The CPA Legacy Circle was established to recognize and thank those of you who included CPA in your estate plans either through your will, trust, retirement/life insurance plans, bank accounts or other vehicles. Through your thoughtfulness and planning, you have made a timeless commitment to continue the work of CPA to support every older adult’s desire to remain in their home, however they define home, in a safe, active and vital manner. If you are interested in including CPA in your will or estate planning, please contact Therese Grida at 216-291-0772.

Just...BREATHE.

These are unprecedented times. Make sure you take time to check in with yourself and practice some self-care. If you need help, check out our Meditation and Yoga Programs. For more information, call Carolyn at 440-473-5138.
News from the Community Partnership on Aging
Executive Director, Wendy Albin Sattin

Hard to believe it is September and we have been wearing masks, maintaining proper distancing and washing our hands regularly since March. As of this writing, our community centers are still closed to the public. The governor just announced a target date for reopening in September and we are working on a plan for a safe reopening. In the meantime, CPA continues to expand our alternative programming. Whether you join us online or at various pop up programs in center parking lots or during a friendly phone call, we are building new ways of connecting to you.

One of the primary lessons learned in the past 5 months is the importance of staying in touch. If you know of someone who might welcome a call or note from you, please take the time to do it. I know someone who schedules note writing sessions every Tuesday so she continually communicates with friends and family all over the country. In a more virtual way, I heard about a pair of friends that stay in touch daily simply by texting an emoji (a small picture like this ♥) to each other on their cell phone. It’s an easy, fast and effective way of saying “Hello I am thinking about you”. Whatever you do, please know that staying connected benefits both you and the person with whom you are connecting.

CPA created a fun way to connect with friends and family in September and raise needed funds for the organization: Random Acts of Fun. This virtual scavenger hunt consists of a lot of different tasks that people can do alone or with a small group - safely, of course. The more tasks you accomplish, the more points you accrue. Tasks range from meeting a mayor in a specific location and time and snapping a picture to exploring notable locations in the cities to grabbing a burrito at a particular restaurant. You can learn all about Random Acts of Fun on page 10 & 11 or call Therese at 216-291-0772.

Talking about fundraising, how many of you shop on Amazon? Well, here is an easy way to support CPA through Amazon Smile. For every purchase made through Amazon Smile, Amazon donates 0.5% of the total purchase price to a designated charity at no cost to you. To sign up, go to smile.amazon.com, select Community Partnership on Aging as your designated charity and follow the directions there.

Finally, looking for guidance on voting during COVID-19? Our diversity committee is working on educating us on how to obtain ballots to vote by mail. Check out their article on page 13 for details on the process.

As always, we miss seeing each of you and look forward to the day we can resume programs in the community centers. Until then, please stay safe and reach out to someone to brighten their day.

Wendy
sattinw@communitypartnershiponaging.org
The CPA Diversity Committee congratulates member Chanell Elston on her election to the South Euclid City Council.

Congratulations!

15 Reasons to Volunteer in 2020
It's no secret that we could all use a little positivity right now. Why not consider volunteering for Community Partnership on Aging? Here are 15 reasons why you should:
1. It’s good for your health
2. It can boost your career
3. You can learn new skills
4. You can gain real-world experience
5. You'll make an impact
6. You'll contribute to the agency’s development goals
7. You can contribute to a cause you believe in
8. You'll help empower others
9. You can see new parts of your community
10. You'll make new connections
11. You'll become a part of something bigger
12. You'll gain a new perspective
13. You'll be inspired
14. You'll have fun!
15. You'll have new experiences

Our opportunities may have changed in the past several months due to COVID but that also means needs are greater. If you're interested in learning more, call Marilyn at 216-291-3903.

The Golden Buckeye program has been helping older Ohioans and other eligible adults make community connections for more than four decades. Nearly 2.5 million Ohioans are eligible for the Golden Buckeye Card. The program empowers older Ohioans and others to become active, loyal customers who seek value and reward quality.

Eligibility:
- Ohioans age 60 or older; or
- Ohio residents age 18-59 with a disability as defined by Social Security.

