



COMMUNITY
PARTNERSHIP
ON AGING

April 2024

CPA Connections

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

**"DESPITE THE FORECAST,
LIVE LIKE IT'S SPRING."**

LILLY PULITZER



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"Armed" with information about Cybersecurity Protection


It's no secret that older adults are often targets of scams! This group of participants decided to become knowledgeable about what they could do to protect themselves from online, phone, mail scams and more at a recent presentation by Ryan Lippe, Consumer Educator at the Office of the Ohio Attorney General.

Are you armed to protect yourself from scams? Visit the Cuyahoga County Scam Squad online: cuyahogacounty.gov/consumeraffairs/scam-squad for resources. If you think you've been scammed, call the Scam Squad office: 216-443-SCAM (7226).


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

May is Older Americans Month (OAM), established in 1963. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. CPA invites you to join us at the annual CPA Older Americans' Lunch on May 9 at 12 noon at the South Euclid Community Center. Free for those over 60, this promises to be a fun event including SCAMO (and a special guest caller!) - a bingo game that teaches us how to recognize and avoid scams. Please call the CPA nutrition team at 216-650-4029 with your reservations.

A more lasting way to recognize older adults in our communities is by donating funds to our Safe at Home program or another CPA program. Even more impactful, you can establish a fund in their honor or memory to fill whatever purpose you deem appropriate. This year marks the fourth year of the Rusty Fund, founded by June Seech in Rusty's memory after his passing 5 years ago. June indicated that the fund will support our Safe at Home program, since Rusty was a volunteer who installed home safety modifications for CPA participants. Monies collected for the Rusty Fund were invested and this year we will be able to use the interest from the fund to support a Safe at Home project in South Euclid in his memory. This very conservative approach to the fund ensures that it will last in perpetuity, earning interest that will be used for future SAH projects. Stay tuned for pictures from our now-annual Safe at Home project, totally funded by the Rusty Fund. If you are interested in making a donation to Rusty's Fund, CPA or are interested in setting up a fund to recognize someone dear to you, please contact Therese at 216-291-0772.

May also marks the start of many fun, new programs here at CPA. Please take a look through this newsletter for more information; don't forget we are starting a Mah Jong learners group, a genealogy workshop, gardening in the raised boxes at the South Euclid Community Center, and Stepping On, an evidence-based fall prevention program. Zakiya can give you all the details: give her a ring at 216-978-5050 or email at jacksonboydz@communitypartnershiponaging.org

As always, I look forward to hearing from you.

Wendy

CPA Staff

Social Work/Outreach:

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

Fall Prevention:

Nadiyah: 216-291-3902

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

Recently, there was a social media post that caught my attention. The post stated, “we should start referring to ‘age’ as ‘levels’ because ‘I am at level 77’ sounds more fabulous than being an old person.”

Imagine if the life we are leading is a video game, our choices are the control buttons to advance, and the frequency we engage with others is the passing qualifier that catapults us onto the next level.

In an era of gaming, this approach to aging and birthdays resonates with me. Although the last video game I played was Super Mario Brothers in the 90s, perhaps I should rethink the correlations of being a level-advancing gamer to each passing day, month, or year.

In the US, most statistics illustrate that nearly 8 hours a week are spent gaming. Apparently, I could be doing myself a disservice if I am not playing because there are indicators that gaming is beneficial to health and longevity.

So, how does the topic of relate to volunteering? By partnering together and thinking of every volunteer opportunity as an advancement, we not only elevate our personal level but that of others, too.

Play the volunteering game with CPA!

Could you spend nearly 8 hours a week engaging with others, passing through adventurous tasks, and elevating our CPA communities to the next level? To learn more: contact CPA to volunteer at 216-291-3903 or email galej@communitypartnershiponaging.org

Positive effects of gaming:

- Improved cognitive abilities
- Improved problem-solving skills and logic
- Increased hand-to-eye coordination
- Greater multi-tasking ability
- Faster and more accurate decision-making
- Enhanced prosocial behaviors



Positive effects of volunteering:

- Gain new skills
- Enhance mental wellbeing
- Decrease isolation and risk of depression
- Refine valuable skills
- Expand perspective
- Make new friends

Some People Have Geese on Their Lawns...

...we have a Dino! Thanks to Kay for tailoring Dino's wardrobe every holiday. He (and you!) definitely brighten our days.

Volunteering comes in all forms. If you have a few hours to give, Jennifer will surely find a fit. Give her a call or send an email to the contact info above.



