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WESLEYLINKS

OCTOBER NEWSLETTER & MEETING NOTICE

After getting back into the swing of things in September after our summer break, I'm ready for our next meeting which will be held on **WEDNESDAY, NOVEMBER 5, AT 12:00. The meeting will be held at the Sharonville United Methodist Church, 3751 Creek Road.** Louise Boyd will be our hostess and, as usual, we will provide a pizza luncheon and soft drinks. Hope to see you there!!

NOVEMBER PROGRAM – Our Executive Director, Steve Smookler, back in June invited Margie Buhrlage, the Home Health Educator, COALA program, with the Council on Aging of Southwestern Ohio, to be our speaker. She will give us all an update on the various services the Council on Aging provides seniors in the greater Cincinnati area. It should be a very informational program that you can pass on to other members of your church. **If you can't make it, ask someone else from your church to attend.**

WESLEY UPDATES – At our September meeting Steve Smookler mentioned that we would possibly be merging with another local senior service provider in the area which would have made us the largest senior provider in the state. Unfortunately, the merger did not materialize, but Wesley, by itself, is still the largest provider in the area, based upon the reimbursement schedule provided by the Council on Aging. Through September, we provided **185,980 meals, compared to 161,712 meals provided in 2007; we provided 24,823 one way community transports, compared to 17,622 transports provided in 2007, and we provided 16,011 hours of homemaker services, compared to 12,640 hours in 2007.** We continue to show double digit growth, and we attribute some of our growth to our increasing connections with our WesleyLinks churches. You know about us, you know the services we provide, you know how to reach us. Being familiar with an organization that can provide the services that you need for your congregation members or others in your community you might come into contact with is very important, we feel, to fulfill your mission to serve seniors. **Always remember, we are here to help you fulfill your mission to serve seniors.**

INCREASED EMPHASIS – Although we are always diligent in providing you with the best services and are constantly looking at providing new services for our rapidly growing senior population, one area that we will be concentrating heavily upon as we end 2008 and look

towards 2009 is in the area of **therapeutic meals**. **Therapeutic meals are for seniors with special diet restrictions due to diabetes, kidney disease, high blood pressure, heart related problems, chewing and swallowing restrictions, and yes, even obesity problems.** To that end, Steve Smookler has met with the **Visiting Nurses Association** to hopefully work with them in making them aware that our meals are available to their clients, should there be a need. Secondly, Steve and I met with WesleyLink Ken Memke last Thursday, October 2, to begin exploring ways we can market this special product in the Anderson Township area, and thirdly, within the past two months, Wesley Community Services has hired Jayne Haverkos, RN, BSN, who will call upon health care professionals throughout the City to promote these meals. Jayne has a BSN degree from the College of Mt. St. Joseph, and a BA degree from UC in sociology. With 30 years hospital experience, including Mercy Western Hills, Good Sam and most recently the Drake Center, Jayne is the ideal person to meet with health care providers and tell them about these special meals. Jayne plans to be at our November 5 meeting and, if time permits, tell you a little about this new position. **Wesley Community Services is the only meals-on-wheels provider in the County that offers physician prescribed therapeutic meals.**

NEW WEBSITE – The Ohio Council on Aging periodically e-mails information concerning aging issues. Many issues dealing with the elderly are on the website, with the latest periodical dealing with prescription drugs and the importance of physical activity in keeping seniors healthy. Check out www.goldenbuckeye.com/families/active.html, when you get the home page, click on “Featured Information” then click on **News & Information and you can sign up for free e-mails with the latest news and updates from the Ohio Department of Aging.**

EXERCISE PROGRAMS – Our two exercise programs, one at Anderson Hills United Methodist Church and the other at North Bend United Methodist Church are both up and running. At Anderson Hills UMC, they are having a four week training program to educate volunteers to be “exercise buddies” to exercise with home bound seniors. At North Bend UMC, they are in a 17 week program with other area churches to provide exercises seniors can do at home, together with nutritional facts so seniors eat the proper foods. Roughly 15 persons are in each program.

2009 HOSTS – I am looking for four host churches to host our meetings in 2009. If we keep our same schedule as in years past, our first meeting will be Wednesday, February 4. We will probably go back to the Clovernook Center for the Blind & Visually Impaired in April, and our June meeting will be Wednesday, June 3, before we break for the summer. LET ME KNOW (389-3096) IF YOUR CHURCH CAN HOST A MEETING.

CONCLUSION – Last month I contacted by phone 28 of you, or you contacted me. You are our corps group of Links. I’ll try others of you later this month, along with our regulars. I again emphasize, if you can’t attend, perhaps someone else from your church can attend. I’m sure our speaker in November will have much printed information from the Council on Aging to distribute, information you can surely use in your church. Two of our churches had new Links which attended their first meeting in September – Marie Kramer and Sharie Bostic from St. Martin of Tours Roman Catholic Church, and Pat Sandhas from St. Joseph’s Roman Catholic Church in North Bend. I know all three ladies will be very involved in the future. Hope to see many of you on November 5. We will car pool from Glenmore Avenue about 11:15.

Bill Reusing, WesleyLinks Coordinator
10/9/08