



COMMUNITY  
PARTNERSHIP  
ON AGING

September 2021

# News

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



## Random Acts of Fun Returns!

Gather your family and friends to raise money for CPA Programs and Services—all while having fun completing a variety of missions in the popular scavenger hunt game, Random Acts of Fun!

Individuals compete against each other to earn points for missions completed along with the opportunity to earn prizes and awards. More details on the back page of this newsletter.

Above pic: Last year everyone had so much fun with this mission we're including it again!  
Based on the pic that Kay and Jerry submitted last year, can you guess what it is?

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 the lives of older adults through programs and services that support independence, community involvement and well-being**



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

All summer long, CPA has been looking towards the fall for our reopening- time to join old and new friends back at the centers, whether for lunch, exercise, classes or plain old hanging out. September is here and you can look through this newsletter to check out the programming lineup and learn about the new lunch schedule. I wanted to call your attention to some of the new and exciting programming now in **Richmond Heights**- the renovations on the Kiwanis Lodge are just about complete and it's a beautiful setting for lunch and programs on Mondays and Fridays. Gina and Mary Beth will be there to welcome you to **lunch** on Mondays at 11:45, beginning September 13. On Mondays and Fridays,

also starting **September 13**, come play bingo and exercise at the same time! **Bingocise** is a fun, new program that will meet twice a week for 10 weeks at the Kiwanis Lodge from 1-2 pm. Prizes and giveaways included! We are also starting a popular program, **Matter of Balance**, on **September 13** from 10 am to noon for eight weeks. Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. **Tai Chi** will be offered on Monday mornings (starting soon) at the Lodge. Keep an eye out for the announcement of starting date and time.

Of course, programs will continue at all our other sites- please look at the calendar in the center of the newsletter for all the programs and exercise classes we are offering in September. When possible, exercise classes will still meet outside this month. We will also continue our virtual offerings as well. Call Carolyn at 440-473-5138 for more information and to sign up.

A reminder-Lunches will be available, in person, on Mondays, Wednesdays and Fridays. Lunch participants will receive a hot lunch to eat on site and a boxed lunch to take home. The schedule is:

- Monday- lunches served at Lyndhurst and Richmond Heights (beginning September 13)
- Wednesday- lunches served at South Euclid and Mayfield Heights (beginning September 8)
- Friday- lunch served at Highland Heights (beginning September 10)

If you prefer, alternative curbside pickup of five frozen entrees is available at Lyndhurst on Tuesdays. Reservations are due the Tuesday before lunch- call 216-650-4029 for reservations and more information.

September is also the month we get out and explore by signing up for a six-city scavenger hunt, **Random Acts of Fun**. You are guaranteed to have fun, learn a little, take home a scarecrow and so much more! Check out page 16 for all the details.

We recognize that we are in the midst of a Delta variant spike in the Covid pandemic. CPA is following the CDC recommendations for a safe return to the centers. Cuyahoga County has been identified as an area of "substantial spread" of the virus by the Centers for Disease Control and Prevention (CDC). Substantial spread occurs when an area sees more than 50 cases per 100,000 population in a seven-day period. Cuyahoga County is currently at 83 cases per 100,000. The CDC and the Board of Health recommend that those in counties of substantial transmission, including those who are fully vaccinated, wear a face covering in public indoor settings. We will ask all participants to wear face coverings while in public indoor settings. CPA staff will be masked and temperature scans and sign in sheets will be required for all participants so we can contact trace if indicated. CPA asks for your understanding as this is an ever changing situation and requirements/ recommendations may be modified.

Staff looks forward to seeing you in (masked) person! Stay well, be healthy and see you in September!

**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*

# CPA Volunteer Department - call 216-291-3903



CPA staff and Smart Share Mentors pose with the CPA Connects 2 U program graduates at Lyndhurst Community Center (AKA the training 'hub' for CPA Connects 2 U!) on graduation day. Twenty-two older adults graduated from the inaugural CPA Connects 2 U class, and with their new technology skills at 'hand' are ready to dive into the world wide web! Congratulations!



