

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

Give a Little, Get a Lot

December is Giving Month here at CPA and as Wendy mentions in her article on page 2, the theme this year is **Give a Little, Get a Lot**.

Whether we give of our time, fellowship or dollars, Community Partnership on Aging is a catalyst for you to "pay it forward" to the community and to the older adults we serve.

This December, help us reach our goal of raising \$3000 and onboarding 25 new volunteers. Throughout this newsletter you'll find testimonials, pictures and many more examples of the good work we do; we hope to inspire YOU to pay it forward, too!

In this issue of CPA Connections:

Volunteer Information.....	3
Lunch Info.....	4
Programs to Attend.....	5-7
Social Work Tips.....	5
STC Trip Info.....	10
City Program Offerings.....	13
Giving Month.....	11 & 16



Well-Deserved Recognition!

These three participants went all-out for Halloween and were each voted as winners of the costume contest held at our Halloween Party on October 31 at the Richmond Heights Kiwanis Lodge. Which is your favorite?

Main Office: South Euclid Community Center, 1370 Victory Dr., South Euclid, Ohio 44121

Main phone: 216-291-3902 Hours: M-F, 9:00AM-5:00PM

Community Center location addresses can be found on the calendar on page 8

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

Reach CPA staff directly at the following numbers:

- **Social Work/Outreach (Beda, Nancy, Alex):** 440-442-2628 (call for appointments)
- **Programs (Zakiya) and Tech Classes/CPA Connects 2 U (Alex):** 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:** 216-291-3903
- **Donations and Sponsorships (Therese):** 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



I am sure you have heard of Giving Tuesday which falls on the Tuesday immediately after Thanksgiving. Started in 2012, it gives people a way to pivot back to the values of community and gratitude celebrated on Thanksgiving after the mad rush of shopping on Black Friday and Cyber Monday. Giving Tuesday underscores the idea that no act of giving is too small to make an impact. It celebrates many ways of getting involved to help others and is the model CPA embraced in creating Giving December. Why restrict philanthropy to one day? We celebrate you, our supporters, donors and participants, every day so we are setting aside a whole month to highlight numerous opportunities for you to show your support for all we do. Give a little-Get a lot is our mantra for December—the impact of your donations goes much further than simply purchasing a grab bar or providing a ride. Your donation becomes the support needed for older adults to live independently on their own terms. Your donation impacts the quality of life for each of our participants.

For many we are a provider of food and fellowship, for others it is offering exercise classes tailored to the specific abilities of the attendees and yet for others we are a source of unbiased information and counseling. CPA carries out its mission to impact the lives of older adults by supporting their independence and healthy living daily by providing transportation, home safety modifications, meals and produce, or simply just listening- we are here for you and yours. As you look through this newsletter, please note the range of what we do and know it is delivered with the highest degree of professionalism and empathy.

CPA operates with a mixture of municipal dollars generously provided by the member cities, grant awards from local agencies and foundations plus individual and business donations. When I looked up the definition of philanthropy, I was

struck by how meaningful the words were:

- Altruistic concern for human welfare and advancement by generosity to socially useful purposes;
- The desire to promote the welfare of others, expressed especially by the donation of money to good causes;
- The effort or inclination to increase the well-being of humankind

Aren't we all philanthropists at heart? Please see page 16 for more information about Giving December. Thank you for your support of CPA- financial, volunteer time, ambassadors or all three—we can't do it without your partnership.

I would be remiss if I didn't thank some amazing partners this month- first, the Huntington Bank for its support of the next cohort of CPA Connects 2 U which teaches participants how to use a tablet, navigate the internet and sends graduates home with their own devices. Second, the City of Mayfield Heights, Debbie O'Connell and Minute Men OhioComp for grocery gift cards to distribute during the holidays. Next, a shout out to Mayfield Village for its annual sharing of hams, turkey breasts and turkeys with CPA recipients and finally, Paul El Hindi, owner of the BP Corner Market Station in Lyndhurst for his generous donation of turkeys to eligible older adults for Thanksgiving meals.

On behalf of our second-to-none staff, best wishes for a wonderful holiday season and a happy and healthy 2023.

