

The Leading Edge

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

FY 2007 HIGHLIGHTS

- ❖ CMSS established a corporate wide Quality Assurance committee dedicated to improving the programs and services for persons served and the work environment for personnel.
- ❖ CMSS saw an increase in the number of people served from 2006 to 2007.
- ❖ The Methodist Home experienced a perfect state survey in 2007 and opened a subacute rehabilitation center.
- ❖ The Hartwell changed its focus to serving those with memory support needs and restructured resident programs and activities.
- ❖ Covenant Methodist Home Care formalized a home care training program.
- ❖ An intergenerational program "Moms and Tots" was introduced at the Methodist Home with great success.

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PRESIDENT'S MESSAGE:

Covenant Methodist Senior Services Gets Check-up from CARF



I have reached the age where consistent check-ups with a doctor have become more prescribed again, for prevention, maintenance and overall health. It's almost like a second childhood, if you will, minus the fruit flavored lollipops when the doctor's visit is done. While I sometimes miss that youthful treat of sugary confection, age and experience have taught me the immeasurable reward of complete mental and physical health. And all this has got me thinking about Covenant Methodist Senior Services (CMSS) as I sit down to write this message.

While the long-standing parent organizations, United Methodist Homes & Services and Covenant Retirement Communities joined together to form CMSS, CMSS is still very much in its infancy, a wee child needing all the proper check-ups and care, even as we champion its strength and continuing growth. And I wonder. Are we doing enough to guarantee this organization has a long, healthy existence just like its parents?

I am confident the answer is yes. Recently, CMSS had its second check-up with an expert team of surveyors from the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF accredits organizations like us promoting the highest standards of quality, ensuring great care and services to people served. CMSS

was awarded a three-year accreditation for an Aging Services Network by CARF. We are very proud of this progress, especially since it marks an improvement over CMSS's previous one-year accreditation.

Nevertheless, as CMSS moves forward with this great seal of quality and health, we do not want to miss an opportunity for a check-up each and every day. It is you, our family of residents, clients, staff and community members who we entrust with this most important and valued task. Family sees the first signs of fatigue, the first change in health before all the experts and we want to be as preventive and proactive as possible.

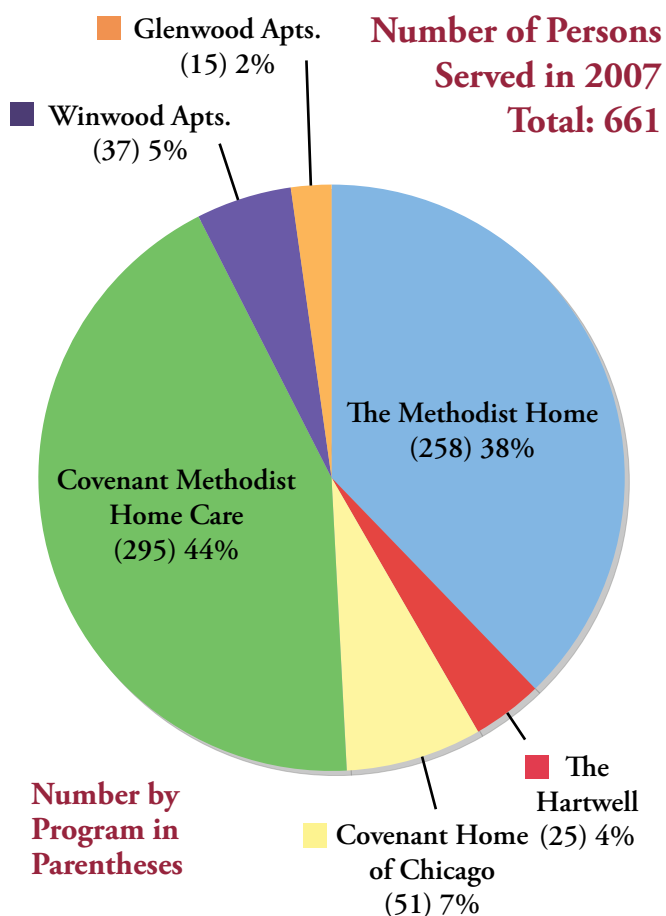
So, I hope all those invested in CMSS always feel free to send me your observations, experiences and prescriptions for a better organization. I pledge to continue to listen and let you know how our child is developing. I can be reached at lowe@cmsschicago.org. There is an African proverb that comes to mind that says, it takes a village to raise a child and I would not have it any other way. Together, I hope we all raise a child that can look over the health and hope of seniors on the north side of Chicago for generations to come.

