



COMMUNITY
PARTNERSHIP
ON AGING

January 2022

News

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



We wanted to let you know about the exciting plans coming up in the new year. Beginning (tentatively) in February 2022, South Euclid Community Center will be closed for a complete interior makeover. We think you will love the update! However, our CPA main office will be relocated during the renovation. Some of the staff will be working more from home; others will be shifted to office space in our other community centers. Additionally, Mayfield Heights DeJohn Community Center is slated for demolition, and Mayfield Village Civic Center will be undergoing some renovations, too!

Needless to say, things may be a little chaotic in the next several months as many of our lunches and program locations will be affected. Please know that we are working hard to make things as easy as possible for everyone.

Make sure you stay connected to CPA during the next few months. We will be posting updates on our website, Facebook page and via our e-blasts as well as this newsletter. To receive our e-blast, please let us know your email address by contacting our office at 216-291-3902 or send an email to communitypartnershiponaging@gmail.com.



Above: Julie, Rebekah and Carolyn greet ACCESS members at South Euclid Community Center to hand out holiday gift bags from the CPA Program Department in December.



CHANGE IS ON THE WAY! We are closed in January for in-person programs and Community Meals to promote a healthy start to the New Year. See which programs are cancelled or moved to virtual on the calendar on pages 8 & 9.

**Our Main Office is at South Euclid Community Center at 1370 Victory Dr. in South Euclid, 44121
Main phone: 216-291-3902 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

Happy New Year to each and every one! Let us look forward to a year of peace, happiness and health.

I know many of you have been hearing about the various construction and renovation projects planned for several of our sites. I wanted to share what CPA knows so we all are working together.

- ◆ First, the Ross De John Center in Mayfield Heights is slated for demolition because a beautiful new community center complex is in the works. When the demolition occurs, lunches and Wednesday/Friday programs will be relocated - lunch to Highland Heights Community Center, programs to either Mayfield Village or Highland Heights depending on schedules and timing. A firm date has not yet been set for the demolition but we are hearing it will be sometime in the first few months of 2022.
- ◆ Mayfield Village Civic Center is scheduled for improvements to the kitchen and public restrooms mid-winter 2022. This impacts when we can resume our popular Lunch N Movie program - the project is anticipated to be only a few weeks in duration so hopefully you will be hearing about Lunch N Movie sooner than later....
- ◆ And finally, the South Euclid Community Center will be undergoing extensive renovation work from new floors, wall coverings and lighting to replacement windows and much more. Outside work is planned as well including adult exercise equipment, outdoor social areas and repaved parking. Projected start date is February 2022 and the renovation will impact lunch, programs and CPA offices.

We will have more information in the February newsletter but please know that we will maintain the services and programs you rely on - though it may be happening in a different location! Our phones and emails will still be active so please stay in touch. Watch the website for updates as they occur. Carolyn will keep you posted as well and let you know of changes as soon as she knows —there are a lot of moving pieces, as it is said, so thank you in advance for your patience and understanding.

A couple of other thoughts and comments- First, a big shout out to Mayor Bodnar and Shane McAviney of Mayfield Village for sharing turkeys, hams and turkey breasts with CPA to distribute for the holidays.

Second, a request to you—if you, or someone you know, is comfortable with technology- using a smart phone, tablet, or laptop (either Android or Apple) and can share about 8 hours a month with us, we are looking for Smart Share Mentors to assist in our tech classes. Smart Share mentors circulate among the students during class, assisting with explanations about the topic presented by the trainer or showing students how to perform specific tasks. Please contact Rebekah at 216-291-3902 x 333 if you or someone you know is interested in joining the tech team.

Third, a reader with a keen eye informed me about an omission in the November newsletter. When acknowledging the veterans among us, the sentence should have read “To the men **and women** in service, past and present, we thank you for your courage, sacrifice and dedication to our country.” My apologies for the typo.

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!



**Are You A Tech Savvy Senior or Adult?
Do You Like Helping Others?
WE ARE LOOKING FOR YOU!!!**

**Join our Smart Share Mentor team and assist in training older adults on how to use their smart phone, tablet or laptop.
Come and make a difference with CPA!!**

**We are also looking for tech-savvy presenters...
Share your expertise with the community!**



**Contact Rebekah at 216.291.3902 ext. 333 or
coloursr@communitypartnershiponaging.org**



We probably don't say it enough but from the bottom of our hearts to your huge hearts, THANK YOU to each and every Community Partnership on Aging volunteer!

