

# The Leading Edge

*A quarterly newsletter of COVENANT METHODIST SENIOR SERVICES, a strategic alliance of United Methodist Homes & Services and Covenant Retirement Communities.*

## Why Choose a Nonprofit Provider?

At this time in history, is there still a need for the nonprofit sector to play an important role in meeting society's needs? After all, in any field today, whether it is hospitals, nursing homes, hospices, or universities and colleges, there are for-profit entities dotting the playing field. It begs the question: are nonprofits still as important as they once were?

The concept of nonprofit health-care and service providers goes back a long way, in the Midwest to the mid 1800's. Most were sponsored by faith-based organizations, as was CMSS. Nonprofit service organizations with more than 100 years of history were formed to meet pressing societal needs. Don't forget, this was before im-

portant safety nets like Social Security, Medicare and Medicaid. Back then, it took heroic private leadership coupled with philanthropy to establish programs to support unmet needs.

Then as now, the goal of nonprofit organizations was to improve the human condition - to advance important noneconomic, non-regulatory functions that are not as well served by for-profit entities or government. A good mission-based, nonprofit organization always begins with a fundamental set of questions:

- What is best for the client?
- What is best for the community?
- How can we ensure prudent use of resources for both the client and the community?

As someone who has spent his entire career in the nonprofit realm, I have a strong bias to the nonprofit sector. This is not to say that there is anything wrong with a profit motivation. In fact many reputable nonprofits earn handsome profits. That motivation often ends up serving society well, since a poorly operated facility will be unlikely to be profitable.

Unlike for profit entities that may disburse profits to owners or shareholders, the net earnings of a nonprofit organization must stay in the organization and further the organization's mission. Over time, a successful nonprofit will have



### President's Message

accumulated funds that allow for the little extras that mean a lot to clients.

In Illinois, nonprofit nursing homes spend considerably more money per resident/per day than do their for profit counterparts. Whether that allows for a chaplain, enriched cultural activities, or a more aesthetically pleasing dining experience, it all adds up to a better experience for the client.

At CMSS, our constellation of homes and services to support older adults constantly evolves to meet the needs of today's seniors. Our two newest offerings, computer training and support services for seniors, and home repair and maintenance services, were developed in response to important community needs. This is the difference a nonprofit can make and we are proud to continue the tradition started by our founders in the late 1800's. ☺

*Bill*

William A. Lowe  
President and C. E. O.  
[lowe@cmsschicago.org](mailto:lowe@cmsschicago.org)

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## Home Care – Choose Wisely!

In-home care is often the best option with the least disruption to daily life for individuals with a disability or chronic illness. In-home care can be custom designed to assist with your activities of daily living, such as meal preparation, housekeeping, grooming/hygiene, essential errands and many others.

If you are considering a caregiver or companion, think about the following before you decide on a home care agency:

- Have you evaluated your current needs carefully (consult your physician and other health care workers who are familiar with your needs)?
- Is the agency licensed with the state?
- Can the agency provide proof of liability insurance?
- Does the agency conduct background checks, drug testing, and essential functions tests on each of its employees?
- Does the agency's management and supervisory staff have a background in home care?
- Will the agency provide names of former clients and professionals who have firsthand knowledge of the quality of its services?
- What kind of training is required for the agency's employees?
- Does the agency have someone on call 24/7 should a problem or emergency arise?
- Does the agency publish the costs of its services? Be certain beforehand that you have a clear understanding of all the costs associated with the services you need or want.

*Covenant Methodist Home Care, licensed as a Home Services Agency by the Illinois Dept. of Public Health, provides a professional and personal approach to home care. We have been assisting Chicago area seniors with their daily living activities since 1997. Please call us at (773) 769-5270 for a free in-home assessment or for answers to your home care questions. ☺*

## National Preparedness Month

September is National Preparedness Month! Each September all Americans are encouraged to promote emergency preparedness in the home, workplace, school and community. You can be prepared for the unexpected by having an emergency supply kit and a family emergency plan ready in case of a natural or man-made emergency.

For more information about emergency supply kits and family emergency plans, visit [www.ready.gov](http://www.ready.gov) or call (800) 621-FEMA (3362). ☺



## Check-Out the New CMSS Website

In April, CMSS launched its new and improved website. The new website is designed to link specific service lines with corresponding facilities and features, giving the user a clear path to getting all the right information with as little hassle as possible.

Please visit us at [www.cmsschicago.org](http://www.cmsschicago.org) to browse our extensive list of services and request additional information. ☺

## Online Seniors

According to the Nielsen Company, the number of seniors actively using the Internet has increased by 55% since 2004. There are now more than 17.5 million internet users aged 65 and over taking part in a variety of online activities, from e-mail to bill paying.

### The Top 10 Online Activities for Seniors:

1. Personal e-mail
2. Viewing/printing maps
3. Checking weather
4. Paying/viewing bills
5. Viewing/posting photos
6. Reading general/political news
7. Checking personal health care info
8. Planning leisure travel
9. Searching recipes
10. Reading business/finance news



United Methodist Senior Home Maintenance is now offering affordable in-home computer set-up, maintenance and repairs, as well as customized lessons on topics of your choice. Call Brian at (773) 769-9000 to set up an appointment. ☺



## Socializing Promotes Good Health

As seniors age, the need for socialization is even more important to help maintain overall good health. A recent study reported in the *Annals of Family Medicine* showed that social contact may be as effective as exercise in improving mood and quality of life for seniors who are at risk of depression or showed signs of depression. All the more reason for not putting off that visit to an aging friend or loved one! ☺

## Preventing Falls

Among older adults, falls are the leading cause of injury-related deaths. According to a recent review published by the Cochrane Collaboration, seniors who participated in supervised exercise reduced their risk and rate of falling. Exercise can help prevent falls by improving strength, flexibility, balance and endurance. Knowing how to respond when falling can also reduce the risk of a serious injury. Simple home modifications can also help minimize the risk of falls.

