter of life to the fullest.

Julie Norko-Kopta, Associate Director, Development and Public Relations, and Planetree Coordinator, Wesley Village



State and Federal Healthcare Programs

SENIOR MEDICAL AND HOUSING RESOURCES

A review of the resources available and the qualifications required for obtaining state and federal assistance with housing and medical needs. Handouts and time for questions are included. The presentation covers Medicare

Part A, B, C, D, ConnPACE, Medicare Savings Programs, and federal housing subsidies.

Joan McTaggart Kayser, MA Resident Service Coordinator, Wesley Heights at Wesley Village, Shelton

