



COMMUNITY PARTNERSHIP ON AGING

CPA Connections

May 2024

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



WHAT'S INSIDE

- News from Wendy..... 2
- Volunteer Info 3
- Café / Meal Services 4
- Virtual Programs..... 5
- In-Person Programs 6
- In-Person Programs 7
- Calendar of Programs.....8-9
- Transportation Info 10
- Fall Prevention Info..... 11
- Food Assistance 12
- City Programs..... 13


Volunteer Peer Liaison Training


In 2023, CPA committed to working toward better solutions to prevent falls among the older adult population through a series of new initiatives, including the Volunteer Peer Liaison Program. With this program, older adult volunteers are trained to work closely with other older adults who have fallen or who present as a fall risk, to prevent further falls. After many months of planning, we launched the first training session on March 26!


We have so many people to thank but in particular want to give a huge shout out to Marissa Poalson (above back left, proudly wearing her green CPA t-shirt), the CSU Doctoral-candidate Occupational Therapy student who compiled all volunteer training materials and the volunteer handbook for her capstone project. Marissa's dedication to older adults and to fall prevention as well as her experience are invaluable to CPA. Thank you!


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

I was contacted a couple of weeks ago by one of our participants with a cautionary tale about telephone scams. She received a call that appeared to be from her bank's customer service (the number on her phone identified the call as coming from the bank) asking if she was travelling and whether she had made charges in another state. The assumed customer service representative went through a list of attempts to access her Zelle account and the bank's online app (Zelle is an app that allows on-line transfer of money between friends and family) The scammer then told her that they were going to close her Zelle account to prevent further fraud. While the false customer representative had her on the line, he actually hacked into her account and transferred money out. At the end of the call, the number she was given by the scammer to verify the call was a fake number answered by another scammer posing as a bank employee. When our participant realized what happened, she contacted the actual fraud line of the bank and reported the incident. The bank was aware of this scam and helped our participant with the process to remediate the situation.

Scammers are very sophisticated in using bank identifiers (phone numbers, logos, etc.). Any unsolicited calls from a bank should be checked with their fraud line (look up the number yourself) before engaging with the caller. A scam can happen to any of us - diligence and vigilance are the keys to protecting yourself. If you have any doubts about a call, trust your instincts and hang up. Contact the County's Scam Squad at 216-443-SCAM (7226) to talk with an investigator if you believe you may have been contacted by a scammer. The Scam Squad also sends out alerts about current scams - call 216-443-7035 to sign up for the ReadyNotify alerts.

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 the South Euclid Community Center. Free for those over 60, this promises to be a fun event including SCAMO - a bingo game that teaches us how to recognize and avoid scams. Please call 216-650-4029 with your reservations.

And finally, I would like to correct a statement in the April letter to you. Rusty Seech provided home repair services to many older adults; I indicated he was a volunteer, which was incorrect. He was hired by residents.

As always, I look forward to seeing 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

CPA's "Fuel"

When you look at an individual, you see the hands working, the feet walking, the mouth talking. You don't see the heart, the brain, the lungs and kidneys. They work quietly inside and are essential. Metaphorically, our CPA communities and inner circles have hands and feet – of those who are making the news, moving things around, shaking things up. The individuals that keep CPA revolving are often those who work quietly from the inside, those unnoticed, those who do a simple act of kindness with no thought of reward. Without these individuals, CPA's fuel gauge would consistently be on "empty symbol". Thank you to all those that contribute to CPA's functions!



VOLUNTEER Appreciation Facts: Serving Size 1 Awesome Team Member, Dedication 110%, Reliability 110%, Enthusiasm 110%, Flexibility 110%, Integrity 110%.
*The % Daily Value tells you how much you contribute every day.



There's a lot of behind-the-scenes work that goes into making our monthly Produce Plus food distribution a success! In 2023, volunteers helped CPA distribute 43,655 pounds of produce, and 27,321 pounds of shelf stable food boxes. More impressive is the total number of hours "worked" for our entire agency's needs in 2023: 121 volunteers provided 2,476 hours of time; translated into dollars that means that CPA volunteers "saved" CPA \$78,736*!

**Source: <https://independentsector.org/resource/value-of-volunteer-time/>*

LUNCHEES, NUTRITION CLASSES AND MORE

CAFÉ SERVICES

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)(PG-13, 2 hr. 3 min)

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.

THURSDAY, June 27

Lunch 'N' Movie

Strawberry Poppy Seed

Turkey Wrap

\$7; Mayfield Village Civic Center

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

Deadline to order: Monday, June 24 at 12:00PM

Movie: "My Big Fat Greek Wedding

3" (2023) (PG-13, 1 hr. 32 min)

After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.

