



# These Days

News from our community

WINTER 2017



## Introducing HeartBeats Cardiac Rehabilitation

If you've had a heart attack or heart surgery or you're living with heart failure, cardiac rehabilitation is one of the best things you can do for yourself. That's why, in 2016, Chicago Methodist Senior Services added a new cardiac rehabilitation program, HeartBeats, led by cardiologist Dr. Sanjay S. Gill.

"HeartBeats is unique in that it puts cardiac education front and center for each of our patients," Gill said. "Our nurse practitioner regularly monitors patient lab work, vitals and charts and explains the process every step of

the way." HeartBeats participants learn how to manage their medications and dietary needs to better achieve their health goals.

Cardiac rehabilitation joins our specialties in orthopedic and general medical rehabilitation at Wesley Place.

For more information, contact Allison Follmer at 773-406-3223.



**Dr. Sanjay Gill,**  
CMSS cardiologist

# President's Message



Dear Friends of CMSS,

As I'm sure you've noticed, from our name to our look, Chicago Methodist Senior Services has been changing for the better over the past few months. That includes the ways we will stay in touch with you. Instead of the CMSS Minute and The Leading Edge, you'll now receive this quarterly publication, These Days.

We're excited to use it to share news about all of our programs and communities. In this first issue, you'll meet some new faces and even get some fun and useful tech tips. Take a look!

*Bill*

Bill Lowe, President and CEO, Chicago Methodist Senior Services



Have you ever received texts from friends or family and wondered what all those acronyms meant? Decode them with this cheat sheet:

SMH: Shaking my head

TTYL: Talk to you later

OMW: On my way

BTW: By the way

THX: Thanks

BRB: Be right back

GTG: Got to go

IDK: I don't know

IMO: In my opinion



## Why Choose a CMSS Community?

Could one of our programs or communities be right for you?

Here at Chicago Methodist Senior Services, we offer a wide range of services, so if your needs ever change, we can be there for you.

Our goal is to make any transition you might experience smooth. You can start with home care through CMSS in alignment with Services for Adults Staying in Their Homes (SASI), and later move to one of our communities. Or, you can easily move from our supportive living or memory care to a skilled nursing community if it becomes necessary.

At CMSS, we offer more than just a place to recover from a hospital stay or a supportive environment to live in. Our communities feel like home, and staff members are committed to getting to know each person as an individual. We believe that's how we can care better.



# Respect Your Elders



Did you see the Academy Award-nominated movie “Hidden Figures”? One of the central characters is the remarkable Katherine Johnson, an esteemed mathematician who performed critical trajectory calculations for John Glenn and Neil Armstrong’s flights. In 2015, at age 97, Johnson received the nation’s highest civilian award, the Presidential Medal of Freedom, in recognition of her service to the American space program.

Twice a month, we profile fascinating figures like Johnson. We’ve recently included:

- Iconic musicians Bruce Springsteen and Bob Dylan
- Groundbreaking performers Norma Miller and Rita Moreno
- Beloved authors Beverly Cleary and Pleasant Rowland
- And many more!

#RespectYourElders

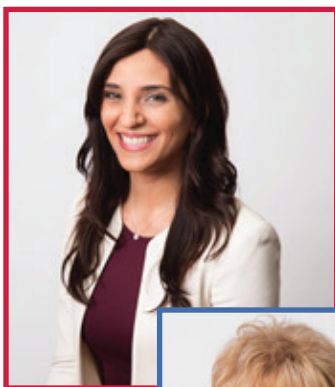
Want to learn more?

Check out our regular feature on [Facebook](#) and our [blog](#).



# New Hires Join the CMSS Family

Recently, we’ve added two new members to our Marketing Team.



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**Arielle Lewis** is our new Director of Community Outreach. She will lead our Computer Services programming and help spread the word about CMSS. Originally from California, Arielle’s degree is from UC Berkeley, where she majored in Public Health. She moved to Chicago two years ago with her husband, and is loving the seasons!

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**Debbie DuFore** is our new Residency Counselor, with twenty years of experience working in Continuum of Care Communities. Representing Covenant Home of Chicago and Hartwell Place, Debbie works closely with families interested in finding their loved ones a community that will meet their needs. She is eager to discuss CMSS and answer any questions.

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Chicago Methodist  
Senior Services

1415 W Foster Ave, Chicago, IL 60640

Building  
community  
by keeping  
friends close



## Upcoming Community Events

- May 10, 6:00 p.m. - Know the 10 Signs: Early Detection Matters  
Presented by Alzheimer's Association
- May 18, 2:00 p.m. - Pre-Rehab
- May 24, 2:00 p.m. - Helping Senior Veterans Fight For the Benefits They Have Earned!

## Upcoming Computer Classes

- April 27, 1:30 p.m. - Spreadsheet Budgeting with Excel
- May 2, 1:30 p.m. - Computers 101

For more upcoming events and computer classes, view our [online calendar](#).

Get to know  
Chicago Methodist Senior Services  
— call today!

[773-596-2215](tel:773-596-2215) | [cmsschicago.org](http://cmsschicago.org)