Yee-hahhh! Fun and fellowship at the UPTOWN Hoedown

We had a great benefit this year, and it seemed like everyone had fun," said Kevin K. Johnson, Board Chairman and Benefit Co-Chair, of the 2011 UPTOWN Hoedown.

The Hoedown, Fairhill’s annual benefit, raised about $26,000 to benefit the Annual Fund and Kinship Village. Benefit Co-Chairs Kevin K. Johnson and the Gathercoles, the Board, Benefit Committee members, and numerous other volunteers made sure everyone had a good time, introduced new donors and sponsors to Fairhill, and appreciated all our longtime contributors who continue to give and believe in our mission.

At the Hoedown, Fairhill recognized a longtime corporate partner, The Lubrizol Corporation. The Lubrizol Foundation has supported several direct service programs, including most recently, the Teen Leadership Program, for teens being raised by older adult relatives, and the Campaign for Kinship Village. For four years, Lubrizol has also provided a full day of service to the campus, engaging more than 100 Lubrizol employees in important work improving the campus and the programs we provide. From a website redo in 2009 to completing reroofing the pavilion in 2011, the talented, cheerful, and willing Lubrizol team has rolled up sleeves, donned work boots, picked up hammers, telephoned program participants, and accomplished dozens of tasks that needed doing.

Of course, the benefit would not have been possible without support from our wonderful corporate sponsors: Huntington Bank; Lubrizol; Medical Mutual of Ohio; Ohio Savings Bank, a division of New York Community Bank, Member FDIC; Roof USA, LLC; Schindler Elevator; and Visiting Angels Senior Home Care.

We also gratefully recognize the many local businesses and individuals who contributed items, experiences, and gift cards to help make our silent auction a success.

“This was a wonderful way for people to come out, eat, dance, have a good time and support Fairhill,” said Dr. Stephanie FallCreek, President/CEO.

Want to help create a great experience next year? The Benefit Committee can use your expertise! Call Kathy McNally at 216-421-1350 to find out how your skills can help make next year’s Hoedown even better.

We hope to see you at our next UPTOWN Hoedown, scheduled for Saturday, Sept. 8, 2012.

Quinton Tucker and his grandmother, Mrs. Annie Tucker, both longtime participants in Fairhill's Kinship Care programs, enjoy a dance at the Hoedown.
Chairman’s Corner
By Kevin K. Johnson

Wow, what a year! This is the time when I can reflect on the work of our wonderful non-profit organization; the many people that we have been blessed to serve; and the positive difference we’ve been able to make in improving lives. By the time 2011 comes to a close we will have served thousands of people throughout our region. We’ve delivered on our mission, connecting people to opportunities for lifelong learning, intergenerational relationships and successful aging.

In 2011, our two Chronic Disease Self-Management Program “T-Trainers,” Stacey Rokoff and Lillian Levine, hit the ground running by providing multiple training opportunities for individuals from all over the state. What a gift to have Ohio’s only Stanford-certified T-Trainers for evidence-based health promotion. More than 500 older adults completed one or more of our evidence-based health promotion programs this year alone. We’ve advanced our mission through many programs, all of which are delivered by a small but powerful group of paid and unpaid staff.

As you might imagine, being on mission and producing significant, verifiable results, while also working to balance the budget, has been no small task. Now, as we end 2011 and look to 2012, we need your continuing help with that effort. Please express your support for Fairhill Partners, the mission we deliver on and the people we serve, through a gift to our Annual Fund. Much appreciated grants that support some of our wonderful programs are very specific and cannot be used for general program support, so it is largely through the generous donations of people like you that we are able to operate and benefit those we serve.

Additionally, I invite you to come and see Fairhill Partners in action. We would love to schedule you for a tour of our 9-1/2 acre facility and let you see for yourself why Fairhill Partners is among this region’s leading destinations for lifelong learning, intergenerational relationships and successful aging. Who knows, maybe you can be one of the volunteers that we depend upon to help us achieve outstanding outcomes.

