



## *Save the Date - September 2nd*

Our next pizza luncheon will be on Wednesday, September 2, 2009, 12:00 noon, at Immaculate Heart of Mary Parish, 7820 Beechmont Avenue (see attached directions). Our guest speakers include Rose Lindeman, LPN, Program Coordinator and Jeanne Palcic, RN, MGS, Program Manager from Episcopal Retirement Home's Parish Health Ministry. This is a network meeting of all our WesleyLinks churches, so everyone is encouraged to attend. Please RSVP to Carol Davis (661-2777, Ext. 33) before Wednesday, August 26.

## *Congratulations to Bill Reusing*

Our first announcement some of you may already have heard "through the grapevine." Bill Reusing, our Director of Development and WesleyLinks Coordinator since its inception,

retired on June 24<sup>th</sup>. He assured us that he will continue to be available to work with the WesleyLinks churches in any way that he can, for which we are very thankful.

In addition, he continues to lend his support to our Pet Portions and our PetKare programs.

**Our sincerest thanks and gratitude goes to Bill, without whom WesleyLinks could not have survived.**

## *Special thanks to Eileen Simpson*

**Eileen Simpson, from Anderson Hills UMC, has graciously offered her services as the "convener" of our WesleyLinks churches.**

We appreciate her willingness to help us coordinate future meetings, as well as help us keep communication flowing between our partner churches.

She has been very active this past year in developing the Inspired Fitness Program, which now has seven volunteer "exercise buddies" actively working with

seniors in their homes doing exercises.

Thanks again Eileen for everything you do to improve the lives of Greater Cincinnati seniors.

## *Your letters of support made a huge impact*

We wish to thank all Wesley-Links churches who answered more than one request from us in 2008 and 2009 for support letters to continue our efforts to secure grant monies to serve seniors and adults with disabilities. Your support has resulted in Wesley **securing a wheel-chair accessible van**

from the Ohio Department of Transportation (ODOT) for medical transports of seniors. Our grant application for funds to transport **adults with disabilities** to job sites is being considered for submission for funding by OKI Council of Governments to the Federal Department of

Transportation.

Wesley also has been recognized as one of three non-profit **finalists** for the 2009 Humana Greater Cincinnati Benefit competition. The \$100,000 winner will be announced in Mid-September.

*Just for You!*

A Vision Simulator  
Card and Low  
Vision Services  
Brochure are  
Enclosed

### *Clovernook Center Information*

Enclosed with this month's newsletter is helpful information provided by Clovernook Center for the Blind and Visually Impaired. (Clovernook hosted two of our meetings during the past year.) We think you will find the Vision Simulator Card and Low Vision Services brochure very helpful.

### *St. James Episcopal Church Health Fair*

On behalf of the Health Ministry of St. James Episcopal Church, we would like to invite you to participate in our third Community Health and Wellness Fair on Saturday, September 12th, 2009 from 10:00 a.m. to 1:00 p.m. at 3207 Montana Avenue, Westwood. Our goal is to reach out to local area children and adults and offer health and wellness ideas from a variety of organizations. For assistance please call Marian Riestenberg at 661-1154.

### *A Special Thank You to Paul Hillebrand*

Special thanks goes out to Paul Hillebrand, Coordinator, Immaculate Heart of Mary Hands Ministry, for allowing Wesley Community Services the opportunity to invite The Southeastern Ecumenical Ministry (SEM) Legislative Board to our September meeting. This will surely be a spirited time as we come together to benefit Greater Cincinnati seniors and adults with disabilities.

## *WesleyLinks Cluster Group Update from Eileen Simpson*

Last year the Eastside Cluster of WesleyLinks launched a new ministry called “Inspired Fitness for Seniors.” The idea behind this ministry was that regular physical activity is essential in maintaining good health, but there are many seniors who live sedentary lives and, for various reasons, do not get out to the local senior center, fitness center

or YMCA to engage in such activity. In preparation for this program, 14 volunteers were trained as “Exercise Buddies” who were willing to go into the homes of seniors to teach them safe, gentle, effective exercises to improve strength, flexibility and range of motion.

To date, seven seniors have taken advantage of the Inspired

Fitness program.

Additional participants are continually being sought. If you know of a senior relative, neighbor or friend who might benefit from this program, contact Eileen Simpson at 474-2991. At the present time, seniors living in eastern Hamilton County and Clermont County are being served.

