



COMMUNITY
PARTNERSHIP
ON AGING

February 2022

CPA Connections

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



In case you haven't heard, we wanted to let you know about the exciting plans coming up this year!

Beginning this month, 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.

(continued inside on pg. 11)

COMMUNITY
PARTNERSHIP
ON AGING

Giving Month 2021

Thanks again to everyone who donated to Community Partnership on Aging in December! Thanks to you we far exceeded our goal of raising \$3000; in fact, donations for ONE MONTH totaled \$4341. That's 144% over our goal! Every dollar goes directly toward programs and services for older adults. Our hearts are truly full!

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, 9:00AM 5:00PM

Email: contactus@communitypartnershiponaging.org

Web: www.communitypartnershiponaging.org

Reach CPA staff directly at the following numbers:

- **Social Work/Outreach:** 440-442-2626 x 244 (call for appointments)
- **Lyndhurst Office:** 440-473-5138. Hours: Mondays 9:00AM 3:00PM and Tuesdays 10:00AM 3:00PM
- **Lunch and Programs:** Refer to newsletter for specific details at this time
- **Donations and Sponsorships:** Call 216-291-0772



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

Phone: 216-291-3902 email: sattinw@communitypartnershiponaging.org



Wendy Albin Sattin

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.

Find us on these
Social Media sites



February is Heart Health month. Did you know that the health of your brain and your heart are connected? By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia because your heart pumps blood through vessels to every part of your body, including your brain. The more effective the pumping process, the better for your brain. According to the CDC, heart disease, stroke, and vascular dementia could be preventable.

Take steps to reduce your risk:

1. **Control your blood pressure.** Know your numbers by getting your blood pressure checked regularly. Scientists now know that having uncontrolled high blood pressure in midlife also raises your risk for dementia later in life.
2. **Eat healthy foods and limit alcohol.** Eat plenty of vegetables, fruits, whole grains, and low-fat dairy, and include seafood rich in omega-3 fatty acids (such as salmon) each week.
3. **Get diabetes under control.**
4. **Don't smoke.** Smoking is the leading cause of preventable death in the United States.
5. **Stay active.** Most of us don't get the 150 minutes of moderate-intensity activity per week the guidelines recommend.¹ Find ways to get your heart pumping for at least 150 minutes per week. Take

the stairs, schedule a walk at lunch, or park in a far spot at the community center.

February also means lots of moving around for CPA lunches and activities due to community center renovations and closings. The Ross DeJohn Community Center in Mayfield Heights and the South Euclid Community Center are primarily affected; here is a summary of the changes:

Monday: Programs and lunches resume at Richmond Heights and Lyndhurst beginning February 7.
Tuesday: Frozen entrée pickup continues at Lyndhurst.

Wednesday: Mayfield Heights and South Euclid lunches move to Highland Heights beginning February 9. Programs are relocated to numerous sites. Please check the calendar in the center of the newsletter for new program locations.

Thursday: No Change

Friday: Highland Heights lunches resume February 11. Mayfield Heights lunches will move to Highland Heights. Frozen lunch distribution at Highland Heights ends.

Got all that? Feel free to call the office at 216-291-3902 or email me with questions. Stay warm and healthy-

Wendy

VOLUNTEER SERVICES

Call 216-291-3902 for all volunteer inquiries

"The heart of a volunteer is not measured in size but by the depth of commitment to make a difference in the lives of others."
-DeAnn Hollis



Welcome to CPA's new Volunteer Coordinator,
Lauren Lanham!

CPA has a new Volunteer Coordinator, Lauren Lanham. Lauren joins CPA after working for the City of South Euclid, and is also pursuing her Masters of Public Health. Lauren is excited to begin work with CPA and work with our amazing community of volunteers. Reach Lauren at her email: lanhaml@communitypartnershiponaging.org or by calling her office line at 216-291-3903.

Are you looking for volunteer opportunities? Look no further!

Office Volunteers Needed!

