

THE REPORTER

Wesley Pines Retirement Community
Volume 22, Issue 8

EMPLOYEE OF THE MONTH *Karen Todd*



Employee of the Month Spotlight:

We are happy to share that KAREN TODD was chosen as our Employee of the Month! Karen was nominated by coworkers and family members for her ability to go above and beyond to help others. She keeps a positive attitude, will help anyone and anywhere she is asked, and is very dependable. She has a caregiver's heart for her residents, families, and her work family always thinking of others.

Please help us congratulate Karen for being recognized for upholding our Hospitality Promises.

Operation Christmas Child

The Samaritan's Purse Project, Operation Christmas Child, collects shoebox gifts filled with fun toys, school supplies and hygiene items—and delivers them to children in need around the world to demonstrate God's love in a tangible way.

August, we will collect school supplies. (Spiral one subject notebooks, crayons, pencils, erasers, pencil sharpeners).

RESIDENT RIGHT OF THE MONTH

To have his or her personal and medical records kept confidential and not disclosed without the written consent of the individual or guardian, which consent shall specify to whom disclosure may be made except as required by applicable state or federal statute or regulation or by third party contract.

HOSPITALITY PROMISE OF THE MONTH

We embrace and value our differences.



In Loving Memory of..

Maxine Amos and Nancy Lancaster

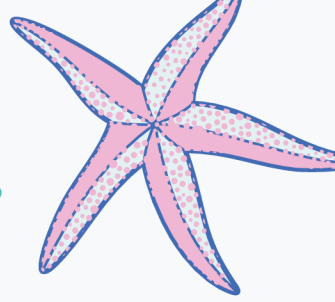


360Care Podiatry

360Care Podiatry will visit skilled nursing residents on August 17th. Please speak with Rita Suarez if you'd like an appointment.



The Louie M. and Maxine Locklear Amos Employee Scholarship



Founded in 2023 by Mrs. Maxine Locklear Amos, The Louie M. and Maxine Locklear Amos Scholarship hopes to provide education assistance to employees of Wesley Pines who are continuing their education in any healthcare curriculum.

\$1,250 Scholarship awarded annually to Employees who are enrolled in a healthcare-related curriculum

Applicants should be:

- ▣ Enrolled in a healthcare approved post-secondary education
- ▣ Employees of Wesley Pines pursuing healthcare education program or curriculum

All applicants are required to:

- ▣ Provide official proof of admission to their school
- ▣ Provide an official copy of their most recent academic transcript
- ▣ Write a one-page essay on why they are applying
- ▣ Submit three letters of reference

Application Deadline: Friday, August 8, 2025

Applications can be obtained from your Supervisor, Human Resources, or by Angie Pegram at 919-384-3005 or email AngieP@umrh.org

The Louie M. and Maxine Locklear Amos Scholarship at Wesley Pines

Scholarship Applicant Application

Completed Application is due by **Friday, August 8, 2025** and return to **Amy Hilburn, Executive Director of Wesley Pines**

PLEASE PROVIDE ALL REQUESTED INFORMATION

Application Information

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number: _____

Cell Phone Number: _____

Email: _____

Manager's Name: _____

Manager's Telephone Number: _____

Applicant's Major Confirmation (Choose One):

- ☐ Med Techs studying to become CNAs.
- ☐ CNAs studying to become LPNs.
- ☐ LPNs studying to become RNs.
- ☐ RNs studying for a bachelor's degree in nursing or to become NPs
- ☐ Other (Describe): _____

Three Reference Letters

_____ Reference 1 Received (Date)

_____ Reference 2 Received (Date)

_____ Reference 3 Received (Date)

Institution Where Applicant is or will be Enrolled & Student ID#:

OFFICIAL Enrollment Confirmation from Education Institution

_____ Received (Date)

OFFICIAL Transcript showing GPA for the latest completed term, overall GPA and showing courses being taken in the current term and next term

_____ Received (Date) and GPA

One-page Essay on educational and career objectives, experience at Wesley Pines

and why you are applying _____ Received (Date)

Certification by Manager that Employee is in Good Standing for Six Months

_____ Yes or No

For office use:

Approvals and Date

_____ WP Executive Director's Designee

_____ Human Resources Designee

_____ UMRH Development Director

Disapproval Reason: _____



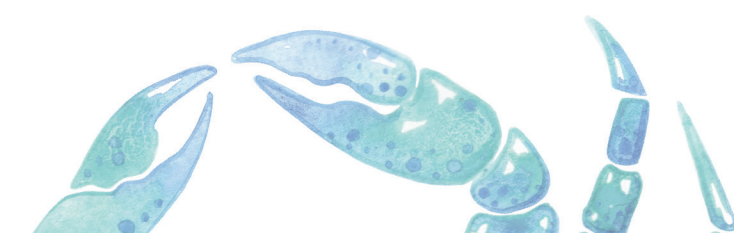
**Happy
Birthday!**

Residents

| | |
|-------------------|-------|
| Alton Andrews | 08/03 |
| Jewell Spence | 08/06 |
| Doris Peeler | 08/07 |
| Elizabeth Hungate | 08/08 |
| Vivian Matthews | 08/11 |
| Joseph Read | 08/12 |
| Louise Britt | 08/13 |
| Marilyn Whitley | 08/14 |
| Edward Lee | 08/17 |
| Peggy Allen | 08/28 |
| Carolyn Britt | 08/30 |

Employees

| | |
|------------------|-------|
| Nanshanda King | 08/02 |
| Marsha Floyd | 08/06 |
| Natoya Walters | 08/06 |
| Kimberly Regino | 08/07 |
| Iris Moses | 08/11 |
| Santana Ransom | 08/13 |
| Heather Jernigan | 08/17 |
| Kayla Troy | 08/17 |
| Jakelie McQueen | 08/23 |
| Ada Edwards | 08/24 |
| Rita Suarez | 08/25 |
| Ashley Richards | 08/26 |
| Lester Fipps | 08/29 |
| Gjina McDonald | 08/29 |



Activities & Opportunities

You know it's August when stepping outside feels like opening the oven to check on cookies—except you're the cookie. Speaking of cookies, don't forget to join me on Monday, August 4th, at 10:30 a.m. in the AL Activity room to celebrate National Chocolate Chip Cookie Day.

I am excited to announce that First Baptist Church will begin sending a van at 10:00 a.m. for church service on Sunday, August 3rd. This is in addition to Chestnut Street Church pick up. There will be a sign out book at the front lobby for both churches, as always **please make sure you sign out when you leave the building.**

Jessie Jones will be conducting her next Health & Wellness Class on Tuesday, August 12th, at 2:30 p.m. I currently don't have the topic she is covering, but it will be one of the 8 dimensions of wellness. I will update everyone as soon as she decides on the topic.

BroadRiver Rehab will be hosting Ice Cream & Brain games on Friday, August 15th, at 2:30 p.m. in the AL Activity Room.

Friday, August 22nd, we will be having lunch at Ruan's Asian Bisto followed by shopping at Southern Chics Vintique's, Boutique's & More. We plan on leaving the front lobby at 10:45 a.m. There will be a sign up sheet at the front lobby.

Join us for Chat with Amy on Monday, August 25th, at 10:30 a.m. in the Fellowship Building.



A New Payment and Benevolence Box



There is a new box hanging on the wall beside the front desk for payments and benevolence donations. Residents, families, and donators no longer need to worry about finding a safe and secure way to drop off their payments. The box is locked and can only be open by key! Please see front desk staff for more details. Thank you!

A Message From Therapy

National Eye Examination Month

Top 5 eye disease in the older population

- Cataracts: Clouding of the eye's lens, leading to blurred vision, glare, difficulty with color perception, and night vision issues.
- Age-related Macular Degeneration (AMD): Degeneration of the macula, which impairs central vision (reading, recognizing faces). Includes both dry and wet forms.
- Glaucoma: A group of diseases damaging the optic nerve, often via increased intraocular pressure; peripheral vision is lost first, often painlessly.
- Diabetic Retinopathy: Damage to the retina from diabetes-related blood vessel changes; can cause floaters, blurred vision, and vision loss
- Presbyopia & Dry Eye: Presbyopia: The age-related stiffening of the eye's lens, causing difficulty focusing on close objects (very common after age 40). Dry Eye Syndrome: Tear production declines with age, affecting up to 70% of older adults—leads to irritation and visual discomfort.

Top 5 adaptations a person can do in their home if they have low vision

Enhance Lighting

Use bright, uniform lighting throughout the home—aim for 60–100 W (or equivalent LED) bulbs and consistent illumination to reduce glare and shadows

Install task lighting and motion-activated or night lights in key areas: kitchens, bathrooms, stairs, and hallways .