LUNCHEES, NUTRITION CLASSES AND MORE

CAFÉ SERVICES

THURSDAY, April 25

Lunch 'N' Movie

Lasagna Rolls/Salad

\$7; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00.
Deadline to order: Monday, April 22
at 12:00PM

Movie: *The Color Purple* (2023)
A woman faces many hardships in
her life, but ultimately finds
extraordinary strength and hope in
the unbreakable bonds of
sisterhood. NOTE: Movie subject to
change based on DVD availability

THURSDAY, May 23

Lunch 'N' Movie

Pesto Chicken Sandwich

\$7; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00.
Deadline to order: Monday, May 20
at 12:00PM

Movie: *The Boys in the Boat* (2023)
A 1930s-set story centered on the
University of Washington's rowing
team, from their Depression-era
beginnings to winning gold at the
1936 Berlin Olympics.

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

April 10: "Interactive Nutrition Game Day" BINGO, Trivia, "Name That Food" and more!

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

Stay tuned for the Summer Nutrition 360 class schedule, coming soon!



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

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM).



The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

CPA will recognize our older adult residents at our Annual Older Americans Month Luncheon on May 9 at South Euclid Community Center. The lunch is free but spots will fill quickly so be sure to call soon: 216-650-4029.

TECHNOLOGY CLASSES - HELPING YOU STAY CONNECTED

COMMUNITY GARDEN | SPRING 2024

RAISED BOXES ARE AVAILABLE!

- Raised Garden Boxes are available for CPA participants
- Boxes are 2' x 4' and filled with soil, ready for planting
- Gardeners provide their own plants and seeds, and take care of watering (available on site) and weeding

Come join our growing group on the grounds of the South Euclid Community Center

Call Jill at 216-291-3902
to reserve a planter box



Upcoming CPA Connects Tech Classes

Laptop Basics class will be offered at the Mayfield Branch of the Cuyahoga County Public Library, 500 SOM Center Rd: April 26, May 3, 10 and 17 at 1:00PM

Apple iPad Basics class will be offered on Thursdays: June 6, 13, 20 & 27 at 1:00PM at the Mayfield Branch of the Cuyahoga County Public Library, 500 SOM Center Rd.

Call Wendy at 216-291-3902 for more information and to register.



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).

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.

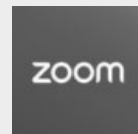
- Monday Morning Meditation every Mon. at 8:45 AM
- Mental Stretch - every Mon. at 3 PM
- Tasty Tuesday - every Tues. at 3 PM

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 1:00 PM. April 24, Almost Sisters by Joshilyn Jackson.

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.



Our woodcarvers have been a staple at Highland Heights Community Center for many, many years. Stop by to join or see what they're all about! →

CPA Crooners (Wednesdays at 1:00pm 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; 10:30AM. NO CLASS on third Thursday): Beth Parnin and her team of top notch senior fitness instructors 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!

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. Never carved before? Never fear! Our woodcarvers will teach you. All you need to bring is yourself! Questions? Call Al: 440-446-9395.

Continued on next page

IN-PERSON PROGRAMS, CONTINUED

RECURRING PROGRAMS, CONTINUED

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.

NEW IN-PERSON PROGRAMS:

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

Seated Tai Chi practices tai chi movements in a chair. This class is recommended for people who have difficulty standing and balancing in other exercise classes.



SCRAPBOOKING South Euclid Community Center

Every 1st and 3rd Wednesday beginning April 3 at 1:00PM

Includes beginners and advanced scrapbookers. Registration is required. Please call Zakiya at 216-978-5050 with questions and to register. This class is FREE!

Hello April! Join our Nature Walk!

April 11, 2024 at the North Chagrin Nature Center

401 Buttermilk Falls Pkwy, Willoughby, OH 44094, 1:30PM - 2:15PM. Reserve your spot with Zakiya at 216-978-5050

Feeling Blue?

Tuesday, April 16, 2024 1:30PM - 2:30PM at Lyndhurst Community Center

Learn about the causes & symptoms of depression & when it is time to seek medical care. Registration required. Call Zakiya 216-978-5050

Financial Literacy Workshop

Tuesdays beginning April 23 through May 21 at South Euclid Lyndhurst Library, 12:30PM - 2:30PM. Registration required: 216-978-5050.

AARP Safe Driving Course

Monday, April 22, 10:00AM - 2:30PM

Refresh your driving skills and knowledge of road rules. Class takes place at Lyndhurst Community Center. Please register with Zakiya at 216-978-5050. There is a fee for this course.



