



News

Serving Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village & South Euclid

Remember Someone Special with a Donation to CPA



A donation in the name of someone who was a recipient of our services is a special way to honor their memory.

Whether it is designated for nutrition services, programming, volunteer services or other, any donation to CPA is always used in the manner in which you choose, and will help us to further our mission of helping older adults to remain independent and

Continued on page 7



Full House in Mayfield Village!

More than 100 participants joined us at Mayfield Village Civic Center on Wednesday, March 14 for a special St. Patty's Day-themed lunch. The corned beef lunch was followed by a screening of the popular Oscar-winning movie, A Star is Born.

The next Lunch 'N' Movie will be held on Wednesday, April 10. See page 4 for information and reservation details.



Something to Think About

Does your employer offer a matching donation program or an opportunity for corporate volunteerism? Let us know who to contact and we will take it from there! Call Therese at 216-291-0772

Our Main Office is at South Euclid Community Center at 1370 Victory Dr. in South Euclid, 44121

Main phone: 216-291-3902 Fax: 216-291-0773 Hours: Monday - Friday, 9:00 AM - 5:00 PM

Email: contactus@communitypartnershiponaging.org Web: www.communitypartnershiponaging.org

You can also reach staff at the following numbers:

- **Lyndhurst Office:** Monday, 11:00-1:30; Tuesday, 10:00-3:00; Wednesday by appt.: 440-473-5138
- **Mayfield Heights and Mayfield Village Outreach Office:** 440-442-2628 (call for appointments)
- **Lunch and Program** locations vary; please refer to the calendar page for more information, or call 216-650-4029 during the hours of 9:00 AM - 3:00 PM, Monday - Friday.



News from the Community Partnership on Aging Executive Director, Wendy Albin Sattin

Did you know that National Volunteer Week is April 7-13? That's the time we step back and think about how valuable our volunteers are- last year, approximately 200 volunteers helped CPA carry out our mission through 6700 hours of service. Activities ranged from summer construction projects to assisting with CPA programming to providing all sorts of supports to help older residents age in place. Our volunteers escort trips, make friendly visits, help in the office, serve lunches-the list goes on and on. As with many nonprofits, CPA values our volunteers because they support our mission and allow us to do more for you, our residents. Please contact me if you would like to join this amazing, dedicated group of people who are passionate about CPA's mission to enable every older resident to enjoy an enhanced quality of life.

Talking about volunteering, are you someone who enjoys art, crafting or making things? One of our new ACCESS programs is a series of Make and Take activities and we are looking for volunteers to teach a session in the series. We envision you leading a group to create a project that participants can complete in an hour. I know there are lots of creative people reading this article right now. Your talents would make this series shine—please contact Carolyn at 440-473-5138 or me to join the ACCESS team.

CPA is starting a couple of walking clubs- one in Lyndhurst on Tuesdays, the other in Mayfield Heights on Wednesdays. Both start at 10 AM. Walking can burn calories, strengthen the heart, help lower your blood sugar, ease joint pain and improve your mood. And it's free! Come join us to enjoy the spring weather and get some exercise. Please contact Carolyn at 440-473-5138 and lace up those walking shoes! Here's another volunteer opportunity- interested in being a walk coordinator? Let Carolyn know.

Take a look through this newsletter and find some fun spring activities to try-hope to see you soon.

sattinw@communitypartnershiponaging.org
216-291-3902 ext. 312

Inside this Issue

News from Wendy Albin Sattin.....pg. 2	Outreach Services for Residents.....pg. 6 & 7
Volunteer News and Opportunities.....pg. 3	CPA Program Calendar.....pg. 8 & 9
CPA Café Services.....pg. 4	CARE Program Info.....pg. 10
CPA Movie Programs.....pg. 4 & 5	CPA Special Events.....pg. 11
CPA Program Highlights.....pg. 5, 10 & 11	MV & MH Senior Programs.....pg.13
Transportation Services and Schedule....pg. 6	Local Ads.....pg. 14 & 15
Blood Pressure and Foot Clinic Dates.....pg. 6	CPA Trips & Events.....pg. 16

Find us on these Social Media sites



Funding is provided by the cities of South Euclid, Lyndhurst, Highland Heights, Mayfield Heights and Mayfield Village; a grant from the Ohio Department on Aging through the Western Reserve Area Agency on Aging; Cuyahoga County through the Health & Human Services Levy; program donations; and contributions of time and dollars. All programs and services are provided without regard to race, ethnicity, marital status, religion, gender, disability, age, political belief, sexual orientation or veteran status. Services and programs funded by Title III or by the Cuyahoga County Health and Human Services levy will not be denied based on an individual's inability to pay or donate.

CPA Volunteer Department - call 216-291-3903

Community Volunteer Opportunities

Volunteers of all ages are needed in April and May to help with **CPA's annual spring yard cleanup project**. Individuals and groups (including families) spend just a few hours sprucing up the yards of our older adults. All you need is a rake and a trash bag!