For more information on preventing falls or for services in your community, call the Illinois Senior HelpLine at 1-800-252-8966 or 1-888-206-1327 (TTY). ☺

## Medicare and the Affordable Care Act

Still questioning how the Affordable Care Act (health care reform) will impact you or a loved one? Answers to this and other frequently asked questions are available at [www.HealthCare.gov](http://www.HealthCare.gov), the official U.S. Government website managed by the U.S. Department of Health & Human Services. Medicare beneficiaries may also call 1-800-MEDICARE (1-800-633-4227) or 1-877-486-2048 (TTY). ☺

## UMH&S Honors Sam Witwer, Jr.



Sam Witwer at the 2010 UMH&S Brunch and Fundraiser. Mr. Witwer has served on the UMH&S Board of Trustees for 37 years.

## Rule of Thumb for Healthier Eating

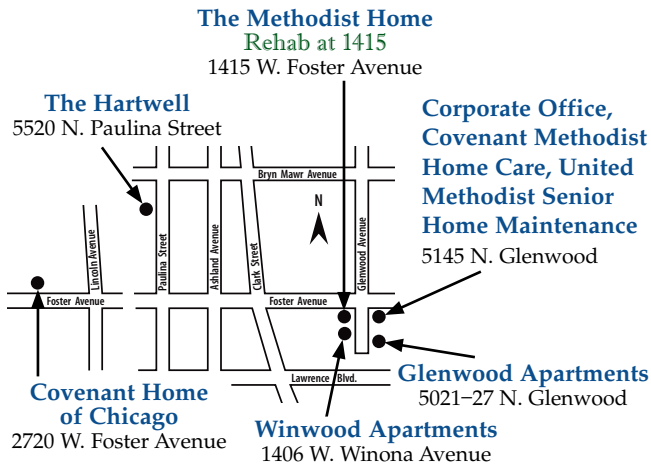
Fill 2/3 (or more) of your plate with vegetables, fruits, whole grains and beans and 1/3 (or less) with lean meat (poultry, fish or low-fat dairy foods). Eat whole grains and legumes with most meals, and select whole-grain breakfast cereals with five or more grams of dietary fiber per serving.

When increasing the amount of fiber-rich foods you eat, do so gradually and be sure to drink plenty of liquids. At the very minimum, one should consume 8 ounces of water for every 20 pounds of body weight daily. ☺

# COVENANT METHODIST SENIOR SERVICES

*Uniting centuries of service to seniors*

*Covenant Methodist Senior Services is a strategic alliance of United Methodist Homes & Services and Covenant Retirement Communities.*



**Main Phone: (773) 769-5500**

**[www.cmsschicago.org](http://www.cmsschicago.org)**



Accredited by CARF as an aging services network.



*CRC does not discriminate pursuant to the Fair Housing Act subject to any exemptions that may apply.*

## **The Methodist Home**

Telephone: (773) 769-5500

- ❖ Skilled nursing and long term care
- ❖ Specialized dementia and Alzheimer's care

## **Rehab at 1415**

Telephone: (773) 769-5500

- ❖ Orthopedic Rehab

## **The Hartwell**

Telephone: (773) 275-2400

- ❖ Memory support assisted living

## **Covenant Home of Chicago**

Telephone: (773) 506-6900

- ❖ Customized assisted living

## **Covenant Methodist Home Care**

Telephone: (773) 769-5270

- ❖ Personalized home care services

## **United Methodist Senior Home Maintenance**

Telephone: (773) 769-9000

- ❖ Home repairs and improvement

## **Winwood & Glenwood Apartments**

Telephone: (773) 769-5500

- ❖ Affordable housing for seniors with low incomes

## **Collaborative Services**

### **White Crane Wellness Center**

Telephone: (773) 271-9001

- ❖ Adult day wellness program at Covenant Home

## COVENANT METHODIST SENIOR SERVICES

*Uniting centuries of service to seniors*

1415 W. Foster Avenue  
Chicago, Illinois 60640-2288

Beautiful young people are accidents of nature, but beautiful old people are works of art. -- Eleanor Roosevelt

## *Community Events*

### **Alzheimer's & Dementia Family Support Group**

First Wednesday of every month, 5:00 – 6:00 P.M.

The Hartwell, 5520 N. Paulina, Chicago.

Cost: Free! Reservations required. Call (773) 275-2400.

### **Andersonville Farmer's Market**

Every Wednesday on Berwyn between Clark and Ashland.

June 23 through September 8 from 3:00 – 8:00 P.M.

September 15 through October 6 from 3:00 – 7:00 P.M.

### **Andersonville Sidewalk Sale**

Friday, July 30, Saturday, July 31 and Sunday, August 1.

The sidewalks of Andersonville will be lined with a splendid array of specialty gifts, clothing and more from your favorite Andersonville stores during the annual Andersonville Sidewalk Sale.

### **Chicago Memory Walk 2010**

Sunday, September 11, 2010, beginning at 10:00 A.M.

Location: Lincoln Park Field (near Zoo), Chicago.

To join or support the CMSS team, please call Mandy Monroe at (773) 769-5500 for information.

### **1415 CLUB: A Social Gathering for Neighborhood Seniors**

Wednesday, September 15, 2010, 2:00 – 4:00 P.M.

The Methodist Home, 1415 W. Foster, Chicago.

Cost: \$5.00. Reservations required. Call (773) 769-5500.