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Fourth Anniversary Luncheon

On Wednesday, April 16, 2008, 80 guests joined Kendal at Home staff for the Fourth Anniversary Luncheon. The guest speaker for the event was Robert E. Eckardt, Senior Vice President of The Cleveland Foundation. Mr. Eckardt talked about The Foundation's commitment to the greater Cleveland area, as well as to issues related to people as they age. It was the Successful Aging Program of The Cleveland Foundation that awarded Kendal at Oberlin the initial grant to study the possibility of developing the home-based program that we now know as Kendal at Home.

Our annual luncheon gives us an opportunity to thank our Members for their trust and support, and to provide a welcome chance for them to meet and socialize with new and prospective Members.

We express our gratitude to our service providers who sponsored this event at Windows on the River:

Maloney + Novotny, LLC
Phil Vedda & Sons Printing
ResponseLink
Lesjak Planning Corporation

Thank you!



Kendal at Home Reaches Out

Kendal at Home has partnered with some of our preferred providers to create an “educational road show” as part of our mission to provide outreach to the community. We titled this event “Home Sweet Home: Resources and Tools to Help Keep You There.” Our focus is to educate older adults about the variety of services and products that they can access within their own communities. Each tool is designed to help seniors remain as safe and independent as possible in their own homes.

Working with us to design this event are the Visiting Nurse Association, Response Link and Home Safe Home. We invite a number of local experts to address our audience and topics covered so far have included elder law, Veterans’ benefits, home care, bookkeeping and volunteer opportunities—to name just a few.

We hosted our first seminar in



Bedford Heights in April and were pleased with the results of this initial effort. All of the participants said that the information was helpful and valuable. One Bedford Heights resident said, “I appreciate all the help you gave at this meeting. It is good information

to pass on to others.” Additional seminars are planned for the Euclid area in June and for Brecksville in August. If you are interested in hosting a “road show” in your area, please email Katie Tipton at ktipton@kahome.kendal.org or call Katie at (440) 835-8681.

Going green – we really can!

You would be hard pressed to turn on the television or open a newspaper without seeing advertisers’ boasts and claims about “Going Green!” Hopefully, this is not just the en vogue marketing campaign du jour, not just an exploitation of the environment. Thinking optimistically, we can say it is something that companies and individuals are taking seriously.

Have you thought about making your home more earth friendly? Or do you feel that you are just one person and how much

can you really do? Recently, a Kendal at Home staff member stumbled upon an outstanding website that answers this question affirmatively—there is a lot you can do!

Treehugger.com is a website dedicated to empowering and teaching individuals how they can make a difference. The site and staff are committed to getting the masses to think more globally by spreading the word about small steps we can take every single day to be kinder to Mother Nature. Did you

know that during an average year, an American uses approximately 2,200 napkins, or around six each day? If everyone in the U.S. used one less napkin a day, more than a billion pounds of napkins could be saved from landfills each year. Treehugger’s ideas are creative, refreshing and real! They are actions you can do to really make a difference. For more facts, tips and guidance on “Going Green,” visit Treehugger.com. We truly *can* make a difference!

Back to Basics~A Physical Therapist's Perspective

by Kerry Volansky PT, DSc

As summer approaches and you are busy working in the yard and garden, try to remember the basic instructions of using correct body mechanics to prevent low back strain or injury. Low back pain can take you away from the things you love to do and can be quite debilitating. Thirty-one million Americans have low back pain at any given time, and one half of all working Americans admit to having back symptoms each year. One third of all Americans over age 18 had a back problem in the past five years severe enough for them to seek professional help. And the cost of this care is estimated to be a staggering \$50 Billion yearly.¹

Following simple principles can help protect your low back and minimize injury so that you can have a happy and healthy summer. Keep in mind the following tips when working in the yard:

1. Remain close to the object, stoop or squat
2. Bend at the knees, not at the waist
3. Use large muscles (trunk and legs) to push, pull, or carry
4. Widen your stance to improve your balance
5. Use short lever arms for better control
6. Avoid twisting your trunk when lifting
7. Maintain your center of gravity close to the object's center of gravity
8. When possible, push, pull or slide object rather than lift

These websites offer additional information:

<http://ww3.komotv.com>. Accessed 4-30-08. (reference #1)

<http://www.ehealthmd.com>

www.apta.org

Knowledge is power. Preventing injuries can provide a lifetime of fun and independence! You can visit your local physical therapist for specific lifting instructions or complaints of low back pain.

Kerry Volansky PT, DSc is the Director of Rehab at Infinity Home Health Services and has been practicing physical therapy for 17 years. She is also on the faculty of the University of Findlay. Questions or comments can be directed to Kerry at: drsvolansky@gmail.com.



MEMBERS ONLY!

New Website Feature

The Kendal at Home website recently added a "Members Only" section that gives our Members the opportunity to participate in an online community. Not only can our Members access information about upcoming Member Events, but they can also participate in a "live chat" with other members. Plans are in the works to offer an online book club, as well as a chance to chat with the experts—perhaps a physical therapist, nutritionist, or physician.





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Seminar Schedule

ALL SEMINARS ARE FROM 11:30 – 1:30 with LUNCH SERVED

DATE	PLACE	ADDRESS
Wednesday • July 16, 2008	StoneWater Golf Club	1 Club Drive Highland Hts.
Wednesday • July 23, 2008	Oberlin Inn	7 North Main Street Oberlin
Wednesday • July 30, 2008	Middleburg Hts. Community Center	16000 E. Bagley Road Middleburg Hts.
Wednesday • August 6, 2008	Kirtland Country Club	39438 Kirtland Road Willoughby
Thursday • August 14, 2008	StoneWater Golf Club	1 Club Drive Highland Hts.
Wednesday • August 20, 2008	Country Club of Hudson	2155 Middleton Road Hudson
Wednesday • August 27, 2008	Kirtland Country Club	39438 Kirtland Road Willoughby
PLUS! EVENING SEMINAR 6:30–8:30 P.M.		
Thursday • July 24, 2008	Joseph Beth Booksellers	Legacy Village Lyndhurst