Increase Color & Contrast

Use high-contrast color schemes: dark furniture against light walls or vice versa, colorful tape on light switches, doorframes, stairs, and outlets to distinguish them easily

Contrast in daily objects: using white plates for dark food, colored mugs for drinks, cutting boards with contrasting sides, etc.

Remove Hazards & Improve Navigation

Declutter and open up walkways, push chairs under tables, and tape down or remove rugs to eliminate trip risks

Mark edges of stairs and steps with bright, contrasting tape or paint to help with depth perception and reduce falls

Labels & Tactile Features

Use large-print labels and color-coded systems for drawers, cabinets, toiletries, and appliance controls so items can be identified more easily by sight. Include tactile cues like bump-dots or textured stickers on buttons, dials, or appliance controls for those with minimal or no vision

Assistive Tech & Voice Controls

Smart home devices—voice assistants (Alexa, Siri), automatic lighting, talking thermostats—can reduce reliance on sight for routine tasks

Low-vision aids like illuminated handheld magnifiers, magnifying domes, glasses-mounted telescopes, electronic readers, and accessibility apps can help with reading and recognizing objects or text

Occupational therapy and low vision: Occupational therapy (OT) plays an essential role in vision rehabilitation—with a strong focus on maximizing existing vision, adapting environments, and empowering individuals to live safely and independently. They create individual plans of care to assess and treat a person's unique low vision needs to maximize their functional ability within their home.

The United Methodist Retirement Homes
Foundation, Inc.

26TH ANNUAL GOLF TOURNAMENT

To benefit the benevolent care annual fund
Please see Deanna at the Front Desk for forms.

OCTOBER 27, 2025 || 9AM AT HILLANDALE GOLF COURSE

umrh.org

REGISTER NOW



SAVVY CAREGIVER

6 WEEK PROGRAM

TUESDAYS

SEPTEMBER 2ND-OCTOBER 21ST

10:00-12:00

WESLEY PINES RETIREMENT COMMUNITY
RUBY DOUG MCMILLAN FELLOWSHIP CENTER
1000 WESLEY PINES RD.
LUMBERTON, NC 28358

PROGRAM BENEFITS

- ✓ Learn new techniques
- ✓ Reduce stress
- ✓ Improve communication
- ✓ Identify resources
- ✓ Connect with other caregivers

This program is open to
all family caregivers at
no cost!

Register by September 1st

+910-775-9779

lrcog.org



Area Agency on Aging

Wesley Pines
A rich tradition, a warm welcome

THE ROBESON REPORTER

Joe B. Freeman
The Robeson Reporter
August 2025 Edition
Assistant: Caroline Freeman Lloyd

The Calm Before The Storm

It often begins with a whisper. The local news anchor mentions a disturbance forming far out in the Atlantic. A swirling dot on the radar, distant and harmless for now. But seasoned residents know this whisper can crescendo into a roar. Preparedness doesn't start when the winds rise. It begins during the calm, when skies are still clear, and shelves are still full.

In September 2008, I wrote a story on local hurricanes for my magazine, The Robeson Reporter. There have been many hurricanes and catastrophic floods since then, but these were the ones I wrote about 17 years ago. Many will remember these ferocious storms and the havoc they created. The hurricane season officially began on June 1st and will last until November 30th. North Carolinians aren't new to Hurricane season. Not the prep, or the chaos a hurricane can cause. Hurricane Hazel was the first story in a set from the magazine.



Joe B. Freeman

It's hard to imagine what North Carolina's third most-destructive hurricane, Hazel, would do today if it were to hit with the same freakish-ferocity with which it came ashore in October 1954. Hazel claims distinction as one of the deadliest and costliest storms in state history. Hazel hit the southern coast of North Carolina at the worst time: the year's highest lunar tide, called the "marsh hen tide" by local hunters. The storm surge was a staggering 18 feet at Calabash.

Winds were clocked at 150 mph on Holden Beach and even as far inland as Goldsboro and Kinston. There, the winds whipped at 120mph. The storm still had hurricane strength winds as it roared through Raleigh. As it flattened everything in its path, Hazel quickly earned a nickname: The Bulldozer. Trees snapped like spaghetti, littering highways by the thousands. Former soldiers likened the damage to a scene out of World War II.

