

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: A Number for a Name?

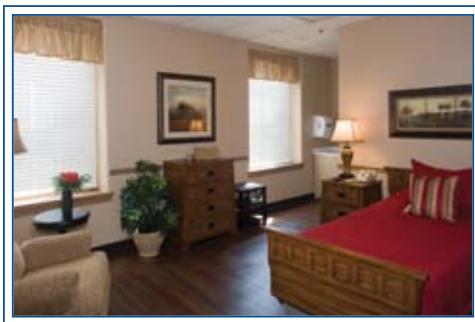


Methodist Episcopal
Old People's Home (ca. 1901)

When you have a 111-year history, a couple of name changes along the way kind of goes with the territory. In the 1960's "Methodist Episcopal Old People's Home" just didn't cut it any more. A change to "The Methodist Home" was much more appropriate for the times. Today, we have reached another such milestone. While The

Methodist Home has served us well as a name and its very mention calls to mind our great history and excellent reputation, the time has come to find a more appropriate moniker for the services that are provided at 1415 West Foster Avenue.

Let me digress for a moment to point out a monumental change that has occurred in recent times at The Methodist Home. Twenty years ago, all of our admissions were of the long-term variety and in a typical year we might admit 50 residents. Over the past few years, we have admitted mostly short-term residents, patients who are here for a few weeks or less and then go back home. To us who have lived



Rehab at 1415 suite - 2009

through this, the change seems to have happened overnight. In 2008 we admitted 218 patients (note the change in terminology from "residents" to "patients"). In 2009, we admitted almost 300 patients.

One specialty that we have developed an expertise in is orthopedic rehab. This involves assisting those



William A. Lowe
President & C.E.O.

who have undergone knee and hip replacements to return home in a condition that is superior to before the surgery. Our private rooms, superior dining experience and a top-notch team of nurses and physical and occupational therapists have set us apart among our peers. Our location two minutes from Lake Shore Drive has also proven to be convenient for our clients, their families and physicians.

Now back to the curious title for this article. We have decided to call our new program "Rehab at 1415." This will be the most prominent name that you will see associated with the building formerly known as The Methodist Home. Let's see if we have better luck than the Willis Tower.

Bill

William A. Lowe
President and C. E. O.
lowe@cmsschicago.org

In This Issue:

- ❖ President's Message
- ❖ Life Trustee Visits Swedish Bakery Fan!
- ❖ The CMSS Continuum
- ❖ Snacking and Diabetes: A Good Combination When Done Right!
- ❖ Rehab at 1415: New Name, Same Superior Service
- ❖ Community Events

Life Trustee visits Swedish Bakery fan!



Kathy, Bob & Maria-Louise at The Methodist Home

Kathleen Stanton-Cromwell, whose family owns the Swedish Bakery on Clark Street, recently reminded us of the joy of community and fellowship. She stopped by for lunch at The Methodist Home with a client of Rehab at 1415, Bob S. and his wife, Maria – with a special mission: bread delivery.

This summer Bob was on his way to the Swedish Bakery to pick up a loaf of cinnamon raisin bread, one of his Swedish Bakery favorites, when a car struck him accidentally. From there, Bob began a challenging journey of surgery followed by rehabilitation and healing at Rehab at 1415.

When Kathy heard about Bob, she personally made sure he got the cinnamon raisin bread! (She also delivered cookies to residents in the dining hall.) During their

conversation, Bob and Kathy realized some interesting connections! Bob now lives at the site of the Edgewater Beach Hotel, where Kathy's father served as the chief executive steward from 1924 until its closing in 1967.

And, both have roots in German bakeries. Marlies Stanton, Kathy's mom, who just celebrated 30 years of ownership of the Swedish Bakery, trained as a pastry chef in Germany. Marlies gets extra kudos because she earned her stripes in an era when women were not typically invited to join culinary training. Bob's family also is connected to great German bakeries. You can still find a bakery with Bob's surname in Iserlohn, Germany! Baking was a family tradition until Bob's grandfather rebelled by becoming a minister. Yet, both Bob's grandmothers were extraordinary bakers. So, when Kathy and Bob talk about strudel, it feels like watching a game of ping-pong played by world class experts! A lot of fun!



Marlies Stanton and Kathy, a UMH&S Life Trustee, at the Swedish Bakery.

The CMSS Continuum: From Affordable Housing to Long-Term Skilled Nursing (and just about everything in between)

Covenant Methodist Senior Services (CMSS) is the comprehensive choice for older adults seeking quality residential options and care services in Chicago. Offering a complete continuum of care from housing to skilled nursing to at-home services, CMSS is dedicated to helping senior adults live better lives every day.

Our continuum consists of:

The Methodist Home/Rehab at 1415
Covenant Home of Chicago

The Hartwell

Covenant Methodist Home Care

United Methodist Senior Home
Maintenance

Glenwood and Winwood Apartments
and

Adult Day Wellness Services at
Covenant Home of Chicago
(through a collaboration with
White Crane Wellness Center)

To schedule a private appointment to learn more about any of our service options, please call (773) 769-5500.

You may also visit our web site, which is www.cmsschicago.org, for more information and options to contact us.

We look forward to hearing from you!



The Swedish Bakery

5348 North Clark Street

Chicago, IL 60640

(773) 561-8919

www.swedishbakery.com

Mon – Fri: 6:30 A.M. – 6:30 P.M.

Sat: 6:30 A.M. – 5:00 P.M.

Snacking and Diabetes: A Good Combination, When Done Right!

