



COMMUNITY  
PARTNERSHIP  
ON AGING

# News

March 2021

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



Thank you to our  
January/February  
All-Star Donors:

Pauline Ettore

Giant Eagle South Euclid - Alan  
Jordan and Michael Vendely

Catherine Grace

Dean and Norma Langlois

Carol Spero

Trader Joe's

Fred and Carol Weber



In the next few months, CPA will be rolling out a new online platform that can be used for making donation (including recurring/monthly donations) as well as signing up for events and programs. We're very excited to bring this option to you, so stay tuned for more details very soon!



*CPA Produce Plus  
Volunteers show their  
unwavering support in all  
kinds of weather! Thank  
you for your dedication!*

**On Thursday, January 21<sup>st</sup>, as a token of our appreciation for our incredible corps of active volunteers, we held a drive-thru volunteer appreciation event at the South Euclid Community Center. Volunteers were presented with a homemade lunch to-go and were applauded by staff holding signs and doing cheers.**

**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

So here we are in March, standing on the bridge between winter and spring. Who would have predicted a year ago that we would still be wearing masks, maintaining social distances and tracking the availability of vaccines like the elusive Bigfoot? Congratulations to you all for weathering a year of the pandemic- here at Community Partnership on Aging we are carrying forth in our new normal of virtual programs, contactless meal delivery and remote staff. We miss seeing you and look forward to the day we are all back together in the community centers, enjoying each other's company, meals by Mary Beth and the daily program designed by Carolyn. We are hoping to see some programs resume in April albeit outside (weather permitting) and others start up indoors by the summer. But as we have learned in the last twelve months, nothing is for certain and flexibility is key.

Something else we learned in the past year is the importance of providing access to information about your smart devices, laptops and computers. We created CPA Connects to guide you to use your phones, tablets, computers or laptops in more ways than you imagined. Alex and Rebekah invite you to attend the training sessions they have crafted. You can pick and choose those that are of interest to you. Please see page 6 for details and schedules. Can't make it this time? Don't worry, we plan on repeating the sessions several times this year. For questions, please call Alex or Rebekah in our office, 216-291-3902. They are both part time so please give them a day to return your call.

As you know, COVID-19 vaccines are currently being distributed to older adults 65 years of age and older in Cuyahoga County, as part of Ohio's Vaccination Program Phase 1B. There are two clear goals of this initiative: to save lives and to slow the spread of the virus. In Northeast Ohio, the Cleveland Clinic, the MetroHealth System and University Hospitals are providing vaccines for their older patients through their internal patient dashboards.

Many local providers are also offering vaccines to older adults. CPA created a list of local providers with contact information and registration details. It is accessible on our website. You must contact the provider of your choice directly and schedule an appointment. The vaccine roll-out is an ongoing process. In the meantime, please continue to wear a mask, social distance, clean your hands regularly and avoid large gatherings to help slow the spread of the virus. Stay safe, stay well 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

## Volunteer Appreciation – COVID Style

Despite the pandemic, volunteers have continued to serve as face and voice in the community, providing an array of services including:

- Delivering lunches & café meals
- Preparing newsletters for mailing and distribution
- Running our monthly produce distribution event
- Leading virtual programs

And our volunteers have been very flexible in how they go about providing these services:

- Driving throughout our service area to deliver meals and newsletters
- Driving thru our parking lot to pick and drop off project materials
- Mastering Facebook Live and Zoom to offer programs
- Staffing our outdoor food distribution events

Although we couldn't celebrate as a collective group, we tried to ensure our volunteers know how much we value them and their unwavering commitment to serving CPA clients. We have been able to maintain many programs and services because of our AMAZING volunteer partners! If you know a CPA volunteer, please be sure to thank them for all they do to improve the lives of those we serve.



*Above: (Left) Volunteers brave the cold while waiting to start Produce Plus distribution on January 21. (Right), Gina, Mary Beth and John prepared the volunteer appreciation goodies and they're all ready to go!*

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



**Coming to  
you from  
the pantry  
of Chef  
Mary Beth!**

**Call 216-970-0347  
for all CPA Café Services  
Reservations**



**TUESDAY, Mar. 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, Mar. 17**  
**Café Dinner**

Corned Beef Sandwich  
Pick up at South Euclid  
Community Center  
4:00PM  
\$6 per person

Call 216-970-0347 to make a  
reservation  
Deadline to order:  
Mar. 12 at 3PM

**TUESDAY, Mar. 23**  
**Lunch Box**

Chicken Noodle Soup  
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:  
Mar. 19 at 3PM

