By Karen McKeehan

This spring, I presented a challenge to a team of Case Western Reserve University business students: How can we revitalize and grow our Computer Learning Center? As part of their Action Learning course, a team of four seniors studied advertising, volunteer recruitment, our current course offerings and whether we could offer courses off campus.

The students interviewed several of our current instructors as part of their research. It’s been my privilege to work with this dedicated group of volunteer professionals since 2006, first as a peer teaching Introduction to Computer Applications and Excel, and now as the Interim Director. I was delighted, but not surprised, to hear that the instructors and coaches interviewed think highly of the classes and feel Fairhill offers a valuable service to the community.

From interviews and other research, the Case Western team concluded that our multi-session classes (as opposed to the one-day classes most of our competitors offer) give students the opportunity to practice between classes and retain more information, and that the teacher to student ratio (classes are limited to 12 participants, and each person learns at an individual work station) is very positive for people who might feel they need more help.

The most emphatic suggestion, which is both easy and difficult to implement, was to do a better job of marketing in the community. Here’s where you can help!

We have the ability to print flyers on demand; if you’ve visited the campus, you’ve seen them at the front desk and many other flat surfaces. You may even have seen them in the elevator. We need to get them out to community businesses, apartment buildings, senior centers, and anywhere else people might see them. We’ll have flyers for next semester’s classes (see page 5 for class details) printed by May 7. Next time you’re in the neighborhood, stop by and grab a handful of flyers to take to your favorite restaurant or anyplace else you might be visiting. We have flyers for our other programs as well.

Moooooo...
I want yooooooou to come to the UPTOWN Hoedown!

Join us for fun, food and fellowship to raise money for Successful Aging programs.

Saturday, Sept. 8, 2012
6:00-9:00 p.m.
At Fairhill’s Historic Stables
Watch your mail for an invitation in July.
News and Notes

Chairman’s Corner
By Kevin K. Johnson

Strategic planning plays an important role in a sustainable future.

Strategic planning is an important part of any organization’s existence. A successful strategic plan provides guidance to advance the mission with maximum efficiency and impact, and will articulate goals and action steps needed to reach them.

Developed in 2008, Fairhill Partners’ current strategic plan covers the period 2009 through 2012 and has served us well.

This summer, I will be leading a team to create a new strategic plan. So far, this team includes board members Marilyn Chorman, Gregory Klucher, Andrew Murphy, Nancy Rome, Melody Stewart, Joseph Stram and me, along with Stephanie FallCreek, President/CEO, and Karen McKeehan, Special Assistant to the President. We may add members as we go forward. Please send me an e-mail to kjohnson@fairhillpartners.org if you have input you’d like to share about our plan. Working together, we will develop a plan designed to carry Fairhill forward for years to come.

It’s never too late to keep your brain fit—learn how!

How do our brains change as we age? Is there anything we can do to be sure the changes are positive?

Join Dr. Stephanie FallCreek and other presenters from 9:30-11:30 or 1:00-3:00 on Friday, June 22, for Keeping Your Brain Fit at Any Age. This workshop will increase your knowledge about how the brain can change for the better, provide a mini-guide to brain fitness games on the computer, and introduce a computer-based tool for assessing brain fitness.

The workshop, which costs $10, will include a coupon worth $49.95 for a brain fitness assessment from NeoCORTA. NeoCORTA uses science and diagnostic tools to provide unbiased, personalized guidance on the most practical ways to maintain and improve brain function.

Because we expect this workshop to be popular, please pay in advance to reserve your seat. For more information or to register for the workshop, please call 216-421-1350.

Health savings information from the Access Your Benefits team

If you have had difficulty getting health coverage or been turned down for coverage due to a pre-existing condition you may be eligible for a state-operated insurance program. The Pre-Existing Condition Insurance Plan (PCIP) is designed to help people with pre-existing conditions find health insurance coverage. Medicare clients may not be eligible for the PCIP, but you may have family members who can benefit from this program. Eligible Ohio residents can apply for coverage through PCIP, which is administered by Medical Mutual of Ohio.

To qualify for coverage, you must be a United States citizen, national, or legal resident; must have been uninsured for at least the last six months before you apply; and must have a pre-existing condition or have been denied coverage because of your health condition.