Hawken Lower School is once again looking for volunteers who can assist once a week with kindergarten-age students at lunch. It's a fun way to spend time with a small table of children as they eat lunch and learn how to socialize. For more information, please call Corinne Dunn at 216-291-3903.

Ronald McDonald House of Cleveland, which provides comfort and support to families whose children are undergoing medical treatment, has many available volunteer opportunities to suit a variety of interests and activity levels. To learn more, email Deb Hopkins at dhopkins@rmhcleveland.org or visit the website at www.rmhcleveland.org/individuals.

Volunteers Continue to Make Our Food Distribution Programs Successful!

Since November 2017, our Produce Plus Program has brought fruits, vegetables, and many other types of food to hundreds of older adults in Northeast Ohio. The program has thrived, in part, to the dedicated volunteers who complete two-hour+ shifts once a month. These include older adults as well as area high school and college students. In 2018, the volunteers collectively worked 832 hours with the majority of the individuals volunteering every month.

In addition, State Industrial Products, in Mayfield Heights, sends six employees each month to deliver non-perishable boxes of food to homebound individuals as part of the Commodity Supplemental Food Program. These volunteers have become so bonded to their clients that they look forward to seeing them every month!



The Annual Volunteer Luncheon will take place on Thursday, May 23, at the Holiday Inn in Mayfield Village. This will honor our 2018 volunteers. Invitations will be sent in early May.

Volunteer Help for Older Adults (60+)
South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, and Mayfield Village

Computer tutoring in your home (one or two sessions for beginners and intermediates)

Simple home repairs
(not including plumbing or electrical work)

Friendly visits (twice a month)

Occasional errand-running (light groceries or prescriptions)*

**Waiver form is required.*

Organizational tasks (paperwork or sorting)*
**Waiver form is required.*

**** AND ****

It's spring yard cleanup time! During April and May, individual volunteers and groups will spend a little time raking old leaves or picking up litter at the homes of older adults. This is a one-time only service, and priority will be given to existing clients of CPA.

For more information about any of these services, please call Corinne at 216-291-3903.

Applications Available for Summer Home Repair Projects!

We are now accepting applications for summer projects in South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, and Mayfield Village which will be conducted by skilled volunteers.

Based on the experience of the volunteers, these might include exterior painting, minor plumbing jobs, gutter repair (*not* cleaning), landscaping (*not* grass cutting or tree work), carpentry jobs, screen repair, etc. Individuals requesting help will be screened by our social work staff as to financial need.

Please call Corinne at the CPA office (216-291-3903) to request an application or download a copy at our website.

COMPLETED APPLICATIONS MUST BE SUBMITTED BY FRIDAY, APRIL 12.

CPA Café Services - call 216-650-4029 for all lunch info

"A Variety of Scratch-Prepared Lunches at an Affordable Price"

All CPA lunches are open to the public regardless of city of residence

****Vegetarian options available for Café Lunch/Lunch 'N' Movie menus;
please inquire when making any reservation****

Nutrition Tips of the Month:

- ♦ Eating at least three servings of low-fat or fat-free dairy products every day will help keep bones strong;
- ♦ Dairy products contain Vitamin D, which helps our bodies absorb calcium, which keeps bones and teeth strong and ultimately may help reduce breakage if you fall;
- ♦ Can't eat dairy products? Take a dietary supplement. Your doctor or pharmacist can help choose the right one!

**CPA Lunch 'N' Movie
Schedule - All movies are
free and open to the public
regardless of city of
residence. Lunch fee:**

**\$5.00 per person at Mayfield
Village Civic Center Reserve Hall
Theatre**

Reservations for lunch are required no later than the Wednesday prior to the lunch by calling the number above. Doors open at 11:30 AM/lunch at 12:00/ movie at 1:00.

Wednesday, April 10

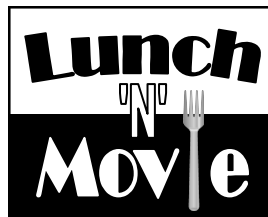
Movie: "The Mule" (2018)

Menu: Ham and Scalloped Potatoes

Wednesday, May 8

Movie: "Green Book" (2018)

Menu: Southwest Steak Salad



Café Lunch—A hearty traditional lunch with entertainment provided for singing, dancing or socializing for \$4.00 per person. Call 216-650-4029 by 3:00 PM on date listed

Thursday, April 25

South Euclid Community Center

Menu entree: Meatball Subs

Entertainment: Bill Newman

Reservation deadline: Wednesday, April 17

Tuesday, May 21

Lyndhurst Community Center

Menu entree: Arroz Con Pollo (Chicken and Rice)

Entertainment: Magic Jonathan (magic show!)

Reservation deadline: Wednesday, May 15

For those 60+ who prefer a more traditional congregate hot lunch, meals are available for a voluntary contribution of \$1.50 on the following days/locations (please see calendar pages for location addresses or give us a call):

- **Mondays/Tuesdays** - Lyndhurst Community Center
- **Wednesdays** - South Euclid Community Center and Mayfield Heights DeJohn Community Center
- **Thursdays** - South Euclid Community Center
- **Fridays** - Highland Heights Community Center

Reservations for the daily congregate lunch are required no later than 3:00 PM on the Wednesday of the full week prior to the lunch by calling 216-650-4029. You will be asked to complete a registration form on the day of your first lunch and yearly afterward, along with a nutrition survey. For questions about the meals, the specific menu detail or to make reservations, please give us call. The menu entrée can be found on the calendar pages of this newsletter. Lunches are served at 11:45 AM.