Intro To Genealogy: Building Family Trees and Utilizing DNA Testing

Learn the basics of researching and building family trees using online genealogy research databases and professional DNA testing. Classes are scheduled for April 18, 25 and May 2 at 2 PM at the South Euclid Community Center. Register by calling Zakiya at 216-978-5050.

Crak! Bam! Beginning Mahjong

We will be offering beginner-friendly classes starting May 6 from 10 to 12 at the Lyndhurst Community Center. These classes will provide hands-on learning and interaction with other players. You will learn about the tiles, gameplay, objectives, winning hands, and more. Call Zakiya to join the class: 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 with Dr. Whaley: call 216-229-0292

- Highland Heights 4/12
- South Euclid: 4/25

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

- Lyndhurst: 4/23
- Richmond Hts: 4/1

See calendar for Foot Clinic times

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>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) 11:45 Community Meal: Sliced Ham (RH/LCC) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)</p>	<p>2</p> <p>10:30 Stretch Video (LCC) 11:45 Community Meal: Roast Turkey (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>3</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Spaghetti/Meatballs (SE/MH) 1:00 NO CPA Crooners (SE) 1:00 Scrapbooking for Everyone! (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A</p>
<p>8</p> <p>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: Hamburger (RH/LCC) 12:30 Bingo (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)</p>	<p>9</p> <p>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)</p>	<p>10</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Salisbury Steak (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</p>
<p>15</p> <p>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: Breaded Fish (RH/LCC) 12:30 Bingo (RH) 3:00 Brainercize (MV) 3:00 Mental Stretch (FB)</p>	<p>16</p> <p>10:30 Stretch Video (LCC) 11:45 Community Meal: Chicken Stuffed with Broccoli (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 1:30 Feeling Blue? Presentation (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>17</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:30 BP Checks w/SEFD (SE) 11:45 Community Meal: Meatball Sub (SE/MH) 1:00 CPA Crooners (SE) 1:00 Scrapbooking for Everyone! (SE) 1:00 Busy Hands Knitters (SE) 1:00 Gentle Yoga (MH)\$5/A 1:30 Seated Tai Chi (MH) \$5/A</p>
<p>22</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:00 AARP Safe Driving Course (LCC) 10:30 Beginning Line Dancing (LCC) \$5/A 10:45 Tai Chi (RH) \$4/A 11:00 Nature Walk (RH) 11:45 Community Meal: Stuffed Cabbage (RH/LCC) 12:30 DJ/Dancing (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)</p>	<p>23</p> <p>9:00 Foot Clinic - Spivack (LCC) 10:30 Stretch Video (LCC) 11:45 Community Meal: Chicken Stir Fry (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 12:30 Financial Literacy Workshop (SEL) 3:00 Tasty Tuesday (FB)</p>	<p>24</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Beef Meatloaf (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) 1:00 Book Club (Z) 1:30 Seated Tai Chi (MH) \$5/A</p>
<p>29</p> <p>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: Chicken Alfredo (RH/LCC) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)</p>	<p>30</p> <p>10:30 Stretch Video (LCC) 11:45 Community Meal: Sloppy Joe (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 12:30 Financial Literacy Workshop (SEL) 3:00 Tasty Tuesday (FB)</p>	

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 11:00 Fall Risk screenings (SE) 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: Stuffed Peppers (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 11:00 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US) 1:30 Nature Walk (North Chagrin Nature Center)	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) \$5/A 11:45 Community Meal: Corned Beef (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 NO Senior Exercise (SE) \$2/A 10:30 Live Classical Piano (IC) 11:00 Fall Risk Appts (SE) 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: Stuffed Shells (HH) 2:00 Cardio Drumming (SE) \$5/A
25 9:00 Morning Inspiration (IC) 9:00 Foot Clinic - Whaley (SE) 9:30 Walk N Talk (IC) 10:30 Live Classical Piano (IC) 10:30 NO Senior Exercise (SE) \$2/A 11:00 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US) 12:00 Lunch 'N' Movie \$7 (MV)	26 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: Veggie Lasagna (HH) 1:00 Laptop Basics (MAY) 2:00 Cardio Drumming (SE) \$5/A
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 (MH) - 6080 Marsol Rd., Mayfield Hts. (RH) - 27285 Highland Rd., Richmond Hts. (US) - 1611 S. Green Rd., South Euclid	
(SEL) - South Euclid Lyndhurst Library 1876 S. Green Rd. (MAY) - Mayfield Library, 500 SOM Center Rd. (IC) - iConnect (FB) - Facebook (Z) - Zoom	

Tax Day is April 15, 2024

If you're still searching for options to get your taxes completed in time for Tax Day try the following:

- **United Way 2-1-1**
- **Highland Hts. Community Center: 440-461-2441 may still have appointments available**
- **Volunteer Income Tax Assistance (VITA): 1-800-906-9887**
- **ESOP (Empowering and Strengthening Ohio's People): 216-791-8000**



IS A CARE MEMBERSHIP FOR YOU?

