

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

**Thank you to all who
donated to our December,
2023 Giving Month
Campaign!**

Your support means that
CPA will help more older
adults through our Safe at
Home Program, right here
in our communities.

Look for a list of donors in
next month's newsletter.



Hard Work + Fun = Fall Leaf Raking!

If you look closely, you can see Cub Scout Pack 424 hidden among the huge pile of leaves that they raked at a South Euclid resident's home in October! The Pack raked three lawns that day, helping older adults in our area with a necessary chore.

Volunteers perform a variety of duties on site and in the community to help CPA's Mission of helping older adults stay independent. If you or a group you're involved with would like to volunteer - check out the list opportunities on page 3. Our volunteer coordinator has plenty of opportunities for you or your group!

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Community Partnership on Aging Mission Statement:

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



1370 Victory Dr.
South Euclid, Ohio 44121



(216) 291-3902



communitypartnershiponaging.org



Monday-Friday
9:00am-5:00pm



CPA Executive Director, Wendy Albin Sattin

NEWS FROM CPA EXECUTIVE DIRECTOR

Wendy Albin Sattin

Phone: 216-291-3902 | Email: sattinw@communitypartnershiponaging.org

Happy New Year to you! Best wishes for a happy, healthy, busy 2024. There are quite a few changes around here, starting with our return to Mayfield Heights Community Center for lunches and programs on Wednesdays, starting January 3. Lunch will be served as usual at 11:45 am, reservations can be made by calling 216-650-4029. Stay tuned for a welcome back party in February!

Lunch resuming at the Mayfield Heights Community Center means that Wednesday lunch and activities at Highland Heights will be moved over to the Mayfield Heights Community Center beginning in January. Gentle Yoga will now be offered at the Mayfield Heights Community Center at 1 PM. A new class is coming to Mayfield Heights Community Center- Seated Tai Chi! This class begins at 1:30 PM and is a 45 minute session. Please check in with Zakiya to make reservations, ask questions or sign up for ACCESS – you can reach her at 216-978-5050.

Another new year change: our Wednesday Senior Exercise class at South Euclid Community Center will be moving to the Mayfield Heights Community Center on Wednesdays as well; same time, different center. This extremely popular class has outgrown the space at the South Euclid Community Center and can now spread out comfortably in Mayfield Heights. The Thursday class at South Euclid remains the same. Confusing, right? Here is a list of the changes:

- Wednesday Lunch moves from Highland Heights to Mayfield Heights
- South Euclid Lunch stays in South Euclid
- Friday Lunch stays in Highland Heights
- Gentle Yoga moves from Highland Heights to Mayfield Heights
- Wednesday Senior Exercise moves from South Euclid to Mayfield Heights
- Thursday Senior Exercise stays in South Euclid
- Seated Tai Chi starts in Mayfield Heights on January 3
- Busy Hands Knitters stays in South Euclid
- Crooners stays in South Euclid

Zakiya has been busy creating new programs for 2024; some of the offerings include Mah Jongg, Stepping On, Genealogy, Concerts, and Financial Literacy. Keep your eye on the newsletter and our social media for updates and announcements.

As always, I hope to see you soon - we are always here for you!

CPA Staff

Social Work/Outreach:

Beda, Nancy, Alex
440-442-2628 (call for appts)

Virtual / In-Person Programs:

Zakiya
216-978-5050

Tech Classes / Connects 2 U:

216-678-1955

Community Meals:

Gina, Mary Beth, Jeri, John
216-650-4029

Lunch Box / Lunch 'N' Movie:

216-970-0347

Volunteer Services:

Jenn
216-291-3903

Donations/Sponsorships:

Therese
216-291-0772

Find us on these Social Media sites:



Funding for Community Partnership on Aging 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.

VOLUNTEER SERVICES - CALL 216-291-3903

GIVE BACK TO YOUR COMMUNITY!

2024 provides you with multiple opportunities to get involved!
To learn more, please contact Jennifer Gale 216-391-3903 or galej@communitypartnershiponaging.org

Weekly Options

- **Reception Assistance:** Answer CPA phone lines and greet visitors at the CPA office. Minimum commitment is 1 day a week with 2-hour shift.
- **Meal Assistance:** Support healthy aging by preparing or serving nutritious meals.
- **Trash Can Assistance:** Ensure safety of a senior homeowner by taking their garbage bags/can(s) in and out each week – OR – every other week.