Cancellation policy: Cancellations for all meals are required as soon as you are aware that you cannot attend a meal, but preferably no later than the Wednesday of the week prior. Failure to cancel in advance may result in a person's inability to make reservations for a period of time.

CPA Program Highlights - call 216-650-4029



Free Movie Monday in Mayfield Village!
1:00 PM unless otherwise noted. RSVP appreciated.
Call the CPA Program line at 216-650-4029

- **April 15: "The Seagull" (2018)**



FREEpeat Movie Matinee - Missed it the first time? Want to see it again?

Free popcorn included! Select Wednesdays at Ross C. DeJohn Community Center at 1:00 PM

April 17: BlackKlansman (2018) Rated R for profanity



The CPA Book Club
meets every last
Wednesday of the
month at South Euclid

Community Center at 12:30 PM. It's
free to join and you can even pick up
a copy of the book from us

April 24: Before We were Yours by
Lisa Wingate

May 29: A Line Becomes a River by
Francisco Cantu

Health & Wellness Talks

at Ross DeJohn
Community Center take
place every first

Wednesday of the month
at 10:00 AM! Join us for
the talk followed by blood pressure
checks courtesy of Manor Care
Mayfield and now including
cholesterol /glucose checks courtesy
of UH Richmond Medical Center!
**Screenings are first come, first
served. Upcoming topics:**

April 3: Alex Lai, Nurse Practitioner –
UH Regional Hospitals: "GERD
(Gastroesophageal reflux disease)
symptoms, types and treatment

May 1: JoAnn Lavrish, PT, CEEAA,
Clinical Specialist – UH Regional
Hospitals. Topic: Movement As
Medicine

June 5: "Long Term Care Planning"
Laurie Steiner, Solomon Steiner &
Peck.



COMMUNITY
PARTNERSHIP
ON AGING

ACCESS

Have you joined ACCESS yet? If you are a Cuyahoga County resident that is 60+ years of age, willing to give feedback to influence future programs, and are looking to ACCESS new & innovative programs in your community for FREE** then you are eligible! **Call CPA at (440) 473-5138 for more info & how to join!**

ACCESS Programs: April—June 2019

- ♦ Mondays (Lyndhurst): Tai Chi (must attend 8 out of 10 classes!), Bridge
- ♦ Tuesdays (Lyndhurst): NEW Nature Walk in the Park, NEW Spanish (4 wks. In May—limited spots available), Brain Games (before & after lunch)
- ♦ Wednesdays (Mayfield Hts.): NEW Nature Walk in the Park, Music Bingo
- ♦ Wednesdays (South Euclid): Senior Exercise, Matter of Balance (waitlist!), NEW Make & Take
- ♦ Thursdays (South Euclid): Senior Exercise, NEW Bingo with Huntington Bank, Board Games
- ♦ Fridays (Mayfield Hts.): Line Dancing, NEW Yoga (must attend 8 out of 10 classes!)
- ♦ Fridays (Highland Hts.): Arthritis Exercise, Puzzles & Coloring (before & after lunch)



** FREE PROGRAMS ARE FUNDED IN PART BY
CUYAHOGA COUNTY DIVISION OF SENIOR
AND ADULT SERVICES THROUGH THE
HEALTH & HUMAN SERVICES LEVY.

Do you have questions or need help with resources related to Medicare, transportation or more? Give us a call! Residents of South Euclid, Lyndhurst and Highland Heights can call 216-291-3902; residents of Mayfield Heights and Mayfield Village can call 440-442-2628.

Blood Pressure/Foot Clinic Dates

Blood pressure screenings for April:

Lyndhurst: Tuesday, April 2, 11:30 AM

Mayfield Hts: Wednesday, April 3, 11:30 AM

South Euclid: Wed., April 10, 11:30-12:00 PM

Highland Hts: Friday, April 26, 11:30 AM

All blood pressure screenings are first come, first served and are FREE. **Mayfield Village Blood Pressure** checks offered by MV Fire Dept on the 3rd Tuesday of the month at the Mayfield Village Community Room. Call 440-919-2332 for details.

You can also make an appointment with one of our podiatrists for \$20 or \$25. Please be prepared with payment at the time of the appointment. Fees may be discussed with your doctor as insurance guidelines and other factors may impact fees.

Highland Hts: Friday, April 12 beginning at 9:00AM

Mayfield Hts: Friday, April 12 beginning at 9:30AM

Lyndhurst: Tuesday, April 23 beginning at 9:30 AM

South Euclid: May 2 (no April foot clinic)

Appts. w/ Dr. Whaley (HH & SE): Call 216-229-0292

Appts. w/ Dr. Spivack (Lynd & MH): 216-650-4029

Mayfield Village: April 5 & 12; call 440-919-2332

April is National Foot Health Awareness Month!