Supports homeowners, 60 and older with completing projects around their homes and property. For those who are income eligible there is no cost.

EXTERIOR

Exterior Cleaning
Minor Painting & Repairs

INTERIOR

Home Organizing
Safety Support

YARD CARE

Spring Cleanup
Fall Leaf Raking
Bushes & Weeding



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 a CPA Social Worker at 440-442-2626 x 244. 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.

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

SE – Tues., April 2, 16 & 30 to Giant Eagle • Wed., April 3, 17 & May 1 to Wal-Mart • Thurs. April 4, 18 & May 2 to Marc's
LYND & HH – Tues., April 9 & 23 to Giant Eagle • Wed., April 10 & 24 to Wal-Mart • Thurs., April 11 & 25 to Marc's
MH/MV/RH – Tues., April 2 & 16 to Giant Eagle & Target • Fri., April 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.

Fall Prevention & Safety

©LPi

Did you Know?

Falling once doubles your chances of falling again. Falling leads to an increase in negative effects on the individual, such as increased fear of falling, leading to isolation, depression, and increased falls.

Did You Know?

Falls are preventable. CPA can help you gather the tools you need to prevent falls and minimize injury!

COMMUNITY PARTNERSHIP ON AGING *Fall Prevention Initiatives*

SAFETY EQUIPMENT



Safety equipment available through the Safe at Home Program includes shower and bath grab bars, room transition strips and stair handrails.

EXERCISE CLASSES

In addition to other classes that CPA offers, we will soon offer our own evidence-based exercise class - **Stepping On** - that is proven to reduce falls.



The most successful fall prevention initiatives are those that use a multi-faceted approach.

A MULTI-FACETED APPROACH

Community Partnership on Aging staff are always available to work with you for social work resources and referrals, fall risk assessments, nutrition assessments, program participation, volunteer services and more!

COMMUNITYPARTNERSHIPONAGING.ORG



Peer Support for Fall Prevention

- Have you had a fall?
- Do you have a fear of falling?
- Are you possibly at risk of falling?
- Would you like one of your peers to come alongside you to offer support and help address your concerns?

If you answered "YES" to any of these questions, CPA's new Peer Liaison Program for Fall Prevention may be just right for you!

What's YOUR Fall Risk??

THURSDAYS IN APRIL, 11AM-2PM
South Euclid Community Center

Sign up for a brief meeting with our Fall Prevention Coordinator to assess your risk and discuss possible safety recommendations.

Contact Nadiyah, our Fall Prevention Coordinator, for more information and to sign up for either opportunity: 216-291-3902 or FreemanN@communitypartnershiponaging.org

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, April 18

Distribution starts at 10:00AM (while supplies last). 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, or someone you know, 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 Nutrition Assistance Program) helps 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 440-442-2626 x 244.

PROGRAMS OFFERED AROUND OUR COMMUNITIES

Programs with Mayfield Heights Rec

Department. Mayfield Heights Aquatic and Community Center (ACC) 6080 Marsol Road. Call 440-442-2627.

Adult Afternoon Out

Cost and details TBA. Or, call 440-442-2627.

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.

Cooking with the Coordinator

All recipes will be given to the class to make again at home. As well as you will get to sample each creation. Sam will help you find new ways to cook and recipes everyone is sure to love.

Mondays 11:00AM; \$20/class

April 22: No Bake Strawberry Cheesecake

May 6: Chip Dips and Dessert Dips

June 24: Cake Pops! / Oreo Truffles

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

April 18, May 16, June 20

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

Programs with Governors Village

Lunch and a Movie: 12:30 P April 17 (Big), May 15 (Married to the Mob), June 19 (Dirty Dancing) (at Governors Village)

Randall University: 11:00 AM April 9, April 23, May 7, May 21, and June 11 Community Room

Come time travel back through the decades with us from 1890's-1990's. We will learn about culture, music, art, folklore, tradition, food and more. This is an

interactive learning series and you are encouraged to bring in items, pictures, newspapers, jewelry, and clothing to (show & tell) from any of the decades. Light snacks and drinks provided.

Highland Heights Seniors AARP Tax Prep

Personal and non-business tax prep for older adults Thursdays through April 4, 2024 at 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.

