



On any given Tuesday or Friday morning, you'll hear the muffled notes of an old jazz standard or a soulful classic trailing through the halls of ElderServe's Senior Center.

The music crescendos as you approach the community room until you peek inside to see rows of dancers smiling and swaying to the rhythm of the once muffled tune. Known as the Oak and Acorn ElderServe Dancers, this fifteen-member group converges twice a week to perfect their routine. Since 1999, the group has performed all over Louisville at churches, festivals, fairs, and on morning news shows. By staying active and engaged, this group refuses to follow the narrative of the sedentary senior.

Since its inception, the group has been led by the vivacious senior center participant, Mary Louise Brown. Mary stands front and center as she pivots and weaves, demonstrating the latest routine. Mary has been dancing her whole life. Before ElderServe, she taught dance classes at the Park Hill Community Center. "I dance through life. My talent is a gift from God and I want to share it with everyone," said Mary "It makes people happy and gives them the chance to do something they weren't comfortable doing before." The ages of the dancers vary. A staple of the group is a 90-year-old participant who doesn't let her age limit her. "My doctor told me to not stop dancing. It keeps me moving and happy," she said.

Continued on page 2

CHOCOLATEDREAMS
an evening of decadent bliss



Coming Fall 2019.

DID YOU KNOW?

TeleCare volunteers spent

7,435 minutes

calling socially isolated clients in September.

A LETTER FROM OUR CEO

The seasons are changing and so are things at ElderServe – in a very positive way! Since the onboarding of our new COO, Robin Bandy, we continue to evaluate our programs and operations to ensure our practices are efficient and well-aligned with our mission. One example is our recent partnership with a new Louisville non-profit agency, KEPT, Inc., who will take on representative payee services for adults who are under 60 years of age. This allows ElderServe to better focus within our mission of serving older adults AND aligns with a larger community effort to ensure adults under the age of 60, who are dealing with mental illness or developmental disabilities, get the case management and representative payee services specific to their unique needs.

Another exciting change for ElderServe is the addition of Patty Belden as Chief Development Officer. Patty comes to us from Metro United Way where she served as Vice President over Community Giving. A major focus for our new CDO will be leading our capital campaign effort for the renovation project at Oak & Acorn. Our tentative launch is set for mid-February.

The changing seasons also remind me how important ElderServe is to our community. Most of our programs are designed to support older adults and their families as they navigate the aging process. The winter months and the holiday season can be especially difficult for our vulnerable senior population. Social isolation is a growing concern for seniors and can contribute to more illnesses, depression and even shorter life expectancy. Through our Friendly Visitor and TeleCare programs we are promoting more social engagement and personal connection for our seniors. As the weather turns colder, we are also working with our Active Choices program participants to adjust their exercise routines.

Without you, our work would not be possible. Thank you for all that you do!

While many of them enjoy walking and being outdoors during spring and summer, it's important to provide alternatives to keep them active indoors when the elements of winter become too harsh. Implementing simple routines like marching in place, following a daily exercise video or practicing light strength building movements go a long way to keep our seniors healthy while the weather is cold.

Lastly, as we approach the holidays, it's time for one of my favorite ElderServe programs. Elf to an Elder enables us to bring holiday cheer to our seniors by fulfilling simple, inexpensive wish lists items ranging from house slippers to a deck of cards to a box of chocolates. Elf to an Elder is a very easy way to make a senior feel special during the holidays. More information on how to participate can be found below.

I am very proud of the changes we are making as an organization and in the lives of our community's seniors. I am personally grateful for the support and generosity that pours from our donors and volunteers. Without you, our work would not be possible. Thank you for all you do! Together, we empower older adults to live independently and with dignity.

Julie Julie Guenther
CEO, ElderServe



Continued from page 1

DANCING THROUGH LIFE

Besides line dancing, many of the participants enjoy aerobics, arthritis exercise, tai chi, and yoga in addition to a daily meal and bingo. Situated in the heart of Louisville's Russell Neighborhood, ElderServe's Senior Center is a beacon of light for older adults in our community.

Next time you're at a church event, festival, or fair, keep an eye out for ElderServe's line dancers. They're a shining example of how we can all "dance through life!"

If you or a loved one is interested in learning more about our Senior Center or taking a tour, call us at 502.778.7418.

“ The advocate was very supportive and kind. **She made me feel that I'm not alone.** She helped me to understand the justice process, and will continue to help me with other resources. She was very patient and stayed with me the whole time. I felt very at ease and comfortable with her. Thank you.”

- Crime Victim Services Client

Be an Elf to an Elder!

Show you care this holiday season by being an Elf to an Elder! Each year 2,000 older adults are served by the caring staff at ElderServe. Many of those we engage are isolated and may spend days at a time alone in their homes. Providing a few gifts for them shows they are remembered by the community.



- You will receive a personalized wish list from “your senior”
- A \$50 limit fulfills the gifts on your senior's wish list
- Turn in the gifts by Monday, Nov. 26 at ElderServe's office
- No time to shop? We have volunteers who will shop for you!

To become an Elf, contact Abbey Hall at ahall@elderserveinc.org.

