



COMMUNITY
PARTNERSHIP
ON AGING

December 2021

News

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



CPA has exciting updates for you to watch for!

First, our newsletter will have a little bit of a new look in the next coming months. We're still in the midst of designing this new template but we're hoping that all of our content will be more easily organized for you to read.

Second, we are working on a clickable and interactive program calendar for our website! The calendar will be available on our Home Page, and you should be able to click on each day as well on each program to get more information or to sign up (where applicable).

Third - coming in January, several of our community centers are undergoing renovations to get a face lift, so we will be temporarily relocating some programs. Please be patient with us and our partner cities during this process.



Cookie Time!

Gina and Mary Beth are busy making batches of cookies for our annual Holiday Cookie Tray ordering.

Order your Holiday Cookie Tray no later than Tuesday, December 6 at 12:00PM by calling 216-970-0347

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

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

You can reach staff at the following numbers:

- **South Euclid/Lyndhurst Outreach:** 440-442-2626 x 244
- **Lyndhurst Office:** Mondays 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

I am sure you have heard of Giving Tuesday which falls on the Tuesday immediately after Thanksgiving. Started in 2012, it gives people a way to pivot back to the values of community and gratitude celebrated on Thanksgiving after the mad rush of shopping on Black Friday and Cyber Monday. Giving Tuesday underscores the idea that no act of giving is too small to make an impact. It celebrates many different ways of getting involved to help others and is the model CPA embraced in creating Giving December. Why restrict philanthropy to one day? We celebrate you, our supporters,

donors and participants, every day so we are setting aside a whole month to highlight the many opportunities for you to show your support of all we do. For many of our participants we are a provider of food and fellowship, for others it is exercise classes tailored to the specific abilities of the attendees and yet for others we are a source of unbiased information and counseling. During the height of the pandemic, we were there: we distributed thousands of meals, made hundreds of check in calls, responded to daily calls for supplies, masks, paper goods, errands, food shopping- staff came to work every day to insure that our participants and clients were served, even during the strictest lockdown. CPA carries out its mission to impact the lives of older adults by supporting their independence and healthy living daily whether by providing transportation, home safety modifications, meals and produce, or simply just listening- we are here for you and yours. As you look through this newsletter, please note the range of what we do and know it is delivered with the highest degree of professionalism and empathy.

CPA operates with a mixture of municipal dollars generously provided by the member cities, grant awards from local agencies and foundations plus individual and business donations. When I looked up the definition of philanthropy, I was struck by how meaningful the words were:

Goodwill to fellow members of the human race especially an active effort to promote human welfare.

Altruistic concern for human welfare and advancement by generosity to socially useful purposes.

The desire to promote the welfare of others, expressed especially by the donation of money to good causes.

The effort or inclination to increase the well-being of humankind.

Aren't we all philanthropists at heart? Please see page 5 for more information about Giving Month. Thank you for your support of CPA - financial, volunteer time, ambassadors or all three - we can't do it without your partnership.

I would be remiss if I didn't thank three major donors this month- first, the Cleveland Clinic for its support of the winter cohort of CPA Connects 2 U which teaches participants how to use a Chromebook, navigate the internet and sends graduates home with their own device. Second, the City of Mayfield Heights, Debbie O'Connell and 1-888-OhioComp for grocery giftcards to distribute during the holidays and finally, Paul El Hindi, owner of the BP Corner Market Station in Lyndhurst for his generous donation of over 100 turkeys to eligible older adults.

On behalf of our second-to-none staff, best wishes for a wonderful holiday season and a happy and healthy 2022.

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.

Coming Soon: News from CPA's new Volunteer Coordinator!



Did you know that CPA has a Creative Paper Recycling group that meets weekly at the UH Health Building on Green Road?

This group makes handmade paper and then turns it into greeting cards, gift bags and more. Products are sold at local craft shows and community events. If you are a creative person interested in joining the group, please call Judy at 440-646-9820.

Left: Judy and Carol with the beautiful paper products at a local craft fair; middle right: Carol presses pulp into a mold; far right: decorated gift bags available for purchase.