The PCIP covers a broad range of health benefits, including primary and specialty care, hospital care, and prescription drugs. All covered benefits are available for you, even if it’s to treat a pre-existing condition.
Kinship Camp will have a new look this year. The popular camp for children in first through sixth grades will be held on Tuesdays through Thursdays from June 19 – Aug. 2. Beginning Wednesday, June 20, grandparents will be taking A Matter of Balance in the morning and Chronic Disease Self Management in the afternoon, while the children enjoy camp activities. Kinship teens who have participated in the Teen Leadership Program will be counselors.

In addition to the usual mix of education and fun, volunteers will use the CATCH Healthy Habits curriculum. Read more about this new program to improve children’s nutrition and activity levels below.

“We’re excited to be offering this all-encompassing intergenerational health model,” said Stacey Rokoff, Associate Director. “The whole family has the opportunity to get healthier.”

Gayle Gathercole looks forward to helping kids get healthier

“I’m very enthusiastic about this program because it works. To think you can make a difference with kids this age is exciting,” said Gayle Gathercole, Fairhill’s new Project Coordinator for CATCH Healthy Habits. Created by the OASIS Institute (OASIS), CATCH Healthy Habits is an intergenerational health program which pairs adults 50 and up with children in kindergarten through second grade to encourage healthier eating and physical activity. OASIS and Fairhill will work together to implement this program in Cleveland.

Fairhill is accepting applications from adults 50 and up who want to help young children learn about healthy nutrition and physical activity. Volunteers work in teams to talk about nutrition choices, prepare healthy snacks, and engage the children in active play. The program runs for eight weeks, one hour a week.

“The intergenerational aspect of this program is wonderful,” said Mrs. Gathercole. “The volunteers will get as much out of it as the children do. They might change their own habits.”

Gayle Gathercole

Mrs. Gathercole, a former Peace Corps volunteer, knows she has “a big responsibility” to spread the word about CATCH Healthy Habits. After over 13 years in the health insurance business, she said she’s “ready to get out of the cloth-covered cubicle and into the world” to make a difference.

Currently, CATCH Healthy Habits is being conducted at The Intergenerational School, Elite Academy of the Arts and Harvey Rice Elementary School. Nationally, OASIS works with Boys and Girls Clubs of America as its primary partner, along with YMCAs, schools, and other community partners.

This program is partially supported by a gift from

Volunteers learn to teach a healthy activity.
Notes from the field: What really happens in Matter of Balance

By Judith Fisher

Donna had always been overweight and was very self-conscious about how she looked to others. Her self-esteem was very low. She seldom joined groups and when she attended my presentation at Kirby she told me that she likes the program but doubted if she would attend. With encouragement she did attend the first class and when she experienced the bonding that occurred she was motivated to attend the classes. She had never exercised prior to us exercising in the class. She began to enjoy it and told us how her husband was impressed, especially when she showed him the class exercises. Donna shared with us that when her church had a walk-a-thon she decided to talk herself into doing it. Not only did she do it but she finished and even though she was the last to cross the finish line, everyone applauded.

Cathy had just moved into Kirby Manor, had little education and didn’t know anyone there. She joined the class and in the beginning would bake cakes and cookies for everyone – it might have been a way of being liked and getting approval. After she learned that in our class we had healthy snacks, she finally conceded.

Calvin and David found each other and in this complex world made it work for them. Calvin is in a wheelchair and has been trained in nursing; David is slow and needs Calvin for many reasons. To watch both of them is so inspiring – especially when Calvin looked over at David to make sure he was reading the information and doing the exercises.

Sister Irene is a tiny (maybe 90 pounds) 83-year-old woman who has the strength of a bull. She had lived there for a long time and she made sure that when she spoke they moved. Even a 55-year-old twice-jailed resident who weighed 250 pounds paid attention when she spoke.

Mary shared that the palms up-palms down exercise reminded her of being in Catholic school and she had to show that her hands were clean. Sister Irene became so angry and said, “Why is everything blamed on the Catholic schools?”

Donald, a Vietnam veteran who had lost an arm, was very quiet but very attentive in class. He had been a loner for much of his time at Kirby Manor, but made new friends in this program and was enjoying his time with them. Seeing the participants bond and learn from each other is what keeps me going.

Program Assistant Judith Fisher is Fairhill’s lead Matter of Balance coach. Last year, she conducted 22 MOB classes.

Kirby Manor residents worked together to solve problems and bonded as they practiced exercises during Matter of Balance.

Healthy You

CDSM, DSM, MOB opportunities always available somewhere in Greater Cleveland!

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 classes in many locations, both on campus and offsite this summer.

