



COMMUNITY
PARTNERSHIP
ON AGING

January 2021

News

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

Thank you!

We are ever-so-grateful for the following individuals* who donated to our end-of-year Giving Month campaign! While we exist for you, we can't exist without you and for that, we thank you!

*as of December 28, 2020

Loretta Angie
Anonymous
Anonymous
Elmer Balchick
Geneva Barkley
Barbara Barron
Kay Benjamin
Carol and Jay Braden
Margaret Bradshaw
Fran Brenizer
Rina Brosse
Nancy Buckhalter
Linda Butterfield
Deborah Coates
Hazel A. Coleman
Judy Conkling
John Dagil
Nancy and Benjamin DeRubertis
Tyronne and Linda Drummer
Pauline Ettore
Nerina Eville
Evelyn Fekter
Billie J. Foster
Eileen Fox

Larry Goldrick
Julie Grida
Lawrence and Donna Grigas
Stanley Grossman
Maryann Grubar
Barbara Harper
Willa Harwell
Barb and Kurt Hebeisen
Patty Jalovec
Fred Johnson
Tom Kanesky
Rita Kelly
Elaine and Mike Kessler
Marian Knotek
Stewart and Bonnie Kovit
Elizabeth Lopez
Meg Martines
Marie Masseria
Gerry and Elly Matisoff
Sue McGowan
William Monastra
Albina Moran
Nouhad Nemer
Jane Nero

Robert Pattie
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Silva Ramsak
Phyllis Raphael
Sandra and Thomas Robinson
Carol Roenbaugh
Sondra Rubenstein
Elaine Rubin
Sandra Sachs
Mary Salomon
Stuart Schulhof
Yury Segelman
Roza Segelman
Darina Sheridan
Brian Simmons
Victor Simonetta
Carol Spero
Howard Strack
Nancy Streng
Carolyn Sugiuchi
Prince Thomas
Flora Ticchione
Patricia Vaughn
Ortrud Williams

Our Main Office is at South Euclid Community Center at 1370 Victory Dr. in South Euclid, 44121
Main phone: 216-291-3902 Fax: 216-291-0773 Hours: Monday - Friday, 9:00 AM - 5:00 PM

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

You can reach staff at the following numbers:

- South Euclid/Lyndhurst Outreach: 440-442-2626 x 244
- Lyndhurst Office: No Office Hours at this time
- Mayfield Heights, Mayfield Village & Richmond Hts Outreach Office: 440-442-2626 X 244 (call for appointments)
- Lunch and Programs: Refer to newsletter for specific details at this time



CPA's Mission Statement: Improving lives through programs and services that support independence, community involvement and well-being



News from the Community Partnership on Aging Executive Director, Wendy Albin Sattin

Happy New Year- CPA wishes you a happy, healthy 2021 and looks forward to the day our doors open and we see you all again.

Although we are still operating mostly in a virtual mode, we are busy with new initiatives that developed out of the challenges of the pandemic. Our Plugged-In Programming is going strong and we are adding new activities often. Have you tried our art series, *Connecting with Creativity*, on Thursdays or the *Movie Trivia* session in the evening of the second

Monday of the month? You can check out all the fun opportunities on pages 7 & 12, or call Carolyn at 440-473-5138 if you have questions or suggestions.

The pandemic brought to light the importance of using and understanding technology to connect us to each other, our families and friends. How is your relationship with technology? Are you a regular Zoomer, You Tube subscriber or email correspondent? Or are there things you wish you could do on your computer, tablet or smartphone but don't know how? Or are you a non-user but ready to learn? A new initiative created in response to the pandemic is *CPAConnects*, a program designed to increase the use of technology by residents aged 60 or above.

If you are interested in becoming more knowledgeable about using your computer, tablet or smartphone, please call the office and let us know (216-291-3902) and we will match you with a technology trainer to help you get the most out of your technology. We welcome Rebekah Colours to our team to help with the training along with Alex and Ravonne, our social work interns. One of them will return your call to get started. CPA is grateful to the McGregor Foundation for funding this important initiative.

Please remember that lunches are available for pickup at the Lyndhurst Community Center on Mondays, South Euclid Community Center or Ross DeJohn Community Center on Wednesdays and Highland Heights Community Center on Fridays at 11:30 am. Frozen entrees, bread, fruit and milk will be put in your trunk for contactless distribution. Call 216-650-4029 to reserve your meals by the Tuesday of the week before you would like to receive the food. Our monthly produce distribution is always the third Thursday of the month, beginning on January 21 for 2021. Don't forget to check out page 4 for menus and dates of our specialty meals, LunchBox and Café Dinner.

Finally, a huge shout out to Mayfield Village for their generous donation of holiday turkeys and the South Euclid Service Department for transporting them to South Euclid for distribution. Many thanks to the cities of Mayfield Heights and Richmond Heights for their donation of grocery cards to be used for those in need.