News from the CPA Diversity Committee



During this holiday season the differences in our cultures seem stark. But, upon closer examination, the purpose of the three popular Western holidays - Hanukkah, Christmas and Kwanzaa - are more alike than it would appear.

The first similarity is that all three celebrations emerged from a basic human need to survive, physically and spiritually, even in the face of struggle and hardship.

The second similarity is the motif of Light:

- ◇ The "miracle" of the Temple's oil lasting 8 nights and the lighting of the Menorah candles for 8 nights.
- ◇ The light of Christ coming into a dark world, bringing hope and peace.
- ◇ The lighting of the Kwanzaa lights, each one expressed through the 7 principles celebrated in each of 7 days.

The third similarity are the values and principles of celebrating in a way that highlights family and community. We depend upon one another and are crucial in one another's lives, in spite of our differences.

So, whatever your holiday and observances, we on the Diversity Committee wish you peace.



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.

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: 12/6 at 12:00PM

Pick up at 2:00PM on 12/16

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

THURSDAY, JAN. 13

Lunch Box

Margherita Flatbread Pizza

Pick up at South Euclid

Community Center

at 11:30AM

(note pick up time!)

\$5 per person

Deadline to order:
Monday, January 10 at
12:00PM

THURSDAY, JAN. 27

Lunch Box

Chicken Noodle Soup

Cornbread

Pick up at South Euclid
Community Center
at 11:30AM
\$5 per person

Deadline to order:
Monday, Jan. 24 at 12:00PM

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 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.



“Every Picture Tells a Story”

In 1971, singer Rod Stewart released his third studio album, titled, “Every Picture Tells a Story.” The words are resonating now as we talk about Giving Month and ways to give to Community Partnership on Aging.

What do you see when you look at these pictures? On first glance we just see ‘people’ but here’s what I see:



1. **Smiles.** Funny how most of the faces are masked but we can still see the smiles behind them.
2. **Endurance.** Faces that may show age and wrinkles but that have endured through many wars and other National crises and now through COVID.
3. **Perseverance.** Staff members and volunteers that believe in our cause so much they ‘did what they had to’ in order to fulfill our Mission.
4. **Strength.** Forty-three years ago when CPA was founded, things were very different but today we are stronger than ever.
5. **Friendships.** By default our cities and residents are our partners but we have more than that; we have friendships.



There are many ways to give to CPA and I encourage you to think about what you have to give. Everyone has something to give whether in dollars, time or talent.

- **Are you able to make a donation of cash?** 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. You can scan the QR Code on the back page of this newsletter to donate immediately, or you can mail a check to our main office at South Euclid Community Center.
- **Would you like to volunteer?** Soon we’ll have a new volunteer coordinator so whether you have time or talent to offer, we can find an opportunity for everyone!
- **Do you shop on Amazon?** Community Partnership on Aging is 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. This is a great way to give to CPA for your regular purchases, especially at the holidays.



Here’s wishing everyone a happy and healthy holiday season and New Year!

Therese

gridat@communitypartnershiponaging.org



CPA School of Technology

- Watch for our next round of CPA Connects 2 U coming early 2022 thanks to funding from the Cleveland Clinic!
- Watch for more School of Tech classes at South Euclid/Lyndhurst Library coming soon!
- The Advanced Class will pick back up in January – Happy Holidays!
- If you're interested in receiving the slides and/or YouTube link for Smart Phone Basics and/or Intermediate Mobile Devices or Laptops, please let us know at 440-473-5138.



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.

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



Yard Projects are the #1 most requested service through CARE! Above, volunteers from Cleveland Clinic Pharmacy—Euclid and (right) volunteers from Nestle pose for pictures after a full day of clean ups. Left, a Richmond Heights resident proudly stands with her yard!

Plugged-in Programming

Are you "plugged in"?



COMMUNITY
PARTNERSHIP
ON AGING

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

Inspiration Corner

"As you get older,
you will discover that you
have two hands: one for helping
yourself, the other for helping others."