**TUESDAY, Mar. 30**  
**Lunch Box**

Tacos  
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:  
Mar. 26 at 3PM

**MONDAY, April 5**  
**Dollar Dog Night!**

Hot Dogs, etc!  
Pick up (or park if weather  
permits) at South Euclid  
Community Center  
4:00PM  
\$1 per dog

Call 216-970-0347 to make a  
reservation  
Deadline to order:  
April 2 at 3PM

**TUESDAY, April 13**  
**Lunch Box**

Roast Beef 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:  
April 9 at 3PM

**THURSDAY, April 22**  
**Café Dinner**

Lasagna Rolls  
Pick up at South Euclid  
Community Center  
4:00PM  
\$6 per person

Call 216-970-0347 to make a  
reservation  
Deadline to order:  
April 19 at 3PM

**TUESDAY, April 27**  
**Lunch Box**

Chicken Caesar Salad  
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:  
April 23 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](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, March 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**

## This Spring, join the **CPA School of Technology...**

- **Basics: 6 weeks of lessons geared towards learning how to use your Apple / Android Mobile Devices (Smart Phones / Tablets)**
  - ◊ Best suited for those with devices that are less comfortable using their devices
    - Fridays 3/5-4/9, Apple at 10:00 am, Android at 2:00 pm
- **Intermediate: 8 weeks of lessons geared towards how to use your device efficiently and increasing connectivity**
  - ◊ Best suited for those with devices that are somewhat comfortable using their devices
  - ◊ Two tracks: Mobile devices (Smart Phones / Tablets) and PCs/Laptops
    - PCs / Laptops: Wednesdays 3/17-5/5 at 2:00 pm
    - Mobile Devices (Smart Phones / Tablets): Thursdays 3/18 – 5/6 at 2:00 pm
- **Advanced: once a month presentation on specific topics of special interest.**
  - ◊ Best suited for those with devices that are comfortable using their devices
  - ◊ 3/25 at 4 pm: Graphic Design Made Easy – Canva



**Call 216-291-3902 with questions and/or to register. Please note that all presentations are held on Zoom and that Alex and Rebekah (the CPA Connects liaisons) are part-time so it may take a couple days for you to receive a call back.**



**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).**

<b>Yard Care</b> Raking Weeding Planting Trimming Watering Mulch General Yard Cleanup Spring Cleanup	<b>Home Exterior Projects</b> Minor Painting Porch Cleanup Window Cleaning House Exterior Cleaning Garage Cleanout Outdoor furniture placement Sweeping Trash Removal	<b>Interior General Housekeeping</b> Stove Cleaning Refrigerator Cleaning Floor Care Window Care Curtain Replacement Dusting Lightbulb & Battery Replacement Cleaning out cabinets & Expired Items
<b>Home Organizing</b> Packing Items Room cleanouts including basement, attic Sorting and moving for storage, donating or trash Paper Shredding Large & Small Projects	<b>Tech Assistance</b> 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	<b>Handy Person Projects</b> 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"?



COMMUNITY  
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[www.facebook.com/groups/cpluggedinprogramming](http://www.facebook.com/groups/cpluggedinprogramming)

## 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

## Bingocize with Fairhill Partners



BINGOCIZE® is a 10-week, 20 session health promotion program that combines the game of bingo with exercise. Play bingo and meet new people while learning more about nutrition.

Fairhill Partners is offering Bingocize on Zoom, so you can have fun, stay healthy and participate safely from home! Bingocize will meet 2x per week for one hour per session.

- 4/5 - 6/14, Mon/Wed 10-11am or
- 4/6 - 6/10, Tu/Th, 11am-12pm

Call 440-473-5138. Space is limited!

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## Connecting with Creativity

Connecting with Creativity is CPA's 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

- March 4 - Mini Painted Pots
- March 11 - Lucky Stones
- March 18 - Paper Hyacinths
- March 25 - Origami Rabbit

## The Sippin' Society - a new club for tea lovers!



A Tea Club for Ages 55+!

Every month, members will receive a 'tea of the month' to sip during our monthly meeting paired with an edible treat.

Sippin' Society takes place every 2nd Tuesday of the month at 2pm. The first meeting will be held on Tuesday, April 13th at 2pm on Zoom.

Call 440-473-5138 to sign up!