Join Highland Heights Seniors for these upcoming programs:

Light Lunch and Trivia Hour

with prizes and 50/50 Raffle

When: Sunday, April 28, 1:00 PM – 3:00 PM

Where: Highland Heights Community Center

Cost: \$10

Reservations Required. Deadline is April 19

Spring Planting Party

When: Friday, May 24

Time: 1:00 PM – 3:00 PM

Where: Highland Heights Park Barn

Cost: Free to Highland Heights residents; \$10 for non-residents

Reservations Required. Deadline is May 17.

Any questions about either program, please email

hhseniors@highlandhts.com or call 440-461-2441

Registration forms obtained by visiting:

www.highlandhts.com

Programs at South Euclid Community

Center . Call 216-291-0771

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, facilitated by Dr. Ted Sturman. Beginning in April, the group will meet the **second** Tuesday of each month at 7:00pm.

The South Euclid-Lyndhurst Historical Society will present the astronomy and history of this once-in-many-lifetimes solar eclipse in Cleveland. Viewing glasses available for a \$2.00 donation.

Wed., April 3 at 7:30PM

South Euclid Community Center

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24613 Broadway Avenue
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P 440.439.1448 • F 440.439.9572
Embassy of Lyndhurst
Nursing & Rehabilitation
1575 Brainerd Road
Lyndhurst, OH 44124
P 440.460.1000 • F 440.461.5680
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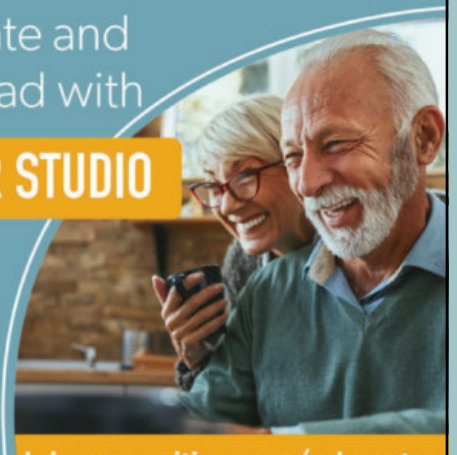
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SOMETHING TO THINK ABOUT

A required minimum distribution (RMD) is money the Internal Revenue Service (IRS) requires you to withdraw each year from your tax-deferred retirement accounts, such as individual retirement accounts (IRAs) or 401(k)s, once you reach age 72 (73 if you turn 72 in or after 2023).

Required minimum distributions exist to prevent taxpayers from indefinitely deferring taxes on the pre-tax income that funded the accounts; they allow the IRS to begin to collect those taxes. Unless the money you withdraw was already taxed, RMDs are thus taxable income in the year you take them.

The amount changes each year, according to your age. To find out how much your RMD is, start by calculating how much you had in all your tax-deferred accounts as of December 31 of the previous year. Next, find your age on the IRS uniform lifetime table and the corresponding "distribution period." The distribution period is an estimate of how many years you'll be taking RMDs.

You can take your RMD out of one account, or take bits from each one, so long as you withdraw the required minimum. And, don't skip an RMD. If you do not take any distributions, or if the distributions are not large enough, you may have to pay a 50 percent excise tax on the amount not distributed as required, according to the IRS.

However, keep in mind that if you donate your RMD (or a portion of it) to a qualified charity such as Community Partnership on Aging, your donation is tax deductible!

Up to a maximum of \$100,000 of your RMD can be donated to a qualified charity. If you have the RMD service, be sure to factor in these donations to avoid distributing more than your annual RMD. Qualified charitable distributions are counted for the tax year in which they're taken.

Donations to CPA are important because they support home repair/fall prevention projects and supplies, program/lunch supplies, program instructor fees, transportation, volunteer services supplies (and more!) or any area you designate. Most importantly, all donations to CPA are used locally to support older adults right here in our six communities.

If you would like information on how to donate to CPA - either monthly or one-time - contact Therese Grida at 216-291-0772 or gridat@communitypartnershiponaging.org.

Sources: aarp.org, nerdwallet.com, vanguard.com. Find the Uniform Lifetime Table here: <https://www.irs.gov/publications/p590b>



Cheers, Rusty!

We were so saddened to hear of Rusty Seech's passing 5 years ago, but are thankful to his wife, June, and family, who so thoughtfully decided to partner with CPA for a fund in Rusty's name. As Wendy mentioned on page 2, Rusty's Fund will support Safe at Home Projects for older residents in South Euclid.

Anyone who spent any time at South Euclid Community Center will recognize Rusty's smiling face and remember his friendly demeanor. This photo is a perfect depiction of how we will remember him.

Thank you to these recent donors:

**Debbie Abazzio
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