



# ANNUAL REPORT 2022

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

# BUILDING RESILIENCE, INSPIRING HOPE

Dear Friends and Supporters,

We are pleased to present to you the annual report for The Methodist Home, a not-for-profit, non-sectarian skilled nursing and rehabilitation facility in New York. The year 2022 was undoubtedly one of the most challenging periods our organization has ever faced, with the far-reaching effects of the COVID-19 pandemic. However, with the unwavering dedication and commitment of our exceptional staff, we were able to navigate these turbulent times and continue providing outstanding care.

## **The Impact of COVID-19**

The COVID-19 pandemic presented extraordinary challenges to healthcare organizations across the globe, and The Methodist Home was no exception. Our primary focus has always been the health and well-being of our residents, and in 2022, this commitment was tested like never before. We implemented rigorous safety protocols, adhered to CDC guidelines, and established comprehensive infection control measures to protect both residents and staff. Through our collective efforts, we successfully mitigated the spread of the virus within our facility.

## **Our Heroes: The Extraordinary Staff**

In times of crisis, heroes emerge. We are immensely proud of our dedicated and

compassionate staff who rose to the occasion and demonstrated extraordinary courage and resilience throughout the pandemic.

They selflessly put the needs of our residents first, often going above and beyond their call of duty to provide exceptional care, support, and companionship. Their unwavering commitment ensured the safety and well-being of our residents, making them true heroes in every sense of the word.

## **Person-Centered Therapeutic Leisure Activities**

Even within the constraints of the precautions taken during the COVID-19 pandemic, The Methodist Home remained steadfast in our commitment to providing person-centered therapeutic leisure activities. These activities were carefully designed to cater to the unique interests and abilities of each resident, fostering engagement, social interaction, and overall well-being. Our residents participated in a range of tailored programs, including socially-distanced group exercises, individualized arts and crafts projects, and other stimulating activities. These initiatives aimed to enhance physical health, cognitive function, and emotional well-being, providing much-needed joy and fulfillment during a challenging period.

## **Enhanced Communication with Virtual Face-Time Opportunities**

Recognizing the importance of maintaining connections between residents and their families, we implemented virtual face-time opportunities. Despite physical restrictions, we facilitated ongoing communication and emotional support for our residents and their loved ones. Through video calls, our residents were able to see and interact with their family members, providing comfort, reassurance, and a much-needed sense of closeness.



during these challenging times.

### **Collaboration with the Rogosin Institute**

Since 2021, we have been proud partners with the Rogosin Institute, a renowned leader in kidney disease care. This collaboration has allowed us to establish an exceptional inpatient and outpatient dialysis center within The Methodist Home, marking the first Rogosin Institute hemodialysis center in the Bronx. Outpatient hemodialysis is available for individuals in the community who require dialysis while residing at home or a local facility. This significant milestone represents a new era of enhanced care and expanded services for our residents and the local community.

### **Construction and Renovations**

We are thrilled to share the successful conclusion of our extensive construction and renovation project, which involved substantial investments and enhancements throughout the facility. The renovations encompassed new finishes, furniture, carefully curated artwork, elegant spa-like tub/shower rooms, an updated Rehab Gym, the addition of piped-in oxygen, and the installation of decentralized kitchens in day rooms.

### **Gratitude and Acknowledgements**

None of our achievements in 2022 would have

been possible without the generous support of our community and the tireless dedication of our staff. We extend our deepest gratitude to our residents' families, volunteers, donors, and partners for their unwavering support during these trying times. Your contributions, both financial and emotional, have made a significant impact on the lives of our residents.

### **Looking Ahead**

As we move forward, we remain steadfast in our commitment to providing exceptional care, continuous improvement, and maintaining the highest standards of safety. We will continue to adapt to the evolving challenges, implementing best practices and embracing emerging technologies to enhance our residents' quality of life.

In conclusion, we want to express our heartfelt appreciation to everyone who played a part in making 2022 a year of resilience and hope. The Methodist Home will continue to serve as a beacon of care, compassion, and healing for our residents, their families, and the community we are honored to be a part of.