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

June 12th- South Euclid Raised Herb Garden

Join in as we plant our summer herb garden! Get recipes and ideas on how to incorporate fresh herbs into your meals.

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

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

Cleveland Clinic
Hillcrest Hospital

STROKE

WHAT YOU NEED TO KNOW!

Each year, nearly 800,000 Americans have a new or recurrent stroke - the nation's fifth leading cause of death. Learn about the causes of stroke and the risk factors that could lead to a stroke.
Melissa Richardson, RN - Stroke Center Manager

MAY 13th 12:30 - 1:30PM

Community Partnership on Aging (CPA)
held at
Richmond Heights Community Center
27285 Highland Road Richmond Heights, OH

REGISTER NOW!
Call Zakiya
216-978-5050

COMMUNITY PARTNERSHIP ON AGING

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: May 30, June 6, 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.

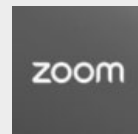
- Monday Morning Meditation every Mon. at 8:45 AM
- Mental Stretch - every Mon. at 3 PM
- Tasty Tuesday - every Tues. at 3 PM

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. 5/29 Last Christmas in Paris by Hazel Gaynor

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!

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 2:00PM 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.



What you Need to Know About Strokes

May 13th, Richmond Heights Community Center 12:30PM
Melissa Richardson, RN Hillcrest Stroke Center Manager

Each year, nearly 800,000 Americans have a new or recurrent stroke- the nation's fifth leading cause of death. Learn about the

causes of stroke & the risk factors that could lead to a stroke.

Register by calling Zakiya: 216-978-5050.

Take charge of your long lasting health concerns —and your life!

Join a no-charge Workshop and learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals.

Mayfield Village Community Room
Thursdays, July 11, 2024 — August 15, 2024, 12:30PM-3:00PM (6 sessions, 2-1/2 hours a session)

Space is limited; 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 with Dr. Whaley:
call 216-229-0292


- Highland Heights: 5/10 and 5/24
- South Euclid: 5/23

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

- Lyndhurst: 5/28
- Richmond Hts: 5/6

See calendar for Foot Clinic times

MAY 2024

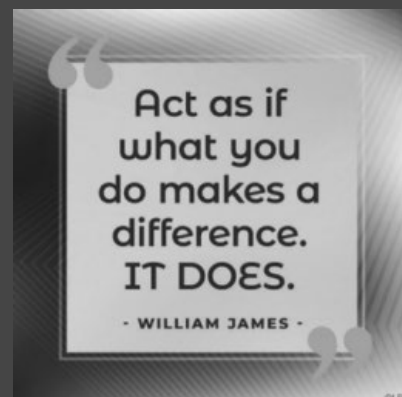
MONDAY	TUESDAY	WEDNESDAY
<p>Location Codes (LCC) - 1341 Parkview Dr., Lyndhurst (SE) - 1370 Victory Dr., South Euclid (HH) - 5827 Highland Rd., Highland Hts. (MV) - 6622 Wilson Mills Rd., Mayfield Village (MVC) - 6621 Wilson Mills Rd., Mayfield Village (MH) - 6080 Marsol Rd., Mayfield Hts. (RH) - 27285 Highland Rd., Richmond Hts. (US) - 1611 S. Green Rd., South Euclid</p>	<p>(SEL) - South Euclid Lyndhurst Library 1876 S. Green Rd. (MAY) - Mayfield Library, 500 SOM Center Rd. (IC) - iConnect (FB) - Facebook (Z) - Zoom</p>	<p>1 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Breaded Fish (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>6 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:00 Mahjong (LCC) \$2/A 10:30 Beginning Line Dancing (LCC) \$5/A 10:45 Tai Chi (RH) \$4/A 11:00 Foot Clinic - Spivack (RH) 11:00 Nature Walk (RH) 11:45 Community Meal: Chicken Cordon Bleu (RH/LCC) 12:30 Bingo (RH) 3:00 Mental Stretch (FB)</p>	<p>7 10:30 Strength Video (LCC) 11:45 Community Meal: Beef Lasagna (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 12:30 Financial Literacy Workshop (SEL) 3:00 Tasty Tuesday (FB)</p>	<p>8 9:00 Chair Yoga (Z) 10:00 Safe Driving Class (SE)- \$20/\$25 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Stuffed Pepper (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</p>
<p>13 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:00 Mahjong (LCC) \$2/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: Salisbury Steak (RH/LCC) 12:30 Bingo (RH) 12:30 Cleveland Clinic Health Talk : Stroke Awareness (RH) 1:00 Creative Writing (LCC) 3:00 Mental Stretch (FB)</p>	<p>14 10:30 Strength Video (LCC) 11:45 Community Meal: Turkey Reuben (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 12:30 Financial Literacy Workshop (SEL) 3:00 Tasty Tuesday (FB)</p>	<p>15 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:30 BP Checks w/SEFD (SE) 11:45 Community Meal: Stuffed Cabbage (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>20 8:45 Monday Morning Meditation (FB) 9:30 Tai Chi (LCC) \$4/A 10:00 Mahjong (LCC) \$2/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: Sloppy Joe (RH/LCC) 12:30 Bingo (RH) 3:00 Brainercize (MV) 3:00 Mental Stretch (FB)</p>	<p>21 10:30 Strength Video (LCC) 11:45 Community Meal: Chicken Parmesan (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 12:30 Financial Literacy Workshop (SEL) 3:00 Tasty Tuesday (FB)</p>	<p>22 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) 1:30 Seated Tai Chi (MH) \$5/A</p>
<p>27</p>  <p>CPA offices closed today</p>	<p>28 9:00 Foot Clinic - Spivack (LCC) 10:30 Strength Video (LCC) 11:45 Community Meal: Stuffed Shells (LCC) 12:30 Bingo (LCC) 12:30 Scrabble (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>29 9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal: Swedish Meatballs (SE/MH) 1:00 CPA Crooners (SE) 1:00 Busy Hands Knitters (SE) 1:00 NO Gentle Yoga (MH)\$5/A 1:00 Book Club (Z) 1:30 Seated Tai Chi (MH) \$5/A</p>