## Remembering Dolores Hrvatin

Dolores Hrvatin and her husband Ray were longtime residents of Highland Heights and were both actively committed to their community. They were involved with CPA and other local Senior organizations, and Dolores was called to be a representative on the Highland Heights Commission on Aging where she was an active voice for residents.

After Dolores' unexpected death in the Fall of 2019, her family contacted CPA to set up a fund in her memory. **The Dolores A. Hrvatin Safe at Home Senior Assistance Fund** will provide grants to qualified senior citizens of Highland Heights so that those in need of resources for fall prevention can receive minor home modifications. Funds will help provide a safer home environment, and will allow those older adults to continue to age in place as long as possible. Keeping active and engaged was something Dolores was passionate about; the Fund will give back in perpetuity to the residents of Highland Heights and to Community Partnership on Aging!

Contact a CPA Social Worker regarding eligibility and general information: 440-442-2626 x 244 . For more information about establishing a special purpose fund to honor a loved one or to contribute to the Dolores A. Hrvatin Fund, please contact Therese Grida at 216-291-0772.





**Make a reservation for a hot Community Meal on Mondays, Wednesdays and Friday AND take home one cold box lunch for the next day (6 meals a week!).**

**~OR~**

**Order 5 frozen entrees to be picked up on Tuesdays at 11:30 at Lyndhurst Community Center**

**See details below!**

**THURSDAY, SEPT. 30**

**Lunch Box**

Turkey Sandwich

Fruit Salad

Pick up at South Euclid Community Center between 11:30AM-12:00PM  
\$5 per person

Deadline to order:  
September 27 at 3PM

**THURSDAY, OCT. 7**

**Lunch Box**

Chicken and Waffles!

Pick up at South Euclid Community Center between 11:30AM-12:00PM  
\$5 per person

Deadline to order:  
October 4 at 3PM

**THURSDAY, OCT. 28**

**Lunch Box**

Caesar Salad

Pick up at South Euclid Community Center between 11:30AM-12:00PM  
\$5 per person

Deadline to order:  
October 25 at 3PM

*“One cannot think well, love well, sleep well, if one has not dined well.”  
Virginia Woolf*

**Indoor Congregate Meal Reservation Information:**

- Monday- lunches served at Lyndhurst and Richmond Heights (beginning September 13)
- Wednesday- lunches served at South Euclid and Mayfield Heights (beginning September 8)
- Friday- lunch served at Highland Heights (beginning September 10)

For those of you that prefer the curbside pickup of five frozen entrees once a week, we will continue offering that option at Lyndhurst on Tuesdays. Call 216-650- 4029 for reservations or more information. You can also order Lunch Box, the delicious \$5 takeaway meals cooked by Chef Mary Beth a few times a month, will continue with curbside distribution at South Euclid. For Lunch Box reservations, call 216-970-0347.





**CPA and the Heights-Hillcrest Regional Chamber of Commerce are challenging you to Step Up to the Plate!**

Fast food is a part of the American diet and has been associated with high caloric intake, and poor diet quality. Time, financial resources, price, and availability also influence fast food consumption. Data from a 2013-2016 National Health survey on the percentage of adults who consumed fast food on a given day in the United States found:

- 24.1% of adults aged 60 and over report eating fast food on a regular basis
- A higher percentage of non-Hispanic black adults consumed fast food than non-Hispanic white, non-Hispanic Asian, and Hispanic adults.
- The percentage of adults who consumed fast food increased with increasing family income.
- Among those who consumed fast food, men were more likely than women to eat fast food at lunch, but women were more likely to report eating fast food as a snack.

Community Partnership on Aging meals such at Lunch Box are an ideal option for older adults (or anyone!) looking for a fresh but affordable meal. Every dollar goes toward providing additional meals for older adults in our communities!

**Many Ways to Give!**

**Thank you to our July/August  
All-Star CPA Donors:  
(July 23—August 18)**

**Alert Care (for Random Acts of Fun)  
Hillcrest Women’s Club GFCW  
Marjeta Laughlin**

**McGregor (for Random Acts of Fun)**

**Rent a Daughter (For Random Acts of Fun)  
Richmond Heights Senior Citizens Club/  
Aire Roche (in support of Senior Programs  
for Richmond Heights)**

**Monica Silver**

**Apologies for any omission errors!**

**1. 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.

**2. 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.

**3. Scan the QR Code** - Open your smartphone’s QR Code Reader if you have one and scan the Code to donate immediately via PayPal!