The best way to use your Golden Buckeye Card is to ask. Some, but not all, participating merchants display the Golden Buckeye logo. Look for it on their door, in their window, or at the checkout. If they don't have a logo posted, ask if they participate. Anytime and anywhere you spend money, ask if they accept the card or offer another discount for which you may qualify.

Your Golden Buckeye Card also includes the Ohio's Best Rx prescription drug discount program. If you lack prescription drug insurance, have coverage limits, or have a prescription that isn't covered by your insurance, your Golden Buckeye/Ohio's Best Rx card could offer significant savings over regular retail prices.

The Community Partnership on Aging recently became a Golden Buckeye Card sign-up agency. To complete an application, please contact Marilyn at 216.291.3903.

These busy bees are helping CPA distribute more than 7000lbs (7000!!) of produce and dairy at the monthly Produce Plus program at South Euclid Community Center on August 20. Thank you!
TUESDAY

SEPTEMBER 8 LUNCHBOX
Tuna Sandwich

Pick up at South Euclid Community Center between 11:30AM-12:00PM
$4 per person
Call 440-473-5138 to make a reservation (pay in advance) by 9/4

SEPTEMBER 15 LUNCHBOX
Greek Pasta Pasta Salad

Pick up at South Euclid Community Center between 11:30AM-12:00PM
$4 per person
Call 440-473-5138 to make a reservation (pay in advance) by 9/11

THURSDAY

SEPTEMBER 17 EAT N PARK CAFE
Chicken Broccoli Alfredo with entertainment by Bill Newman!
Eat N Park at South Euclid Community Center
4:00PM
$6 per person
Call 440-473-5138 to make a reservation (pay in advance) or pay/register on EventBrite by 9/14
Limit 40 cars

FRIDAY

SEPTEMBER 25  FUNDAY FRIDAY!
Meet up at Highland Heights Community Park for a cup of apple cider!
*FREE while supplies last *
*Bring a folding chair*
3:00PM
To make a reservation, call 440-473-5138 by 9/23

TUESDAY

SEPTEMBER 29 LUNCHBOX
Chicken Quesadilla

Pick up at South Euclid Community Center between 11:30AM-12:00PM
$4 per person
Call 440-473-5138 to make a reservation (pay in advance) by 9/25
Plugged-in Programming programs are noted with ‘PiP’ on the calendars on pages 8 & 9

<table>
<thead>
<tr>
<th>Monday Morning Meditation</th>
<th>Connecting with Creativity</th>
</tr>
</thead>
</table>
| **Every Monday at 8:45am: 3M (Monday Morning Meditation): A short meditation to start your week (& day!) off right.**  
Join on Plugged-in Programming on Facebook | **Connecting with Creativity is CPA’s new virtual arts & crafts program with follow along videos on Plugged-in Programming on Facebook.**  
**Call 440-473-5138 to sign up or for more information. Kits available for nominal fee. FREE for ACCESS members!**  
**All times 1:00 PM (Topics TBA)**  
September 2  
September 9  
September 16  
September 23  
September 30  
October dates TBA—watch for dates on Thursdays! |

<table>
<thead>
<tr>
<th>Tasty Tuesday</th>
<th>Morning Stretch</th>
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</thead>
</table>
| **Tune in for nutrition-related content, recipes, cooking demos and more!**  
**Every Tuesday at 3:00PM on Plugged-in Programming on Facebook** | **Every first Tuesday of Month at 9:30AM. 30 minute full-body stretch with Danielle on Plugged-in Programming on Facebook** |

<table>
<thead>
<tr>
<th>Chair Yoga</th>
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<tbody>
<tr>
<td><strong>Every Wednesday at 9:00 AM: Chair Yoga w/ Cynthia: 30 minute chair yoga class. Join on CPA’s Plugged-in Programming Group on Facebook!</strong></td>
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</tbody>
</table>

