

Senior Health & Wellness Newsletter

Spring / Summer 2024



"Serving Seniors for Christ"

UPCOMING EVENTS

Watch for more information in the bulletin.
Event sign-ups start 4 weeks prior to each
event on the Kiosk at Guest
Services or church website -
www.fairwaycc.org/upcoming-events/



MONDAY, JUNE 17th—CPR/AED Class 1:30-4:00pm Fellowship Hall—Pre-registration Required!

Contact Lynn Canale about event questions and registration at lynn@fairwaycc.org or (510) 366-8350. Space is limited.

Additional Senior Health & Wellness programs and presentations will start back in a few months closer to the fall season!

***SAVE THE DATE.....Wednesday, November 13th—Caregiver Conference—10:00am to 2:00pm**

The Elder Options Caregiver Training & Support Team is excited to announce our annual Family Caregiver Conference at Fairway Christian Church. Join us for a day of learning, as we develop strategies for self-care, learn about brain health for caregivers and those with dementia, and find tools and resources for success. The event is free and lunch is included!

In Case
You
Missed
It

LIFE PLANNING PROGRAM SERIES - If you missed the February 19th **Elder Law Panel** by Elder Options or the February 26th **Legacy Planning Seminar** by Christian Financial Resources (CFR), we are excited to be able to provide the direct links here in the newsletter for you watch the informative presentations. Just click on the links below to watch. You can also visit our Senior Health & Wellness website <https://www.fairwaycc.org/senior-health-and-wellness/> to watch the videos and get the contact information for the attorneys doing the Elder Law Panel as well as Jay Hess' contact information from Christian Financial Resources.

February 19th Elder Law Panel by Elder Options:

PART 1: Advance Directives & Barriers to Aging in Place/Community Legal Services

https://player.vimeo.com/progressive_redirect/playback/914597013/rendition/720p/file.mp4?loc=external&signature=bd5767a86f6daa2b242aef286e375ecaffe89ca82074dc167d457ae72ea0ffdd

Part 2: Guardianship & Elder Abuse/

Q&A
https://player.vimeo.com/progressive_redirect/playback/914596910/rendition/720p/file.mp4?loc=external&signature=928dd1db223754feb78d46704c84af00becdc72f0f3086c071827abffb033ecf

February 26th Legacy Planning Seminar by Christian Financial Resources (CFR):

<https://vimeo.com/916281866?share=copy>

MAINTAIN YOUR JOY, INDEPENDENCE & BALANCE AS YOU AGE! Presented by Jenny Sweat on April 15th—click on following link to watch video of presentation! <https://vimeo.com/927682181?share=copy>

Additional Events/Programs Outside of Fairway Christian Church*

The Senior Health & Wellness ministry wants to share various community events and programs available to you.

***PLEASE NOTE.....You cannot register or get more information about these events from the church.**

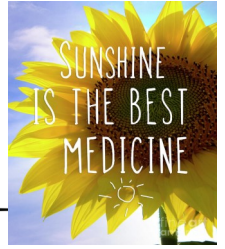
For more information, please use phone numbers, websites, links or emails listed below.

The heavens declare
the glory of God,
and the skies above
proclaim the work
of His hands.

Psalm 19:1 (NIV)



The Senior Health and Wellness Ministry (SH&W) of Fairway Christian Church (FCC) invites topic experts in areas of health and wellness to share their expertise. It is not the intention of SH&W or FCC to endorse or promote any outside business or agency and FCC has no financial gain or interest.



A Matter of Balance classes at Local Villages Health Centers - FREE & Open to anyone in the community!

Elder Options is providing their fall prevention program, **A Matter of Balance**, in partnership with The Villages Health.

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

The classes meet once a week for two hours for 8 weeks — REGISTRATION IS REQUIRED!