Tips from the California Podiatric Medical Association:

- Check your feet every day
- Pay attention to hygiene.
- Keep your feet clean and dry.
- Watch for age-related changes: loss of padding in the heel and ball of the foot and stiffness related to arthritis.
- Wear properly fitting shoes that fit and match your activity level.
- Give your arches proper support.
- Consult a podiatrist who can evaluate your feet!

Scam Squad

Scam and Fraud Tip of the Month:

Hang up the phone if...

- ◆ A caller threatens or scares you;
- ◆ A caller asks you to send money or to pay with iTunes cards;
- ◆ A caller claims to be a grandchild in need of money.

Not sure what to do? Before you send any money or give out ANY personal information, call the Cuyahoga County Department of Consumer Affairs at 216-443-7035

Transportation with Community Partnership on Aging

is available for older adults age 60+ who reside in one of the CPA communities. Trips are offered to and from CPA Lunches/Programs, for group grocery shopping trips and for medical appointments. Transportation is provided by STC (Senior Transportation Connection). Residents must register in advance by contacting a CPA Social Worker. To register, South Euclid/Lyndhurst/Highland Heights residents may call 216-291-3902 and Mayfield Heights/Mayfield Village residents may call 440-442-2628. Grocery trips and medical appointment trips are scheduled through STC at 216-265-1489. Trips to CPA Lunch and Programs are scheduled by CPA staff with advance notice.



GROUP SHOPPING TRIPS SCHEDULE (Trips subject to change)

SE – Tues., April 9 & 23 to Giant Eagle • Wed., April 10 & 24 to Heinen's • Thurs. April 11 & 25 to Marc's

LYND & HH – Tues. April 2, 16 & 30 to Giant Eagle • Wed. April 3 & 17 to Dave's • Thurs. April 4 & 18 to Marc's

MH & MV – Tuesdays, April 2 & 16 to Giant Eagle & Wal-Mart • Fridays, April 12 & 26 to Heinen's & Marc's

FOR MEDICAL APPOINTMENTS and other personal trips, call 216-265-1489 MONDAY through FRIDAY. Cancellations are REQUIRED no later than 7:00 AM on the day of your scheduled ride. Failure to cancel your trips may result in your inability to use the service.

April Guest Advertorial - Menorah Park



Stick It to the Pain

Whatever your situation, Menorah Park and its Peter B. Lewis Aquatic & Therapy Center are here to help you become empowered through the help of specializations that reduce your pain and keep you on the move.

"We want people to be able to live successfully wherever they are in life and health and regardless of their circumstances" said Jim Newbrough, Menorah Park CEO.



Above: Judi Blank

Judi Blank is 82 and recovering from three knee replacements. Yes, *three*. She had both of her knees replaced at the same time a few years ago, then suffered a bad fall and broke her femur, the largest bone in the body. Doctors had to take out one of her new knees in order to insert a rod to heal the femur, and then had to replace the knee replacement.

While recovering from her surgeries, Judi went to her grandson's high school graduation in a wheelchair – and made it her goal to attend his college graduation without one. And then she started having debilitating back pain. A therapist at Menorah Park's Peter B. Lewis Aquatic & Therapy Center explained that the pain was



Here, a patient receives a dry needling treatment.

caused by the way Judi was walking following her surgeries. He suggested dry needling, a treatment that uses very fine needles to penetrate deep tissue and trigger points in the body.

The dry needling worked! The pain went away, and Judi was able to attend her grandson's college graduation without a wheelchair. She now hopes to do the same for her granddaughter's graduation in three years, so she continues to visit the Center for support that helps her maintain her lively, positive attitude.

"I learned that when your pain is controlled, you feel younger and have more energy," Judi said. "I believe that whatever time you have left, you want to live

it well."

Dr. Jay Weller is also a regular at the Center, only he and Judi are a generation apart. Jay is 62 years old and recovering from multiple major lower back and spine surgeries, and a hip replacement. The operations left Jay with disabilities that ended his career as a physician anesthesiologist, but they have not stolen his zest for life.

Physical and occupational therapies at the Center initiated Jay's recuperation, and he has followed up with regularly scheduled supervised exercise. Under the guidance of the Center's specialists, Jay has accomplished an exceptional recovery. Not only is he able to manage his activities of daily living, but he also swims, rides a stationary bike and enjoys time with his family – all without the use of pain medication.

"There is no better place to rehab and maintain yourself after surgery," Jay said. "The whole team effort, the expertise and the professionalism have helped me get better."

Contact Menorah Park's Community Liaison Kathleen Parrino at 216-402-0895, to discuss how we might be able to help you.

Continued from page 1

in their homes for as long as they wish. Speaking of, did you know that the majority of older adults age 65+ want to stay in their homes and communities as they age? It's true. AARP conducted a survey in 2014 and among the 4500 people surveyed, 87% of those age 65+ stated they wished to age in their homes, while 71% of those age 50-64 want to age in place. Through your generosity, CPA remains true to our mission: Improving lives through programs and services that support independence, community involvement and well-being.