GIFTS RECEIVED

JULY 7, 2018 - OCTOBER 19, 2018

INDIVIDUALS

Mr. Carl Amorose	Ms. Kathy Chlon	Ms. Mary Greenebaum	Mr. Brent LaFollette	Dr. Waqar Saleem
Ms. Debra Anderson	Ms. Lisa Conrad	Ms. Julie Guenther	Mr. Michael Lambert	Ms. Stephen Schulz
Ms. Louise Anderson	Ms. Katherine Crabtree	Ms. Susan Gullett	Ms. Pamela Laughead	Ms. Michelle Schupp
Mr. Art Baltes	Mr. Mike Cronan	Mr. Mike Hanks	Mr. Brian Lower	Ms. Lydia Shina
Ms. Cynthia Bard	Mr. Harry Dadds	Ms. Mary Ellen Harned	Ms. Carlotta Luna	Ms. Pamela Stevenson
Ms. Patty Belden	Dr. Joseph D'Ambrosio	Ms. Allison Harris	Ms. Patricia McGillan	Ms. Kerry Tobin
Mr. Chris Benson	Ms. Rosalind Daugherty	Ms. Rosalind Heinz	Ms. Julia Meredith	Ms. Cindy Venable
Ms. Rebecca Bernard	Ms. Traci Dykes	Mr. Rick Helm	Mr. Will Milberger	Ms. Eileen Walsh
Mr. Alan Bernstein	Ms. Jackie Emerson	Mr. Drew Hight	Mr. James Mills	Mr. Bud Walther
Mr. Brink Bloembergen	Ms. Frances Englander	Mr. John Hight	Ms. Dana Moody	Ms. Sarah Warner
Ms. Nicole Breyette	Ms. Barbara Fabricant	Ms. Melissa Howard	Ms. Patti Naiser	Ms. Sharon Weissbach
Ms. Mary C. Sullivan	Ms. Dianne Feltham	Ms. Patricia Jaegers	Mr. Roger Neal	Ms. Vicki Welch
Ms. Lee Cantrel	Ms. Mary Feltham	Ms. Lisa Jessie	Ms. Margaret Newton	Mr. Cliff Whalin
Ms. Megan Cantwell	Ms. Trisha Finnegan	Mr. Jeff Joliet	Ms. Stephen Parker	Mr. Guy Wigginton
Ms. Cynthia Capehart	MS. Harriette Friedlander	Mr. David Kaelin	Ms. Paula Parkerson	Ms. Whitney Wilson
Ms. Carol Carrithers	Mr. Ronnie Gilbert	Ms. Elizabeth Kaukas	Ms. Imelda Pfister	Ms. Sherry Wittry
Ms. Beatrice Castelli	Mr. Dylan Gordon	Mr. Chris Kipper	Mr. Lester Reeves	
Ms. Heather Childers	Ms. Cristeen Grascch	Ms. Megan Krebs	Ms. Mary Romelfanger	
	Mr. Kenneth Green	Mr. James Krebs	Ms. Katherine Rouse	

ORGANIZATIONS

Community Foundation of Louisville
Crushman and Wakefield
Eclipse Senior Living
GE Appliances
Glenview Trust Company
Louisville Metro Police Department
Monroe Shine
Morgan & Pottinger
The Lyndon & Helen M. Schmid Foundation
Trilogy Health Services
University of Louisville

2018 - 2019 BOARD OF DIRECTORS

Steve Schulz President	Julia Meredith Treasurer	Carl Amorose Greg Braun Kathy Chlon	Jackie Emerson Thomas Fenton Katie Gaughan	Chris Kipper Jennifer Michael Karen Paulin	Eileen Walsh Aaron Walther Matthew Watkins
Patricia McGillan Vice President	Eric Schrenger Secretary	Charles “Mike” Cronan A. Frazier Curry Keisha Deonarine	Amy Gilbert W. Michael Hanks Allison M Harris	Mary Romelfanger Dr. Waqar Saleem Lydia Shina	Councilwoman Vicki Aubrey Welch



Long-time ElderServe Volunteer Honored with National Award

ElderServe volunteer, Bonnie Clark, was honored with the *Daily Point of Light Award*, a national recognition for individuals and groups creating meaningful change in communities across America. Bonnie has volunteered in the Friendly Visitor, TeleCare, and Wellness programs for several years. “Service has always been my life’s mission. It’s become a part of who I am and what I do. And spending time with these senior citizens - they’re really an inspiration to me,” she said. We thank Bonnie for her many years of service and congratulate her on this incredible achievement.

If you would like to learn more about volunteer opportunities at ElderServe, contact Sarah Irvin, Volunteer Services Manager, at 502.736.3847 or sirvin@elderserveinc.org.

Join us for an evening at

STONEWARE & CO.

est. 1815



We invite you to join us at Stoneware & Co. for an evening of eating, drinking, and shopping!

On Thursday, December 13, from 5-8PM, a portion of all sales at Stoneware & Co. will directly support ElderServe's programs and services! Invite your friends, family, and co-workers to wrap up their holiday shopping



RSVP to Drew Hight at 502.736.3855 or dhight@elderserveinc.org

Stoneware & Co.
731 Brent Street
Louisville, KY 40204



Printing donated by:



Crime Victim Services is funded in part by the Victims of Crime Act.

disability, gender, race, color, religion, national origin, sexual orientation, or ElderServe provides services to clients equally without regard to age, U.S. department of Health and Human Services.

ElderServe is funded in part, under a contract with KIPDA through the Kentucky Cabinet for Health and Family Services with funds from the



ElderServe is Louisville's largest non-profit organization dedicated to senior services. Programs include: HomeCare, Care Management, Adult Day, TeleCare, Crime Victim Services, Friendly Visitor, Senior Companions, Active Choices, financial Management, Guardianship, and a senior center.

Administrative Offices
215 W. Breckinridge St.
Louisville, KY 40203
502.587.8673

Senior Center
631 S. 28th Street
Louisville, KY 40211
502.778.7418

elderserveinc.org
info@elderserveinc.org
facebook.com/elderserve
[@ElderServeInc](https://twitter.com/ElderServeInc)



Nonprofit Org.
US Postage
PAID
Louisville, KY
Permit No. 566