



Cleveland corporations make a difference at Fairhill

“We are so blessed to have support from such remarkable corporate partners,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO, after reflecting on gifts of items and time provided by generous corporate employees in 2011.

In April, 20 young people from City Year Cleveland spent an afternoon at Fairhill, getting the grounds ready for spring. They weeded and mulched the flower beds, and raked some old leaves. “That was my first opportunity to coordinate a service day,” said Kathy McNally, Senior Administrative Assistant, “and was I ever impressed. They got a lot done.”

In May, more than 300 technical professionals from Sherwin-Williams’ Paint and Coatings Division, Breen Technology Center painted the Senior Guest House and The Intergenerational School (TIS), conducted science experiments with TIS students, tabulated hundreds of program evaluation forms, and completed other maintenance, marketing and administrative tasks. They donated household items for Kinship families and SGH residents making a new start and raised \$3,005 to support the Campaign for Kinship Village.

“The team that tabulated evaluations and marketed our programs online was awesome,” said Karen McKeenan, Special Projects Manager. “They did some work we wouldn’t have been able to do otherwise. The entire staff wants to thank Mike Vetrick and his team for this day.”

A host of volunteers from Key Bank joined in the fun in June, including Fairhill Partners Board member, Andy Murphy. These volunteers completed several landscaping projects, and

helped prepare for future Kinship Village construction work by remodeling a ramp.

“Community service is a significant part of creating a vibrant community,” Murphy said. “I think it’s important for organizations like Key Bank and Fairhill Partners to work together to accomplish a goal, while creating awareness of each others’ part in the community.”

A team from Bank of America spent an afternoon in June pulling up floorboards in Building 6, the first phase of Kinship Village. “They achieved more than I expected or hoped they would,” said Michael Gathercole, Associate Director. Bank of America team members also helped with administrative tasks.

Fairhill’s Kinship Kids want to thank Mike Nagy and the Lubrizol team for putting in almost a 15-hour day to apply a new roof to the pavilion on Lubrizol Building Bonds day. Another 80 Lubrizol
See **Corporate Gifts**, page 4



News and Notes

Chairman's Corner

By Kevin K. Johnson



Thank you for supporting Fairhill's Annual Fund!

Over the past year Fairhill Partners has been recognized a number of times for the important services that we deliver through our dedicated paid and unpaid staff. The Cleveland Plain Dealer and a number of local television stations have been onsite to interview our staff and participants, and showcase us in our local media. Fairhill Partners appreciates the recognition and we also appreciate the many individual donors, board members, corporations, and private foundations who contributed to our Annual Fund in 2010. **Look for the complete list of those who gave in this newsletter.**

Whether you sent cash or a check, granted us money through a foundation or corporation, or attended the 2010 Uptown Hoedown, thank you!

The Annual Fund works in many different ways to provide older adults with opportunities for lifelong learning, intergenerational relationships, and successful aging:

Fairhill Partners and the City of Cleveland

Department of Aging collaborate to provide the community's only transitional housing dedicated to displaced seniors.

Fairhill Partners is designated by Western Reserve Area Agency on Aging to lead the effort to bring Evidence-Based Health Promotion, including Stanford's nationally acknowledged Chronic Disease Self Management program, to older persons in Cuyahoga, Geauga, Lake, Lorain and Medina counties.

Fairhill Partners serves as one of six regional Benefit Enrollment Centers for older adults and individuals with disabilities.

Fairhill Partners is nationally recognized for its boiler room to boardroom engagement of volunteers.

Fairhill Partners is a multi-tenant non-profit campus that serves as home to over 30 organizations.

At Fairhill Partners, we understand that people have choices for successful aging. Fairhill helps them make good choices. Thank you for your 2010 support. We hope you will help us again in this year. Return the gift card enclosed with this newsletter, visit the website

(www.fairhillpartners.org) to donate online, or stop in (12200 Fairhill Rd., Cleveland, OH 44120) to become a volunteer. Gifts of stock also are welcome. Please consider a simple bequest in your will.

Medicare highlights health promotion in new coverage

In addition to the Initial Preventive Physical Examination (which was added in 2005 to coverage for new Medicare enrollees in the first six months of coverage), Medicare has added (with no coinsurance or deductible) an Annual Wellness Visit every 12 months after the Initial Preventive Physical Examination.

The initial annual wellness visit includes routine measurements such as height, weight, blood pressure, body mass index; review of medical and family history; establishing a list of current providers, suppliers and medications; personal risk assessment; review of functional ability and level of safety; detection of any cognitive impairment; screening for depression, establishing a schedule for future screening and preventive services; and any other advice or referral services that may help intervene and treat potential health risks.

Subsequent annual wellness visits include measurements; updates to medical and family history; updates to the list of providers, suppliers and medications; review of the personal risk assessment; detection of any cognitive impairment; updated screening schedule; and review and update to referral services.

Covering an Annual Wellness visit is a new benefit for Medicare. Medicare enrollees who have never had an Initial Preventive Physical Examination still can get a free Annual Wellness Visit if Part B has been effective for 12 months.