However, a training

session for new volunteers to become exercise buddies is being planned for the fall and members of Westside and Northside Clusters of WesleyLinks are welcome. Training will consist of a one-day, intense training session (probably a Saturday). Watch for future announcements about this fall training opportunity.

## *WesleyLinks Family of Churches Supporting Seniors*

WesleyLinks is an interdenominational consortium of area faith based ministries created by Wesley Community Services to enable partner churches to better serve seniors in their congregations. If you are interested in having your church be a WesleyLinks partner, contact Steve Smookler at 513/661-2777.

### **The WesleyLinks Family of Churches Include:**

Addyston UMC  
Anderson Hills UMC  
Armstrong Chapel UMC  
Brecon UMC  
Calvary UMC  
Cherry Grove UMC  
Cheviot 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  
Hartwell UMC  
Hartzell UMC  
Holy Family Catholic 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  
Mt. Carmel Christian Church  
Mt. Healthy UMC

Mt. Washington UMC  
Nast Trinity UMC  
New Vision UMC  
North Bend UMC  
Oak Hills UMC  
Our Lady of Lourdes Church  
Our Lady of Visitation Catholic Church  
Parkside Christian Church  
Pilgrim United Church of Christ  
Sharonville UMC  
Shiloh UMC  
St. Aloysius Gonzaga Catholic Church  
St. Bernard Catholic Church  
St. Ignatius Catholic Church  
St. James Episcopal Church  
St. Joseph Catholic Church  
North Bend  
St. Lawrence Catholic Church

St. Luke's Evangelical Church of Christ  
St. Martin of Tours Catholic Church  
St. Peter and St. Paul United Church of Christ  
St. Timothy's Episcopal Church  
St. Vincent DePaul Society  
State Avenue UMC  
Vineyard Community Church  
Vineyard Westside  
Wesley Foundation United Methodist Campus  
Ministry at the University of Cincinnati  
Westwood First Presbyterian Church  
Westwood UMC  
Zion UMC

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*Directions to Immaculate Heart of Mary Parish*  
*7820 Beechmont Avenue*  
*388-4184*

**To enter please use the driveway between the electronic sign and Arby's and the single glass door closest to the flagpoles.**

### **Directions From North of Cincinnati**

- 1: Proceed South on I-71
- 2: At I-71 Use Exit 17A for I-275 East
- 3: Merge onto I-275 (East)
- 4: Use Exit 65 for SR-125 [Ohio Pike]
- 5: Turn RIGHT (North-West) onto SR-125
- 6: SR-125 [Ohio Pike] will become [Beechmont Ave] - Keep going on [Beechmont Ave].
- 7: Arrive 7820 Beechmont Ave, Cincinnati, OH, 45255

### **Directions from East of Cincinnati**

- 1: Proceed (West) on SR-32
- 2: At I-275 Exit 63, turn LEFT (South) onto I-275
- 3: At I-275 Exit 65, turn RIGHT (North-West) onto SR-125 [Ohio Pike]
- 4: Continue (West) on SR-125 [Ohio Pike], Ohio Pike will become Beechmont Ave.
- 5: Continue (West) on SR-125 [Beechmont Ave]
- 6: Arrive 7820 Beechmont Ave, Cincinnati, OH, 45255. Turn Right into the Driveway

### **Directions from South of Cincinnati**

- 1: Proceed (North) on I-75
- 2: Use Exit for I-275 (East)
- 3: Use Exit 69 for [Five Mile Road]
- 4: Turn Left at the end of the exit onto [Five Mile Road]
- 5: Turn Right on [Beechmont Avenue] (Mercy Outpatient Services is on your right)
- 6: Arrive 7820 Beechmont Ave, Cincinnati, OH, 45255. Turn left into driveway.

### **Directions From West of Cincinnati**

- 1: Proceed East on I-74
- 2: Merge with I-275 North for a short time then continue on I-74 when the two roads part.
- 3: Take the I-75 South exit and proceed through downtown Cincinnati.
- 4: Follow the signs that lead to I-471 South.
- 5: Use I-471 South into Kentucky
- 6: Exit onto I-275 East (this will take you back into Ohio)
- 7: Use Exit XX for [Five Mile Road].
- 8: Turn Left on [Five Mile Road].
- 9: Turn Right on [Beechmont Avenue] (Mercy Outpatient Services is on your right)
- 10: Arrive 7820 Beechmont Ave, Cincinnati, OH, 45255. Turn left into driveway.