With gratitude,  
Maria E. Perez,  
Administrator & CEO



## 2022 In Review

# Super Foods with our Dietitian & Chef Center Stage

In January 2022 the Dietary Department and the Recreation Department collaborated to start the Super Foods program. Over the course of the previous year we began to notice a growing interest in the benefits and implementation of certain foods and diets among our short-term population. This prompted us to collaborate on an educational curriculum for interested residents. In monthly sessions our Registered Dietitian picks a “super food” and presents a recipe that is easy to make, healthy, and delicious. She goes over the many benefits and tests the resident’s knowledge in a spontaneous trivia session. There is nothing like learning how to take care of our bodies!



## Methodist Home residents are big foodies!



Chef Center Stage has become a favorite program among our residents. Our Chef meets with the residents on a monthly basis during Resident Council meetings and asks for any suggestions on a meal they would like him to prepare. Chef Center Stage is not just a program that fulfills resident's cravings but stimulates their different senses, inhaling the different aromas and tasting all the flavors of each meal. We can definitely say our residents are big foodies!





## A Year of Celebrations

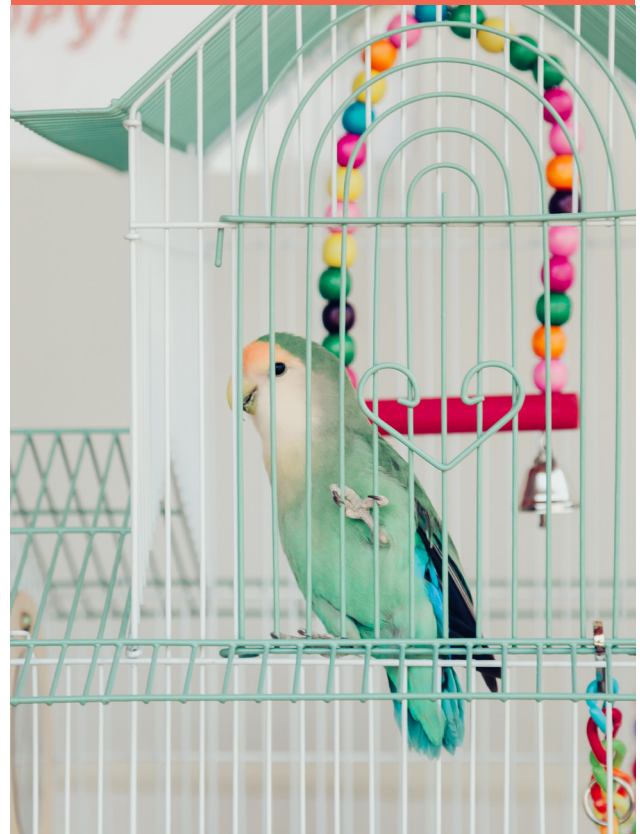






## Meet Loopy: A New Methodist Long-Term Resident

Pets are known to bring joy and comfort to people of all ages. Thanks to a wonderful donor, we welcomed a new long-term resident. Loopy is a peach-faced love bird who can be found in our second floor great room. As part of pet therapy visits, Loopy goes around the facility visiting those residents who are not able to come down and see him.



# Holidays at the Home

There is no better time to be at Methodist than the Holidays. Our Therapeutic Recreation Department puts together memorable celebrations that make our residents feel right at home. The Holiday spirit can be felt in the Home at Thanksgiving as we have the Methodist turkeys running around the home surprising residents in their rooms. Christmas and Hanukkah are also celebrated by both staff and residents during our Hanukkah menorah lightings every evening and our fun ugly Holiday sweater competition. Our residents were able to attend a showing of "The Nutcracker" at Lehman College, their first outing since the pandemic. Ringing in the new year is always an exciting time, as we look forward to the fun times we'll have in 2023.







Memorable celebrations that make our residents feel right at home.

## Methodist Home for Nursing & Rehabilitation

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# METHODIST HOME

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

As we look ahead to 2023/2024, we are thrilled to announce that exciting and transformative changes are on the horizon, aimed at enhancing residents' lives. Stay tuned for a year filled with progress, growth and positive impact!



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