Monthly Options

- **Newsletter Delivery Assistance:** Distribute CPA monthly newsletter to area businesses and organizations.
- **Food Distribution Assistance:** Must be able to lift boxes and load into cars. Food Distribution takes place the 3rd Thursday of the month and volunteers are needed from 9 – 12 p.m. and variable shifts thereafter to assist with late pick-ups.
- **Home Visitor:** Enhance the quality of life of requesting clients by providing social interaction, mental stimulation and emotional support to senior citizens residing in our service area. The goal is to help individuals maintain feelings of independence and self-worth and increase their social contacts and connections.
- **Snail Mail Campaign:** Gain a pen pal with letter writing card sending with individuals that seek communications with others.

Sporadic and "On-Call Ready" Options

- **Snow Removal Assistance:** Ensure safety of a senior homeowner's walkways after it snows.
- **Leaf Raking Assistance:** Visit one or more homes to rake leaves from lawns. CPA will even provide the rake!
- **Errand Runner:** Support older adults in maintaining independence by completing personal offsite errands for them such as shopping and dropping off or picking up items.

Continued in next column



CPA volunteers make a difference right here in our communities

Giving back, continued

- **Technology Assistance:** Assist clients needing trouble with their computer or other related devices allowing clients to better utilize technology in their day-to-day activities.
- **Home Repair Assistance:** Complete minor home maintenance projects such as changing lightbulbs, fixing jammed locks, repairing loose cabinet doors, painting trim, etc. Excluded services include plumbing and electrical as well as projects that would require use of anything other than a step ladder.
- **Fundraising Committee** volunteers needed! Help CPA reach our fundraising goals. Tasks range from data entry to soliciting for donations to help at events; days and hours vary.



LUNCHES, NUTRITION CLASSES AND MORE

CAFÉ SERVICES

THURSDAY, JANUARY 11

Lunch Box

Beef Stew

Pick up at South Euclid Community Center at 11:30AM; \$7 per person

Deadline to order:

Monday, January 7 at 11:30AM

THURSDAY, JANUARY 25

Lunch 'N' Movie

White Chicken Chili

\$5; Mayfield Village Civic Center

Lunch at 12:00PM, Movie at 1:00.

Movie: "Oppenheimer" (2023)

Deadline to order: Monday, January 22 at 12:00PM

THURSDAY, FEBRUARY 22

Lunch 'N' Movie

Asian Chicken Salad

\$7; Mayfield Village Civic Center

Lunch at 12:00PM, Movie at 1:00

Movie: TBA

Deadline: February 19

Reminder: beginning in January, The Lunch 'N' Movie fee increases to \$7. Thank you for understanding! Call 216-970-0347 for all Café Services reservations.

Nutrition 360° is a 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.

Upcoming Nutrition 360° Classes held at 1:00PM at South Euclid Community Center

- January 17 - Nutrition 360: Revisit Inflammation/ Make your own overnight oats
- February 14 - Nutrition 360: Vitamins and Supplements

Call 216-970-0347 with questions and to make a reservation.



Mary Beth leads a Nutrition 360 class at South Euclid Community Center.

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

Have a hot meal with us on-site according to the following schedule:

- Mondays: Richmond Heights Community Center and Lyndhurst Community Center
- Tuesdays: Lyndhurst Community Center
- Wednesdays: South Euclid Community Center and returning in January, Mayfield Heights Community Center!
- Fridays: Highland Heights Community Center

Join us for a special lunch to help celebrate the opening of the new Mayfield Heights Community Center!

Wednesday, February 7th

More details to come!



TECHNOLOGY CLASSES - HELPING YOU STAY CONNECTED

Community Partnership on Aging is seeking a part time (10 hrs/wk., hybrid remote) Social Media Specialist!

Share information on our various social media platforms (Facebook, Instagram, LinkedIn, YouTube, and Mailchimp); monitor and maintain the sites and create weekly eblasts for agency partners to help CPA connect with the public on popular sites. The social media specialist stays in contact with agency staff to receive timely information for posting and sharing.

- Candidates will possess a Bachelor's degree in Marketing/Communications OR will be currently enrolled in a marketing/communications degree program OR have 1-3 years' experience in managing social media platforms.
- Familiarity with Facebook, Instagram, Mailchimp, Canva preferred. Excellent writing and communication skills are a must! Additionally, you should be active on several social media platforms; respect deadlines; and demonstrate experience managing social media platforms. Light graphic design / print material design as needed. Content creation as needed (experience with Canva helpful).

