



COMMUNITY
PARTNERSHIP
ON AGING

November 2021

News

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

Thank you to our October
All-Star CPA Donors:
(September 29 - October 21)

Ginny Bertram
Lynn and Chuck Daugherty
Pauline Ettore
Sally Velotta
(in memory of Leila Jean
Pomerantz)
Maudie Walters

Apologies for any omission errors!



Apologies for the late delivery of the October newsletter! We had an unavoidable circumstance that prevented us from being able to submit the October issue to our printer on a more timely basis. We are back on track!



Ladies Lunching!

Indoor Community Meals are open so come on in to meet up with old friends or make a new one (or two)! Community Meals are served at Lyndhurst Community Center and Richmond Heights Kiwanis Hall on Mondays, South Euclid Community Center and MH Ross DeJohn Community Center on Wednesdays, and Highland Heights Community Center on Fridays. Call 216-650-4029 for reservations and information.

**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, 9:00AM - 5:00PM**

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

You can reach staff at the following numbers:

- **South Euclid/Lyndhurst Outreach: 440-442-2626 x 244**
- **Lyndhurst Office: Mondays 9:00AM – 3:00PM and Tuesdays 10:00AM – 3:00PM**
- **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

Are you a caregiver? Approximately 1.7 million Ohioans provide some level of care for a loved one who is older or who has a disability, according to AARP. You may be a caregiver if:

- You feel like you've swapped roles with a parent, spouse or other family member.
- You help someone with chores like cleaning, grocery shopping, cooking or transportation.
- You help someone with daily activities, such as bathing, dressing and eating.
- You help someone manage finances, file insurance claims or pay bills.
- You skip meals or forgo exercise and the things you enjoy because someone needs you.

November is National Caregivers Month, a time to recognize and formally support all those among us that provide some level of care for a loved one friend or neighbor. CPA understands the challenges inherent in caregiving and has some options to help caregivers thrive in the caregiving role. We facilitate a Facebook group for caregivers- here is how to join: search for "Community Partnership Caregivers" in the Search Facebook box near the top left of the screen. Click on our group name, then hit the "Join Group" button near the top right side of the screen. You may prefer to reach out to our organizational partner, Courage to Caregivers, a local nonprofit that's in the caregiver burnout prevention business, supporting caregivers by providing one-to-one caregiver peer support, breathing meditation classes, support groups, and educational resources. Their website is www.couragetocaregivers.org or you can call 216-536-7699. AARP has a great database of resources too (www.aarp.org/caregiving). And as always, feel free to call our social work team (440-442-2628) who can help you navigate the ups and downs of caregiving.

Our popular CPA Connects Technology Training series continues- we have classes on everything from learning how to use your smart phone beyond making calls to a first time laptop users group. Please reach out to Rebekah at 216-291-2902 and let us know what kind of classes you are interested in. Streaming movies on your tablet? Sharing pictures on your phone? Accessing telehealth apps for your doctor? We will be running classes all through 2022 so please keep an eye on the CPA newsletter and our website for updates on this and all our classes, in-person and virtual.

Let us not forget that November 11 is Veterans Day. To the men and in service, past and present, we thank you for your courage, sacrifice and dedication to our country.

Finally, as we enter this season of gratitude, research (and common sense) suggests that one aspect of Thanksgiving can actually lift the spirits, and it's built right in— expressing gratitude. Gratitude helps people feel more positive emotions, improve their health, deal with adversity, and build strong relationships. So as we roll into the winter holidays, make sure you take some time to take care of yourself, reflect on what's positive, and learn something new with CPA!

As always, I look forward to hearing from you-

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

Watch this space for news about CPA's new volunteer coordinator!