Wendy



VOLUNTEER SERVICES - CALL 216-291-3903



New volunteers Kent Calvin and Aruna Aleem moved from Eugene, Oregon to the Cleveland area in September, 2020 to be closer to family when COVID was at its peak. Now they have found a 'home' here with Community Partnership on Aging through volunteering and participating in a variety of programs! You may also recognize Aruna as part of the CPA Crooners, our newly-formed choir. Here they helped CPA staff fold, stuff and stamp a large mailing of letters that we needed to send. Thank you!

**Interested
in getting
involved?**



WANTED: DEVELOPMENT & NUTRITION ASSISTANT/VOLUNTEER!

If you have some computer skills, are ok with using a phone (making and receiving calls on a SmartPhone) and a few hours a week, we can use your help! Tasks and hours can vary, and will range from data entry to

answering/returning calls/taking messages and other light tasks. Best part is getting to work with our awesome, fun staff :) and attending lunches!

Interested? Contact Therese at gridat@communitypartnershiponaging.org* or 216-291-0771

Looking for something else? Here are just a few of the volunteer opportunities we have. If you don't see your specific opportunity, don't let that deter you; we can match your interests and skills! Give us a shout or fill out our simple application on our website under Volunteer Opportunities.

• **Technology Assistants**

- **Newsletter Distribution**
- **Handyperson**
- **Errand Runner**
- **Friendly Caller**
- **Light Snow Removal/Trash Can Mover**
- **Fundraising assistants**
- **Food Prep assistance**
- **Keyboardist for our choir**
- *Our new Volunteer Coordinator, Jennifer, started on November 28. Watch for her contact info and more from her in January!**

Thank you to Nutrition Event Volunteers, Julie, Jane, Cheri and Carol (left-right) for your hard work and dedication in helping us to carry out our events and our Mission. You each are All-Stars and we appreciate you more than you know!



Café Services Meals

THURSDAY, December 8 Lunch Box

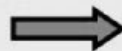
****Chicken Noodle Soup****

Pick up at South Euclid Community Center at 11:30AM; \$5 per person
Lunch Box Deadline: Dec. 5 at 12:00PM

Holiday Pretzel Boxes

Pick Up on December 15

See info



THURSDAY, December 22

Lunch 'N' Movie

****Lemon Chicken****

\$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
"Ticket to Paradise" (2022)

Deadline to order:

Monday, Dec. 19 at 12:00PM

THURSDAY, January 12

Lunch Box

****Patty Melt****

Pick up at South Euclid Community Center at 11:30AM; \$5 per person
Lunch Box Deadline: Jan. 9 at 12:00PM

THURSDAY, January 26

Lunch Box

****1/2 Chicken Salad Sandwich & Cup of Tomato Soup****

Lunch Box Deadline: Jan. 23 at
12:00PM

Call 216-970-0347 for all Café Services reservations



Nutrition 360° is a new program spearheaded by CPA's Dietetic Technician, Mary Beth Healy.


Through education, coaching and experiential learning, interested older adults can learn (or even RE-learn!) healthy food behaviors.

January 18th 1-2pm at SE Community Center

Therapeutic Diets - Learn about specific meal plans and controlling intake of food/nutrients to treat medical conditions.

Upcoming class topics: Build Your Own Flatbread Cooking Class, Hypertension, Cancer

Call 216-970-0347 with questions.



Holiday Pretzel Boxes

This year CPA staff will prepare Chocolate Covered Holiday Pretzel Boxes — great for gifts or for your own snacking (we won't tell!).

****\$10 per box****

Order before Friday, December 9 at 12:00PM

Pick Up on Thursday, December 15 at South Euclid Community Center from 2:00PM - 3:00PM

We'll have hot chocolate and some holiday music playing inside.

Call 216-970-0347 to reserve your box(es)

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

Community Meal schedule (please note locations!)

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

Frozen Meals are still available for those who prefer:

- Tuesdays at Lyndhurst Community Center only

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



Have You Considered Getting a Lock Box?

