

WesleyLinks Newsletter

Wesley Community Services

SPECIAL POINTS OF INTEREST TO BE PRESENTED AT OUR NEXT MEETING, APRIL 7TH:

- **What the Council on Aging does?**
- **What services are available to seniors?**
- **Do seniors have to pay?**
- **What are the qualifications to get services?**
- **What is PASSPORT?**
- **How can WesleyLinks churches help improve the availability of services for seniors?**

GUEST SPEAKER, KEN WILSON, AT APRIL 7TH LUNCHEON

The next pizza luncheon of WesleyLinks will be at Noon, Wednesday, April 7th, at Sharonville United Methodist Church, 3751 Creek Road.

Our guest speaker will be Ken Wilson, Director of Programs and Planning for the Council on Aging of Southwestern Ohio.

Mr. Wilson received his master's degree in Gerontology from the Scripps Center at Miami University.

His publications include journal articles on quality and outcome measurement,

the development of the Provider Quality and Performance Report, Ohio's Aging Fact Book, and county demographic profiles of the older population. He is a frequent speaker at national conferences and meetings on aging policy, strategic planning, outcome measurement, and quality.

Ken was responsible for creating a system to monitor and measure the quality of services received by seniors in the area of meals-on-wheels and homemaker services. Each senior receiving these services provides feedback to the

Council on Aging which is then forwarded to the agency providing services so that they can improve their performance. It is a valuable tool aimed at raising the bar of quality of services throughout Greater Cincinnati.

Prior to coming to the Council on Aging of Southwestern Ohio 1994, Ken worked at several retirement communities.

In addition, Ken serves on several non-profit boards in the community.

WESLEYLINKS STEERING COMMITTEE UPDATE

So far we have seven volunteers willing to serve on the Steering Committee for WesleyLinks. This is the group that will help plan programs for our regular meetings five times a year and different efforts of the network. We will be meeting in the near future and would appreciate ideas and suggestions from everyone. Think creatively about possible speakers or program ideas. What are your concerns? What are the concerns of your congregation or organization or senior group that might be addressed in one of our meetings? What might be helpful?

Bring your ideas to the April 7th meeting or call Steve Smookler or Carol Davis at Wesley Community Services (661-2777) or Eileen Simpson, WesleyLinks Convener (474-2991). *Let's do some brainstorming!*

INSPIRED FITNESS TRAINING TEAM REVISES MANUAL

Nearly two years ago the east side WesleyLinks Cluster Group organized a program to support the independence of seniors at home through the development of a physical exercise program to improve strength, balance and flexibility. The program is entitled Inspired Fitness. The Inspired Fitness Training Team is in the process of revising the training manual first developed in 2008. To date it has been used to successfully train 18 volunteers as exercise buddies. The aim is to make the revised edition an even more effective tool to encourage regular physical activity among seniors. When the revised manual is completed, the team is taking a new direction in the Inspired Fitness training program. There is a growing interest among organizations to promote the Inspired Fitness training. Effort will be made to encourage a retirement community (such as SEM Villa or Cedar Village) or a senior organization (such as AARP) to sponsor a training day. Individuals would receive full training as exercise buddies on that day, and then in turn, would become exercise buddies for one another within that same community or organization. With this scenario, exercise buddies could encourage one another, hold each other accountable and provide companionship as they exercise together.

INSPIRED FITNESS DEMONSTRATION PROGRAM AVAILABLE

On March 16th an Inspired Fitness demonstration program was presented at the New Richmond AARP meeting and was very well received by their members. If a group in your church or an organization to which you belong would be interested in having a similar program, get in touch with Eileen Simpson, 474-2991, or gfsimpson@fuse.net. It would be a 30-45 minute program and would include a demonstration of helpful exercises as well as a discussion of the many benefits of regular physical activity.

BEFORE YOU LEAVE THE HOUSE ON APRIL 7TH — CONSIDER THIS

Do you have questions
about the aging services
network?
Bring them with you.

Bring
A
Friend!

Watch for your invitation
to Wesley Community
Services May
Open House.

DIRECTIONS TO SHARONVILLE UNITED METHODIST CHURCH

Church Address: 3751 Creek Rd, Cincinnati, Ohio 45241

Church phone: (513) 563-0117

From the West: Take I-275N to exit 46 (US-42) toward Mason/Sharonville. Turn right at Lebanon Road. Slight left at Reading Road. Turn left at Creek Road. (Church is on the right).

From the East and South: Take I-275E (toward Columbus). Take exit 46 (US-42) toward Mason/Sharonville. Turn left on Lebanon Road/US-42 and follow US-42 for about 1-1/2 miles. Turn left on Cornell Road. Turn right on Maple Street. Turn left on Creek Road. (Church is on the right.)