Remember to please support Fairhill Partners with a generous annual fund gift so we can continue to deliver on our mission.

Medicare changes may cause older claims to be adjusted

Medicare changed the way it pays for some health care services in 2010. Because of these changes, it’s necessary for Medicare to adjust now many older claims.

It’s possible Medicare could pay providers a different amount as a result. The different amount could be more or less and may affect the coinsurance amount paid or owed by the Medicare beneficiary.

These claims processing adjustments will impact only people who have Original Medicare, not those with Medicare Advantage plans.

The Centers for Medicare & Medicaid Services (CMS) has taken the following steps to make sure people with Medicare know about this issue.

• 1-800-MEDICARE: The call center has added scripting information to answer questions on this topic.

• Medicare Summary Notice: All Medicare Summary Notices now include the following messages:
  1. In the BE INFORMED area: You may see some claims that have been adjusted. For an explanation, see General Information.
  2. In the General Information area: Your claims may have been adjusted since Medicare changed.

You can compare changed claims to previous statements. Your provider may owe you a refund or you may have to pay more coinsurance. Call your provider or 1-800-MEDICARE.
News and Notes

The Board Walk

Thomas A. (Tom) Brackett is new to Fairhill’s board, but not to the organization.
Tom, a retired property/casualty insurance agent, is a tennis-playing friend of Jim Wallace, Board Treasurer. Jim introduced Tom to Dr. Stephanie FallCreek, President/CEO, in 2008, and Tom volunteered to assist Fairhill with its property/casualty insurance program. During his 45-year career, one of Tom’s specialties had been insuring not-for-profit organizations such as Windsor Hospital, St. John and West Shore Hospital, University Circle Incorporated and The Cleveland Institute of Music. Advising Fairhill was a good fit for Tom and for Fairhill in that there have been many critical improvements in Fairhill’s insurance protection over the four-year association.
Tom’s not-for-profit board experience includes the former Health Hill Hospital for Children and Big Brothers of Greater Cleveland. Tom was invited to the Health Hill Hospital board because of his expertise with medical malpractice insurance. Tom was invited to the Big Brothers board after becoming a Big Brother to Mark Derrickson when Mark was 7 and Tom was 24. The match was successful. Now, 50 years later, Mark and Tom enjoy a close personal relationship, seeing each other on a regular basis. Tom served on the Big Brothers board for many years and served as President of the board for a period of time.
Tom and his wife, Margo, have been married 41 years, and have two grown sons and three grandsons, with a fourth expected early in 2012. Older son Todd lives in South Russell and works for Progressive. Chip lives in Seattle where he works for Boeing Aircraft as an Environmental Engineer.
Tom’s hobbies include antique Ford automobiles, tennis, skiing and landscaping the Bracketts’ two-acre “estate.”
Welcome to the governance team, Tom!

In Memoriam

William F. (Bill) Gates, treasured friend and board member

On September 15, 2011, Fairhill lost a beloved friend and longtime board member, William F. (Bill) Gates.
“Bill was and is in our DNA and will be missed,” said Kevin K. Johnson, Chairman of the Board.
Bill believed wholeheartedly in Fairhill’s mission of connecting people to opportunities for lifelong learning, intergenerational relationships, and successful aging. In his 17 years as a board member, he served on the Audit Committee, the Operations Committee, the Finance Committee, and the Development and Marketing Committee. He also served as Chairman of the Board, Chairman of the Operations Committee, Secretary of the Board, and for 16 years as a member of the Executive Committee. At the time of his passing, he was Assistant Secretary.
Bill made many memorable contributions to Fairhill. From an organizational perspective, his commitment to strategic planning, his passion for customer service, and his determination to move forward with spirit even in the face of apparently insurmountable challenges all advanced Fairhill’s mission for almost two decades. Around the campus, though, he is best and universally known as a gentleman who was unfailingly dependable, who always had a kind word, a thoughtful greeting, and genuine concern for every single person he encountered.
For over 17 years, Bill helped Fairhill provide short-term housing for suddenly homeless older people; support older adult relatives raising children with resources for the entire family; support caregivers with counseling and other services; provide computer training designed for people over 40; teach proven techniques to help maintain health, prevent injury, and manage health problems; and encourage meaningful volunteer opportunities in all of our programs. We will miss his presence and know you will too.