Cost: 2021 Introductory Membership of \$5; Annual Membership Dues of \$10 Starting in 2022



## 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.

# March 2021

Monday	Tuesday	Wednesday	Thursday
March 1 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 1:00 Nutrition Series (IC)	2 9:30 Walk N' Talk (IC) 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB) 5:00 Dinnertainment (IC)	3 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:00 Link up 4 Lunch (Z) 3:00 Virtual Tour (IC)	4 9:30 Walk N' Talk (IC) 1:00 Connecting w/ Crea 1:00 Parking Lot Bingo (S) 3:00 Meditation (Z) 5:00 Dinnertainment (IC)
8 8:45 Monday Morning Meditation (FB) 11:00 Green Thumb Series (IC) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 1:00 Nutrition Series (IC) 7:00 Movie Trivia (FB)	9 10:00 Tai Chi (Z) 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB) 5:00 Dinnertainment (IC)	10 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 1:00 Short Story Discussion (Z) 3:00 Virtual Tour (IC)	11 10:30 Senior Exercise (F 11:00 Flower Bouquet Pi 1:00 Connecting w/ Crea 5:00 Dinnertainment (IC)
15 8:45 Monday Morning Meditation (FB) 11:30: Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 1:00 Nutrition Series (IC) 3:00 Brainercise (GM)	16 9:30 Walk N' Talk (IC) 10:00 Tai Chi (Z) 3:00 Tasty Tuesday (FB) 5:00 Dinnertainment (IC)	17 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 2:00 Int. School of Tech (Z) 3:00 Virtual Tour (IC) 4:00 Café Dinner (SE) 7:00 Movie Discussion (Z)	18 9:30 Walk N' Talk (IC) 10:00 Produce Plus (SE) 1:00 Connecting w/ Crea 2:00 Int. School of Tech 5:00 Dinnertainment (IC)
22 8:45 Monday Morning Meditation (FB) 11:00 Green Thumb Series (IC) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 1:00 Nutrition Series (IC)	23 9:30 Foot Clinic - Spivack (LCC) 10:00 Tai Chi (Z) 11:30: Lunch Box (SE) 1:00 Cleveland Trivia (FB) 3:00 Tasty Tuesday (FB) 5:00 Dinnertainment (IC)	24 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 2:00 Int. School of Tech (Z) 3:00 Virtual Tour (IC)	25 9:00 Foot Clinic - Whaley 10:30 Senior Exercise (F 1:00 Connecting w/ Crea 2:00 Int. School of Tech 4:00 Adv. School of Tech 5:00 Dinnertainment (IC)
29 8:45 Monday Morning Meditation (FB) 11:30 Weekly Meal Pickup (LCC) 12:00 Move it Monday (FB) 1:00 Nutrition Series (IC)	30 9:30 Walk N' Talk (IC) 11:30 Lunch Box (SE) 3:00 Tasty Tuesday (FB) 5:00 Dinnertainment (IC)	31 9:00 Chair Yoga (Z) 11:30 Weekly Meal Pickup (SE/MH) 12:30 Book Club (Z) 2:00 Int. School of Tech (Z) 3:00 Virtual Tour (IC)	

## 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 Grove:

Plu  
Prog  
online  
c

  
**KEEP  
CALM  
AND  
EXERCISE**

### Exercise Classes:

- **Move it Monday with Carolyn** - 30 minute class every Monday at 12:00PM on Facebook
- **Yoga with Sue** - 60 minute class at 12:00 Noon on 3/5 and 3/19 on Zoom
- **Senior Exercise with Beth** - 10:30AM on 3/11 and 3/25 on Facebook Live. Have your stretch band and hand weights ready!

	Friday
Activity (YT) (SE)	5 9:00 Foot Clinic - Whaley (HH) 10:00 Nature Walk (MV Grove) 10:00 Basics School of Tech (Z) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (Z) 2:00 Basics School of Tech (Z)
Activity (B) Pickup (SE) Activity (YT)	12 10:00 Nature Walk (MV Grove) 10:00 Basics School of Tech (Z) 11:30 Weekly Meal Pickup (HH) 2:00 Basics School of Tech (Z)
Activity (YT) (Z)	19 9:30 Foot Clinic - Spivack (MH) 10:00 Nature Walk (MV Grove) 10:00 Basics School of Tech (Z) 11:30 Weekly Meal Pickup (HH) 12:00 Yoga (Z) 2:00 Basics School of Tech (Z) 3:00 What's Under Water (IC)
Activity (SE) (B) Activity (YT) (Z) (Z)	26 10:00 Nature Walk (MV Grove) 10:00 Basics School of Tech (Z) 11:30 Weekly Meal Pickup (HH) 2:00 Basics School of Tech (Z)

**Logged-In Programming**  
 'Location' codes:  
**Facebook (FB)**  
**Google Meet (GM)**  
**You Tube (YT)**  
**Zoom (Z)**  
**ICConnect (IC)**



**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](http://coronavirus.ohio.gov), allowing Ohioans to search by county and ZIP code to find a provider in their area to administer the vaccine. You can also check out the CPA database located at [www.communitypartnershiponaging.org](http://www.communitypartnershiponaging.org) that contains detailed information about local area providers.



