



JOSEPH'S JOURNEY *e-news*

JUNE 2016

Disease Self-Management Program Empowers Men to Make Better Choices for Better Health

Joseph's Home has helped empower hundreds of men heal and achieve independence, but what happens to their health once they graduate? A new chronic disease self-management program in partnership with [The Centers for Families and Children](#) is helping provide residents and alumni with tools to manage their health and chronic conditions long after they leave Joseph's Home.

Developed by [Stanford University](#), the six-week evidence-based workshop is being facilitated by Pam Bradford and Steven Woodard from The Centers for Families and Children. Some of the topics covered include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; and nutrition.

"Many of the men have serious health issues, like diabetes, hypertension, arthritis, heart problems, recovery from major operations and more. The program will help them be more self-reliant as it relates to their health issues," said Pam.

Pam stressed that the program is not a static lecture. Participants have to develop a plan of the healthy choices they can make each week, and then tell the group their plan and report back how they did the next week.

Peer support is another important component. "We discuss what they can control and promote dialogue so they know they're not alone," she added.

To encourage attendance, all residents and alumni who complete the program will receive a \$50 gift card. The incentive is working, with 12 to 15 men participating each week.

"I've been very impressed by the level of investment by the men and their gratitude. One participant told me he was going

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to his room to get something. He came back with a discount coupon to Denny's as a thank you," said Pam.

She added, "This is a powerful program. They're able to see the responsibility they have to take for their own health and they will be able to make better health decisions."

Pam hopes to facilitate the program several times a year to reach new residents. She will also be conducting a life-skills supportive group every Wednesday once the six-week program ends.

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Only Days Until Perseverance In Hope 2016



Perseverance in Hope: The Annual Joseph's Home Benefit Luncheon will take place Thursday, June 23 at Windows on the River.

Dan Moulthrop of The City Club of Cleveland will headline the event and lead a panel discussion on homelessness in Cleveland. There will also be a raffle for a gold iPad Air 2, a door prize drawing and a silent auction featuring dozens of amazing items!

Tickets are \$50 and can be purchased [here](#). Contact Nathan Munn at (216) 875-4634 or nmunn@sistersofcharityhealth.org if you have any questions.

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Your Partnership Makes All the Difference

It takes a team to provide life-changing care for acutely ill homeless individuals. Caring friends like you are a vital part of that team! Please consider a summer gift to help provide the food, shelter and services that make healing possible. [Donate online now](#), call (216) 875-4634 to give by phone, or mail your check or money order to Joseph's Home, 2412 Community College Ave, Cleveland, OH 44115. All gifts are 100% tax-deductible. Any amount you can send will help someone in desperate need recover his health and find stable permanent housing. Thank you!

A Home-Sweet-Home Partnership

Joseph's Home recently partnered with Emerald Development and Economic Network, Inc. (EDEN), a contract agency of the Alcohol Drug Addiction and Mental Health Services Board of Cuyahoga County, to strengthen the help residents receive to find housing once they leave Joseph's Home. EDEN provides, operates and advocates for safe, decent, affordable housing and support services for persons living with disabilities or special needs who have low incomes and may be experiencing homelessness.

"Our role is to locate housing for individuals and families on our housing programs and we were asked to expand that role to include Joseph's Home residents," said Jennifer Pfeleiderer, director of housing programs, EDEN. "We've already worked with a few men at Joseph's Home. They all had different needs and resources and we were able to find housing opportunities tailored to their situations."

EDEN's connections with landlords in the community and knowledge of various housing options in the county allow the agency to find the most appropriate housing for Joseph's Home residents

so they can move on with a stable housing plan and opportunity to live independently in the community.

A recently awarded rapid re-housing grant is helping ensure that Joseph's Home and EDEN can continue to collaborate. "We will be working one on one with the men at Joseph's Home to locate housing and provide temporary rental assistance," said Jennifer. "The goal is for them to get back on their feet in a place they can call their own."

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Meeting Special Dietary Requirements and Satisfying Taste Buds

For Joseph's Home residents who have diabetes, require a low-sodium diet or simply want to eat healthier, there is now a plan in place to help ensure all dietary needs are fulfilled and the food tastes great, too.

The recently formed Foodservice Committee is leading this initiative. The committee includes resident John S., volunteer Janet Leff and board member Frances Tyus.

"John, Janet and I were discussing if and how new residents report any special dietary requirements during admissions," said Frances, who is an adjunct professor of nutrition science at Kent State University. "What we realized is that some new residents are unaware and don't arrive with paperwork indicating special dietary needs."

The committee started by interviewing residents. The results showed that a few residents didn't have a prescribed diet, but wanted to eat healthy. Other residents did have a prescribed diet with written instructions, and a few had attended classes and understood their diet, but said they weren't always sure how to follow their diet at Joseph's Home.

Frances also conducted an analysis on current menus and found that some men were consuming too many calories.

"We made plans to lower the caloric intake and include more healthy choices," she said.

New menus will include: low/no sugar cereals, even more fish, vegetables and whole grain products, fruit instead of dessert, water instead of sugary beverages, and hot breakfasts on Wednesdays and Sundays. Residents might also cook the meals once or twice a week.

Perhaps the most important outcome, though, is now when a man comes to Joseph's Home, an assessment is made on day one to determine his dietary needs. This effort will continually help the committee address additional dietary requirements moving forward.

Plans are also being discussed to help ensure that resident are able to cook, shop and follow their diet long after they leave Joseph's Home.

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Drop Us A Line

We welcome your feedback. Have any questions, comments or story ideas? Please email them to info@josephshome.com.

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JOSEPH'S HOME

A Ministry of the Sisters of Charity Health System

Joseph's Home | 2412 Community College Avenue | Cleveland | OH | 44115

216.685.1551 | Fax 216.685.1553 | info@josephshome.com | josephshome.com

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