In Memoriam
William F. (Bill) Gates, treasured friend and board member
Children and volunteers can CATCH Healthy Habits

You’re never too young – or too old – to CATCH a Healthy Habit at Fairhill Partners!

Fairhill, in partnership with The OASIS Institute, has received support from the Anthem Blue Cross Blue Shield Foundation to implement the CATCH (Coordinated Approach to Child Health) Healthy Habits program, a unique intergenerational program in which adult volunteers age 50 and up engage and educate children in kindergarten through second grades about nutrition and physical fitness.

CATCH Healthy Habits is a proven curriculum delivered in one-hour weekly lessons for a total of eight weeks. Children learn about the importance of physical fitness, how to make fitness fun, how to identify and prepare healthy snacks, and how to add more fruit and vegetables to meals.

“We’re looking for high-energy, upbeat volunteers who like working with kids and are interested in getting more exercise themselves,” said Kathy McNally, Senior Administrative Assistant, who will coordinate the program.

Some available volunteer opportunities include: A team leader; a shopper who can get ingredients each week for a specific snack; a snack preparer; someone to present information on healthy eating; and activity leaders. We also need someone to conduct pre-session and post-session evaluations of volunteers and enter data.

Volunteer training will begin in February, and the first program, to be held at Fairhill Partners, will be held in March. Fairhill will be working with Greater Cleveland Volunteers to recruit team members. For more information about the program or to volunteer, call Kathy McNally at 216-421-1350.

C.O.P.E. offers more help for kinship grandmothers and grandchildren

Beginning in February, Fairhill Partners expects to offer even more support for grandmothers through a new evidence-based program, Project C.O.P.E. (Caring for Others as a Positive Experience).

Project C.O.P.E. provides information to help grandmothers care for their grandchildren in ten two-hour weekly sessions. Groups are led by a professional and a kinship grandparent, and child care is provided.

“We’re excited to bring a new program to our kinship grandparents,” said Stacey Rokoff, Director of Successful Aging Programs. “This provides a powerful tool to help our grandmothers successfully parent grandchildren as well as bring new grandmothers into the program.”

Ms. Rokoff and Nicky Wills, Program Facilitator, are conducting a four-session pilot program and hope to be able to identify a peer leader from the pilot group. Regular sessions will begin in February.

Ms. Rokoff explained why pre-session interviews are important. “Different people will be doing different things and the interviews will help us evaluate what works the best.”

Project C.O.P.E. wants to serve grandmothers who are caring for their grandchildren. If you provide full-time care to at least one grandchild between the ages of 4-12, consider this a long-term care situation, can get to weekly meetings, and your grandchild’s birth parents do not live with you, please consider taking advantage of this new program at Fairhill.

Contact Nicky Wills, 216-421-1350, for more information.

Healthy You

CDSM, DSM, MOB opportunities coming up soon!

Do you feel isolated because your fear of falling keeps you from going places and doing things? Are you frustrated by dealing with a chronic disease such as arthritis, high blood pressure or COPD?

A Matter of Balance (MOB), Diabetes Self Management (DSM) or Chronic Disease Self Management (CDSM) program will teach you proven techniques to deal with these issues and more.

Fairhill will offer some offsite classes in January and February, and will offer classes on campus beginning in March.

Contact Nicky Wills, 216-421-1350, for more information and a class schedule.
“A Matter of Balance increases independence and safety in the home.” - Stacey Rokoff, Director of Successful Aging Programs. “We know that on a national level, 85 percent of older adults want to age in place, and we’re helping them do that.”

