

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



It seems as if we're finally starting to return to "normal" (or at least as normal as we can be!).

Unfortunately things are often in flux due to circumstances affecting CPA and our partners, and while we try to get the newsletter out to you on a timely basis, occasionally it may be late. We know how frustrating it can be!

But did you know that you can receive your copy of the CPA Connections newsletter right in your email inbox every month? If you use email, take a second to subscribe using the link you can find on the Home Page of our website, and a fresh copy of CPA Connections will arrive in your email on the first of that month!

You can also give us a call to ask about upcoming programs, menus and events: 440-473-5138 (programs) and 216-650-4029 (Community and Frozen Meals) and 216-970-0347 (Lunch Box).

We are ever-so-thankful for the many volunteers who help deliver our paper copy of CPA Connections to more than 100 locations around our communities; check out the growing list of new locations on Page 11! If you would like to volunteer to deliver our newsletter, call Lauren at 216-291-3903.

Mary Beth's Turkey Reubens look de-lish, don't they?

Lunch Box meals are available for order/pick up by calling 216-970-0347. Up next for April: Ham and Scalloped Potatoes on April 14 and Chicken Caesar Wraps on April 28. See details on page 4.



Temporary Office: Lyndhurst Community Center, 1341 Parkview Dr., Lyndhurst, OH 44124
Main phone: 216-291-3902 Hours by appointment only

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

Reach CPA staff directly at the following numbers:

- **Social Work/Outreach (Beda, Nancy, Alex, Sarah):** 440-442-2626 x 244 (call for appointments)
- **Programs (Carolyn and Rebekah):** 440-473-5138 or Tech Classes/CPA Connects 2 U: 216-848-0595
- **Community (Indoor) Lunches and Frozen Meals (Gina, Mary Beth, Jeri, John):** 216-650-4029;
Lunch Box Lunches: 216-970-0347
- **Volunteer Department (Lauren):** 216-291-3903
- **Donations and Sponsorships (Therese):** Call 216-291-0772



CPA's Mission Statement:

Improving the lives of older adults through programs and services that support independence, community involvement and well-being

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

Phone: 216-291-3902 email: sattinw@communitypartnershiponaging.org



Wendy Albin Sattin

Funding is provided by the cities of Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid; 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.

Find us on these
Social Media sites



April is a month of transitions—finding green shoots in our gardens, the weather becoming more temperate, days growing longer and lighter and storing boots, scarves and gloves away for another year. At CPA we are also shaking off winter- more programs, lifting mask requirements (fingers crossed) and celebrating two important events: Diversity Month and Volunteer Appreciation Week.

April is Celebrate Diversity Month, a celebration that was initiated in 2004 to recognize and honor the diversity surrounding us all. CPA has long supported a group of like minded people who explore, explain and honor the differences and similarities among us. The Diversity committee meets monthly and seeks to understand the many dimensions of being human- race, gender, religion, age and more. They write the very informative articles that you read in our newsletter. The committee invites you to join in them- if you are interested in their work, please reach out to our office and we will put you in touch with one of the chairs.

The committee was instrumental in establishing a Diversity, Equity and Inclusion policy for Community Partnership on Aging. On February 11, 2022, CPA's Council of Government adopted a Diversity, Equity and Inclusion Statement:

WHAT WE BELIEVE:

Diversity is the representation of varied identities and differences

collectively and as individuals.

Equity seeks to ensure fair treatment, equality of opportunity, and fairness in access to information and resources for all. We believe this is only possible in an environment built on respect and dignity.

Inclusion builds a culture of belonging by actively inviting the contribution and participation of all people. Every person's voice adds value, creates balance, and empowers despite differences.

Our DEI Policy Statement can be found on page 5. Look for a Diversity, Equity, and Inclusion workshop later this year, facilitated by Dr. Marlon Moore, a DEI strategist and consultant in Columbus.