Volunteers are needed in our South Euclid Community Center Office. We are looking for volunteers who would be interested in helping deliver newsletters, help with answering phones, and additional general office tasks. Please consider helping in our office! We are also looking for additional volunteers outside of the office so please reach out if you are interested in volunteering with CPA. **Contact Volunteer Services for more information: 216-291-3903 or lanhaml@communitypartnershiponaging.org**

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

Join CPA Connects as Smart Share Mentor team and assist in training other older adults on how to use their smart phone, tablet or laptop. We are also looking for individuals to present on tech-related educational topics. Come and make a difference with CPA!! **Contact Rebekah at 216.848.0595 or coloursr@communitypartnershiponaging.org**



Here are 10 reasons you should volunteer with Community Partnership on Aging!

1. You'll make an impact on the community
2. You'll learn new skills
3. You'll make meaningful connections
4. Explore new areas of interest
5. Helps to strengthen your resume
6. Help improve the lives of others
7. You'll have fun
8. You'll have new experiences
9. You can contribute to CPA's goals
10. You'll become a part of something bigger in your community!



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

THURSDAY, FEB. 10

Lunch Box

Tacos

Pick up at Highland Heights
Community Center
at 11:30AM
(note location!)
\$5 per person

Deadline to order:
Monday, February 7 at
12:00PM

THURSDAY, FEB. 24

Lunch Box

Tuna Salad Sandwich

Pick up at Highland Heights
Community Center
at 11:30AM
(note location!)
\$5 per person

Deadline to order:
Monday, February 21 at
12:00PM

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

Beginning the first week of February (Feb. 7-11) we will switch back to indoor Community Meals! Contact CPA staff for Community Meal questions and reservations: 216-650-4029.

Community Meal schedule (please note locations!)

- Mondays: Richmond Heights Kiwanis Hall or Lyndhurst Community Center
- Wednesdays: Highland Heights Community Center
- Fridays: Highland Heights Community Center

Frozen Meals will still be available for those who prefer:

- Tuesdays at Lyndhurst Community Center only

Call 216-650-4029 for Community Meal and Frozen Meal reservations. Thanks for your patience and understanding!

BONUS: stay tuned for info about an upcoming St. Patty's Day pick up meal!



CPA CELEBRATES BLACK HISTORY MONTH

The CPA Diversity Committee has shared with us just a few of the pictures and the stories behind the faces, of Black Americans that have made significant contributions to our society. In the month of February, we celebrate the achievements and contributions of and ask you to please take this time to celebrate the remarkable Heritage of Black Americans!

Right: Ruby Bridges (1954 -)

Bridges probably had no idea that the bold act she committed in 1960 would set off a chain reaction leading to the integration of schools in the South. She was just six years old when she became the first African American student to attend William Frantz Elementary in Louisiana at the height of desegregation. She is now the chair of the Ruby Bridges Foundation, which was formed in 1999 to promote "the values of tolerance, respect, and appreciation of all differences."

Below, left to right:

Dorothy Height (1912 - 2010)

Hailed the "godmother of the women's movement," Height used her background in education and social work to advance women's rights. She was a leader in the Young Women's Christian Association (YWCA) and the president of the National Council of Negro Women (NCNW) for more than 40 years. She was also among the few women present at the 1963 March on Washington, where Dr. King delivered his famous "I Have a Dream" speech.

Robert Sengstacke Abbott (1870 - 1940)

Without Abbott's creative vision, many of the Black publications of today—such as Ebony, Essence, Black Enterprise, and Upscale—wouldn't exist. In 1905, Abbott founded the Chicago Defender weekly newspaper. The paper originally started out as a four-page pamphlet, increasing its circulation with every edition. Abbott and his newspaper played an integral part in encouraging African Americans to migrate from the South for better economic opportunities.

Claudette Colvin (1939 -)

Before Rosa Parks refused to give up her seat on a bus in Montgomery, Alabama in 1955, there was a brave 15-year-old who chose not to sit at the back of the bus. That young girl was Colvin. Touting her constitutional rights to remain seated near the



Ruby Bridges

middle of the vehicle, Colvin challenged the driver and was subsequently arrested. She was the first woman to be detained for her resistance. However, her story isn't nearly as well-known as Parks'.



