



HAPPY NEW YEAR

We trust that you all were blessed by the Peace of the season and the company of family and friends.

We hope that you found the new format of our newsletters pleasing to read and if you have feedback, please let us know.

Please take a moment and prayerfully consider WesleyLinks in your outreach programs. We will work with you to bring your faith community into a cluster group and become a vital and working member of WesleyLinks!



IT'S TIME TO GET SERIOUS ABOUT EXERCISE!!!!

This Spring, our friend Mandy Holzhauser at Bayley Place will be receiving her training to be able to train our WesleyLink members for

our Physical Exercise Program. **It's time to start thinking about who from your church you would like to be certified to be a trainer.**

These exercises are low impact and approved by the Arthritis Foundation.

Exercise helps seniors stay on their feet, review finds...

A new report attests to the benefits of exercise among older adults. Elderly adults who participated in any number of exercises not only improved their balance, but also cut their risk of falling, a review of 34 studies has found.

Exercise helps people stay steady on their feet as they go through the aging process when diminished balance puts them at risk for falls, according to a report in The Cochrane Library. The report explored 34 studies of more than 2,800 participants whose average age was 75 and older, generally healthy...

Some of the balance exercises were as simple as rising from a chair and balancing on one leg. The review did not find that one kind of exercise outperformed any other in improving balance and reducing falls.

By the editors of McKnight's Long-Term Care News and McKnight's Assisted Living

REMINDERS: **Upcoming WesleyLink Meeting:**

February 6th @ 12 noon at the **Erie Building of Hyde Park United Methodist Church.** The address is **3020 Erie Avenue, Room 105.**

After the meeting we will enjoy a lunch of our meals on wheels and a personal tour of the kitchen so you can have the opportunity to view the state-of-the-art facility in which we prepare all of our meals.

Again, if there are Westsiders who would like to carpool to the meeting, please meet at the Wesley Community Services offices at 3333 Glenmore Avenue by 11:15 a.m.



Many thanks to all of you who shared support letters for our grant submission.

We will submit our grant proposal to the Ohio Department of

Transportation on January 19th for our wheelchair van.

The letters of support are a big part of our application.

Again, many thanks to you for your help!

Amy & Bill