Take care, stay safe and reach out to brighten someone's day.

Wendy

sattinw@communitypartnershiponaging.org

Find us on these Social Media sites



Funding is provided by the cities of Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid; a grant from the Ohio Department on Aging through the Western Reserve Area Agency on Aging; Cuyahoga County through the Health & Human Services Levy; program donations; and contributions of time and dollars. All programs and services are provided without regard to race, ethnicity, marital status, religion, gender, disability, age, political belief, sexual orientation or veteran status. Services and programs funded by Title III or by the Cuyahoga County Health and Human Services levy will not be denied based on an individual's inability to pay or donate.

CPA Volunteer Department - call 216-291-3903

Volunteers are Vital to Produce Plus Success

Of the many changes we faced this year, rethinking our produce distribution events was a major one. Converting an in-person event to a drive-thru event required collaboration and support from our community partners and our dedicated team of volunteers. A program that used to serve around 115 households is now averaging more than 200 households a month.

Despite the rain, heat or cold our dedicated volunteers gleefully work outdoors registering participants, directing traffic, loading or delivering boxes. It is only because of their unwavering support, we have been able to continue to offer this program. Please join us in thanking them for their incredible commitment to our community:

Groups:

Lyndhurst Mayor's Office Staff
The Greater Cleveland Food Bank
South Euclid Police Department
South Euclid Service Department
South Euclid Community Center
Staff
South Euclid City Hall Staff
State Industrial Products Staff

Notre Dame College Campus
Ministries

Individuals:

Ellen Greenberger
Lisa Haynes
Chris Hill
Gerry Matisoff
Renay Lang

Darious Ashley
Annette Marrow
Mary Scibana
Bill McIntosh
Amy Waldorf
Mike Miller
Warren Staton
Pam Rodgers

Accepting Loneliness

There seems to be a strong stigma about loneliness. Many people will admit to being depressed before they'll talk about being lonely. They fear being judged as unlikeable, a loser, or weird so they don't discuss their sense of aloneness, alienation, or exclusion.

Not feeling free to talk about loneliness adds to the problem and to the judgments of the experience. If you judge yourself for feeling lonely, it makes it even more difficult to take steps to change the situation. Then you may judge yourself for not taking action to solve the problem. But in general, those who feel lonely actually spend no more time alone than those who feel more connected.

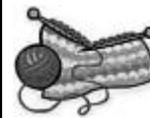
Loneliness is a different experience than solitude. Solitude is being alone by choice and wanting that aloneness or being comfortable with it. Loneliness means there is a discomfort-- you want to be more connected to others.

What to do:

It's important to let go of the self-judgment that comes with loneliness. Letting go of judging yourself for your loneliness is a good first step. Blaming yourself, calling yourself names, berating yourself because you are lonely is not effective and not accurate. Feeling lonely in the absence of meaningful connections is normal. Did you know that only 22% of people never feel lonely and one in ten report feeling lonely often? You are not alone in feeling lonely!

Remember that loneliness is not about having poor social skills, and something as simple as a phone call can make a huge difference.

Adapted from Psychology Today <https://www.psychologytoday.com/us/blog/pieces-mind/201301/accepting-loneliness>



COVID Can't Stop Our Knitters!

Recently the Nimble Needlers donated more than 400 pairs of mittens, baby hats, scarves, adult hats, lap blankets and other items to CPA! The Nimble Needlers (under 'normal' circumstances!) meet on Fridays at DeJohn Community Center. Additionally, volunteer Kathy Schuster donated several hats that she made, too. The donated items were distributed to local seniors and school children and the baby hats will go to a local hospital or women's shelter. Thank you for your donation and keep on knitting!

Are you 'tech savvy' and interested in volunteering for a potential new program?

CPA is working on some ideas for bringing technology to local older adults!

Volunteers would be a mentor to older adults who can use a little on-going help with technology-related questions and problems.

If you are interested, see the info on page 6 of this newsletter!

CAFE SERVICES



COMMUNITY
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JANUARY/FEBRUARY
2021

CALL 216-970-0347
FOR ALL CPA CAFE
SERVICES
RESERVATIONS

TUESDAY

**JANUARY 12
LUNCHBOX**

**Tuna Salad
Sandwich**

Pick up at South Euclid
Community Center
between 11:30AM-12:00PM
\$4 per person

Call 216-970-0347 to make a
reservation
Deadline to order:
January 8 at 3PM

THURSDAY

**JANUARY 21
Cafe Dinner**

**Pierogi, Kielbasa
and Sauerkraut**

Pick up at South Euclid
Community Center
between 4:00PM-5:00PM
\$6 per person

Call 216-970-0347 to make a
reservation
Deadline to order:
Jan 18 at 3PM

TUESDAY

**JANUARY 26
LUNCH BOX**

**Butternut Squash
Soup**

Pick up at South Euclid
Community Center
11:30AM-12:00PM
\$4 per person

Call 216-970-0347 to make a
reservation
Deadline to order:
January 22 at 3PM

TUESDAY

**FEBRUARY 2
LUNCH BOX**

**Meatball Sub
Sandwich**

Pick up at South Euclid
Community Center
between 11:30AM - 12:00PM
\$4 per person

