

WesleyLinks Newsletter

Wesley Community Services

SAVE THE DATE - FEBRUARY 3RD

SAVE THE DATE: We hope you will plan to attend our next WesleyLinks meeting on **Wednesday, February 3, at 12 noon.** A pizza lunch will be provided.

One of our newest WesleyLinks' churches, **Vineyard Community Church, 11345 Century Circle West, Cincinnati, Ohio 45246** has graciously agreed to serve as host. After the meeting, you will have an opportunity to tour their new Healing Center, where counselors are on site to offer practical, relational, and spiritual support to individuals and families experiencing difficult times. The center also is home to a food and clothing pantry, with job coaching and an auto clinic also available and referrals to community services. For directions, call 671-0422. (The church is located in Tri-County off of Kemper Road - one half mile east of Tri-County Mall - across from Target and behind Dick's Sporting Goods.)

This month's guest speaker will be **Valerie Landell, Executive VP of Clinical Services, Visiting Nurse Association.** The Visiting

Nurse Association (VNA) of Greater Cincinnati and Northern Kentucky celebrated its 100th anniversary in 2009 and serves seniors and others requiring help to remain in their homes while they receive health care services. It is the largest non-profit community based home health care agency in Southwest Ohio. The VNA is a certified Home Health Agency through the Medicare program offering a spectrum of in-home health care services. The VNA serves four counties in Ohio and eight in Northern Kentucky. In Hamilton County, the VNA is also an approved provider of personal care and homemaker services through the Council on Aging of Southwestern Ohio.

Because the VNS is always looking for ways to better serve seniors at home with chronic or medical conditions the VNA has decided to collaborate with Wesley Community Services and provide all WesleyLinks churches with hand sanitizers.

By distributing the sanitizer, they hope to reduce the spread of the flu and other communicable diseases. We will have a

complimentary two-liter dispenser of hand sanitizer to give to each church represented at this meeting. Other topics to be discussed include relief efforts in Haiti, a spring tour of our new facility, and other information/programs that will be useful to seniors in your congregation.

**Hear a Special Report From Haiti
Haiti Mission Team
Sharonville United Methodist
Church**

Sharon Sailer, head of Sharonville United Methodist Church's Haiti Mission Team will be updating WesleyLinks members **at our February meeting.** Sharon and the Sharonville team were in Haiti at the time of the earthquake. This was Sharon's 14th trip to Haiti with the church's mission team. Sharon will be reporting on the human toll of the earthquake and provide details of the miracle airlift out of Haiti of 20 orphans following the earthquake.

I look forward to seeing you on February 3rd!

Stephen Smookler,
Executive Director

FOCUS ON FALLS AT NOVEMBER 4TH MEETING

WesleyLinks had the honor of initiating the use of the new Wesley Community Services facility on Radcliff Drive for last November's network meeting. Birdie Wickerham, from the Hamilton County Public Health Department, was the guest speaker. She is a Health Educator for the Hamilton County Fall Prevention Task Force, whose motto is "Promoting Independence; Preventing Falls." Ms. Wickerham emphasized that falling need not be a natural part of aging, but since mobility declines with age, it is vital to take every precaution to prevent falls. Adults age 65 and older are at the highest risk of falling and 60% of falls occur in the home. An important point is that fear of falling can be helpful if it causes you to take reasonable precautions, but it can be harmful when it causes you to avoid exercise and activities that keep you active, strong and healthy. Start slowly with a routine using chair exercises, then move to standing and moving exercises as you are able. The worst thing to do is to decrease daily activity out of fear of falling because it leads to loss of mobility and more danger of falls. Some very helpful literature was distributed to everyone at the meeting, including Fall Prevention Tips, a Fall Prevention Assessment Chart and a comprehensive list of agencies and organizations that aim to help seniors maintain quality of life and health. This literature is available from the Fall Prevention Task Force. Call 946-7807. For further information contact Birdie Wickerham at 946-7802 or go to www.fallpreventiontaskforce.org.



"Start slowly with a routine using chair exercises, then move to standing and moving exercises as you are able," suggests Birdie Wickerham, Health Educator for the Hamilton County Fall Prevention Task Force.

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INSPIRED FITNESS FOR SENIORS – AN UPDATE

The Inspired Fitness for Seniors program is becoming well-known across Greater Cincinnati. A photo of the most recent graduates of the program appeared in several community newspapers in December and January (both eastside and westside) as well as the Home Page of the *Cincinnati Enquirer*, encouraging seniors to take advantage of the free services of an exercise buddy. The four exercise buddies in that photo are Joan Jackson, Sarah Freeman, Kathy Rouse and Carol Davis, all of

whom completed training in an all-day session on Saturday, November 14 at Anderson Hills United Methodist Church. Now the services of an exercise buddy can be provided for seniors who live in western Hamilton County as well as those in eastern Hamilton County and Clermont County. **If you know of a family member or neighbor who might want to participate in the Inspired Fitness program, be sure to contact Eileen Simpson, volunteer coordinator, 474-2991 or e-mail her at gfsimpson@fuse.net.**

Also, if you or someone you know would like to receive training as an exercise buddy, let Eileen know.

On the horizon, we are in the early stages of developing a DVD about the exercise program to use as a promotional resource. More information will be coming soon.

**DIRECTIONS FOR FEBRUARY 3RD MEETING AT
VINEYARD COMMUNITY CHURCH
11345 CENTURY CIRCLE WEST,
671-0422**

We are located in Tri-County off of Kemper Road — one half mile east of Tri-County Mall — across from Target and behind Dick's Sporting Goods.

Carpool Information:

Westside residents: Meet at the former headquarters of Wesley Community Services, 3333 Glenmore Avenue.

RSVP Carol Davis at 661-2777 extension 5402, or email cdavis@wesleycs.org.

Eastside residents: Meet at Anderson Hills United Methodist Church, 7515 Forest Road.

RSVP Eileen Simpson at 474-2991 or email gfsimpson@fuse.net.

Directions:

From the North:

Take 1-75 South to Sharon Road Exit. Turn right on Sharon Road. Turn right on Chester Road. Turn left on Kemper Rd. Turn left on Century Boulevard (across from Target). Follow the VCC sign at the end of Century Boulevard.

From the East:

Take 1-275 West to Mosteller Road Exit. Turn left on Mosteller Road. Turn right on Kemper Road. Turn left on Century Boulevard (across from Target). Follow the VCC sign at the end of Century Boulevard.

From the South:

Take 1-75 North to Sharon Road Exit. Turn left on Sharon Road. Turn right on Chester Road. Turn left on Kemper Rd. Turn left on Century Boulevard (across from Target). Follow the VCC sign at the end of Century Boulevard.

From the West:

Take 1-275 East to the Springdale/Glendale exit. Turn right. You will be traveling south on Route 747. Turn left on Kemper Rd. Turn right on Century Boulevard. Follow the VCC sign at the end of Century Boulevard.