

Celebration Fills the Air at . . .

Wesley Services Organization

Year End Edition 2008

THE MESSENGER NEWSLETTER . . .



We need **YOUR** help! When you think of senior services worthy of your support, what comes to mind? -- Meals-On-Wheels, Medical Transportation, Homemaker Services, 24 hour Nursing and Rehabilitative Care, ... all of which are provided by **Wesley Services Organization**.

“Today, the state of Ohio experiences a daily net increase of 14 people age 65 or older. By 2012, that number grows to 119 per day.” - Cincinnati Enquirer



Wesley Community Services, one of the largest providers of home based services to seniors in Hamilton County, celebrates 16 years of delivering nutritious meals, providing transportation to physicians and worksites, and providing homemaker services so that thousands of seniors and individuals with disabilities are able to stay in their homes.

Lincoln Crawford Nursing and Rehabilitation Center in Walnut Hills celebrates 120 years of assisting aging African-American seniors with 24-hour nursing care, rehabilitation and restorative services, post hospital care and sub-acute care, and hospice care.



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May this holiday season bring you and your family joy!

The entire Wesley Services Organization community hopes you enjoy this year-end newsletter. Drop by for a visit... you are always welcome!

With your financial support we will continue to brighten the lives of many seniors and disabled today, tomorrow, and for generations to come.

Thank you in advance for your generosity and may God bless you and your loved ones this holiday season.

LINCOLN CRAWFORD SETS \$200,000 GOAL FOR ANNUAL FUND CAMPAIGN . . .

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45206

Visit us on the web:
lincolncrawford.org



2008 Annual Fund Campaign
Honorary Co-Chairpersons,
The Right Reverend Bishop
E. Lynn Brown & Mrs. Gladys
Delores Stephens Brown.

The 2008 Lincoln Crawford Nursing and Rehabilitation Center's Annual Prayer Breakfast was held on Saturday, September 20th, at New Vision United Methodist Church, 4400 Reading Road. The Reverend Calvin Alston, Jr., Pastor of New Vision United Methodist Church was our Keynote Speaker. The Prayer Breakfast launched our Annual Fund Campaign to raise funds necessary to renovate our Resident Dining Room. Lincoln Crawford's current dining room stands relatively unchanged since the building was dedicated in 1982. The current dining environment is very sterile with hard surfaces and cinder-block walls. The furniture is primarily hand-me-down items from other organizations which have undergone their own renovations and have long ago outlived their useful life.

The daily dining experience is one that should be anticipated positively by the Residents, and it should be an experience that takes place in a relaxed atmosphere to encourage socialization and conversation. A transformed Resident Dining Room will also greatly impact a sense of pride in the entire facility, and can be utilized for many community events when not being used for dining.

We are blessed that Bishop E. Lynn Brown and his wife Gladys are serving as Co-Chairpersons for this year's campaign. Bishop Brown is the Presiding Prelate for the Second Episcopal District, Christian Methodist Episcopal Churches (CME) serving the areas of Ohio, Pennsylvania, Kentucky and Indiana. Bishop Brown has been an active supporter of Lincoln Crawford's ministry and was enthusiastic about assisting in raising the funds to renovate our Resident Dining Room.

DNK Architects have been engaged to help design and furnish the new space. Design meetings are underway and we hope to have schematic design drawings to share with potential donors in the near future. The new look of the dining room will make this area a show place and enhance the dining experience for our Residents.

The \$200,000 goal is a tremendous undertaking for Lincoln Crawford. We have recently mailed over 1,500 letters to individuals, churches, employees, organizations and businesses seeking help in this endeavor. We have had exceptional initial response and have raised over \$14,000 to date. Individual contacts will begin shortly to seek help from our friends to achieve our goal. Please join us in our largest and most significant project undertaken by making your donation today! An enclosed remittance envelope is provided for your convenience. God bless you for your consideration of assisting in furthering Lincoln Crawford's ministries!

CELEBRATING 120 YEARS OF SERVICE . . .



Happy 120 Years, Lincoln Crawford!

In October, Lincoln Crawford celebrated 120 years of providing nursing services to the Cincinnati African American Community. **The history of Lincoln Crawford began with John Crawford who served in the Union Army during the Civil War.** Mr. Crawford was captured and imprisoned in the South. During his time in confinement, a group of slaves provided extra rations and aided Mr. Crawford's escape from the prison camp.

John Crawford made his way back to his 17 acre farm located on North Bend Road in College Hill and remained there until his death. He made provisions in his will for his farm to be a "home for aged and worthy colored men with preference given to those who suffered from the injustice of American slavery." It was Mr. Crawford's intention to honor those slaves who had provided him comfort and support during his imprisonment.

In addition, **Lincoln Crawford's legacy reaches back to 1896 when the Progressive Benefit Society began caring for indigent black women in Walnut Hills.**

The need became so great that the Progressive Benefit Society established the Home for Colored Women in 1919 and began operations in a house on Park Avenue. Ultimately, the Crawford Home for Men and the Home for Colored Women merged and moved to a new building constructed at our current site in 1982.