Not on Facebook but want to be? Need help navigating Facebook Live or Zoom? Let us know! CPA can give you tips on how to navigate it for programming, to connect with friends and family or help get you started. Call 440-473-5138 and leave your name and number and we’ll return your call.
# September 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1) 9:30 Stretch with Danielle (PiP)</td>
<td>2) 9:00 Chair Yoga (PiP)</td>
<td>3) 1:00 Parking Lot Bingo (SE)</td>
<td>4) 10:00 Nature Walk (MVG)</td>
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<tr>
<td>3:00 Tasty Tuesday (PiP)</td>
<td>1:00 Connecting w/ Creativity (PiP)</td>
<td>3:00 Mediation with Chera (HHCP)</td>
<td>12:00 Pop Up Yoga (MH)</td>
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<tr>
<td><strong>7)</strong> No Programs or Lunch Pick Up in observance of Labor Day</td>
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<tr>
<td>8) 10:00 Pop Up Tai Chi (LCC)</td>
<td>9) 9:00 Chair Yoga (PiP)</td>
<td>10) 10:30 Pop Up Exercise (SE)</td>
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</tr>
<tr>
<td>11:30 Lunchbox (SE) $4</td>
<td>12:00 Link UP 4 Lunch (PiP)</td>
<td>11:00 FREE Nosegay Bouquets—while supplies last! (SE)</td>
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<tr>
<td>8:45 Monday Morning Meditation (PiP)</td>
<td>11:30 Lunchbox Pick-up (see page 4)</td>
<td>9:00 Chair Yoga (PiP)</td>
<td>10:00 Produce Plus (SE)</td>
<td>10:00 Nature Walk (MVG)</td>
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<td>10:00 Nature Walk (RH)</td>
<td>3:00 Tasty Tuesday (PiP)</td>
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<td>4:00 Eat N Park Café (SE)(see page 4)</td>
<td>12:00 Pop Up Yoga (MH)</td>
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<td>8:45 Monday Morning Meditation (PiP)</td>
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<td>1:00 Hearing Trivia (PiP)</td>
<td>10:00 Nature Walk (MVG)</td>
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<td>10:00 Nature Walk (RH)</td>
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<td>12:00 Link UP 4 Lunch (PiP)</td>
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<td>3:00 Funday Friday (see pg 4)</td>
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<td>3:00 Virtual Brainercize (PiP)</td>
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<td>1:00 Connecting w/ Creativity (PiP)</td>
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<td>28) No programs in observance of Yom Kippur</td>
<td>29) 11:30 Lunchbox Pick-up (see page 4)</td>
<td>30) 9:00 Chair Yoga (PiP)</td>
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<td>3:00 Tasty Tuesday (PiP)</td>
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<td>6:30 Nature Walk (BP)</td>
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Please refer to the program descriptions on pages 5 & 12 for more information about Plugged-in Programming.

**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 Grove (MVG):** 425 North Commons Blvd.
**Richmond Heights Kiwanis Lodge (RH):** 27285 Highland Rd.
**Plugged-In Programming (PiP):** (see pages 5 and 12 for program details)

---

**Nature Walk in the Park:** Join us twice a week for a casual 30 minute walk in the park!
- Mondays at 10 am at Richmond Hts. Park (meet at Kiwanis Lodge parking lot)
- Fridays at 10 am at Mayfield Village’s Greenway Trail (meet at the Grove parking lot)
- And beginning this month, every Wednesday at 6:30PM at Brainard Park in Lyndhurst! meet at Sunview Elementary on MeadowWood Blvd

**Keep Calm and Exercise**

Donations appreciated for all exercise classes! Once we return to ‘normal’ we'll...
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<td>10:00 Nature Walk (MV Grove)</td>
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<td>No lunches or programs in observance of Columbus Day</td>
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<td>♦ Brainard Park (BP): 1840 Brainard Rd.</td>
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<td>♦ Richmond Heights Community Park (RHP): 26789 Highland Rd.</td>
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<tr>
<td>♦ Highland Heights Community Park (HHCP): 5905 Wilson Mills Rd.</td>
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Given these very challenging times, all programs are subject to change. We encourage you to sign up/register wherever possible so that we can notify you of any changes. Call 440-473-5138 where applicable.

Pop-up Outdoor Exercise Classes:
- Yoga w/ Sue at 12:00 Noon on 9/4, 9/18, 10/2, 10/16, 10/30 – bring your own mat!
- Senior Exercise w/ Beth at 10:30am on 9/10, 10/8, 10/22 – bring a stretchy band and hand weights if you have them!
- Tai Chi w/ Eb at 10:00 am on 9/8, 9/22, 10/13, 10/27 – bring a folding chair (limited seating available)!