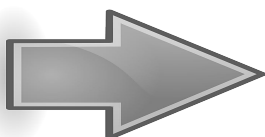
April Program Calendar - call 216-650-4029 for all lunch and

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
10:30 Tai Chi - fee (LCC) 11:00 Library Cart (LCC) 11:45 Hamburger (LCC) 12:30 Bridge (LCC)	1 10:00 Brain Games (LCC) 10:00 Nature Walk in the Park (LCC) 10:30 Exercise DVD (LCC) 11:30 Blood Pressure Checks (LCC) 11:45 Chicken Breast Stuffed with Broccoli (LCC) 12:15 Pinochle (LCC) 12:30 Scrabble (LCC)	2 10:30 Health Talk (MH) 10:30 Senior Exercise \$2 (SE) 10:30 Music Bingo (MH) 11:30 Blood Pressure/Glucose/Cholesterol Checks (MH) 11:45 Tuna Salad (SE/MH) 12:15 Pinochle (SE) 12:30 A Matter of Balance (SE) 1:00 Busy Hands Knitters (SE) 1:00 Make & Take - fee (SE)
8 10:30 Tai Chi - fee (LCC) 11:00 Library Cart (LCC) 11:45 Chicken Alfredo (LCC) 12:30 Bridge (LCC)	9 10:00 Brain Games (LCC) 10:00 Nature Walk in the Park (LCC) 10:30 Exercise DVD (LCC) 11:45 Sliced Ham (LCC) 12:15 Pinochle (LCC) 12:30 Scrabble (LCC)	10:00 Nature Walk in the Park (MH) 10:30 Senior Exercise \$2 (SE) 10:30 Music Bingo (MH) 11:30 Blood Pressure Checks (SE) 11:45 Stuffed Cabbage (SE/MH) 12:00 Lunch 'N' Movie (MV) 12:15 Pinochle (MH) 12:30 A Matter of Balance (SE) 1:00 Busy Hands Knitters (SE) 1:00 Make & Take - fee (SE)
15 10:30 Tai Chi - fee (LCC) 11:00 Library Cart (LCC) 11:45 Roasted Turkey Breast (LCC) 12:30 Bridge (LCC) 1:00 Movie Matinee (MV) "The Seagull"	16 10:00 Brain Games (LCC) 10:00 Nature Walk in the Park (LCC) 10:30 Exercise DVD (LCC) 11:45 Beef Meatloaf (LCC) 12:15 Pinochle (LCC) 12:30 Scrabble (LCC)	10:00 Nature Walk in the Park (MH) 10:30 Music Bingo (MH) 10:30 Senior Exercise \$2 (SE) 11:45 BBQ Rib Patty (SE/MH) 12:15 Pinochle (MH) 12:30 A Matter of Balance (SE) 1:00 FREEpeat Movie "BlackKkKlansman" (2018) 1:00 Busy Hands Knitters (SE) 1:00 Make & Take - fee (SE)
22 10:30 Tai Chi - fee (LCC) 11:00 Library Cart (LCC) 11:45 Chicken Cacciatore (LCC) 12:30 Bridge (LCC)	23 9:30 Foot Clinic \$20 (LCC) 10:00 Brain Games (LCC) 10:00 Nature Walk in the Park (LCC) 10:30 Exercise DVD (LCC) 11:45 Beef Lasagna (LCC) 12:15 Pinochle (LCC) 12:30 Scrabble (LCC)	10:00 Nature Walk in the Park (MH) 10:00 Card Making \$3 (MH) 10:30 Music Bingo (MH) 10:30 Senior Exercise \$2 (SE) 11:45 Salisbury Steak (SE/MH) 12:15 Pinochle (SE) 12:30 Book Club: <u>Before We Were Yours</u> (SE) 12:30 A Matter of Balance (SE) 1:00 Busy Hands Knitters (SE) 1:00 Make & Take - fee (SE)
29 10:30 Tai Chi - fee (LCC) 11:00 Library Cart (LCC) 11:45 Spaghetti & Meatballs (LCC) 12:30 Bridge (LCC)	30 10:00 Brain Games (LCC) 10:00 Nature Walk in the Park (LCC) 10:30 Exercise DVD (LCC) 11:45 Lemon Piccata Chicken (LCC) 12:15 Pinochle (LCC) 12:30 Scrabble (LCC)	