“It’s the people,” say Fairhill’s new paid staff members

Sylvia Martin, Kathy McNally, Denise Dillard-Taylor, and Nicky Ott, Fairhill’s newest paid staff members, have different backgrounds and different positions. One thing they have in common is an appreciation of the people associated with Fairhill Partners.

Ms. Martin, Finance Associate, has many years’ experience in medical claims processing, and has been with Fairhill since March. She has been an invaluable asset as we transition the Finance Director position. “This is a very nice, comfortable environment to work in,” she said. “The people make the difference.”

Ms. McNally, Senior Administrative Assistant, joined Fairhill in January and many people already have noticed her organizational skills, particularly when it comes to making sure everything runs smoothly at a corporate service day. “I love the people at Fairhill. I love that my job’s different every day,” she said, adding, “it’s been an empowering experience to learn something new after having been in education and child care.”

Denise Dillard-Taylor, Program Associate, came to Fairhill as a volunteer last October, working with Senior Guest House residents. She’s been a paid staff member since March. “I really enjoy working with the adults in the Senior Guest House,” she said. “I look forward to the challenges. Every day there’s something



New staff members Sylvia Martin, Kathy McNally, Denise Dillard-Taylor, and Nicky Ott enjoy a summer day at Fairhill.

different. And I like the camaraderie of the staff.”

Nicky Ott, Program Facilitator, joined Fairhill last fall as a student intern. After working in caregiving and kinship services for several months, she got her master’s degree, social work license, and now is working full time with family and kinship caregivers, as well as teens in the Teen Leadership Program. See her article on the exciting things planned for caregivers in this newsletter. “I like the large variety of different backgrounds of the people who work here, and the diversity of the paid and unpaid staff,” she said.

Welcome to our new tenant partners!

Case Western Reserve University (B-421-B-413, B-411) *Lee Hoffer, PH.D., MPE, Executive Director; (216) 368-2631, www.case.edu/artsci/anth/hoffer* Dr. Hoffer’s research group conducts community-based research studies on drug addiction. Research on these projects takes place at field offices in Cleveland and Akron. Fairhill serves as the management center for these activities.

Joseph Law Services (C-247)
Brett R. Joseph, Esq.; (216) 421-1350, ext. 5161, www.josephlawservices.com

Private legal counseling and representation, including family law, kinship rights, estate and property issues, civil rights, environmental law and other legal matters. Free consultation and low cost representation for members of the Fairhill Community.

Inside this Edition

| | |
|----------|--|
| Page 1 | Corporate Service Days |
| Page 2 | Chairman’s Corner New Medicare coverage |
| Page 3 | Welcome to our new staff members and tenant partners |
| Page 4 | Computer Learning Center Corporate Gifts |
| Page 5 | Encore Store Annual Fund |
| Page 6-7 | 2010 Annual Fund Donors |
| Page 7 | Kinship Caregiver Resources |
| Page 8 | Healthy You |
| Page 9 | Caregiver Resources |
| Page 10 | Volunteer/Lifelong Learning |
| Page 11 | Senior Guest House |

Computer Learning Center - Guide to 2011 Classes

Learn and have fun in classes for adults ages 40 and better, taught by peers!

Fairhill's Computer Learning Center (CLC) upgraded its computers to the Windows 7 operating system and Microsoft Office 2007 applications in January, and began offering classes on those applications in March.

"It went extremely well," said Tom Cerjak, CLC Coordinator. "Our instructors worked hard to revise their classes from Office 2003 to Office 2007, and there were no problems."

Karen McKeehan, CLC instructor, agreed. "I taught Excel 2007 for the first time, and had a great class. Of course, I wouldn't have been able to do it without the help of Nick Noble, a volunteer who wrote the Excel 2007 manual. It was terrific."

New this spring, we offered a class in Social Networking, including Facebook, LinkedIn, and Twitter. Joe Ferritto, a class participant, has been using Facebook to connect with relatives and share photos. "In commenting about old family photos, I'm finding out things I didn't know because the aunts and uncles didn't talk to us about it," he said.

"We have a great lineup of classes this summer too," Cerjak said. "We have a new class in PowerPoint 2007, and some new coaches. We hope to see a lot of people for our fall semester, which starts in September."

Watch your mail – or www.fairhillpartners.org – for our schedule of September classes, coming soon.



Joe Ferritto used this picture, taken in Fairhill's Social Networking class, for his Facebook profile.

GENEALOGY WORKSHOP—Expand your knowledge of genealogy in a one-day workshop. Thursdays, July 21, Aug. 18, 1:00-3:00.

BUYING AND SELLING ON EBAY—Set up an account, describe items, bid, collect money, and more. Mondays, Aug. 1– Aug. 22, 9:30-11:30.

Corporate gifts help Fairhill

Continued from page 1

workers accomplished dozens of tasks all over campus, including completing a critical bulk mailing project.

Generous employees of Medical Mutual donated 45 bags and 13 boxes of clothing in June.