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

**South Euclid Community Center  
1370 Victory Dr., South Euclid on Thursday, September 16  
beginning at 10:00AM \*\*While supplies last\*\***

**\*\*UPDATED eligibility is based on the Greater Cleveland Food Bank’s income guidelines: monthly income of \$2146 for a household of one and \$2903 for a household of two.**

## Bingo + Gentle Exercise =



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

Fairhill Partners is offering Bingocize at Kiwanis Lodge in Richmond Heights, so you can have fun and stay healthy! Bingocize will meet 2x per week for one hour per session. We'll play Bingo, exercise together (seated or standing), and share useful information on nutrition.

Make new friends! Meet others interested in staying healthy. Bingocize is proven to get results!

Registration is open!

September 13 – November 22 (skipping 10/11)

Kiwanis Lodge

27285 Highland Rd., Richmond Hts

20 sessions, Mon + Fri

1:00PM - 2:00PM

Call (440) 473-5138 to register - FREE!

## CPA School of Technology

- If you missed the Basics/Intermediate School of Tech lessons and are interested, call 216-291-3902 to receive the slide



**presentations and class recordings.** Keep an eye out for more tech class offerings this Fall!

- **Advanced Class: once a month presentation on specific topics of special interest.**

- ◇ Best suited for those with devices that are comfortable using their devices

- ◇ 9/23 at 4 pm: Topic TBA

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



### DO ANY OF THESE PROJECTS LOOK FAMILIAR?

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!

- Available to homeowners, 60 and older ▪

**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

#### Handy Person Projects

Minor Painting  
Minor Repairs

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.

# 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

## NEW: "Living Your Best Life" with Lori from CapTel

So much is said about "Living your best life", but what does this mean, how do we set our intentions, and what tools can be used to reach this state of being? Together we will examine tools, resources, and ways you can begin to create a life that you would like to live, such as:

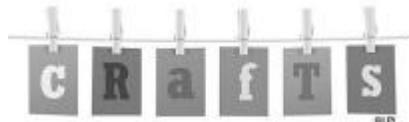
- Stress and stress reduction
- Legacy checklists
- Concepts of joy and happiness
- Setting goals / intentions
- Gratitude & affirmations
- Word or symbol for the year
- Social engagement
- Habit tracking
- Healthy lifestyle

Live Your Best Life takes place on September 29 at 3 pm at Mayfield Village Community Room. Register by calling 440-473-5138.

## 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.

Watch for IN-PERSON craft classes coming soon!



## 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, in person at Mayfield Village Community Room

Call 440-473-5138 to sign up!

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

Next date: September 14 at 2:00PM

## 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.

# September 2021

Monday	Tuesday	Wednesday	
<h2>Location Addresses &amp; Codes</h2> <p>(LCC) = 1341 Parkview Dr., Lyndhurst            (MH) = 6306 Marsol Rd., Mayfield Hts.            (SE) = 1370 Victory Dr., South Euclid            (HH) = 5827 Highland Rd., Highland Hts.</p> <p>(MVG) = Mayfield Village Grove            (RH) = 26789 Highland Rd., Richmond Hts.            (MV) = 6622 Wilson Mills Rd.</p>		1 9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:30 Weekly Meal Pickup (SE/MH)	2 1:00 Parking 3:00 Mindfu
6 Offices closed in observance of Labor Day  	7 10:00 Tai Chi (LCC) 11:30 Frozen Meal Pickup (LCC) 1:00 Guess the Country (FB) 3:00 Tasty Tuesday (FB)	8 9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH) 3:00 Lunch N Learn (MV)	9 10:30 Outdo 11:00 Flower 3:00 Mindfu
13 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 7:00 Movie Trivia (FB)	14 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 2:00 Sippin' Society (MV) 3:00 Tasty Tuesday (FB)	15 9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH) 3:00 Lunch n Learn (MV)	16 10:00 Produ 3:00 Mindfu
20 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 3:00 Brainercize (MV)	21 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 3:00 Tasty Tuesday (FB)	22 9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH)	23 9:30 Foot 10:30 Outdo 3:00 Mindfu 4:00 Adv. S
27 8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH)	28 9:30 Foot Clinic - Spivack (LCC) 10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 3:00 Tasty Tuesday (FB) 7:00 Cleveland Trivia (FB)	29 9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH) 12:30 Book Club (Z) 3:00 Living Your Best Life (MV)	30 11:30 Lunch 2:00 Come 3:00 Mindfu

