

WesleyLinks Newsletter

A PUBLICATION OF
WESLEY COMMUNITY
SERVICES

WESLEY COMMUNITY
SERVICES IS THE SISTER
ORGANIZATION OF
LINCOLN CRAWFORD,
UNDER PARENT ENTITY,
WESLEY SERVICES
ORGANIZATION

2011 WesleyLinks Noon Meeting

Dates:

- April 6
- June 1
- September 7
- November 2

OUR APRIL 6TH
MEETING WILL BE
HELD AT
WESTWOOD
UNITED
METHODIST
CHURCH.

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March 2011

WESLEY COMMUNITY SERVICES

WesleyLinks Senior Fraud and Identity Theft Meetings

**April 6 Kickoff Features
County Commissioner Greg
Hartmann**

In response to the high degree of interest and concern about seniors being the major target of fraud and identity theft, the WesleyLinks Steering Committee has decided to

devote many of the 2011 educational meetings to this topic. The **Steering Committee is pleased to host Hamilton County Commissioner Greg Hartmann** as our kick-off speaker on this very important topic on April 6th (noon) at Westwood United Methodist

Church. Commissioner Hartmann is very involved in the **Hamilton County Coalition to Stop Fraud, Scams, & Abuse**, composed of over 30 agencies addressing the issue of fraud and identity theft. Stay tuned for future programs on senior fraud and identity theft.

February 2011 WesleyLinks Meeting Covers Hospice Services

Summary of WesleyLinks Meeting, February 2, 2011 at St. James Episcopal Church

Among the 23 in attendance at the February meeting of WesleyLinks were two new members: Cathy Rolfes from North Bend United Methodist Church and Noel White from Hope Lutheran Church.

Hospice Services

Two guest speakers, **Patricia Gaines** and **Dick Adams**, shared information about "Hospice Services." Patricia is the Community Outreach Coordinator and Dick is a volunteer for **Hospice of Cincinnati (HOC)** and Wesley Community Services Board Member.

HOC is a philosophy (not a place) which began in England in 1967 and emphasizes that a person's life matters until the very last moment. Care is professional, personal, and compassionate. Ninety percent of clients prefer in-home hospice care, and there are four HOP inpatient units in Greater Cincinnati: Blue Ash, Anderson, Hamilton and Mercy Western Hills.

An interdisciplinary team focuses on each client. The team consists of a doctor, social worker, chaplain, and nurse. The team meets twice a month to discuss individualized care plans for each client and may include: palliative care (to make

the patient comfortable); natural care (to neither postpone nor hasten death); potential for growth through art, music and pet therapy; encouragement to write messages to an unborn child or to living children and grandchildren; providing a volunteer to read to a client, etc.

Many hospice families say, "We wish we had done it sooner." They found that hospice services lengthen life and improve quality of life for the patient while being less burdensome for the family. Many families often find hospice plays a vital role when family members are unable to make end-of-life decisions.

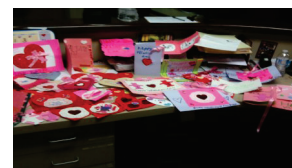
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Wesley Community Services Receives Valentine Cards for Meals-on-Wheels Clients

Wesley Community Services was fortunate to receive nearly 1000 Valentine's Day cards from Girl Scout Troop #41962 at **Fairfield East Elementary, Our Lady of Victory 5th Grade** class in Delhi, and **Ms. Anna Flaig's Class, Hopewell Elementary** in West Chester.

All of the Valentine cards benefitted Meals-On-Wheels clients.

If your church, school, or other program would be interested in making a craft or gift for our seniors, please contact Colleen Finnell.



Valentines donated from Troop #41962 at Fairfield East Elementary.

Wesley Home Care Adds Personal Care



Wesley Community Services' Homemakers are now Home Care Assistants. Home Care Assistants add to the duties of Homemakers by providing personal care.

"A kind and compassionate act is often its own reward." - William John Bennett



As discussed in our Feb. 2011 WesleyLinks meeting, death should not be feared.

Wesley's Home Care Program has added a new service in order to better assist our senior clients – **personal care!** To help seniors stay safe, comfortable and independent in their own homes, Wesley's Home Care Assistants provide a variety of services. In

addition to house cleaning, laundry and ironing, grocery shopping and errand running, we can now help with personal care, including bathing, dressing, grooming, and oral and skin care. We can also provide respite care to help the caregiver.

Our Home Care Assistants are thoroughly trained and nurse-supervised, in order to provide the highest quality of care! Wesley's Home Care Program is bonded and insured. For more information call 513-244-5490.

March 2011 WesleyLinks Meeting (cont.)

HOC will go wherever a person calls "home" – it might be a nursing home, retirement home, a daughter's home, or other residence. Care at home is *not* 24/7. There is very little out-of-pocket expense – Medicare, Medicaid or private insurance cover most of it. However, HOC never refuses a client because of the inability to pay.