Many older adults who live independently are concerned about access to their homes by First Responders in the event of an emergency. Lockbox programs available through your local Police or Fire Departments and are a solution that can offer peace of mind to both the homeowner, their neighbors and loved ones. A residential lock box is a heavy, metal box that is mounted on the exterior of your home. A key to your house is secured inside the box and access to the box can only be gained by your local Police or Fire Departments. In the event of an emergency in which you are unable to open the door, First Responders can use their master key to open the lock box and access your house key. Having a lock box can add lifesaving minutes during an emergency and can save property damage that forced entry may cause. Lock boxes often are used in conjunction with a

medical alert device with fall detection. Additional Home Safety and Fall Prevention tips from the CPA Home Safety Collaborative:

- Have smoke alarms on every level of your home including the basement, and in all bedrooms and areas outside of bedrooms.
- Test your alarms once a month and clean them once a year. Replace batteries twice a year.
- Never disable your alarms and replace old alarms every 10 years.
- Carbon monoxide alarms should be installed on every level of your home including the basement and near bedrooms.
- Have an escape plan in the event of an emergency and practice it twice a year.

If you are interested in having a lock box installed on your home, smoke detectors or a home fire safety inspection, you can reach your local Fire Departments at the numbers below:

Mayfield Heights: 440-442-1214
Mayfield Village: 440-461-1208
Richmond Heights: 216-383-6325

Highland Heights: 440-442-7406
South Euclid: 216-691-4273
Lyndhurst: 440-473-5139

And of course, you can always call a CPA Social Worker with questions: 440-442-2628.



If you live alone or care for someone who has a medical condition, you may be interested in learning about what medical alert systems have to offer. Medical alert systems, also called life alert systems, provide added peace of mind for older adults who are aging in place, as well as their loved ones and caregivers.

The best medical alert systems can provide vital support for older adults, but features and prices vary. It's important to find a system that meets your unique needs and budget.

During this holiday season the differences in our cultures seem stark. But, upon closer examination, the purpose of the three popular Western holidays Hanukkah, Christmas and Kwanzaa, are more alike than it would appear.

The first similarity is that all 3 celebrations emerged from a basic human need to survive, physically and spiritually, even in the face of struggle and hardship.

The second similarity is the motif of Light:

- The "miracle" of the Temple's oil lasting 8 nights and the lighting of the Menorah candles for 8 nights.
- The light of Christ coming into a dark world, bringing hope and peace.
- The lighting of the Kwanzaa lights, each one expressed through the 7 principles celebrated in each of 7 days.

The third similarity are the values and principles of celebrating in a way that highlights family and community. We depend upon one another and are crucial in one another's lives, in spite of our differences.

So, whatever your holiday and observances, we on the Diversity Committee wish you peace.





UPCOMING CPA CONNECTS TECH CLASSES:

- Android (phones): 4 weeks January 10 at the SEL Library
- Apple (phones): 4 weeks February 7 at SEL Library
- Tablets: 4 weeks starting Jan 11 at RH Library
- CPA Connects 2 U: 8 weeks starting Feb 8 at RH Library (see below)

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

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).

The Winter 2023 round of CPA Connects 2 U begins February 8, 2023. If your income is less than \$2,037/mo. (household of 1/live alone) or less than \$2,747/mo. (household of 2), and you do not have a working computer - you may be eligible to receive a tablet and one year prepaid internet service after successful completion of the class! Call 216-848-0595 to register.

Virtual/Online Programming -

Participate in programs from the comfort of your home on your computer, tablet or SmartPhone! Programs take place on Facebook, Zoom or YouTube

Connect on Facebook here: www.facebook.com/groups/cpapluggedinprogramming



Programs on Facebook (FB) - no need to pre-register for these programs! Simply login to your Facebook account and look for posts from CPA's Plugged-In Programming and click on the program you're interested in!

- **Monday Morning Meditation** every Mon. at 8:45 AM
- **Mental Stretch** - every Mon. at 3 PM
- **Tasty Tuesday** - every Tues. at 3 PM
- **World Trivia, Movie Trivia and Cleveland Trivia are on hold**



Zoom (Z) Programs - register in advance for these programs by calling 216-848-0595. You will receive a link to join the class via email.

- **Chair Yoga** - every Wed. at 9AM
- **Book Club** - the last Wed. of the month at 12:30 PM (12/28):
The Wish by Nicholas Sparks (NOTE: Book Club WILL take place this day!

YouTube

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 216-848-0595 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

Foot Clinics

Appointments w/ Dr. Whaley:

Call 216-229-0292

- Highland Heights: 12/9
- South Euclid: 12/1

Mayfield Village: (call 440-919-2332 for MV foot clinic)

Appointments with Dr. Spivack

Call 440-487-3947

- Lyndhurst: 12/20

Richmond Hts. Foot Clinics are temporarily on hold.