This clothing will help homeless older adults, grandparents and the grandchildren they are raising, and other clients of Fairhill Partners. "They organized it all – we didn't need to lift a finger," Gathercole said. "And a special thanks to Danny Maloney, the driver who delivered all of it."

Corporate, foundation and individual cash gifts and grants to the Annual Fund keep Fairhill's Successful Aging Programs going. But, "In-kind gifts allow Fairhill to do so much more than would

otherwise be possible to help individual program participants and clients," Dr. FallCreek said.

For even more stories about people helping Fairhill, and the participants who receive help, see the Annual Fund insert in this newsletter.



For additional details or to register for any of our upcoming Computer Learning Center classes or workshops call today at 216.421.1350, ext. 113.

Fairhill's Annual Fund

The whole family can get great fashions at the Encore Store

"Who in the world would think we would get a donation of size 12 women's shoes – which one of our customers needed?" asked Judith Fisher, manager of Fairhill's Encore Store.

Thanks to generous donations from resale shops such as Closets in Rocky River and The Wren House in Chagrin Falls, along with donations from many other individuals and organizations, the Encore Store offers a wide selection of up-to-date women's, men's and children's clothing, as well as a "flea market" of housewares and other clothes.

"Our selection is constantly changing, and we get new merchandise all the time," said Ms. Fisher. "The kids' store is adorable."

Monthly, The Wren House and Closets donate clothing they haven't sold in their shops. In-kind donations of clean, in-style merchandise are always welcome and benefit Fairhill's Annual Fund when sold through the Encore Store. Clothing selections are seasonal and fresh. When items don't sell they are donated to church groups or other nonprofit organizations. Clothing also is offered at no cost to Senior Guest House participants and the families involved in the Kinship Care programs.

The Encore Store is staffed by Ms. Fisher and

some dedicated volunteers. It started in 2008 in a small room on the first floor, and now has expanded to several rooms on the second floor. Hours are Monday-Thursday, 10-3, or by appointment.



Teen volunteer Isaiah Pritchard and Program Facilitator Nicky Ott help unload bags of clothing donated by Medical Mutual employees.

Don't forget—the UPTOWN Hoedown is September 17, 2011!



Are you ready for good food and a good time with friends? If you haven't already, mark your calendar for Saturday, Sept. 17—this year's UPTOWN Hoedown at Fairhill Partners' historic stables. The benefit committee, co-chaired by Kevin K. Johnson and the Gathercoles, has finalized the menu with great

barbecue and fixings from Hoggy's, started collecting auction items, planned a 50-50 raffle, and is working on getting great entertainment.

If you have an auction item to donate, would like to sponsor a table, want to buy tickets, or just want to help make the benefit a success, please contact Kathy McNally at 216-421-1350.

We gratefully acknowledge all of our generous donors on the following pages.. Every effort has been made to ensure the accuracy of the names listed. Please contact us with any corrections or omissions.

Please note this list does not include contributions to the Campaign for Kinship Village or restricted grants.



For more information about volunteering and lifelong learning opportunities, call Fairhill at 216-421-1350.

Thanks to our 2010 Annual Fund donors!

\$5,000-\$9,999

The George W. Codrington
Charitable Foundation
Forest City Enterprises, Inc.

\$2,500-\$4,999

Mr. and Mrs. Frederick W. Clarke
Dr. Stephanie J. FallCreek and
Mr. Jerry R. Tillman
Giant Eagle, Inc., Cleveland
Division
Huntington National Bank
Mr. and Mrs. Kevin K. Johnson
Dr. and Mrs. Stephen Levine
Mr. and Mrs. Charles K. Niles
Mrs. Rosemary A. Paul
Mr. and Mrs. Stephen H. Spaeth
Mr. and Mrs. Joseph P. Stram

\$1,000-\$2,499

Mr. Bruce Amsel
Mr. and Mrs. Henry G. Brownell II
Mr. Thomas Cerjak and Mrs. Judy
Williams Cerjak
The Children's Guild
Mr. and Mrs. Bill and Marilyn A.
Chorman
Mr. John R. DiMare
Mrs. Sally K. Griswold
The Harbert Foundation
Mr. Gregory W. Klucher
The Lang Foundation
Mr. and Mrs. Harold LaPine
Lubrizol Corporation
The Lubrizol Foundation
The David and Inez Myers
Foundation
Mr. and Mrs. David K. Nachman
Mr. and Mrs. Jon H. Outcalt
The Richman Brothers Foundation
Ms. Linda B. Schneider
Ulmer and Berne, LLP
United Way of Greater Cleveland
Mr. and Mrs. James C. Wallace
Mr. Stanley E. Wertheim and
Dr. Sally H. Wertheim