d program reservations, inquiries and fees

	<i>Thursday</i>	<i>Friday</i>
3	10:30 Senior Exercise \$2 (SE) 11:00 Laughter Club (SE) 11:45 Roasted Pork Loin (SE) 12:00 Bingo for Fun with Huntington Bank (SE) 1:00 Games (SE) 1:00 Creative Paper Recycling (US)	4 9:30 Intermediate Line Dancing - fee (MH) 9:30 Woodcarving (HH) 10:00 Puzzles & Coloring (HH) 10:00 Nimble Needlers (MH) 10:30 Exercise (HH) 11:45 Veggie Lasagna (HH) 12:00 Yoga - fee (MH) 12:30 Bridge and Cards (HH)
10	10:30 Senior Exercise \$2 (SE) 11:00 Laughter Club (SE) 11:45 Beef Hot Dog (SE) 12:00 Bingo for Fun with Huntington Bank (SE) 1:00 Games (SE) 1:00 Creative Paper Recycling (US)	11 9:00 Foot Clinic \$25 (HH) 9:30 Foot Clinic \$20 (MH) 9:30 Intermediate Line Dancing - fee (MH) 9:30 Woodcarving (HH) 10:00 Puzzles & Coloring (HH) 10:00 Nimble Needlers (MH) 10:30 Exercise (HH) 11:45 Stuffed Shells (HH) 12:00 Yoga - fee (MH) 12:30 Bridge and Cards (HH)
17	10:30 Senior Exercise \$2 (SE) 10:30 Produce Plus (SE) 11:00 Laughter Club (SE) 11:45 Swedish Meatballs (SE) 1:00 Games (SE) 1:00 Creative Paper Recycling (US)	18 <div> No Lunches or Programs in observance of Good Friday </div>
24	10:30 Senior Exercise \$2 (SE) 11:00 Laughter Club (SE) 11:45 Café Lunch \$4 (SE) 12:00 Bingo for Fun with Huntington Bank (SE) 1:00 Games (SE) 1:00 Creative Paper Recycling (US)	25 9:30 Line Dancing - fee (MH) 9:30 Woodcarving (HH) 10:00 Nimble Needlers (MH) 10:00 Puzzles & coloring (HH) 10:30 Exercise (HH) 11:30 Blood Pressure Checks (HH) 11:45 Stuffed Peppers (HH) 12:00 Yoga - fee (MH) 12:30 Bridge and Cards (HH)
		26

CPA Program Location Codes and Addresses Box



LOOK

CPA Program Locations and Codes

- Lyndhurst Community Center (LCC): 1341 Parkview Dr.
- South Euclid Community Center (SE): 1370 Victory Dr.
- Highland Heights Community Center (HH): 5827 Highland Rd.
- Ross C. DeJohn Community Center (MH): 6306 Marsol Rd.
- Mayfield Village Civic Center/Theatre (MV): 6622 Wilson Mills Rd.
- University Suburban Health Center (US): 1611 South Green Rd.

Look for the Location Code in parentheses after each program to tell you the location of each program! Occasionally we miss one; give us a call at 216-650-4029 and we can give you the location. All CPA-offered programs, trips and lunches are open to the public regardless of city of residence. Join us!

CARE



Are you a senior citizen in need of minor homecare help? The CARE Program is a volunteer driven initiative to help out older community members around their homes! Get the home aid you deserve today!



For more information about membership please contact us at 216-970-0599

or email at care4eight@gmail.com

Hola!

Beginner Spanish with Paula

CPA will be offering a 4-week beginner Spanish class again!

The dates will be Tuesdays, May 7th, 14th, 21st, and 28th from 10:30-11:30 at Lyndhurst Community Center, 1341 Parkview Dr.

The class is limited to 10 participants. Call 216-650-4029 to register.

**Join us for our NEW
“Nature Walk in the Park” Groups!
Tuesdays & Wednesdays
10:00AM– 11:00AM
Tuesdays at Lyndhurst
Community Center
Wednesdays at Ross DeJohn
Community Center in Mayfield Heights
(No walking group the
1st Wednesday of the
Month due to Health Talk)**



**HILLCREST CONCERT BAND
SPRING CONCERT – AMERICANA!**

TUESDAY, MAY 14, 2019, 7:30 PM
Regina College Auditorium
1857 South Green Rd.

FREE*DONATIONS WELCOME



SILVER AND Gold FASHION SHOW

Dr. Connie Korošec and students are returning for a fantabulous fashion show of silver and gold designs (and maybe a few rubies, emeralds and sapphires, too). Please join us for the festivities that will include Herb-Rubbed Grilled Salmon dinner prepared by South Euclid Chef Bob Sferra of Culinary Occasions!

***Tuesday, April 9
Lyndhurst Community Center
1341 Parkview Dr.***

Tickets: \$25 per person

Doors at 5:00PM, dinner served promptly at 6:00PM (vegetarian option available by advance request only. Call 216-291-3902 for requests and ticket info)

Tickets may still be available!

Call our main office at 216-291-3902

*Credit card purchases include applicable service fees

The 2019
Movie Day and
Luncheon!

This year's movie:

***Love Affair
(1939)***

Wednesday, May 15

Ross DeJohn

Community Center

Vendors at 10:00am

lunch at 12 noon

movie at Atlas Cinemas

Eastgate at 2:00pm

Lunch reservations are available

by calling 216-650-4029;

Movie tickets available in May



**Highland Heights
Commission on Aging
Trip to Macaron
Tea Room
Thursday, May 2**

Enjoy the elegant feeling of a British Tea Room! Participants will order food and tea on their own from the Tea Room Menu that has a variety of teas, scones, sandwiches and dessert (including Vegan Gluten-free and Keto selections).