Blood Pressure Clinics

- Highland Heights: 1st Friday at 11 AM
- Richmond Heights: 2nd Monday at 11:30 AM
- South Euclid: 3rd Wednesday at 11:30 AM

The Creative Writing Class that normally takes place on the 4th Monday at Lyndhurst Community Center is on hold until further notice. Keep your pencils sharpened!



CPA RECURRING PROGRAM DESCRIPTIONS (see calendar for any applicable fees and any occasional cancellations)

Arthritis Exercise Video (Fridays at 10:30AM at HH): A specialized DVD presentation designed specifically for folks who are living well with arthritis. Follow along with the in person group to make some social contacts with people who are having a similar experience.

BINGO/DJ (Mondays at 12:30 at RH): See page 13.

Brainercize (3rd Monday at 3PM at MV) is sponsored by Anthology - Work on puzzles and other mind-sharpening activities in a fun group setting.

Busy Hands Knitters (Wednesdays at 1PM at SE) and **Nimble Needlers** (Fridays at 10AM at MV): Welcome all textile artisans to join their group, although most folks knit and/or crochet. Creators develop their own specialty items to give to a charity of their choice or to keep! Beginners are welcome; an experienced crafter will be happy to guide you along your way.

Chair Yoga (Fridays at 11AM at MV) is a beginner and injury friendly space to stretch while seated or using the chair as a standing balance aid. Join experienced instructor Cynthia McIntyre for a fun and relaxing class. All abilities welcome. Also on Zoom on Wednesdays at 9AM.

Beginner Line Dancing (Mondays at 10:30AM at LCC) and **Intermediate Line Dancing** (Fridays at 9:30AM at HH): Twirl and spin to choreographed steps with our experienced instructor and veteran line dancing crew.

Nature Walk (Mondays at 11AM at RH & Fridays at 10AM at MV Grove): Join others for an easy outdoor hike on (mostly) flat terrain, March-October. Nature Walks are 30 minutes

or 1 hour in duration.

Scrabble (Tuesdays at 12:30PM at LCC): Bring your dictionary if you are serious about Scrabble or just come to have a good time with like-minded wordsmiths.

Senior Exercise (Wednesdays & Thursdays at 10:30AM at SE): Keep it moving with lead instructor Beth Parnin and her team of top notch senior fitness instructors. They will help you stay fit and toned with a total body, low impact, aerobic fitness routine. Bring stretch resistance band & light hand weights, if you have them. (NOTE: no class on third Thursday).

Sippin' Society (2nd Tuesday at 2PM at MV): Join a group of tea connoisseurs for a light nosh and good conversation. Meets monthly, \$10 rolling annual fee. Zoom/virtual option available!


Stretch Video (Tuesdays at 10:30AM at LCC): Keep limber with a like-minded group of friends new and old. We meet weekly to get a group stretch in.

Tai Chi (Mondays at 9:30AM at LCC & Mondays at 10:30AM at RH): Cultivate stress reduction and wellness. Our experienced instructor will take you through the programs of the Dr. Paul Lam Institute for Health and Wellness.

Woodcarving (Fridays at 9:30AM at HH): Join our casual, social group of woodcarvers. Folks can begin with just a bar of soap and a pocketknife! Bring your own supplies.

Yoga (Wednesdays at 1PM at HH): Find inner peace, strength and calm with this gentle, mat based class lead by Sue! Bring your own mat. All abilities welcome.