May to June Classes

July to August Classes

DATE & TIME: Tuesdays, 2:30 to 4:30pm May 7th to June 18thOR..... Tuesdays, 2:30 to 4:30pm, July 9th to August 27th

LOCATION: Santa Barbara Care Center

Santa Barbara Care Center

1575 Santa Barbara Blvd, The Villages, FL

<https://thevillageshealth.com/events/matter-of-balance-class-santa-barbara-class-2/>

TO REGISTER:

<https://thevillageshealth.com/events/matter-of-balance-class-santa-barbara-class/>

DATE & TIME: Wednesdays, 9:00 to 11:00am May 8th to June 19thOR..... Wednesdays, 9:00 to 11:00am, July 10th to August 28th

LOCATION: Brownwood Care Center

Brownwood Care Center

2910 Brownwood Blvd, The Villages, FL

<https://thevillageshealth.com/events/matter-of-balance-class-brownwood-class-3/>

TO REGISTER:

<https://thevillageshealth.com/events/matter-of-balance-class-brownwood-class-2/>

DATE & TIME: Fridays, 9:00 to 11:00am May 10th to June 21stOR..... Fridays, 9:00 to 11:00am, July 12th to August 30th

LOCATION: Mulberry Grove Care Center

Mulberry Grove Care Center

8877 SE 165 Mulberry Ln, The Villages, FL

<https://thevillageshealth.com/events/matter-of-balance-class-mulberry-grove-class-2/>

TO REGISTER:

<https://thevillageshealth.com/events/matter-of-balance-class-mulberry-grove-class/>

DATE & TIME: Thursdays, 9:00 to 11:00am May 9th to June 20th

LOCATION: Creekside Care Center

1050 Old Camp Rd, Bldg 100, The Villages

TO REGISTER: <https://thevillageshealth.com/events/matter-of-balance-class-creekside-class-4/>



AMAC Foundation's "Sudden Death Seminar Series"

If you passed away tomorrow, will your loved ones know what to do? Will they know where all of your important papers, account numbers, passwords, etc. are located? This 3-part seminar series will guide you through the process of creating your own "Survivor Notebook" where all important information is housed. Please plan to attend ALL three sessions!

Thursdays, July 11, 18 and 25th - 1:30 to 3:30pm

Lady Lake Library – Room 204

225 W. Guava Street

Lady Lake, FL 32159



For more information and registration, please go to <https://amacfoundation.org/event/sudden-death-seminar-jul-2024/>

Call 888-750-2622 for more information!



Home Health vs Home Care: Home care and home health care may sound similar, but there are distinct differences!

HOME CARE.... offers nonmedical services, such as companionship and help with daily tasks like bathing/dressing, meal preparation, light housekeeping, medication reminders, transportation, and services assisting with day to day living, allowing seniors to stay at home and “age in place.” Levels of care can vary based on a senior’s specific needs, while the frequency may range from daily to weekly visits. It is usually a “self-paid” service that can be ongoing for as long as necessary and is **sometimes** covered by the VA, some Long-Term Care insurances, and possibly Medicaid, depending on the state and eligibility requirements.

HOME HEALTH CARE....offers medically necessary care prescribed by a doctor, usually after a hospitalization or illness. Services may include skilled nursing care provided by a RN or LPN such as wound care, administering medication, or medical testing. It can also include skilled therapy services from a physical, occupational or speech therapist, supporting a person after joint replacement surgery, stroke recovery, overall decline in function, etc.... It is usually time-limited and covered by Medicare and private insurance.

QUESTIONS TO ASK WHEN CHECKING OUT HOME CARE COMPANIES!

Conduct “Due Diligence” BEFORE bringing someone into your home to care for a loved one!

- 1) Are your caregivers employees of your company or are they 1099 contractors? Be sure to ask specifically about “caregivers coming into your home” and not administrative or nursing workers. WHY? A true employee of a Home Care company is covered by the company’s insurance if they get hurt in your home whereas you, as a homeowner could be held responsible for an injury to a 1099 contractor. Employees are trained, supervised and disciplined by employer’s guidelines whereas a 1099 contractor does not have to necessarily follow employer guidelines.
- 2) Are your caregivers bonded and insured? What type of background checks do you do on your caregivers?
- 3) What type of training is provided to the caregiver and how often? Is training for dementia care included?
- 4) Does the Home Care Agency conduct regular Quality Assurance visits?.....this means what does the agency do to assure the caregiver is doing what they are suppose to be doing according to company guidelines?
- 5) What is the range of services provided such as light housekeeping, meals, transportation, medication reminders, social, etc.? Are the services “point based” or is there a charge for each type of service?
- 6) Are there “Individualized Plans of Care” for each client—customized and overseen by a nurse?
- 7) How does the agency view “Client/Caregiver Continuity”? If you get a different caregiver each week, change can be particularly difficult or anyone in cognitive decline. What is the company’s policy for “caregiver replacement” if needed?
- 8) Does the Home Care agency charge a fee for the initial home & client assessment?
- 9) Does the agency/company demand a “contract” - if so, what are the terms?
- 10) Will the agency/company assist potential clients to activate their Long Term Care insurance?
- 11) Are there a required minimum number of hours caregiver must work each day and/or week?
- 12) Can the client/family set scheduled hours based on their need—example: mornings versus evenings?
- 13) Can the client/family stop services without a penalty for vacations, family visits, etc...?
- 14) If there is an emergency with the client, what is the company’s procedure for “Emergency Response Plan”?
- 15) What is policy for interaction with designated family members?