CPA Home Safety Collaborative

A Collaborative Program Between Community Partnership on Aging and the Fire Departments of Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid

Fatal home fires in Ohio have steadily decreased in the past years, thanks in part to home safety modifications that include smoke alarms and carbon monoxide detectors. Keep your home and family safe by remembering the following helpful hints:

1. It is recommended that every home be protected with photoelectric smoke alarms on every level including basements, all sleeping rooms and the area outside sleeping rooms.
2. Test your alarms once per month and clean them at least once per year.
3. Replace the batteries twice each year. Remember the saying: "Change your clocks, change your battery!"
4. NEVER disable your alarms.
5. Replace old alarms every 10 years. Carbon Monoxide alarms are a must in every home and are NOT to be considered replacements for smoke alarms. Carbon Monoxide alarms should be installed on every level of your home including basements and near sleeping rooms in order to ensure you are alerted to the presence of CO when you are sleeping.
6. Have an escape plan prepared in the event you do have an emergency, and practice it twice per year.

The Fire Departments in Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid each offer home safety equipment and/or installation/inspections as well as residential lock boxes.

Refer to the chart below:

| | CO Detector | Smoke Alarm | Installation | Battery Replacement* | Home Inspection** | Lock Box |
|------------------|---------------------------|-------------|--------------|----------------------|-------------------|----------|
| Highland Hts. | Not at this time | Yes | Yes | Yes | Yes | Yes* |
| Lyndhurst | Not at this time | Yes | Yes | Yes*** | Yes | Yes |
| Mayfield Hts. | May be available on loan* | Yes | Yes | Yes | Yes | Yes |
| Mayfield Village | Yes* | Yes* | Yes | Yes | Yes | Yes |
| Richmond Hts. | Not at this time | Yes | Yes | Yes | Yes | Yes |
| South Euclid | Not at this time | Yes | Yes | Yes | Yes | Yes |

*Call your fire department for details

**By request

***Based on need

For more information about any of the above programs, call your fire department at the following numbers:

Highland Heights: 440-442-7406

Lyndhurst: 440-473-5139

Mayfield Heights: 440-442-1214

Mayfield Village: 440-461-1208

Richmond Heights: (216) 383-6325

South Euclid: 216-691-4273

Start to Plan Your Estate in 4 Steps
Learn the basics of estate planning in this four-step guideline!
Information courtesy of Solomon, Steiner & Peck - www.ssandplaw.com

Estate plans help you arrange and manage the disbursement of your assets upon your passing or in the event of incapacitation. They also play an essential role in protecting your loved ones from costly fees, income tax, and financial burden. Yet, year after year, there's always a high percentage of Americans who fail to get their estate planning documents in place. Although setting up one requires some work on your end, the process is relatively straightforward. Keep reading as we walk you through how to plan your estate below.

1. Keep Track of Your Assets

You'll want to acknowledge both your intangible and tangible assets and estimate their value to start. Tangible assets could consist of any tangible property like real estate and autos, as well as any intangible property like retirement plans and life insurance policies. After you take inventory of these assets, you're ready to determine their value. Work with a third-party service to get an outside valuation. Although outside valuations aren't always necessary, they'll help you get a better estimate of your asset's true monetary value.

2. Choose Your Beneficiaries

Establishing your beneficiary designations is unarguably one of the most critical aspects of the estate planning process. Although you may assume your legal will outlines your future wishes, it may not be all-inclusive. Therefore, it's pertinent to specify which friends, family members, and organizations will receive your assets in your living trust and living will. Selecting which assets belong to your designated beneficiaries also helps ensure you steer clear of the time-consuming probate process.

3. Establish Your Medical Directives and Power of Attorney

A power of attorney (POA) is a legal document granting someone permission to act on another's behalf. The POA agent can make decisions regarding your property, finances, and medical care if you become unable to make these choices yourself. There are several types of POA's, including limited power of attorneys and durable power of attorneys. While these all are used under different circumstances and situations, it's crucial to weigh your options carefully when choosing your POA agents, as they play a significant role regarding your health, welfare, and financial affairs. If you're like many, you may even decide to assign separate individuals to manage your finances and healthcare decisions.

4. Consider Enlisting the Help of a Professional

Hiring an elder law attorney, tax professional, or financial advisor can go a long way in helping you plan your estate and determine if you're heading in the right direction. These professionals are trained in aspects related to state laws, federal estate taxes, inheritance taxes, and gift taxes. They also can help you navigate your estate plan after experiencing major life changes, such as a new job offer or a marriage or divorce.