April also brings us Volunteer Appreciation Week, April 17-23. Since 1974, National Volunteer Appreciation Week has served as an opportunity to recognize those that dedicate their time and effort to the causes they care about. We celebrate our volunteers daily and appreciate their dedication, commitment and enthusiasm for all things CPA. One of the many impacts of COVID on our agency was the absence of our on-site volunteers- with things opening up and looking brighter, we can't wait to welcome our volunteers back to work! We missed you!

As always, I hope to see you soon at a CPA program, community lunch or volunteer opportunity!

Wendy

VOLUNTEER SERVICES

"We make a living by what we get. We make a life by what we give" -Winston Churchill

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. Most often unpaid, volunteers generously donate a part of their lives to do the work that nobody else likes to do. At Community Partnership on Aging, that might mean setting up before and/or cleaning up after our event and programs, delivering newsletters, answering phones, entering data, everything in between and so much more.



This month, we salute our volunteers for their unwavering services to CPA and hold aloft their shining examples to inspire young and adults towards volunteerism and to caring for older adults.

10 Reasons Why We Love Our Volunteers!

1. Their dedication
2. Their enthusiasm to serve others
3. Their smiles
4. They are a reminder of how we can all make a difference in the lives of others
5. They help in every aspect of CPA
6. They are skillful
7. The care they have for their communities is immeasurable
8. The positivity they bring to our organization and clients is invaluable
9. They are creative
10. They are amazing and we wouldn't be the same without them!

Are you looking to volunteer? Look no further! CPA has indoor as well as outdoor volunteer opportunities!

Office Volunteers Needed!

Volunteers in our South Euclid Community Center Office deliver newsletters, answer phones, make copies, enter data and other general office tasks. **Contact Volunteer Services for more information: 216-291-3903 or lanhaml@communitypartnershiponaging.org**



Are You A Tech Savvy Senior or Adult? Do You Like Helping Others? WE ARE LOOKING FOR YOU!

Join CPA Connects' Smart Share Mentor team and assist in training older adults to use their smart phone, tablet or laptop. We are also looking for individuals to present on tech-related educational topics. Come and make a difference with CPA!!

Contact Rebekah at 216.848.0595 or coloursr@communitypartnershiponaging.org

committee members and friendly visitors. These tasks could be on-going or one-off (depending on the task and need), and may be a perfect opportunity for families, school-age children who need community service hours or work-from-home folks who have some flexibility in their work day. Interested? Give Lauren Lanham a call: 216-291-3903 or send an email to lanhaml@communitypartnershiponaging.org.

Office work or computer work not exactly your cup of tea? Never fear, other opportunities await! We are also looking for snow shoveling assistants, food distribution

CPA Café Services: call 216-970-0347
for all Lunch Box reservations and inquiries



THURSDAY, APRIL 14
Lunch Box

Ham and Scalloped Potatoes

Pick up at Highland Heights
Community Center
at 11:30AM
(note location!)
\$5 per person

Deadline to order:
Monday, April 11 at
12:00PM

THURSDAY, APRIL 28
Lunch Box

Chicken Caesar Wraps

Pick up at Highland Heights
Community Center
at 11:30AM
(note location!)
\$5 per person

Deadline to order:
Monday, April 25 at
12:00PM

CPA Community Meals: call 216-650-4029
for all frozen meal reservations and inquiries

Community Meals are open! Contact CPA staff for Community Meal questions and reservations: 216-650-4029.

Community Meal schedule (please note locations!)

- Mondays: Richmond Heights Kiwanis Hall or Lyndhurst Community Center
- Wednesdays: Highland Heights Community Center
- Fridays: Highland Heights Community Center

Frozen Meals will still be available for those who prefer:

- Tuesdays at Lyndhurst Community Center only

Call 216-650-4029 for Community Meal and Frozen Meal reservations.