More than 12 million Americans over the age of 60 have diabetes, and research suggests that number may double over the next 25 years. Diabetes is a leading factor in cases of heart disease, stroke, high blood pressure, blindness, kidney disease, neuropathy, and amputation.

If you are one of the millions diagnosed with diabetes, a proper nutrition plan designed specifically for you is an essential part of controlling the disease. Even planned snacks are generally recommended for people taking certain diabetes medications or insulin. Snacks may assist you in getting proper nutrition, help to curb appetites and overeating, as well as providing an extra boost of energy when it's needed.

Healthy snacks for diabetics include:

- Quesadillas: wheat tortilla, low fat cheese and a slice of ham
- Mini pizzas: ½ of a wheat pita toasted, pizza sauce, low fat cheese, bell pepper, turkey sausage
- Raw vegetables (i.e. bell peppers, jicama, baby carrots, green beans)
- One small apple, pear, nectarine, or orange
- A small piece of apple with thinly sliced parmesan cheese
- Half a cup of low-fat or fat-free cottage cheese
- Air popped popcorn

- Rice cake or graham cracker spread with 1 tablespoon low fat peanut butter and ¼ of a sliced banana
- ½ of a banana rolled with 2 tablespoons Grape Nuts cereal
- Two tablespoons of raisins
- A single serving of whole grain crackers, or baked chips with salsa

Like all healthy eating, the key to successful snacking is to not overdo it and to make it part of your overall nutrition plan. Always talk to your dietician or health care professional to know what is right for you.



Rehab at 1415: New Name, Same Superior Service

Read what a recent orthopedic rehab patient had to say about his stay at The Methodist Home/Rehab at 1415...

On September 8, 2009, I underwent a total knee replacement at Northwestern Hospital. Knowing I would need to stay in a rehabilitation facility, I did a little homework. Prior to the surgery I visited three rehabilitation facilities including The Methodist Home.

I chose The Methodist Home after touring the facility with Trisha Bolthouse. Reasons being:

- Small and quiet facility.
- Pleasing environment.
- Private accommodations.
- Dedicated orthopedic floor.
- Well equipped therapy room.
- Attached free parking for visitors.

Subsequent to my stay at The Methodist Home, I would unequivocally state that all desired criteria were most positively satisfied:

1. Physical therapy and occupational therapy was accomplished in a most professional manner, concentrating on the individual needs and abilities of the patient.
2. Private room and adjoining wash-room was most comfortable, roomy, and bright.
3. Granted a rehabilitation facility is not a five star restaurant. However, I found the meals to be most satisfying.
4. Environment on the orthopedic floor was quiet and peaceful. My privacy and tranquility during my stay was never compromised.
5. Most important was the care, attentiveness, and friendliness of all staff members. The daily cleaning personnel, maintenance, LPN's, RN's, physicians, assistants up to and including administrative

personnel were most professional and accommodating. All not only accomplished objectives within their scope of employment, but went the extra mile in satisfying individual needs and requests. A perfect example was a personal visit by the head of the kitchen inquiring if I had any special food or preparation requests.

In summary, my initial homework paid off, in a most positive result. I would not hesitate to recommend The Methodist Home to any others on either a professional or patient level.

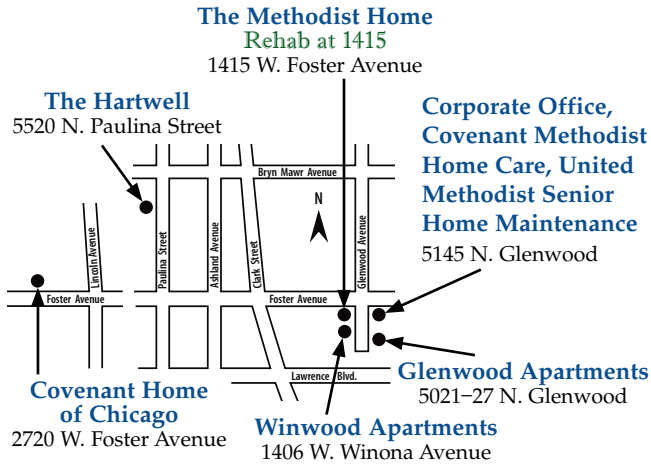
Very truly yours,

Laurence Lasker, President
LASKER INVESTIGATIONS

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



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

Community Events

Alzheimer's & Dementia Family Support Group

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

The Hartwell, 5520 N. Paulina, Chicago

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

Financial Awareness Seminar

Tuesday, February 9, 2010, 5:30 P.M.

Covenant Home of Chicago, 2720 W. Foster, Chicago

Cost: Free! Reservations required. Call (773) 506-6900.

"The Alzheimer's Project" Special Screening

Four-part HBO Documentary

March 3rd, 10th, 17th, and 24th, 5:30 P.M.

Covenant Home of Chicago, 2720 W. Foster, Chicago

Cost: Free! Reservations required. Call (773) 506-6900.

1415 CLUB: A Social Gathering for Neighborhood Seniors

Wednesday, March 10, 2010, 2:00 P.M. – 4:00 P.M.

The Methodist Home, 1415 W. Foster, Chicago

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

Professional Continuing Education Series (CEU/CNE)

Wednesday, April 14, 2010, 8:30 A.M. – 12:00 P.M.

Covenant Home of Chicago, 2720 W. Foster, Chicago

Cost: Free! Reservations required. Call (773) 506-6900.

SAVE THE DATE: Sat., April 24, 2010, 11:30 A.M. – 1:30 P.M.

UMH&S Annual Fundraiser. More info forthcoming.