Audrey Hepburn



GLPI

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: December 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.

December 2021

Monday	Tuesday	Wednesday	
Location Addresses & Codes		1	2
(LCC) = 1341 Parkview Dr., Lyndhurst (MH) = 6306 Marsol Rd., Mayfield Hts. (SE) = 1370 Victory Dr., South Euclid (HH) = 5827 Highland Rd., Highland Hts. (MV) = 6622 Wilson Mills Rd.		(RH) = 26789 Highland Rd., Richmond Hts. (Z) = Zoom (FB) = Facebook (YT) = YouTube (A) = ACCESS programs	9:00 Chair Yoga (Z) 10:30 Senior Exercise (MH) \$2/A 11:45 Community Meal (SE/MH) 1:00 Yoga (MH) \$5/A
6	7	8	9
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)	10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 1:00 Guess the Country (FB) 3:00 Tasty Tuesday (FB)	9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH) 1:00 Yoga (MH) \$5/A	10:30 Senior 11:00 Flower 3:00 Mindfu
13	14	15	16
8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Blood Pressure Checks (RH) 11:45 Community Meal (LCC/RH) 12:30 Bridge (LCC) 1:00 Bingocize (RH) 7:00 Movie Trivia (FB)	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)	9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:45 Community Meal (SE/MH) 1:00 Yoga (MH) \$5/A	10:00 Produ 2:00 Holid 3:00 Mindfu
20	21	22	23
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)	10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 3:00 Tasty Tuesday (FB)	9:00 Chair Yoga (Z) 10:30 Senior Exercise (LCC) \$2 11:00 Blood Pressure Checks (SE) 11:45 Community Meal (SE/MH)	10:30 Outdo CPA offic
27	28	29	30
8:45 Monday Morning Meditation (FB) 11:45 Community Meal (LCC/RH)	9:30 Foot Clinic - Spivack (LCC) 11:30 Frozen Meal Pickup (LCC) 3:00 Tasty Tuesday (FB) 7:00 Cleveland Trivia (FB)	9:00 Chair Yoga (Z) 11:45 Community Meal (SE/MH) 12:30 Book Club (Z)	12:00 Chees Pick U CPA offic

Community Partnership on Aging Re-Opening

- 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
Clinic - Whaley (SE) Exercise (SE) \$2/A Box (SE) \$5 (SE) ul Moment (Z)	3 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (MH) \$5/A 10:00 Nimble Needlers (MH) 10:30 Exercise Video (HH) 11:00 Blood Pressure Checks (HH) 11:45 Community Meal (HH) 1:00 Bingocize (RH)
Exercise (SE) \$2/A r Bouquets (SE) ul Moment (Z)	10 9:30 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (MH) \$5/A 10:00 Nimble Needlers (MH) 10:30 Exercise Video (HH) 11:00 Chair Yoga (MH) \$5/A 11:45 Community Meal (HH) 1:00 Bingocize (RH)
ce Plus (SE) y Cookie Pick-Up (SE) ul Moment (Z)	17 9:30 Woodcarving (HH) 9:30 Line Dancing (MH) \$5 10:00 Nimble Needlers (MH) 10:30 Exercise Video (HH) 11:45 Community Meal (HH) 12:00 Yoga (MH) \$5 1:00 Bingocize (RH)
or Senior Exercise (SE) ces close at 12:00PM	24 CPA offices closed in observance of Christmas Eve
ce Board p (SE) \$15 ces close at 12:00PM	31 CPA offices closed Happy New Year - See you in 2022!

NEW and RETURNING PROGRAMS!



"Mindful Moment" - Join us for a weekly check-in and a short meditation on Zoom every Thursday at 3:00PM.

- **Woodcarving** - Fridays at Highland Hts. Community Center at 9:30AM
- **Intermediate Line Dancing** at Mayfield Hts. DeJohn Community Center at 9:30AM (\$5/A)
- **Nimble Needlers** at Mayfield Hts. DeJohn Community Center starting at 10AM
- **Qi Gong** - Mondays 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 12:30PM
- **Pinochle** - Tuesdays at Lyndhurst Community Center at 12:30PM
- **Scrabble** - Tuesdays at Lyndhurst Community Center at 12:30PM

Questions/Reservations:

Call 440-473-5138.