Fairhill provided Matter of Balance classes to more than 85 older adults. **Chronic Disease Self Management** teaches techniques to deal with frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition; and how to evaluate new treatments. Over 100 people took the CDSM program in 2010.

“Coming to Fairhill will help you a lot. They have access to a lot of agencies that can help you. People sometimes get overwhelmed and do not know where to turn. Here, at Fairhill they give direction.” - Grandmother raising grandchildren.

In 2010, **Kinship Care Services** provided over 60 older kinship caregivers support; held summer camps for 37 children ages 6-10, and provided year-long education for more than 30 kinship teens.

“At the **Senior Guest House (SGH)**, everyone had a story to tell - how they got into a hole, and how they were going to get out of the hole. When they’d get a permanent place to stay, their faces would light up.” - Former SGH resident.

In 2010, we provided 56 homeless older persons with temporary housing and a fresh start.

“The information I got was about how to care for myself, which took me by surprise, but it was very, very helpful. And I have used it ever since then, and it saved my life many, many times.” – Family caregiver.

In 2010, **Family Caregiver** services assisted over 110 family caregivers with support and provided individual short-term geriatric care management sessions to 27.

“If you’ve never seen a keyboard, this is the place to be.” - Internet and E-mail student.

In 2010, over 200 **Computer Learning Center students** learned about basic computer skills, applications employers need, digital photography and eBay transactions.

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. Fairhill Partners improved fits financial position in 2010. Total unrestricted revenue came in at $1,765,592 million, up from $1,601,243 the previous year, and total net assets increased from $3,034,066 at the beginning of 2010 to $3,174,185 by year end.

Thanks to the prudent allocation of financial and volunteer contributions, $1.58 million or 87 percent of our expenses went to providing social, health, research, and educational services and programs for older adults and intergenerational groups. Invested capital additions to the property and equipment totaled $147,300. In addition, unpaid staff donated services with an estimated value of $650,016. Nonetheless, expenses exceeded revenue by $6,981.
Good times and great programs at Fairhill in 2011...

Teens learned leadership skills and teamwork at Camp Cheerful...

Everyone had a good time at the UPTOWN Hoedown...

...and applied what they learned at Kinship Camp...

...which raised money for Kinship Services and Kinship Village...

...and by helping out at the UPTOWN Hoedown.

Several teens enjoyed Browns games this year, thanks to Mike Adams, safety, who donated tickets and gear.

...as board member Greg Klucher (on saxophone) got in some hot licks with The Bluescasters
Adults learned exercises to address fear of falling in A Matter of Balance.

Isaiah Pritchard, teen volunteer, and Nicky Wills, Program Facilitator, work with 13 bags of clothing donated by Medical Mutual of Ohio employees...

...for Share What You Wear Day, also sponsored by National Council of Jewish Women, Cleveland chapter.

Medical Mutual of Ohio employees also donated backpacks for the winter celebration.

Corporate service day volunteers helped with reroofing the pavilion...

...landscaping...

...and painting.

Volunteers helped make the season brighter for kinship kids at the winter celebration.
Yes! I want to help Fairhill help older adults in 2012!

Sample program costs:

$50 - CLC scholarship for 6-8 week class, or 1 facilitated trip to the doctor for an SGH participant
$75—1 hour counseling with licensed social worker
$100—1 Meet the Professionals session
$250 – Respite day for caregivers / grandparents
$500-School supplies/backpacks for 10 kids
$1,000-Camp Cheerful leadership training for 6 teens being raised by grandparents

Volunteering is easy and fun—just complete and return this form

Name: ___________________________________________ Social Security # ______________________

Address: ________________________________________________________________

City: _______________________________ State: ____________ Zip Code __________

Phone Number: ____________ Email address: _________________________________

Type of work you’re interested in:

___ Data entry  ____ Graphic design  ____ Making phone calls  ____ Customer service  ____ Housekeeping

___ Helping older adults find benefits  ____ Leading or helping with health promotion classes

___ Leading or helping with computer classes  ____ Cafeteria administration  ____ Working with children

___ Building maintenance  ____ Community outreach  ____ Special events

What skills would you be willing to share with us? __________________________________________________________________________

Date you can start: __________________________

Fairhill Partners requires a background check.
See our online form at www.fairhillpartners.org

Donate online at www.fairhillpartners.org
**Winter and early spring programs and resources at Fairhill**

**MEET THE PROFESSIONALS**
Focus on a wide variety of issues related to family caregiving and kinship care.
Wednesdays, 11:00-1:00
Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22, 29; Mar. 7, 14, 21, 28
Cost: No Charge
Donations Appreciated
Light lunch included

**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
Jan. 19, Feb. 16, Mar. 15
Donations Appreciated
Brunch served

**CAREGIVER SUPPORT GROUP**
Peer to peer mentoring by fellow caregivers supplemented by education and information sharing. Open to all caregivers.
Fridays, 10:30-12:00
Jan. 13, 27; Feb. 10, 24; Mar. 9, 23
Cost: No Charge
Donations Appreciated

**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: Sliding scale
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
Cash Donations Appreciated

**KINSHIP FAMILY DAY**
Something for everyone—grandparents, teens and children.
Saturdays, 11:00-2:00
Jan. 21, Feb. 18, Mar. 17

**Lifelong Learning Programs**

**YES I CAN**
Low impact aerobics, stretching, line dancing and use of well-maintained fitness room.
Monday - Friday, 7:30-9:30 a.m.

**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—Thursday, 10:00-3:00

**Winter computer classes—call for times**

- **One Day Skype**—Video chat with your kids, grandkids, high school classmates and family across the United States at no charge. All you need is a web camera and Internet access. We'll also provide you tips on how to acquire a webcam. You must have an email address.

- **One Day Survey Monkey**—Who's coming to dinner? What's the family favorite holiday dish? Find out how to use this popular tool to set up meetings, get opinions, and analyze the results. Current email address required to sign up.

- **One Day Brain Fitness**—Do you remember what you just read? There are lots of brain fitness programs available. Explore about the online choices to sharpen focus and improve memory. Mouse and keyboard skills required.

- **Get Cell Phone Savvy**—If your cell phone is causing you more grief than it is receiving calls, this half-day class is for you. From texting to sophisticated smart phones, learn the basics.

Caregiver programs 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 program, call 216.421.1350.
Smiles all around at the Kinship Winter Celebration

Kinship families were everywhere at the ninth annual winter celebration, held Saturday, Dec. 10, at Fairhill.

About 185 people, including 110 children, enjoyed fellowship, activities, a hot lunch, gifts and a visit from Santa.

One of the day’s many highlights was a fashion show presented by Cleveland Style Casting. Owner/Talent Agent Dee McGhee brought some models, and some kinship grandmothers and children participated as well.

“I loved to see the way the children were involved in the event. The fashion show was wonderful. My grandchildren and I enjoyed the holiday party,” said Ms. QuoVadis Ellison, who attended with her two grandchildren.

Volunteers and Fairhill staff took pictures, including family portraits; set up the room; served the food; wrapped gifts; helped with crafts; and generally made everything run smoothly.

Many of the volunteers were new to Fairhill, and seemed to enjoy it.

“This was my first time doing this and it was an awesome experience,” commented one volunteer. “This was great!”

Families had a great time too.

“This program really got the kids involved,” said the Harlem family. “The kids were so excited, which was a plus. Also, the grandparents were able to interact and share issues that they have. No one was a stranger that day; it was like one big happy family. The holiday party is one of the best programs that Fairhill has, and it gets better every year!”

Larchmere Community Association; The National Council of Jewish Women; Ott & Associates Co., LPA; St. Paul’s Episcopal Church; and 35 other Wishmakers helped make the winter celebration a success by donating gifts and money. Medical Mutual of Ohio employees provided backpacks for the children, and many of them volunteered at the celebration as well. Special thanks to Dave’s Supermarkets and the Saltzman family for providing the main dishes served at lunch.