Dorothy Height



Robert Sengstacke Abbott



Claudette Colvin

VIRTUAL PROGRAMMING & CPA CONNECTS TECH CLASSES

Are you "Plugged in?" — www.facebook.com/groups/cpapluggedinprogramming



CPA Connects is a program of Community Partnership on Aging. The goal of the program is to help older adults get and stay connected to each other, to loved ones (and to CPA!) through technology. This is accomplished through School of Tech classes and mentoring and, depending on eligibility and availability, by providing equipment and/or connectivity (CPA Connects 2 U).

Our next round of **CPA Connects 2 U** will start in late March thanks to funding from the Cleveland Clinic! If you or someone you know is interested, and eligible - give us a call (see back page for details).

Watch for upcoming **School of Tech** classes to be held at South Euclid Lyndhurst library in the coming months. Our next **Tech Talk** is Wednesday, February 16th at 3:00 pm held on Zoom.

Call Rebekah at 216-848-0595 with questions and/or to register.

Facebook (FB) Programs

- Monday Morning Meditation - every Mon. at 8:45 AM
- Mental Stretch - every Mon. at 3 PM)
- Tasty Tuesday - every Tues. at 3 PM
- Trivia:
 - World Trivia (1st Tues. at 1 PM)
 - Movie Trivia (2nd Mon. at 7 PM)
 - Cleveland Trivia (4th Tues. at 7 PM)

Call Carolyn at 440-473-5138 with questions and/or to register for programs on Zoom and Facebook

Zoom (Z) Programs

- Chair Yoga w/ Cynthia - every Weds. at 9 AM
- Link up 4 Lunch - 1st Weds. at 12 PM
- Mindful Moment - every Thurs. at 3 PM
- Ms. Colours' Coloring Club - 1st Fri. at 3 PM
- Book Club - the last Weds. of the month at 12:30 PM (2/23: The Island of Sea Women by Lisa Sea)
- The Sippin' Society - monthly Tea Club meets on the 2nd Tuesday at 3 PM on Zoom and/or at the Mayfield Village Community Room
 - annual dues of \$10

- Check out CPA's **YouTube** channel for past recordings of virtual exercise classes, art demos, and educational presentations.

- Check out the **Greater Cleveland Neighborhood Centers Association IConnect (IC)** virtual programs - contact De'Neitra at 216-298-4440.

IN-PERSON PROGRAMMING

In & around our communities

Foot Clinics

- Appointments w/ Dr. Whaley:
Call 216-229-0292
- Highland Heights: 2/25, 3/4, 3/18, 4/8
- South Euclid: 3/24, 4/28, 5/5
- Mayfield Village: Call 440-919-2332.

- Appointments w/ Dr. Spivack:
Call 440-487-3947
- Lyndhurst: 2/22, 3/22, 4/26

Blood Pressure Clinics (suspended for Feb.)

- Highland Heights: 1st Friday at 11 AM
- Richmond Heights: 2nd Monday at 11 AM
- South Euclid: 3rd Wednesday at 11 AM

Renovations & Relocating:

While the renovations are underway in South Euclid and Mayfield Hts. we will be relocating the following programs:

- Wednesday Programs moving to Highland Hts. Community Center:

- Senior Exercise in February & March
- Community Meals
- Yoga w/ Sue

- Friday Programs moving to Highland Hts. Community Center:

- Intermediate Line Dancing

- Friday Programs moving to Mayfield Village Community Room:

- Nimble Needlers Knitting Group
- Chair Yoga w/ Cynthia

Coming Soon

- Beginner Line Dancing
- Craft Classes
- Cardio Drumming
- Speaker Series
- School of Tech classes
- Matter of Balance
- Brainercize
- Bingo




In-Person Programs

- Physical: Qi Gong, Tai Chi, Senior Exercise, Yoga, Line Dancing, and Chair Yoga
- Cognitive: Games, Knitting, Woodcarving, & more!

See the calendar for days & times!



FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY
	<p>1</p> <p>11:30 Frozen Meal Pickup (LCC) 1:00 Guess the Country (FB) 3:00 Tasty Tuesday (FB)</p>	<p>2</p> <p>9:00 Chair Yoga (Z) 12:00 Link Up 4 Lunch (Z) 3:00 Virtual Tours (IC)</p>
<p>7</p> <p>8:45 Monday Morning Meditation (FB) 9:30 Qi Gong (LCC) \$4/A 10:45 Tai Chi (RH) \$4/A 11:00 Green Thumb (IC) 11:45 Community Meal (LCC/RH) 3:00 Mental Stretch (FB)</p>	<p>8</p> <p>10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 2:00 Sippin' Society (MV/Z) 3:00 Tasty Tuesday (FB)</p>	<p>9</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal (HH) 1:00 Yoga (HH) \$5/A 3:00 Virtual Tours (IC)</p>
<p>14</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) 3:00 Mental Stretch (FB) 7:00 Movie Trivia (FB)</p>	<p>15</p> <p>10:30 Stretch Video (LCC) 11:30 Frozen Meal Pickup (LCC) 12:30 Scrabble (LCC) 12:30 Pinochle (LCC) 3:00 Tasty Tuesday (FB)</p>	<p>16</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal (HH) 1:00 Yoga (HH) \$5/A 3:00 Tech Talk (Z) 3:00 Virtual Tours (IC)</p>
<p>21</p>  <p>No meals or programs today</p>	<p>22</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) 3:00 Tasty Tuesday (FB) 7:00 Cleveland Trivia (FB)</p>	<p>23</p> <p>9:00 Chair Yoga (Z) 10:30 Senior Exercise (HH) \$2/A 11:45 Community Meal (HH) 12:30 Book Club (Z) 1:00 Yoga (HH) \$5/A 3:00 Virtual Tours (IC)</p>
<p>28</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) 3:00 Mental Stretch (FB)</p>		

FEBRUARY 2022

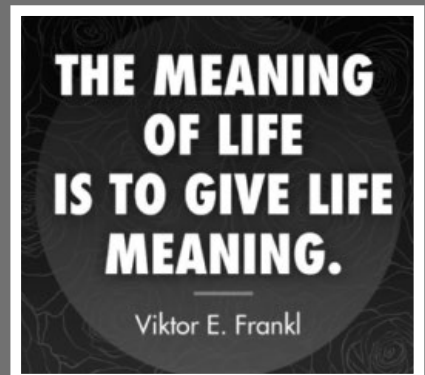
THURSDAY	FRIDAY
3 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 3:00 Mindful Moment (Z)	4 11:30 Frozen Meal Pickup (HH) 3:00 Ms. Colours' Coloring Club (Z) 4:00 This is Cleveland (IC)
10 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 11:00 Flower Bouquet Pickup (SE) 11:30 Lunch Box (HH) \$5 3:00 Mindful Moment (Z)	11 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nimble Needlers (MV) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal (HH)
17 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 10:00 Produce Plus (LCC) 3:00 Mindful Moment (Z)	18 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nimble Needlers (MV) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal (HH)
24 9:30 Walk N' Talk (IC) 10:30 Live Classical Piano (IC) 11:30 Lunch Box (HH) \$5 3:00 Mindful Moment (Z)	25 9:00 Foot Clinic - Whaley (HH) 9:30 Woodcarving (HH) 9:30 Int. Line Dancing (HH) \$5/A 10:00 Nimble Needlers (MV) 10:30 Arthritis Exercise Video (HH) 11:00 Chair Yoga (MV) \$5/A 11:45 Community Meal (HH)

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

When you arrive at a CPA program site, you will be asked to sign in, to sign our COVID waiver (if you haven't already), and three basic COVID screening questions. If you don't have a mask, one will be provided for you. CPA requires that all staff and participants mask when with others with the exception of active exercising or eating and drinking while observing social distancing.

Please continue to practice good personal hygiene and use your best judgment as far as what is best for you.

If you need assistance, don't hesitate to give us a call! 216-291-3902



CARE PROGRAM

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

The CARE program is offered to support homeowners wishing to remain in their own homes as they age. The benefits to CARE Membership are available to eligible clients in Highland Heights, Lyndhurst, Maple Heights, Mayfield Heights, Mayfield Village, Richmond Heights, Solon and South Euclid, for a nominal annual fee. Do you need help with any of the projects listed here? Give CARE a call!