****Coming in May: Our Annual Older Americans Month celebration. Stay tuned for more details!****



REMEMBERING RUSTY SEECH



The always-good-natured
Rusty Seech

After many issues with declining health, sadly Rusty Seech passed away in April of 2019. In January of 2020, Rusty's wife, June, and family made the decision to

celebrate Rusty's memory with a donation to CPA so that his legacy of helping others can be carried on. Since the Fund's beginning, additional donations were made to Rusty's Fund, and in 2021, nine projects for South Euclid residents were supported by Rusty's Fund for a total of just over \$2050.

Additionally, CPA is looking at an investment account specifically for Rusty's Fund (under the guidance of June) so that it can continue to grow.

If you would like to contribute to Rusty's Fund, you can donate safely online at www.communitypartnershiponaging.org. You can also mail a check (made out to CPA) to 1370 Victory Dr., South Euclid, OH 44121. Be sure to reference the Rusty Seech Fund in your mailing.



Charles P. Darrah*
Lisa Elliott*
David Ernes*
Therese Grida
Julie Grida
Vida Habian
Barbara Kogan-Jaffe
Deepak Mathur
Kinsey Robinson*
Brenna Robinson*
Sandra Robinson*
Gene Salem

*Rusty Seech Fund
(donations as of 3/22)

DIVERSITY AT CPA



DIVERSITY, EQUITY & INCLUSION POLICY STATEMENT

At the Community Partnership on Aging...we put people first by improving lives through programs and services that support independence, community involvement, and well-being. We enhance the quality of life and are deeply committed to ensuring that this is done in an equitable and inclusive way.

We fully embrace Diversity, Equity and Inclusion (DEI) and will continually work to improve the



diversity of our board, workforce, volunteer corps and supplier base. Creating an environment where everyone has equal opportunity to provide services that enhance the dignity, security, and overall well-being of the older adults in our communities allows us to expand our work into more diverse communities and make meaningful impact in the lives of others.



To do this, all of us must lead inclusively by empowering each other, displaying courage, and practicing humility. This will undoubtedly position us to reach more people, mobilize more communities and open more opportunity for life-changing impact for older adults, their caregivers, and families.

If you would like to join our Diversity Committee or volunteer in another capacity, give us a call at 216-291-3902.

VIRTUAL PROGRAMMING & CPA CONNECTS TECH CLASSES

Are you "Plugged in?" — www.facebook.com/groups/cpapluggedinprogramming



The goal of the CPA Connects program is to help older adults get and stay connected to each other, to loved ones (and to CPA!) through technology. This is accomplished through School of Tech classes and mentoring and, depending on eligibility and availability, by providing equipment and/or connectivity (CPA Connects 2 U).

Our Spring **Connects 2 U** class funded by the Cleveland Clinic is underway! Two more rounds will be funded by Huntington Bank later this year. If your income is less than \$1,986/mo. (household of 1/live alone) or less than \$2,686/mo. (household of 2), and you do not have a working computer - you may be eligible! Call for more info.

- Upcoming **School of Tech** classes held at South Euclid Lyndhurst library:
 - Android Basics 1 starts 4/6 (waitlist) and 6/7
 - Android Basics 2 starts 5/10 and 7/5
 - Laptop Basics 1 starts 6/7
- Our next **Tech Talk** is Wednesday, April 20th at 3 PM held on Zoom - topic is Alexa.

Call 216-848-0595 with questions and/or to register for Tech classes.

Facebook (FB) Programs

- **Monday Morning Meditation** - every Mon. at 8:45 AM
- **Mental Stretch** - every Mon. at 3 PM
- **Tasty Tuesday** - every Tues. at 3 PM
- **Trivia:**
 - World Trivia** (1st Tues. at 1PM)
 - Movie Trivia** (2nd Mon. at 7PM)
 - Cleveland Trivia** (4th Tues. at 7PM)

Zoom (Z) Programs

- **Chair Yoga** - every Wed. at 9AM
- **Link up 4 Lunch** - 1st Wed. at 12 PM
- **Mindful Moment** - 1st Thurs. at 3 PM
- **Coloring Club** - 1st Fri. at 3 PM
- **Book Club** - the last Wed. of the month at 12:30 PM (4/27: Kitchens of the Midwest by J. Ryan Stradal)
- **"No One Tells You How to Get Older"** - casual conversation - 3rd Thursday at 3 PM

Did you know CPA has a YouTube channel? Find the link on our website for past recordings of exercise classes, art demos, and educational presentations.