19 people died and more than 200 injured during Hazel's march across eastern North Carolina. More than 15,000 homes and other buildings were destroyed, pegging property losses at \$136 million. Hazel became a new point of reference for North Carolinians and created a high water mark for misery. But, as in all catastrophes, heroes emerged from the rubble, and dramatic rescues pumped a sense of hope in the Carolina psyche. A year later, three more hurricanes—Connie, Diane and Ione—pounded the state but did not hold a candle to Hazel.

THE ROBESON REPORTER

The Calm Before The Storm

Hurricane Fran-September 1996

Many North Carolinians have personal memories of Fran, in the number two spot on the list of North Carolina's most destructive hurricanes. Fran earned the moniker as the Paul Bunyon of NC hurricanes, felling thousands of trees with the sharp blade of its wind power. Landfall came near Bald Head Island, with winds of 115mph and a storm surge between 8 and 12 feet. Wrightsville Beach and Topsail Island were heavily damaged, but that was just the beginning. With winds still near hurricane strength, Fran blasted the Triangle, hitting the region harder than any hurricane since Hazel. It left a landscape littered with trees and power outages for up to a week. Damage was so widespread that a State of Emergency was declared in all of North Carolina's 100 counties-the first time in state history. Damage was pegged at \$2.3 billion and 24 people died.



Hurricane Floyd-September 1999

The most destructive storm in North Carolina history, Hurricane Floyd, brought devastating flood waters to already saturated earth. Tropical storm Dennis did Floyd's dirty work, coming ashore 10 days earlier and saturating the earth, filling the rivers. Hurricane Floyd made landfall near Wilmington with relentless rain that had nowhere to go but the streets, houses and highways. Rain fell for more than 60 hours in some areas. Many victims died in their cars trying to escape flooded roads, while others perished in their homes, caught off guard by flooding.

Floyd inundated eastern NC, including Rocky Mount, Wilson, Tarboro and Princeville, and put entire communities under water. The storm destroyed more than 8,000 homes and damaged 67,000 more. Water pollution was rampant as floodwaters' covered 4.2 million acres and caused staggering farm and livestock losses. More than 30,000 hogs drowned in the storm. Overall damage estimates from the storm were mind boggling. The initial estimate of \$1.3 billion quickly mushroomed to \$6 billion.

Hurricane season is upon us, and preparedness is key. Having a well stocked emergency kit and a plan to leave is something everyone should do.



Stay safe and dry!

Joe B. Freeman

The Robeson Reporter

DO YOU KNOW SOMEONE WHO
MIGHT BE INTERESTED IN LEARNING
MORE ABOUT WESLEY PINES?
IF SO, PLEASE CONTACT KIMBERLY
WALTERS, MARKETING DIRECTOR AT
910-272-3006 OR
KIMBERLYW@UMRH.ORG.

IF YOU WOULD LIKE TO MAKE A
TAX DEDUCTIBLE GIFT TO THE
WESLEY PINES BENEVOLENT CARE
FUND, MAKE YOUR DONATION
PAYABLE TO: THE WESLEY PINES
BENEVOLENT CARE FUND AND MAIL
IT TO US AT:
1000 WESLEY PINES ROAD
LUMBERTON, N.C. 28358
YOUR GIFT WILL MEAN SO MUCH.
THANK YOU!

AS PART OF THE WESLEY PINES MISSION, WE PROVIDE CARE FOR THOSE
RESIDENTS IN OUR
COMMUNITIES WHO, THROUGH NO FAULT OF THEIR OWN, OUTLIVE THEIR
RESOURCES. WE CALL THIS CARE BENEVOLENCE. THERE IS A SPECIAL FUND
CALLED THE BENEVOLENT CARE FUND, WHERE RESIDENTS, FAMILY MEMBERS
AND FRIENDS CAN MAKE GIFTS TO WESLEY PINES TO BENEFIT THESE SPECIAL
RESIDENTS. WE NEVER REVEAL THOSE WHO RECEIVE THESE FUNDS.

BENEVOLENCE AT WESLEY PINES



Wesley Pines

A rich tradition, a warm welcome

1000 WESLEY PINES ROAD
LUMBERTON, NC 28358
(910)-738-9691

DEANNA HARPER, CREATIVE DIRECTOR,
AUTHOR, & NEWSLETTER EDITOR

JOE B. FREEMAN, EDITOR, AUTHOR, &
PUBLISHER OF THE ROBESON REPORTER ©
1997-2006

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