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY
<p>Physical Location Codes (LCC) = 1341 Parkview Dr., Lyndhurst (SE) = 1370 Victory Dr., South Euclid (HH) = 5827 Highland Rd., Highland Hts. (MV) = 6622 Wilson Mills Rd., Mayfield Village (RH) = 27285 Highland Rd., Richmond Hts. (US) - University Suburban Health Center, 1611 S. Green Rd.</p> <p style="text-align: right;">Virtual Program location codes: (FB): Facebook (Z): Zoom (IC): IConnect</p>		
<p>5 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:30 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Chicken Alfredo (LCC/RH) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)</p>	<p>6 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>7 9:00 Chair Yoga (Z) 10:30 Senior Exercise (SE) \$2/A 11:45 Community Meal: Stuffed Cabbage with Beef (SE/HH) 12:30 CPA Choir (SE) 12:30 Board Games (SE) 1:00 Busy Hands Knitters (SE) 1:00 Yoga (HH) \$5/A</p>
<p>12 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:30 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:00 BP Check (RH) 11:45 Community Meal: Stuffed Pepper (LCC/RH) 12:30 Bingo (RH) 3:00 Brainercise (MV) 3:00 Mental Stretch (FB)</p>	<p>13 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 1:00 School of Tech - CPA Connects 2U (SEL library) 2:00 Sippin' Society (MV) 3:00 Tasty Tuesday (FB)</p>	<p>14 9:00 Chair Yoga (Z) 10:30 Senior Exercise (SE) \$2/A 11:45 Community Meal: Sloppy Joe (SE/HH) 12:30 CPA Choir (SE) 12:30 Board Games (SE) 1:00 Busy Hands Knitters (SE) 1:00 Yoga (HH) \$5/A</p>
<p>19 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beg. Line Dancing (LCC) \$5/A 10:30 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Swedish Meatballs (LCC/RH) 12:30 DJ & Dancing (RH) 3:00 Mental Stretch (FB) 3:00 Brainercize (MV)</p>	<p>20 10:00 Dr. Spivack (LCC) 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>21 9:00 Chair Yoga (Z) 10:30 Senior Exercise (SE) \$2/A 11:30 BP Checks w/ SEFD (SE) 11:45 Community Meal: Sweet and Sour Pork (SE/HH) 12:30 CPA Choir (SE) 1:00 Busy Hands Knitters (SE) 1:00 Alzheimer's Support Group (SE) 1:00 NO Yoga (HH) \$5/A</p>
<p>26</p>	<p>27</p>  <p style="font-size: 2em; font-weight: bold;">Holiday</p> <p style="font-size: 1.5em; font-weight: bold;">OFFICE HOURS <small>CLPI</small></p>	
<p>28</p>		

DECEMBER 2022

THURSDAY	FRIDAY
1 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 9:30 Dr. Whaley (SE) 10:30 Live Classical Piano (IC) 10:30 Senior Exercise (SE) \$2/A 11:30 Creative Paper Recycling (US)	2 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: Baked Chicken Breast (HH)
8 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 10:30 Senior Exercise (SE) \$2/A 11:30 Creative Paper Recycling (US) 11:30 Lunchbox	9 9:30 Woodcarving (HH) 9:00 Dr. Whaley (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: Sliced Ham (HH)
15 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:00 Produce Plus (SE) 10:30 Live Classical Piano (IC) 11:30 Creative Paper Recycling (US)	16 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: Chicken Stir Fry (HH)
22 9:00 Morning Inspiration (IC) 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 10:30 Senior Exercise (SE) \$2/A 11:30 Creative Paper Recycling (US) 12:00 Lunch N Movie \$5 (MV)	23 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: Hawaiian Chicken (HH)
29	30
<p>Reminder: This year our offices will be closed during the week between Christmas and New Year's Day. Program, Nutrition, and Social Work staff will work with you to discuss any necessary arrangements during that time.</p>	

*Giving Month
 2022
 Give a Little,
 Get a Lot!*

*What are some of
 your favorite things
 about Community
 Partnership on
 Aging? Throughout
 the month of
 December, look for
 opportunities to
 share your stories
 about CPA - at
 lunches and on
 Social Media!*

*Scan the QR Code
 below to donate*





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.



TRANSPORTATION WITH STC

CPA has partnered with Senior Transportation Connection (STC) to provide coordinated, efficient and affordable transportation to seniors and adults with disabilities within our community. You must be a resident of one of our cities to qualify for this service. You may be eligible for transportation to medical, shopping, personal trips, and to the community centers. To register, please contact at CPA Social Worker at 440-442-2628. To schedule a trip, contact STC at (216) 265-1489. Learn more at www.ridestc.org.



NEW at Senior Transportation Connection – Standby Program: STC cannot always accommodate your request on the day you need it; however, ask your call center representative to put you on standby. If we can fit you in, we will call you the day before your desired appointment and ask if you'd like to still take your ride.

December 2022 Group Shopping Trips (trips subject to change). Reminder: The Mayfield Heights Wal-Mart closed as of May 20. Target has been added as of the June, 2022 trip schedule.

