

# The Leading Edge

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

## Happy New Year

Melkam Addis Amet (Amharic)  
 Sana Saiida (Arabic)  
 Gelukkig nieuwjaar (Dutch)  
 Bonne année (French)  
 Aith-bhliain Fe Nhaise Dhuit (Gaelic)  
 Gutes Neues Jahr (German)  
 Kali Xronia (Greek)  
 Hauoli Makahiki Hou (Hawaiian)  
 Shanah tovah (Hebrew)  
 Nyob zoo xyoo tshiab (Hmong)  
 elamat Tahun Baru (Indonesian)  
 Buon Capo d'Anno (Italian)  
 Kinga Shinnen (Japanese)  
 Xin nian yu kuai (Mandarin)  
 Godt Nyttår (Norwegian)  
 Sâle No Mobârak (Persian)  
 Szczesliwego Nowego Roku (Polish)  
 La Multi Ani (Romanian)  
 S Novym Godom (Russian)  
 Feliz Año Nuevo (Spanish)  
 Heri za Mwaka Mpya (Swahili)  
 Gott Nytt År (Swedish)  
 Maligayang Bagong Taon (Tagalog)  
 Chúc Mừng Năm Mới (Vietnamese)  
 Blwyddyn Newydd Dda (Welsh)

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## President's Message: Two People I Admire



On the heels of an era where success was judged by the size of one's second (or third) home in the Hamptons, it's about time we recognized people for the size of their hearts. In keeping with that theme there are two people I want to tell you about.

The first is Kathy Stanton, who with her family operates Andersonville's famed Swedish Bakery. Kathy recently served for several years as a volunteer board member for our organization. It was many a board meeting when she would arrive brushing powdered sugar or flour off her clothes. The adage, "if you want something done, give it to a busy person," applies aptly to Kathy. Each year in the spring before our annual fund raising brunch, she generously gives of her time by marching up and down Clark Street to garner donations to our silent auction.

Another person of large heart is Frank Corbett, president of North Side Federal Savings and Loan, who also served for a few years on our board. Since the mid-twentieth century, The Methodist Home and North Side Federal have been bookends on what must surely would

be one of the city's longest blocks, Foster Avenue between Glenwood Avenue and Clark Street. I have dubbed Frank, the George Bailey of Andersonville, and those familiar with Frank and his institution will relate to the comparison.

In August, if you go into the bank, you will find mounds of school supplies ready for donation to low-income students. In December, you will find boxes and boxes of food about to be donated to a local charity. Frank leads these efforts and the community rallies around him with enthusiasm and generosity. My colleague, Larry Loecker, recently said that North Side Federal is more like a church than a bank.

I could go on and on about both of these wonderful souls. I should tell you that this article is unauthorized as Kathy and Frank would never allow it. We are fortunate to operate in a neighborhood with many people like them. I am certain that our community will be able to persevere in this hard economic time. Please let's all do what we can to help our neighbors in need.

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

# On the Home Care Front: Finding an Appropriate Caregiver

**I**t is time for that long-planned visit with your parents. You haven't seen them in months, but you speak with them regularly by phone and have had no cause for concern. However, when you arrive home, you are not prepared for what confronts you.

The house is unkempt; the refrigerator contains little nourishing food. Your parents appear listless; their pill bottles are scattered about and some need to be refilled. You are at a loss. Your parents insist that they are fine, but you begin calling home care agencies for information.

Most clients that Covenant Methodist Home Care encounters today are older and frailer than the clients of even a few years ago. After a preliminary phone conversation, we always visit with a prospective client to assess their physical and mental health, and evaluate their home environment. Selecting an appropriate caregiver is a complex task. We need an understanding of what skills and temperament are required to properly care for the client. Added to these factors is the schedule of care the client is requesting, their location and their accessibility to public transportation. Many of our clients have unrealistic expectations about who their caregiver should be. Just as we must educate our caregivers about their clients, we must present our clients with information about why the caregiver's strengths and skills make them best suited for this particular job.

In many cases, our clients require services that go beyond what home care agencies can legally provide. At Covenant Methodist Home Care, we take the time to explain the regulations

governing para-professional service providers and the ongoing training we provide to remain in compliance with our licensure. We are hopeful that by educating our clients, they will have a clearer understanding of our services and rate structure.

Overcoming clients' objections to accepting care at home is one of our most difficult tasks. Being told that they are unable to take adequate care of themselves can be demeaning and frightening. Once the client agrees that help is necessary, our administrative staff selects a caregiver, taking

into account all of the information gathered during the assessment. The administrator provides the caregiver with as much information as possible on the specific needs of the client, offering insight into the personality of the client that they have gleaned during their initial visit. At Covenant Methodist Home Care, we bring

the caregiver to meet the client prior to beginning service, so that the client and caregiver can begin the process of bonding. With oversight and guidance from our administrative staff, the caregiver begins caring for the client.

Providing home care is a delicate balancing act. People who need help also need to maintain some level of control over how that help is to be provided. Providing care in a way that preserves our clients' dignity and self-respect is paramount. Being compassionate, patient and kind at all times is essential. These are the goals of Covenant Methodist Home Care. ☺☺



## Dietary Tips: What Is Your Healthy Weight?

**M**aintaining a healthy weight may reduce the risk of many chronic diseases and help you stay physically active and mentally sharp. Ask your health care provider about a healthy weight for you.