If you are thinking about estate planning and are in the position to designate a gift to a non-profit, consider Community Partnership on Aging! CPA has a variety of Funds and purposes that you can contribute to, or, you can set up your own, such as the Ernest "Rusty" Seech Safe at Home Fund for South Euclid residents. Rusty's Fund was established by Rusty's wife, June, after his untimely passing. The Fund ensures that eligible South Euclid residents can receive free or

low cost minor home modifications from CPA.

Additionally, the CPA Legacy Circle was established to recognize and thank those who include CPA in your estate plans either through your will, trust, retirement /life insurance plans, bank accounts or other vehicles. Through their thoughtfulness and planning, they 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.

November CPA Sponsor Edutorial - NOPEC



NOPEC: Competitive Rates are Just the Beginning

NOPEC is a non-profit group chosen by over 240 Ohio communities to provide natural gas and electricity to residents and small businesses in their community. As Ohio's largest governmental energy aggregator representing over 1,000,000 Ohio residents and small businesses, NOPEC buys gas and electricity in bulk then passes the savings and benefits on to their customers. In fact, over the past 20 years, NOPEC has saved Ohio consumers hundreds of millions of dollars on their energy costs.

But competitive electric and natural gas rates aren't the only benefit that NOPEC member communities and customers enjoy. NOPEC also provides exclusive money-saving and energy-saving programs including awarding \$40 million in grants since 2001 to NOPEC communities to make energy-efficiency upgrades, helping Ohio communities reduce their energy footprint and realize energy cost savings. NOPEC also provides funds to support local community events through its Community Event Sponsorship program. And NOPEC even helps people reduce their energy consumption with a monthly Energy Connection newsletter, maintenance reminders, and valuable, cost-saving energy tips. You can access these valuable resources at nopec.org.

Natural Gas Enrollment Mailing

If you live in a community that is a member of NOPEC's natural gas aggregation program and are eligible to participate in the aggregation program, you should receive a NOPEC enrollment mailing in November. Every two years, NOPEC is required by the Public Utilities Commission of Ohio (PUCO) to send enrollment letters to eligible customers. Current customers already enrolled in NOPEC's Standard Program Price option, and those that want to join NOPEC, do not need to take any action. As a resident in a NOPEC community, they will automatically be enrolled in NOPEC's Standard Program Price option. NOPEC's program price is negotiated exclusively for NOPEC member communities to deliver consistent, competitive pricing and to reduce severe price swings due to market volatility.

To find out about NOPEC's other rate options including a Monthly Variable Rate program that is always \$0.02/Mcf below the SCO or Fixed Term options, contact NOPEC's Customer Care Center at 855-667-3201 or visit nopec.org/gas.

For more information about NOPEC's other member benefits, visit nopec.org.

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

South Euclid Community Center

1370 Victory Dr., South Euclid on Thursday, November 18

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.**

ACCESS

ACCESS is a program of Community Partnership on Aging that allows residents of Cuyahoga County the opportunity to receive certain CPA-hosted programs for free! If you are 60+, live in Cuyahoga County, and want to save on participation fees for select CPA programs, call Carolyn at 440-473-5138 to learn more about the Access Program. CPA programs that are ACCESS-eligible are designated with "A" after the fee on the calendar on pages 8 & 9.

1. Veteran's Day was originally known as:

- a) Armistice Day
- b) Flag Day
- c) Remembrance Day
- d) Soldier's Day

2. What flower is a symbol of Veteran's Day?

- a) Forget-me-not
- b) Lily
- c) Poppy
- d) Rose

3. The motto of the Department of Veterans Affairs is "To care for him who shall have borne the battle." Who originally wrote these words?

- a) Smedley Darlington Butler
- b) Abraham Lincoln
- c) Walt Whitman
- d) Woodrow Wilson

4. What patriotic song debuted in its current form on an Armistice Day broadcast in 1938?

- a) "America, The Beautiful," by Katharine Lee Bates
- b) "God Bless America," by Irving Berlin
- c) "Spirit of the U.S.A." by E.T. Paull
- d) "The Yankee Doodle Boy," by George M. Cohan

Trivia courtesy of aarp.org. Answers on page 13

CPA School of Technology

Watch for our next round of CPA Connects 2 U coming early 2022 thanks to funding from the Cleveland Clinic!