From the "smallest" to the "heaviest" opportunity or task, volunteers not only give their time, but also help save CPA money through their time.

In 2021, the value of just ONE hour of volunteer time is \$28.54! If for any reason you think that your time is not valuable, we're here to tell you otherwise. We appreciate you and value each and every one!



**CPA Café Services: call 216-970-0347
for all Lunch Box reservations and inquiries**



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

**CPA Community Meals: call 216-650-4029
for all frozen meal reservations and inquiries**

In case you haven't heard, indoor Community Meals at all CPA community center locations are canceled for the month of January. Beginning the first week of January we will switch to frozen meal-only service (5 frozen entrees with fruit, 5 milks, and 5 slices of bread) on the following schedule:

- Tuesdays: pick up at Lyndhurst Community Center (current enrollees only)
- Fridays: pick up at Highland Heights Community Center (for anyone not previously registered for pick up frozen meals)

Frozen Meal Reservation deadlines:

- January 4 for the week of January 10-14
- January 11 for the week of January 17-21
- January 18 for the week of January 24-28



Call 216-650-4029 for frozen meal reservations. Thanks for your patience and understanding!

THANK YOU to our December Giving Month All-Stars! *



Anonymous	Larry and Donna Grigas	Robin Rosner
Geneva Barkley	Stanley Grossman	Sandra Rubenstein
Roni and Elliott Berenson	Jane Jagels-Romeo	Mary Salomon
Jay and Carol Braden	Norma King	Jean Sebo
Lois Brisky	Susan Klaus	June Seech
Amanda Brown	Terry Kocevar	Linda Silver
Carrie Cence	Frank and Constance Koss	Marge Spanulo
Laura Christian Imbornoni	Don and Jean Lash	Gwendolyn Strayhan
Ann D'Amico	Nancy Lawler	Carolyn Sugiuchi
Anthony & Mary Ann D'Amico	Gerald and Peggy Loesch***	Rebecca Turner
Tyrone and Linda Drummer	Sally Luci	Pat Vaughn
Pauline Ettore	Diana Mann	Nikki Weisenbach
Nancy Fierle	Carmela Mastandrea	Ortrud Williams
Mary Jane Fulco	Gerry and Elly Matisoff	
Sherry Greenberg	Mayfield Heights J-Seniors**	
	Jean Nadeau	
	Pauline Nance	
	Nimble Needlers	
	Carol J Norton	
	Harvey Peters	
	Roslyn Pollock	
	Lou and Liz Radivoyevitch	
	Janet Reed	
	Carol Roenbaugh	

*As of December 23, 2021

**For the Safe at Home Program

***For the Rusty Seech Safe at Home Fund

Apologies for any inadvertent omissions!



We also don't say this enough and what better time than the New Year to recognize all of our city partners: the Mayors, Community Center Directors, Rec Departments, Service Departments, Police/Fire, IT Departments and everyone in between for everything you do for us not only at the holidays but all year long! You help put "community" in Community Partnership on Aging!

ANNOUNCEMENTS

Due to increased concern over the rise of COVID cases in our county, Community Partnership on Aging INDOOR lunches and programs are CANCELLED or will move to VIRTUAL or FROZEN MEALS for January. Please take a look at the calendar on pages 8 & 9 for more information. If you have any questions, please call 440-473-5138 (for program info) and 216-650-4029 (for lunch info/reservations).

CPA School of Technology

- Next up in January, ~~Android Basics on Tuesdays at 10:30 am~~ (Class postponed). Watch for more School of Tech classes at South Euclid-Lyndhurst Library coming soon! Let us know what Tech classes you'd like to see by emailing coloursr@communitypartnershiponaging.org.
- Our next round of CPA Connects 2 U is aimed to start in March thanks to funding from the Cleveland Clinic! If you or someone you know is interested, and eligible – give us a call at 440-473-5138 (see back page for details).
- The Advanced School of Tech Class: January 27 at 4 pm on Zoom



Call 216-291-3902 x 333 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 THESE PROJECTS LOOK FAMILIAR?

These are all projects that Volunteers assist CARE Members with. Available to homeowners, 60 and older. Call today to learn more about being a member so you can check some of these projects off your list! *No fee for income eligible.