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

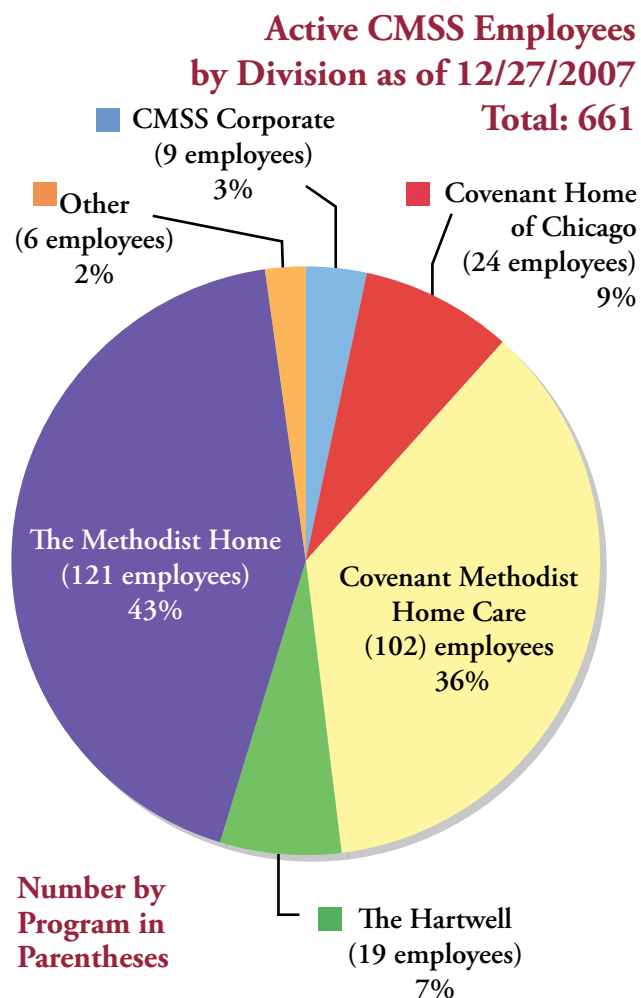
COVENANT METHODIST SENIOR SERVICES FY 2007 PROGRAM OUTCOMES

Covenant Methodist Senior Services sets a high standard of care by combining two of Chicago's oldest and strongest nonprofit organizations dedicated to serving older adults. Covenant Retirement Communities, Inc. was founded in 1886 and operates skilled nursing, assisted living and retirement communities. United Methodist Homes & Services was incorporated in 1898 and operates skilled nursing, assisted living, low income housing, home care, and home improvement services.

Covenant Methodist Senior Services (CMSS) combines these great organizations into a new standard for senior care in Chicago. In fiscal year 2007, CMSS served a total of 661 older adults and employed roughly 281 people (see graphs to the right and below) to provide needed support and services. CMSS is proud to note the cultural diversity of our staff, which represents over thirty countries. Such diversity contributes to the quality of care provided.



The uniqueness and variety of services continues to be defined by our programs. More importantly, each program became a part of the CMSS aging network in 2007. CMSS prides itself on being a "one stop shop" for our older adult community, their families and friends or any individual within the community needing information about programs and services for older adults.



Fiscal year 2007 saw CMSS give back in a charitable way, through uncompensated and free care, by raising money and participating in the Alzheimer's Walk, by volunteering for the Chronic Disease Management Program and the Mather Edgewater Outreach luncheons, and by donating food to Care For Real. CMSS provided 1.1 million dollars of uncompensated and free care to persons served in 2007. This number reflects care that was given not only to persons living at The Methodist Home, but also to persons living in or receiving care from other members in the CMSS service network: The Hartwell, Covenant Home of Chicago, Covenant Methodist Home Care, and Winwood and Glenwood Apartments.

Our goal for 2008 is to increase the number of persons served and to continue to have persons served respond positively to the question — "would you refer others to the program?" — found on CMSS's satisfaction survey. Respondents from our fiscal year 2007 survey showed that on average, 94% of persons served said they would recommend our services/communities to others. This number is up from fiscal year 2006 when the average response rate to the same question was 90%. ↻

CMSS CEU SEMINAR SERIES BEGINS 2008 WITH A LEGAL PERSPECTIVE

On January 29, 2008, Mr. Kerry Peck, managing partner of the Chicago law firm of Peck, Bloom, Austriaco & Mitchell, LLC presented on guardianship of the elderly. The Methodist home hosted Mr. Peck, who discussed how older adults suffering from Early Stage Dementias and other mental diseases can find themselves in the middle of legal battles over their money, medical treatments, and guardianship.

Mr. Peck began his presentation on what to do when family members have to make a medical decision for their loved one who can no longer make decisions for themselves. After giving several examples of different scenarios one might face in this difficult and emotional situation, Mr. Peck explained the legal side of the decisions, and how they will



Kerry Peck, Esq.

affect the caregiver and the patient. Furthermore, Mr. Peck delved into what one should expect from the health care provider when making these stressful and important choices.

As part of the lecture, a handout was provided, giving hypothetical situations one might find themselves in when caring for elderly. Most of the scenarios discussed different ways in which the elderly can be taken advantage of if they do not have an honest and caring individual to help them with their finances and legal

questions as they age.

In his informative and thorough look at how guardianship of the elderly is both an emotional and legal problem, Mr. Peck touched on everything from creating a living will to power of attorney to probate. He outlined ways to

avoid clashes within one's family over who gets to control an aging adult's money and medical decisions.