Call 440-473-5138 to register for these upcoming courses:

Android Smart Phones 101: Tuesdays 11/9-11/30 1:30-2:30PM at South Euclid-Lyndhurst library

Apple Smart Phones 101: Tuesdays 11/9-11/30 3-4PM at South Euclid-Lyndhurst library

Advanced Class: once a month presentation on specific topics of special interest. NO meeting in November. Happy Thanksgiving!

CPA School of Technology Fall classes will take place at the South Euclid-Lyndhurst Library, 1876 South Green Road.



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.

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

Plugged-in Programming

Are you "plugged in"?



COMMUNITY
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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

Computer Help Classes

Would you like some personal training on how to maximize the use of your computer or smart phone? Maybe you would like to take part in a Zoom exercise class or attend a virtual chat with friends but find it all overwhelming?



Marcia Erickson will share her expertise with you at a series of classes on the fourth Friday of the month.

Please bring your phone, tablet, or lap top with you to the class.

Fourth Friday of the month (call before going to verify class is held):
HILLCREST FAMILY YMCA
5000 MAYFIELD RD.
LYNDHURST, OH 44124
216 382 4300

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, in partnership with Grace Hospice.

Call 440-473-5138 to sign up!

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

Next date: November 9 at 2:00PM

Chair Yoga



Every Wednesday at 9:00 AM: Virtual Chair Yoga w/ Cynthia on Zoom! Past classes are available on CPA's YouTube Channel. AND catch Cynthia LIVE for Chair Yoga on Fridays at 11:00AM at DeJohn Community Center. Call Carolyn for more info: 440-473-5138.

November 2021

| Monday | Tuesday | Wednesday | Thursday |
|--|---|--|---|
| <p>1</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4/A 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH)</p> | <p>2</p> <p>Election Day No on-site CPA lunches or programs today</p> <p>11:30 Lunch 'n' Learn (MV) 1:00 Guess the Country (FB) 3:00 Tasty Tuesday (FB)</p> | <p>3</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal (SE/MH) 1:00 Yoga \$5/A (MH)</p> | <p>4</p> <p>11:30 Lunch 1:00 Parking 3:00 Mindful</p> |
| <p>8</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4/A 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 7:00 Movie Trivia (FB)</p> | <p>9</p> <p>10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 1:30 School of Tech - Android (SEL) 2:00 Sippin' Society (MV) 3:00 School of Tech - Apple (SEL) 3:00 Tasty Tuesday (FB)</p> | <p>10</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal (SE/MH) 1:00 Yoga \$5/A (MH)</p> | <p>11</p> <p>Ve No on- prog</p> <p>11:00 Flower B 3:00 Mindful</p> |
| <p>15</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:00 A Matter of Balance (RH) 10:45 Tai Chi (RH) \$4/A 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 3:00 Brainercize (MV)</p> | <p>16</p> <p>10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 1:30 School of Tech - Android (SEL) 3:00 School of Tech - Apple (SEL) 3:00 Tasty Tuesday (FB)</p> | <p>17</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal (SE/MH) 1:00 Yoga \$5/A (MH)</p> | <p>18</p> <p>10:00 Produce 3:00 Mindful 3:00 Holiday</p> |
| <p>22</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 3:00 Brainercize (MV)</p> | <p>23</p> <p>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) 12:30 Book Club (Z) 1:30 School of Tech - Android (SEL) 3:00 School of Tech - Apple (SEL) 3:00 Tasty Tuesday (FB) 7:00 Movie Trivia (FB)</p> | <p>24</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal (SE/MH)</p> | <p>25</p> <p>CPA</p>  |
| <p>29</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH)</p> | <p>30</p> <p>10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 1:30 School of Tech - Android (SEL) 3:00 School of Tech - Apple (SEL) 3:00 Tasty Tuesday (FB)</p> | <p>Location A</p> <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> | |