Call 216-970-0347 to make a
reservation
Deadline to order:
January 29 at 3PM

THURSDAY

**FEBRUARY 11
CAFE DINNER**

**Chicken Cacciatore
with Rice**

Pick up at South Euclid
Community Center
between 4:00PM-5:00PM
\$6 per person

Call 216-970-0347 to make a
reservation
Deadline to order:
February 8 at 3PM

**LUNCH BOX IS ALSO AVAILABLE ON FEBRUARY 16 (CHICKEN
CORN CHOWDER SOUP). DEADLINE IS FEBRUARY 12 AT 3PM)**

According to AARP, the vast majority of older adults want to remain in their own homes as they age. CPA meets that need through a variety of services and programs. Here are 7 ways you can help CPA:

1. **Volunteer.** CPA's Volunteer Coordinator, Marilyn Hahn, has plenty of opportunities! Whether on-site or off, volunteer services are still highly in need. Give her a call at 216-291-3903 or send her an email at hahnm@communitypartnershiponaging.org
2. **Provide an in-kind donation or service that can be used in any number of creative ways.** Have an idea? Contact Therese Grida at gridat@communitypartnershiponaging.org .
3. **Consider Community Partnership on Aging** in your will, trust, retirement /life insurance plans, bank accounts or other vehicle
4. **Tell a friend.** Word of mouth is more important than ever. Maybe your mom, uncle, neighbor or friend can benefit from a lunch or other supportive service we offer; we need you to help spread the word.
5. **Sponsor the cost of a program or service.** Sponsorship amounts vary and always include creative ways to market your business or service.
6. **Make a cash donation.** A donation as little as \$50 can make a huge difference! While we recognize that this is a difficult time for everyone, if you have the means, please know that a donation of any size is always used thoughtfully and in the manner requested.
7. **Do you shop on Amazon?** Community Partnership on Aging is now registered to receive donations on Amazon Smile! Amazon Smile will donate .5% of your eligible purchase to CPA when you select Community Partnership on Aging as your preferred charity.



For information on sponsoring or making a donation contact Therese Grida at 216-291-0772.

*CPA is now registered as an Amazon Smile charity!
If you shop on Amazon, please consider adding
CPA as your preferred charity!*

Produce Plus - Drive thru to pick up a box of produce!

**South Euclid Community Center, 1370 Victory Dr., South Euclid
on Thursday, January 21, beginning at 10:00AM**

****While supplies last****

****Eligibility is based on the Greater Cleveland Food Bank's temporary COVID income guidelines of 230% of the Federal Poverty level: monthly income of \$2394 for a household of one and \$3242 for a household of two.**

For expedited registration, please bring the pink dashboard card you received at an earlier distribution or complete this form

Please provide one form and ID for each person in your car that is picking up (required for our records and for the Food Bank); one per household.

Full Name: _____

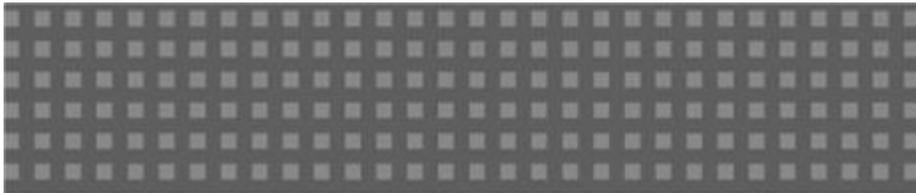
Complete Address: _____

City/Zip: _____ **Phone Number:** _____

Number of People in YOUR Household, by age:

Age 60+ ___ Age 18-59 ___ age birth-17 ___ Total ___

Completion of this form does not guarantee your box

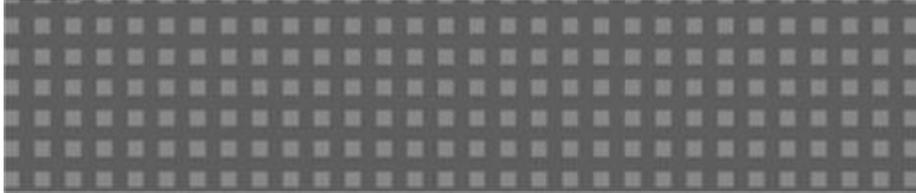


CPA Connects

Alex and Rebekah are working on launching our new technology initiative, CPA Connects, in early 2021!

