

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 Sue at sgrant@fairhillpartners.org with your favorite successful ager.

Frederick Hardman Lives By His Motto: “Stay and Don’t quit!”

by Karen McKeehan

“If you stay in class and don’t quit, I guarantee you’ll learn something,” Frederick Hardman told the Computer Learning Center students he was coaching. Some students felt the computer was “*too much*” for them and that they’d never learn, so he told them how he paid \$3,000 for a computer and then threw it because he got so frustrated. The advice worked; one of his students now coaches at the CLC.

“Stay and don’t quit” could be a motto for Frederick’s life. An avid bicyclist, he first got into cycling when a friend had a heart attack and both of them decided to get in shape together. Starting by riding 10 minutes and then resting, he built up strength to ride from San Francisco to Los Angeles and across Death Valley, among other places.

When he moved back to Cleveland five years ago, Frederick started his own business, but then started feeling tired all the time. His wife made an appointment for him to see a doctor, who sent him to the emergency room because “*my kidneys were gone.*” After a three-month stay in the hospital, he was able to return home, but still needs dialysis four hours a day, three times a week.

After feeling sorry for himself for a brief time, Frederick got back on his bicycle, starting by riding 10 minutes and building up to where he can ride many miles at a stretch. He couldn’t work full time, so looked for a place to volunteer, and Fairhill was close to home. He started by taking several Computer Learning Center classes, then asked Tom Cerjak how he could help. His coaching philosophy is, “*Whatever you’ve learned, try to pass it on to someone else – that’s how you know you’ve learned.*”

“*We teach people as adults,*” he said. “*We help them see there’s nothing they can’t do.*”