Additionally, Mr. Peck touched on situations family members might run into after the death of their loved one, including legal actions and how to keep individual rights and family dignity as an important part in the process when dealing with after-death legal questions.

Mr. Peck centers his law practice on elder issues. He serves on the National Board of the National Agency of Elder Law Attorneys. He is also the past President of the Chicago Bar Association and serves on the chair of the National Academy of Elder Law Attorneys Political Action Committee. Mr. Peck has appeared on many television news and radio programs as his warm and engaging style has made him a sought after presenter. ☺

RESPIRE PROGRAM at Covenant Home of Chicago

The respite program at Covenant Home of Chicago is designed for those special situations when a senior needs extra support and care. Short term respite stays are ideal for people that are just getting out of the hospital or rehab and need a little extra help to regain their strength and resume their lifestyle. There are also times when a caregiver needs to take a break for emotional or medical reasons. Whatever your situation, let us at Covenant Home of Chicago care for you or your loved one. We provide furnished apartments, three meals a day, scheduled transportation, housekeeping and licensed assisted living care. Please call 773-506-6950 for rates and availability. ☺

SPRUCE UP FOR SPRING WITH UNITED METHODIST HOME MAINTENANCE!

To paraphrase the legendary Rock & Roll group The Beatles, "Little darling, it's been a long, cold, lonely winter... but here comes the Sun!" And with the warmer weather just around the corner, now is the perfect time to start thinking about completing those home maintenance projects that have been on your mind all winter. The furnace has been running constantly the last few months keeping you warm and safe. Have one of our expert workers replace that old, dirty filter and conduct a preventative maintenance safety inspection before you forget. Also, a fresh paint job is one of the

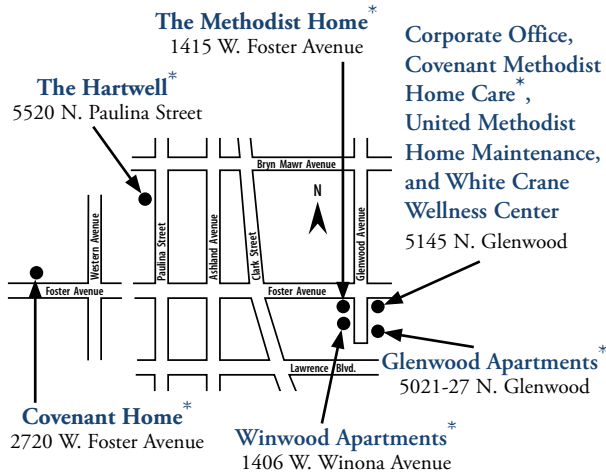
easiest ways to give any room in your home that clean, remodeled look and feel that you'll enjoy for years to come! Whether it's installing grab-bars to prevent falls in the home, repairing a leaky faucet or pipe, or renovating a room, United Methodist Home Maintenance provides a full spectrum of guaranteed home improvement services to older adults living in Chicago. We welcome all inquiries, and look forward to assisting you. For more information or to schedule an appointment, call our service coordinator at (773) 769-9000. ☺

COVENANT METHODIST SENIOR SERVICES

1415 W. Foster Avenue, Chicago, Illinois 60640-2288

COVENANT METHODIST SENIOR SERVICES

Uniting Centuries of Service to Seniors



Main Phone: (773) 769-5500

www.cmsschicago.org



* CARF
Accredited

COVENANT METHODIST SENIOR SERVICES is a strategic alliance of United Methodist Homes & Services and Covenant Retirement Communities.

The Methodist Home* ☎ (773) 769-5500

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

The Hartwell* ☎ (773) 275-2400

- ❖ Memory Support Assisted Living

Covenant Home of Chicago* ☎ (773) 506-6900

- ❖ Customized Assisted Living

Covenant Methodist Home Care* ☎ (773) 769-5270

- ❖ Personalized Home Care Services

United Methodist Home Maintenance ☎ (773) 769-9000

- ❖ Home Repairs and Improvements

Winwood & Glenwood Apartments* ☎ (773) 769-5500

- ❖ Affordable Housing for Seniors with Low Incomes

Collaborative Services

White Crane Adult Day Wellness ☎ (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 AT COVENANT METHODIST SENIOR SERVICES

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 more information or to RSVP, please call Janette at (773) 275-2400.

CARING FOR THE CAREGIVER

Date: Tuesday, May 13, 2008, 5:30 P.M. – 7:30 P.M.

Location: Covenant Home of Chicago, 2720 W. Foster, Chicago

This free program will focus on the important role self-care plays in a person's ability to provide optimum care to a parent. Please RSVP to Kristina at (773) 506-6950.

1415 CLUB at THE METHODIST HOME

Date: Wednesday, June 18, 2008, 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. Cost: \$5.00. Please RSVP to (773) 769-5500.

DESSERT TASTING at COVENANT HOME OF CHICAGO

Date: Tuesday, June 10, 2008, 2:00 P.M. – 4:00 P.M.

Location: Covenant Home of Chicago, 2720 W. Foster, Chicago

Join us for a delicious afternoon of sampling fresh summer pies! Please RSVP to Kristina at (773) 506-6950.