Approximately 100 individuals were surveyed in December regarding digital experience and interest in learning how to use devices more efficiently. If you are interested in tech training or volunteering to be a mentor for others, please call our main office at 216-291-3902.

Many, many thanks to the McGregor Foundation for your support of CPA Connects!



WHEN THE SNOW MELTS - WILL YOU BE READY FOR SPRING CLEANUP?
These are all services that CARE Volunteers assist members with. Call today to learn more about being a CARE Member so you can get some these projects off your list!
Call 216-970-0599 or visit our website at www.careneo.org.

Yard Care

- Raking
- Weeding
- Planting
- Trimming
- Watering
- Mulch
- General Yard Cleanup
- Spring Cleanup

Home Exterior Projects

- Minor Painting
- Porch Cleanup
- Window Cleaning
- House Exterior Cleaning
- Garage Cleanout
- Outdoor furniture placement
- Sweeping
- Trash Removal

Interior General Housekeeping

- Stove Cleaning
- Refrigerator Cleaning
- Floor Care
- Window Care
- Curtain Replacement
- Dusting
- Lightbulb & Battery Replacement
- Cleaning out cabinets & Expired Items

Home Organizing

- Packing Items
- Room cleanouts including basement, attic
- Sorting and moving for storage, donating or trash
- Paper Shredding
- Large & Small Projects

Tech Assistance

- Setting up new devices i.e. cell phones, tablets printers, computers & TVs
- Support for hardware and software issues
- Provide general overview of how to use products
- Cable & Internet Connections

Handy Person Projects

- Screen, storm window & door seasonal change outs
- Window air conditioning seasonal change outs
- Furnace filter replacement
- Minor Painting
- Door Lock Installations
- Minor Repairs

Plugged-in Programming

Are you "plugged in"?



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www.facebook.com/groups/cpapluggedinprogramming

Monday Morning Meditation



Every Monday at 8:45am: 3M (Monday Morning Meditation): A short meditation to start your week (& day!) off right.

Join on Plugged-in Programming on Facebook

Tasty Tuesday



Tune in for nutrition-related content, recipes, cooking demos and more!

Every Tuesday at 3:00PM on Plugged-in Programming on Facebook

Chair Yoga



Every Wednesday at 9:00 AM: Virtual Chair Yoga w/ Cynthia on Zoom! Catch past classes on CPA's YouTube Channel. Call Carolyn for more info: 440-473-5138.

Connecting with Creativity

Connecting with Creativity is CPA's new virtual arts & crafts program with follow along videos on Plugged-in Programming on Facebook and YouTube.

Call 440-473-5138 to sign up or for more information. Kits available for nominal fee, FREE for ACCESS members!

All times 1:00 PM

- January 7 - Paper snowflakes
- January 14 - Coffee Filter Pointsettias
- January 21 - Snowy Picture Frame
- January 28 - Beaded Key Chain

Meditation with Chera



Every first Thursday of the month at 3:00PM.

Location: Zoom

Call 440-473-5138 to register



Don't share a care, share a Kemper House



Not on Facebook but want to be? Need help navigating Facebook Live or Zoom? Let us know! CPA can give you tips on how to navigate it for programming, to connect with friends and family or help get you started. Call 440-473-5138 and leave your name and number and we'll return your call.

January 2021

Monday	Tuesday	Wednesday	Thursday
January 4 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB)	5 10:00 Tai Chi (Z) 3:00 Tasty Tuesday (FB)	6 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:00 Link up 4 Lunch (FB)	7 9:30 Foot Clinic - V 1:00 Connecting w Creativity (YT) 3:00 Meditation (Z)
11 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 7:00 Movie Trivia (FB)	12 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB)	13 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 1:00 Short Story Discussion (Z)	14 10:30 Senior Exercis 11:00 Flower Bouqu Pickup (SE) 1:00 Connecting w Creativity (YT)
18 *No meal pickup – MLK Jr. Day* 8:45 Monday Morning Meditation (FB) 12:00 Move it Monday (HH) 3:00 Brainercise (GM)	19 10:00 Tai Chi (Z) 3:00 Tasty Tuesday (FB)	20 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:00 Link up 4 Lunch (FB) 7:00 Movie Discussion (Z)	21 10:00 Produce Plus 1:00 Connecting w Creativity (YT) 4:00 Café Dinner (S)
25 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (HH)	26 9:30 Foot Clinic - Spivack (LCC) 11:30: Lunch Box (SE) 1:00 Movie Trivia (FB) 3:00 Tasty Tuesday (FB)	27 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:30 Virtual Book Club (Z)	28 10:30 Senior Exercis 1:00 Connecting w Creativity (YT)

Location

Addresses

- ◆ Lyndhurst Community Center (LCC): 1341 Parkview Dr.
- ◆ South Euclid Community Center (SE): 1370 Victory Dr.
- ◆ Highland Heights Community Center (HH): 5827 Highland Rd.