COMMUNITY PARTNERSHIP ON AGING

What You Need to Know

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

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
 P R E R S F F U M R A E F W D L O C
 S O T T I N S Y B S L E Y Y D N I W
 T Z N R O N L E C A L P E R I F O I
 O E I B E C L H P S H O V E L V J E
 O N W T O O A L M T Y R A U R B E F
 B S T A W T O G L O V E S T D E L S
 B I T Z O W C D Y R E T S U L B N S
 M S E T A N R E B I H O R S S O E S
 E R K A S E U R S B R E O N W I X K
 O B N N T S E N H F V N O J R B F A
 E T A J T V O P K E A W A R L H R T
 L E L I I W S C F M S N U I Y E A I
 C C B H S K A N W U U L Z T O A C N
 I A S T I J I O I A F Z S T K T S G
 C A O I G B N T R Z A O I C Y E F L
 I R N A A S A Y G R R Y T S O R F J
 M G A C N L R A D F T A O C O C Z Q

Word List:

BELOWZERO	BLANKET	BLIZZARD	BLUSTERY
BOOTS	CABINFEVER	CHILLY	COATS
COCOA	COLD	EARMUFFS	FEBRUARY
FIREPLACE	FLURRIES	FROSTY	FROSTY
FROZEN	GLOVES	HAT	HEATER
HIBERNATE	ICICLE	ICY	JANUARY
JACKFROST	MITTENS	PLow	SCARF
SHIVER	SHOVEL	SKATING	SKIING
SLED	SLIPPERY	SNOW	SNOWMAN
SNOWSTORM	SNOWSUIT	WINDY	WINTER

Foot Clinics and Blood Pressure Checks:



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, 2/24
 - ◇ Highland Hts: 12/10, 1/14, 2/11
- Appointments with Dr. Spivack (Lyndhurst only): Call 440-487-3947
 - ◇ Mayfield Hts: temporarily suspended
 - ◇ Lyndhurst: 12/28, 1/25, 2/22
- Appointments coming to Richmond Hts in Fall—more info TBA!

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

Blood Pressure Checks:

- Highland Heights: 1st Friday of the Month at 11:00AM
- Richmond Heights: 2nd Monday of the Month at 11:00AM
- South Euclid: 4th Wednesday of the Month at 11:00AM

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

Medicare's Open Enrollment is now – December 7. Review your Medicare health and drug coverage and compare it with other plans that may better meet your needs.

During Open Enrollment, you can make these changes for your 2022 coverage:

- Change how you get your Medicare coverage—Original Medicare or a Medicare Advantage Plan
- Switch Medicare Advantage Plans (with or without drug coverage)
- Join, switch, or drop a Medicare drug plan

Review your options

Even if you're happy with your current Medicare coverage, it's important to review your coverage options for 2022. Here are a few reasons why:

- Your needs may change. You may find you're going to the doctor more or less often, the prescription drugs you take may be different, or you may need better access to health care services.
- Benefits and costs can vary. Not all Medicare coverage options offer the same benefits. Plan benefits and costs can change from year-to-year. If you have a Medicare plan, check your Annual Notice of Changes (ANOC) to see what's different for 2022.
- New, more affordable Medicare plans may be available. The total cost, provider network, and services offered are different between plans. Check if other plan options could better meet your needs or lower your out-of-pocket costs.
- If you like your current health care coverage and it's still available in 2022, you don't need to take any action.

Shop & compare plans in your area

Compare 2022 coverage options and shop for plans. Get estimates of costs and review benefits offered by Medicare health and drug plans in your area. You can even compare plans based on their star rating for quality and performance. You can search for plans on www.medicare.gov; or, if you feel overwhelmed with the options you can also reach out to a CPA social worker for help navigating the plans: 440-442-2628.



