



WHERE HOMEBOUND SENIORS *Turn For Answers*

Make a donation to CASS today and help more seniors in need.

Meeting needs. Promoting independence.

Cincinnati, OH 45206
Suite 300
2368 Victory Parkway



Non-Profit
U.S. Postage
PAID
Cincinnati, Ohio
Permit No. 1087

Seniors Enjoy a Different Kind of Prom



Seniors from the Senior Centers gathered at the Over-the-Rhine Center for their "Senior Prom." DJ John Burns kept them up on their feet and dancing the day away to the sounds of 40s, Motown, R&B and line dance tunes. "Senior Prom is one of our most popular and anticipated activities," said Cheryl Ware, director of the Over-the-Rhine Senior Center. "Dancing is great exercise at any age, and the seniors enjoy moving to the music of their youth. It's also a chance for them to get dressed up and spend an afternoon socializing with friends." Activities such as the Senior Prom are one way that CASS keeps seniors active and engaged with their peers.



THE CASS Connection

A CINCINNATI AREA SENIOR SERVICES NEWSLETTER

WINTER, 2010

From the Executive Director's Desk...



Tracey Collins
CASS Executive Director

2009: An Outpouring of Corporate Donations and Volunteers

Dear CASS Supporters,

2009 was a banner year in the amount of in-kind corporate donations CASS received. We are extremely thankful for our wonderful supporters and the outpouring of donations.

One example of this philanthropy was exhibited in our annual Pantry Drive. Now in its third year, nearly 50 companies held internal food drives for CASS, encouraging participation through competitions and other events to boost employee donations. Each company collected non-perishable foods and personal care items that can be delivered to seniors when their pantries are bare, which is often the case at the end of the month. Even though we received a large amount of food, the supply will only last for the next few months. We hope to keep the supply of food coming in so we can continue to help our seniors in need. *For a complete list of pantry drive donor companies, see page 2.*

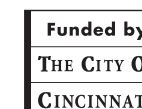


We also try to keep a supply of peanut butter and jelly on hand for our seniors to supplement their dwindling food supply so they always have a healthy snack on hand. Three companies helped boost our inventory of peanut butter and jelly this year. A big thanks to **Ohio National Financial Services**, **IPSOS** and **Children's Hospital Medical Center** for helping keep this supply going.

Finally, after 20 years of operation, our Mt. Auburn Senior Center has ceased operations. Understandably, we are sad to see this Center close, but we are pleased that the seniors who were affected by this closing have chosen to attend the Over-the-Rhine Senior Center for congregate meals as well as the center's recreation and wellness programs. We will continue a full program of activities and congregate meals at our Over-the-Rhine and Maple Towers Senior Centers.

Thanks for all of your support,

Tracey Collins
Executive Director



IN THIS ISSUE

From the Executive Director's Desk...

Get Your Company Involved

Hats off to These Groups!

Companies Donate to CASS Seniors

Spotlight on...

Meet Our New Board Member

Farewell to a Long-Time Employee

Get Your Company Involved

Is your company interested in doing something to support Cincinnati seniors? Here are a few ways you can help.

Help us keep our pantry filled with items we provide to seniors in need by hosting a:

- Peanut butter and jelly drive
- Non-perishable food drive
- Pet food drive
- Personal care item drive

Sponsor and/or host an event at one of our Senior Centers. This may include:

- A picnic
- Gardening and planting flowers
- A dance or other social event

Have another idea on how to get involved? We'd love to hear your ideas.

Contact **Mary Jo Gamm** at (513)721-4330 to get started.

Hats off to These Groups!

Thanks to the following companies that held Pantry Drives or made a cash or service donation:

Advantage IQ
ACA Cincinnati Golf Club
Asset Advisory Group
Bartlett & Co.
Business Courier
Cadre Computers
Casler Design Group
Cincinnati Commercial Contractors
Cintech Construction
Clark, Schaeffer & Hackett
Compass Clinical Consulting
Cresa Partners
CTI Facts
D&P Communities
Dental Care Plus
Effective Office Environments
Emersion Design
Fifth Third Bank
Graphic Packaging International/United Steel Workers 1462
Graydon Head & Ritchey
Harvey Whitney Books
Health Source of Ohio
Hilltop Research
Hixson
Humana
Integra Resources
JP Morgan Chase Bank
LaRosa's
Miller-Valentine-Walsh Fund
MS Burks, Chapter 13 Trustee
Oak Pavilion
OMYA Industries
Osterman Cron
PAR Excellence
Q10 Triad Capital Advisors
QFact Marketing Research
Remke Markets
RJE Business Interiors
Ross Sinclair Associates
RPC Mechanical
Schiff, Kreidler Shell
SHP Leading Design
Strauss & Troy
Taft, Stettinius & Hollister
Time Warner Cable Media Sales
Tri Health Senior Health
University Hospital, Social Work Department
VonLehman Technology
Zumbiel Packaging

Companies Donate to CASS Seniors

Many companies made a difference in the lives of CASS seniors this year. Here are a few examples of corporate volunteerism that touched our seniors' lives:



Members of *Procter & Gamble's Feminine Care Division* sponsored an End of Summer picnic at the Maple Towers Senior Center. The seniors enjoyed a lunch of grilled hamburgers, potato salad, tossed salad and more. Our P&G volunteers called bingo, made ice balls, popped popcorn and supplied personal care items for the seniors.