Full description of job duties and responsibilities is available upon request. Applicants may send a resume and cover letter to contactus@communitypartnershiponaging.org by January 3, 2024.

Upcoming CPA Connects Tech Classes

We are starting off the year with Android Phone classes to be offered at 1 PM on January 5, 12, 19 and 26 at the Cuyahoga County South Euclid Lyndhurst Library.

A second Android Phone session is scheduled for February 2, 9, 16 and 23 for 1 PM at the Cuyahoga County Mayfield Heights Library. If you are interested in an Apple I Phone class, please let Alex know. The Spring round of CPA Connects 2 U will start in March of 2024. Call Alex at 216-678-1955 to sign up or for more information about any of the 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 CPAI) 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).

VIRTUAL / ONLINE PROGRAMS

PARTICIPATE IN PROGRAMS FROM THE COMFORT OF YOUR HOME ON YOUR COMPUTER, TABLET OR SMARTPHONE!

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 Facebook page and click on the program or post to engage in the discussion.

- Monday Morning Meditation every Mon. at 8:45 AM
- Mental Stretch - every Mon. at 3 PM
- Tasty Tuesday - every Tues. at 3 PM

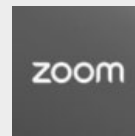
Zoom (Z) Programs - register in advance for these programs by calling 216-978-5050. You will receive a link to join the class via email.

- Chair Yoga - every Wed. at 9AM
- Book Club - the last Wed. of the month at 12:30 PM. January 31: The Last Garden in England by Julia Kelly.

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 216-978-5050 with questions.

iConnect (IC) - Virtual Programs for Jazz Appreciation, Live Classical Piano, & more are available through the Greater Cleveland Neighborhood Centers Association iConnect Program. Call De'Neitra at 216-298-4440 for info.



IN-PERSON PROGRAMMING - SOMETHING FOR EVERYONE

CPA IN-PERSON / RECURRING PROGRAM DESCRIPTIONS. See calendar for any applicable fees. Please note some locations may have changed

Alzheimer's Support Group (4th Wednesday at SE at 1:00PM).

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.

BINGO/DJ (Mondays at 12:30PM at RH, see calendar) and **BINGO** (Tuesdays at 12:30 at LCC).

Brainercize (3rd Monday at 3:00PM at MVC) is sponsored by Anthology - Work on puzzles and other mind-sharpening activities in a fun group setting.

Busy Hands Knitters (Wednesdays at 1:00PM at MH) and **Nimble Needlers** (Fridays at 10:00AM at MVC): 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.

Cardio Drumming (Fridays at 2:00PM) in person at South Euclid Community Center.

Chair Yoga (Fridays at 11:00AM at MVC) is a beginner and injury-free 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.



Visits from students at Millridge Elementary in Highland Heights are on the agenda for 2024!

Knitters and crocheters of all skill levels welcome at Busy Hands and Nimble Needlers Groups!



CPA Crooners (Wednesdays at 12:30 at SE) - Join our Choir that is led by local volunteer, Laura Bruck.

Creative Paper Recycling - Volunteer Paper Artisans meet every Thursday to create new paper goods from paper scraps that are sold at local craft and art fairs. Proceeds benefit CPA! Contact Judy: 440-646-9820

Creative Writing Class (2nd and 4th Monday at 1:00PM at LCC): Join our volunteer, Diana, for a monthly Creative Writing group!

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

Nature Walk (Mondays at 11:00AM at RH & Fridays at 10AM at MV Grove): Join others for an easy outdoor hike on (mostly) flat terrain.

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 at MH & Thursdays at SE at 10:30AM. NO CLASS on third Thursday): 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.

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.

Continued on next page

IN-PERSON PROGRAMS AND SERVICES

RECURRING PROGRAMS (CONTINUED FROM PAGE 6)

Tai Chi (Mondays at 9:30AM at LCC & Mondays at 10:45AM at RH): Cultivate stress reduction and wellness. Our experienced instructor Paul Lam Institute for Health and Wellness. **NEW! Seated Tai Chi** - Wednesdays at 1:30PM at MH.

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.

Gentle Yoga (Wednesdays at 1:00PM at MH): Find inner peace, strength and calm with this gentle, mat-based class led by Sue! Bring your own mat. All abilities welcome.



The CPA Crooners performed at the MV Garden Club Holiday Luncheon on Dec. 8th at the Mayfield Country Club.

