

# The Leading Edge

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

## President's Message: *What It Means To Be A "Good Neighbor"*

**A**s a fixture in Chicago's Andersonville neighborhood for over 100 years, CMSS takes seriously what it means to be a "good neighbor." CMSS sees itself as a family — an extended family comprising staff, clients and their families, volunteers and community members. The CMSS family believes that the vitality of our neighborhood, or any neighborhood, depends on its network of supportive residents, businesses and service providers.

While most residents of Andersonville have the resources to choose where and how they live, many of the older adults in our area are not so lucky. With so many seniors living on fixed incomes, increasing numbers of older adults are being priced out of decent neighborhoods and forced into substandard conditions.

To help counter this trend, CMSS has operated Winwood and Glenwood Apartments in the neighborhood for many years. Both are secure, independent residences that offer affordable housing for older adults with very low incomes. While by no means extravagant, Winwood and Glenwood Apartments provide their residents a comfortable place to call home as well as an extensive array of services that foster physical, intellectual, social, spiritual, and financial wellness; they help to ensure that low-income seniors remain an important component in Andersonville's mix of "good neighbors."

Peter Joly and Marity Llanes, two long-time CMSS employees, are indispensable to the success of Winwood and Glenwood; they have made it their priority to see to the wellbeing of each tenant.



**Marity Llanes and Peter Joly**

The following is just a small sampling of what Peter and Marity are accomplishing on a daily basis:

- Routine safety checks to ensure all residents are safe and healthy. If the weather is unseasonably cold or hot, additional wellbeing calls are made to ensure that residents take the necessary steps to remain safe;
- Distribution of information and flyers regarding CMSS-sponsored events as well as other community events;
- Free in-house health and safety presentations and screenings, such as those provided by our close partner the White Crane Wellness Center;
- Assistance with enrolling in the Low-Income Home Energy Assistance Program;
- Help getting to and from medical appointments;

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**I**n addition to helping us save trees and the environment, you can help us deliver to you the latest CMSS news more quickly, reliably and economically.

E-mail [donald.niepagen@cmsschicago.org](mailto:donald.niepagen@cmsschicago.org) or call (773) 596-2298 to begin receiving electronic copies of future newsletters.

Contact us by December 1<sup>st</sup> to ensure e-mail delivery of your next issue of The Leading Edge.

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## Supportive Living Program

### Covenant Home of Chicago Certified by Supportive Living Program

In September, Covenant Home of Chicago was certified by the Department of Healthcare and Family Services as a Supportive Living Facility. Certification was the final step in a lengthy and complex application and approval process.

Illinois' Supportive Living Program offers an alternative to nursing home care for low income seniors and people with physical disabilities. The supportive living model combines apartment-style housing with personal care services, all of which emphasize residents' personal choice, dignity, privacy and individuality.

For more information about Covenant Home of Chicago, call Karoline at (773) 506-6950 or visit us online at [www.cmsschicago.org](http://www.cmsschicago.org).

### Men, Don't Forget to See Your Doctor!

According to the Agency for Healthcare Research and Quality, a branch of the U.S. Department of Health and Human Services, men are 24 percent less likely than women to have visited a doctor for routine care within the past year. Men are also much more likely to be hospitalized for congestive heart failure, long-term complications from diabetes and preventable pneumonia.

The single most important way you can take care of yourself and those you love is to educate yourself on proper health care and participate in decisions with your doctor. For additional information, visit: [www.ahrq.gov/healthymen](http://www.ahrq.gov/healthymen).



Winwood Apartments

### HUD Grants Winwood Apartments 20-Year Renewal

As a testament to its success and importance to the community over the past 20 years, Winwood Apartments has been granted a 20-year renewal from the U.S. Dept. of Housing and Urban Development (HUD). Winwood, a 31-unit HUD subsidized building, opened its doors in 1990 for very low-income elderly residents.

"Both Winwood and Glenwood Apartments demonstrate our mission to serve older adults regardless of financial status," said Bill Lowe, CMSS' President, "We are proud to be able to provide safe, affordable housing to very low-income seniors in one of Chicago's most desirable and accessible neighborhoods."



Glenwood Apartments

Glenwood Apartments is a 13-unit renovated building located two blocks south of The Methodist Home campus. Like Winwood Apartments, Glenwood features modern amenities and on-site management.

### President's Message

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- Hosting holiday parties for residents and their families; and
- Emotional support for tenants and their caregivers who are often dealing with loss or isolation.

Recently, following the death of a Winwood tenant's wife, Peter and Marity attended the funeral service to offer support to the tenant; the only others in attendance were the priest and the couple's niece. Marity gave the niece her home phone number, assuring her that she could call anytime. Marity continues to make regular phone calls to the tenant to remind him that we are all thinking of him and are available to him as he goes through this period of loss.

Winwood and Glenwood Apartments are perfect examples of our philosophy that life is precious and has meaning in all stages; everyone deserves to be treated with dignity and respect, regardless of age or financial status. In doing so, I believe CMSS is building a stronger, safer, and healthier community for everyone.

*Bill*

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

## National Alzheimer's Disease Awareness and National Family Caregivers Month

According to the Alzheimer's Association, there are more than 5 million Americans living with Alzheimer's and as many as 10 million family caregivers. This November, during National Alzheimer's Disease Awareness Month and National Family Caregivers Month, CMSS invites everyone to join with us to recognize all those living with Alzheimer's disease and honor the caregivers who support them.