Community Partnership on Aging

- 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



| Thursday | Friday |
|---|--|
| Box \$5 (SE) Lot Bingo (SE) Moment (Z) | 5 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (MH) \$5/A 10:00 Nimble Needlers (MH) 10:00 Nature Walk (MV Grove) 10:30 Exercise Video (HH) 11:00 Chair Yoga \$5/A (MH) 11:00 Community Meal (HH) 1:00 Bingocize (RH) |
| Veteran's Day Site lunches or programs today Bouquets (SE) Moment (Z) | 12 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (MH) \$5/A 10:00 Nimble Needlers (MH) 10:00 Nature Walk (MV Grove) 10:30 Exercise Video (HH) 11:00 Chair Yoga \$5/A (MH) 11:45 Community Meal (HH) 1:00 Bingocize (RH) |
| Meal Plus (SE) Moment (Z) Meal Pick Up \$5 (SE) | 19 9:30 Woodcarving (HH) 9:30 Line Dancing (MH) \$5/A 10:00 Nimble Needlers (MH) 10:00 Nature Walk (MV Grove) 10:30 Exercise Video (HH) 11:00 Chair Yoga \$5/A (MH) 11:45 Community Meal (HH) 1:00 Bingocize (RH) |

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All Offices closed in observance of Thanksgiving



Addresses & Codes

- (MVG) = Mayfield Village Grove
- (RH) = 26789 Highland Rd., Richmond Hts.
- (MV) = 6622 Wilson Mills Rd.
- (SEL) = South Euclid Library, 1876 South Green Rd., SE
- (Y) = Hillcrest YMCA, 5100 Mayfield Rd., Lyndhurst

NEW and RETURNING PROGRAMS!



"Mindful Moment" - Join Jessica from Grace Hospice for a weekly check-in and a short meditation on Zoom every Thursday at 3:00PM

- **Chair Yoga** - Fridays at MH DeJohn, 11:00AM \$5/A
- **Woodcarving** - Fridays at Highland Hts. Community Center at 9:30AM
- **Intermediate Line Dancing** at Mayfield Hts. DeJohn Community Center 9:30AM \$5/A
- **Nimble Needlers** at Mayfield Hts. DeJohn Community Center at 10:00AM
- **Qi Gong** - Mondays starting 9/13 at Lyndhurst Community Center at 9:30AM \$4/A
- **Tai Chi** - Mondays at Richmond Hts. Kiwanis Lodge at 10:45AM \$4/A
- **Exercise DVD** - Tuesdays at Lyndhurst Community Center at 10:30AM and Fridays at Highland Hts. Community Center at 10:30AM
- **Bridge** - Mondays at Lyndhurst Community Center at 12:30AM
- **Pinochle** - Tuesdays at Lyndhurst Community Center at 12:30PM
- **Scrabble** - Tuesdays at Lyndhurst Community Center at 12:30PM

Where distancing cannot be observed, please wear a mask. We will follow current CDC guidelines as applicable. All participants will be required to sign a Covid waiver their first time back. Protocol subject to change with community health conditions. Please practice good personal hygiene - wash your hands frequently & stay home if you're feeling unwell.

Questions/Reservations:
Call 440-473-5138.

Re-Opening

and need to administer contact tracing.

- As public health conditions continue to improve, restrictions will slowly be lifted.
- Please continue to practice good personal hygiene and use your best judgement as far as what is best for you.
- If you need assistance with getting vaccinated (or anything else for that matter), don't hesitate to give us a call! 216-291-3902



Are You Concerned About Falling?

It may not be too late to 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.

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

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: 12/2, 1/27
 - ◇ Highland Hts: 11/12, 12/10, 1/14
- Appointments with Dr. Spivack (Lyndhurst only): Call 440-487-3947
 - ◇ Mayfield Hts: temporarily suspended
 - ◇ Lyndhurst: 11/23, 12/28, 1/25

Foot Clinics with Dr. Whaley in Mayfield Village: Fridays, November 12 & 19, Dec. 10 & 17, 1:00-3:00 PM. For appointments with Dr. Whaley in Mayfield Village, call 440-919-2332.



