

Wesley Services Organization

Summer 2008

THE MESSENGER NEWSLETTER . . .

Wesley Community Services offers unique exercise programs . . .

Wesley Community Services WesleyLinks churches and volunteers are proud to announce a new pilot exercise initiative for seniors. Sponsored by our "Eastside" WesleyLinks church cluster, the "Inspired Fitness" program will allow volunteer "exercise buddies" to make a difference in the lives of at-home seniors.

Carol Sprouse, Lead Training Volunteer from Anderson Hills United Methodist Church says "The goal of the training is to help keep seniors independent for as long as possible by increasing their strength,

range of motion and flexibility." The exercise buddies will participate in a four-part training program to be held on consecutive Tuesday evenings at Anderson Hills United Methodist Church beginning September 16th at 7 pm. The four sessions will focus on preparing the volunteers to learn strength training, flexibility and range of motion, safety issues for the buddies and exerciser, and goal setting and mind, body and spirit connection.

Volunteers are needed for this exceptional program. Volunteers are welcome from all denominations of Eastside churches. If you know a senior who would like or needs physical exercise to improve their



lives, and you would like to be their "exercise buddy" please come to the initial training meeting on September 16th. If you would like more information about the details of the training or have questions please contact Eileen Simpson, Volunteer Program Coordinator who attends Cherry Grove United Methodist Church at 513/474-2991.

Lincoln Crawford Annual Fund Campaign Kick-Off is September 20th



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The 2008 Lincoln Crawford Annual Fund Campaign will commence on September 20th, 2008 by way of the traditional Prayer Breakfast. The event will take place at the New Vision United Methodist Church located at 4400 Reading Road in Bond Hill. Our keynote speaker will be Reverend Calvin Alston, Pastor of our host church, New Vision. This year's goal of \$60,000 is to be applied to our most extensive project yet - the renovation of our Residents' Dining Room. We are currently working with DNK Architects, Inc. developing the renovation design as well as creating renderings of the renovation to share with the attendees of this year's Prayer Breakfast. It is anticipated that the cost of the renovation will range from \$175,000 to \$200,000.

Lincoln Crawford has truly been blessed by the generosity of many

individuals, churches, businesses, and organizations over the past several years that have supported our mission and ministry. This financial support has given Lincoln Crawford the resources to purchase 57 new electric hi-low hospital beds and 52 new suites of furniture for our Residents' rooms, including bedside tables, four-drawer dressers, and wardrobes. These beds have greatly improved both the comfort and safety of our Residents. We are currently enlisting support for the funds needed to purchase the remaining 48 suites of furniture. It is our goal to accomplish this task prior to the 2008 campaign kick-off in September.

Please assist us in making this dream a reality for our Residents with your financial support and prayers, thank you.

What's New at Lincoln Crawford Nursing & Rehabilitation Center?

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Rehabilitation
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(513) 861-2044

1346 Lincoln Avenue
Cincinnati, Ohio 45206

Visit us on the web at:

lincocrawford.org



Your contribution to the Lincoln Crawford Nursing and Rehabilitation Center for Resident Suite Furniture will enhance the lives of our Residents through the purchase of quality room furnishings.

New Resident Suite Furniture has Arrived . . .

The morning of Thursday, May 22nd, 2008 was filled with excitement and anticipation. The focus of this attention was the delivery of new bedside tables, four drawer chest of drawers and wardrobes for 26 Resident suites on the second floor. The new furniture replaced items that were years beyond their useful life and beautifully match the new electric hi-low beds purchased two years ago. Our joy peaked once again on Thursday May 29th when the balance of the furniture purchased arrived for installation in 26 rooms on the third floor.

Lincoln Crawford has achieved major success over the past several years in improving the living environment for our Residents. This success is directly attributable to the many individuals, churches, businesses, organizations and trusts that have so graciously supported our mission through their gift giving. We are so grateful for your support! There are 48 additional suites that we need to raise the necessary funds to purchase room furnishings to complete our project. A donation of \$750.00 will purchase the furnishings for one suite. Please help us to achieve our goal by sending in a gift today! Your help is greatly appreciated.

Angels Appeared Again at Lincoln Crawford . . .

On Saturday, May 17th, 2008 a total of thirty-five "Go Cincinnati" volunteers from Crossroads Church in Oakley ascended upon Lincoln Crawford to tackle the proverbial "Honey Do Jar".

One group took on the project of painting the doorframes on all Resident rooms, and another group applied a new coat of paint to the Activity Room. Several colors were used to produce a very bright and cheery atmosphere to encourage social interaction and stimulation to enjoy crafts and other activities.

A large contingent of volunteers worked on beautifying the grounds with new mulch and flowers and fifteen flats of flowers were donated and planted by the front entry and patio area.

The "bucket brigade" helped to wash and clean our fifteen passenger bus and washed all of the ground floor windows in the building.