YARD CARE

Yard Cleanup
Planting, Mulch
Raking
Trimming
Weeding

HOME EXTERIOR PROJECTS

Window Cleaning
House & Garage Exterior Cleaning
Garage Organizing & Cleanout
Furniture Placement, Sweeping
Minor Painting & Repairs



CALL 216-970-0599 or visit
www.careneo.org

Plugged-in Programming

Are you "plugged in"?



COMMUNITY
PARTNERSHIP
ON AGING

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

Inspiration Corner

**THE MEANING
OF LIFE
IS TO GIVE LIFE
MEANING.**

Viktor E. Frankl

©LPI

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 on ZOOM ONLY (NOT IN PERSON)

Call 440-473-5138 to sign up!

Cost: 2022 Annual Membership Dues: \$10

Next date: January 11 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.

January 2022

Monday	Tuesday	Wednesday	
3 No programs or lunches today!	4 11:30 Frozen Meal Pickup (LCC) 1:00 Guess the Country (FB) 3:00 Tasty Tuesday (FB)	5 9:00 Chair Yoga (Z)	6 10:30 Senior 1:00 Bingo (FB) 3:00 Mindfulness
10 8:45AM Monday Morning Meditation (FB) 7:00PM Movie Trivia (FB)	11 11:30 Frozen Meal Pickup (LCC) 2:00 Sippin' Society (Zoom) \$5 3:00 Tasty Tuesday (FB)	12 9:00 Chair Yoga (Z)	13 10:30 Senior 11:00 Flower 11:30 Lunch 3:00 Mindfulness
17 MLK CPA offices closed MARTIN LUTHER KING JR. DAY	18 11:30 Frozen Meal Pickup (LCC) 3:00 Tasty Tuesday (FB)	19 9:00 Chair Yoga (Z)	20 10:00 Produce 3:00 Mindfulness
24 8:45 Monday Morning Meditation (FB)	25 9:30 Foot Clinic - Spivack (LCC) 11:30 Frozen Meal Pickup (LCC) 3:00 Tasty Tuesday (FB) 7:00 CLE Trivia (FB)	26 9:00 Chair Yoga (Z) 12:30 Book Club (Z)	27 9:30 Foot Clinic 3:00 Mindfulness
31 8:45 Monday Morning Meditation (FB)	Location Addresses & Codes (LCC) = 1341 Parkview Dr., Lyndhurst (MH) = 6306 Marsol Rd., Mayfield Hts. (SE) = 1370 Victory Dr., South Euclid (HH) = 5827 Highland Rd., Highland Hts.		



Due to increased concern over the rise of COVID cases in our community, all Aging INDOOR lunches and programs are CANCELLED or will be replaced with MEALS for January. Please take a look at the calendar above for more details. If you have any questions, please call 440-473-5138 (for programs) and 216-650-4029 (for lunch info/frozen meal pickup).

Thursday	Friday
Exercise (SE) \$2/A (SE) Moment (Z)	7 11:30 Frozen Meal Pickup (HH)
Exercise (SE) \$2/A Bouquet Pickup (SE) Box \$5 (SE) Moment (Z)	14 11:30 Frozen Meal Pickup (HH)
 ce Plus (SE) Moment (Z)	21 11:30 Frozen Meal Pickup (HH)
Clinic - Whaley (SE) Moment (Z)	28 9:30 Foot Clinic - Whaley (HH) 11:30 Frozen Meal Pickup (HH)

(MV) = 6622 Wilson Mills Rd.
 (RH) = 26789 Highland Rd., Richmond Hts.
 (Z) = Zoom
 (FB) = Facebook
 (YT) = YouTube

county, Community Partnership on
 will move to VIRTUAL or FROZEN
 for more information. If you have any
 program info)
 al reservations).

Center Updates

In case you haven't heard, several of our community centers will be undergoing renovations (and in one case, a complete demolition!) beginning soon. Please watch this newsletter as well as our website, e-newsletter and social media sites for updates about this important information. Many of our program locations will have to change as a result so while it may result in some inconveniences, please know they are temporary but will be SO worth it when they are done!

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

No peeking! Answer to Sudoku

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



**“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, January 20

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.

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: 1/27
 - ◇ Highland Hts: 1/14, 1/28, 2/11, 2/25
- Appointments with Dr. Spivack (Lyndhurst only): Call 440-487-3947
 - ◇ Mayfield Hts: temporarily suspended
 - ◇ Lyndhurst: 1/25, 2/22, 3/22
- Appointments coming to Richmond Hts in Fall—more info TBA!

