

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



***CPA and fiscal officer, Chuck DeCrignis, received the State Auditor's Award with Distinction, in recognition of excellence in financial reporting and management related to our audit for 2021 and 2022.***



### **Holiday Craft Fun and Memories, to Boot!**

CPA's AmeriCorps volunteer, DQwanda, facilitated an ornament-making activity in December.

AmeriCorps members and AmeriCorps Seniors volunteers serve directly with nonprofit organizations to tackle our nation's most pressing challenges, and make an impact directly in the community. DQwanda works with Zakiya in our program department and in our office, making a difference every day. Thank you DQwanda!

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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."**



CPA Executive Director, Wendy Albin Sattin

## NEWS FROM CPA EXECUTIVE DIRECTOR

### Wendy Albin Sattin

Phone: 216-291-3902 | Email: [sattinw@communitypartnershiponaging.org](mailto:sattinw@communitypartnershiponaging.org)

CPA is excited to be back at the Mayfield Heights Community Center- and to celebrate our return, we are inviting everyone to a Welcome Back lunch, cooked with love by Chef Mary Beth- Sloppy Joes are on the menu, fun and friends are the plans for the meal and it all happens on February 7th. Cost is \$4.00 a person; reservations are required. Please see page 4 for more information. And talking about Mayfield Heights, exercise with Beth Parnin has moved there on Wednesdays after outgrowing their space in South Euclid- other programs offered at Mayfield Heights on Wednesdays are Gentle Yoga with Sue and Seated Tai Chi with Libby—Zakiya can answer your questions at 216-978-5050.

Our annual Black Health Expo takes place on Thursday, February 15 at the Richmond Heights Community Center. Come join us for the keynote speaker, Dr. Carolyn Still, on The Importance of Heart and Mental Health in the African American Community. There will also be vendors and resources available. Registration required; 216-978-5050.

February is Heart Health month. By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia because your heart pumps blood through vessels to every part of your body, including your brain. The more effective the pumping process, the better for your brain. According to the CDC, heart disease, stroke, and vascular dementia are preventable. Take steps to reduce your risk: Control your blood pressure. Eat healthy foods and limit alcohol. Get diabetes under control. Don't smoke. Stay active.

Finally, do you know about our Safe At Home program? Falls are a leading source of hospitalization and can even be fatal; Safe At Home can help prevent falls in and outside of your home.

(continued on page 5)

## CPA Staff

### Social Work/Outreach:

Beda, Nancy, Alex  
440-442-2626 x 244 (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](mailto: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

- **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 – 12PM with 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 or card writing 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



*In December, CPA volunteer, Mary, delivered holiday gift bags that were donated by members of the CLE East Senior Network.*

independence by completing personal offsite errands for them such as shopping and dropping off or picking up items.

- **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.
- **Friendly Caller:** Perform outreach phone calls and conduct a friendly chat with a local resident requesting friendship via conversation. This activity could be performed with one or more residents and as often as agreed upon between the individuals.



# LUNCHEES, NUTRITION CLASSES AND MORE

## CAFÉ SERVICES

### THURSDAY, FEBRUARY 22

Lunch 'N' Movie

#### Asian Chicken Salad

\$7; Mayfield Village Civic Center

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

Movie: The Miracle Club (2023) (PG-13), 1hr 30 min.

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. Stars Maggie Smith and Kathy Bates.

Deadline: February 19 at 12:00PM

### THURSDAY, MARCH 28

Lunch 'N' Movie

#### Lasagna Rolls/Salad

\$7; Mayfield Village Civic Center

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

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

Movie: Indiana Jones and the Dial of Destiny OR Animal Crackers (1930)

Audience vote at the February Lunch 'N' Movie!

Reminder: beginning in January, the Lunch 'N' Movie fee increased 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

- **February 14:** Vitamins and Supplements
- **March 13:** Improving Gut Health –Your gut consists of your gastrointestinal system. It breaks down food that we eat and absorbs essential nutrients to support your bodily functions. A healthy gut is essential for your overall health and well-being.

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 Mayfield Heights Community Center
- Fridays: Highland Heights Community Center

**Welcome Back Lunch**  
**Mayfield Heights Community Center**  
**Wednesday, February 7 at 12PM**  
**\$4 per person**  
**Sloppy Joe, salad, dessert**  
**Call 216-650-4029 to see if spots are open**

# TECHNOLOGY CLASSES - HELPING YOU STAY CONNECTED

## Continued from page 2

If you live in one of our six cities, meet income requirements, and need grab bars, railings, or a raised toilet, we can provide safety equipment at little to no cost to you. Need help navigating the big step from the garage into the house? Want to put another railing up to the second floor? How about grab bars in the shower? Any of these improvements fall under the Safe At Home program. We received funding from Western Reserve Area Agency on Aging to expand the program so what are you waiting for? Today is the day to make your home a little safer! Please call Nancy in our Social Work department for more information and an application. Her number is 440-442-2628.