THURSDAY	FRIDAY
2 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 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US) 2:00 Genealogy (SE)	3 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: BBQ Chicken (HH) 1:00 Laptop Basics (MAY) 2:00 Cardio Drumming (SE) \$5/A
9 9:00 Morning Inspiration (IC) 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 OAM Lunch (SE)	10 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: Tuna Salad (HH) 1:00 Laptop Basics (MAY) 2:00 Cardio Drumming (SE) \$5/A
16 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) 11:30 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US)	17 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: Sliced Ham (HH) 1:00 Laptop Basics (MAY) 2:00 Cardio Drumming (SE) \$5/A
23 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 Senior Exercise (SE) \$2/A 11:30 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US) 12:00 Lunch 'N' Movie \$7 (MV)	24 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: Hamburger (HH) 2:00 Cardio Drumming (SE) \$5/A
30 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 Fall Risk Screenings (SE) 11:30 Creative Paper Recycling (US) 1:00 Apple iPad Basics (MAY)	31 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: Chicken Stir Fry (HH) 2:00 Cardio Drumming (SE) \$5/A

Thank you to these recent donors:

Debbie Abazzio
Aruna Aleem
Anonymous
Amanda Brown
Kent Calvin
Charles P. Darrah*
Lisa and Mark Elliott*
David and Lynne Ernes*
Julie Grida
Brenna and Berrell McClellan*
Kinsey Robinson*
Sandra and Thomas Robinson*
Pamela Rodgers
Carol Spero
Gwen Strayhan*
Ortrud Williams

***For the Rusty Seech Safe at Home Fund**



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.

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

SE – Tues., May 14 & 28 to Giant Eagle · Wed., May 15 & 29 to Wal-Mart · Thurs. May 16 & 30 to Marc's
LYND & HH – Tues., May 7 & 21 to Giant Eagle · Wed., May 8 & 22 to Wal-Mart · Thurs., May 9 & 23 to Marc's
MH/MV/RH – Tues., May 7 & 21 to Giant Eagle & Target · Fri., May 10 & 24 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

What's the BIG DEAL about falls???

At least one out of every four adults aged 65 and over falls each year.