Call 440-473-5138 with questions and/or to register for programs.

CPA has a partnership with Greater Cleveland Neighborhood Centers Association's IConnect (IC) Virtual Programs for offerings such as Jazz Appreciation, Live Classical Piano, & more!

For info about their virtual programs, contact De'Neitra at 216-298-4440.

IN-PERSON PROGRAMMING

In & around our communities

Foot Clinics

Appointments w/ Dr. Whaley:

Call 216-229-0292

- Highland Heights: 4/8, 5/6, 6/10, 6/24
- South Euclid: 5/5, 6/23
- Mayfield Village: 4/8 and 4/22.
(call 440-919-2332)

Appointments w/ Dr. Spivack:

Call 440-487-3947

- Lyndhurst: 4/26, 5/24, 6/28

Blood Pressure Clinics

- Highland Heights: 1st Friday at 11 AM
- Richmond Heights: 2nd Monday at 11 AM
- South Euclid: 3rd Wednesday at 11 AM
(suspended for April)

Renovations & Relocating: While the renovations are underway in South Euclid and Mayfield Hts. we will be relocating the following programs:

Wednesday Programs at Highland Hts. Community Center:

- Senior Exercise at 10:30 AM in March
- Community Meals at 11:45 AM
- Yoga w/ Sue at 1 PM

Friday Programs at Highland Hts. Community Center:

- Intermediate Line Dancing at 9:30 AM

Friday Programs at Mayfield Village Community Room:

- Nimble Needlers Knitting Group at 10 AM
- Chair Yoga w/ Cynthia at 11 AM

This Spring, get your creative juices flowing by joining one our Writing Workshops held at Lyndhurst Community Center!



Creative Writing: the 4th Monday at 1pm starting 4/25

Memoir Writing (sponsored by DeJohn Funeral Homes): Every 2nd Monday at 1pm starting 5/9

Call 440-473-5138 to register.



New Program!
Morning with Medicine
sponsored by
University Hospitals
Richmond Medical
Center

Monday, April 25th
8:30-10 AM

Richmond Hts. Kiwanis Lodge

Dr. John Jasper from University Hospitals Richmond Medical Center will present on hernias.

FREE

Light breakfast provided

Reservations required by calling
440-473-5138 by 4/15.

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY
CPA Program location codes: FB): Facebook (Z): Zoom (IC): IConnect	(SE): South Euclid Community Center - 1370 Victory Dr. (HH): Highland Hts. Community Center - 5827 Highland Rd. (RH): Richmond Hts. Kiwanis Lodge - 27285 Highland Rd.	(LCC): Lyndhurst Community Center - 1341 Parkview Dr. (MV): Mayfield Village Community Room - 6621 Wilson Mills Rd.
4 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Green Thumb (IC) 11:00 Nature Walk (RH) 11:45 Community Meal: Swedish Meatballs (LCC/RH) 3:00 Mental Stretch (FB) 6:00 Jazz Appreciation (IC)	5 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 1:00 World Trivia (FB) 1:00 Connects 2 U (SEL library) 3:00 Tasty Tuesday (FB)	6 9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal: Stuffed Cabbage (HH) 12:00 Link Up 4 Lunch (Z) 1:00 Yoga (HH) \$5/A 1:00 Connects 2 U LAB (SEL library) 3:00 School of Tech - Android Basics 1 (SEL library)
11 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Blood Pressure Checks (RH) 11:00 Nature Walk (RH) 11:45 Community Meal: Beef Meatloaf (LCC/RH) 3:00 Mental Stretch (FB) 7:00 Movie Trivia (FB)	12 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 2:00 Sippin' Society (MV/Z) 3:00 Tasty Tuesday (FB)	13 9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal: Roasted Turkey Breast (HH) 1:00 Yoga (HH) \$5/A 3:00 School of Tech - Android Basics 1 (SEL library)
18 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Tomato Basil Chicken(LCC/RH) 3:00 Mental Stretch (FB) 3:00 Brainercize (MV) 6:00 Jazz Appreciation (IC)	19 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 1:00 Connects 2 U (SEL library) 3:00 Tasty Tuesday (FB)	20 9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal: Hamburger (HH) 1:00 Yoga (HH) \$5/A 1:00 Connects 2 U LAB (SEL library) 3:00 Tech Talk (Z) 3:00 School of Tech - Android Basics 1 (SEL library)
25 8:30 Morning w/ Medicine (RH) 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Salisbury Steak (LCC/RH) 1:00 Creative Writing Workshop (LCC) 3:00 Mental Stretch (FB)	26 9:30 Foot Clinic - Spivack (LCC)10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 1:00 Connects 2 U (SEL library) 3:00 Tasty Tuesday (FB) 7:00 Cleveland Trivia (FB)	27 9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal: Chicken Patty (HH) 12:30 Book Club (Z) 1:00 Yoga (HH) \$5/A 1:00 Connects 2 U LAB (SEL library) 3:00 School of Tech - Android Basics 1 (SEL library)

