There is no “I” in TEAMWORK!

When Community Partnership on Aging needed help unloading and moving several food boxes donated from the Greater Cleveland Food Bank, South Euclid Mayor Georgine Welo (center front) and staff answered the call—and safely. Many thanks to everyone for your assistance; we can’t thank you enough!

If you or someone you know is in need of shelf stable foods during this time, CPA has a limited number of boxes available. Give us a call at 216-291-3902 to find out if you are eligible.

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 reach staff at the following numbers:
- South Euclid/Lyndhurst Outreach: 216-291-3902
- Lyndhurst Office: No Office Hours at this time
- Mayfield Heights, Mayfield Village & Richmond Hts Outreach Office: 440-442-2626 X 244 (call for appointments)
- Lunch and Programs: Refer to newsletter for specific details at this time
I hope you are doing well in these stressful times and are taking time to take care of yourself while staying safe. The amazing staff of CPA is serving on the front lines to bring you meals, emergency food boxes and other needed supplies. We are also fortunate to be able to tap into a group of dedicated volunteers to help with critical assistance and are grateful for their commitment to your health and well being. Here are some of the ways your CPA is here for you during the COVID-19 crisis:

- **FROZEN ENTRÉE LUNCHES** - We are distributing hundreds of frozen entree lunches a week to area residents over the age of 60 by curbside pick-up. Pickup sites are Lyndhurst Community Center (Monday), South Euclid Community Center (Wednesday), Ross DeJohn Community Center (Mayfield Heights) (Wednesday) and Highland Heights Community Center (Friday). Pick-up is at 11:30 AM. You can call into our lunch reservation line (216-650-4029) by Tuesday at 2PM make reservations for the following week. Lunches are available at no cost to you; a donation of $1.50 per lunch is suggested.

- **SOCIAL WORKERS** - are available to residents of our member cities (Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid) by phone (440-442-2626 x 244) to provide assistance and resources for needs and benefits during this time. Social workers can put you in touch with emergency food assistance, help with SNAP and other benefits, and provide counsel on managing life in general.

- **MASKS AND GLOVES** - We are seeing more and more requests for masks and gloves. At this time, we are putting a call out to the community for donations. Our social workers are maintaining wait lists for masks and gloves and we will distribute once we have some available.

- **PLUGGED IN PROGRAMMING** – For those of you with access to Facebook, please check out our newest feature that lists the many on-line activities you can log into, including virtual art museum tours, concerts, lectures, and exercise classes. You can find it at https://www.facebook.com/groups/CPApluggedinprogramming/ I know it isn’t the same as being here in person, but PIP will keep you active and engaged for now. We hope to announce a schedule of Facebook Live classes with the instructors you know and love.

- **“GETTING THE WORD OUT”** - At this writing, we have cancelled all programs at all community centers through June 1 in response to Governor DeWine’s declaration; the situation is monitored daily which means changes occur daily too. We have several ways for you to get CPA updates in terms of programs, events and cancellations—
  * Call the program line (216-650-4029)
  * Check our website (communitypartnershiponaging.org)
  * If you are on Facebook, follow or like our page and you will get updates automatically
  * If you have an email account, call the office and sign up for our e-blast which delivers timely information right to your email.

We are living through uncertain times that are challenging, unsettling, and unmapped. A silver lining to all of this is the outpouring of support from our Mayors, city employees and the general public. We receive so many calls asking how to help - it is reassuring to see how we are all one community working together. So please stay safe and secure and know that your Community Partnership on Aging is here for you.

*Wendy*

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

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**Find us on these Social Media sites**

Funding is provided by the cities of South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, Mayfield Village & Richmond Heights; 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.
Summer Repair Program
Application Deadline Extended
The Summer Repair Program is offered by the Community Partnership on Aging to assist homeowners age 60+ in our six-city service area with interior or exterior home repair or landscaping projects. Homeowners may apply for up to 3 projects.

Work is completed by volunteers typically between June and September. The homeowner may be asked to contribute to the portion of the cost, or donate time as a volunteer, based on income. Additionally, the homeowner must be home when projects are being completed.

Projects we have completed in the past include painting, staining, screen repair, fence repair, yard debris clean up and flower bed clean up. We are unable to consider the following types of projects: electrical, plumbing, HV/AC, gutter cleaning, carpet cleaning/stretching, or tree trimming.

Please contact the Volunteer Services office to request an application at (216) 291-3903 or hahnm@communitypartnershiponaging.org. Applications are due by May 30, 2020.

I am a volunteer
My work comes from my heart
I give my time and energy
This is my active part
I can make a difference
Volunteering is where I start
Astrid Hardjana

Volunteers of all ages are needed in late April and May to help with our 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! Please contact the Volunteer Services office for more information: 216.291.3903 or hahnm@communitypartnershiponaging.org

Community Partnership on Aging
Scramble and Sudoku answers on Page 7

UNSCRAMBLE
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“Exploring the potential of Probiotics”
From the Pantry of Chef Mary Beth

Winters in Ohio can be tough. Our immune system tends to weaken due to extreme cold temperatures combined with dry indoor heat. The best way to fight off cold and flu viruses is to boost the immune system.