We go back to our regular class fees. Social distancing required & will be enforced.
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.

<table>
<thead>
<tr>
<th>Yard Care</th>
<th>Home Exterior Projects</th>
<th>Interior General Housekeeping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raking</td>
<td>Minor Painting</td>
<td>Stove Cleaning</td>
</tr>
<tr>
<td>Weeding</td>
<td>Porch Cleanup</td>
<td>Refrigerator Cleaning</td>
</tr>
<tr>
<td>Planting</td>
<td>Window Cleaning</td>
<td>Floor Care</td>
</tr>
<tr>
<td>Trimming</td>
<td>House Exterior Cleaning</td>
<td>Window Care</td>
</tr>
<tr>
<td>Watering</td>
<td>Garage Cleanout</td>
<td>Curtain Replacement</td>
</tr>
<tr>
<td>Mulch</td>
<td>Outdoor furniture placement</td>
<td>Dusting</td>
</tr>
<tr>
<td>General Yard Cleanup</td>
<td>Sweeping</td>
<td>Lightbulb &amp; Battery Replacement</td>
</tr>
<tr>
<td>Spring Cleanup</td>
<td>Trash Removal</td>
<td>Cleaning out cabinets &amp; Expired Items</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Home Organizing</th>
<th>Tech Assistance</th>
<th>Handy Person Projects</th>
</tr>
</thead>
<tbody>
<tr>
<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>
</tr>
<tr>
<td>Room cleanouts including basement, attic</td>
<td>Support for hardware and software issues</td>
<td>Window air conditioning seasonal change outs</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Paper Shredding</td>
<td>Cable &amp; Internet Connections</td>
<td>Minor Painting</td>
</tr>
<tr>
<td>Large &amp; Small Projects</td>
<td></td>
<td>Door Lock Installations</td>
</tr>
</tbody>
</table>

The CARE program is pleased to acknowledge funding from the Thatcher Fund and the Legacy Village Lyndhurst Community Fund, both affiliated funds of the Cleveland Foundation.

Marlene and Dan (left and center) chat with long time friend, Harold, at the CPA/South Euclid Community Center recent outdoor event: Ice Cream Social (Distance).

Participants placed their sundae order and relaxed in lawn chairs or their cars while social distancing!

Meals On Wheels

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.
7 Ways You Can Help CPA Keep Our Older Adults Safe:

1. **Volunteer.** CPA’s Volunteer Coordinator, Marilyn Hahn, has plenty of opportunities! Whether on-site or off, volunteer services are still highly in need. Give her a call at 216-291-3903 or send her an email at hahnm@communitypartnershiponaging.org.

2. **Provide an in-kind donation or service that can be used in any number of creative ways.** Have an idea? Contact Therese Grida at gridat@communitypartnershiponaging.org.

3. **Tell a friend.** Word of mouth is more important than ever. Maybe your mom, uncle, neighbor or friend can benefit from a lunch or other supportive service we offer; we need you to help spread the word.

4. **Tell that friend to tell a friend.** What if your mother’s cousin’s dog-sitter knows the owner of a company that could provide us with an in-kind product or service? You can bridge the gap by encouraging them to give us a call.

5. **Sponsor the cost of a program or service.** Sponsorship amounts vary and always include creative ways to market your business or service.

6. **Make a cash donation.** A donation as little as $50 can make a huge difference! 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 requested.

7. **Do you shop on Amazon?** Community Partnership on Aging is now registered to receive donations on Amazon Smile! Amazon Smile will donate .5% of your eligible purchase to CPA when you select Community Partnership on Aging as your preferred charity.

For information on sponsoring or making a donation contact Therese Grida at 216-291-0772.

---

**SPECIAL BOX DISTRIBUTION!**
**Community Partnership on Aging**

Pre-packed dairy/produce boxes will be distributed on a first come, first serve basis at

**South Euclid Community Center**
1370 Victory Dr., South Euclid

on Thursday, September 17 beginning at 10:00AM

Please bring ID and be prepared to provide the name, address, city, zip and phone of each person in your car that is picking up (required for our records). One per household.