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.

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. Nov. 2, 16 & 30 to Giant Eagle ▪ Wed., Nov. 3, 17 & Dec.1 to Wal-Mart ▪ Thurs. Nov. 4 & 18 & Dec. 2 to Marc's

LYND & HH – Tues. Nov. 9 & 23 to Giant Eagle ▪ Wed. Nov. 10 & 24 to Wal-Mart ▪ Thurs. Nov. 11 to Marc's

MH/MV/RH – Tues., Nov. 2 & 16 to Giant Eagle & Wal-Mart ▪ Friday, Nov. 12 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.

Election Information

While the deadline to register to vote has passed, it's not too late to request a ballot by mail. All Ohio voters whose registration information is up to date can vote by mail.



1. Complete a Vote-by-Mail ballot application for the upcoming election. Once you have completed your application by providing all of the required information, print and sign it.
2. Mail the application back to the Cuyahoga County Board of Elections: Cuyahoga County Board of Elections, PO Box 89448, Cleveland, OH 44101-6448
3. Wait to receive your ballot in the mail. If you have questions about your Vote-by-Mail ballot request, you should call the Board of Elections at 216-443-VOTE (8683) or you can click here to track the status of your ballot request on our website at www.443vote.us.
4. Return your voted ballot.

When is the deadline to vote by mail?

Your application must be received by the Board of Elections by 12:00 p.m. on the Saturday before Election Day.

Your ballot must be received by the Board of Elections:

By 7:30 p.m. on Election Day if delivered in person by the elector or a close family member; or postmarked by the post office by the day before Election Day and received by the Board of Elections no later than 10 days after the election if sent by U.S. Mail.



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.



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, November 18
10:30AM - 1:30PM
447 Richmond Rd.,**

Sudoku

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 4 | | | | | |
| | | | | | 5 | | | |
| 1 | 7 | | | 2 | | 6 | 9 | |
| 3 | | 1 | 9 | | 2 | | 4 | 5 |
| | | | | | 1 | 3 | 7 | |
| | 2 | | | | | | | |
| | | | 3 | | 6 | | | 1 |
| | | | | | | | | |
| 4 | 9 | | | | | | | |

Answer on page 13

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DIFFICULTY: ★★☆☆

Plugged-in Programming

How to access Plugged-in Programming:

1. Most programs take place on Facebook. You can become a member of Plugged-in Programming at www.facebook.com/groups/cpapluggedinprogramming. Scroll through the programs until you find the desired event and click on it!
2. Some programs take place on Zoom (call Carolyn at 440-473-5138 for information)
3. Some programs and "archived" programs are on YouTube: <https://www.youtube.com/channel/UCqz1b3eVZdVo7s-A9lOxxQ> (Search 'Community Partnership')
4. iConnect - please contact DeNeitra Brown at 216-298-4440 x23 or at dbrown@gcnca.org. web: www.ncaic.org/

Trivia

Join CPA for trivia fun on Facebook Live

Guess The Country with Carolyn (FB)
11/2 at 1:00PM

Movie Trivia with Therese (FB)
On-site movies returning in 2022! Join Therese for Movie Trivia in the meantime! Mon., 11/8 at 7:00PM

Cleveland Trivia with Carolyn (FB)
Get a taste of Cleveland with Carolyn!
Tues., 11/23 at 7:00PM
Movie and Cleveland trivia back to their regular days

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)

11/23: **The Dream Daughter** by Diane Chamberlain (note date change!)

Parking Lot Bingo



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

Next date: November 4 at 1:00 PM

Brainercize



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

Join us the 3rd Monday at 3 pm. in-person at MV Community Room: Call Sean (MV) to RSVP at 440-919-2332.



Upcoming Programs with Highland Heights Seniors

Contact Mary Velotta at Highland Heights City Hall for all questions and reservations at 440-461-2440 or email HHSeniors@highlandhts.com

Flu Shot Clinic

Tuesday, November 16, 11:00AM - 2:00PM
Highland Heights Community Center
5827 Highland Rd.