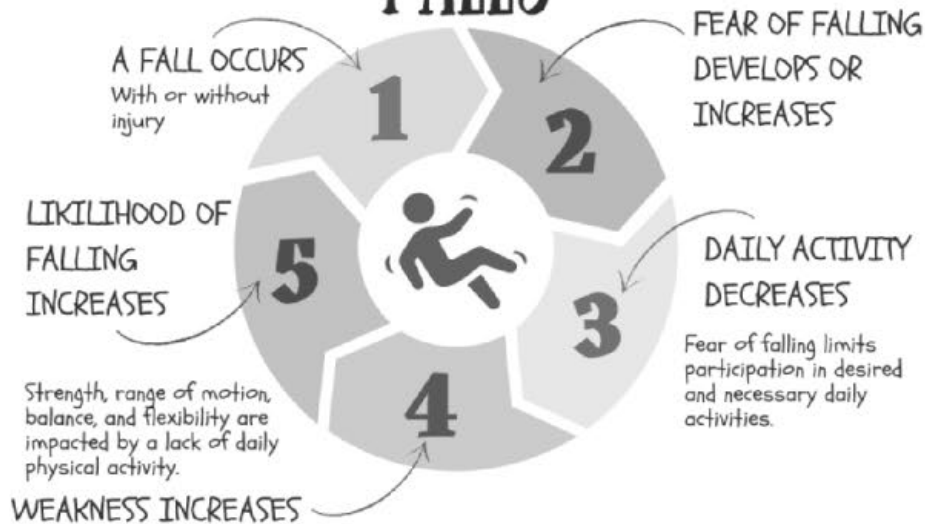
Each year, 3 million older people are treated in emergency departments for fall injuries.

More than 95% of hip fractures are caused by falling, usually by falling sideways.

Falls are the most common cause of traumatic brain injuries (TBI).

In 2015, the total medical costs for falls totaled more than \$50 billion!

THE VICIOUS CYCLE OF FALLS



A vicious cycle is a continuous chain of events that build on and reinforce each other, usually with detrimental results. Unfortunately, this is often the case for people that have a history of falls, are at risk of falls, and/or have a fear of falls.

At CPA, we want to do our part to help break this cycle! Falls are not a normal part of aging, and YOU have the power to decrease your risk of falls!

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??

Fall Risk Screenings will be offered on Thursdays in May: 5/2, 5/16, 5/23, & 5/30; 11:30am-2pm at South Euclid Community Center (by appointment only). 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: 216-291-3902

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, May 16, 10-11am

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

May 14 12PM- 2PM Pork Tenderloin, Rice, Rosted Broccoli, dessert, coffee, and water. \$10pp
Entertainment by: Maribeth Ions
Registration deadline is May 9.

Silver Shooters Bocce

Tuesdays – 6/11 – 7/30 10:45 am Ages 60+ City Park Bocce Courts
\$55 pp includes a light lunch served approx. 12:30 pm.

Programs with Mayfield Village Senior Services.

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

Lunch and Learn (Registration Required)

“Eldercare Options and How to Pay for Them”
Care Patrol May 21st 11:00AM Mayfield Village Community Room

“Cremation and the Questions that Accompany”
Dignity Memorial July 16th 11:00AM Mayfield Village Community Room

Snack, Learn, Bingo

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

Thursdays 12:00P Community Room

May 16, June 20, July 18

Registration Deadline: the Friday before each date.

Programs with Governors Village

Lunch and a Movie: 12:30PM May 15 (Married to the Mob), June 19 (Dirty Dancing) (at Governors Village)
Randall University: 11:00AM 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.

Richmond Heights Rec Dept. Yoga with Manya & Kristen

60 min, all levels of flow. Richmond Heights Community Center, 27285 Highland Rd.

Wednesdays at 10:00AM, \$5 per person payable at the beginning of class. Please bring your own mat!

Join Highland Heights Seniors for these upcoming programs:

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.

For questions, 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.

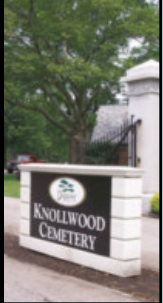
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Watch here as well as our Facebook page for upcoming concerts around our cities.

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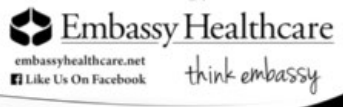
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Oakwood Village, OH 44146
P 440.439.1448 • F 440.439.9572
Embassy of Lyndhurst
Nursing & Rehabilitation
1575 Brainerd Road
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LIVE AT HOME



What is McGregor PACE?

**McGregor PACE is a Program
of All-Inclusive Care for the Elderly.**

Using a community-based approach, McGregor PACE enables older adults to remain among familiar surroundings while receiving the help they need.

**McGregor PACE is
for People...**

- 55 years of age or older
- Who live in Cuyahoga County
- Who qualify for nursing home level of care
- Who are able to live safely in the community



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McGregor PACE at Forest Hill
14800 Private Drive, Cleveland, Ohio 44112
McGregor PACE at Senior Health & Wellness Center
4229 Pearl Road, Cleveland, Ohio 44109
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OLDER AMERICANS MONTH 2024

Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).



"It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being," said CPA's Executive Director, Wendy Albin Sattin. "By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans."

How can community groups, businesses, and organizations mark Older Americans Month?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.



What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
 - Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
 - Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