SE – Tues., Dec. 13 & 27 to Giant Eagle □ Wed., Dec. 14 & 28 to SE Wal-Mart □ Thurs. Dec. 1, 15 & 29 to Marc's
LYND & HH – Tues. Dec. 6 & 20 to Giant Eagle □ Wed. Dec. 7 & 21 to SE Wal-Mart □ Thurs. Dec. 8 & 22 to Marc's

MH/MV/RH – Tues., Dec. 6 & 20 to Giant Eagle & Target □ Friday, Dec. 9 & 23 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.

Give a Little, Get a Lot

What do you think of when you hear of 'paying it forward'? Paying it forward is simply responding to a person's kindness by being kind to someone else. This inspires generosity and compassion. Gratitude - which we referenced in last month's newsletter - is simply feeling appreciated for their actions. It makes magic, changes lives and inspires kindness and love. No matter what you think of, the reality is that it doesn't take a lot of time, money or effort to make someone's day!

We asked a volunteer to interview several other volunteers, donors and participants to tell us what they 'get' from their involvement with CPA. Here is what they told her in their own words:

- I went to lunch after exercise and became fast friends with others in the exercise group;
- I met people thru Lunch 'N' Movie which kept friendships going;
- I love CPA activities and love to travel;
- I am grateful to end up with CPA;
- I get enjoyment, service, fellowship; being with other people to share stories and discuss similar problems;
- I love to have things to look forward to! It's important to have goals;
- Although I am self-sufficient, during a difficult time, a CPA employee sent me a bouquet of flowers, which helped me feel better when I was having trouble ;
- I get gratitude back to me - people are beyond grateful to get my help;
- I was put on this earth to help others; it makes me feel better about myself;
- The satisfaction of doing something good by sharing my time, and knowledge;
- I donate because I have a soft spot for CPA!
- I am making a contribution to society. Helping makes a difference; I feel appreciated;



Do you ever find that you are struggling to make ends meet each month (or know someone who does)? Would you like to receive a free box of shelf stable foods every month? Community Partnership on Aging can help!

The Commodity Supplemental Food Program (CSFP) works to improve the health of income-eligible persons at least 60 years of age by supplementing their diets with nutritious USDA Foods.

Commodity Supplemental Food Program



COMMUNITY
PARTNERSHIP
ON AGING

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

Through our partnership with the Greater Cleveland Food Bank, Community Partnership on Aging is able to register up to 40 NEW older adults for this beneficial program. To be eligible for the program, individuals must be 60 years of age or older and must have household income at or below 130% of the Federal Poverty income guidelines (less than \$1473/mo. for a household of one or less than \$1983/mo. for a household of two) published annually by the Department of Health and Human Services (HHS). To submit an application call 216-291-3902.

FOOD ASSISTANCE PROGRAMS

Community Partnership on Aging Produce Plus

Drive thru to pick up a bag of produce!

******We're back to South Euclid
Community Center******

Thursday, December 15

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 is back to South Euclid Community Center!
See you there on December 15.

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!

Thursday, December 15
10:00 AM - 12 PM
Kiwanis Lodge
27285 Highland Rd.

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!



CPA will once again be partnering with AARP Tax-Aide to provide tax assistance this upcoming 2023 season. AARP-trained volunteers prepare simple federal and state returns, free of charge, with a focus on taxpayers who are over 50 and have moderate to low income. Program details will be available in our January newsletter as well as on our social media platforms.

CITY-SPONSORED EVENTS AND PROGRAMS

City of Mayfield Heights Upcoming Offerings

All programs are open for registration unless otherwise listed.

Pre-registration with payment is required by calling 440-442-2627 for events listed.

Drive-up Dinner

Open to those 60+ years and older.

\$9.00 *- limit 2 per reservation

*Unless otherwise noted every half hour - 3:00, 3:30, 4:00, 4:30 pm
December 13- Arrabiata's Chicken D'Agnese, with pasta, bread, and dessert.

Resident Registration begins on 11/9 - Nonresident begins

November 28 if space available.

Programs with Mayfield Village Senior Services. Please call Sean at 440-919-2332 for all questions and to register. All trips leave from MV Community Room, 6621 Wilson Mills Road.

More Programs coming soon!

