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ON AGING

# News

February 2021

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

Thank you to the following donors whose donations got caught up in the holiday mail back-up. We are so very thankful for your support of the Community Partnership on Aging Annual Giving Month Campaign!

Anonymous

Toni Arnold

Carol Dayton

Corinne Dunn

Jeannetta Daniels-Barrion

Jo Ann Gallitto

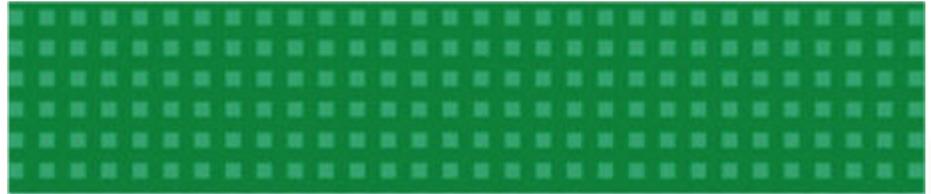
Yuri and Don Gilbertson

Ruby Mack

Julie and Larry Martin (in honor of Rusty Seech for the Rusty Seech Safe at Home Fund)

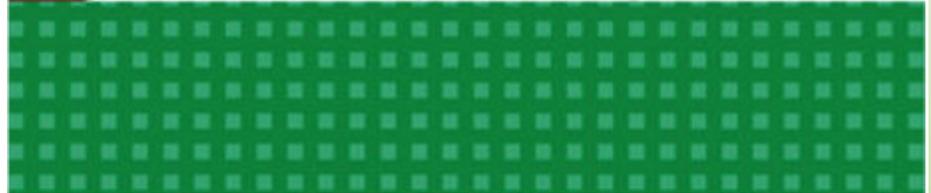
Susan Spevack

Margaret Schmidt



CPA

Connects



Thank you to the McGregor Foundation for your support of CPA Connects!

For information about CPA Connects, see page 6 or call 216-291-3902 to connect with Alex or Rebekah.



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](mailto:contactus@communitypartnershiponaging.org) Web: [www.communitypartnershiponaging.org](http://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**

The perception that older adults are not interested in technology is not necessarily true. Data compiled by the Pew Research Center shows significant growth in the adoption of digital technology by older Americans. In 2000, 14% of those ages 65 and older were internet users; now 73% are. And while smartphone ownership was uncommon at all ages around the turn of the 21st century, now about half (53%) of people 65 and older are smartphone owners.

These numbers show a great opportunity to broaden the reach of CPA's impact by expanding the modes we use to connect with you. Part of the equation is education; do you know how to take advantage of the technology you own? Can you download books? Stream music? Send and receive texts? 2021 is the Year of Technology for CPA - we have an ambitious plan to help you use your technology to its fullest—or get you started if needed. CPAConnects, our technology initiative, falls into two programs:

The CPA School of Technology is geared for those who already own devices, whether a smart phone, tablet, laptop or desktop computer. We are assembling a group of mentors and coaches who will teach you what you want to know. It may be a small group learning situation or one on one depending on the topic; right now contact is virtual. If you are interested in specific learning goals, please contact Rebekah or Alex at 216-291-3902. They both are part time so please allow a couple of days for them to return your call. We are launching our initiative with a big Zoom gathering, A Taste of Technology, in mid-February. Please see page 6 for details.

**The second phase of CPAConnects** will be unveiled in the late spring. It is created for those who do not have any devices and/or lack access to the internet. This initiative, funded by the McGregor Foundation, will provide a laptop to keep, internet access (if needed) and training to begin an exploration of the internet. Eligibility for this program is income based (single household earning less than \$23,606 a year). Participants receiving equipment and connectivity will agree to take part in a variety of surveys and assessments and complete virtual classes related to falls prevention or healthy living. If you or someone you know would like to be considered for this exciting opportunity, please call Rebekah at 216-291-3902 to be put on the list. More about the program next month.

CPA is closely monitoring trends and data regarding the spread of the Corona virus in Cuyahoga County in order to determine the best time to begin returning to on site activities. Whether that means activities inside the community centers or in the parking lots and green spaces around the community centers remains to be seen. Please check our website, Facebook page, or e-blast newsletter for the most up to date news.