Evidence based research shows that probiotics improves digestion, strengthens immunity and can also aid in weight loss.

As scientists continue to research probiotics, they are discovering the microscopic bacteria found in probiotics may be key to the prevention and treatment of immune disorders and infectious diseases. Probiotics are live, active bacteria that is good for your digestive system. It is often called the “good” bacteria in the gut that competes with the “bad” bacteria to increase the immune system.

Yogurt is the one of the best sources of probiotics. Other common foods containing probiotics are sauerkraut, kimchi, pickles and buttermilk, all fermented with “good” bacteria to provide health benefits when consumed.

Sudoku
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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“When life hands you lemons, make lemonade!” - originally attributed to Dale Carnegie

The COVID-19 pandemic really threw everyone for a loop and as a result, many of the fun programs and events CPA had planned had to be cancelled. Two of those events were the ever-popular St. Patty’s Day Corned Beef “Extravaganza” and the Movie Day and Luncheon in honor of Older Americans Month. CPA staff is working hard to keep you connected and safe and as a result, we started the Plugged-in Programming Group on Facebook. If you’re not already connected, here are some examples of programs you can watch or participate in on the Plugged-in Programming Group (log on and connect for details):

♦ Dementia Q&A with Arden Courts
♦ CPA’s Virtual Café Pasta Dinner (see below for details) on May 7
♦ Cirque du Soleil Concerts • Bob Ross “The Joy of Painting” episodes
♦ Virtual Classroom with the Cleveland Metroparks Zoo

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**Special Older Americans Month Pick Up Lunch!**
Corned Beef Sandwich available for pick up only Thursday, May 21
South Euclid Community Center
Pick up between 3:00-5:00PM ONLY
Deadline: May 18 at 3PM

FREE but limit ONE per person.
***CALL 216-272-4824***

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**Virtual Café Pasta Dinner**
Thursday, May 7 • $5.00 per person
Includes Pasta Marinara Dinner & Free Entertainment on CPA Plugged-in Programming on Facebook
(Pay by credit on EventBrite or mail in check to CPA Office at South Euclid Community Center)
Dinner pick up between 3:00-5:00PM on May 7 at South Euclid Community Center; entertainment at 6PM
Deadline to register: May 4 at 3PM
Questions? Call 440-473-5138
Register on Eventbrite:
https://www.eventbrite.com/e/community-partnership-on-aging-virtual-cafe-tickets-103448671762
May 2020 - Older Americans Month

This year’s OAM theme, *Make Your Mark*, highlights older adults’ unique and lasting contributions to their communities. While we can’t get together to recognize your contributions at our annual Luncheon Celebration and Movie Day, please know that everyone at Community Partnership on Aging is working hard to provide our services and to keeping you connected and healthy! And while it may be difficult to “make your mark” right now, one thing you can do is share your story. Stories build community and connect us even when we can’t be physically together, can help us manage this challenging time and can help us feel stronger and more connected.

Start thinking about this and watch for more information from us as we put together some ideas on how to celebrate your stories!

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| **How many of these ideas will you do this month?** | 1) May Day  
Do you have any May Day Celebration memories? | 2) Cinco de Mayo – Taco Tuesday  
Make tacos at home or enjoy takeout tacos from your favorite Mexican restaurant! | 3) National Walking Day  
Start walking for 10 minutes.  
See pg. 5 for details of walk! | 4) 5) Cinco de Mayo – Taco Tuesday  
Make tacos at home or enjoy takeout tacos from your favorite Mexican restaurant!  
6) Celebrate “Eat More Fruits and Vegetables Day” with a smoothie... or pick up a bag of produce at the special Produce Plus pick up at South Euclid Community Center beginning at 1:00PM. See pg. 8 |
| 11) Meditation Monday  
Take at least 5-10 minutes enjoying stillness and reflect on the things you are grateful for. | 12) 13) Walk It Out Wednesday!  
Take a walk – around your house, around your block, or even drive to a local park and get out for a short walk! Just make sure you keep AT LEAST 6ft. distance between you and others! | 14) Talk about it Thursday  
Give a family member or a friend a call today just to talk! | 15) National Pizza Party Day  
Make homemade pizza or order delivery from your favorite local pizzeria! |
| 18) 19) Time Test Tuesday  
Give yourself a test to see how much of a task you can get done in 10 minutes. Some ideas: folding laundry, decluttering your junk drawer, etc. | 20) | 21) Special Corned Beef Pick Up Lunch  
See pg. 5 for details | 22) |
| 25) Memorial Day  
What’s your favorite Memorial Day memory? | 26) | 27) National Senior Health & Fitness Day  
Check out the resources at [https://www.nia.nih.gov/health/exercise-physical-activity](https://www.nia.nih.gov/health/exercise-physical-activity) | 28) |
| 29) Funny Friday  
“What kind of garden does a baker have?” A flour garden | | | |
DO ANY OF THESE PROJECTS LOOK FAMILIAR?
These are all services that CARE Volunteers assist members with. Call today to learn more about being a CARE Member so you can get some these projects off your list!
Call 216-970-0599 or visit our website at www.careneo.org.