\$500-\$999

Ms. Virginia A. Arnold
Mr. Fred Asbeck and Dr. Ellen Rome
Ellen E. and Victor J. Cohn Supporting
Foundation
Mr. and Mrs. Peter M. Earl
Mr. and Mrs. Michael Gathercole
Dr. and Mrs. Laurence Groves
Mr. Allan D. Kleinman
Ms. Janet Kramer
The Lubrizol Foundation
Jack N. and Lilyan Mandell Foundation
Ms. Anna L. McWilliams
Mr. and Mrs. Stanley Meisel, II
Mr. and Mrs. Steve Minter
Mr. Donald C. Molten, Sr.
Pipestone Cabin, LLC
Dr. and Mrs. Franklin H. Plotkin

Mrs. Nancy G. Rome
Dr. and Dr. Melvin S. Rosenthal
Dr. and Mrs. Thomas Stellato
Dr. Melody J. Stewart
Marvin F. Strach
United Way Services/First Call for Help
Mr. William A. Wortzman

\$250-\$499

Anonymous
Mr. and Mrs. Thomas Brackett
Mr. Howard B. Bram and Ms. Lynn Berg
Mr. and Mrs. Donald Brinkley
Mary K. Brodnan
Mr. and Mrs. Richard Browdie
Ms. Frances B. Cort
Dr. and Mrs. Robert B. Daroff
Mr. Anthony Dimare
Mr. and Mrs. Vincent Fiordalis
Mr. William F. Gates
Mr. and Mrs. Robert Gephart
Sue and Rex Grant
Craig Hardy
Gerald Henwood
The Human Resource Department, Inc.
Dr. and Mrs. Robert Jacobson
Joshen Paper and Packaging Co.,
Cleveland Division
Mr. and Mrs. Rick Martin
Montlack Realty
Paley Plumbing and Heating Co., Inc.
Michael Pender Fund of The Cleveland
Foundation
Premier Accounting
Mr. and Mrs. Phillip A. Ranney
The Elizabeth and Ellery Sedgwick
Fund of The Cleveland Foundation
Mr. and Mrs. Morris A. Sugeran
Dr. and Mrs. Jordan Tobin
Visiting Angels Senior Home Care
Mr. and Mrs. J. Lee Wallace
Robert Weiss and Lacey Roth
Mr. Paul Wertz
Zagara's Marketplace

\$100-\$499

Mr. and Mrs. Thomas Alemagno
Anonymous
Mr. and Mrs. William Arndt
Mr. and Mrs. Richard Banish
Mr. and Mrs. Fred Bentoff
Mr. and Mrs. Jack Bialosky, Sr.
Mrs. Evelyn S. Boyd
D.R. and C.S. Brinkley Family Foundation
Case Western Reserve University
Dr. Richard E. Christie and Dr. Dolores
Christie
Mr. Gary S. Desberg
Mr. and Mrs. John Dettelbach
Mr. and Mrs. Henry C. Doll
Ms. Leslie Dunn
Karen Ellsworth
Mr. and Mrs. Oliver F. Emerson
Mr. Joseph Felber
Mr. Joseph A. Ferritto

Daniel Fiswick
Ms. Ruth Fonoroff
Ms. Jane Fumich
Mr. and Mrs. Peter L. Galvin
Mr. and Mrs. Robert D. Gries
Mr. and Mrs. Richard H. Hahn
Mrs. Charles Hickox
Mrs. Jeanne Hoffmeyer
Ms. Margaret A. Kennedy and
Mr. Robert G. Paul
Nancy Kitson
Mr. and Mrs. Ewald E. Kundtz, Jr.
Cynthia B. Limbocker
Ms. Jane Male
Linda G. McCrae
Miss Sheila McNamara
Ms. Mary E. McNamara
Mr. and Mrs. Arthur G. Merriman
Judge Joseph J. Nahra
Mr. and Mrs. Gouverneur H. Nixon, Jr.
Dr. Linda S. Noelker
Janet L. Nolan
Mr. and Mrs. Robert L. Oldenburg
Paytime
Mr. and Mrs. Robert W. Pfeifer
Ms. Lois J. Pickett
Mr. and Mrs. Peter Pistell
Gregory C. Preske
Mr. and Mrs. Gary L. Price
Mr. and Mrs. Thomas Quintrell
Dr. and Mrs. Phillip Resnick
Marvin Retzer
Ms. Julie A. Rittenhouse
Ms. Stacey B. Rokoff
Ms. Barbara P. Ruhlman
Mr. and Mrs. Donald P. Sewell
Ms. Jewell Siegel
Mr. and Mrs. G. Michael Skerritt
Ms. Donna Skurzak
Ms. Mary J. Smith
Richard Sneed
Mrs. Nancy C. Stevenson
Mr. and Mrs. Seth Taft
Mr. and Mrs. Robert Targett
Melissa J. Hintz and James M. Trapp
Mr. Howie Vactor
Mrs. Joanna S. Van Oosterhout
Dr. and Mrs. David Wallace
Dr. and Mrs. David D. Youngs, L.I.S.W.