Please be sure to make room in your trunk and/or back seat for boxes prior to arrival!
Random Acts of Fun

Random Acts of Fun is a Scavenger Hunt to Benefit CPA’s Programs and Services for Older Adults

September, 2020

Gold Sponsors!

University Hospitals
Bedford Medical Center
Richmond Medical Center
Campuses of UH Regional Hospitals

UNIVERSITY SUBURBAN
Health Center

Silver Sponsor!

Northeast Ohio
Boomer and Beyond

Green Sponsors!

Humana

What is Random Acts of Fun? Well, we’re glad you asked! It’s a task-oriented scavenger hunt and fundraiser that can take place alone or safely at your leisure with friends and family (invite your children and grandchildren!). The more tasks you complete, the more points you earn. We’ll also have fundraising incentives and an awards ceremony at the end of September. Tasks will be divided into 5 categories: Explore our Cities; Support our Sponsors; Get Fit; Acts of Kindness; and Virtual Adventures.

It’s only $25 per person to register! Everyone will get a registration packet that will include instructions, a list of possible tasks to complete, a coupon card good for discounts at various restaurants and businesses in our area, an event t-shirt, a pedometer courtesy of 4Imprint and a continental brunch at the Random Acts of Fun Day on September 27. Awards will be given for fundraising levels and for points earned, and much more! So - what are you waiting for? Grab your friends and family and register today! Interested in joining a team? Let us know!
Random Acts of Fun Rules for Participation:

1. Registration fee: $25 per person; $30 per person after September 8th

Early Bird Deadline: August 25th - Receive a bonus item in your participation packet!
Regular Deadline: September 1st
Late Deadline: September 8th

2. Registration fees are 'give or get.' You can ask 25 friends to each donate $1 toward your fee or 5 people to donate $5, or you can pay the entire fee yourself (or any combination!). Your registration fee MUST be PAID IN FULL online or a check received in our office in order to officially register and to receive your packet.

EARLY BIRD REGISTRATION PERK: REGISTER AND PAY BEFORE AUGUST 25 and receive a bonus item with your registration packet!

3. If you wish to register and pay online, search for the event page on EventBrite (service fees will apply). Registration fees are NOT tax deductible, but donations are. If you receive donations toward your registration fee, please keep note of the following information for EACH donor who wishes to receive an acknowledgement of their donation: First and last name, full address, date and amount of donation and submit it to Therese Grida, care of the address below at our main office.

If you wish, you can mail this completed registration form and payment to:

Random Acts of Fun - registration
C/O CPA, 1370 Victory Dr., South Euclid, OH 44121. Reference your team name, if applicable

4. Tasks must be completed between September 1 and September 18 in order to receive points for that task. Photos must be uploaded to the Random Acts of Fun Event on the CPA Plugged-In Programming Group on Facebook: https://www.facebook.com/groups/CPApluggedinprogramming/. You can also email your photos to: communitypartnershiponaging@gmail.com. When uploading or emailing, please be sure to list the following for EACH photo: 1) Name or Team Name; 2) Task Name; 3) Date of Task

5. Have fun but be safe. Please keep in mind any pandemic safety guidelines when completing your tasks. As of this writing, the State of Ohio mandates that masks be worn when in a public space and that you maintain a social distance of 6ft between you and others. When entering any venue, business or sponsor place of business in order to complete a task, please be mindful of their respective safety rules, as well.

Random Acts of Fun Participation Registration Form

Name: ___________________________ Age: _________ Date Received: ________________

Address: ___________________________ City: _______________ Zip Code: _____________

Phone: ___________________ Email: ___________________________________________

Team Name (if applicable): ___________________________ or, Help Me Find a Team: ____________

Your T-shirt size (circle one): small medium large x-large xx-large

Amount paid: ______________ Method of Payment: ___ Cash (in person only) ___ Check ___EventBrite

___ I WILL attend the Random Acts of Fun Day Awards Ceremony on Sunday, September 27! We will contact you with details regarding the specifics.