## Community Partnership on Aging Re-Opening: What You Need to Know

- Outside Programs: distancing still required, masks still recommended (required when distancing isn't an option).
- Inside Programs: contact info & waiver required, masks & distancing highly recommended
- We are not requiring vaccination for participation, and are taking the safest route by maintaining COVID-19 protocols including temp checks and COVID screening questions.
- Contact info is needed for participation in any indoor/outdoor CPA program in the event of an outbreak





## Are You Concerned About Falling?

### Sign up for A Matter of Balance!

This nationally-recognized program reduces fear of falling and increases activity levels. Workshops are held once a week for 8 weeks.

#### TWO OPTIONS - SIGN UP TODAY!

**A Matter of Balance on Zoom**  
Wednesdays & Fridays 10 am-Noon  
Oct 27—Nov 24, 2021  
Over the Internet (Zoom) from  
the comfort of your home  
Call (216) 421-1350 x182

OR

**A Matter of Balance In Person**  
Mondays, 10:00 AM—Noon  
Sept 13—Nov 8, 2021  
(no session 10/11 Columbus Day)  
Kiwanis Lodge, 27285 Highland Road  
Richmond Heights  
Call: Carolyn (440) 473-5138

*\*A Matter of Balance was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, The Cleveland Foundation Encore Cleveland Initiative, volunteers, and gifts to the Fairhill Partners Annual Fund.*

#### 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: 9/23, 10/14, 12/2
  - ◇ Highland Hts: 9/24, 10/22, 11/12
- Appointments with Dr. Spivack (Lyndhurst only): Call 440-487-3947
  - ◇ Mayfield Hts: temporarily suspended
  - ◇ Lyndhurst: 9/28, 10/26, 11/23
- Appointments coming to Richmond Hts in Fall—more info TBA!

**Foot Clinics with Dr. Whaley in Mayfield Village:** Friday, Sept. 24, 1:00-3:00PM.  
For appointments with Dr. Whaley in Mayfield Village, call 440-919-2332.

*"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."  
— Helen Hunt Jackson*

**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. Sept. 7 & 21 to Giant Eagle • Wed., Sept. 8 & 22 to Wal-Mart • Thurs. Sept. 9 & 23 to Marc's  
**LYND & HH** – Tues. Sept. 14 & 28 to Giant Eagle • Wed. Sept. 1, 15 & 29 to Wal-Mart • Thurs. Sept. 2, 16 & 30 to Marc's  
**MH/MV/RH** – Tues., Sept. 7 & 21 to Giant Eagle & Wal-Mart • Friday, Sept. 10 & 24 to Heinen's & Marc's

**FOR MEDICAL APPOINTMENTS** and other personal trips, call 216-265-1489 **MONDAY** through **FRIDAY**. Cancellations are **REQUIRED** no later than 7:00 AM on the day of your scheduled ride. Failure to cancel your trips may result in your inability to use the service.

## Voter Registration and Election Information

### Request your absentee ballot

<https://www.ohiosos.gov/elections/voters/how-to-request-your-absentee-ballot/>



- **Cuyahoga County Board of Elections Information**  
2925 Euclid Ave Cleveland OH 44115  
216.443.VOTE (8683)
- **Accessible absentee voting in Ohio**  
If you are a voter with a disability and you have questions about how to vote, please contact the Ohio Secretary of State office at (877)767-6446.
- **Upcoming voter registration deadlines:**
  - ♦ October 4, 2021 for the November 2, 2021 General Election
- **Election dates:**
  - ♦ November 2 General Election Day. Polls open from 6:30AM to 7:30PM



## 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.



CPA is honored to be able to serve the residents of Richmond Heights! As the sixth member-city, Richmond Heights residents have the ability to access not only our regular lunches and programs, but the many services that we offer. Watch this newsletter for upcoming programs offered by the city of Richmond Heights as the many that CPA will plan at the Kiwanis Lodge and throughout the city!

