



# ANNUAL REPORT 2023

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Riverdale, New York 10471

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[www.methodisthome.org](http://www.methodisthome.org)

# RETURNING TO VIBRANCY IN A POST- COVID ERA

Dear Friends and Supporters,

The year 2023 marked a period of revitalization and growth for our nursing home as we repositioned the facility following the challenges of COVID-19. We witnessed increased census and interest in our organization, demonstrating the community's renewed trust and confidence in our services. Thanks to the wonderful work of our staff, we also proudly continue to maintain our 5-star rating by the Centers for Medicare and Medicaid Services, which is the highest commendation a facility can receive.

## **We Focused on Community Collaborations and Support**

One of the highlights of this year has been our successful collaborations with local high school students, Manhattan College, and other community programs. We welcomed a group of foreign exchange students from Manhattan College who were required to complete community service hours. These students and our residents exchanged cultural experiences, creating a rich blend of shared knowledge and understanding. Moreover, we have partnered with community organizations to provide

Nursing Assistant Training, further contributing to our healthcare workforce and supporting our mission of high-quality care.

## **We Enhanced Quality of Life with Therapeutic Recreation**

Our Therapeutic Recreation Department has been at the forefront of promoting a sense of normalcy and community engagement within the facility. They have organized a remarkable lineup of leisure activities that cater to the diverse interests and needs of our residents. These activities have played a crucial role in enhancing the overall well-being and quality of life for everyone in our care.

## **We Helped Patients Regain Independence with Our Rehabilitation Programs**

As a leader in sub-acute rehabilitation, our facility continues to excel in promoting independence and successfully returning residents to their prior level of care. We take pride in our comprehensive rehabilitation programs that consistently achieve excellent outcomes, including the successful discharge of a significant number of residents back to their homes and communities. Our commitment to high-quality rehabilitation ensures that each resident receives the support needed to regain their independence and enhance their quality of life.

## **We Continued Our Partnership with the Rogosin Institute**

The partnership with Rogosin is thriving, and we are proud of our collaboration. Rogosin is a distinguished institution, providing exceptional renal care—a crucial service in our community. The facility is steadily filling, reflecting the strong demand and the quality





of care being delivered. We look forward to continuing this successful partnership.

### **We Appreciate Our Dedicated Volunteers**

Our volunteer program, particularly the amazing work of the volunteers from Christ Church NYC, has been another cornerstone of our success this year. These dedicated volunteers have generously given their time to provide our residents with one-on-one visits, music sessions, gardening activities, and arts and crafts. Their contributions have significantly enhanced the daily lives of our residents, bringing joy and creativity into our community.

### **Thank You for Being Here with Us**

Throughout this report, you will find detailed accounts of these initiatives, as well as other achievements and developments from the past year. We are proud of the progress we have made and are excited to share our success with you.

With Gratitude,  
Maria E. Perez  
Administrator & CEO

## **2023 Officers & Board of Directors**

### **Officers**

Mr. William A. Wiesman – President  
Mr. Ben Jordan – Vice President  
Ms. Eva Becker – Treasurer  
Ms. Pamela Haller – Secretary

### **Board of Directors**

Ms. Ann Bryant  
Ms. Susan Bynum  
Ms. Ann C. Carroll  
Ms. Tracey Gmoser  
Rev. Violet Lee  
Mr. Jon Yi  
Ms. Rani Roy  
Mr. Don Kirby (7/2023)\*

## 2023 In Review

# Cooking Club

Cooking is an activity that is part of almost everyone's daily life. Though not everyone loves to cook, we learned that it is an activity our residents miss as they adjust to having their meals prepared for them each day by our Dietary Department.

So, our Recreation Services Department started the Cooking Club in February 2023. Each month, staff choose a recipe from the internet and divide members into two teams. Each team makes the recipe, incorporating their own twist. When everyone's creations are complete, our Director of Food and Nutrition serves as the judge of the most appealing version. Our Cooking Club is a great way for residents to engage in socialization, as well as be part of some friendly competition.





# Gardening Club

The garden at our home provides a beautiful place for everyone to view and enjoy nature in all seasons. Gardening activities offer therapeutic benefits for seniors, including both short-term rehab patients in the skilled nursing facility and long-term residents of the nursing home.

The Gardening Club at the Methodist Home is a popular program run by our Recreation Services Department that brings together both groups. Everyone enjoys seeing the growth of the plants, fruits, vegetables, and herbs as they grow from spring to fall. The Club also enables residents to share their gardening knowledge, as many have tended gardens before coming to stay with us.