Dick Adams, one of 500 volunteers with HOC, pointed out that we prepare for the birth of a child with great excitement. We should do the same for death. He suggested: plan your funeral, including choice of scripture and music; write your obituary and leave it with the funeral home. Death does not have to be frightening; talk to your children about what you want done and be sure to set up a Living Will and Durable Power of Attorney.

A doctor must certify that a person is "hospice ready." Hospice services can last for six months. HOC and Star Shine (hospice for Children's Hospital) are the only non-profit hospice services in Greater Cincinnati. Some nursing homes may provide hospice care through for-profit companies and may not allow use of HOC– consider this when choosing a nursing home for a loved one.

For more information, visit: www.hospiceofcincinnati.org or call Patricia Gaines at 513-792-7961.

Wesley Community Services 2010 Statistics

Executive Director Steve Smookler reported statistics for 2010: 247,000 Meals-On-Wheels delivered, 32,500 medical and special transportation trips using 22 vehicles; and 21,000 hours of homemaking

services. Personal care services (bathing, dressing, toileting) are now also being offered to clients.

WCS Meals Expand to KY

Wesley has a pilot program in Boone County, Kentucky, serving 25 seniors, with plans to expand in June to serve 60 seniors.

The Client Choice program is now fully implemented so that seniors can choose from 15 entrees and associated sides. Meals have been provided to the 50-59 age group (costing \$10,000 a month) through the generous charitable gift of an anonymous donor.

Books Available to WesleyLinks Churches

The book, 50 Reasons to Get Out of Bed in the Morning, by Judy Sigman, opens with these words in its Introduction: "If you are 50, or older, you are an aarpie...If you dislike being labeled older, old person, senior citizen, Golden Ager, try 'aarpie' on for size and see how it fits. The word 'aarpie' means **active, ambitious, resourceful people in existence...** You will see

aarpies in various shapes, sizes, and skin colors. They are your grandparents, parents, children, friends, neighbors, repairmen/women, grocers, clerks, medical personnel, bus/taxi drivers, etc....Think of how you admire people who achieve in the second half-century of their lives. They have not allowed themselves to vegetate, to sit around and become bored...The use of

this handbook is intended to keep aarpies physically and mentally active." If you would like a free copy of this little book---it's less than 40 pages in length---please contact Colleen Finnell at 513.661.2777, extension 5428. (The books were donated to Wesley Community Services by the author's sister, Barbara Rosenberg, from Rockdale Temple.)

March 2011

St. James Episcopal Church is Offering Health Screenings

Identifying Your Risk = Disease Prevention

St James Episcopal Church, Westwood will host a **Preventive Health Screening event (Life Line Screening)** on **Wednesday, April 6, 2011.** **Life Line Screening** will perform the on-site screenings for:

- 1) carotid artery blockage (stroke)

- 2) atrial fibrillation (heart rhythm)
- 3) abdominal aortic aneurysm
- 4) peripheral artery disease (plaque build-up)
- 5) osteoporosis risk assessment

These screenings are recommended for anyone 50 and older, or 40 and over with

cardiovascular risk factors. They are non-invasive, painless, and take 60-90 minutes to complete. The results, which are mailed directly to you, will help you and your doctor protect your health. For details, call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners to schedule your appointment.



St. James Episcopal Church will host a preventative health screening event on April 6, 2011.

Ohio Benefit Bank Provides Free Tax Services

Did you know that Ohio residents making less than \$56,000/year can have their taxes filed free? Community-based Ohio Benefit Bank centers have volunteer-counselors to assist in tax preparation. Taxes are filed electronically, and refunds are issued in 7-10 days. Counselors will also assist with back taxes (up to three years) and free assistance with claiming various tax credits. For more information, visit www.cincybenefitsinfo.com/taxprepservices.aspx.

Ohio Benefit Bank Tax Sites:

The Church of Our Saviour
65 East Hollister Street
Cincinnati, OH
main: 513-241-1870
appointments: 859 240-6140
www.forministry.com/USOHECUSACOOSC
Offering: benefits, economic stimulus, taxes, voter registration
Open to the public by appointment only
Bilingual services available: Spanish

Free Store Food Bank
112 East Liberty Street
Cincinnati, OH
513-357-4618
www.freestorefoodbank.org
Offering: benefits, taxes

Open to the public
Bilingual services available: Spanish, German, Sign Language
Urban Appalachian Council
2115 W. 8th Street
Cincinnati, OH
513-251-0202
www.uacvoice.org
Offering: benefits, economic stimulus, taxes, voter registration
Open to the public by appointment only

TEAM Works Collaborative
1418 Central Parkway
2nd Floor
Cincinnati, OH
513.931.3991
twc-inc.org
Offering: benefits, taxes
Open to the public by appointment only

