

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: *Twenty-five Years of Dedication*

The Methodist Home (TMH) is a place that people fall in love with. I became smitten back in 1989 when I began working for the organization. One of the first people I



Dr. Noel DeBacker was recently honored for his 25 years of service as Medical Director for The Methodist Home.

met was the Medical Director, Dr. Noel DeBacker. He had already been associated with the Home for about five years.

Since then Dr. DeBacker has mentored many a Director of Nursing and Administrator of the Home (including yours truly for five years in the 1990's). Additionally, medical students have benefitted from clinical rotations at The Methodist Home facilitated by him.

His interest in geriatrics and passion for teaching have served him well in his role. His monthly "Quality of Life Rounds", wherein he walks through the facility and visits with the patients to assess their complete social wellbeing, are a cutting edge approach to the role of a Medical Director in the long term care setting. We recently nominated him as the National Medical Director of the Year, an award presented by the American Medical Directors' Association. He was chosen as a finalist, an honor that I know he cherishes.

From writing articles in newsletters to leading seminars for area healthcare professionals, to building up TMH's subacute rehab unit, Dr. DeBacker's actions show he is about giving to the community at large.

Through times of steadily shifting trends in senior care, Dr. DeBacker's vision, leadership, passion, and commitment have succeeded in taking The Methodist Home's patient care to higher lev-



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

els of quality, excellence and innovation. In an environment where Medical Directors can find other, more highly paid positions, his loyalty has not wavered an ounce for TMH. There is no doubt in my mind that he is the finest Medical Director in the Chicago area, and perhaps anywhere in the U.S.

In addition to Dr. DeBacker, we have several employees with twenty or more years of service and a couple of board members with 30-plus years of volunteer service. This sort of longevity is amazing in this day and age.

We are proud of this heritage and are pleased to toast Dr. Noel DeBacker for his significant contributions to TMH and the medical profession over the last 25 years.

Bill

William A. Lowe
President and C. E. O.
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In This Issue:

- ❖ President's Message
- ❖ Communicating With Your Doctor
- ❖ CMSS Launches Diversity Initiatives Program
- ❖ Drinking Tea to Reduce the Risk of Stroke
- ❖ Summer Home Maintenance
- ❖ From the CMSS Mailbag
- ❖ Community Events at CMSS

Communicating With Your Doctor

Establishing excellent communication with your doctor is essential. Prior to your next doctor visit, consider the following:

- Write a list of questions & concerns before your doctor's visit. Don't be afraid to pull out the list in front of the doctor or nurse.
- Write down instructions and information your doctor gives you before leaving the office. You can then look them up later when you have time to review and absorb the information.
- Repeat instructions back or practice what your doctor has shown you in front of her/him. Repetition will help both of you know if you understand the instructions for taking medications or using new equipment.
- Ask for printed material about your diagnosis, medication or condition. Most doctors' offices have printed information on common diagnoses or can easily obtain it.
- If your doctor has said something that you don't understand, ask for clarification. If it still doesn't make sense, try asking the doctor's nurse. Just hearing a different person explain it in a different way may help it make sense.
- If you have questions after you get home, call your doctor. You should be able to get an answer within 24 hours.
- If your doctor is rushed, but you are uncomfortable with what you have been told, make her/him aware. Your doctor should be willing to talk with you then or schedule a time within a day or two.

Remember, communication is a two-way street and it starts with you. Speak up and be frank. If it feels difficult at first, it will get easier with practice. ☞☞

Drinking Tea To Reduce The Risk Of Stroke



Drinking at least three cups of black or green tea a day reduces the risk of a stroke by 21 per cent according to a recent study carried out at the University of California in Los Angeles. Researchers say that the beneficial effects are likely due to cell protecting anti-oxidants, which are usually associated with fruits and vegetables and red wine. The same benefit is not associated with herb-based teas.

Tea has several other advantages because it has few or no side effects, is inexpensive and is easily available. Doctors caution, however, against excessive caffeine intake since it may contribute to high blood pressure, a major risk factor for stroke. ☞☞

CMSS Launches Diversity Initiatives Program

The purpose of the **CMSS Diversity Initiatives Program** is to explore and enhance common values and to build a more unified workforce by recognizing and embracing the differences and uniqueness of each staff member. Our diversity initiatives are grounded in respect for differences based on age, race, ethnicity, gender, religion, disability, sexual orientation, marital status, political affiliation and national origin.



Staff members Crisly Esteva (standing) and Eden Tekle celebrate Cinco de Mayo during the inaugural event of CMSS' Diversity Initiatives Program.