The Mind Challenge

Calling all Trivia Buffs!

Your participation in the Mind Challenge Trivia can earn cash prizes for CPA. Teams can meet weekly for practice, leading up to the actual tournament in Spring. If you are interested in forming a team or joining one, call Zakiya at 216-978-5050

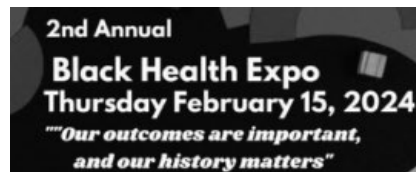


Black Health Expo

Thursday, February 15, 2023

Guest Speaker: Dr. Carolyn Still from the Frances Payne Bolton School of Nursing at CWRU. Also included:

vendors and resources for healthy living. Registration required! Call Zakiya at 216-978-5050



Seated Tai Chi - Wednesdays at 1:30PM in MH

Seated Tai Chi practices tai chi movements in a chair. The warm-up exercises and forms are all from Tai Chi for Health Institute, the global leader in tai chi chuan exercise. This class is recommended for people who have difficulty standing and balancing in other exercise classes. Libby Hill, a TCHI Certified Senior Trainer, is the instructor.

BLOOD PRESSURE AND FOOT CLINICS

Blood Pressure Checks

- Highland Heights: 1st Friday at 11:00AM
- Richmond Heights: 2nd Monday at 11:00AM
- South Euclid: 3rd Wednesday at 11:30AM

Foot Clinics



Appointments w/ Dr. Whaley: call 216-229-0292

- Highland Heights: 1/12
- South Euclid: 1/25

Appointments with Dr. Spivack: call 440-487-3947

- Lyndhurst: 1/30

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY
1  Offices closed in observance of New Year's Day	2 10:30 Stretch Video (LCC) 11:45 Community Meal: Breaded Chicken Breast (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	3 9:00 Chair Yoga (Z) 10:30 Senior Exercise (SE) \$2/A 11:45 Community Meal Stuffed Cabbage with Beef (SE/MH) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A
8 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:00 BP Checks (RH) 11:45 Community Meal: Breaded Fish (RH/LCC) 12:30 Bingo (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)	9 10:30 Stretch Video (LCC) 11:45 Community Meal: Salisbury Steak (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	10 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Lemon Chicken (SE/MH) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A
15  Offices closed in observance of MLK, Jr., Day	16 10:30 Stretch Video (LCC) 11:45 Community Meal: Veggie Lasagna (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	17 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:30 BP Checks w/SEFD (SE) 11:45 Community Meal Swedish Meatballs (SE/MH) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:00 Nutrition 360 (SE) 1:30 Seated Tai Chi (MH) \$5/A
22 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dance (LCC) \$5/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Roasted Pork Loin (LCC/ RH) 12:30 DJ/Dancing (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)	23 9:00 Foot Clinic - Spivack (LCC) 10:30 Stretch Video (LCC) 11:45 Community Meal: Stuffed Pepper (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	24 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Roast Turkey Breast (SE/MH) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:00 Alzheimer's Support Group (SE) 1:30 Seated Tai Chi (MH) \$5/A
29 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Hamburger (RH/LCC) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)	30 10:30 Stretch Video (LCC) 11:45 Community Meal: Chicken Stuffed with Broccoli (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	31 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Beef Sloppy Joe (SE/MH) 12:30 Book Club (Z) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A

THURSDAY	FRIDAY
4 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)	5 9:30 Woodcarving (HH) 9:30 Int Line Dancing (HH) \$5/A 10:00 Nature Walk (MV Grove) 10:00 Nimble Needlers (MVC) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MVC) \$5/A 11:00 BP Checks (HH) 11:45 Community Meal: Beef Meatloaf (HH) 2:00 Cardio Drumming (SE) \$5/A
11 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 Lunch Box (SE) \$5	12 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int Line Dancing (HH) \$5/A 10:00 Nature Walk (MVGrove) 10:00 Nimble Needlers (MVC) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MVC) 11:45 Community Meal: Sweet and Sour Meatballs (HH) 2:00 Cardio Drumming (SE) \$5/A
18 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)	19 9:30 Woodcarving (HH) 9:30 Int. Line Dance (HH) \$5/A 10:00 Nature Walk (MV Grove) 10:00 Nimble Needlers (MVC) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MVC) \$5/A 11:45 Community Meal: Beef Sloppy Joe (HH) 2:00 Cardio Drumming (SE) \$5/A
25 9:00 Foot Clinic - Whaley (SE) 9:00 Morning Inspiration (IC) 9:30 Walk N Talk (IC) 10:30 Live Classical Piano (IC) 10:00 Produce Plus (SE) 11:30 Creative Paper Recycling (US) 12:00 Lunch 'N' Movie (MV) \$5	26 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dance (HH) \$5/A 10:00 Nature Walk (MV Grove) 10:00 Nimble Needlers (MVC) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MVC) \$5/A 11:45 Community Meal: Breaded Fish (HH) 2:00 Cardio Drumming (SE) \$5/A