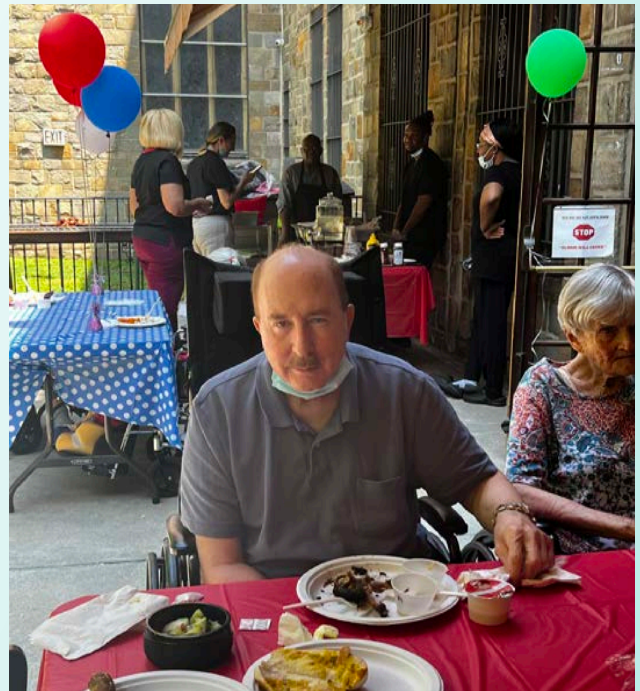
Nutrition serves as the judge of the most appealing version. Our Cooking Club is a great way for residents to engage in socialization, as well as be part of some friendly competition.







# Summer Traditions





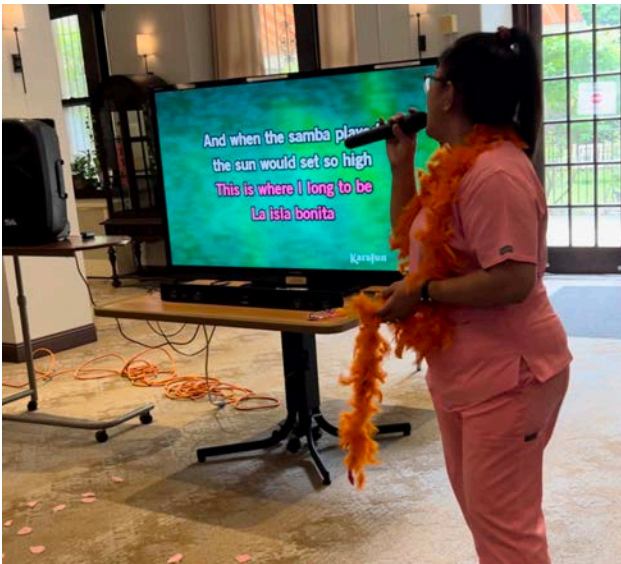


## Summer Traditions

This past summer, the Methodist Home resumed our summer tradition of taking a fun trip to City Island. There is nothing better than feeling the warm summer breeze come off the water after our chilly winter months spent indoors. The grand finale of this outing always finds our residents enjoying delicious seafood! Our yearly Summer BBQs also made a comeback this year. Everyone loves soaking up some Vitamin D while enjoying a delicious meal straight off the grill in the company of friends.

# Fun at Work

We understand the importance of having fun moments to break the daily stressors of work. This year, our staff was invited to join fun activities such as karaoke and Bingo with our residents, and take part in various activities organized for Nurses Week and Nursing Home Week. Our residents also appreciate days like these because it brings them and our dedicated staff together as a family.







“Find a job you enjoy doing, and you will never have to work a day in your life.” – Mark Twain

# Big Celebrations

In 2023, two of our long-term residents turned 100 years old. We held a big party in honor of such a beautiful milestone for these lovely ladies.





# Volunteers Make a Difference

We are so thankful for the many volunteers who generously donate their time to serve and bring joy to our residents' lives.

We collaborated with Christ Church, the Auxiliary Committee, Manhattan College, the City University of New York Internship Program, and the Summer Youth Program to allow the many volunteers to spend time helping the staff in areas where it's most needed.

Sometimes a simple conversation with a resident can make a big impact on their daily life, which is one of the things volunteers gladly do.







# Christ Church







## Christ Church Volunteers

A group of dedicated volunteers from Christ Church visits each Sunday. During the holidays, their volunteer choir performed a caroling concert. Other volunteers coordinate arts and crafts socials throughout the year, which are activities enjoyed by everyone.

We are grateful for everything they do for our Methodist Home family.



# METHODIST HOME

We are dedicated to assisting New Yorkers in reclaiming their independence after illness, injury, or surgery, while enhancing the quality of life for individuals who have chosen to reside with us for long-term care.

As we look ahead to 2024/2025, we look forward to continuing to promote the quality of life of our long-term residents and encourage the independence of our short-term rehab patients.

We are raising funds to transform our garden into a vibrant, welcoming space with new plants, walkways, and outdoor living areas. This renovation will create a peaceful environment where residents, visitors, and staff can relax, connect with nature, and enjoy the outdoors. The garden will offer opportunities for socializing, therapeutic activities, and quiet reflection, all of which enhance well-being.

We hope you will join us in supporting this important initiative to enrich the lives of those we serve. Together, we can create a beautiful and restorative space that benefits everyone in our community.



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