

Fairhill Partners Annual Report—2011

“My classes are always amazed at our exercise program which extends our range of motion.” - Judith Fisher, **A Matter of Balance (MOB)** coach. Fairhill provided MOB classes to 296 older adults.

Chronic Disease Self Management (CDSM) teaches techniques to manage chronic disease. Almost 400 people took CDSM or the related **Diabetes Self-Management**.

“I love that Fairhill offers programs for grandparents, in particular, grandmothers. The Ladies’ Night Out event is a great program that helps remind grandmothers that we need to take care of ourselves,” - **Kinship Services** participant. Kinship Services provided 66 older kinship caregivers support, and education and fun for 251 children.

“Fairhill was a Godsend to me. I never would have survived in a normal shelter situation” - Former **Senior Guest House (SGH)** resident. We provided 48 homeless older persons with temporary housing and a fresh start.

Caregiver Services assisted 55 family caregivers with support and resources.

“I learned how to put pictures on the computer, make a file, email pictures, order, crop – so many wonderful things,” – Basic Digital Photography student. Nearly 200 **Computer Learning Center students** learned about basic computer skills, applications employers need, digital photography and eBay transactions.

“I sent my best friend’s mother up here to get some help from **Access Your Benefits (AYB)**.” “She was so excited that she qualified for several programs and has thanked me several times.” Over 300 people benefited from AYB screening.

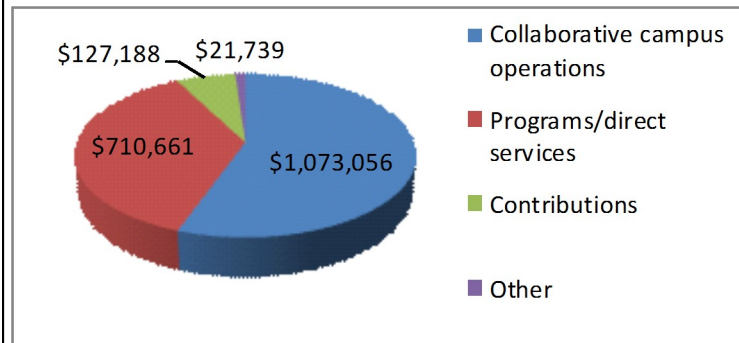
See more stories on the back!

Fairhill Partners is a nonprofit corporation recognized under Section 501 (c) (3) of the Internal Revenue Code. Fairhill depends on gifts, grants and contributions as a critical source of funding for its programs and services.

In 2011, Fairhill Partners’ financial condition improved. Total unrestricted revenue came in at \$1,932,644, up from \$1,765,592 the previous year, and total net assets increased from \$3,174,185 at the beginning of 2011 to \$3,261,186 by year end.

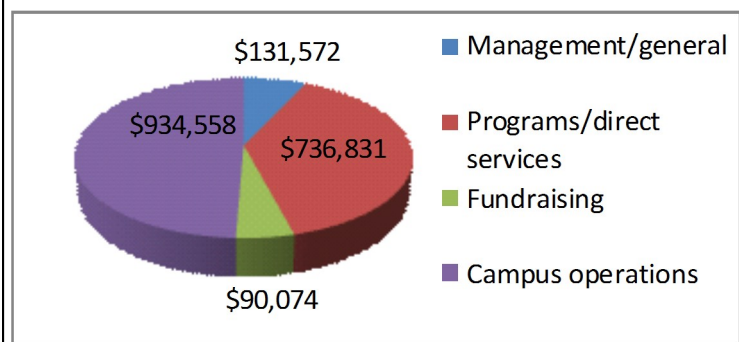
Thanks to the prudent allocation of financial and volunteer contributions, \$1.67 million or 88 percent of our expenses went to providing a collaborative campus, and social, health, research, and educational services for older adults and intergenerational groups. Invested net capital additions to the property and equipment totaled \$242,838. In addition, unpaid staff donated services with an estimated value of \$627,835.

Fairhill Partners 2011 Income



Unrestricted revenue total \$1,932,644. Campus operations are nonprofit.

Fairhill Partners 2011 Expenses



Expense total \$1,893,035. Campus operations are nonprofit.

Woman finds help and learns to trust at Fairhill

Ms. H., 76, was living on her porch, using kerosene heaters, after her utilities had been turned off and her house condemned. Having lived there for more than 30 years, she didn't want to move, despite repeated visits from the City of Cleveland Department of Aging offering assistance. As winter approached, the situation became urgent and city staff called on Stacey Rokoff, Fairhill's Associate Director, for help convincing Mrs. H. that the Senior Guest House was a safe and worthy place to go.

When Ms. H. arrived at the Senior Guest House, she had no income. She had never applied for Social Security – like many older adults, she didn't trust the government. On Ms. H.'s second day there, Ms. Rokoff again met with her to talk about doing the right thing. Counting on growing

trust between them, she informed Mrs. H., "everyone who comes to the Guest House has to have a benefits check-up. Once you know if you are eligible, you can decide to apply or not."

Ms. H. looked at her, and said, "If you think it's okay, I'll do it."

A trip to the Social Security office got her \$6,000 in back pay and \$1,150 in monthly income. Fairhill's staff helped her make arrangements to pay her delinquent utility bills, set up a checking account, and, four months later, helped her find a new permanent home.

"Some people are afraid that if they sign up for a benefit, something else will be taken away," Ms. Rokoff said. "After too many experiences where trust was betrayed, we want them to learn they can trust Fairhill to give them accurate information."

Matter of Balance "energizes us to new beginnings"

"Every class and each participant has a different story," says Program Associate Judith Fisher, lead facilitator for A Matter of Balance (MOB).

A woman who loved to go to the theatre, orchestra and ballet no longer attended. She was an elegant woman who was always dressed in style, but due to her age, she felt that she no longer could wear high heels and just would not feel appropriately dressed without them. Ms. Fisher led the group in a problem-solving exercise: "We easily convinced her to wear the new fashionable kitten heels and attend all the concerts in confidence!"

"My classes are always amazed at our exercise program which extends our range of motion," Ms. Fisher said. "This makes so much difference in our ability to prevent a fall. Many have shared the program with their physical therapists and physicians, who are delighted and support our program."

A daughter brought her mother, who was in the beginning stage of Alzheimer's disease, but was concerned that her mother would not be able to participate. The daughter thought it would be best to drop out, but Ms. Fisher encouraged her to stay in the group, saying, "Even if your Mom doesn't participate, just being around people will

be good for her." When the exercises began, the older woman began to participate very slowly. At the last class the daughter could not thank everyone enough for the experience and told the class that every evening she and her mother would do some of the exercises together. It was their special time.



Fairhill has trained a group of people who coach Matter of Balance programs all over a five-county region, in community centers, clinics, and anywhere there's a need. "With losses of our loved ones and friends it is time to develop new networks," Ms. Fisher said, noting that, "Many times participants that live in the same complex had never met. How wonderful to see this bonding and know that after eight weeks they are a team that will be there for each other long after the class."

Ms. Fisher continues to have enthusiasm for the program and keeps reminding people why it's worthwhile. "The more inactivity that creeps into your life is making you more vulnerable to the possibility of a fall. Falling is not a natural part of getting older and falls can be prevented. Thinking smart – moving slow – thinking positive and finding new venues can continue to safely energize us to new beginnings and happy tomorrows. I may be their Coach in the program but they teach and inspire me every day."