High dose shots available for seniors 65+ (free with Medicare card); regular dose available for all (bring insurance card). No reservations necessary! Shots given by Drug Mart staff

Thanksgiving Take-Out meal catered by LaVera Turkey, Mashed Potatoes and all the fixins' and pumpkin pie for dessert

Thursday, November 18
12:30PM - 1:30PM
Highland Heights Community Center
\$8.00 for Highland Heights residents; \$11.00 for non-residents. Advance reservations and payment due by November 11. Limit 2 per household.

**Holiday Meal - Dine in or take out
Holiday Chicken Lunch Catered by LaVera**

Thursday, December 9
12:30PM - 1:30PM
Highland Heights Community Center
\$8.00 for residents; \$11.00 non-residents, 60+
Advance reservation and payments due by December 2; limit 2 per household. No walk-ins, no refunds

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



Drive- up Dinner

Open to those 60+ years and older. \$5.00 *- limit 2 per reservation

Pick up at the Ross DeJohn Community Center *- 6306 Marsol Rd.

*Unless otherwise noted every half hour - 3:00, 3:30, 4:00, 4:30 or 5:00 pm

- November 16 - Turkey dinner and all the fixings, choice of Apple or Pumpkin Pie (pick up will be at Anthology Mayfield Heights, 6200 Landerhaven). Resident Registration begins 10/13 – Nonresident Registration begins 10/27.
- December 14 - Arrabiata's Chicken D'Agnese, with pasta, bread, and dessert. Resident Registration begins on 11/17 – Nonresident begins December 1.

Holiday Lighting: 11/29 at 6:30PM in the Fire Dept. Bays at City Hall. Come join us as we light up City Hall for the holidays.

Trivia answers from Pg. 6

1. a 2. c 3. b 4. b

Answer to Sudoku

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

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:

The Mansfield Wine & Ale Trail on Friday, November 19. Enjoy a November to remember in Richland County, where a growing industry of wineries and vineyards offer tremendous variety of taste and styles! \$89

Salute To Veterans: Thursday, November 11, 9:00 A-2:00 P. Inviting all Veterans, and a guest, to join us on a day of celebrating and remembering those who served our Nation. Start the day with a send off ceremony at our 9/11 Memorial, followed by a trip to Ohio Veterans Memorial Park in Clinton, OH, and lunch catered by Pizzazz. Free

- **Meal with Piccolo:** Tuesday, November 2- Chicken marsala over spaghetti, salad and bread. \$12/meal
- **Watercolor Classes:** Session 3: Wednesdays November 10 – December 8; 9:00 A-12:00 P with instructor Kathy Oravec. \$39/4-week session Mayfield School District Residents \$44.
- **Knitting & Crocheting:** Session 2: Fridays, October 22-December 10, 9:30 A. Instructor Jan Perna will teach you how or help hone your skills. \$48/6-week session
- **Lunch 'n Learn: "Every Detail Remembered, Your Life & Legacy Left Behind"** Tuesday, November 2, 12:00 P. Sponsored by Dignity Memorial. Free. Deadline to Register: Tuesday, October 26. Free
- **Lunch 'n Learn: "Creating Life after Life Under the Sea"** Tuesday, December 7, 12:00 P. Presented and sponsored by Neptune Memorial Reef. Deadline to Register: December 1. Free
- **"Ways to Keep Your Mind Sharp as You Age":** Monday, November 8, 10:00A. Join Kemper Wellness and learn what you can start doing today to help keep your mind sharp! Free
- **Interior Decorating Class:** Tuesday, November 9, 11:00 A. Join Judy from Loving Hands Group, a Residential Designer and Decorator, as she teaches "tricks of the trade" that you can apply to your own home! Learn decorating guides, colors and patterns, and low-cost tips to improve your house! Free
- **Home Adaptability Class:** Tuesday, November 23, 11:00 A. Learn how your home can be adapted to accommodate short-term and long-term physical and mental challenges. Learn simple, inexpensive options for minor adaptability needs, up to more complex projects for larger needs. Taught by Judy from Loving Hands. Free
- **Hand Made Holiday Greeting Cards:** Tuesday, November 30, 11:00 A. Use your creativity and decorate your own greeting cards to send to friends and loved ones. Cost: \$7 plus \$3.50 material fee.
- **Foods for a Healthy Gut, Mind and Mood:** Monday, December 6, 10:00 A. Did you know foods affect your mood? Learn which foods are good for your gut, mind, and mood! Free.