Ten years ago Lincoln Crawford implemented a proactive program to help increase community awareness of how to counter the effects of chronic illness associated with high blood pressure and diabetes by proclaiming the Healthwave.

Each year nearly 60 health care service vendors participate in providing health screenings and education regarding services that are available to assist attendees to become knowledgeable in preventative or treatment alternatives. There are normally 1,000 to 1,200 community residents who attend the Healthwave to gain knowledge of available health services and enjoy prizes and entertainment that abound for the event.

Lincoln Crawford is one of only four facilities in Ohio to primarily serve the African American community and was the first to be established. We have been blessed through the years to have the financial, spiritual and talent support from many diverse individuals, churches, and organizations within the community. This support has helped to fulfill the vision of our founders - to help those in need. We look forward to another 120 years of ministry by providing loving care to our Residents in a home-like environment.

What a time it was at the Soul of September Celebration Ball

On September 18th, 2008, Fifth Third Bank Diversity Board volunteers celebrated with nearly 50 Residents and their family and friends by transforming our dining room into an elegant ballroom fit for our special Kings and Queens. Toes were tapping and wheelchairs were swinging to soulful sounds accompanied by a delicious dinner and plenty of picture perfect photos.

The Board of Trustees of Lincoln Crawford extend their sincerest thanks to the Fifth Third Bank Diversity Board for being gracious hosts and hostesses to our Residents and family members. Thank you for making Soul of September a never-to-be-forgotten evening of fun and friendship.

STUDENTS VOLUNTEER & POWER OUTAGE UPDATE . . .

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45211
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visit us on the web
at
www.wesleycs.org



Summit Country Day Students Volunteer at Meals-On-Wheels Kitchen . . .



left to right: Murphy Drury, Sara Bewsey, Gordy Horn, and Kyli Parker.

12 students not shown: Frank Bertsch, Katherine Burrington, Emily David, Nina Ewing, Megan Jantsch, Blaire Johns, Jamie Moore, Ian Morton, Laura Posada, Audrey Powers, Brian Reynolds, and Sophie Seidner.

Since September, before their school day begins, **16 students from Summit Country Day School** are extra busy lending a hand with Meals-On-Wheels preparation. Faculty member Nora Spencer feels, "They are having a fabulous experience and are really enjoying the work they do." Upper School students are required to complete 48 hours of direct community service.

The Board of Trustees of Wesley Community Services and staff extend their heartfelt thanks and wish each student a prosperous future.

Wesley Community Services Responds to Regional Power Outage . . .

The September 14th Sunday windstorm power outage affected nearly 90% of households in Greater Cincinnati and impacted our ability to deliver Meals-On-Wheels, and provide Medical Transportation and Home Care services for up to a week. **Surprisingly, our Westside Administrative Offices and Meals-On-Wheels Distribution Center had power, but our Eastside kitchen had no electricity till Thursday morning.**

Limited Medical Transportation and Homemaker services were available through Tuesday. On Tuesday, because of the Council on Aging of Southwestern Ohio's successful efforts to secure emergency food packets, our

Meals-On-Wheels drivers delivered two-day food packets to each client.

Wednesday our kitchen was still in the dark. The Hamilton County Emergency Response System declared our kitchen a priority facility and thankfully Duke Energy restored power by Wednesday evening. In the meantime, additional emergency food packets were secured by the Council on Aging and Hamilton County.

Later that week, The Kroger Company provided a week's worth of food at cost that Wesley Community Services drivers delivered to each client to replace food that had spoiled. In addition, Wesley Community Services helped transport food for delivery to other Meals-On-Wheels programs.

Stephen Smookler, Wesley Community Services Executive Director, stated "Our employees did a magnificent job in a very stressful situation. We came through for our clients."

NEIGHBORS HELPING NEIGHBORS IN THE COMMUNITY . . .

Westside Churches Begin Wellness Program . . .

Three **WesleyLinks** churches on Cincinnati's Westside have developed a wellness program to educate seniors on home-based exercise programs and proper eating habits. The program was developed by Don Paulin, a retired teacher who taught physical education and health education in the Kenton County School System for 32 years. The seventeen-week program is held at the North Bend United Methodist Church every Wednesday morning from 9:00 to 10:00.

Other Participating Churches include Shiloh United Methodist Church and St. Joseph's Roman Catholic in North Bend.

Wesley Community Services Promotes Meals-On-Wheels to Health Professionals . . .

Jayne Haverkos, RN, BSN, is our new Senior Choice Meals™ Outreach Educator. With 30 years of experience in health care, Jayne's knowledge of the needs of chronically ill seniors has been invaluable in educating professionals about the value of therapeutic meals for their clients. Senior Choice Meals™ are physician-prescribed, specially prepared meals for individuals with cardiac disease, kidney disease, diabetes, and swallowing/chewing problems. All menus are approved by a registered dietician.

For more information, contact Jayne at 661-2777, 608-2346, or jhaverkos@wesleys.org.

WesleyLinks Exercise Buddies Graduate First Class . . .