- ◆ Ross C. DeJohn Community Center (MH): 630 Marsol Rd.
- ◆ Mayfield Village Community Room (MV): 6621 Wilson Mills Rd.

As a reminder, CPA on-site programs are not open as of this printing.



NEW Program! Move It Monday
 Move it Monday w/ Carolyn
 Join Carolyn every Monday at 12:00 Noon
 for a 30 minute class on Facebook Live

- Exercise**
- Yoga w/ Sue - 30 minute class at book Live
 - Senior Exercise w/ Beth - 10:30AM Live. Have your stretchy band and

Day	Friday
	8 9:00 Foot Clinic - Whaley (HH) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)
	15 9:30 Foot Clinic - Spivack (MH) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)
	22 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)
	29 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)



At the time of printing we do not yet have a re-open date. Stay tuned for more information, soon!

In the meantime, please review and keep in mind the protocols we put in place once we do re-open:

- Pre arrival phone interviews for participants to verify health status. This means that a CPA volunteer will be contacting you in the morning to ask you a few questions about how you feel and if you've had any contact with anyone who has known to have tested positive for COVID.
- On site temperature checks upon arrival for classes. A CPA staff person or volunteer will be at the entrance of each community center to monitor temperatures with an infrared thermometer. Oh, speaking of entrances: please note that only one entrance will be used at each building
- Limited class size; physical distancing enforced. Please do not come earlier than 10 minutes before the start of the class. Congregating before and after class is not allowed.
- You must make a reservation to attend any program, even if you were a drop-in attendee in the past. We cannot accept walk-in attendees at this time.

Thank you for your patience and understanding. We will get through this!

If you have any questions, call 440-473-5138



**Plugged-In Programming
online 'location' codes:**

Facebook (FB)
 Google Meet (GM)
 You Tube (YT)
 Zoom (Z)

Classes:
 12:00 Noon every Friday on Face-
 M on 1/14 and 1/28 on Facebook
 and hand weights ready!

- Chair Yoga with Cynthia - 60 minute class, every Wednesday at 9:00AM on Zoom
- Tai Chi w/ Eb - 30 minute class on Tuesdays, 1/5 and 1/19 at 10:00AM on Zoom

Questions? Call Carolyn at 440-473-5138.

AARP TAX-AIDE UPDATE:

In our December newsletter, we made you aware that the AARP TAX-AIDE Program would be doing taxes this year but with many changes due to COVID-19



restrictions. Although details are still being worked out, we would like to keep you as up to date as we can:

1. All tax preparation will be done remotely by trained AARP volunteers. Communication between the taxpayer and the preparer will be done either by phone or virtually (via ZOOM or Google Meet).
2. All appointments will be made at www.aarp.org. **At this time, NO appointments will be made through Community Partnership on Aging. Contact info for AARP Foundation: email taxaide@aarp.org or call 1-800-687-2277**
3. Taxpayers will scan their documents as well as their Social Security card and photo ID & submit these documents to the tax preparer. AARP is working with CPA's community centers to set up scanning sites in our cities. NO sites have been finalized yet.
4. AARP will only accept appointments for taxpayers who have used their services for the past three tax years (2017, 2018 and 2019). **NO new taxpayers will be accepted.**
5. Another option to consider: Online tax prep sites such as IRS FREE FILE, Turbo Tax, TaxSlayer & H & R Block all offer free or low cost tax preparation for qualified taxpayers.

The above information is subject to change. Please watch for all updates through our monthly newsletter, our website (communitypartnershiponaging.org), our Facebook Page or give us your email by calling 216-291-3902 to start receiving our bi-weekly e-blast!



The *Best of ChamberFest Cleveland* continues on WCLV 104.9 FM *Cleveland OVATIONS*. On the second Wednesday of every month until April 7, make a date with yourself at 8 pm to listen to the breathtaking live performances from the past eight seasons of ChamberFest Cleveland.

For more information about their upcoming radio series and [Digital Performance Library](#) please visit ChamberFestCleveland.com.



Transportation with **Community Partnership on Aging** is available for older adults age 60+ who reside in one of the CPA communities. Trips are offered for group grocery shopping trips and for medical appointments. Transportation is provided by STC (Senior Transportation Connection). Residents must register in advance by contacting a CPA Social Worker. To register, South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, Mayfield Village and Richmond Heights residents may call 440-442-2626 X 244 (leave a message if there is no answer). Grocery trips and medical appointment trips are scheduled through STC at 216-265-1489.