APRIL 2022

THURSDAY	FRIDAY
	1 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nimble Needlers (MV) 10:00 Nature Walk (MV Grove) 10:30 Arthritis Exercise Video (HH) 11:00 BP checks (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal: Breaded Fish (HH) 3:00 Ms. Colours' Coloring Club (Z)
7 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 3:00 Bingo (IC)	8 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nimble Needlers (MV) 10:00 Nature Walk (MV Grove) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal: Stuffed Shells (HH) 4:00 This is Cleveland (IC)
14 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 11:00 Flower Bouquet Pickup (HH) 11:30 Lunch Box (HH) \$5 3:00 Name that Tune (FB)	15 NO LUNCH OR PROGRAMS IN OBSERVATION OF GOOD FRIDAY
21 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:00 Produce Plus (LCC) 10:30 Live Classical Piano (IC) 3:00 "No One Tells You How to Get Older" (Z)	22 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nature Walk (MV Grove) 10:00 Nimble Needlers (MV) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal: Spaghetti and Meatballs (HH)
28 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 11:30 Lunch Box (HH) \$5 3:00 Bingo (IC)	29 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nature Walk (MV Grove) 10:00 Nimble Needlers (MV) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal: Beef Sloppy Joe (HH)

Community Partnership on Aging COVID update: What You Need to Know

According to the new CDC guidelines, masks are no longer required; however, feel free to continue wearing masks if desired. We recently replenished our stock of KN-95s so there are plenty available if needed. Testing and questionnaires/waivers are suspended as well.



Coming in May!

Our Annual Older Americans Month Celebration is back and bigger than ever!

We're still finalizing details so we can't share much more than a note to **STAY TUNED!**

CARE PROGRAM

CALL 216-970-0599 or visit www.careneo.org

CARE is a membership program that supports homeowners 60 and older with completing projects around their homes and property. For those who are income eligible, there is no cost. Serving Cleveland Heights, Highland Heights, Lyndhurst, Maple Heights, Mayfield Heights, Mayfield Village, Richmond Heights, Solon, and South Euclid.



DO THESE PROJECTS LOOK FAMILIAR?

Yard Care

**Yard Cleanup
Planting, Mulch
Raking
Trimming
Weeding**

Home Exterior Projects

**Window Cleaning
House & Garage Exterior
Cleaning Garage
Organizing & Cleanout
Furniture Placement,
Sweeping
Minor Painting & Repairs**



TRANSPORTATION WITH STC

Transportation with Community Partnership on Aging is available for older adults age 60+ who reside in one of the CPA communities. Trips are offered 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, Mayfield Heights, Mayfield Village and Richmond Heights residents may call 440-442-2626 X 244 (leave a message if there is no answer). Grocery trips and medical appointment trips are scheduled through STC at 216-265-1489.