Bus departs from Highland Heights Community Center at 10:30 AM
Non-refundable/non-transferable deposit of \$15 per person due to Mary Velotta no later than April 11.

For information on how to register, call Mary at 440-461-2441

**Richmond Heights/Hillcrest
Kiwanis Pancake Breakfast**

Sunday, April 7
9:00 AM - 1:00 PM
Richmond Hts. Kiwanis Lodge
27285 Highland Rd.
Adults: \$7, Students and Seniors: \$6
Children 5 & under: free



CPA Advisory Board Meeting
Tuesday, April 9, 11:00AM Room A62,
University Suburban Health Ctr

Highland Heights Commission on Aging
April 15 at 9:00AM
Highland Heights City Hall

Mayfield Village Commission on Aging
Next meeting Thursday, April 4
11:00AM
MV Community Room

**South Euclid Commission
on Aging Meeting—**
No meeting scheduled

**The Hillcrest Meals on
Wheels Program**



Hillcrest Meals on Wheels is available to residents of Lyndhurst, South Euclid, Mayfield Hts., Mayfield Village, Highland Hts., and Richmond Hts. who are homebound or unable to shop and/or cook for themselves. There are no age or income restrictions. Clients pay a nominal fee for nutritious meals prepared by UH Richmond Medical Center. Volunteers are available to deliver the meals Monday-Friday. Interested residents should call Judy Conkling, Program Director at 440-449-3551 for more information.



AARP Tax Preparation -
Limited appointments are left!
Appointments are for those age 60+
living in Lyndhurst, Highland
Heights, Mayfield Heights and
South Euclid (Mayfield Village
appointments are full).

- **Appointments at Lyndhurst Community Center:**
Call 216-291-3902
- **Appointments at Highland Heights Community Center:** Call Mary at 440-461-2441
- **Appointments at Mayfield Heights DeJohn Community Center:** Call 216-291-3902.
- **Appointments at South Euclid Community Center:**
Call 216-291-3902

Produce Plus—

Market for those age 60+

Produce Plus takes place every third Thursday of the month at South Euclid Community Center and offers a variety of produce PLUS other non-produce goods (Produce *PLUS*)!



With Produce Plus, there is NO NEED to sign up in advance! The program will still follow the previous income guidelines (\$2012/month for a household of one, or \$2743 for a household of two), and sign in with Ohio Driver's License or State ID is required.

Produce Plus Market takes place every third Thursday between the hours of 10:30AM - 2:00PM at South Euclid Community Center



Programs & Trips with Mayfield Village Senior Services. Please call Donna at 440-919-2332 for all questions and to register. Classes in MV Community Room.

- **Watercolor Painting Classes:** Thursday mornings 9:00 a.m.-12:00 p.m. **April Session:** April 4, 11, 18, and 25. **May Session:** May 2, 9, 16, 23. (\$35/Mayfield School District; \$40/all others per 4-week session + \$4 material fee paid to instructor.) Deadline to register: One week prior to the session for which you wish to register.
- **Cooking Classes** (various Thursday evenings, 7-9 p.m. (\$20/class + food fee.) **Vegetarian Cooking:** April 11. **Cooking with Tortillas:** May 9. **Salad:** May 23. You'll get plenty of food to taste and new recipes. **Deadline to register:** The Monday prior to the class for which you wish to register.
- **Contact us for information about Balance & Chair Yoga** (Wednesdays, 2-3 p.m.; \$42/6-week session).
- **One Stroke Painting** (seasonal projects on various Wednesdays: \$28/class + \$3-4 material fee.) **May 8:** Create pretty lilies on canvas. (Note: This is different from last year's picture.) Deadline to register: One week prior to the class.
- **Free Brainersize Classes** (exercises for your brain) are held the last Monday of each month. (The May class will be on the third Monday.) Call to register.
- **Lunch & Learns: 12 noon at MV Civic Center. Deadline to Register: One week prior to the program.** "Name That Tune" Wednesday, April 24 sponsored by the Greens and the Fountains. "Leading a Brain-Healthy Lifestyle", Wednesday, May 1 sponsored by Kemper House. "Your Life, Your Legacy" Friday, May 3 sponsored by DiCicco and Sons Funeral Home.
- A new session of **Free Bereavement Classes** will be held April 22-June 17 from 10:00a.m.-11:00a.m.
- **Wednesday, April 17: Historic Trifecta:** Tours of Lake County Historical Society and the Bennett VanCuren Historical House, lunch on your own at the historic Rider's Inn. \$28. Please register ASAP.
- **Friday, May 31: Hartville—Hardware, Kitchen, Chocolate, & Shopping:** We will tour Chocolate Creations where we will make our own candy bar. Enjoy lunch on your own at Hartville Kitchen and shopping there and at the MarketPlace Stores and Flea Market. \$53. Deadline to register: April 29.
- **Wednesday, June 5: Guided Tour of Progressive Corporation's Art Collection (Campus I Headquarter Office, Mayfield Village, OH) and lunch on your own at Alfredo's at the Holiday Inn where you may choose from 3 entrees.** \$19 for transportation. Deadline to register: April 29.
- **Wednesday, July 17: Carousel & Milan Museums in Sandusky with Tin Goose Diner for lunch on your own.** \$45. Deadline to register: June 10.
- **ABC Village Quilters Need Volunteers:** Meets most Wednesdays during the school year from 10:30a.m. to 12:30p.m. at the Mayfield Village Community Room. You do not have to be a resident to participate, and do not have to know how to quilt or sew. Contact Donna for details.