GROUP SHOPPING TRIPS SCHEDULE (Trips subject to change)

SE – Tues., Jan. 12 & 26 to Giant Eagle ▪ Wed., Jan. 13 & 27 to Wal-Mart ▪ Thurs. Jan. 14 & 28 to Marc's
LYND & HH – Tues. Jan. 5 & 19 to Giant Eagle ▪ Wed. Jan. 6 & 20 to Wal-Mart ▪ Thurs. Jan. 7 & 21 to Marc's

MH/MV/RH – Tues., Jan. 5 & 19 to Giant Eagle & Wal-Mart ▪ Friday, Jan. 8 & 22 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.

Why Being Kind to Others is Good for Your Health

Research shows that when we do things for others, we do get repaid. Not just through reciprocation, but as a result of the psychological benefits acts of benevolence produce in the giver. And while we might all enjoy the warm glow of helping out others or giving up a little of our time for charity, did you know it could be doing us some physical good too?

Studies show, for instance, that volunteering correlates with a 24% lower risk of early death – about the same as eating six or more servings of fruits and vegetables each day, according to some studies. What's more, volunteers have a lower risk of high blood glucose, and a lower risk of the inflammation levels connected to heart disease. They also spend 38% fewer nights in hospitals than people who shy from involvement in charities.

Of course, in pandemic times, volunteering may be more of a challenge.

However, volunteering online could also bring health benefits. Additionally, it's not just the effects of formal volunteering that show up in the blood either – random acts of kindness do as well. In one study in California, participants who were assigned to conduct simple acts of kindness, such as buying coffee for a stranger, had lower activity of leukocyte genes that are related to inflammation. That's a good thing, since chronic inflammation has been linked to conditions such as rheumatoid arthritis, cancer, heart disease, and diabetes.

Adapted from: <https://www.bbc.com/future/article/20201215-why-being-kind-to-others-is-good-for-your-health>



*Above: Members of several local senior network organizations got together to donate over 100 Holiday Cheer Bags to local seniors! This act of kindness can be credited to: ASA (The Association of Specialists in Aging)
ASNE (Aging Services Network East)
Cleveland East Senior Network
PNG (the Professional Networking Group)
SSAMA (Senior Sales, Admission, and Marketing Association)
UH Bedford Senior Net
Village in the Heights
Thank you for your kindness!!*

CPA Acts of Kindness

A senior resident had a rather sizeable pine tree come down during one of the recent snowstorms. Knowing that the resident was on a budget, a city worker who was able to clear the tree on his own time offered to do the job for free! The resident informed CPA staff because she was so grateful for the service; we of course let the Mayor know how much it was appreciated.

That simple but valuable act of kindness sparked an idea: do you know someone who has 'committed' an act of kindness? Submit your stories to CPA! Each month we'll review nominations and 'award' a winner with a plaque and a few other goodies, as well as announce the kindness on social media and in our e-newsletter. Submit via email at contactus@communitypartnershiponaging.org or via mail to 1370 Victory Dr., South Euclid, 44121 ATTN: Therese/Acts of Kindness



The CPA Legacy Circle was established to recognize and thank those of you who included CPA in your estate plans either through your will, trust, retirement /life insurance plans, bank accounts or other vehicles. Through your thoughtfulness and planning, you have made a timeless commitment to continue the work of CPA to support every older adult's desire to remain in their home, however they define home, in a safe, active and vital manner. If you are interested in including CPA in your will or estate planning, please contact Therese Grida at 216-291-0772.

Plugged-in Programming

How to access Plugged-in Programming:

1. Most programs take place on Facebook. You can become a member of Plugged-in Programming at www.facebook.com/groups/cpapluggedinprogramming. Scroll through the programs until you find the desired event and click on it!
2. Some programs take place on Zoom (call Carolyn at 440-473-5138 for information)
3. Some programs and "archived" programs are on YouTube: <https://www.youtube.com/channel/UCqz1b3eVZdVo7s-A9lOxxQ>.
4. Google Meet—Call Carolyn at 440-473-5138 for info and instructions

Trivia

Who doesn't love trivia? Join CPA and our partners for trivia fun on Facebook Live

Hi!



Movie Trivia with Therese on Facebook Live!

We know you're missing our on-site movies; join Therese for Movie Trivia in the meantime!

Mon., 1/11 at 7:00PM

Tues., 1/26 at 1:00PM

Virtual Book Club with Corene



Virtual Book Club takes place the last Wednesday of the month at 12:30PM via Zoom (call 440-473-5138 to obtain access code and link)

January 27: Rust: A Memoir of Steel and Grit by Eliese Colette Goldbach. A story about Cleveland.

Link Up 4 Lunch!



Link Up 4 Lunch is a new program using Facebook Chat. Simply go to the CPA Plugged in Programming group on Facebook and look for the link to the room. Then join everyone

for a casual lunchtime chat!