Stay warm and healthy!

*Wendy*

### Upcoming CPA Connects Tech Classes

Android Phone sessions are 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 on March 1, 2024 and run 8 weeks (no class on April 29). Students that are successful in completing the class receive a new Fire tablet and one year prepaid internet access. The spring session of Connects 2 U will be hosted by the Schnurmann House. If your annual income is less than \$2321/mo (single) or \$3151/mo (two), you live in one of the CPA cities and don't have a viable device, you may qualify for the class. Call Alex at 216-678-1955 to sign up or for more information.

*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).*

### Community Partnership on Aging



### Safe at Home Program

Enhancing the lives of older adults through fall prevention education, awareness, home modifications, exercise and safety measures

### 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.

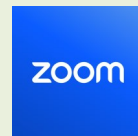
- Monday Morning Meditation every Mon. at 8:45 AM
- Mental Stretch - every Mon. at 3 PM
- Tasty Tuesday - every Tues. at 3 PM

**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 SE) 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. Chair Yoga is also on Zoom on Wednesdays at 9AM.



*Cardio Drumming instructor, Nema, poses with her students at South Euclid Community Center*

**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.

**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.

Continued on page 7



# IN-PERSON PROGRAMS, CONTINUED

## RECURRING PROGRAMS, CONTINUED

Continued from page 6

**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.



## SPECIAL IN-PERSON PROGRAMS COMING IN FEBRUARY AND MARCH

### 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 joining, call Zakiya at 216-978-5050



### Black Health Expo

**Thursday, February 15, 2024,  
10:00AM**

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



## 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: 2/9, 2/23
- South Euclid: 2/15 (at LCC)

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

- Lyndhurst: 2/27
- Richmond Hts: 2/5

### Cybersecurity Help & Protection


**Tuesday, March 12**

**Lyndhurst Community Center, 1:30PM - 2:30PM**

Learn the importance of security and privacy, including the special challenges of using a smartphone or other mobile device.

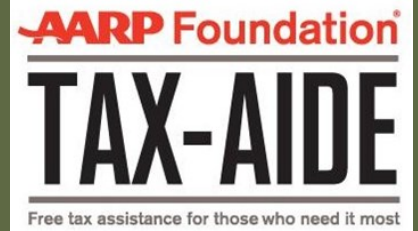
Registration required: 216-978-5050

# FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY
<b>Location Codes</b> (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		(MH) - 6080 Marsol Rd., Mayfield Hts. (RH) - 27285 Highland Rd., Richmond Hts. (US) - 1611 S. Green Rd., South Euclid (IC) - iConnect (FB) - Facebook (Z) - Zoom
<b>5</b> 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:30 Foot Clinic—Spivack (RH) 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:00 BP Checks (RH) 11:45 Community Meal: Beef Stew (RH/LCC) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)	<b>6</b> 10:30 Stretch Video (LCC) 11:45 Community Meal: Chicken Cordon Bleu (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	<b>7</b> 9:00 NO Chair Yoga (Z) 10:30 NO Senior Exercise (MH) \$2/A 11:45 NO Community Meal in SE today 12:00 Welcome Back to MH Lunch! 12:30 CPA Crooners (SE) 1:00 Busy Hands Knitters (MH) 1:00 NO Gentle Yoga (MH)\$5/A 1:30 NO Seated Tai Chi (MH) \$5/A
<b>12</b> 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: Tomato Basil Chicken (RH/LCC) 12:30 Bingo (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)	<b>13</b> 10:30 Stretch Video (LCC) 11:45 Community Meal: Stuffed Cabbage (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	<b>14</b> 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Baked Fish (SE/MH) 12:30 CPA Crooners (SE) 1:00 Busy Hands Knitters (MH) 1:00 Gentle Yoga (MH)\$5/A 1:00 Nutrition 360 (SE) 1:30 Seated Tai Chi (MH) \$5/A
<b>19</b> <div>  </div> <b>Reminder!</b>  <b>No CPA lunches or programs in observance of President's Day</b>	<b>20</b> 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)	<b>21</b> 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Stuffed Peppers (SE/MH) 11:30 BP Checks w/SEFD (SE) 12:30 CPA Crooners (SE) 1:00 Busy Hands Knitters (MH) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A
<b>26</b> 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: Spaghetti and Meatballs (RH/LCC) 12:30 DJ/Dancing (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)	<b>27</b> 9:00 Foot Clinic - Spivack (LCC) 10:30 Stretch Video (LCC) 11:45 Community Meal: Chicken Stew (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)	<b>28</b> 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal Roast Turkey (SE/MH) 12:30 Book Club (Z) 1:00 Alzheimer's Support Group (SE) 12:30 CPA Crooners (SE) 1:00 Busy Hands Knitters (MH) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A