\$1-\$99

Ms. Carolyn Alexander
Ms. Bernadette Allen
Mr. and Mrs. Robert W. Allnutt
Anonymous
Mrs. Walter A. Bates
Mr. Allan Bellin
Mr. and Mrs. Louis J. Bloomfield
Mr. Jeffrey Bluhm
Kimberly Brandt
Breakfast Club Fees
Dr. and Mrs. William E. Bruner
Mr. and Mrs. Armond D. Budish
Mr. and Mrs. Robert Burt
Dr. Margaret P. Calkins

Thanks to our 2010 Annual Fund donors!

Ms. Joyce Chappelle
Mr. and Mrs. Barry R. Chesler
Captain and Mrs. Jeffrey Cisek
Ms. Karen Clifford
Brunch Club
Ms. Jeanne Coppola
Ms. Donna Cornett
Mr. and Mrs. Theodore A. Crease
Mr. and Mrs. Peter Danford
Ms. Betty J. Davis
Mr. and Mrs. Robert Deitz
Dr. and Mrs. Michael W. Devereaux
Ms. Bonnie Dolin
Mr. and Mrs. William Donely
Joan Dowling
Mr. Robert Erzen
Ms. Betsy Fallon
Mrs. Judith L. Fisher
Ms. Paula B. Fishman
Carol Fishwick
Ms. Annette Foster
Mr. and Mrs. Vincent Francioli
Ms. Lois A. Gilbert-Ward
Lee A. Gleason
Mr. and Mrs. Lyle E. Gleason
Mr. and Mrs. Edward Gurewitz
Roger D. Gutschmidt
Ms. Nancy B. Hamilton
Mrs. Nancy Y. Hammond
Mr. and Mrs. Richard M. Harris
Mr. and Mrs. James Hayes
Miss Thelma M. Hayes
Louise Hill
Dr. and Mrs. Merl Hokenstad, Jr.
Mrs. John A. Horner, Jr.
Ryan Jeffers
Ms. Delores Jeter
Mr. and Mrs. Cuthbert A. Johnson, Sr.
Ms. Geneva Johnson
Mr. and Mrs. Claude Kennard, Jr.
Mr. and Mrs. Herschel Koblenz
Mr. and Mrs. Gerrit Kuechle
Ms. Kathleen A. Lambrich
William Lang
Mrs. Julia Lenzer
Ms. Joanne Lewis
Mrs. Belle Likover
Mr. and Mrs. Lucius Lockett
Mr. and Mrs. Theodore w. Long, Jr.
Florence Matthews
Nancy M. McFarland
Karen McKeegan and Jim Nicks
Ms. Suzanne Mcknight
Mrs. Andrea Mitchell
Marilyn Mobley
Mr. and Mrs. James Moore
Dr. Arthur J. Newman
Bettye Norman
Mr. and Mrs. Nicholas Peay
Dr. and Mrs. Mark S. Perlmutter
Mr. Samuel R. Petry II
Ms. Deborah Pettit
Virginia Ratcliffe
Ieda W. Rodrigues
Dr. and Mrs. Richard C. Schmidt

Adaora and Eric Schmiedl
Ms. Anita Seid
Mr. and Mrs. Eugene Shelton
Mr. and Mrs. Dennis Sobol
Jeffrey Spaeth
Mrs. Clara C. Spath
Mr. and Mrs. Stuart Spiro
Dr. Marlene C. Stoiber-Burroughs
Ms. Ethel M. Taylor
TIS Parent Group
Ms. Patricia Banks Vaughn
Agnes Walker
Mr. and Mrs. Adam Warren
Mrs. Elizabeth Warshawsky
Mr. Jerome Weissfeld
Ms. Eva H. White
Mrs. Juanita Williams
Ms. Maureen A. Wood
Ms. Diann Yambor
The Yes I Can! Group at Fairhill
Mr. and Mrs. Richard Zanglin

In-Kind Gifts to UPTOWN Hoedown Auction

Abstract Hair Salon
American Dance Exchange
Mr. Fred Asbeck and Dr. Ellen Rome
The Barkley Pet Hotel & Day Spa
Mr. and Mrs. Jack Bialosky, Sr.
John Bonner
Mr. and Mrs. Donald Brinkley
Cabin Club
Mr. and Mrs. Bill and Marilyn A. Chorman
Ryn Clarke
The Cleveland Cavaliers
The Dancing Sheep
Peter Danford, Inc.
Dr. and Mrs. Robert B. Daroff
Ms. Bonnie Dolin
Eaton Corporation
Expositions, Inc.
Dr. Stephanie J. FallCreek and Mr. Jerry R. Tillman
Felice Urban Café
Fire Restaurant
Fleming's Prime Steakhouse & Wine Bar
Gali's Florist and Garden Center
Gatherings Kitchen
Mr. and Mrs. Mark Goren
Mr. and Mrs. Rex Grant