- **Chair Yoga with Cynthia** - 60 minute class, every Wednesday at 9:00AM on Zoom
  - **Tai Chi with Eb** - 60 minute class on Tuesdays, 3/9 and 3/23 at 10:00AM on Zoom
  - **Nature Walks in the Park** return on March 5! Meet in the Grove parking lot!
- We are hoping to resume outdoor exercise classes (such as Tai Chi, Senior Exercise, and Yoga) in April... stay tuned! Questions? Call Carolyn at 440-473-5138.**



## AARP FOUNDATION TAX-AIDE PROGRAM:

Due to the Covid-19 pandemic, AARP Foundation Tax-Aide program is unable to offer in-person tax preparation services at this time. However, to serve as many taxpayers as possible, AARP Foundation Tax-Aide program has developed the following 2 options:

**AARP Alternative Tax Preparation Program:** Taxpayers using the AARP Alternative Tax Preparation Program can prepare their own taxes online. They can request help from a volunteer counselor to coach them through the process using their own computer while screen-sharing. Tax-Aide also provides taxpayers with access to free software to prepare taxes totally on their own. To request this service, go to [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide) - Select "Get Started", then select "Prepare My Own Taxes Online", then select "Request Help" and follow additional prompts

**Contact Free model:** In this model, after the taxpayer provides electronic files containing their completed forms and tax documents, Tax-Aide volunteers conduct video/teleconference intake interviews and then prepare, finalize and efile returns, with zero in-person encounters between volunteers and taxpayers. The taxpayer must have computer access, internet, the ability to scan or photo their tax documents & email them to the AARP secure site, & the ability to print a pdf document (their final tax return). To request this service, go to [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide) - Select "Get Started", select "Have Someone Prepare My Taxes," then under "Submit a Request Online", select "Request Help" and follow additional prompts. PLEASE NOTE: Even though the website mentions "in-person" preparation, this is not available in our area at this time.

Tax Aide is in the process of getting approval to open a few scanning sites. If approval is given, taxpayers will have this additional option:

**Low Contact Model:** In this model, the taxpayer will pickup their intake form from a specified location & complete at home, compile all their tax documents and bring them to a scanning site at a specified appointment time. A Tax-Aide volunteer will scan these documents to an AARP secured site. A volunteer tax preparer will conduct an intake interview with the taxpayer by phone & complete the return; another phone interview is necessary for the return to be quality reviewed. The taxpayer will then return to the scanning site to pick up a copy of their completed tax return. If this appears to be a good option for you, please call the Community Partnership on Aging & provide the staff with your contact information. They will relay this info to AARP Tax Aide volunteers who will contact you if & when this option becomes available.

**IMPORTANT NOTE:** As the Tax-Aide program will not be able to prepare as many tax returns this year as we have in the past, it may be wise to consider an alternative way to get your return completed this year.

**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., March 9 & 23 to Giant Eagle ▪ Wed., March 10 & 24 to Wal-Mart ▪ Thurs. March 11 & 25 to Marc's

**LYND & HH** – Tues. March 2, 16 & 30 to Giant Eagle ▪ Wed. March 3, 17 & 31 to Wal-Mart ▪ Thurs. March 4 & 18 to Marc's

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

## Goodbye Chore File, Hello New Service Provider Resource

For many years, CPA maintained a list of area home repair and maintenance providers called the Chore File. This list was meant to be a convenience, not to recommend or endorse any provider on the list. The only criteria used for including a provider on the list was receipt of favorable references.

In this day and age when hiring a service provider, it's important to be more diligent in the selection process. Things to consider include:

- Are employees required to pass a criminal background check?
- Do they carry appropriate liability insurance?
- Are they licensed to provide the service?



Additionally, for most services, the provider should be registered with the city where they are performing the service. Being registered with a city ensures that the provider is aware of the city's unique housing codes.

Since each city maintains an extensive list of registered service providers, we are sunsetting the Chore File and directing requests for services providers to the city housing departments. Please refer to the chart below to find your city's contact information. To help you make an informed decision about who to hire, we will also provide a list of questions you should ask when hiring a service provider. Additionally, over the next few months we will include articles on how to be a savvy consumer and other resources you may want to use to find a reputable service provider.

We hope these changes will enhance your security and comfort when hiring home repair and maintenance providers.