**“FOOD FOR THOUGHT-
MORE THAN A MEAL”**

Hillcrest Meals on Wheels is a service designed to meet the nutritional needs of homebound senior residents by delivering meals directly to their homes. The service area includes the communities of Highland Hts., Richmond Hts., Mayfield Hts., South Euclid, Lyndhurst, and Mayfield Village. Meals are delivered Monday through Friday between 11:00 and noon by volunteers. A hot meal with an option of a lunch box is provided at a nominal cost. Meals are prepared by UH Richmond Medical Center. If you would like to order meals for you, someone you know, or volunteer to deliver, please call Judy Conkling, Program Coordinator at (440) 449-3551, or email mealsonwheels@lyndhurst-oh.com for more information.

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

**South Euclid Community Center
1370 Victory Dr., South Euclid on Thursday, December 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.**

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/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. web: www.ncaic.org/

Trivia

Join CPA for trivia fun on Facebook Live

NEW! Guess The Country (FB)
12/7 at 1:00PM

Movie Trivia with Therese (FB)
On-site movies returning in 2022! Join Therese for Movie Trivia in the meantime! Mon., 12/13 at 7:00PM

Cleveland Trivia with Carolyn (FB)
Get a taste of Cleveland with Carolyn!
Tues., 12/28 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)

December 29 at 12:30PM on Zoom: When the Stars Go Dark by Paula McLain

Parking Lot Bingo



Inside South Euclid Community Center for the Winter months! Every 1st Thursday of the Month at 1:00 PM

Next date: Dec. 2 at 1:00 PM

Brainercize



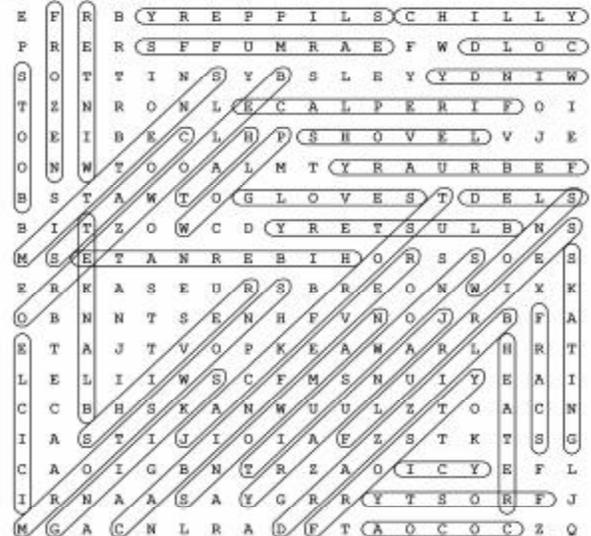
Brainercize is a partnership between Mayfield Village, CPA, and Anthology.

Brainercize is on hold until March. Stay tuned!

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.

Winter Wonderland



Word List:

BELUGERO
BOOTS
COCOA
FIREPLACE
FROZEN
KISSEMMATE
JACKFROST
SHIVER
SLED
SNOWTORN

BLANKET
CADDISFEVER
COLD
FLURRIES
GLOVES
ICICLE
MITTENS
SHOVEL
SLIPPERY
SNOWGUIT

SLIZZARD
CHILLY
SANSIFTS
FROSTY
HAT
ICY
FLOW
SKATING
SNOW
WINDY

BLUSTERY
COATS
FEBRUARY
FROSTY
HEATER
JANUARY
SCARF
SNILING
SNOWSUS
WINTER

Upcoming Events with Highland Heights Seniors
Call Mary at 440-461-2440 or mail/drop off payment at Highland Heights City Hall, 5827 Highland Rd.



Holiday Meal - Dine in or take out - Holiday Chicken Lunch Catered by LaVera
Thursday, December 9, 12:30PM - 1:30PM at 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

SAVE THE DATE for the Annual Highland Heights Seniors Winter Tea and Fashion Show!