Call Carolyn at 440-473-5138 for Facebook assistance. You can use your mobile device (PC laptop, tablet, or smart phone).

Dates: 1/6 and 1/20 at 12:00pm

Parking Lot Bingo!



Parking Lot Bingo is on hold for Winter and will resume March 4!

NEW Programs!

Do you like short stories? How about movie discussion? Join Therese on Zoom for one or both! Call Carolyn at 440-473-5138 for details. Sign up required no later than 3PM on the day before the program

January 13 Short Story: "Where Are You Going Where Have You Been?" by Joyce Carol Oates

January 20 movie discussion: "Kramer vs. Kramer" (1979) at 7:00PM (watch movie in advance)

Ted Kramer's wife leaves him, allowing for a lost bond to be rediscovered between Ted and his son, Billy. But a heated custody battle ensues over the divorced couple's son, deepening the wounds left by the separation. Available by DVD or on Amazon Prime.

February 10 Short Story: "The Lottery" by Shirley Jackson

February 17 movie discussion: "Who's Afraid of Virginia Woolf" (1966) at 7:00PM (watch movie in advance)

A bitter, aging couple, (appropriately played by Elizabeth Taylor and Richard Burton) with the help of alcohol, use their young houseguests to fuel anguish and emotional pain towards each other over the course of a distressing night. Available on Amazon Prime

Brainercise

Brainercise takes place in partnership with Mayfield Village Rec, CPA and Governor's Village on the 3rd Monday at 3:00 pm. Watch for more programs to come!



- In-person at Mayfield Village Community Room: Call Sean (MV) to RSVP at 440-919-2332. DATES TBA!

- Virtually on Google Meet: Call Carolyn (CPA) at 440-473-5138



City of Mayfield Heights Rec Department



Pre-registration with payment is required by calling
440-442-2627

Drive up Dinner on January 12: K Station Catering
Pot Roast and Mashed Potatoes with dessert, \$5.00 Registration
for MH Residents begins Dec 14, Non Residents Dec 28 (if space)

Drive up Dinner on February 16: Piccolo's - meal: Lemon
Chicken, \$5.00. Registration for MH Residents begins Jan 18, Non
Residents Feb 19 (if space)

Movie Matinee at Eastgate Atlas Theatre. All Movie Times are
1:00 pm \$5.00 Seating is limited to follow social distance
guidelines
January 12 - Arthur; February 25 - Knives Out

**Exercise Classes at the DeJohn Community Center Class
sizes are limited** Tai Chi/Qigong for Seniors M/W 10 - 11A
\$90 for 6 weeks or \$15 Drop in
Winter 1: Jan 4 - Feb 10
Winter 2: Feb 22- Mar 31



Foot Clinic Appointments

\$25

Please discuss any
payment options directly
with the podiatrist

For appointments with Dr.
Whaley at Highland Heights Community
Center or South Euclid Community
Center, call 216-229-0292

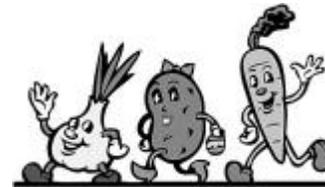
For appointments with Dr. Spivack at
Mayfield Heights DeJohn Community
Center or Lyndhurst Community Center,
call 440-487-3947

See the calendar on
pages 8 & 9 for dates

Unable to get out to the community
center for an appointment? Discuss
options with your podiatrist!

Services for Veterans

Navigating through the Veterans Affairs Disability
Compensation Claim process can be difficult and
tedious; however, there are numerous supportive
resources available! If you need help filing a claim or
appeal, you may prefer to work alongside a Veteran
Services Officer (VSO), an accredited attorney and
claims agent. VSOs can help you understand and
apply for a number of benefits, including educational,
health care, and financial support. These
professionals can also aid in the gathering of
important medical documents and file a claim on your
behalf. Fees for services are typically free, with
limitations extending to unusual expenses. To find a
VSO or representative you can login to your eBenefits
account and enter your location to have a VSO
representative be assigned to you.



Mobile Pantry Fresh FREE Produce

Richmond Heights Councilwomen Kim Thomas and
Cassandra Nelson, in conjunction with "Change of
Direction" will be hosting a food pantry every 3rd
Thursday each month. In this time of social
distancing due to COVID-19, they want to provide
families who are in need with FREE groceries.
Please drive up and they will load your trunk!

Thursday, January 21

**Richmond Heights Elementary School (Front of
building. Enter from Highland during
construction)
10:30AM - 1:30PM
447 Richmond Rd., Richmond Heights**



The Hillcrest Meals on Wheels Program

Hillcrest Meals on Wheels is available to residents of Lyndhurst, South Euclid,
Mayfield Hts., Mayfield Village, Highland Hts., and Richmond Hts. who are homebound
or unable to shop and/or cook for themselves. There are no age or income restrictions.

