

Lillian Levine is Making a Difference!

Highlights from the successful aging journey of someone from the Fairhill campus. Someone adapting to change, enjoying relationships, and living life with purpose and joy! Know someone who fits the bill? Email Lydia at lbohm@fairhillcenter.org with your favorite successful ager.

"I didn't want to just stuff envelopes," Lillian Levine said when she retired eight years ago. Jim Wallace (profiled previously) introduced Lillian to Stephanie FallCreek, Fairhill CEO. Lillian tried out the Computer Learning Center, worked with Michael Gathercole purchasing assistive technology for the School for Caregivers and then decided she wanted to help people age successfully in hands-on ways.



First, Lillian took courses in teaching individuals how to improve physical balance and became one of Fairhill's three Master Trainers for *A Matter of Balance*, a nationally recognized program. Now Lillian trains students to exercise and improve muscular control, balance and flexibility. Classes are full of real life ways to create a safer home - like installing grab bars and eliminating stumbling dangers. "Graduates may still fall," Lillian said, "but they are more confident and know how to get help." Each *A Matter of Balance* class has 12 to 15 students, and by the end of 2008 about 160 students will take the course.

Lillian went to Stanford University to learn ways to enable people suffering from chronic diseases to manage independent lives. She is also a certified trainer for Fairhill's Chronic Disease Self-Management program. A Master's degree in Library Science, and career with the Allen Memorial Medical Library at Case Western Reserve University were only the beginning!

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