

August, 2010

# WesleyLinks-Update

A Publication of Wesley Community Services  
Partners with Wesley Services Organization and  
Lincoln Crawford Nursing & Rehabilitation Center

## Save the Date - September 8th - Spirituality & Healing

The next pizza luncheon of WesleyLinks will be at Noon, Wednesday, September 8th, at St. Peter and St. Paul United Church of Christ, 3001 Queen City Avenue, 513/661-3745.

**“Spirituality and Healing” will be presented by our guest speaker, Reverend Doug Mitchell, Director of Pastoral Services at Christ Hospital.** Reverend Mitchell has enhanced the spiritual lives of patients, families and hospital staff at Christ Hospital for many years. He is a man of deep compassion. He reaches out to patients and their families in their moments of pain or fear. Through prayer and words of wisdom, he helps promote the healing process, whether it is relational, spiritual or physical. *Continued on page 2*

## Inspired Fitness for Seniors Update



Remember, start slowly with a routine using chair exercises, then move to standing and moving exercises as you are able.

The **Inspired Fitness for Seniors** program, sponsored by Wesley Community Services WesleyLinks, recently expanded its outreach to better serve seniors in Greater Cincinnati. On August 6th, eight volunteers and members of the staff at **Cedar Village received training** to become Exercise Buddies for residents of that retirement community. This was a significant modification in our efforts by expanding the program to “training the trainers”. The Cedar Village trainees will now be able to work with residents of their retirement community on an ongoing basis.

The Inspired Fitness trainers included Carol Sprouse RN, Cheri Dean CYT and Eileen Simpson BA. The training manual has been revised and utilizes a new format including full color photographs of the exercises being done.

“By working with established retirement communities and senior groups like Cedar Village, we expect to reach even more seniors” says Eileen Simpson. This approach will complement our focus on targeting seniors living independently in their own homes or apartments. The Inspired Fitness program is aimed at helping seniors become proactive about improving their strength, flexibility, balance and range of motion by engaging in safe, regular exercise.

Any retirement community, senior group or individual in Greater Cincinnati interested in learning more about the Inspired Fitness for Seniors program, should **contact Colleen Finnell**, Volunteer Coordinator at Wesley Community Services, 513/661-2777, or e-mail [cfinnell@wesleycs.org](mailto:cfinnell@wesleycs.org).

## WesleyLinks September 8th Meeting - Guest Speaker - Rev. Doug Mitchell

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RSVP for luncheon call Carol Davis at 513/661-2777 extension 5402, or email [cdavis@wesleycs.org](mailto:cdavis@wesleycs.org).

For driving directions go to the church website, [stpeterandstpaulucc.org](http://stpeterandstpaulucc.org), click on location, enter your home address for door-to-door driving directions. Car pools will be available from the former Wesley Community Services building at 3333 Glenmore Avenue, contact Colleen Finnell, Volunteer Coordinator at Wesley Community Services, 513/661-2777, or email [cfinnell@wesleycs.org](mailto:cfinnell@wesleycs.org).

### Take Action: Prevent Senior Fraud – A Synopsis of Recent Activity

A lot has been happening since the last WesleyLinks meeting in June when **Gene Bishop of ProSeniors** presented a well-received program on protecting oneself from Medicare fraud and identity theft. Because of the intense interest in preventing senior fraud generated at the meeting, a **WesleyLinks Senior Fraud and Identity Theft Task Force was formed** to brainstorm ideas on how the WesleyLinks network of churches might be used to educate members of local congregations to avoid being victimized by scammers. After two meetings in June, the task force decided to ask **Dottie Howe, Fraud Program Coordinator for the Ohio Dept. of Insurance**, to conduct a workshop on July 29. The workshop, which was held at the Wesley Community Services Radcliff building, was very well attended and even included representatives from several churches not yet in the WesleyLinks network. Dottie not only discussed the multitude of resources available for use in educating people about fraud prevention but also offered many examples of scams that have been used. Fake checks, fake job offers, fake prizes, inferior products, hidden fees and penalties, requests for donations to fake organizations, requests for personal information by someone claiming to be from Medicare, Social Security, or one's bank, etc., are just some of them. The resources of the Ohio Dept. of Insurance, as well as advice from Dottie and her staff and the other Ohio Departments, are readily available for use in designing our own WesleyLinks program.