DO THESE PROJECTS LOOK FAMILIAR?

<p><u>Yard Care</u></p> <p>Yard Cleanup Planting, Mulch Raking Trimming Weeding</p>	<p><u>Home Exterior Projects</u></p> <p>Window Cleaning House & Garage Exterior Cleaning Garage Organizing & Cleanout Furniture Placement, Sweeping Minor Painting & Repairs</p>
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TRANSPORTATION WITH STC

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.



February 2022 Group Shopping Trips:

GROUP SHOPPING TRIPS SCHEDULE (Trips subject to change)

SE – Tues., Feb. 8 & 22 to Giant Eagle □ Wed., Feb. 9 & 23 to Wal-Mart □ Thurs. Feb. 10 & 24 to Marc’s
LYND & HH – Tues. Feb. 1, 15 & March 1 to Giant Eagle □ Wed. Feb. 2, 16 & March 2 to Wal-Mart □ Thurs. Feb. 3, 17 & March 3 to Marc’s
MH/MV/RH – Tues., Feb. 1, 15 & March 1 to Giant Eagle & Wal-Mart □ Friday, Feb. 11 & 25 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.

AS WE EXPRESS
OUR GRATITUDE,
WE MUST NEVER
FORGET THAT
THE HIGHEST
APPRECIATION IS
NOT TO UTTER THE
WORDS, BUT TO
LIVE BY THEM.

- John F. Kennedy

©LPI

Thank You!

Louise Abrams
Marcia and John Burke
James and Carol Dayton
Julie Grida
Barbara Henderson
Cheryl Kennedy
Rich and Melanie Kutnick
Deepak Mathur
Judy Ryan*
Sandra Sachs
Delores Sierputowski
Carol Spero
Georgine and Carter Welo**
Sheldon Wernick

Donations as of January 21

*For the Rusty Seech Safe at Home Fund

**To the Community Partnership Foundation

UNDER CONSTRUCTION

©LPI

Continued from front page

Monday: Programs and lunches resume at Richmond Heights and Lyndhurst beginning February 7.

Tuesday: Frozen entrée pickup continues at Lyndhurst.

Wednesday: Mayfield Heights and South Euclid lunches move to Highland Heights beginning February 9.

Thursday: No Change

Friday: Highland Heights lunches resume February 11. Mayfield Heights lunches will move to Highland Heights. Frozen lunch distribution at Highland Heights ends.

Programs are relocated to numerous sites. Please check the calendar on pages 8 & 9 for

new program locations.

Produce Plus will move to Lyndhurst Community Center (same date and time)

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.

AREA FOOD ASSISTANCE PROGRAMS

Community Partnership on Aging Produce Plus

Drive thru to pick up a bag of produce!

****Lyndhurst Community Center****

1341 Parkview Dr.

Thursday, February 17

****Line up on E. Farnhurst Rd (off of
Richmond Rd.)****

beginning at 10:00AM (while supplies last)

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.



Produce Plus will move to Lyndhurst Community Center while South Euclid Community Center is being renovated

Richmond Heights 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, February 17

10:30AM - 1:30PM

447 Richmond Rd.,

Richmond Heights

Other local Food Pantries Call each pantry directly for information

SOUTH EUCLID UNITED CHURCH OF CHRIST

FOOD PANTRY

4217 Bluestone Rd.

South Euclid, OH 44121

216-658-4263

HEIGHTS EMERGENCY FOOD CENTER

3663 Mayfield Road

Cleveland, OH 44121

216-381-0707

CLEVELAND KOSHER FOOD PANTRY

2004 South Green Road

South Euclid, OH 44121

216-382-7202

OUR SAVIOR LUTHERAN CHURCH

2154 SOM Center Rd.

Mayfield Heights, OH 44124

440-442-4455

SPB HELPING HANDS FOOD PANTRY

5384 Wilson Mills Rd.

Highland Heights, OH 44143

440-336-6195



Hillcrest Meals on Wheels

"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.

CITY EVENTS AND PROGRAMS



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.