___ I CANNOT participate in the event or attend the Awards Ceremony. Please accept this donation on my behalf!

By submitting your registration fee, you irrevocably consent to and authorize the use and reproduction of any and all photograph(s), interviews or activities involving or including yourself and/or any minor children. This release includes, but is not limited to, agency publications, print news, website marketing. I hereby waive any claims I may have, and release the Community Partnership on Aging and its employees from liability of claims arising out of such activities.

By your registration, you release and hold harmless the Cities of Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights, South Euclid, and the Community Partnership on Aging, its employees, agents and any representatives from any and all claims, costs, damages, and liabilities for any injuries sustained by your participation. You understand that any fees charged to participate do not include accident or personal property insurance. You further represent that you are physically capable of participating in the program for which you have registered, based upon consultation from my personal physician.

Signature: ___________________________ Date: ___________________________
Plugged-in Programming programs are noted with 'PiP' on the calendars on pages 8 & 9

How to access Plugged-in Programming:
1. Most programs take place on Facebook. You can become a member of Plugged-in Programming at www.facebook.com/groups/cpapluggedinprogramming. Scroll through the programs until you find the desired event and click on it!
2. Some programs take place on Zoom (call Carolyn at 440-473-5138 for information)

Trivia
Who doesn't love trivia? Join CPA and our partners for trivia fun on Facebook Live or Zoom

9/24 at 1:00pm: Hearing Trivia w/ Lori from Captel
All participants will receive a goodie bag. Call 440-473-5138 to register, no later than 9/21 at 3:00pm.

Financial Friday
Tune in to Plugged-in Programming on Facebook Live for Financial Friday on either Friday, 10/9 or 10/23 at 1:00pm. Receive a variety of financial tips that are helpful to anyone!

Brainercize
Join Jessica from Governor's Village from Virtual Brainercize every third Monday at 3:00pm. Call Carolyn 440-473-5138 to register and get

Virtual Book Club with Corene
Virtual Book Club takes place the last Wednesday of the month at 12:30PM via Zoom (call 440-473-5138 to obtain access code and link)
9/30: The Mother in Law by Sally Hepworth
A twisty, compelling novel about one woman’s complicated relationship with her mother-in-law that ends in murder

Link Up 4 Lunch!
Link Up 4 Lunch is a new program using Facebook Chat. Simply go to the CPA Plugged in Programming group on Facebook and look for the link to the room. Then join everyone for a casual lunchtime chat!
Call Carolyn at 440-473-5138 if you need assistance getting on Facebook or in joining Plugged-in Programming at least a few days prior so she can get back in touch with you. You can use your computer, a laptop OR your phone (basically, any device that you can access the internet and your Facebook account)
Dates: 9/9, 9/23 & 10/14 at 12:00pm

It’s no secret this can be a stressful time whether you live alone or with others. It’s important to take notice of any changes in sleep patterns, eating habits, concentration or worsening of any chronic conditions during this time. Be sure to contact your doctor if you do. Here are some tips for managing stress:

- **Take care of your body.** Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep and avoid excessive alcohol and drug use.
- **Make time to unwind.** Try to do some other activities you enjoy
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Whatever you’re looking for, CPA offers a variety of programs to help you stay stress-free: Yoga, Chair Yoga, Nature Walks, Meditation, Lunches/Dinners and more. Most of the programs (for now) are offered virtually/online, but some are offered outside. Be sure to check out our calendar and program/event pages for info and give us a call if you have questions: 440-473-5138
CPA’s Diversity Committee Reviews Presidential Election Voting

Due to complications the COVID-19 pandemic will have on the voting process, it is strongly urged that older adults VOTE BY MAIL this year. Preparing early for the voting process is extremely important. RIGHT NOW you can register to vote, update your registration status and/or apply for a Vote-by-Mail ballot through the Board of Elections (BOE).

**VOTING BY MAIL is as Easy as 1-2-3!**

1. Make sure that you are a Registered Voter, and that your registration is up-to-date.
   - Call BOE at 216-443-8683, select Option #1 to check on and/or to update your status; or
   - You can also go online at www.443vote.us to register as a new voter and/or to update your voter registration address; or
   - CPA has Voter Registration Forms available.