City of Mayfield Heights Rec Department Upcoming Offerings
Pre-registration with payment is required by calling 440-442-2627



- **Adult Afternoon Out** - Join us for lunch at the Ross DeJohn Community Center. Each lunch is \$10 per person.
- **Spring Fling:** Time: 12 -2 pm on 4/9. Kielbasa Brussel Sprouts and Potato Skillet, dessert, coffee and water. Entertainment: Sam Fosh Sponsored by: Care Source
- **Dinner and a Movie:** Time: 3:30 - 6 pm on 5/14 – Pork Chops, Noodles, Vegetable, dessert & coffee. Entertainment: "A Walk to Remember" Sponsored by: TBA
- **Special Events at the Ross DeJohn Community Center**
- **Pancake Breakfast:** Join Mayor DiCicco and City Council on Sunday, April 7 from 8:30 am – 12:30 pm for all you can eat pancakes, French toast and sausage. Tickets can be purchased in advance from the Mayor, any Council Member, Parks and Recreation Commission Members, or at City Hall. Pre-sale tickets are \$5.00 per person (\$6 at the door), kids 6 and under eat Free!
- **Bingo:** 4/30 12 – 2 pm Join us for a light lunch and Bingo fun! Prizes will be awarded to winners of each game. Must preregister by April 23. Sponsored by: The Fountains and The Greens.
- **Remember When:** 5/29, 4-5 p.m. Join us as the Celtic Union walks through the music of the Civil War. Musicians will be in period dress and provide background on each piece. \$5/per person. Preregistration is required by May 15.
- **Silver Social:** 5/18, 6 – 8:30 pm Put your dancing shoes on and come join us for dinner and dancing. Dinner will include Roast Beef, potato, veggie, dessert, coffee and water. Music provided by Jamin' Joel. \$10/per person. Preregistration is required by 5/10.
- **Trips & Excursions – Lake View Cemetery Tour & Maxi's:** 5/24, 9:30 am – 2:30 p.m. \$25/per person. Join us as embark on a private tour of Lake View Cemetery and hear the rich history and boundless stories of tradition. Following the tour we will have lunch in Little Italy at Maxi's (lunch on your own). Max 24

JIM VENTURA



CELL: 440-227-4988
jamesventura1024@gmail.com




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**LYNDHURST OFFICE HOURS FOR APRIL Mon. 11:00 AM - 1:00 PM;
Tues. 10:00 AM - 3:00 PM; Fri. by appointment: 440-473-5138**



PLANET OF THE GRAPES Wine Tour

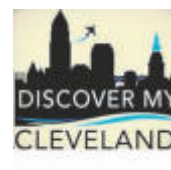
Friday, August 23rd, 2019 10:30 am – 4:30 pm

\$62/person. Call CPA at (440) 473-5138 to reserve your spot(s)!



Leave from the Rae Rd. parking lot at Lyndhurst Community Center aboard a Motor Coach for a tour of the Crush House at Debonne Vineyards where you will enjoy a special wine tasting and cheese and crackers. You'll then visit the 2nd longest Covered Bridge in Ohio –

Harpersfield, following by lunch (Chicken Salad Croissant with insalata and a side of fresh fruit) and a presentation with samples at Laurello Winery. Our tour will end with shopping and sampling at Robinson's Apple Barn.



Ethnic Markets of Cleveland

Cleveland is a wonderful mosaic of people and culture and is well represented by the shops that still offer the rich food traditions and customs of Clevelanders' native lands. Join us as we visit Greek, Italian, Lebanese, Asian and German markets for samples, recipes, and shopping! A map of the Westside Market including close-by eateries will be provided, with time for shopping and lunch on your own. Just in time for your Passover and Easter needs, or even just some Spring goodies!

\$44/person includes: Motor coach Transportation to and from the Rae Rd. parking lot (by Lyndhurst Community Center). Guided tour by **JKL Tours** includes visits to: **Athens Greek Store, Hansa German Market Store, Aladdin's Lebanese Store, West Side Market & W. 25th Street** (free time for shopping & lunch on own!), **Peterson's Nuts, Tink Holl Asian Market, & Gust Gallucci's Italian Import Store** and a special CPA-exclusive surprise!



**Open to residents of any city 55+ years of age.
Call (440) 473-5138 to see if spots are still available!**



Learn & Go

Stay tuned for the upcoming Learn & Go programs in partnership with University Circle Inc. Some upcoming topics may include trips to the Rock & Roll Hall of Fame and the Cleveland History Center (formerly Western Reserve Historical Society).