In the meantime, be well, stay healthy and keep in touch.

**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

## CPA Becomes a Greater Cleveland Volunteers Partner Agency

We are pleased to announce that CPA recently became a partner agency of Greater Cleveland Volunteers. Greater Cleveland Volunteers enriches the community and individuals through volunteer services. They have been a vibrant component of volunteerism since 1974. GCV partners with nonprofit agencies in Cuyahoga County who need volunteers to achieve their mission. They also assist with prompting volunteer opportunities, while encouraging, engaging, and informing potential volunteers of ways to serve their community through their partners.



This partnership will expand CPA's ability to promote our volunteer opportunities by GCV's commitment to:

- Exposure and continually promote CPA's mission to community of existing and potential volunteers
- Engage volunteers in a community of likeminded individuals who strive to make our community better

Additionally, it will allow current CPA volunteers the option of joining Greater Cleveland Volunteers and benefit from being both a GCV and CPA volunteer:

- Learn about other community volunteer opportunities
- Receive supplemental auto insurance for certain volunteer activities
- Participate in additional volunteer recognition events

For more information about Greater Cleveland Volunteers please contact CPA Volunteer Services:

[hahnm@communitypartnershiponaging.org](mailto:hahnm@communitypartnershiponaging.org) or 216.291.3903. You can also contact GCV directly: 216.391.9500 or [greaterclevelandvolunteers.org](http://greaterclevelandvolunteers.org)

## CPA Volunteers 'ROCK'!

The motto of the USPS is "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds" but the USPS mail carriers may have met their match in the many Produce Plus volunteers who wrestle with the elements to help us distribute boxes and bags of produce every month.

At January's Produce Plus distribution, CPA staff held a lunch-to-go volunteer appreciation event complete with fanfare and fun! Look for pictures in the March newsletter. Thank you, volunteers!

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](mailto:contactus@communitypartnershiponaging.org) or via mail to 1370 Victory Dr., South Euclid, 44121 ATTN: Therese/Acts of Kindness



*The many Produce Plus volunteers are instrumental in making the monthly program happen!*

# CAFE SERVICES



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FEBRUARY/MARCH  
2021

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

## TUESDAY

**FEBRUARY 2  
LUNCHBOX**

**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:  
Jan. 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:  
Feb. 8 at 3PM

## TUESDAY

**FEBRUARY 16  
LUNCH BOX**

**Chicken Corn  
Chowder 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:  
Feb. 12 at 3PM

## TUESDAY

**MARCH 2  
LUNCH BOX**

**Turkey Reuben  
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:  
Feb. 26 at 3PM

## WEDNESDAY

**MARCH 17  
CAFE DINNER**

**Corned Beef  
Sandwiches!**

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:  
March 12 at 3PM

**Lunch Box is also available on March 23 (Chicken Noodle Soup; Deadline 3/19)  
and March 30 (Tacos; Deadline 3/26)**

**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](mailto: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](mailto: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, February 18, 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**

Introducing our new technology initiative,

**CPA Connects!**

Join us for a “Taste of Technology” session on Tuesday 2/9 (7 pm) and Friday 2/12 (2 pm) on Zoom.

If you are interested in tech training (small group cohorts), volunteering to be a mentor for others, or registering for “Taste of Technology,” please call 216-291-3902 to connect with Alex or Rebekah.



**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](http://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](http://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 (Topics TBA)

- February 4 - Valentine's Card
- February 11 - Mardi Gras Mask
- February 18 - Paint Chip Collage
- February 25 - Heart Bookmark

## Meditation with Chera



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

Location: Highland Heights Community Center. Call 440-473-5138 to register



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.