Once you are certain of your registration status, you will need to:

2. Request a ballot by completing a Vote-by-Mail Application.
   - Call BOE at 216-443-8383, select Option #3 to request the Vote-by-Mail Application; or
   - Request the application online at: www.443vote.us; or
   - The Ohio Secretary of State is slated to mail Vote-by-Mail applications to every registered voter on or around Labor Day; or
   - CPA has Vote-by-Mail Applications available.

Once you have completed the application, you will need to mail the form back to the BOE in the envelope provided. This will cost you ONE first-class postage stamp (ie. $0.55)*. Up to 2 applications may be mailed to the BOE in the same envelope. (3+ applications in an envelope will cost extra postage.) The deadline for those registering for the first time, updating status changes, or requesting an application for “Vote-by-Mail” ballots is October 5, 2020.

3. VOTE! (by Mail)
   - If you are voting by mail, and have completed all the necessary requirements in Step 1 and Step 2, the BOE will begin mailing Vote-by-Mail ballots on October 6, 2020. Please contact the BOE if you do not receive your ballot soon after October 6, 2020. Call 216-443-8683, select Option #4 to track your Vote-By-Mail ballot.
   - Carefully read the instructions, take your time completing the ballot, and make sure you vote accurately for the candidates and/or issues you want. Each ballot is large and every ballot will require its own envelope and two first-class stamps. If there are two people in the household, each person’s ballot will require a separate envelope and 2 stamps.

**Ballots must be postmarked on or before 11/2/20!** If you have any further questions about Vote-by-Mail, or if you wish to Vote-in-Person, please contact the Cuyahoga County Board of Elections (216-443-3200, Option #1) or www.443vote.us as your usual polling location may be changed due to COVID-19.

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**Mayfield Village**

It has been my pleasure to serve area seniors during the past 15 years as Mayfield Village Senior Program Coordinator. I will be retiring on August 31 so you will contact Shane McAvinue, Mayfield Village Parks and Recreation Director at 440-471-1041 or smcavine@gmail.com with questions about any senior activities. All classes, programs, and activities have been canceled until further notice because of COVID-19. All trips for 2020 have also been canceled. Donna

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**Mobile Pantry Fresh FREE Produce**

Richmond Heights Councilwomen Kim Thomas and Cassandra Nelson, in conjunction with "Change of Direction" will be hosting a food pantry every 3rd Thursday each month. In this time of social distancing due to COVID-19, they want to provide families who are in need with FREE groceries. Please drive up and they will load your trunk!

Richmond Heights Middle School - all times 10:30AM - 1:30PM
447 Richmond Rd., Richmond Heights, Ohio 44143

Thursday, September 17  Thursday, November 19
Thursday, October 15  Thursday, December 17
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

Personal Protective Equipment
• Face Masks • Gloves • Hand Sanitizer • Thermometers

Buckeye Medical Supply
216-291-4000
Visit our showroom
1495 Warrensville Center Road, South Euclid
(500 feet south of Mayfield Road)

Hummingbird
HOME CARE
Placing Your Loved Ones Under Our Wing

Contact Gia I. Cefaratti for Free Assessment.
216.912.2000
VISIT OUR WEBSITE: WWW.HUMMINGBIRDFAMILY.COM

Contact Jayne Pandy to place an ad today!
JPandy@lpiseniors.com or (800) 477-4574 x6401

Reach the Senior Market
ADVERTISE HERE

Contact: JPandy@lpiseniors.com or (800) 477-4574 x6401
COMMUNITY PARTNERSHIP ON AGING

COVID-19 Updates

As the health crisis situation is ever-changing, we are adapting and taking the necessary protocols to keep everyone as safe and as engaged as possible. We are continuing to explore alternative and virtual programming and invite you to join us!

Meal service available for weekly pickup. Reservations due by calling 216-650-4029 by the prior Tuesday by 3 pm.

Please use caution and exercise proper measures when outside of your home (keeping 6'+ from others, wearing a face covering, etc.).


Community Partnership on Aging

Random Acts of Fun

Random Acts of Fun is a Scavenger Hunt to Benefit CPA's Programs and Services for Older Adults

September, 2020

See pages 10 & 11