Sunday, February 6, 2022, 1:00PM – 4:00PM at Highland Heights Community Center
Catered by Quintealia's Tea Parlor with Special Guest/Celebrity MC, Mr. Wayne Dawson
Reservations must be made by January 28, 2022

\$40 per person (table seating requests must be made at time of reservation). 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

December 14 - Arrabiata's Chicken D'Agnese,
with pasta, bread, and dessert.

Resident Registration begins on 11/17 –

Nonresident begins December 1.



Mobile Pantry Fresh FREE Produce

Richmond Heights Mayor-Elect Kim Thomas and
Councilwoman 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, December 16
10:30AM - 1:30PM
447 Richmond Rd.,
Richmond Heights**

**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.**



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.

Meal with Piccolo: Tuesday, December 7- Bowtie pasta with sausage, peas and mushrooms, in tomato sauce,
salad and bread. \$12/meal

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

Lunch n Movie at Governor's Village: Wednesday, December 8, 12:30 P. Come watch Home Alone starting
Macaulay Culkin while enjoy a lunch including pot roast, mashed potatoes, brussels sprouts and ice cream!

Cost: \$5

Foot Clinics with Dr. Whaley: Fridays, December 10 & 17 1:00-3:00 P

**SCHULTE
MAHON-MURPHY**
FUNERAL HOMES
Family Owned and Operated
Pre-Arrangements - Pre-Planning
Cremation Services
Lyndhurst ~ South Euclid
(440) 442-0000
NEW LOCATION!
Murphy Funeral Home
Chagrin Falls (440) 247-3400

CG FREE Estimates
Landscaping INC
Senior Citizen
Discounts!
Call Chris at
216.691.3972
complete
LANDSCAPING SERVICES

NEW - LOOK
• PAINTING • DRYWALL REPAIR
• HANDYMAN SERVICES
CALL PAUL
216-246-2680

A daily dose of joy
In-home care services
• Personal care
• Dementia and Alzheimer's care
• Companionship and housekeeping
• Respite care
• Private duty nursing
(440) 838-5460
GreaterCare.com • GreaterCare.com/Keoparis.com
© 2010. All rights reserved. No part of this publication may be reproduced without permission.

Grande Pointe HEALTHCARE CENTER
3 Merit Dr.
Richmond Heights, OH 44143
Long-Term Care
Connections Memory Unit
Comprehensive Rehabilitation
(PT/OT/ST)
24/7 Admission
216.261.9600
communicarehealth.com


Michelle Waldron Health Insurance Broker
AGENT FOR SENIORS
216.469.4482
Michelle Waldron, Independent Licensed Agent
Medicare / Life / Supplemental
mwaldronmedicare@gmail.com • www.medicarewithmichelle.com


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.

We know there are so many pieces...

McGregor pieces together solutions to support you and your seniors' needs.

- Assisted Living
- Independent Living
- Short-term Rehab
- McGregor PACE at Forest Hill, Warrensville Heights and Old Brooklyn
- Affordable Housing
- McGregor Hospice
- The McGregor Foundation

216-851-8200
www.mcgregoramasa.org



Embassy Healthcare
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

LOCAL CENTERS: Grande Oaks • Grande Pavilion
Solon Pointe • Willow Park

Schedule a tour today.
Call 888-975-1379

Visit our website at: www.EmbassyHealthcare.net



Roydean Avery Jr

Devoted Health Medicare Sales Rep

216.906.9295

roydean.averyjr@devoted.com

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!



3600 Canal Avenue | Willoughby, Ohio 44094 | 440-940-0342 | ohioliving.org

SUPPORT OUR ADVERTISERS!



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jayne Pandy**
to place an ad today!
jpandy@lpicommunities.com
or **(800) 477-4574 x6401**

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

DICICCO & SONS

F U N E R A L H O M E

5975 Mayfield Road, Mayfield Heights, OH 44124

Proud to be part of your Community.
Serving families since 1924.

Anthony J. DiCicco, Jr. • Manager

440-449-1818



4-E-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1111



COMMUNITY
PARTNERSHIP
ON AGING

Giving Month 2021

EVERYONE HAS SOMETHING TO GIVE

Scan the QR code to donate or look inside on page 5 for
more ways to give