Much of the work performed by "Go Cincinnati" volunteers would not get accomplished without their willingness to get involved and share their talents. The Lincoln Crawford Board of Trustees, Residents and staff extend their sincerest thanks.



Volunteers from Crossroads Church in Oakley tackling the "Honey Do Jar."

Good Times Among Friends at Senior Ball and Healthwave . . .



Ms. Juelma Blackmon and Mr. James Hughes enjoying the sights and sounds at a former Senior Ball.

A big "thank you" goes out to all of our staff and volunteers who helped to make the Kings and Queens of Lincoln Crawford look their very best for the **34th Annual Progressive Senior Ball**.

They were all shining stars! We had 28 Residents that attended the Ball this year, mostly in wheelchairs. The Lincoln Crawford Queens arrived in flowing gowns, jewelry, and slippers, while the Kings turned many heads in their sophisticated tuxedos. Catherine Wallace took the prize (for the third year in a row!) for the wheelchair dance. It's easy to say that she's "on a roll"!

The Residents who stayed behind had a "magical" day as well. They enjoyed an ice cream social with banana splits, sundaes, and ice cream cones, all the while listening to music and reminiscing with fellow Residents and staff. Thanks to all who donated ball gowns, tuxedos, money for tuxedo rentals, jewelry, make-up and the "essentials" for this special day.

The 11th Annual Healthwave, held on Saturday, June 21st, at the Walnut Hills Kroger benefitted more than 1,000 people. Over 50 organizations from throughout the city joined together to provide health education, wellness information, and a variety of screenings. This annual event celebrates health and illuminates the need for preventative health care in our community. This collaborative effort is widely supported in Cincinnati and is sponsored by corporations such as Kroger, Vitas Innovative Healthcare, Plante Moran, PLLC and National City Bank.

Healthwave was initiated by Lincoln Crawford as a response to the dramatic increase in people with advanced stages of diseases such as diabetes, high blood pressure, and cardiovascular disease, coming into Lincoln Crawford at a younger age. Lincoln Crawford felt that as a community partner, it was imperative to think of a way to reach out to those unaware or unable to manage their health, or who didn't have a significant connection with healthcare.

Be sure to mark your calendars now for Healthwave 2009 on Saturday, June 20th. We will see you at the fair!



What's New in the Admission Department?

The Board of Trustees, staff, and volunteers of Lincoln Crawford would like to extend a warm "welcome-aboard" to our new Admissions Coordinator, Cynthia Zellars. Cynthia comes to us with an extensive not-for-profit background and is already a welcome addition to our community and mission. If you have questions or need assistance concerning admission to Lincoln Crawford, be sure to give Cynthia a call at 513/861-2044 extension 236.

Lincoln Crawford Nursing and Rehabilitation Center

- 24-Hour Nursing Care with 100 beds
- Rehabilitation and Restorative Services
- Post Hospital Care and Sub-acute care
- Respite Care
- Diversified Activity Programs
- Therapeutic Diets - culturally sensitive menu
- Hospice Care
- Religious Services and Pastoral Care
- Private Pay, Medicare/Medicaid Certified

"Instances of obesity and diabetes have been climbing steadily, with diabetes treatment now more expensive to Americans than the conflicts in Iraq and Afghanistan."

- The American Diabetes Association

Physician Prescribed Senior Choice Meals™ are available . . .

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3333 Glenmore Ave.
Cincinnati, Ohio 45211
(513) 661-2777

visit us on the web at
www.wesleycs.org



Agency Partner

Vineyard Community
Church Joins
"WesleyLinks"

Vineyard Community Church, located at 11340 Century Circle East in Tri-County, has become the latest church to become part of Wesley Community Services' "WesleyLinks" program.

"WesleyLinks" is an interdenominational consortium of area faith-based ministries created by Wesley Community Services to enable partner churches to better serve seniors in local congregations and surrounding communities served by the church. Over 60 area churches are part of the WesleyLinks program (see back cover for complete list).

Vineyard Community Church, through its Healing Center program, offers practical, relational, and spiritual support to individuals and families who are experiencing difficult times. Some of the services provided at the Healing Center include food and clothing, job skills training, job search assistance, auto repair, mentoring, financial counseling, tutoring, prayer, and helpful information about community services.



Wesley Community Services physician prescribed Senior Choice Meals™ are nutritionally balanced with no added processed ingredients for individuals with kidney disease, high blood pressure or severe diabetes and are delivered weekly to your door by professional drivers.

For more information call 513/661-2777, or email Retta Turner at rturner@wesleycs.org.

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Holidays are extra special for Wesley Community Services clients . . .

The Meals-On-Wheels kitchen personnel and volunteers at Wesley Community Services were hopping-to-it for Easter Sunday! Stacey Lewis, Meals-On-Wheels Food Services Manager, personnel, and volunteers were busy preparing Easter ham with pineapple sauce, sweet potatoes, baby peas, fresh dinner rolls, and a packet of colorful Easter bunny eggs and treats for 660 seniors.