### Richmond Heights Fall Fun Fest at Greenwood Farm 264 Richmond Rd. Saturday September 18th 12:00 Noon - 5:00 PM.



The day will include a variety of activities ; two bands, Cardio drumming, Tai-chi, Hayrides, Children's games, Hikes, Food, Magician, Bubble Wanda, Chili cook-off, Balloon artist, Scarecrow building contest and more!

Contact Rhonda Gibson at 216-486-3101  
or Anthony Gimellia at 216-486-2979

### 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. Free groceries/produce to families who are in need with FREE groceries. Please drive up and they will load your trunk!

### Richmond Heights Upper School Lot (enter from Richmond Rd.)

Thursday, September 16  
10:30AM - 1:30PM  
447 Richmond Rd.,  
Richmond Heights



### Shred Day

Saturday September 25<sup>th</sup> from 9:00a.m. – 12:00 p.m. at Richmond Heights City Hall , 26789 Highland Road

Richmond Heights Kiwanis will hold a non-perishable food drive to benefit Cleveland Food Bank.

## 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/UCgz1b3eVZdVo7s-A9lOxxQ> (Search 'Community Partnership')
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). web: [www.ncaic.org/](http://www.ncaic.org/)

### Trivia

Join CPA for trivia fun on Facebook Live

**NEW! Guess The Country (FB)**  
9/7 at 1:00PM

**Movie Trivia with Therese (FB)**  
On-site movies returning in 2022! Join Therese for Movie Trivia in the meantime! **Mon., 9/13 at 7:00PM**

**Cleveland Trivia with Carolyn (FB)**  
Get a taste of Cleveland with Carolyn!  
**Tues., 9/28 at 7:00PM (NEW TIME!)**

### 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)

**9/29: The Last Romantics by Tara Conklin**

### 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

**Next date: Sept. 2 at 1:00 PM**

### Brainercize



Brainercize is a partnership between Mayfield Village, CPA, and Anthology.

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.



## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	3	9						
							3	
		7					8	
	7				1		5	
			4		7	8		
		8		2	3			4
			1	8	5			
	1			3		2		7
4					9			

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DIFFICULTY: ★☆☆☆☆

Sudoku answer on page 13 (no peeking!)

**City of Mayfield Heights Rec Department**  
**Pre-registration with payment is required by calling**  
**440-442-2627**



**Community Garage Sale**

September 10-11: 9:00 am to 3:00 pm each day, no early birds please. Maps will be available at City Hall or at [www.mayfieldheights.org](http://www.mayfieldheights.org).

**Lunch-n-Concert**

At City Park, near the gazebo. Senior can bring a chair and enjoy music and a light lunch. Pre-registration is required. \$5/person. Limit of 50 per time slot. Wednesdays – New Times- 11:00 - 1:00 pm

9/15: Smoky Banjo Quartet, Pizza Sponsors: NOPEC, Right at Home

**Answer to Sudoku**

1	3	9	5	4	8	7	2	6
5	8	6	7	9	2	4	3	1
2	4	7	3	1	6	9	8	5
9	7	4	8	6	1	3	5	2
3	2	1	4	5	7	8	6	9
6	5	8	9	2	3	1	7	4
7	9	2	1	8	5	6	4	3
8	1	5	6	3	4	2	9	7
4	6	3	2	7	9	5	1	8

**Programs with Mayfield Village Senior Services. Please call Sean at 440-919-2332 for all questions and to register. All trips leave from MV Community Room, 6621 Wilson Mills Road.**



**TRIPS with JKL Tours:**

Friday, September 24: Barberton MUM Festival. Your chance to enjoy one of Ohio's most unique and colorful festivals. Enjoy lunch at Hopocan Restaurant, and a visit to Lake Anna Park! \$75

**Bereavement Support Group:** Tuesdays, September 7-October 26, 10:00-11:00 A. Denise of Crossroads Hospice helps people works through the grief process connected with losses through death, job loss, divorce, moves and other life changing challenges. Free