Clients pay a nominal fee for nutritious meals prepared by UH Richmond Medical Center. Volunteers are
available to deliver the meals Monday-Friday. Interested residents should call Judy Conkling, Program
Director at 440-449-3551 for more information.

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HEALTH & REHABILITATION CENTER IS NOW OFFERING HOME DIALYSIS ON-SITE AT OUR FACILITY FOR SKILLED AND LONG TERM CARE RESIDENTS

Home Dialysis

Led by Medical Director, Dr. Andrew Lazaar, we provide Home Dialysis to end-stage renal disease patients who are also in need of rehabilitation or skilled nursing care following a hospital stay or surgery.

The Benefits of Inpatient Dialysis

Convenience

- Allows patients the ability to remain at the facility
- No delays in transportation and/or waiting for pickup or return to the facility
- Fewer missed meals and medications
- Duration of 2-3 hours allows patients and residents time for other activities, including rehabilitation
- Family and friends can visit more frequently
- Simplified scheduling

Better Clinical Outcomes

Studies have shown that patients who have more frequent dialysis experience improved clinical outcomes, including:

- Better control of hypertension and anemia
- Increased energy to assist in rehabilitation
- Fewer dialysis-related complications
- Fewer medications
- Decreased fatigue after dialysis
- Decrease in hospitalizations related to dialysis

Highland Pointe
Health & Rehabilitation Center
402 Golf View Lane, Highland Heights
(440) 443-0900



MAKE YOURSELF AT HOME

In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

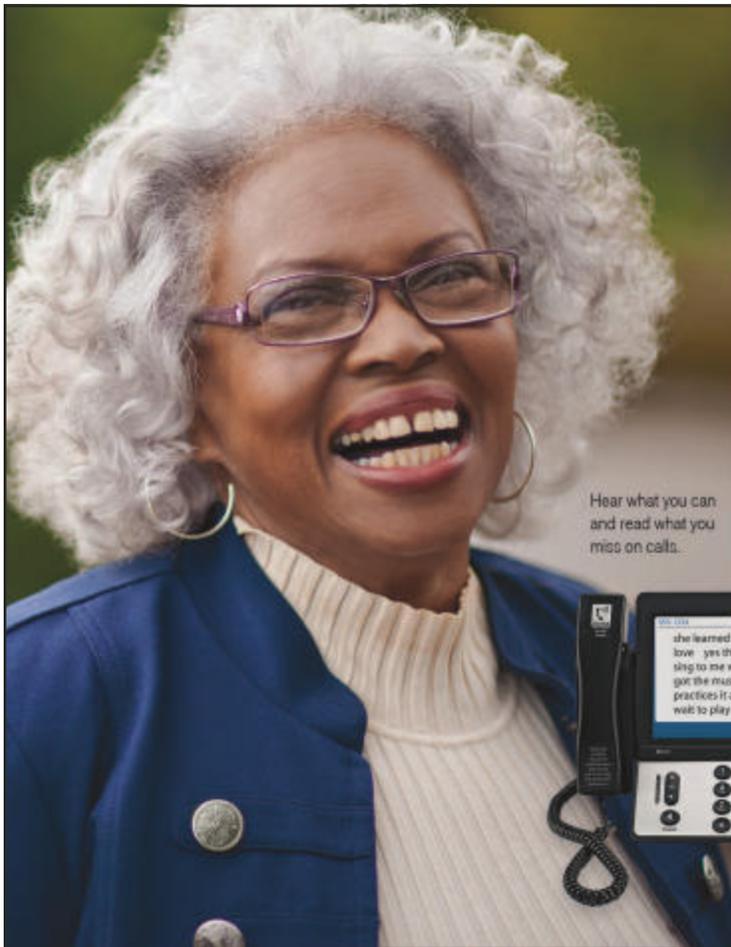
Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

Call **440.954.8359** to find the home that fits you at Ohio Living Breckenridge Village!



Ohio Living
Breckenridge Village

36502 Euclid Avenue | Willoughby, Ohio 44094 | 440.954.8359 | ohioliving.org



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COMMUNITY
PARTNERSHIP ON AGING
COVID-19 Updates

Frozen meals are back!

Be sure to call in or let Nutrition Staff know of your meal reservations no later than TUESDAY of the week before, at 2:00PM. Call 216-650-4029 for reservations and information.

As you know, our site re-opening is an ever-changing situation that is based on State and local regulations. Watch this newsletter for more information, and in the meantime, check out our virtual programs on Plugged-In Programming! See pages 7 & 12 for details.



Community Partnership on Aging
1370 Victory Dr.
South Euclid, OH 44121