THURSDAY	FRIDAY
<b>1</b> 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)	<b>2</b> 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
<b>8</b> 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)	<b>9</b> 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 NO Chair Yoga (MVC) 11:45 Community Meal: BBQ Rib Patty (HH) 2:00 Cardio Drumming (SE) \$5/A
<b>15</b> 9:00 Morning Inspiration (IC) 9:00 Foot Clinic - Whaley (Please note— Lyndhurst only for February and March) 9:30 Walk N Talk (IC) 10:00 Black Health Expo (RH) 10:00 Produce Plus (SE) 10:30 Live Classical Piano (IC) 11:30 Creative Paper Recycling (US)	<b>16</b> 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: Hamburger (HH) 2:00 Cardio Drumming (SE) \$5/A
<b>22</b> 9:00 Morning Inspiration (IC) 9:30 Walk N Talk (IC) 10:30 Senior Exercise (SE) \$2/A 10:30 Live Classical Piano (IC) 11:30 Creative Paper Recycling (US) 12:00 Lunch 'N' Movie (MV) \$7	<b>23</b> 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: Cheese Ravioli (HH) 2:00 Cardio Drumming (SE) \$5/A
<b>29</b> 9:00 Foot Clinic - Whaley (SE) 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)	



## Tax Season is 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.**

Appointments can be made by calling 216-848-0594.

Appointments are made on a rolling basis - we will 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+.

**Continued on page 11**

## 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](http://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](http://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.

### February 2024 Group Shopping Trips Schedule (Trips subject to change):

**SE** – Tues., Feb. 6 & 20 to Giant Eagle ▪ Wed., Feb. 7 & 21 to Wal-Mart ▪ Thurs. Feb. 8 & 22 to Marc's

**LYND & HH** – Tues., Feb. 13 & 27 to Giant Eagle ▪ Wed., Feb. 14 & 28 to Wal-Mart ▪ Thurs., Feb. 1, 15 & 29 to Marc's

**MH/MV/RH** – Tues., Feb. 6 & 20 to Giant Eagle & Target ▪ Fri., Feb. 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.

# A WORD FROM ONE OF OUR SPONSORS



## Medicare vs. Medicaid: Understanding Both to Get Maximum Benefits

Medicare and Medicaid can be confusing, but they're two very different government healthcare programs. Medicare focuses on adults age 65 and older and Medicaid focuses on low-income individuals and families. Neither program has automatic enrollment so it's important to understand what each one offers. Knowing which to apply for helps maximize your healthcare benefits.

### Medicare vs. Medicaid: 2 key differences

The first and biggest difference between Medicare and Medicaid is who's eligible for each program. Because of the different eligibility rules, some people who qualify for Medicaid won't qualify for Medicare and vice versa. The second key difference is that Medicaid covers long term care services and support. If it's deemed medically necessary, Medicaid can cover the cost of nursing homes, assisted living communities, and other long-term care alternatives. Generally, Medicare only covers short term stays in skilled nursing facilities after a

hospitalization.

### 5 important Medicare facts:

#### **1. What is Medicare?**

Medicare is an insurance program that's available to U.S. citizens over age 65, regardless of income. If someone is covered by Medicare, their medical bills are paid from trust funds that they've previously paid into through Medicare payroll taxes.

#### **2. Who qualifies for Medicare?**

Anyone age 65 or older with a qualifying work history (their own or their spouse's) is eligible for Medicare. Most people who've worked for 10 years at a job in which they paid Medicare taxes will qualify. Younger people with certain disabilities or end-stage renal disease may also qualify.

#### **3. Who runs Medicare?**

The federal government.