Tax Season is almost here!

Once again, CPA is partnering with AARP Foundation Tax-Aide Program to provide free, simple federal & state income tax preparations for anyone but with a focus on adults over 50 & with moderate to lower income. **Please read the following information carefully!**

All clients will be asked to complete the annual AARP registration forms PRIOR to their appointment day/time. You can only use the registration form that is for your appointment site - **do not go to other sites to pick up a packet!** Failure to complete these forms before your appointment may result in the need to reschedule. Forms are NOT available to be sent via email.

Continued on page 11

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
 (MVC) - 6621 Wilson Mills Rd., Mayfield Village

(RH) - 27285 Highland Rd., Richmond Hts.
 (US) - 1611 S. Green Rd., South Euclid
 (IC) - iConnect
 (FB) - Facebook
 (Z) - Zoom

DO THESE HOME PROJECTS LOOK FAMILIAR?

YARD CARE

Spring Cleanup
Fall Raking
Trimming & Weeding

EXTERIOR

Window & Exterior Cleaning
Garage Cleanout
Minor Painting & Repairs

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.



Call 216-970-0599 or visit careneo.org

Transportation Information

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.

January 2024 Group Shopping Trips Schedule (Trips subject to change):

SE – Tues., Jan. 9 & 23 to Giant Eagle ▪ Wed., Jan. 10 & 24 to Wal-Mart ▪ Thurs. Jan. 11 & 25 to Marc's

LYND & HH – Tues., Jan. 2, 16 & 30 to Giant Eagle ▪ Wed., Jan. 3, 17 & 31 to Wal-Mart □ Thurs., Jan. 4, 18 & Feb. 1 to Marc's

MH/MV/RH – Tues., Jan. 2 & 16 to Giant Eagle & Target ▪ Fri., Jan. 12 & 26 to Heinen's & Marc's

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

A WORD FROM ONE OF OUR SPONSORS



WHERE YOU LIVE MATTERS!

For some, your day starts off with a group hike on the grounds among nature or breakfast with friends and ends with an afternoon shift as a volunteer. Life in a senior living community is about what matters. Who's able to enjoy this kind of lifestyle? A lot of people like you!

Whether you visit an independent living community, an assisted living community or a PACE center, you'll find people participating in a host of different activities, programs, clubs and committees. This is not about simply keeping busy, but about opportunities designed to give residents choices to do what they want, to do what they enjoy and find fulfillment!

Each community has a culture shaped by the people who live there. People come from all backgrounds-small business owners, big business CEO's, housewives, nurses, lawyers, teachers, engineers, musicians, professors-all making the choice for a Life Plan Community (also known as a Continuing Care Retirement Community).

Ohio's 60-plus population is expected to grow 30 percent by 2030, suggesting that 1 in 5 adults will be over the age of 65 years. Recently, the U.S. Department of Housing and Urban Development announced a landmark grant to awardees in the State of Ohio - one of whom was McGregor- to build new homes for low-income seniors.

McGregor is growing dramatically, serving seniors in the community through PACE [the Program of All-inclusive Care for the Elderly] helping qualified seniors in Cuyahoga

County and serves as an alternative to residential homes by allowing participants to enjoy the comfort and security of familiar surroundings, neighborhoods and their community. Providing access to three PACE Health Centers across Northeast Ohio, participants have the option of being picked up and transported one or several times a week to a center for social engagement, cultural activities, meals and giving peace of mind to family members!

McGregor is a recognized leader of innovation and high value services while continuing its mission of philanthropy, workforce development and total quality of life programming.