Meal with Piccolo:

Tuesday, February 1:

Italian Meatloaf, risotto, green beans, bread + butter. \$12/meal

Tuesday, March 1:

Chicken Parmesan with cavatelli marinara + salad + bread. \$12/meal

Mah Jongg: Every Monday, 1:00-4:00 p.m.; Free

Cards: Every Thursdays from 1:00-4:00 p.m., Free



Programs with Mayfield Heights Parks and Rec Department

Drive-up Dinner

Open to those 60+ years and older.

\$7.00 per person 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

February 15: Piccolo

Lemon Chicken, Cavatelli with Marinara, salad, bread & dessert

registration for MH residents is open; non-resident registration opens Feb. 2. Deadline for all registrations is Feb. 10. Call 440-442-2627 to register.

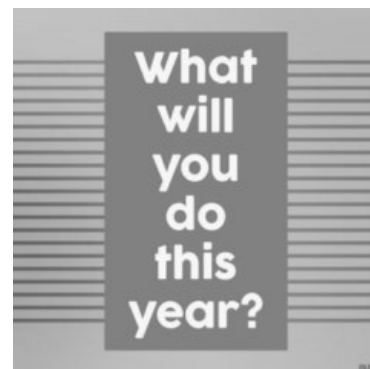


Highland Heights Seniors Welcome All "A Walk Into Spring" Tea and Fashion Show Sunday, April 24 at 1:00PM Highland Heights Community Center

Tickets are \$40.00 per person (\$25.00 per person - 12 and under)

This year the fashion show features Men's Fashions plus Women's Fashion by J Jill, along with a wonderful assortment of sweets and savory treats provided by Quintealia's Tea Room!

The Auction - Raffle is packed with an array of Fabulous gift baskets for



Here are the Top 10 New Year's Resolutions for 2022. What will you do this year?

- Lose weight.
- Eat healthier or change diet.
- Get fitter and take more exercise.
- Spend more time with family and friends.
- Be more aware and take care of mental health.
- Sort out finances and cut back spending.
- Travel more.
- Take up a new hobby, sport or other interest.

the young and old, and Highland Heights Garden Club will share their talents and crafts, herbs and plants. Attendees will have the chance to win many wonderful door prizes and special extras.

Information - Call Mary Velotta at 440-461-2441 for reservations

**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



GG 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
GreaterCleveland.ComfortKeepers.com
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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.

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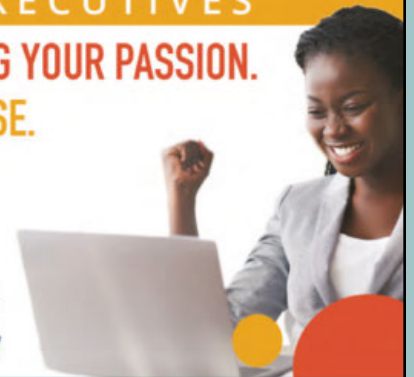
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For many years, CPA has been pleased to partner with AARP to provide free simple federal and state income tax preparation for seniors (60+) in our 6-city service area. This year, there is a slight change to the process. Please read the following info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

Due to the continuing challenges with Covid-19, tax preparation will be done with limited in-person contact. Prior to the appointment, each 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. We will be making appointments for the following locations:

Tuesdays, February 22 thru April 5, 2022:

South Euclid/Lyndhurst Branch of the Cuyahoga County Public Library
1876 S. Green Rd., South Euclid 44121

Wednesdays, February 2 thru April 13, 2022:

Lyndhurst Community Center
1341 Parkview Rd., Lyndhurst 44124

Thursdays: February 10 thru April 14, 2022:

Mayfield Branch of the Cuyahoga County Public Library
500 SOM Center Rd., Mayfield Village 44143



We are currently making appointments by calling 216-291-3904. 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.

**CPA Connects 2 U
Spring 2022**



- 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)
- Income < \$23,828/yr. or \$1,986/mo. (household of 1 – live alone) or
< \$32,227/yr. or \$2,686/mo. (household of 2)
- 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 and feedback?



**If you can check YES to the qualifiers above,
call 216-848-0595 for more info and/or to apply
for CPA Connects 2 U! Hurry, call by 2/18!**