#### **4. What does Medicare cover?**

Medicare is available through a 4 - part program. The coverage depends on the plans selected. The 4-part program includes:

**Part A:** Hospitalization – inpatient care and services received at a hospital or skilled nursing facility

**Part B:** Medical insurance – outpatient doctor visits, care, and services and some preventive care

**Part C:** Medicare Advantage plans – privately purchased supplemental insurance with additional services and often combine Part A, Part B,

and Part D into one plan

**Part D:** Prescription drugs

#### **5. How much does Medicare cost?**

The cost of Medicare depends on the chosen plans and coverage. Costs typically include premiums, deductibles, copays, and coinsurance. The premium for Part A is free for people or their spouses who have worked at least 10 years and paid Medicare payroll taxes while working. Most people pay a Part B premium. Costs for Part C and Part D will depend on which plan that's chosen.

### **Dual eligibility: qualifying for both Medicare and Medicaid**

People who qualify for both Medicaid and Medicare Part A and/or Part B are known as "dual eligible."

When someone is dual eligible, Medicaid will pay for Medicare costs under 4 types of Medicare Savings Programs. The amount that's covered by Medicaid depends on income level.

There are many resources in the greater Cleveland area who can help you navigate the programs and help you with enrollment.

Lee Ann O'Brien is a certified Elder Care Coordinator and Chief Marketing Officer for the McGregor Foundation, a life plan community nestled on a 45-acre campus in Cleveland, supporting the needs of more than 900 seniors daily. Contact Lee Ann at 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



# 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, February 15**

**Distribution starts at 10:00AM Eligibility is based on the Federal Income Guidelines for 2024: monthly income of \$2510 for a household of one and \$3406 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](mailto: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.** Mayfield Heights Aquatic and Community Center (ACC) 6080 Marsol Road, 8:30 am – 4:30 pm M-F. [www.mayfieldheightsohio.gov](http://www.mayfieldheightsohio.gov). Call 440-442-2627.

### **Adult Afternoon Out**

Tuesday, February 13, 2024, 12:00 – 2:00 pm, \$10/pp Quiche, bacon, strawberry salad, dessert, coffee, and water. Entertainment by: Julie Slattery's Piano

**Card & Game Play at the ACC** for Adults and Older Adults. 12:30 – 3:30 pm, \$5 pp for the year Dates may vary based on season.

- Monday Briscola (Italian Card Game)
- Tuesday: Tresette (Italian Card Game)
- Wednesday: Bingo
- Thursday: Misc Card & Board Games

## **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!

**Snack, Learn, Bingo:** NEW: Join us for light refreshments and Bingo brought to us by Highland Pointe Rehabilitation Center. 12:00PM in the Community Room

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 2:00PM. February 14th, March 13th, April 10th, May 8th

### **Programs with Governors Village:**

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

- **Posh and Polish:** Mayfield Village Community Room 11:30-12:30PM February 12. 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.

**Lunch and Learn:** A light lunch will be provided during each informative presentation. Registration required. Held in the Community Room.

- **Aging Gracefully Independence, Assistance and Informed Choices.** Most of us want to live independently as long as possible, but doing so requires educating yourself with relevant information, making good decisions, and planning for the inevitable curveballs that life throws. Takes place Tuesday, March 5th, 11:00AM.

## **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

### **Save the dates for these upcoming programs:**

- Sunday, April 28 at the Highland Community Center: An afternoon of Trivia, a light lunch and 50/50 raffle.
- Spring Planting, Friday, May 24 at the Barn located in the Highland Heights Park.

## **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 a support group. Dr. Ted Sturman is a psychologist who has provided individual and group counseling. 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.

# THANK YOU TO OUR GIVING MONTH DONORS:

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Frances Thorne  
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## In honor of Black History Month,

the Diversity Committee is recognizing the many contributions of African Americans within our community. Celebrated in the month of February, Black History Month is a springboard to acknowledge contributions and commemorates the accomplishments of history makers who have set the foundation, paving a way for the future.



Cleveland inventor Garrett Morgan changed the world for the better. Having risen from rural poverty with only a sixth-grade education. Garrett became one of the most important innovators and businessmen in Cleveland history. He blazed a trail for African American inventors with his patents, including those for a hair-straightening product, a breathing device, a revamped sewing machine and an improved traffic signal.

Outside of his inventing career, Morgan diligently supported the African American community throughout his lifetime. He was a member of the newly formed National Association for the Advancement of Colored People (NAACP). While donating to Negro colleges and opened an all-Black country club. Additionally, in 1920, he launched the African American newspaper the Cleveland Call (later named the Call and Post). His work provided the blueprint for many important

advancements that came later and continues to inspire and serve as a basis for research conducted by inventors and engineers.

Chanell R. Elston  
Member of Community  
Partnership on Aging  
Diversity Committee  
Councilwoman  
City of South Euclid

(sources: [biography.org](https://www.biography.org), [pbs.org](https://www.pbs.org))



Garrett Morgan