“This is a very rewarding and uplifting experience. God Bless Fairhill Partners!” - Winter celebration volunteer.
CLC will look different in 2012; we’ll miss you, Tom!

“There’s still a whole group of people that don’t know anything about computers that we need to reach,” said Tom Cerjak, retiring Computer Learning Center (CLC) Coordinator.

Mr. Cerjak, who has led the CLC since 2004, will remain associated with Fairhill as a consultant in campus operations.

“Tom was the first person I met when I came to Fairhill as a CLC volunteer in 2006,” said Karen McKeehan, Special Assistant to the President. “He’s really done a lot of work to keep the classes going and I’ve felt like he supported me as an instructor.”

The CLC was upgraded in January, 2011, with new computers running the Windows 7 operating system and Microsoft Office 2007 software. Almost 200 students have taken CLC classes this year, but that number is less than half of our peak number of participants in 2006.

“It’s become more challenging to get students,” said Mr. Cerjak, who admitted that “the fun part was when we had big numbers of students.”

Beginning in late January, a team of students from Case Western’s Weatherhead School of Business will help us with strategic planning to determine what kinds of classes we need to offer and how to recruit more students to reposition the CLC for the next decade. Ms. McKeelhan will lead this project.

In the meantime, the CLC is not standing still! We will be offering one-day classes in web-based communication with Skype, creating surveys with Survey Monkey, exercising your brain with brain fitness, and how to use a cell phone—see page 9 for details.

Nicky Wills, Program Facilitator, will take on additional responsibilities as CLC administrator. Ms. Wills will be handling scheduling and outreach. For more information on how you can get involved with the CLC as an instructor, coach or participant, or for information on our upcoming classes, contact Ms. Wills at 216-421-1350.

Julianne McKinzie provides needed help in Finance Dept.

“The need for Fairhill’s services is going to grow,” said Julianne McKinzie, Finance Associate volunteer. Ms. McKinzie started coming to Fairhill in 2009 as a Computer Learning Center student, taking Excel.

Later, she attended some Breakfast Club sessions, wanting to learn about Medicare to help her mother.

“I appreciate the flexibility of being a part-time volunteer,” said Ms. McKinzie, who contacted Fairhill after seeing a notice in the newsletter for someone to reconcile bank statements. She noted that this position allows her to do other volunteer work as well as taking care of her two teenagers.

Ms. McKinzie completes contract worksheets in Excel for reimbursement as part of her job, and is happy she was able to locate her Excel class book from 2009. Her goal is to increase her office and computer skills, as well as her knowledge of nonprofit organizations.

“I enjoy interacting with professional people,” she said. And, the Fairhill team appreciates this newest member of its team of dedicated capacity building volunteers!

“Within a very short period of time, she has become a valuable asset to the organization,” said Jim Wallace, Fairhill Board Treasurer and Finance Department volunteer. “Her cheerfulness, ability to learn quickly and enthusiasm makes her a joy to be around and someone who can be trusted to do the job to which she has been assigned in a quick and accurate way.”

In addition to her work in the Finance Department, Ms. McKinzie is improving her computer skills by taking Steve Spaeth’s eBay class, which she really likes. “I’ve never used it, but like everyone else, I’ve got a lot of extra stuff in my house, so I thought I might see if this would be a way to get rid of it. And it’s amazing what you can find there – today, we saw Browns tickets for 95 cents.”

Ms. McKinzie knows that Fairhill will continue to be a helpful resource if something comes up with her mother, who lives with the McKinzie family when she’s in Cleveland, but not full time.

“I believe in the mission,” Ms. McKinzie said as she was getting ready to leave – to pick up a Wishmaker gift for a child for Fairhill’s winter celebration.
Consider a new home for your nonprofit organization and become part of Fairhill’s 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

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