City	Phone	Website or email
South Euclid	Housing Department 216.691.4206	<a href="https://www.citizenserve.com/southeuclid">https://www.citizenserve.com/southeuclid</a>
Lyndhurst	Building Department 440-473-5108	Call to request list
Mayfield Heights	Building Department 440.442.2107	<a href="mailto:maryfisco@mayfieldheights.org">maryfisco@mayfieldheights.org</a>
Mayfield Village	Building Department 440.461.2213	Call to request list
Richmond Heights	Building Department 216.383.6312	<a href="http://richmondheightsohio.org/en-US/Building-Department.aspx">http://richmondheightsohio.org/en-US/Building-Department.aspx</a>
Highland Heights	Building Department 440.442.7403	Call to request list



**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
5. iConnect - please contact DeNeitra Brown at 216-298-4440 x23 or at [dbrown@gcnca.org](mailto:dbrown@gcnca.org).

### Trivia

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

#### Movie Trivia with Therese (FB)

We know you're missing our on-site movies; join Therese for Movie Trivia in the meantime! **Mon., 3/8 at 7:00PM**

#### Cleveland Trivia with Carolyn (FB)

Get a taste of Cleveland with Carolyn!  
**Tues., 3/23 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)

**March 31: Saint for all Occasions by J. Courtney Sullivan**

### Link Up 4 Lunch!



Link Up 4 Lunch is a new program! Beginning in March, we'll change the format to Zoom, and it will be held on the first Wednesday of the month. Call Carolyn at 440-473-5138 to get the Zoom info, then join everyone for a casual lunchtime chat!

**March Link Up 4 Lunch: 3/3 at 12:00 pm**

### Brainercize



Brainercize is partnership between Mayfield Village, CPA, and Governor's Village.

Join us the 3<sup>rd</sup> Monday at 3 pm. in-person at MV Community

Room: Call Sean (MV) to RSVP at 440-919-2332. Join us virtually on Google Meet: Call Carolyn (CPA) at 440-473-5138

### 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

March Short Story: "The Lottery" by Shirley Jackson. A great title for Women's History Month! **March 10 at 1:00PM.**

March movie discussion: "North Country" on **March 17 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.

### 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 returning March 4—weather permitting!



**COMING SOON!**

**The 3rd Annual Mind Challenge is right around the corner.**

Do you enjoy Trivia? Need a fresh challenge after the long cold winter? If so, plan on representing Community Partnership on Aging in this year's competition. Local senior centers/agencies across NEO compete in this fun and exciting trivia tournament. Team formation rounds are scheduled for mid-May. For the most up to date details, check out the Mind Challenge website at:

<https://themindchallenge.com>

**City of Mayfield Heights Rec  
Department**



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

**Movie Matinee at Eastgate Atlas Theatre.**

All Movie Times are 1:00 pm \$5.00 Seating is Limited to follow social distance guidelines March 25 - Downtown Abbey Movie

**Exercise Classes at the DeJohn Community Center**

Class sizes are limited Tai Chi/Qigong for Seniors Mon/Wed 10 - 11A

\$90 for 6 weeks or \$15 Drop in

Winter 2: Feb 22- Mar 31

Spring: April 5 - May 12

**Meditation Class.** Relax and destress while learning the benefits and skills of meditation, minimum of 5 needed.

Wed, March 17: 12 - 1 pm; Free

Sponsored by Kemper House

**The CPA Diversity Committee**

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.



**FOOT CLINIC INFO:**

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: 3/25, 4/22, 5/27
  - ◇ Highland Hts: 3/5, 4/16, 5/14
- Appointments with Dr. Spivack (Mayfield Hts./ Lyndhurst): Call 440-487-3947.
  - ◇ Mayfield Hts: 3/19, 4/16, 5/21
  - ◇ Lyndhurst: 3/23, 4/27, 5/25
- For appointments with Dr. Whaley in Mayfield Village, call 440-919-2332.



**Mobile Pantry Fresh FREE Produce**

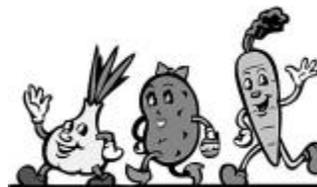
Richmond Heights Councilwomen Kim Thomas and Cassandra Nelson, in conjunction with "Change of Direction" will be hosting a food pantry every 3rd Thursday each month. In this time of social distancing due to COVID-19, they want to provide families who are in need with FREE groceries.

Please drive up and they will load your trunk!

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

**Thursday, March 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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- Convenience**
- Allows patients the ability to remain at the facility
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  - 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
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  - 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**  
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COMMUNITY  
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