Foot Clinics with Dr. Whaley in Mayfield Village: For appointments with Dr. Whaley in Mayfield Village, call 440-919-2332.

Blood Pressure Checks (CANCELED FOR JANUARY):

- Highland Heights: 1st Friday of the Month at 11:00AM
- Richmond Heights: 2nd Monday of the Month at 11:00AM
- South Euclid: 3rd 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. Jan. 11 & 25 to Giant Eagle ▪ Wed., Jan. 12 & 26 to Wal-Mart ▪ Thurs. Jan. 13 & 27 to Marc’s

LYND & HH – Tues. Jan. 4, 18 & Feb. 1 to Giant Eagle ▪ Wed. Jan. 5, 19 & Feb. 2 to Wal-Mart ▪ Thurs. Jan. 6, 20 & Feb. 3 to Marc’s

MH/MV/RH – Tues., Jan. 4, 18 & Feb. 1 to Giant Eagle & Wal-Mart ▪ Friday, Jan. 14 & 28 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.

Tips and News from CPA's Social Work Team. Residents of CPA's cities can reach Social Work at 440-442-2626 ext. 244



Safety is a concern for all of us; however, with an increasing number of older adults living alone, it is important to be aware of measures to maintain safety both at home and while out in the community.

While in your home:

- ◆ Use deadbolts on doors and locks on windows, along with adequate lighting such as outdoor motion sensor lights, indoor lights on timers, and external cameras or video doorbell devices. Close drapes or blinds at night.
- ◆ Use an optical viewer and never open your door to an unsolicited contractor or stranger, even if they claim an emergency. Call the company to confirm the individual is meant to be there or 911 if you feel threatened in any way.
- ◆ If you arrive home and think someone may have entered, do not go indoors. Leave immediately and call 911, then wait for authorities at a neighbor's house or nearby business. Get to know your neighbors, and look out for each other!
- ◆ If an intruder enters while you are home, retreat to a locked room or hide. Call 911 and stay on the line until help arrives. A home security system or medical alert system can help deter break-ins and alert authorities.

In the community:

- ◆ Carry as few credit and identity cards as possible, and avoid carrying or displaying large amounts of cash. Keep your purse close to your body and never leave it in a shopping cart. Carry a cell phone but do not let it be a distraction from what is going on around you! Stay alert and aware of your surroundings.
- ◆ Avoid walking alone, especially after dark, and keep vehicle doors locked with valuables in the trunk when driving. Plan your route and have your keys ready when approaching your door.
- ◆ If your car breaks down or you are involved in an accident, pull as far over to the right as possible, raise the hood of the car to signal a breakdown, turn on emergency flashers and wait inside your locked vehicle until police arrive. Keep your gas tank filled and your car serviced.
- ◆ If you are threatened or attacked on the street, make as much noise as possible to draw attention to the situation and scare off the perpetrator. You can wear an alarm or whistle, but weapons are not advised as they can be used against you.

Practicing these crime prevention tips can greatly reduce the risk of becoming a victim and can lead to a greater sense of safety and well-being.

Falls by older adults are among the most serious of injuries! Each year an older Ohioan falls on average every 2 minutes, resulting in an injury every 5 minutes, a hospitalization every hour and 3 deaths per day. Additionally, many people keep their fall a secret and never tell their doctor or a family member for fear of further evaluation.

The Community Partnership on Aging Safe at Home Program was put in place not only to help prevent falls, but also to encourage safety and independence by residents in their homes. Community Partnership on Aging staff are available to offer options about how you can be safe in your home, or to discuss any of the Safe at Home Program components, including:

1. **Minor Home Modifications** - Examples include shower/bath grab bars, often for free or low-cost, depending on eligibility and COVID-related restrictions.
2. **Durable Medical Equipment Loan Program (COVID-related limitations may be in place)** - Community Partnership on Aging has a supply of new- or gently-used (and sanitized) assistive devices that are available at no cost to residents! Items include: canes, walkers, shower or bath chairs, bedside commodes and more (based on availability). Community Partnership on Aging also accepts donations of gently used items.
3. **Resources and information** about Medical Alert System buttons, home care and more, if desired.



