

October, 2010

# WesleyLinks-Newsletter

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

## Don't Miss Out - Caregiver Support - November 3rd

The next WesleyLinks meeting will be at noon on Wednesday, November 3, 2010, at **Anderson Hills United Methodist Church**. Our guest speaker, Sandy Morgenthal, M. Ed., LPCC, SC, RN, CCFC, a nationally recognized professional clinical counselor and a clinically certified forensic counselor, will make an informative presentation on the topic **“Caregiver Support.”** Sandy is with the Professional Pastoral Counseling Institute in Kenwood, where she provides counseling to individuals, couples, and families.

Anderson Hills United Methodist Church is located at 7515 Forest Road in Anderson Township. From I-275, take the Five-mile exit and travel North to Beechmont Avenue. Turn right at Beechmont Avenue, and the church will be on your right. If you need assistance with directions please call the church at 231-4172, or visit [andersonhillsumc.org](http://andersonhillsumc.org).

To RSVP for luncheon, or 11 a.m. carpool from 3333 Glenmore Avenue, call Colleen Finnell at 661-2777 extension 5428, or email [cfinnell@wesleycs.org](mailto:cfinnell@wesleycs.org).

## Spirituality and Caregiving September Meeting



**Rev. Douglas Mitchell**, Director of Pastoral Services at The Christ Hospital, was our featured speaker on **“Spirituality and Healing.”**

A great transformation is taking place in modern health care. Research has increased on spirituality and faith-based care that addresses treating the whole person. Health care professionals are being challenged to consider all aspects of the healing process and be open to the spiritual dimension to healing. Continued on page 2 . . .

Special thanks to Rev. J. Martin Westermeyer and our friends at St. Peter and St. Paul United Church of Christ for hosting our September WesleyLinks meeting.

## Spirituality and Caregiving September Meeting

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The fundamental model of healing is being transformed in several aspects:

**Trusting Intuition**. In the past, intuition has been pushed aside by science and profit, but that is changing. Medical personnel are now being encouraged to trust their intuition when providing patient care.

**Reaffirming Faith Tradition**. The church has traditionally been involved in healing ministries – “this is what we do.” This fundamental truth is being reaffirmed by the faith community.

**Re-emergence of Spirituality and Medicine as a Cooperative Relationship**. Medical personnel are acknowledging their faith traditions in the care of their patients.

There are several **STAGES OF HEALING** and they all have to do with creating new relationships.

The first relationship between God and the Human does not happen in just one way. When we visit someone who needs healing, we need to realize we represent God to them. We show we are interested in them and care about them. Our talking with them may or may not result in talking about Jesus and salvation. We need to remember that even Jesus did not *preach* every time he healed people or talked with them.

The second relationship has to do with Internal Disease (some people don't feel right inside and are not at ease with themselves – maybe they feel guilty about not following their values and beliefs about life) which leads to External Dysfunction and blocks God's destiny for that person.

It is cathartic for that person to “open up” to another person and talk about their feelings, but that is just the beginning of the healing process.

A third stage of healing occurs when people who had become alienated from God and themselves Becomes a Healer and can help others struggling with problems similar to theirs. Recommended reading on this aspect is Henry Nouwen's book, “The Wounded Healer.”

**SPIRITUAL HEALING** involves several types of listening. They are: 1) Listening to Hear; 2) Listening to Understand; and 3) Listening to Minister. It is vital that they be in this order and not vice versa. The person must be heard. The visitor must not assume anything and needs to take their cues from the person visited. Many times the person will express what they need and all we need to do is “hear” them.

Just showing up to visit people with an illness, is an expression of caring. It's important that the words shared with them are words they are ready to receive – don't “pound” on them. Also, ask permission if you want to hug, touch, or pray with them or share your own experiences. Respect the person, give them space and don't intrude. When the visitor leaves, it should be a word about the future and might be as simple as an offer to come again.

Finally, the visitor may feel a commitment to share the journey with the person who is ill, walk with them through the healing process and help them grow in their spirituality. We must remember we are not the Messiah, but we are meant to be a reflection of the Messiah.

## WesleyLinks Inspired Fitness Physical Exercise Program – Update

Currently, the aim is to contact several retirement communities to learn about their volunteer programs and determine if their volunteers are interested in being trained as exercise buddies. This was the approach used at Cedar Village Retirement Community last August with great success.

## Volunteer Highlight - Farewell to Lt. Ryan Burandt



Wesley Community Services is sending out a **BIG THANKS** to our volunteer, Ryan Burandt. Ryan assembled boxes to carry clients' side items such as fresh fruit, juice, cookies, crackers, granola bars and cereal. Ryan is from Loveland, Ohio, and attended Moeller High School. He 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. 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. The entire Wesley Community Services family wishes Ryan the very best with his career as a Marine.