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<th>Yard Care</th>
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<td>Spring Cleanup</td>
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<td>Cleaning out cabinets &amp; Expired Items</td>
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<td>Packing Items</td>
<td>Setting up new devices i.e. cell phones, tablets printers, computers &amp; TVs</td>
<td>Screen, storm window &amp; door seasonal change outs</td>
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<td>Room cleanouts including basement, attic</td>
<td>Support for hardware and software issues</td>
<td>Window air conditioning seasonal change outs</td>
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<td>Sorting and moving for storage, donating or trash</td>
<td>Provide general overview of how to use products</td>
<td>Furnace filter replacement</td>
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<td>Paper Shredding</td>
<td>Cable &amp; Internet Connections</td>
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<td>Large &amp; Small Projects</td>
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Puzzle Answers

**Answer to Sudoku**

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rose, dandelion, gardenia, hydrangea, wisteria, weeds, honeysuckle, carnation, flower, watering can

**Did you know that a donation as little as $25.00 would help CPA:**

- Provide four Café Lunch meals
- Provide one-way transportation to a medical appointment
- Help purchase grab bars and other safety equipment for the Safe at Home Program

Community Partnership on Aging is grateful for any donations to our organization. While we recognize that this is a difficult time for everyone, if you have the means, please know that a donation of any size is always used thoughtfully and in the manner stated in any request.

For information on making a donation to CPA contact Therese Grida at 216-291-0772.
As a result of the COVID-19 pandemic, we had to adjust to a “new normal” that dramatically altered not only the way we operate, but how we socialize. Practically overnight, we adjusted to wearing masks and a 6ft social distancing rule. Here, CPA Nutrition Staff “mask up” in preparation to distribution frozen meals, and below, besties of over 80 years, Carol and Betty, know that friendship knows no distance as they safely say hello after picking up their lunches at Lyndhurst Community Center.

SPECIAL PRODUCE PLUS EVENT!

Thanks to our partnership with the Greater Cleveland Food Bank, CPA has been able to secure the assistance of the National Guard for a special Produce Plus event that will take place in accordance with social distancing orders.

Bags of produce will be distributed on a first come, first serve basis at South Euclid Community Center on Wednesday, May 6 beginning at 1:00 PM. Recipients can pull up to the side of the building in their car and we’ll put it in your trunk or back seat! You’ll just have to safely provide us with your name before you leave.
The AARP Foundation is doing its part to flatten the curve and while developments change regularly, a top priority is ensuring the safety of the volunteers and taxpayers. As a result, all tax aide services were suspended as of March 16.

Please visit their website at aarpfoundation.org/taxhelp or the Internal Revenue Service at https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free

**Thank You!**

**CPA Paper Goods Drive**

When we need to rally, our cities rally for us! In response to our Paper Goods Drive, residents from all six CPA communities donated paper goods to serve older adults in need.

If you or someone you know is at-risk and is in need of paper goods, CPA may be able to help! Give us a call to inquire: 216-291-3902

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**Mayfield Village**

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. All prices subject to change.

We hope you are safe and well. We have contacted Mayfield Village seniors to check on them. If you have not been contacted, please call us at 440-919-2332 or email dheath@mayfieldvillage.com so we can add you to our list of seniors to contact in emergency situations such as this.

Contact us to find out when activities and programs are going forward. We are in the process of rescheduling the following trips: Miss Molly’s Tea Room, Franklin Park Conservatory with the Dale Chihuly exhibit, the Historic Churches, and possibly the National Aviary. Lunch n’ Learns and foot clinics are likely to be rescheduled also.

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**The City of Mayfield Heights**

Recreation Department Upcoming Offerings are currently suspended

Programs and Events will be back on schedule as soon as possible.

If you have any questions, call 440-442-2627

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Community Partnership on Aging ~9~ May 2020
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

LOCAL CENTERS:
Grande Oaks • Grande Pavilion
Solon Pointe • Willow Park

Schedule a tour today.
Call 888-975-1379

Visit our website at: www.EmbassyHealthcare.net
Community Partnership on Aging
1370 Victory Dr.
South Euclid, OH 44121

COVID-19 Updates

All CPA on-site programs are currently cancelled indefinitely.

**EXCEPTIONS (at this time):** Frozen Lunches available for curb-side pickup on Mondays, Wednesdays, and Fridays. **Reservations due by calling 216-650-4029 by the prior Tuesday by 3 pm.**

We will resume on-site programming as soon as it is safe to do so. The health and wellness of our staff, volunteers, and clients comes first!

**Questions & Concerns? Call CPA Main Office: 216-291-3902.**

Special COVID-19 Issue!