April 2022 Group Shopping Trips:

GROUP SHOPPING TRIPS SCHEDULE (Trips subject to change)

SE – Tues., April 5 & 19 to Giant Eagle □ Wed., April 6 & 20 to Wal-Mart □ Thurs. April 7 & 21 to Marc's
LYND & HH – Tues. April 12 & 26 to Giant Eagle □ Wed. April 13 & 27 to Wal-Mart □ Thurs. April 14 & 28 to Marc's
MH/MV/RH – Tues., April 5 & 19 to Giant Eagle & Wal-Mart □ Friday, April 8 & 22 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.

COMMUNITY OUTREACH

Do you or a loved one struggle with hoarding? Hoarding is a persistent difficulty in discarding or parting with possessions, resulting in cluttered living areas that can lead to potential hazards and complications. These can include an increased risk of falls, family conflict, social isolation, health concerns, fire hazard, fines and legal issues such as eviction. CPA shares in your concern for the safety and well-being of those with Hoarding Disorder.

The following are some tips to help deal with hoarding situations.

1. Be respectful, and acknowledge that the person has a right to make their own decisions at their own pace.
2. Have sympathy, and try to understand that everyone has some attachment to the things they own.
- 3.

Provide encouragement and ideas to make their home safer, such as moving clutter from doorways and halls. 4. Don't argue about whether to keep or discard an item; instead, find out what will help motivate the person to discard or organize. 5. Help the person to recognize that hoarding interferes with the goals or values they may hold. For example, by de-cluttering the home, a person may host social gatherings and have a richer social life. To develop trust, never throw anything away without asking permission.

The Cuyahoga County Hoarding Connection is a local resource available to those struggling with hoarding. Their mission is to provide support and advice, educate, develop best practices, and assist in

identifying needed resources for individuals who hoard. Benjamin Rose Institute, a partner agency of the Hoarding Connection, is looking to begin new Buried in Treasures meetings and educational presentations on the topic of excessive clutter. Buried in Treasures participants discuss the challenges of decluttering, sorting and the struggle of parting with a lifetime of belongings. Each session focuses on a chapter in the book, Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding. Activities include discussions of each chapter, exercises from the book dealing with acquisition, discarding, and disorganization, along with homework between sessions. Research indicates that up to 73% of participants see improvement by the end of the group.

You can reach one of our social workers at 440-442-2626 x244.



Did you know that the advertisers in our newsletter allow our newsletter to be printed for FREE to CPA? It's true! Check out their ads on pages 14 & 15.

Additionally, we have added (and will continue to add) locations around town for our paper newsletters. Stop in and say "hello" and pick up a copy of CPA Connections when you make a purchase at any of

these local businesses:

All City Candy

Discount Tobacco and Beverage

Sweet Surprises

Planet Fitness

Hilltop Plaza businesses:

US Bank

Diamond's Menswear

Play Beauty Supply

Dollar Tree

H & R Block

Huntington Bank (Wilson Mills Rd.)

Dollar Bank (Regal parking lot)

Firestone (Regal Parking lot)

Little Caesar's on Richmond Rd.

Mr. Hero on Richmond Rd.

Above the Best Barber Shop



Victoria was "tickled green" at our St. Patty's Day Community Lunch festivities!

AREA FOOD ASSISTANCE PROGRAMS

Community Partnership on Aging Produce Plus

Drive thru to pick up a bag of produce!

******Lyndhurst Community Center******

1341 Parkview Dr.

Thursday, April 21st

******Line up on E. Farnhurst Rd (off of
Richmond Rd.)******

beginning at 10:00AM (while supplies last)

Eligibility is based on the Greater Cleveland

Food Bank's income guidelines: monthly
income of \$2146 for a household of one and
\$2903 for a household of two.