Madisonville Education and Assistance Center
4600 Erie Avenue
Cincinnati, OH
513-271-5501
www.meaonline.org
Offering: benefits, economic stimulus, taxes, voter registration
Open to the public

Inter Parish Ministry
3509 Debolt Road
Cincinnati, OH
513-561-3932
www.interparish.org
Offering: taxes
Open to the public

West College Hill Neighborhood Services
2062 North Bend Road
Cincinnati, OH
513-542-7379
Offering: benefits, economic stimulus, taxes, voter registration
Open to the public by appointment only

Tapp House, Inc.
115 N. Wayne
Lockland, OH
513-746-8277
Offering: benefits, taxes
Open to the public by appointment only

Parkside Christian Church Outreach Center
6986 Salem Road
Cincinnati, OH
513-231-9482
www.parkside-cc.org
Offering: benefits, economic stimulus, taxes
Open to the public by appointment only

St. Stephen's Episcopal Church
9191 Daly Road
Mt. Healthy, OH
513-522-8628
www.ststephens-cinci.org
Offering: benefits, economic stimulus, taxes
Open to the public by appointment only

*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."
- Helen Keller*



Remember that the tax deadline is April 15th! Share with your congregations the free tax service for Ohio residents making less than \$56,000 per year. (Offered by the Ohio Benefit Bank)

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Please remember that the Visiting Nurse Association of Greater Cincinnati and Northern Kentucky has collaborated with WCS to donate bottles of hand sanitizer to our WesleyLinks churches!



May We Help You With Your Outreach Ministry To Seniors?

WesleyLinks is an interdenominational consortium of area churches created by **Wesley Community Services** to enable member churches to better serve seniors in their congregations. Information is made available to seniors who need support so that they may stay in their own home for as long as possible. WesleyLinks meets at member churches for a luncheon and informative program. If you are interested in having your church be a WesleyLinks partner contact Colleen Finnell at 661-2777.

- Anderson Hills UMC
- Armstrong Chapel UMC
- Brecon UMC
- Calvary UMC
- Cherry Grove 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
- First Church of God
- Forest Chapel UMC
- Friendship UMC
- Gaines UMC
- Grace Lutheran Church
- Grosbeck UMC
- Guardian Angel Catholic Church
- Hartwell UMC
- Hartzell UMC
- Hope Lutheran Church
- Hyde Park Community UMC
- Immaculate Heart of Mary Parish
- John Wesley UMC
- Kenwood Baptist Church
- Keys of the Kingdom UMC
- Knox Presbyterian Church
- Loveland UMC
- Miami Whitewater UMC
- Monfort Heights UMC
- Morrow UMC
- Mt. Carmel Christian Church
- Mt. Healthy UMC
- Mt. Washington UMC
- Nast Trinity UMC
- New Vision UMC
- North Bend UMC
- Northwest Community Church
- Oak Hills UMC
- Our Lady of Lourdes Church
- Our Lady of Visitation Church
- Parkside Christian Church
- Pilgrim United Church of Christ
- Sharonville UMC
- Shiloh UMC
- St. Aloysius Gonzaga Church
- St. Bernard Catholic Church
- St. Ignatius Catholic Church
- St. James Episcopal Church
- St. Joseph Church North Bend
- St. Lawrence Catholic Church
- St. Luke's Evangelical Church of Christ
- St. Martin of Tours Church
- St. Peter and St. Paul United Church of Christ
- St. Timothy's Episcopal Church
- St. Vincent DePaul/St. Bernard Clairvaux Church
- Vineyard Community Church
- Vineyard Westside
- Westwood First Presbyterian Church
- Westwood UMC
- Zion UMC

Volunteer Highlights

by Colleen Finnell, Staff Representative

Wesley Community Services has had a great beginning to 2011! We have been fortunate to have several volunteers from different walks of life, all pulling together to serve for the same purpose, to help our seniors live independent lives. Wesley is thankful for their generous gift of their time. We would like to recognize just a few today.

The students at **Seton High School** have been coming to work with Wesley Community Services since September 2010. The students have helped with various tasks in our Meals-On-Wheels kitchen including boxing pies, folding boxes, and

cleaning. The students are enrolled in a student-learning class taught by Jan Lintz.

Jim Churchill has been volunteering with Wesley Community Services since November 2010. Jim is a retired retail manager and master gardener. Jim helps work in the Meals-On-Wheels kitchen on Thursday mornings, assisting with food production, assembling "Snow Meals", and other various tasks. We look forward to having Jim come in every week.

Wesley Community Services has several **volunteer opportunities** in our Meals-On-Wheels kitchen, distribution center, and Wesley's administrative offices. Schedules are flexible, and are available throughout the week. If interested in volunteering, please contact Colleen Finnell at 513-661-2777.



Volunteers from Jan Lintz's service-learning class at Seton High School.