Gifts were given in HONOR of

Mr. and Mrs. Frederick W. Clarke *by Mrs. Nancy G. Rome*
Dr. Stephanie FallCreek *by Mr. William A. Wortzman*
Dr. Joseph Foley *by Dr. and Dr. Melvin S. Rosenthal*
Michael Gathercole *by Dr. and Mrs. Jordan Tobin*
Ms. Stacey Rokoff *by Dr. and Mrs. Stephen Levine*
Mr. Edwin Singer *by Mr. and Mrs. Herschel Koblenz*
Mr. Stephen Spaeth *by Mr. Jeffrey Spaeth*
Mr. James Wallace *by Mr. and Mrs. Gouverneur H. Nixon, Jr., and Mr. and Mrs. J. Lee Wallace*

Gifts were given in MEMORY of

Mrs. Cheri Rokoff *by Dr. and Mrs. Merl Hokenstad, Jr., and Dr. and Mrs. David D. Youngs, L.I.S.W.*
Edna Starr *by Mrs. Andrea Mitchell*

Ms. Susan Hanna
Dr. and Mrs. Merl Hokenstad, Jr.
Dr. and Mrs. Robert Jacobson
Corey Jefferson
Mr. and Mrs. Kevin K. Johnson
Ladies & Gentlemen Salon and Spa
Larchmere Tavern
Dr. and Mrs. Stephen Levine
Lubrizol Corporation
Martel Salon
Menu 6
Mister Brisket
Mr. and Mrs. David K. Nachman
Mr. and Mrs. Charles K. Niles
J. Pistone Market and Gathering
Progressive Insurance
Mrs. Nancy G. Rome
Mr. and Mrs. Stephen H. Spaeth
Doris Sugerman
Mr. and Mrs. James C. Wallace
Weatherhead Executive Education
Dr. and Mrs. David D. Youngs, L.I.S.W.
Yours Truly

Gifts In Kind

Bruce Amsel
Melissa Canowitz
Closets
Dr. Stephanie J. FallCreek and Mr. Jerry R. Tillman
Mr. Joseph A. Ferritto
Becky Foehringer
Mr. and Mrs. Michael Gathercole
Sue and Rex Grant
Heights Christian Church
Dr. and Mrs. Merl Hokenstad, Jr.
Tim Horvath
Betty Nemeth
Dr. and Mrs. Franklin H. Plotkin
Marguerite Sherwin Estate
Mr. Victor E. Smith
Ms. Beth Spyke
Jackie Uhrman
Wren House

Fairhill's first CDSM Master Trainer class goes very well

By Barbara Fisher and Karen McKeehan

Fairhill board member Lillian Levine and Director of Successful Aging Programs Stacey Rokoff, conducted their first training for Chronic Disease Self Management (CDSM) Master Trainers at Fairhill in June.

Master Trainers are certified to train peer leaders. Mrs. Levine and Ms. Rokoff are the only Stanford University-certified T-Trainers, permitted to train potential Master Trainers, in Ohio. Class graduates came from all over Northeast Ohio, from Toledo to Youngstown as well as from the five surrounding counties.

"I could not be more proud of the 20 graduates and optimistic of the good work we will now do together," said Ms. Rokoff.

Both new and current trainers and leaders are very aware of how important the classes they're leading can be in the lives of the 58% of Ohioans dealing with a chronic disease and individuals who are supporting someone dealing with a chronic disease. Studies indicate that the average length of a doctor's visit is less than 20 minutes, leaving a doctor with very little time to deliver the personalized care that is needed after delivering the chronic prognosis. In many cases, the doctor has very little time to chart the course of action; yet it is the patient's responsibility to live with the disease.

Most CDSM participants are older adults who come to the program after the fear and anxiety has run its course and they become aware that they are not properly prepared to deal with a life-altering disease. Leaders provide instructions on nutrition, exercise, pain management, understanding of medication, how to communicate with health care providers and other components of maintaining a healthy lifestyle.

Although many participants may be sad and unhappy when they enroll in a program, Mrs. Levine said, "It's satisfying to watch them find ways to deal with chronic problems and to gain more control of their lives. The program works and puts the individuals in control."

For example, an older woman with chronic asthma was taking multiple medications to control it. The CDSM program "helped me be mindful about my condition and things I could do to improve my health," resulting in lifestyle changes which allowed her to decrease her medications. These and other success stories prove the necessity and effectiveness of CDSM.



T-trainers Stacey Rokoff and Lillian Levine discuss the next step for the Master Trainer class.

A MATTER OF BALANCE

Wednesdays, Aug. 17-Oct. 5, 10:00-12:00

Wednesdays, Oct 19-Dec. 7, 10:00-12:00

Cost: No Charge
Donations Appreciated

TAKE CHARGE OF YOUR HEALTH: CHRONIC DISEASE SELF-MANAGEMENT

Different chronic health problems are addressed in this program to help individuals manage their own or a loved one's chronic disease. Topics include communicating with health care providers and managing medication. Classes are geared to individual participants' needs. Join a six-week course today.

Wednesdays, Aug 17-Sept. 21, 1:00-3:30

Wednesdays, Oct. 19-Nov. 23, 1:00-3:30

Cost: No Charge
Donations Appreciated
(light refreshments provided)

Made possible in part by a contract from the
Western Reserve Area Agency on Aging and gifts to the Fairhill Annual Fund

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a caregiver program, call 216.421.1350, ext. 113.