Seventeen volunteers recently completed training as "**Exercise Buddies**" and are willing to help at-home seniors in Anderson Township and Clermont County by teaching them safe, gentle, effective exercises. These are exercises that can be done while sitting in a chair or even in a wheelchair, and can improve strength, flexibility, and range of motion for the senior.

To learn how you can arrange for an Exercise Buddy to come to your home, call Eileen Simpson, Coordinator of Volunteers, at 474-2991.

A host of churches participated in the training including: Anderson Hills UMC, Cherry Grove UMC, St. Timothy's Episcopal, Immaculate Heart of Mary Catholic, St. Vincent's Kenwood Catholic, and Hyde Park Community UMC.



Front row, left to right: Carol Sprouse, Eileen Simpson, Emma Geiser, Laura Booke, Kris Cirone, and Kathy Schutte.

Back row, left to right: Jane Fredricks, Donna Honebrink, Lucy DiGiovenale, and Sr. Carole Temming.

Seven others not pictured: Cheri Dean, Marge Ficks, Rhonda Kirchoff, Ken Memke, Sue Rank, Chris Sherman, and Stephen Smookler.

Wesley Community Services

Home Delivered Meals

- Daily or weekly delivery
- Lunch or dinner delivery times
- Nutritionally balanced meals
- Physician-prescribed Senior Choice Meals™ for individuals with cardiac disease, kidney disease, diabetes, and swallowing/chewing problems

Medical Transportation

- Six (6) days a week transportation
 - Door-to-door service
 - Evening transports
 - On time-all the time service
 - Wheelchair accessible vans
 - Comfortable cars
- #### Home Care Services
- Cleaning services
 - Grocery shopping, errands, and cooking
 - Assistance with bill paying and banking
 - Bonded/Insured home care specialists

Do you know? If you are 70 and a half or older you can move \$100,000 per year from your IRA directly to an eligible charity without having to pay income taxes on the money.

A Special Thank You to Our Treasured Donors . . .

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The Mission of Lincoln Crawford Nursing and Rehabilitation Center and Wesley Community Services would not be possible without the generosity from our treasured donors. We are forever grateful for your continued financial support - Thank You!

Gifts from January 1st through October 31st 2008 . . .

**The names of
donors to
Lincoln Crawford
Nursing and
Rehabilitation
Center and
Wesley Community
Services have
been suppressed
in accordance to
our website
privacy policy.**

*"You have not
lived until you
have done
something for
someone who can
never repay you."*

- John Bunyan

A Special Thank You to Our Treasured Donors . . .

7 Ways You Can Leave a Legacy™

- Prepare a Will. Without a Will, you lose control of the assets you worked a lifetime to acquire.
- Leave a specific dollar amount or a percentage of the assets in your Will to your favorite charity. These can include, but are not limited to: stocks, bonds, CD's, real estate, vehicles, art and jewelry.
- Name your favorite charity as the beneficiary of your IRA or pension plan.
- Purchase a new life insurance policy naming your favorite charity as the beneficiary.
- Name your favorite charity as the beneficiary of an existing life insurance policy.
- Remember deceased loved ones with memorial gifts to charities.
- Encourage family members and friends to give gifts to charities in their Wills.

Are you interested in increasing your retirement income? Please call our Development Office at 513/389-3096 for information.

Leave a Legacy™ is an initiative of the Greater Cincinnati Planned Giving Council.

If there is an error, or we omitted your name, please call our Development Office at 513/389-3096 for assistance.

WESLEY SERVICES ORGANIZATION

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May We Help You With Your Outreach Ministry To Seniors? WesleyLinks is an interdenominational consortium of area faith based ministries created by Wesley Community Services to enable partner churches to better serve seniors in their congregations. Services are made available to seniors who need support so that they may stay in their own home for as long as possible. WesleyLinks meets 5 times/year at member churches for a luncheon and informative program. If you are interested in having your church be a WesleyLinks partner, contact Bill Reusing at 513/389-3096.

The WesleyLinks Family of Churches Include:

Anderson Hills UMC
Armstrong Chapel UMC
Brecon UMC
Calvary UMC
Cherry Grove UMC
Cheviot UMC
Christ New Beginnings Ministries
Christ Prince of Peace UMC
Church of the Saviour UMC
Cincinnati Christian University
Clifton UMC
Clough UMC
Eden Chapel UMC
Elberon UMC
Epiphany UMC
First Baptist Church of Dent
Forest Chapel UMC
Friendship UMC
Gaines UMC
Hartwell UMC

Hartzell UMC
Holy Family Catholic Church
Hyde Park Community UMC
Immanuel at Lakewood Baptist Church
John Wesley UMC
Kenwood Baptist Church
Keys of the Kingdom UMC
Knox Presbyterian Church
Loveland UMC
Miami Whitewater UMC
Monfort Heights UMC
Mt. Healthy UMC
Mt. Washington UMC
Nast Trinity UMC
New Vision UMC
North Bend UMC
Oak Hills UMC
Our Lady of Lourdes Church
Our Lady of Visitation Catholic Church
Pilgrim United Church of Christ
Sharonville UMC

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