# February 2021

Monday	Tuesday	Wednesday	Thursday
February 1 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB)	2 10:00 Tai Chi (Z) 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB)	3 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:00 Link up 4 Lunch (FB)	4 1:00 Connecting 3:00 Meditation
8 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 7:00 Movie Trivia (FB)	9 3:00 Tasty Tuesday (FB) 7:00 Taste of Tech (Z)	10 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 1:00 Short Story Discussion (Z)	11 10:30 Senior Ex 11:00 Flower B 1:00 Connectin 4:00 Café Dinn
15 *No meal pickup – Presidents Day* 8:45 Monday Morning Meditation (FB) 12:00 Move it Monday (HH) 3:00 Brainercise (GM)	16 10:00 Tai Chi (Z) 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB)	17 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:00 Link up 4 Lunch (FB) 7:00 Movie Discussion (Z)	18 9:30 Foot Clin 10:00 Produce 1:00 Connectin
22 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (HH)	23 9:30 Foot Clinic - Spivack (LCC) 11:30: Lunch Box (SE) 1:00 Movie Trivia (FB) 3:00 Tasty Tuesday (FB)	24 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH)	25 10:30 Senior Ex 1:00 Connectin

## 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): 6306 Marsol Rd.
- ◆ Mayfield Village Community Room (MV): 6621 Wilson Mills Rd.



### Exercise Classes:

- **Move it Monday with Carolyn** - 30 minute class every Monday at 12:00PM on Facebook
- **Yoga with Sue** - 45 minute class at 12:00 Noon every Friday on 01Facebook Live
- **Senior Exercise with Beth** - 10:30AM on 2/11 and 2/25 on Facebook Live. Have your stretch band and hand weights ready!

Thursday	Friday
g w/ Creativity (YT) (Z)	5 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)
ercise (FB) ouquet Pickup (SE) g w/ Creativity (YT) ner (SE)	12 9:00 Foot Clinic - Whaley (HH) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB) 2:00 Taste of Tech (Z)
ic - Whaley (SE) Plus (SE) g w/ Creativity (YT)	19 9:30 Foot Clinic - Spivack (MH) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (FB)
ercise (FB) g w/ Creativity (YT)	26 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!**

**COVID-19 VACCINATION UPDATE:**

**Phase 1A vaccinations** (healthcare workers and those working/living in residential settings with vulnerable populations) are underway.

**Phase 1B began in January 2021 and includes Ohioans 65 and older.** It also includes those living with severe congenital, developmental, or early-onset medical disorders, and adults who work in schools.

Proposed Schedule:

- Week of 1/19: Ages 80+
- Week of 1/25: Ages 75+, those with high-risk medical conditions
- Week of 2/1: Ages 70+, staff of K-12 schools
- Week of 2/8: Ages 65+

Vaccines for older Ohioans will be given by local health departments, hospitals, federally-qualified health centers, and some retail pharmacies. A provider search will be available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov) on Thursday, Jan. 15, allowing Ohioans to search by county and ZIP code to find a provider in their area to administer the vaccine.



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

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

- **Chair Yoga with Cynthia** - 60 minute class, every Wednesday at 9:00AM on Zoom
- **Tai Chi with Eb** - 60 minute class on Tuesdays, 2/2 and 2/16 at 10:00AM on Zoom
- **Nature Walks in the Park** return in March!

**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 (Google Meet).
2. All appointments will be made at [www.aarp.org](http://www.aarp.org). You can also contact AARP at 1-888-687-2277. No appointments will be made through Community Partnership on Aging.
3. AARP will only accept appointments for taxpayers who have used their services for the past three tax years (2017, 2018 and 2019).
4. 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!**



Maintaining a healthy immune system is important year-round, but especially during cold and flu season. Eating nutritionally balanced meals and snacks can help maintain and build the body's defense against colds, the flu and other illness. In addition to a weakened immune system, there are four other risk factors associated with poor nutrition:

1) poor wound healing; 2) muscle weakness and decreased bone mass, which can lead to falls and fractures; 3) a higher risk of hospitalization and stays; and 4) a shortened life-span. To improve access to healthy foods CPA offers Produce Plus (a monthly fresh produce program), food pantry information, and Community Meals (distributed weekly). In February, CPA will be conducting annual Nutritional Risk Assessments for lunch program participants to help them identify their individual risks and link those who are in need to resources.

Mayo Clinic Staff. (2019, September 17). Senior health: How to prevent and detect malnutrition. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699>.