For more information about Alzheimer's disease and related resources, contact your local chapter of The Alzheimer's Association or visit their website at [www.alz.org](http://www.alz.org).

CMSS hosts an Alzheimer's and Dementia Family Support Group the first Wednesday of every month at The Hartwell, 5520 N. Paulina St., Chicago. To attend this free meeting, reserve a space by calling (773) 275-2400.

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### 1415 CLUB: Holiday Party

Wed., Dec. 8, 2010, 2:00 – 4:00 P.M.  
The Methodist Home  
1415 W. Foster, Chicago.  
Cost: \$5.00. Reservations required.  
Call (773) 769-5500.

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### Chicago Senior Pulse Blog

In early July, CMSS launched its "Chicago Senior Pulse Blog" to help keep tabs on the latest news, events, and professional advice for Chicago seniors and caregivers.

Visit the Resources & Blog link at [www.cmsschicago.org](http://www.cmsschicago.org) to check out the latest information and let us know what you think!

### Track Your Sodium Intake

While our bodies need sodium to function properly, too much can lead to serious health problems. The maximum daily consumption of sodium set by the American Heart Association is 2,300 mg for a healthy adult and 1,500 mg for those who have or are at risk for high blood pressure, kidney disease or diabetes. The average American consumes 4,000 to 6,000 mg of sodium per day.

Identifying high-sodium foods isn't always easy since many do not necessarily taste salty. The main sources of sodium in a typical U.S. diet are:

- processed/prepared foods (77%)
- natural food sources (12%)
- added during cooking and eating (11%)

Remember, less dietary sodium is usually best. If you aren't sure how much sodium to include in your diet, talk to your doctor.

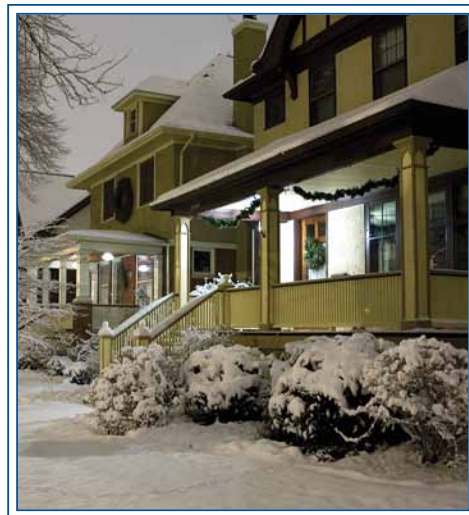
### Take Time to Get a Flu Shot

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the most important step in protecting against flu viruses. Everyone six months of age and older is encouraged to get vaccinated.

The 2010–2011 flu vaccine will protect against the three flu viruses that research suggests will be most common this season, including the H1N1 virus that caused so much illness last season.

A flu shot cannot cause flu illness. The viruses contained in a flu shot are inactivated (killed) during the manufacturing process and will not cause infection.

To find out what to do if you're sick with the flu, call 1-800-CDC-INFO, email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov), or visit [www.cdc.gov](http://www.cdc.gov).



### Recommended Winter Home Maintenance Courtesy of State Farm Insurance

- Remove window screens and install storm windows
- Clean out gutters and downspouts
- Insulate pipes in crawl spaces and attics
- Store firewood at least 30 feet away from your home
- Familiarize responsible family members with gas main and appliance valves
- Clean the clothes dryer exhaust duct, damper and space under the dryer
- Make sure all electrical holiday decorations have tight connections
- Check the attic for adequate ventilation
- Clean the kitchen exhaust hood and air filter
- Check water hoses on clothes washer, refrigerator icemaker and dishwasher for cracks and bubbles
- Test all ground-fault-circuit-interrupter (GFCI) outlets

If you haven't yet serviced your heating system, it's not too late. For assistance with these and other home maintenance projects, contact United Methodist Senior Home Maintenance at (773) 769-9000 or online at [www.cmsschicago.org](http://www.cmsschicago.org).

# COVENANT METHODIST SENIOR SERVICES

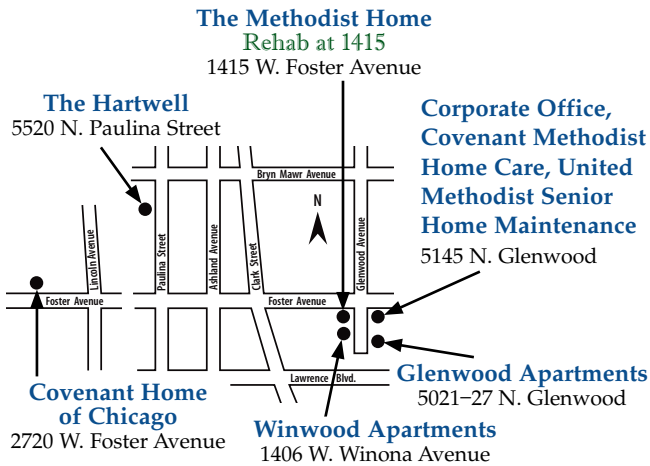
Uniting centuries of service to seniors

## COVENANT METHODIST SENIOR SERVICES

Uniting centuries of service to seniors

1415 W. Foster Avenue  
Chicago, Illinois 60640-2288

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)



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

**"Anyone who stops learning is old, whether at twenty or eighty." — Henry Ford**

### The Methodist Home

Telephone: (773) 769-5500

- ❖ Rehabilitation and subacute center

### 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 supportive 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

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