A Special Thank You to our "Mayors-for-Meals" 2008 . . .

Thanks A Million!

On behalf of the Wesley Community Services Board of Trustees, volunteers and staff - thank you to the mayors and elected officials who graciously volunteered their time by delivering Meals-On-Wheels to seniors in Greater Cincinnati during "Mayors-for-Meals" week March 17th - March 21st.

Village of Addyston, Mayor Daniel L. Pillow;

City of Cincinnati, Vice Mayor David Crowley;

Delhi Township, Mr. Gary Schroeder, Administrator;

City of Forest Park, Mayor Charles Johnson;

Green Township, Mrs. Tracy Winkler, Trustee Chairman;

Village of Greenhills, Mayor Oscar Hoffmann;

Village of Lincoln Heights, Mayor Laverne Mitchell;

City of St. Bernard, Vice Mayor Curtis Walden;

State Representative Steven L. Driehaus, 31st House District of Ohio;

Congresswoman Jean Schmidt, 2nd Congressional District of Ohio;

The Honorable William J. Seitz, III, Ohio State Senator



City of Cincinnati Vice Mayor David Crowley (right) with MOW's client Troy Black (center) and MOW's driver Steve Martin (left)



Congresswoman Jean Schmidt (left center) Stephen Smookler, WCS Executive Director (right) with MOW's client Eliza Rigney (right center) and MOW's driver Malcolm Andrews (left)



Ohio State Senator William J. Seitz, III (center), Bill Reusing, WSO Director of Development (left) and MOW's driver Robin Smith (right)

Wesley Community Services

Home Delivered Meals

- Client selection of entrees
- Seven (7) days a week
- Lunch or dinner delivery times
- Nutritionally balanced meals
- Physician prescribed Senior Choice Meals™, for seniors with kidney disease, high blood pressure or severe diabetes
- Pureed and mechanical soft meals

Medical Transportation

- Six (6) days a week transportation
- Door-to-door service
- Evening transports
- Wheelchair accessible vans

Home Care Services

- Cleaning services
- Grocery shopping, errands, and cooking
- Assistance with bill paying and banking
- Bonded/Insured home care specialists

" 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

Farewell to a Good Friend . . .

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(Ret.)

Frank A. Dawson
City of Cincinnati,
Director of Finance (Ret.)



After thirteen (13) years of service on the Wesley Services Organization Board of Trustees, Frank Dawson and wife Mary Lou have retired to their new home in Clyde, Ohio.

Frank served in many capacities and used his expertise in finance to guide the organization. He has been honored numerous times by the City of Cincinnati where he served as finance director, the Rotary Club of Cincinnati as one of their most loyal members, Twin Towers Retirement Community where he served as trustee, and also his own Westwood United Methodist Church.

The entire Wesley Services Organization wishes Frank and Mary Lou a long and happy retirement and many thanks for their years of faithful service.



In April, Wesley Community Services “Pet Portions” Program received a \$1,000 grant from the Banfield Charitable Trust to purchase dog and cat food for our clients’ pets. The “We All Love Our Pets” initiative is coordinated through the trust and the Meals-On-Wheels Association of America Foundation.

“Nearly 125 pounds of pet food are delivered weekly to Meals-On-Wheels clients who depend on their pet for companionship and security” explained Bill Reusing, Director of Development, Wesley Services Organization.

You can also help by making a donation to our “Pet Portions” program! Simply indicate on the enclosed remittance envelope that you wish your gift, or a “portion” thereof, to be applied to our Pet Portions Program.

“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.

A Special Thank You to Our Treasured Donors . . .

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

- John Bunyan

***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!***

***We respect the privacy of our donors and have suppressed
the honor roll of donations received from January 1st
through June 30th 2008.***

WESLEY SERVICES ORGANIZATION

**3333 Glenmore Avenue
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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

Crosby UMC
Eden Chapel UMC
Elberon UMC

Epiphany UMC
First Baptist Church of Dent
Forest Chapel UMC

Friendship UMC
Gaines UMC

Groesbeck 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

Shiloh UMC

St. Aloysius Gonzaga Catholic Church

St. Antoninus Catholic Church

St. Bernard Catholic Church

St. Ignatius Catholic Church

St. James Episcopal Church

St. Joseph Catholic Church North Bend

St. Lawrence Catholic Church

St. Luke's Evangelical Church of Christ

St. Martin of Tours Catholic Church

St. Peter and St. Paul United Church of Christ

St. Vincent DePaul Society

State Avenue UMC

Vineyard Community Church

Wesley Foundation United Methodist Campus

Ministry at the University of Cincinnati

Westwood First Presbyterian Church

Westwood UMC

Zion UMC