### Health Risks of Being Underweight

- poor memory
- decreased immunity
- osteoporosis
- decreased muscle strength
- lowered body temperature
- constipation

### Health Risks of Being Overweight

- type 2 diabetes
- high blood pressure
- high blood cholesterol
- coronary heart disease
- stroke
- some types of cancer
- gallbladder disease

Always talk to your health care provider about the best ways to gain or lose weight while still meeting your nutritional needs. ☺☺

## United Methodist Senior Home Maintenance: Button Up for Winter!

**W**ith the winter season upon us, now is the time to take care of all of the home maintenance projects that have been on your "to-do" list all year! A little bit of preventative maintenance now will give you peace of mind all season long and may end up saving you money down the road. Let United Methodist Senior Home Maintenance help to ensure that your home is prepared for the typical Chicago winter weather that is just around the corner.

One of the most recommended winter checklist items is to have your furnace serviced. Let our experienced handyman replace your furnace filter and clean out any dust and debris that may have accumulated all year long. We will also remove your window air conditioners, install your storm windows and recommend further weatherization if necessary. Just a small crack or crevice in a window area can result in significant energy and heat loss. Clearing your home's gutters of leaves and other

debris will help to prevent water backup, ice dams and dangerous ice patches from forming on sidewalks and gangways below. Damaged or deteriorated siding may invite water infiltration, eventual structural damage and mold. Let our experienced personnel replace that damaged siding and keep your home safe from the elements. We can also check your water heater for leakage and to ensure that you will have an adequate supply of hot water through the cold months ahead.

Completing these maintenance tasks now will help to keep you and your home safe and warm all season long. As they say, "An ounce of prevention is worth a pound of cure," so give us a ring at (773) 769-9000 if you have questions about these or any other home maintenance projects on your own "to-do" list. Have a happy and safe winter season! ☺



The Illinois **Low Income Home Energy Assistance Program** (LIHEAP) assists eligible families and seniors pay for winter energy services. LIHEAP is state and federally funded and administered by the Illinois Department of Healthcare and Family Services.

For a complete listing of local LIHEAP administering agencies and additional information about the program, visit their web site at [www.liheapillinois.com](http://www.liheapillinois.com), or call the toll-free hotline found below.

**LIHEAP:**  
1-877-411-WARM (9276)

## From the CMSS Mailbag

"We were very worried that our friend would not make a good adjustment coming so abruptly from The Hartwell to the hospital and then to The Methodist Home. But when we arrived the staff immediately put us at ease and told us that our friend had been participating in target practice, had eaten his entire meal, and seemed to be doing fine. People at The Methodist Home made the transition much easier and helped us feel confident and relieved in our decisions to have our friend's care transitioned to The Methodist Home."

-Susan Asher, POA for Ted Witt

## CEU Seminars at CMSS

### **FIRST IMPRESSIONS: Make It or Break It Learn to Communicate Effectively**

Presented by: Roger Anderson, M.A., C.C.C.

Date: Thursday, February 26, 2009

Time: 9:00 A.M. to 12:00 P.M.

Where: The Methodist Home, 1415 W. Foster

CEU's: Three (3) CEU's

### **IN PRAISE OF SLOWNESS: The Hurrier I Go, The Behinder I Get**

Presented by: Dr. Cassandra Friedman

Date: Tuesday, April 28, 2009

Time: 9:00 A.M. to 12:00 P.M.

Where: The Methodist Home, 1415 W. Foster

CEU's: Three (3) CEU's

For more information on our CEU Seminars, please call (773) 769-5500, ext. 2226.

# COVENANT METHODIST SENIOR SERVICES

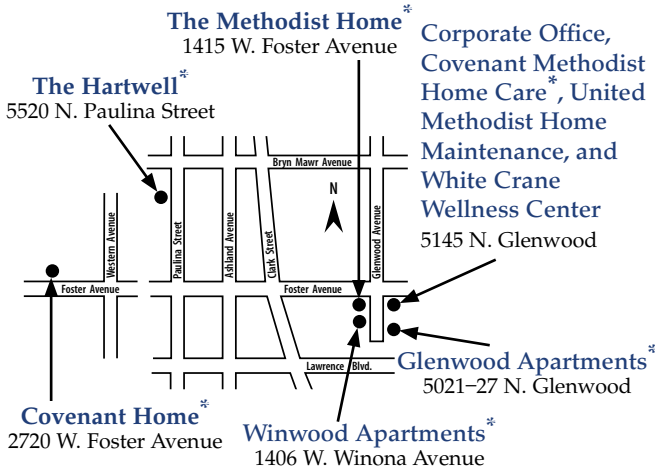
Uniting centuries of services to seniors

## 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)



\*CARF  
Accredited

### **The Methodist Home\***

Telephone: (773) 769-5500

- ❖ Rehabilitation and Subacute Center
- ❖ Skilled Nursing and Long Term Care
- ❖ Specialized Dementia and Alzheimer's Care

### **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 Adult Day Wellness**

Telephone: (773) 271-9001

- ❖ Adult Day Wellness Program

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

## Community Events

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

Date: First Wednesday of Every Month, 5:00 P.M. – 6:00 P.M.

Location: The Hartwell, 5520 N. Paulina, Chicago  
Alzheimer's Support Group for family members caring for a loved one with Alzheimer's or other dementia. Join us for sharing information, insights and strategies. Refreshments will be served. For reservations, please call Janette at (773) 275-2400. Cost: Free!

### **1415 Club - St. Patrick's Day Party**

Date: Wednesday, March 18, 2009, 2:00 P.M. – 4:00 P.M.

Location: The Methodist Home, 1415 W. Foster, Chicago  
Enjoy lively entertainment and great food with your neighbors in the community. Call (773) 769-5500 to make your 1415 Club reservation today! Cost: \$5.00.

### **United Methodist Homes & Services Foundation's Annual Fundraiser**

Date: Saturday, April 25, 2009, 11:00 A.M. – 2:00 P.M.

Location: Hamming Hall, North Park University  
For more information or to request an invitation, please call Larry Loecker at (773) 769-5500.