Produce Plus will move to Lyndhurst Community Center while South Euclid Community Center is being renovated

Richmond Heights Mobile Pantry

Fresh FREE Produce

Richmond Heights Mayor Kim Thomas and Councilwoman Cassandra Nelson, in conjunction with "Change of Direction" will be hosting a food pantry every 3rd Thursday each month. Free groceries/produce to families who are in need with FREE groceries. Please drive up and they will load your trunk!

Richmond Heights Upper School Lot (enter from Richmond Rd.)

Thursday, April 21

10:00 AM - 12 PM

**447 Richmond Rd.,
Richmond Heights**

Hillcrest Meals on Wheels

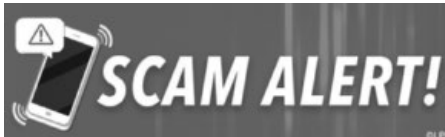
Hillcrest Meals on Wheels is a service designed to meet the nutritional needs of homebound senior residents by delivering meals directly to their homes. Trained volunteers deliver the meals Monday - Friday.

The service area includes the communities of Highland Hts., Richmond Hts., Mayfield Hts., South Euclid, Lyndhurst, and Mayfield Village. Meals are delivered Monday through Friday between 11:00 and noon by volunteers. A hot meal with an option of a lunch box is provided at a nominal cost. Meals are

prepared by UH Richmond Medical Center.

If you would like to order meals for you, someone you know, or volunteer to deliver, please call Judy Conkling, Program Coordinator at (440) 449-3551, or email mealsonwheels@lyndhurst-oh.com for more information.

Are you looking to volunteer for Hillcrest Meals on Wheels? Contact Judy for that, as well!



How to Recognize a Scam

Phone and Internet scams come in many forms. They tend to make promises and threats, ask you to pay in certain ways or threaten that there is a problem.

Here's what you should know:

- There is no prize; it's usually just a ploy to get your attention.
- You won't be arrested. Scammers might pretend to be law enforcement or a federal agency saying that you'll be arrested, fined, or deported if you don't pay taxes or some other debt right away in order to scare you into paying.
- You don't need to decide now. Any legitimate business or agency will give you time to make any important decisions.
- Scammers will often ask you to pay in a way that makes it hard for you to get your money back — by wiring money, putting money on a gift card, prepaid card or asking for access to your computer. Never, ever agree to any of these methods.
- Government agencies will not call to confirm your sensitive information

CITY EVENTS AND PROGRAMS



Programs with Mayfield Village Senior Services. Call Sean at 440-919-2332 for all reservations. Trips leave from MV Community Room, 6621 Wilson Mills Rd.

Lunch n' Learn: Tuesday, April 5, "Family Trust" presented/sponsored by Baron Law LLC. FREE

Lunch & Learn: Tuesday, May 17, "Your Life Your Legacy" presented/sponsored by Dignity Memorial. FREE

Dinner with Piccolo's: Tuesday, April 5: Creamy pesto penne pasta with roasted red peppers and grilled chicken, salad/bread. \$12/meal

Health Screenings with UH Ahuja Medical Center:

Monthly Blood Pressure screenings. 2nd Thursday of every month starting April 14.

"Biometric Screening Event" Tuesday, April 26.

Special Programs & Presentations:

- o Intriguing Roles and Relationships of Grace Kelly: April 19
- o Protect Yourself from Scams: April 26
- o Cooking Demonstration: May 10

One-Stroke Painting class: Wednesday, April 13, 1:00-3:00PM; call to see if spots are available.

continued in next column

Programs with Mayfield Heights Parks and Rec Department. Call 440-442-2627.



Drive- Up Dinner for 60+, \$5.00 per meal

April 12, 2022: Parkside Grille

Choice of wrap The House, Turkey, Tuna, Bacon Cheddar Burger, California Balsamic, side and dessert

Limited 2 meals per registration; pick up times: 3:00 3:30, 4:00, 4:30pm

City Hall 6154 Mayfield Road (use the rear entrance)

Mayfield Heights residents opens 3/16/2022

Non-residents opens 3/30/2022 (providing space is still available)

Registration deadline 4/6/2022



**Highland Heights Seniors welcome all for
"A Walk Into Spring" Tea and
Fashion Show
Sunday, April 24 at 1:00PM
Highland Heights Community Center**

This year the fashion show features Men's Fashions by Jos A Banks plus Women's Fashion by Jill, along with a wonderful assortment of sweets and savory treats provided by Quintealia's Tea Room, and MC'd by none other than TV's Megan Gallagher!