Lee Ann O'Brien,
Chief Marketing
Officer, The McGregor
Foundation
Leeann.Obrien@mcgregoramasa.org
216-268-8999

AARP Tax Aide info - continued from page 9

- **TUESDAYS: South Euclid - Lyndhurst Branch** of the Cuyahoga County Library (1876 S. Green Rd., South Euclid, 44121) from February 6 - April 9, 2024. Registration Packets may be picked up from the front desk at the library during normal business hours (NOTE: this is a change from previous years).
- **WEDNESDAYS: Lyndhurst Community Center** (1341 Parkview Dr., Lyndhurst 44124) from February 7 - April 10, 2024. Registration Packets can be picked from at the CPA office at Lyndhurst CC on MONDAYS AND TUESDAYS 9:00 AM TO 3:00 PM ONLY).
- **THURSDAYS: Mayfield Branch** of the Cuyahoga County Library (500 SOM Center Rd., Mayfield Village 44143) from February 8 - April 11, 2024. Registration Packets may be picked up from the information desk at the library during normal business hours

Appointments can be made by calling 216-848-0594, beginning on January 17, 2024. Appointments are made on a rolling basis - we start with the first weeks of February and add weeks as appointments fill up. NO EXCEPTIONS! Also, for the month of February, preference will be given to residents of our 6-city service area, 60+. Keep up to date with any changes by checking out our Facebook page, our website and our twice-monthly e-blast.

FOOD ASSISTANCE SERVICES AND PROGRAMS



COMMUNITY PARTNERSHIP ON AGING PRODUCE PLUS

Drive thru to pick up a bag of produce at South Euclid Community Center every third Thursday!

Thursday, January 18

Distribution starts at 10:00AM
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.

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.

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@lyndhurstoh.com for more information. Are you looking to volunteer for Hillcrest Meals on Wheels? Contact Judy for that, as well!

RH Food Distribution

Richmond Heights hosts a food pantry every 3rd Thursday each month. Free groceries/produce to families who are in need.

Drive up and they will load your trunk!
Location: Richmond Heights Community Center, 27285 Highland Rd.

Begins at 10:00AM.

Are you in need of additional assistance?

SNAP (Supplemental Assistance Nutrition Program) are benefits that help put groceries and food on the table for people experiencing hunger. These temporary benefits are based on income and are issued monthly through an electronic debit (EBT) card called the Ohio Direction Card. Your family can use the benefits placed on the card to purchase groceries at authorized retailers. CPA also offers a monthly shelf stable box of food for those who are income eligible. If you need help applying for SNAP or any other benefits, we can help! Call a CPA Social Worker at 440-442-2628.

PROGRAMS OFFERED AROUND OUR COMMUNITIES

Programs with Mayfield Heights Rec Department

Programs coming soon! Call 440-442-2627 for all questions and reservations

Programs with Mayfield Village Senior Services

Please call Samantha at 440-919-2332 for all questions and to register.

Mah Jong Every Monday in the Community Room 1:00pm-4:00pm

Cards Every Tuesday 1:30-4:00PM at the Community Room.

Thursday Cards will Continue at Governors Village from 1:30-4:00PM all are welcome.

Games and Gab Every Tuesday 1:30-4:00PM at the Community Room.

Join us to play board games, checkers, Yahtzee, Scrabble, and more. Have a game that we do not bring it in and enjoy it with friends.

Snack, Learn, Bingo

NEW: Join us for light refreshments and Bingo brought to us by Highland Pointe Rehabilitation Center. Win Bingo and win prizes!

Thursdays 12:00 P Community Room

January 18, February 15, March 21, April 18

Registration Deadline: the Friday before each date.

Alzheimer Appreciation Group

This is a caregiver support group for those caring for or dealing with someone with Alzheimer's and Dementia.

Meets second Wednesday of the month 2:00 PM.

January 10th, February 14th, March 13th, April 10th, May 8th

Programs with Governors Village – Governor's Village

Lunch and a Movie: 12:30 P February 21 (Legend of the Fall), March 20 (The Mask), April 17 (Big)

Posh and Polish: Mayfield Village Community Room 11:30-12:30 P January 8th

Come out and enjoy a little pampering- Music, Manicures, Hand massages and Refreshments. This is a free

activity. Any tips will go to the Seniors Make a Difference Fund.