**Chair Fitness:** Fall Session 1: Tuesdays and Thursdays, September 7-30, 9:00 A (Tuesdays) and 10:00 A Thursdays. Use a chair and engage in exercises for strengthening and stretching the body. \$50/session

**Balance & Chair Yoga:** Fall Session 1: Wednesdays September 8-October 13 \$42/6-week session, 2:00-3:00 P

**Lunch 'n Learn: "Estate Planning"** Wednesday, September 8, 12:00 p.m. presented/sponsored by Barron Law LLC. Join us in learning about the basics of estate planning, what every person should have, and pitfalls to avoid. Free. Deadline to Register: 9/1

**Knitting & Crocheting:** Fridays, September 10-October 15. Instructor Jan Perna will teach you how or help hone your skills. \$48/6-week session

**AARP Safe Driving Course:** Tuesday, September 14; 10:00 A-2:30 P. Learn new laws in effect and get refreshed on rules of the road. At MV Civic Center. Cost: \$20/AARP Members; \$25/All others. Deadline to Register: 9/7 ~~CANCELLED~~

**Watercolor Classes:** Session 1: Wednesdays, September 15-October 6; 9:00 A-12:00 P with instructor Kathy Oravec. \$39/4-week session Mayfield School District Residents \$44.

**Brain Bootcamp with Kemper Wellness:** Monday, September 20, 11:00 A. Join Brain Health Coach, Alison Conners, from Kemper Wellness as she uses a brain training program designed to exercise the brain by combining mental and physical training. Free Demonstration. A 4-week session will follow the demonstration for those interested!

**Medicare vs. Manage Care:** Tuesday, September 21, 12:00 P. Join Bandagski Insurance as they explain the differences between original Medicare vs. Medicare Advantage Products, and how Medicare B and D (prescriptions) work with these options. Light refreshments. Free

**"Sweet Dreams: How to Get Better Sleep":** Monday, September 27, 10:00A. A good night sleep is just as important as exercise and nutrition to keep your brain healthy as you age, but too often we struggle to get the zzz's we need. Join us to learn ways to improve your sleep so you can start feeling better! Free

**Name That Tune:** Tuesday, September 28, 12:00 P. Join Laura Blair from The Residences of Menorah Park as you enjoy Name that Tune! Laura will bring fun props and costumes that will make this interactive fun program even better. Be a spectator or join a team. Light refreshments and prizes will be included. Free

**Matter of Balance with Fairhill Partners:** Thursdays, September 30-November 18, 10:00 A. Take steps to make falls less likely! Classes held at Mayfield Village Community Room. Free

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Community Partnership on Aging



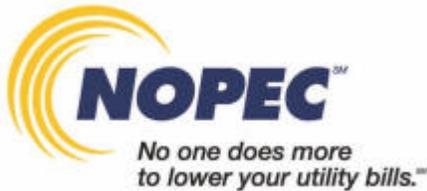
# Random Acts of Fun

September, 2021

## 'Fundraiser' + 'Community Scavenger Hunt' = Random Acts of Fun!

Community Partnership on Aging presents this fun scavenger hunt event that is now our annual fundraiser. Registered participants will receive a registration packet that will include instructions for using the event app on Goosechase.com, event info, event t-shirt and discount card for area businesses! Complete tasks and missions at your leisure between September 12 - 22, 2021—the more you complete, the more points you earn toward prizes and awards. Invite your friends and family and encourage friendly competition while raising money for CPA Programs and Services. You'll also be able to participate in daily prize challenges via email and the app, see who's leading and much more.

## Gold Sponsors!



## Green Sponsors!

Registration fees (\$35 per adult age 17+; \$15 for youth age 16 and lower) include a goodie bag with event registration packet and so much more! Register to compete for prizes against your friends and family (as individuals) by earning the most task points and by raising the most money for Community Partnership on Aging - or, register as a Corporate Team to compete against other businesses for bragging rights and a trophy (\$300). Event tasks can be completed between September 12-22 using the Goosechase.com app available on iOS and Android. Once you register, watch your email for more details. Register by scanning the QR Code or email Therese: [gridat@communitypartnershiponaging.org](mailto:gridat@communitypartnershiponaging.org) for an online link.