The Diversity Initiatives Program will plan and implement activities throughout the year that recognize and celebrate the cultures and traditions of our employees and those whom we serve. All CMSS employees, residents and clients are invited and encouraged to help plan and participate in these activities. ☞☞

Summer Home Maintenance



Along with summer's warm humid days come many maintenance concerns and chores for homeowners. Consider the following helpful hints to keep your home safe and comfortable throughout the year.

- **Service your air conditioner.** If you have not done so already, have the biannual service done by a professional. Also, change out all of your air filters.
- **Check the operation and condition of attic fans.** Attic fans run on little energy and can greatly reduce cooling costs while increasing comfort inside your home.
- **Thoroughly clean the dryer lint trap and exterior vent cap.** Both need to be clean to allow free air flow and prevent carbon monoxide from backing up into your house.
- **Check windows and doors.** The weather stripping or caulk around doors and windows may need some maintenance.
- **Trim back trees or shrubs that have grown too close to the house.** This not only prevents damage from tree limbs but helps with safety, too.
- **Maintain your deck or patio.** Thoroughly clean and scrub your deck, porch or patio and apply a deck sealer the next day.
- **Clean and repair rain gutters and downspouts.** Doing so will protect siding, windows, doors, and foundations from water damage and help prevent flooding in basements.
- **Repair any cracks in the driveway or sidewalk.** Water that finds its way into cracks will soften the ground underneath and cause more cracking.

At United Methodist Senior Home Maintenance, we welcome all inquiries, and look forward to assisting you with your home maintenance needs. For more information and a free estimate, call (773) 769-9000. 

From the CMSS Mailbag



I have used Covenant Methodist Home Care since 2004 for the care of my parents. The services have been invaluable in that my parents have been able to remain at home. Over the years the level of care required has changed and Covenant Methodist has responded to the differing needs of each situation. Director Laura Solomon of the North Shore Office has always listened to any problems which may have arisen and solved them to the best of her and her staff's ability. The bonds formed with the staff and the caregivers themselves have been a great help in an often difficult and demanding process.

Lee Leibik

My aunt asked if I'd send you a small token of gratitude for all the kindness and care you gave her while at the Covenant Home of Chicago assisted living residence.

She speaks of you often and genuinely appreciated how nice you were to her, especially the thoughtfulness you provided her. You will be in her memories forever and she wishes you well in all you do.

Edmund M.

COVENANT METHODIST SENIOR SERVICES

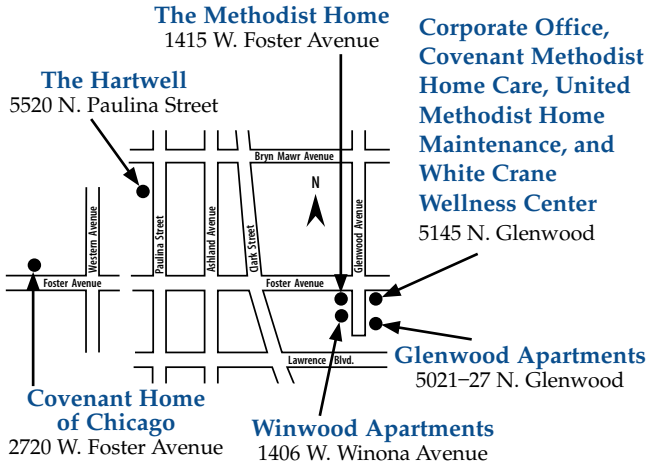
Uniting centuries of service to seniors

COVENANT METHODIST SENIOR SERVICES

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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



Accredited by CARF as an aging services network.



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

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

Location: The Hartwell

5520 N. Paulina, Chicago

For reservations, please call The Hartwell at (773) 275-2400.

Cost: Free!

Healthy Aging Workshop

Beginning Friday, September 11, 2009

Time: 9:30 A.M. – 10:30 A.M.

Covenant Home of Chicago, 2720 W. Foster, Chicago

For more information, please call (773) 506-6900.

Chicago Memory Walk 2009

Sunday, September 13, 2009, beginning at 10:00 A.M.

Location: Montrose Avenue at the Lakefront, Chicago

To join or support the CMSS team, please call

(773) 769-3242 for information.

1415 Club: A Social Gathering for Neighborhood Seniors

Dates: September 16 and December 2

Time: 2:00 P.M. – 4:00 P.M.

The Methodist Home, 1415 W. Foster, Chicago

For reservations, please call (773) 769-5500. Cost: \$5.00.