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Avenue
at Lyndhurst
Care & Rehabilitation Center
Tara M. Favitta
Director of Admissions and Marketing
Avenue at Lyndhurst
5442 Rae Road, Lyndhurst, OH 44124
440.646.8448

Avenue at Lyndhurst Care and Rehabilitation Center is dedicated to providing the industries best healthcare with an emphasis on excellent outcomes. Our expansive community offers expert skilled nursing and rehabilitation services in a 5-star hotel-like environment with two beautiful courtyards. Whether in need of short or long-term care, therapy services, temporary respite or hospice services, you can count on Avenue at Lyndhurst Care and Rehabilitation Center to help you discover your journey to healthiness.

The Avenue at Lyndhurst also has Assisted Living suites available with large one bedroom rooms with full size fridge, exquisite solid surfaces, kitchen, living area, in room temperature control and large bathrooms with walk in showers. All the amenities-private dining services, and courtyard with gazebo.

Please feel free to contact us at 440-646-8448.

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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!



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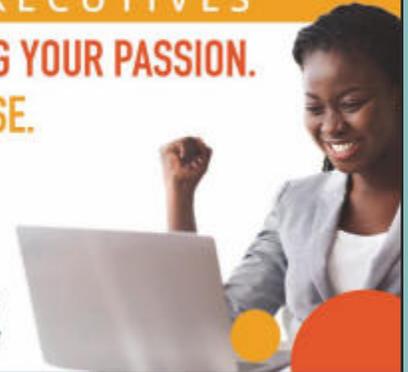
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THURSDAY, NOV. 4

Lunch Box

Chicken Noodle Soup
Cornbread

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

Deadline to order:
Monday, Nov. 1 at 12:00PM

THURSDAY, NOV. 18

Holiday Meal

Turkey with Dressing and
Cranberry Sauce
Pick up at South Euclid
Community Center
at 3:00PM
(note pick up time!)
\$5 per person

Deadline to order:
Friday, Nov. 12 at
12:00PM

THURSDAY, DEC. 2

Lunch Box

Butternut Squash Soup
1/2 Club Sandwich
Pick up at South Euclid
Community Center
between 11:30AM-12:00PM
\$5 per person

Deadline to order:
Monday, Nov. 29 at 12:00PM

THURSDAY, DEC. 16

Cookies and Carols!

Order a tray of Holiday Cookies to be picked
up at South Euclid Community Center on
Thursday, December 16

Cookies will be provided courtesy of CPA
and our many sponsors, and will include a
variety of holiday cookies. Save yourself the
trouble of baking this year and order with
CPA!

\$10 per tray; order deadline:
Pick up at 2:00PM

THURSDAY, DEC. 30

Charcuterie and Chardonnay

(OK, not really Chardonnay but it sounds cute!)

Chef Mary Beth is specially-preparing New
Year's Eve meat/cheese platters in advance for
pick up at South Euclid Community Center on
Thursday, December 30.

Trays will include a variety of meats and
cheese, some veggies and other fun 'finger
foods' to help you ring in the New Year!
\$15 per tray; order deadline: 3:00PM on 12/22
Pick up at 12:00PM on 12/30

Indoor Congregate Meal Reservation Information:

- Monday- lunches served at Lyndhurst Community Center and Richmond Heights Kiwanis Hall
- Wednesday- lunches served at South Euclid Community Center and Mayfield Heights DeJohn
 - Friday- lunch served at Highland Heights Community Center

For those of you that prefer the curbside pickup of five frozen entrees once a week, we will continue offering that option at Lyndhurst Community Center on Tuesdays. Call 216-650- 4029 for reservations or more information. 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 and Special Event reservations, call 216 -970-0347.