### Are you looking for a Volunteer Opportunity?

**Make a difference in the lives of seniors!** Wesley Community Services has a volunteer opportunity available for a part-time **telephone receptionist**. Early morning and evening hours are available Monday through Friday. Apply in person Monday through Friday at 2091 Radcliff Drive between 8:00 a.m. to 4:30 p.m., or apply on-line at [www.wesleycs.org](http://www.wesleycs.org). For further assistance contact **Colleen Finnell, Volunteer Coordinator, at 661-2777**. WesleyLinks Members, please post volunteer opportunity in your church bulletin.

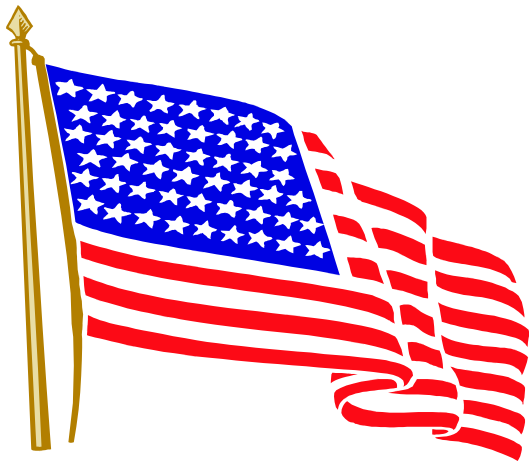
### Take Action: Prevent Senior Fraud – Progress Report

Through the joint efforts of the **WesleyLinks Steering Committee** and the **Senior Fraud and Identity Theft Task Force**, several items of progress can be reported:

- 1) **FRAUD CHECKLIST.** Included with this newsletter is a very important survey which we are asking every WesleyLinks representative to complete and return to Colleen Finnell by Wednesday, November 3<sup>rd</sup>. The survey will heighten awareness of the many types of fraud as well as help us gauge areas of greatest interest.
- 2) **TRAINING FACILITATORS.** We are seeking volunteers from among WesleyLinks representatives who are willing to be “facilitators” and be trained to present fraud prevention programs. Facilitators would receive instruction from professional resource persons as well as suggestions on how to use available resource materials. There is a place on the survey where you can indicate your interest in becoming a facilitator. The WesleyLinks facilitators will not become “experts” on fraud but focus on learning the available resources that can help seniors or their loved one with questions.
- 3) **RESOURCE MATERIALS.** Many excellent resources are available on prevention of fraud and identity theft (printed materials and DVD's). A few of them will be distributed to attendees at the regular WesleyLinks meeting on November 3<sup>rd</sup>.
- 4) **FRONT DESK HELP.** Eventually we hope to develop a small publication about fraud and identity theft prevention that a church could have at its front desk to direct someone who calls in seeking help.

The next meeting of the joint committee will be Wednesday, November 10, 11 a.m., at the WCS Radcliff building at which time results of the fraud prevention survey will be presented and discussed.

## A Word of Sympathy



*All of us in the WesleyLinks network of churches express our sincere sympathy to several persons in our group who have recently experienced the loss of loved ones.*

**Ronda Deel** very suddenly lost her husband, Jim, on May 10<sup>th</sup>. Jim was a very active member of the finance committee, the church council and his Sunday School class at Hyde Park Community United Methodist Church. He also co-led Disciple Bible studies and was a representative to the Amos Project, which deals with social justice issues. He is sorely missed by his family and all whose lives he touched.

**Paul Rank's** wife, Sue, also passed on in May. Sue and her husband worked together in the Health and Wellness ministry at St. Timothy's Episcopal Church. She was an RN who is especially remembered for her inspiration and guidance in working with seniors. She also helped design the Inspired Fitness for Seniors program of WesleyLinks.

**Anne Duffy**, of St. Ignatius Catholic Church, suffered the loss of her son-in-law, Mark Wagner, on September 10<sup>th</sup>. Mark was especially appreciated for his "behind-the-scenes" expertise as a statistician for the Cincinnati Reds, Cincinnati Bengals, Xavier University and the University of Cincinnati. He worked closely with broadcasters, feeding them information before and during games and often said he enjoyed his work so much, he would do it without pay. He is fondly remembered for his loving, outgoing personality.

**Colleen Finnell**, WCS Volunteer Coordinator, lost a dearly loved uncle on September 20<sup>th</sup> after many years of declining health. Charles Cordray was like a grandfather to Colleen. He was very personable and enjoyed striking up a conversation with anybody and everybody, mostly about religion or sports. Colleen has many fond memories of her uncle, especially long summer days with him at his home in Greensburg, Indiana.