The Auction – Raffle is packed with an array of Fabulous gift baskets for the young and old, and Highland Heights Garden Club will share their talents and crafts, herbs and plants. Attendees will have the chance to win many wonderful door prizes and special extras.

Lunch N Movie with Governors Village: 3rd Wednesday of the month. Call 440-919-2332 for details.

Upcoming Trips with JKL Tours:

Tuesday, May 10: Ohio's French Countryside. A wonderful trip to Ohio's French Countryside at Kingswood Garden. Guided tour of the 47-acre estate and lunch at Der Dutchman Amish restaurant! \$95. Deadline to register: April 10.

Summer in Ohio's Amish Country: June 7
Summer Surprise Mystery Trip #2: July 1
Niagara Falls USA: August 30

"A Walk Into Spring" Ticket information:

Tickets: \$40 per person/\$25.00 ages 12 and under; advance reservation and payment required before April 14.

Sorry, no walk-ins and no refunds; seating requests MUST be made at the time of reservation. Checks may be made payable to the City of Highland Heights. Mail in or drop off payment to Highland Heights City Hall, 5827 Highland Rd., 44143

Call Mary Velotta at 440-461-2441 for reservations and questions

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us at 440-646-8448.

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THE DEADLINE FOR FILING YOUR FEDERAL/STATE INCOME TAX IS MONDAY, APRIL 18, 2022.

The schedule for our AARP tax sites is filled. If you still need help in filing your taxes, please check out the following options:

- United Way 2-1-1
- ESOP (Empowering & Strengthening Ohio's People): 216-361-0718
- Notre Dame College: 216-436-2000
- Free File Fillable Forms: www.irs.gov
- H&R Block Online Free Edition: www.hrblock.com
- TurboTax Federal Free Filing Option: www.intuit.com
- Cash App Taxes: www.cash.app/taxes
- TaxSlayer.com Free File Federal: www.taxslayer.com
- TaxAct Free Edition: www.taxact.com
- For those with less than \$73,000 in taxable income: Free TaxUSA: www.freetaxusa.com



Ready for a Challenge?

The 4th Annual Mind Challenge Trivia Competition is just around the corner! We are looking for teams of players (4-6 people) who would like to play for CPA to bring home the trophy this year. You can come as a team or as an individual—we'll be glad to put you on a team!

For more details or to register to play, call Jill at 440-473-5138 or email her at communitypartnershiponaging@gmail.com. Check out the Mind Challenge website: www.themindchallenge.com



NEW & RETURNING CPA PROGRAMS

Everyone can find something to enjoy at CPA!
Call 440-473-5138 with questions and/or to register.



Ms. Colours' Coloring Club: casual coloring - every 1st Friday at 3 PM via Zoom. Call 216-848-0595 to register and to pick up a coloring kit.

Price is Right / Name that Tune: sponsored by Menorah Park - every 2nd Thursday at 3 PM via Facebook on CPA's Plugged-in Programming Group.

Brainercize: sponsored by Anthology - brain games on the 3rd Monday of the month at 3 PM at Mayfield Village Community Room.

Nature Walk: every Friday at 10 AM - meet at the parking lot near Mayfield Village Grove AND every Monday at 11 AM - meet at Richmond Hts. Kiwanis Lodge (NEW!).

"Nobody Tells You How to Get Older": casual conversation - every 3rd Thursday at 3 PM via Zoom. Registration information on our website.

- The Sippin' Society: sponsored by Governor's Village - monthly Tea Club meets on the 2nd Tuesday at 2 PM at the Mayfield Village Community Room - annual dues of \$10.