**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., Feb. 9 & 23 to Giant Eagle ▪ Wed., Feb. 10 & 24 to Wal-Mart ▪ Thurs. Feb. 11 & 25 to Marc's  
**LYND & HH** – Tues. Feb. 2 & 16 to Giant Eagle ▪ Wed. Feb. 3 & 17 to Wal-Mart ▪ Thurs. Feb. 4 & 18 to Marc's

**MH/MV/RH** – Tues., Feb. 2 & 16 to Giant Eagle & Wal-Mart ▪ Friday, Feb. 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.**

# CPA Celebrates Black History Month

In the month of February, we celebrate the achievements and contributions of Black Americans! Included are several individuals who've made significant contributions in American society. The CPA Diversity Committee encourages us to take this time to celebrate the wonderful Heritage of Black Americans.

## Shirley Chisholm

Born in Brooklyn, Shirley Chisholm studied and worked in early childhood education, becoming involved in local Democratic party politics in the 1950s. In 1964, overcoming some resistance because she was a woman, she was elected to the New York State Assembly. Four years later she was elected to Congress, where she led expansion of food and nutrition programs for the poor and rose to party leadership. She retired from Congress in 1983 and taught at Mt Holyoke College, while continuing her political organizing. Although nominated for an ambassadorship in 1993, health issues caused her to withdraw. In 2015, Chisholm was posthumously awarded the Presidential Medal of Freedom.



## Crispus Attucks

Crispus Attucks became an icon of the anti-slavery movement in the mid-19th century. Supporters of the abolition movement lauded him for playing a heroic role in the history of the United States.

## Zora Neale Hurston

Zora Neale Hurston was an American author, anthropologist, and filmmaker. She portrayed racial struggles in the early-1900s American South and published research on hoodoo. The most popular of her four novels is *Their Eyes Were Watching God*, published in 1937. She also wrote more than 50 short stories, plays, and essays.

## Richard Wright

Richard Wright was an American author of novels, short stories, poems, and non-fiction. Much of his literature concerns racial themes, especially related to the plight of African Americans during the late 19th to mid-20th centuries, who suffered discrimination and violence in the South and the North. Literary critics believe his work helped change race relations in the United States in the mid-20th century.

The mission of the Community Partnership on Aging Diversity Committee is to explore the many facets of diversity as an exercise of continuing education and to share the knowledge gained with CPA's general population. To accomplish its mission, the committee will engage in numerous activities, including working collaboratively to support and learn from each other, engaging speakers to present talks to the members and/or the general community on various topics of diversity, advocating and supporting diversity in our communities and encouraging policies, activities and thought-provoking discussions both internally and with the community. The committee will support cultural understanding, mutual respect and inclusivity. If you would like to get involved with the committee, please contact our office at 216-291-3902.



**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](http://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 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., 2/8 at 7:00PM

2/23 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)

February 24: The Last House  
Guest by Megan Miranda.

### 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: 2/3 & 2/17 at 12:00pm

### Parking Lot Bingo!



Grab a spot in the South Euclid Community Center parking lot every 1<sup>st</sup> Thursday of the Month at 1:00 PM.

Parking Lot Bingo is on hold for Winter!

### Short Story and Movie Discussion Groups

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

In celebration of Black History Month we will review "Gorilla, My Love" by Toni Cade Bambara on February 10 at 1:00PM

February 18 movie discussion: "Guess Who's Coming to Dinner" at 7:00PM. Watch in advance on your own and join us to discuss.

March Short Story: "The Lottery" by Shirley Jackson. A great title for Women's History Month! March 9 at 1:00PM.

March movie discussion: "North Country" on March 16 at 7:00PM. Watch on your own in advance and join us to discuss! "North Country" stars Charlize Theron as a woman instrumental in organizing a class action lawsuit against workplace sexual harassment.



Virtual Programs with Fairhill Partners coming this Spring!"

"The time is always right to do what is right."

Dr. Martin Luther King, Jr.

### City of Mayfield Heights Rec Department



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

**Drive up Dinner on February 16: Piccolo's** - meal: Lemon Chicken, \$5.00. Registration for MH Residents begins Jan 18, Non Residents Feb 1 (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  
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

**Meditation for Healthy Living- sponsored by Kemper House**  
February 17 & March 17  
12 pm – 1 pm  
Free

### Four Reasons You Should Get Involved with Community Partnership on Aging



It's in the name, after all!

Got questions? We have answers!



Through programs, volunteerism and donations, you'll feel good!



You're supporting a good cause!