B*I*N*G*O and DJ/Dancing

at Richmond Heights Kiwanis Lodge

CPA and the Richmond Heights Rec Department are looking for

YOU to play bingo on the first 3 Mondays (and 5th if there is a 5th

Monday) of the month and dance along with Jammin Joel the DJ on the 4th Monday of the month! It's FREEEEEEEEEE, so join along!

When: Mondays, 12:30-1:30PM

Where: Richmond Heights Kiwanis Lodge
27285 Highland Rd

Silver Sneakers at South Euclid Community Center

1370 Victory Dr., South Euclid

Fridays (started September 16)

Questions? Call South Euclid Community Center at 216-291-0771

\$3.00 class fee for non-members

10:00AM - Classic Class with Instructor Tim

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing and a Silver Sneaker's ball are offered for resistance, and a chair is used for support.

11:00AM - EnerChi Class with Instructor Tim

A Class format incorporates Tai Chi and qigong principles to improve physical and mental well-being.



Highland Heights Seniors Holiday Dine-in Luncheon



Thursday, December 15, 2022
Highland Heights Community Center
12:30 p.m. - 2:00 p.m.
Cost - \$15.00 per resident / non-resident
(Orders are non-refundable)



Buffet lunch includes:

Cavatelli, meatballs, chicken cutlet, tuscan mixed vegetables, house salad, rolls with butter, and dessert

Credit card, check, or cash accepted. Visit www.highlandhts.com to obtain Registration Form. Completed forms may be mailed to City Hall or dropped off in person. Any questions, please email hhseniors@highlandhts.com or call 440-461-2441.



**SCHULTE
MAHON-MURPHY
FUNERAL HOMES**

Family Owned and Operated
Pre-Arrangements - Pre-Planning
Cremation Services
Lyndhurst ~ South Euclid
(440) 442-0000

NEW LOCATION!
Murphy Funeral Home
Chagrin Falls (440) 247-3400

CG FREE Estimates
Landscaping INC
Senior Citizen
Discounts!
Call Chris at
216.691.3972
complete
LANDSCAPING SERVICES

NEW - LOOK

• PAINTING • DRYWALL REPAIR
• HANDYMAN SERVICES
CALL PAUL
216-246-2680
Senior Discounts

A daily dose of joy
in-home care services
• Personal care
• Dementia and Alzheimer's care
• Companionship and housekeeping
• Respite care
• Private duty nursing
(440) 838-5460
GreaterCleveland.ComfortKeepers.com
© 2020 OK Franchising, Inc. Most offices independently owned and operated. 0020



Avenue
at Lyndhurst
Care & Rehabilitation Center
Tara M. Favitta
Director of Admissions and Marketing
Avenue at Lyndhurst
5442 Rae Road, Lyndhurst, OH 44124
440.646.8448 | Cell: 216-401-2947

Avenue at Lyndhurst Care and Rehabilitation Center is dedicated to providing the industries best healthcare with an emphasis on excellent outcomes. Our expansive community offers expert skilled nursing and rehabilitation services in a 5-star hotel-like environment with two beautiful courtyards. Whether in need of short or long-term care, therapy services, temporary respite or hospice services, you can count on Avenue at Lyndhurst Care and Rehabilitation Center to help you discover your journey to healthiness.

The Avenue at Lyndhurst also has Assisted Living suites available with large one bedroom rooms with full size fridge, exquisite solid surfaces, kitchen, living area, in room temperature control and large bathrooms with walk in showers. All the amenities-private dining services, and courtyard with gazebo.

Please feel free to contact us at 440-646-8448.

Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.
Call 888.975.1379 to schedule a tour today.

Embassy Healthcare
embassyhealthcare.net
Like Us On Facebook think embassy

Local communities:
Grande Oaks Nursing and Rehabilitation 24579 Broadway Avenue Oakwood Village, OH 44146 P 440.439.7976 • F 440.439.9572
Grande Pavilion Nursing and Rehabilitation 24613 Broadway Avenue Oakwood Village, OH 44146 P 440.439.1448 • F 440.439.9572
Embassy of Lyndhurst Nursing & Rehabilitation 1575 Brainerd Road Lyndhurst, OH 44124 P 440.660.1000 • F 440.461.5680
Willow Park Nursing & Rehabilitation 18810 Harvard Avenue Cleveland, OH 44122 P 216.752.3600 • F 216.752.6509

We know there are so many pieces...

McGregor pieces together solutions to support you and your seniors' needs.