Highland Heights Seniors AARP Tax Prep

Personal and non-business tax prep for older adults

Thursdays, February 15 - April 4, 2024

Highland Heights Community Center, 5827 Highland Rd (Buckeye Room)

Call Mary at 440-461-2441 for scheduling appointments and information. This service is free for older adults

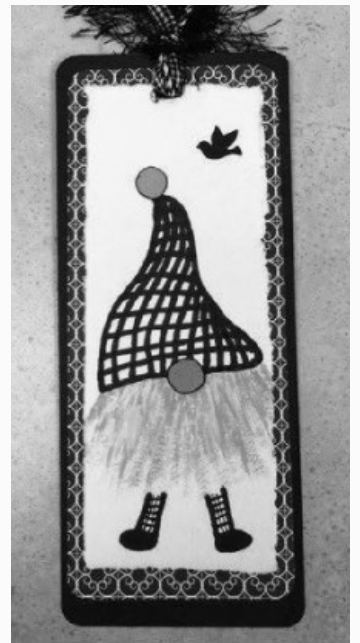
Support Group at South Euclid Community Center—every first Tuesday of the month.

Caregivers of loved ones with Alzheimer's or other forms of dementia are invited to meet at the South Euclid Community Center for support in a group setting led by Dr. Ted Sturman.

Ted is a psychologist who has provided individual and group counseling. He also has personal experience helping to care for his parents, both of whom experienced Alzheimer's Disease. Caregiving can be stressful, debilitating, and isolating. This monthly support group will allow caregivers to share stories and experiences, provide and receive information on resources, offer a safe, confidential space to manage negative emotions and focus on coping with stress, support, and setting healthy boundaries. Call 216-291-0771 for information.

Do you have a flair for the arts and being creative?

The Creative Paper Recycling Group is seeking volunteer paper artisans to help create new, beautiful products from recycled and repurposed paper, as well as help man tables at craft fairs. Call Judy at 440-646-9820. Proceeds from the sale of products benefit CPA!



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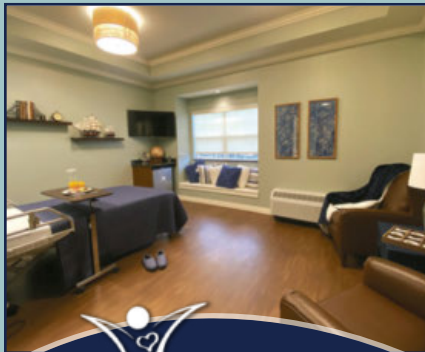


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Avenue at Lyndhurst Care & Rehabilitation Center

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 industry's 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.



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A SPECIAL MESSAGE FROM MAYOR PATRICK WARD

To our residents,

As we come to the end of our Community Partnership on Aging's 45th year I marvel at how the organization has grown, how the number of needed services has expanded and how CPA continues to creatively meet the needs of our most cherished and most senior (that's in number of years they have lived in our communities and not just age) residents. What started as the brainchild of South Euclid Mayor, Arnold D'Amico, a cooperative arrangement was forged between South Euclid, Lyndhurst, and Highland Heights where services could be broadly and more economically delivered than any one of the cities could do individually. As they say, "the rest is history", and what a fantastic history it is.

CPA has grown to serve six communities, now including Mayfield Heights, Mayfield Village and Richmond Heights and that growth is not limited to the number of communities and residents served. In addition to communal meals and a wide variety of social programs, CPA deploys social workers, coordinates hundreds of volunteers, oversees fall-prevention assessments, distributes food, and manages transportation services to our community centers, doctor appointments, meal delivery, and shopping. Under the guidance of our six mayors, and the strong support of our City Councils, CPA continues to look for innovative ways to serve our seniors.



Over the past several years especially we have seen greater need, greater economic pressure on our residents, greater food insecurity and more complex issues to be addressed. CPA staff and great volunteers have stepped up to meet every challenge. The six mayors meet regularly to review the services offered, review the organization's financial data, and approve the yearly budgets. There are many oars in the water keeping the partnership moving in the right direction and assuring our residents' needs are being met in as many ways possible.

With a six-city footprint and over 3500 residents being served, our Community Partnership on Aging has a large presence, makes a strong regional case for grant support and is regularly awarded hundreds of thousands of grant dollars each year which broadens the number of services provided and elevates the quality of those services as well. There is indeed strength in numbers.

As we embark on year 46 of this crucial organization, please take a moment to let your elected Council Members know how much you appreciate their support of our Community Partnership on Aging. Best wishes to each and every one of you for a happy, healthy new year.

Mayor Patrick A. Ward
City of Lyndhurst
Chair, CPA Council of Government