Most recently, on August 18, a **joint meeting of the Steering Committee and the Senior Fraud and Identity Theft Task Force** was held to start designing a workable plan for WesleyLinks churches.

**Initially, there will be a two-prong approach:**

- 1) Heighten awareness among WesleyLinks congregations of the problem of senior fraud and identity theft.** A check list is being developed to help groups and individuals identify and zero in on the types of fraud of most interest and concern to them.
- 2) Provide a variety of resources and suggestions for their use.** These resources might include printed materials, DVD's, list of speakers, live skits, etc., and would be used in different ways, depending on whether they are being used by a church group, individual caregiver or individual senior.

The next step will be another **joint meeting** of the Steering Committee and the Senior Fraud and Identity Theft Task Force on **Wednesday, September 22**, to assess progress and determine the best way to present the program to WesleyLinks representatives. For more information, contact Eileen Simpson at 513/474-2991, or email [gfsimpson@fuse.net](mailto:gfsimpson@fuse.net).

## Wesley Community Services AmeriCorps Vista Staff Member Arrived in August

Colleen Finnell, AmeriCorps Vista joined the Wesley Community Services staff in August to serve as our Volunteer Coordinator. Colleen is developing a comprehensive volunteer program for Wesley Community Services. She will also be providing staff support to WCS' WesleyLinks network. "We are extremely pleased that Colleen, who has a great deal of experience working with non-profit agencies, has joined Wesley. She is a gem," says Stephen Smookler, WCS Executive Director. She will be with Wesley for at least a year.

## Volunteer Highlight - Ryan Burandt

Ryan Burandt arrived at Wesley Community Services just in time to volunteer at our Meals-On-Wheels kitchen. Ryan assembles boxes to carry clients' side items such fresh fruit, juice, cookies, crackers, granola bars and cereal. He has committed himself for approximately six weeks until he leaves for Virginia. Ryan is a 2010 graduate of Denison University in Granville, Ohio where he double majored in Economics and Communication and served as the student body President. He also played four years of football. Additionally, Ryan completed two internships, including one as intern for Indiana U.S. Senator Richard Lugar in Washington, D.C. In 2008, Ryan graduated from the U.S. Marine Corps' Officer Candidate School and in June of 2010 he accepted a commission as a 2nd Lieutenant. Ryan grew up in Loveland, Ohio and attended Moeller High School.

## Great Employment Opportunities

### Meals-On-Wheels Drivers

Wesley Community Services is looking for a few good employees!! Part-time or even full-time. We continue to expand our Meals-On-Wheels service. Applicants need to be 18+, have a clean driving record. For Meals-On-Wheels you will need your own Vehicle. Work a few hours a day or more. Make a difference in the lives of seniors.

### Transportation Drivers

Looking for part time and full time drivers for our medical/specialized transportation service. Applicants need to be 18+ and have a clean driving record. Need to be in good physical shape to assist disabled clients in wheelchairs. Early morning and evening hours available. Our transportation service operates six days a week.

### RN/LPN Home Care Assessor

Home Care Assessors for seniors needed. Must be licensed RN or LPN. Fulltime and part-time positions. Experience in developing care plans for direct care staff required. Apply in person at 2091 Radcliff Drive, Cincinnati, Ohio 45204, between 8:00 AM-3:00 PM, Monday-Friday. Resumes may be faxed to 513/389-3092 (Mark: "Home Care") or email [ebaird@wesleycs.org](mailto:ebaird@wesleycs.org). Background check and pre-employment drug screen required. EEOE