- Assisted Living
- Independent Living
- Short-term Rehab
- McGregor PACE at Forest Hill, Warrensville Heights and Old Brooklyn
- Affordable Housing
- McGregor Hospice
- The McGregor Foundation

216-851-8200
www.mcgregoramasa.org

McGregor

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

WE APPRECIATE OUR ADVERTISERS!

They allow us to print this bulletin. Thank you!

HOME HEALTH CARE FROM OUR HEART, TO YOUR HOME

Rent a Daughter gives you peace of mind 24/7



Help with Daily Routines, Provide Companionship and Health Care Needs
rentadaughter.org



Homecare, Assistance & Companionship
Call on the Plotkin Family - A Tradition of Caring

216-752-2222

216-364-1111 office 216-633-3604 mobile

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Jayne Pandy**

jpandy@lpicommunities.com

(800) 477-4574 x6401



Richmond Heights Place is a continuum of care campus with price friendly options

Skilled Nursing & Rehabilitation • Independent Living Studios for 55+ • Assisted Living • Memory Care

Take a Memory Care or Assisted Living Tour and Take Home a \$10 Gas Card

Call Today and Ask For Melinda
216.291.8525
MeSmith@richmondheightsplace.com

Our Bundled Rates Include:

- All Utilities
- Three Meals-A-Day
- Scheduled Transportation
- Routine Housekeeping & Fun Outings
- Complimentary Use of Washers & Dryers (ILF)

WELL BEHAVED PETS ARE WELCOME TOO!



562 Richmond Rd., Richmond Heights, OH 44143 | RichmondHeightsPlace.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



Visit www.mycommunityonline.com



NOW HIRING LOVING CAREGIVERS

Contact Kathi at **(216) 633-2359**

DICICCO & SONS FUNERAL HOME

5975 Mayfield Road, Mayfield Heights, OH 44124

Proud to be part of your Community.
Serving families since 1924.

Anthony J. DiCicco, Jr. • Manager

440-449-1818



4-E-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1111

Giving Month 2022

Give a Little, Get a Lot!

Anyone with trees in their yard knows what it's like once the leaves start to fall. First the raking, then the bagging or raking to the tree lawn! For able-bodied adults it's not a fun task; now imagine if you are in a wheelchair or use a walker, or have arthritis and live alone. What do you do?

Community Partnership on Aging volunteers completed leaf-raking projects for 27 older adult homeowners this season! Depending on the size of your lawn and the number of trees in your yard, you can expect to pay around \$155 to \$460 for leaf removal services. The national average cost of leaf removal, across projects of all sizes, is about \$280. In total, CPA saved older adults approximately \$7560 in leaf-raking costs this year alone.



We thought leaf-raking wasn't supposed to be fun but Cub Scout Pack 424 sure proved us wrong with their annual leaf-raking project. This year they raked leaves at homes of 5 older adults on Saturday, November 12! What a terrific way to give back.



Mary Beth had a full house for her "One Base, 4 Soups" class at South Euclid Community Center in October. Classes will resume after the beginning of the year.

Have you heard of Nutrition 360? CPA's Dietetic Tech, Mary Beth, offers nutrition education and cooking classes, and will create a meal plan tailored to any nutritional needs for those who desire it. Some dietitians charge an hourly fee which can average \$100 per hour. Thanks in part to a grant from the McGregor Foundation and private donations, Nutrition 360 classes, class materials and Nutritional Assessments are free to older adults.

In the interviews we referenced on page 11, one person mentioned that she started volunteering for CPA because it "struck her heart." Coincidentally, in her TED Talk, Elizabeth Dunn of the University of British Columbia argues that how we donate money affects our happiness in more significant ways than simply contributing to any organization. According to Dunn's talk, "giving money to a worthwhile charity isn't always enough. You need to be able to envision how, exactly, your dollars are going to make a difference." One of the good (well, we think there are many!) things about a small/local organization like Community Partnership on Aging is that you DO see results, locally and personally, and oftentimes, literally in your own backyard.

If you are interested in volunteering or are in a position to make a donation to Community Partnership on Aging, you can be certain that your dollars and time will reap far more than their face value. Donations of cash/checks can be mailed to our main office. You can also donate directly on our website: www.communitypartnershiponaging.org/donate or by scanning the QR Code on page 9.