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)
Tues., 1/4 at 1:00PM

Movie Trivia with Therese (FB)
On-site movies returning in 2022! Join Therese for Movie Trivia in the meantime! Mon., 1/10 at 7:00PM

Cleveland Trivia with Carolyn (FB)
Get a taste of Cleveland with Carolyn!
Tues., 1/25 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)

January 26 at 12:30PM on Zoom: The Invention of Wings by Sue Monk Kidd

Bingo



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

Canceled for January

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

ACCESS allows residents of Cuyahoga County the opportunity to receive certain CPA-hosted indoor 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. A list of ACCESS-eligible programs is below; check out the calendar on pages 8 & 9 to find out the day/time/location!

*Starting 1/1/22, there is an income guideline of 200% of the Federal Poverty Level. All current members will be grandfathered in.

Qi Gong
Tai Chi
Yoga
Chair Yoga
Senior Exercise



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.



JOIN US FOR A WALK INTO SPRING!

Men's + Women's Fashion Show & Tea

Sunday, April 24, 2022

more information coming soon



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 pm

January 18, 2022

Firehouse Subs – choice Sub sandwich: Turkey,
Ham, Italian or Tuna Salad with choice of Mac &
Cheese or Chili, & dessert.



Mobile Pantry Fresh FREE Produce

Richmond Heights Mayor 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, January 20
10:30AM - 1:30PM
447 Richmond Rd.,
Richmond Heights**

**Plans are already underway for GardenWalk South Euclid 2022: June 25 and 26th.
Mark your calendars!**

If you are interested in opening your garden for 2022, please send an email with your contact
information to contact@gardenwalksoutheuclid.com. Have questions? Contact Marge Koosed at
216-291-2774 or LAV5689@aol.com.



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.



Watch this space for programs with Mayfield Village!

**SCHULTE
MAHON-MURPHY**
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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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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!



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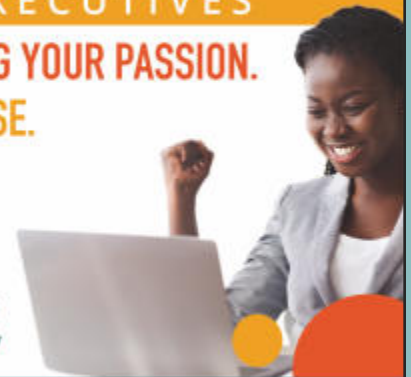
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For many years, CPA has been pleased to partner with AARP to provide free simple federal and state income tax preparation for seniors (60+) in our 6-city service area. This year, there is a slight change to the process. Please read the following info carefully!

Due to the continuing challenges with Covid-19, tax preparation will be done with limited in-person contact. Prior to the appointment, the client will receive a packet detailing what documents are needed to complete their return. On the day of the appointment, the client will drop off all tax documents at the community site to AARP tax preparers. The client will come back later the same day to review/sign the completed return and pick up their documents.

As of this printing, we will be making appointments for the following locations:

- ♦ **Tuesdays, February 15 thru April 5, 2022:**
South Euclid/Lyndhurst Branch of the Cuyahoga County Public Library
(NOTE SITE CHANGE)
1876 S. Green Rd., South Euclid 44121
- ♦ **Wednesdays, February 2 thru April 13, 2022:**
Lyndhurst Community Center
1341 Parkview Rd., Lyndhurst 44124
- ♦ **A THIRD SITE AND DATES STILL TO BE DETERMINED!**

AT THE TIME OF THIS PRINTING, appointments can be made by calling CPA at 216-291-3904, beginning on January 19, 2022 but please be aware things may change given the current circumstances.

Appointments are made on a rolling basis—we start with the first weeks of February and add weeks as appointments fill up. NO EXCEPTIONS. Also, for the month of February, preference will be given to residents of our 6-city service area. Keep up to date with any changes by checking out our Facebook page, our website or give us your email—we'll add you to our e-blast list!

Community Partnership on Aging is looking for you!



- Are you 60+ years of age?
- Do you reside in one of CPA's six service cities (Highland Hts., Lyndhurst, Mayfield Hts., Mayfield Village, Richmond Hts., or South Euclid)?
- Is your annual Income less than \$23,606 (household of 1 person – live alone) or less than \$31,894 (household of 2 people)
- You do not currently own a working computer (smart phone is ok)
- Would you like to receive a FREE laptop WITH training in exchange for ongoing participation?

If you can check YES to all of the qualifiers above, call us at 440-473-5138 for more info and /or to apply for CPA Connects 2 U!