Employees from *Cincinnati Children's Hospital Medical Center Patient Financial Services* helped CASS assemble 2,400 "blizzard bags" for our Meals on Wheels clients. Blizzard bags are used through the winter months when inclement weather makes it impossible for us to make our normal delivery. When bad weather is predicted, we deliver the blizzard bags to all CASS Meals on Wheels clients a few days before the weather strikes. Each bag contains a variety of shelf-stable foods, allowing the seniors to have food and snacks on hand in a pinch.



The *Olive Garden* restaurant hosted a festive holiday party at the Over-the-Rhine Senior Center to help two different generations come together to celebrate the holidays. CASS seniors celebrated with a group of children from In God's Hands day care center in Kennedy Heights. Seniors paired up with each child to enjoy a lunch from the Olive Garden. The children sang Christmas carols for the seniors before exchanging gifts. Each senior received a gift bag with items from their wish list and a Kroger gift card. The children received enormous stockings filled with gifts.

Other companies also donated to CASS Senior Centers. One company gave a gift of Wiis – one for each Senior Center. Employees of this company also stocked the Over-the-Rhine Center's pantry and gave each senior personal items and groceries, leaving smiles on the faces of the seniors and CASS employees.

For many years, parishioners from *Our Lady of Victory Church* in Delhi have made the holidays brighter for CASS seniors. In the fall, the church collects senior gift requests, which are submitted by CASS social workers. These gifts can include blankets, sweaters, socks, cards and stamps, and food items to name a few. Parishioners then choose an ornament to fulfill the gift request. Our social workers then deliver the gifts to the seniors. In most cases this is the only gift they will receive.

A big thank you to all who have helped CASS and our seniors throughout the year.

Spotlight on...

Guardianship Assistance Program

The senior who is both very compromised and completely alone is a special, and often desperate case. Typically a group home or nursing home resident age 60 or older and mentally impaired, this client may require a court-appointed Guardian to advocate for his or her interests, make health care decisions, and provide the comfort of human contact. Guardianship is a legally defined process. While it may pertain to the individual, the estate, or both, our program is solely involved in the care and management of the person. The Guardianship Assistance Program recruits and trains guardians and provides legal and social services support. To help guardians, we hold quarterly training sessions to monitor program quality and assure dignity in the face of decline.

Our guardians come from many walks of life and share the common feeling of concern for older adults and the need to advocate on their behalf. These guardians check on the senior's health and well-being at least twice a month, advocate for their ward's needs, make medical decisions, participate in care planning and document the care for the Court as needed.

Cecilia is the guardian for Alice, who was having trouble with her sight. Because she was hard of hearing, the eye doctor was reluctant to do an eye exam because of the communication difficulties. As Alice enjoyed jigsaw and crossword puzzles, her vision was important. Cecilia became an advocate for Alice and took her to another doctor, who discovered that Alice had cataracts, and her clarity of vision and ability to differentiate colors were affected. Through a series of appointments, Alice's cataracts were removed and eyes checked, and Cecilia was by her side at each of these appointments. Today, Alice's vision is significantly improved, and she is appreciative of being able to enjoy her puzzles more clearly thanks to CASS guardian, Cecilia.*

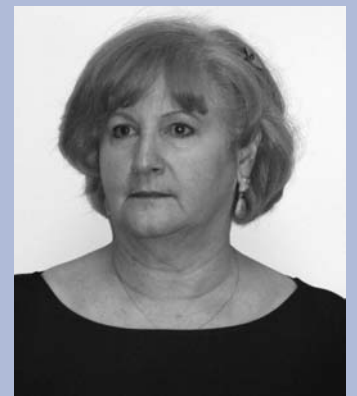
** Not her real name.*

Want to Know More?

For more information on the Guardianship Assistance Program, contact Laurie Luken at (513) 559-4488 or lluken@cassdelivers.org.



Meeting needs. Promoting independence.



Welcome to Our New Board Member

CASS welcomed a new member to its Board of Directors. Barbara Carr began serving a three-year term on the board beginning in fall, 2009. Barbara is the director of human resources for Mike Albert Leasing, Inc., where she manages all of the human resource activities for The Superior Dealer Group. She is a 30-year human resources veteran and has served in leadership positions of several HR associations.

Meet Our Dedicated Staff...



Lois Staggs

Farewell to a Long-Time Staff Member

Long-time CASS employee Lois Staggs retired after 25 years. Lois started working for CASS in 1984 as an office clerk and has held various positions through the years and has worked in almost every program area. In addition, she volunteers to work on events that support the CASS mission. Lois is a true example of an individual who focused her career on helping seniors.