Caregiver Resources - 2011

MEET THE PROFESSIONALS

ATTORNEY BRETT JOSEPH

Focus on kinship care

Wednesdays, 11:00-1:00

Jul. 13, Aug. 10, Sep. 14, Oct.12, Nov. 9, Dec. 14

Cost: No Charge

Donations Appreciated

Light lunch included

MEET THE PROFESSIONALS

DR. PETER WHITEHOUSE

Focus on brain health and aging

Wednesdays, 11:00-1:00

Sep. 21, Oct. 19, Nov. 16, Dec. 21

Cost: No Charge

Donations Appreciated

Light lunch included

MEET THE PROFESSIONALS

Focus on a wide variety of issues related to family caregiving and kinship care.

Wednesdays, 11:00-1:00

July 6, 20, & 27, Aug. 3, 17, & 24, Sep. 7 & 28,

Oct. 5 & 26, Nov. 2 & 30, Dec. 7 & 28

Cost: No Charge

Donations Appreciated

Light lunch included

NEW! WEEKLY DROP-IN DISCUSSION GROUP

Want to share with someone who is in the same situation as you? This is your opportunity! Stop in for an informal discussion with other people who are caring for a family member or friend about your issues and concerns. Open to all caregivers

Every Wednesday after Meet the Professionals, 1:00-2:00

FAIRHILL BRUNCH CLUB

New topics each month! Join other caregivers and professionals for timely, relevant, practical information on successful aging.

Thursdays, 10:30-1:00

Jul. 28, Aug.18, Sep.15, Oct. 20, Nov.17, Dec. 15

Brunch served

BACK BY POPULAR DEMAND FAIRHILL'S MONTHLY CAREGIVER SUPPORT GROUP

Peer to peer mentoring by fellow caregivers supplemented by education and information sharing. Open to all caregivers.

Saturdays, 11:00-1:00

July 23, Aug. 20, Sep. 24, Oct. 15, Nov. 19

Cost: No Charge

Donations Appreciated

Light lunch included

INDIVIDUAL CAREGIVER SESSIONS

Meet one-on-one with a licensed social worker and discuss your caregiving situation. Whether you need assistance navigating through community resources, developing next steps or simply talking to someone who understands - this hour is yours!

Cost: No Charge

Appointments Required

KINSHIP KIDS CLOTHES CLOSET

Clothes for kids being raised by kinship caregivers. Call to arrange a time to visit the clothes closet.

Cost: No charge

Appointments Required



Bank of America employees remove floorboards from Building 6 of Kinship Village on June 9.

Made possible in part by The Older Americans Act Family Caregiver Support Program Grant from the Ohio Dept. of Aging through Western Reserve Area Agency on Aging, a grant from the Saint Luke's Foundation and gifts to the Fairhill Annual Fund

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a caregiver program, call 216.421.1350, ext. 113.

Volunteer and Lifelong Learning Opportunities

Get more out of life—volunteer! Here are a few of the opportunities we have available this summer—or join us for one of our lifelong learning opportunities

Can we sustain a small-scale healthy cafeteria? Help us find out!

Our current lessee has vacated the kitchen in our building, but campus volunteers, employees and guests would like to have an alternative to vending machines. Help us evaluate our options and develop a business plan.

Create a short orientation video

Videotape several of our program leaders talking for 1-2 minutes about their programs, and then put it all together in a video we can use on our website to introduce people to Fairhill Partners.

Collect and enter data to improve our services and programs

Work with a small team to collect and enter data. Plenty of training and help will be provided!

Share your knowledge with caregivers and other older adults

Present information to people about your area of expertise at our monthly Brunch Club.

Advertise our programs and events online - can be done from home!

Update community calendar websites with date-specific information about Fairhill events.

Help older adults find benefits, save money

If you're a good listener with attention to detail and data entry skills, please join our Access Your Benefits team as a Benefits Screener. Call people, take notes and enter data.

Help us run smooth events and programs

Help set up meeting rooms (no heavy lifting or moving furniture), set out the refreshments, collate and distribute materials, and register both preregistered and walk-in participants.

Like to talk on the phone?

Come in once or twice a month to make class, program and event reminder calls.

Like numbers? Have a background in accounting? Help us reconcile our bank statements.

Reconcile bank statements on a monthly basis, and mark discrepancies for further research.

Share the Fairhill Partners story with Greater Cleveland

Like to meet new people? Represent us at events on and off campus by monitoring a table of Fairhill flyers, brochures and applications. Work alone or with a partner.

Help us get vital information to our friends

Coffee, treats, good conversation, folding and labeling! Call for information on Bulk Mailing Dates for 2011.

Lifelong Learning Programs

YES I CAN

Low impact aerobics, stretching, line dancing and use of well-maintained fitness room.

Monday - Friday

Morning Session:

7:30-9:30 a.m.