Community Partnership on Aging  
216-291-3902



### FOOT CLINIC INFO:

Appointments are \$25. Please discuss all payment options directly with the podiatrist.

If homebound, call and ask the podiatrists about home care options.

- Appointments with Dr. Whaley (Highland Hts. / South Euclid): Call 216-229-0292.
  - ◇ South Euclid: 2/18, 3/25, 4/22
  - ◇ Highland Hts.: 2/12, 3/5, 4/16
- Appointments with Dr. Spivack (Mayfield Hts./ Lyndhurst): Call 440-487-3947.
  - ◇ Mayfield Hts.: 2/19, 3/19, 4/16
  - ◇ Lyndhurst: 2/23, 3/23, 4/27
- For appointments with Dr. Whaley in Mayfield Village, call 440-919-2332.

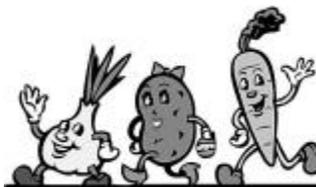


### Mobile Pantry Fresh FREE Produce

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!  
**Richmond Heights Elementary School (Front of building. Enter from Highland during construction)**

**Thursday, February 18**

**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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## Highland Pointe

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.

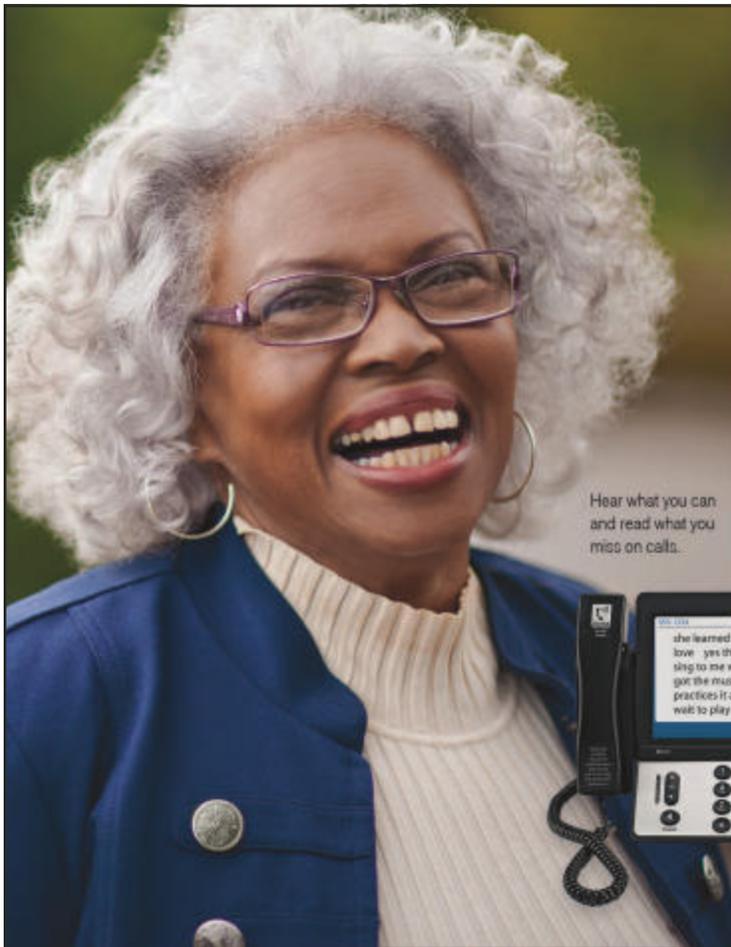
Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and 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 | 440.954.8342 | [ohioliving.org](http://ohioliving.org)



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PARTNERSHIP ON AGING  
**COVID-19 Updates**

**CPA will re-open indoors to the public when it's safe to do so; meanwhile we are continuing to offer alternative and virtual programming and invite you to join us!**

Weekly meal service available for curbside pickup.  
Reservations due by the prior Monday by 2 pm.

**Call 216-650-4029.**

Please continue to use caution and exercise proper measures  
(masks, distancing, **STAY HOME** when sick, etc.) to stay safe!

**Questions & Concerns? Call CPA Main Office: 216-291-3902.**



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

*Happy  
Valentine's  
Day*