

MARCH 5, 2010

WesleyLinks Update

Wesley Community Services

SAVE THE DATE - APRIL 7TH MEETING AT SHARONVILLE UNITED METHODIST CHURCH

The February 3rd meeting of WesleyLinks at The Healing Center of Vineyard Community Church, was well attended and very informative.

THE VISITING NURSE ASSOCIATION OF GREATER Cincinnati and Northern Kentucky (VNA)

Guest speaker, Valerie Landell, Executive VP of Clinical Services, VNA, emphasized that many people in the community are not aware of the services available from the VNA, which serves all persons, regardless of ability to pay. Their mission is to provide home health and personal services to seniors and others requiring help so they can remain independent in their own homes. In Ohio the VNA serves Hamilton, Butler, Warren and Clermont counties; in Kentucky, Boone, Kenton and Campbell counties.

A call for assistance to the VNA at 513-345-8000 will get a response within 24 hours. Nurses answer the telephone 24 hours a day, 7 days a week, including holidays. A nurse will visit the client to evaluate needs and develop a care plan. The VNA can provide skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides, personal care aides, homemakers and can even help arrange respite for the caregiver. Home health services are covered 100% with traditional Medicare and most Medicare Advantage plans. There has to be a medical or physical need for Medicare to cover the costs. A physician's order is required and the VNA will expedite that for a client. If there is a mental health need, the VNA will address things such as medication, exercise program and diet management but will not provide an in-home therapist.

SHARONVILLE UNITED METHODIST MISSION TEAM LEADER, HAITI EARTHQUAKE

Barbara Sailer was in Haiti with a mission team from Sharonville United Methodist Church at the time of the January 12th earthquake. She has led mission teams to Haiti for the past eight years as they have constructed a Health Center, Girls' Orphanage, School and Church in a city about 20 miles from Port-au-Prince. The orphanage was badly damaged and will require \$80,000 to rebuild. The Health Center was only slightly damaged and became the living quarters for the girls and a medical team after the quake. Miraculously, all 20 girls and the mission team survived and were fortunate to have clean well water and electricity. Barbara stressed that the people of Haiti are very independent and tenacious and that the

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government provides minimal, if any, services. The girls at the orphanage are being well trained and are taught problem-solving skills along with English, French and a knowledge of business so that they will provide leadership for Haiti's future.

WESLEY COMMUNITY SERVICES 2009 REPORT

Stephen Smookler, WCS Executive Director, reported that 235,000 Meals-On-Wheels were delivered in 2009. Daily deliveries are made to an average of 800 clients, twenty-five percent of whom receive physician-prescribed therapeutic meals. Jayne Haverkos arranges for those special meals for clients with diabetes, renal disease, cardiac or swallowing problems. An anonymous donor provided Meals-On-Wheels to clients 50-60 years old (too young for Medicare) who have medical problems and no transportation.

A new client choice system is expected to be implemented by summer, giving clients more flexibility in food choices.

There were 31,000 transports in 2009 to medical appointments and job sites for the disabled.

WESLEYLINKS UPDATE

Eileen Simpson gave an update on the Inspired Fitness for Seniors program. Recent photos in the newspapers have provided good publicity. Inquiries about the program have come from Cedar Village, a Jewish retirement community, and from the New Richmond AARP as well as several individuals. A new version of the exercise guide, "Exercise & Physical Activity," published by the National Institute on Aging, is now available and is free. The website is www.nia.nih.gov. When you get into the website, just click on Publications and then on Healthy Aging and it takes you to the list of available publications.

A Steering Committee is being organized to help plan programs for WesleyLinks meetings. Anyone interested in serving on this committee should call Steve Smookler or Carol Davis at WCS, 661-2777 to volunteer.

HAND SANITIZERS DISTRIBUTED

As a result of a collaboration between the Visiting Nurse Association and Wesley Community Services, bottles of hand sanitizers are available free of charge to WesleyLinks churches. Those church representatives in attendance at today's meeting received their

bottles. Churches not in attendance will be receiving the hand sanitizers shortly.

TOUR OF HEALING CENTER

A tour of the Vineyard Healing Center, led by Director Judy Gillens, followed the meeting. The work being carried out in the Healing Center is dramatic and provides counseling services, food, clothing, job coaching, spiritual support, auto repairs and referrals to community services for individuals and families.

THE NEXT WESLEYLINKS MEETING WILL BE AT NOON, WEDNESDAY, APRIL 7TH, AT SHARONVILLE UNITED METHODIST CHURCH, 3751 CREEK ROAD, CINCINNATI, OHIO 45241. OUR GUEST SPEAKER WILL BE KEN WILSON, DIRECTOR OF PROGRAMS AND PLANNING, FOR THE COUNCIL ON AGING OF SOUTHWESTERN OHIO.