Afternoon Session

4:00-6:00 p.m.

Cost: Free Will Donation \$5.00 per month

KNITTING CLUB

Crafts group meets to improve skills and for stimulating conversation.

Thursdays at 9:00-11:00 a.m.

THE ENCORE STORE

Community resource shop of donated items. Stop by our second floor location!

Monday: 10:00 a.m. - 3:00 p.m.

Tuesday: 10:00 a.m. - 4:00 p.m.

Wednesday: 10:00 a.m. - 4:00 p.m.

Thursday: Flexible hours

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a caregiver program, call 216.421.1350.

Caregivers/Senior Guest House

Fun and education for caregivers

By Nicky Ott

For the third year, Share What You Wear, sponsored by the National Council of Jewish Women (NCJW), will be held at Fairhill Partners on August 10, 2011.

This year, thanks to the generosity of Sherwin Williams and Medical Mutual of Ohio, in addition to providing gently used clothing for kinship children and teens, there will also be gently worn clothing available for the kinship caregivers!

During the event, kinship caregivers will be invited inside to a Care Fair where they can learn about different resources that are available in the community and outdoors.

Kinship teen leaders will be holding a fund raising car wash to support the teen leadership program. This great event will help to support all members of our kinship families. Call 216-421-1350 ext. 243 for registration info.

On September 8, 2011, from 5:00 pm – 8:00 pm, Fairhill Partners will be hosting a Successful Aging Programs Reunion for all program participants.

Featured at the reunion will be the Prepare to Care team's new book, "The Taste of Caregiving." This feature will debut the work of many caregivers at Fairhill. Former, current, and future participants will get the chance to learn from these caregivers, reconnect, and make new friends all while enjoying a delicious meal.

Ladies Night Out is back! Fairhill is partnering again with NCJW to present Ladies Night Out, a time for kinship caregivers and their granddaughters to spend time together, take in a fashion show, enjoy a very special skit from Expect Respect, and eat a great meal. This event will be held on November 10, 2011, from 5:00 pm – 8:00 pm.

The Fairhill Partners' annual Kinship Winter Celebration will be held on December 10, 2011. Thanks to hundreds of wishmakers in the community, we plan to make the holiday wishes of over 160 kids come true. This year will be another great event with lots of fun for the entire family.



The National Council of Jewish Women has sponsored "Share What You Wear," providing clothing and backpacks to kinship children and teens, for several years.

Senior Guest House wish list

Staff need a new van for client transport and program participants need all kinds of items when they go to start their new lives in permanent housing. Here is a partial wish list of items they need:

- Linens: Towels, washcloths, sheets, blankets, pillowcases, etc.
- Small appliances: toaster, coffee maker, microwave, TV, etc
- Large Appliances: washer, dryer, refrigerator, etc
- Furniture: beds, chairs, couches, tables etc
- Draperies
- Organizer: tubs
- Games for groups
- Clothes hangers
- Kitchen utensils, plates, bowls, glasses, etc.
- Hair dryer

In 2011, made possible in part by The Older Americans Act Family Caregiver Support Program Grant from the Ohio Dept. of Aging through Western Reserve Area Agency on Aging, and gifts to the Fairhill Annual Fund

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a caregiver program, call 216.421.1350.

Fairhill Partners

connects people to opportunities for lifelong learning, intergenerational relationships, and successful aging

12200 Fairhill Road
Cleveland, OH 44120
216.421.1350
www.fairhillpartners.org
Summer 2011

Non-Profit Organization
US Postage
PAID
Cleveland OH
Permit No. 1084

Kevin K. Johnson
Chairman
Stephanie FallCreek
President / CEO

Contributing Writers &
Photographers:

Joe Ferritto
Barbara Fisher
Kevin K. Johnson
Karen McKeenan
Nicky Ott

Comments? Inquiries?
kmckeehan@fairhillpartners.org

Programs & Dates Listed Inside!

Consider new quarters for your nonprofit organization in Fairhill's one-of-a-kind collaborative community.

Fairhill Offers...

Long-term leases at competitive rates, with no surprises, inclusive of utilities and housekeeping

Adjacent surface parking at no charge

Suites from 100 – 5,000 square feet

More than thirty dynamic campus partners

Just blocks from University Circle, Shaker Square, Larchmere, Cleveland Heights and Shaker Heights

Central location (10-15 minutes to downtown Cleveland and Interstate 271)

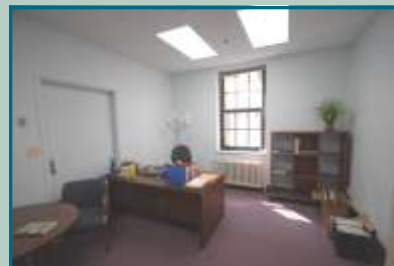
Easy access to public transportation



Small Office Suite



Onsite Conference and Meeting Facilities



Large Office Suite

**For more information or to schedule a tour call Tom Cerjak at 216-421-1350, ext. 125
Visit our website www.fairhillpartnersleasing.com**