As a policy, it is not the intent of Fairway Christian Church (FCC) or the Senior Health & Wellness Ministry (SH&W) to endorse or promote any outside business or agency and FCC has no financial gain or interests from any outside companies or businesses listed. There are many other Home Care Companies in the area but these two companies have been contacted and the questions above have been asked of each of the following companies:

Home Instead – (352) 218-5021
www.homeinstead.com/location/239

HomeWell Care Services - (352) 504-3400
<https://homewellcares.com/fl1292/>

Fairway Christian Church

8400 E. CR 466 (corner of 466 & Morse Blvd)
The Villages, FL 32162
(352) 259-9305

MAILING ADDRESS:

P.O. Box 271
Lady Lake, Florida 32158

A Note from Lynn Canale, Ministry Coordinator

As the flowers bloom and the sun shines brighter, we find ourselves bidding farewell to a cherished member of Fairway Christian Church and our Senior Health and Wellness Ministry. It is with a mix of emotions that we announce Jenny Sweat’s departure as Jenny and her husband, Mel, are moving back to northeast Georgia.

Jenny has been an invaluable member of our team, bringing a spirit of dedication and joy to everything she does. Her boundless energy, a compassionate spirit, and a deep commitment to serving others has been inspirational. Her contributions have been truly remarkable. From her class on “Maintaining Balance, Independence, and Joy as You Age”, to her meticulous planning of numerous educational events and fairs, Jenny’s commitment to our ministry’s mission has been evident in every aspect of her work. Her dedication to spreading knowledge and promoting well-being has touched the lives of many in our church and community.

Beyond her professional skills, Jenny has infused our team with a sense of purpose and joy, guided by her unwavering faith and the joy of the Lord. Her leadership has been truly Holy Spirit driven, and her presence will be deeply missed.

While we will miss Jenny dearly, we are grateful for the time we’ve had together and the countless lives she has touched. We pray for God’s continued blessings upon her journey ahead and trust that she will continue to be a beacon of light wherever she goes. As Jenny embarks on this new chapter in her journey, let us express our gratitude for her hard work, passion, and the positive impact she has had on each of us. Though she may be leaving our team, her spirit will always remain a cherished part of our ministry. Please join us in wishing Jenny all the best in her future endeavors.

Blessings, Lynn

MINISTRY COORDINATOR:

Lynn Canale, RN
lynn@fairwaycc.org

ASSESSMENT & RESOURCES LEADER

Heidie Vasko, PA
heidie.lynn@aol.com

COMMUNICATION LEADER

Peggy McKinstry
shwministry@fairwaycc.org

VOLUNTEER LEADER

Debbie Tucker
dkt0622@aol.com

6 Summer Safety Tips for Seniors

Avoid the Heat

Drink Water

Dress Appropriately

Protect your Eyes

Wear Sunscreen

Ask for Help

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus”

1 Thessalonians 5:16-18

throughthegraceofgod.wordpress.com

*This newsletter has been created with love by Jenny Sweat, Education & Communication Leader, Senior Health & Wellness Ministry at Fairway Christian Church. I am moving back to Georgia in the next few months and I want to say it has been such an honor to serve in this invaluable ministry. I will greatly miss everyone and I know that God has amazing things planned for each of you involved in this ministry. I give God all the glory & praise for the privilege of “**Serving Seniors for Christ!**”
With much love, hugs, admiration and blessings! Jenny*