Contact 216-421-1350 for more information and a class schedule.
Learn new computer skills this summer at Fairhill

Students learn to make photos better with free editing software

“I learned how to put pictures on the computer, make a file, email pictures, order, crop, so many wonderful things,” said a Basic Digital Photography graduate. “This was an excellent class.”

Instructor Steve Spaeth and coach Jim Spring taught students how to rescue bad pictures and improve good ones by using Picasa, a free program available to anyone with an Internet connection. Students learned how to edit, crop and enlarge pictures; lighten dark pictures and darken light ones.

“I always enjoy teaching this class,” said Mr. Spaeth. “It’s a fun thing, and anyone can learn to work with photos. And, Picasa is free.”

Mr. Spaeth and Mr. Spring will be teaching the class, renamed “Working with Digital Photos,” again beginning July 30. See below for details.

SUMMER SPECIALS!

BRING A FRIEND AND SAVE—Two or more sign up for the same class at the same time; each person gets $5 off the fee.

EARLY REGISTRATION—Pay in full at least two business days before the class starts and get $5 off the fee.

REALLY BASIC COMPUTER SKILLS—The next step after the no charge class. Learn how to use the mouse and keyboard, basic document processing, and basic Internet and email skills. Tuesdays, June 19—July 24, or Tuesdays, July 31—Aug. 28, 9:30-11:30, $50. No class July 3.

INTERNET AND EMAIL—Learn Internet features and capabilities, how to search, and how to avoid viruses, spam, spyware and other “nasties.” Wednesdays, June 20—July 25, $50. No class July 4.

BUYING AND SELLING ON EBAY—Use this popular auction site to buy and sell items. Set up an account, describe items to get attention, bid, collect money, and more. Must know how to access the Internet. EBay requires a valid email address and, like all secure shopping sites, a credit card. Mondays, June 25—July 23, 9:30-11:30, $40. No class July 9.

WORKING WITH DIGITAL PHOTOS—Learn how to get your pictures from the camera to the computer; edit, crop and enlarge them; and have fun with special effects. Mondays, July 30—Aug. 20, 9:30-11:30, $40.


No charge classes!

INTRODUCTORY CLASS FOR BEGINNERS—Not sure whether a computer class is right for you? Try our friendly, noncompetitive one-day workshop! Learn how to turn on a computer, how to communicate with it using a mouse or keyboard, and practice with the mouse. Registration required—limited to 12 students. Monday, June 4, 10:00-12:00 OR Monday, June 4, 1:00-3:00.

GENEALOGY WORKSHOP—Bring your family history research questions and problems. Get help with your research, information on newest online resources, and information handouts. Thursdays: May 17, June 21, July 19, August 17, 1:00-3:00.

To register for a Computer Learning Center class, or to volunteer as a coach or instructor, call 216.421.1350.
MEET THE PROFESSIONALS
Focus on a wide variety of issues related to family caregiving and kinship care.
Wednesdays, 11:00-1:00
May 2, 9, 16, 23, 30; June 6, 13, 20, 27; July 11, 18, 25; August 1, 8, 15, 22, 29
Cost: No Charge
Donations Appreciated
Light lunch available

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
May 17, June 21, July 19, Aug. 16
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
May 11, 25; June 8, 22; July 13, 27; Aug. 10, 24
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
May 19, June 16; July 21; Aug. 18
Cost: No charge
Donations appreciated

Share What You Wear provides clothes, school supplies
Fairhill Partners and the National Council of Jewish Women, Cleveland Section, will present Share What You Wear from 10:00 a.m. – 3:00 p.m. Tuesday, Aug. 14, 2012 at the Double Tree by Hilton Tudor Arms, 10660 Carnegie Ave., Cleveland. Shuttle transportation will be provided from Fairhill.

Share What You Wear is a teen program which collects and distributes new or gently used clothing and school supplies for children who need these items for the upcoming school year.
“This is the fifth year we’ve worked with NCJW to provide clothes and supplies for our kinship children and teens,” said Stacey Rokoff, Associate Director. “It’s a very popular program.”
Preregistration is required. Please call Fairhill Partners at 216-421-1350, extension 113, for more information or to sign up.

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

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.
Thank you for your 2011 Annual Fund gift! Here’s where it went

Fairhill Partners appreciates the many individual donors, board members, corporations, and private foundations who contributed to our Annual Fund in 2011. Whether you sent cash or a check, granted us money through a foundation or corporation, or attended the Uptown Hoedown, thank you! The Annual Fund works in many different ways to connect older adults with opportunities for lifelong learning, intergenerational relationships, and successful aging:

- Julianne McKinzie, an unpaid Finance Associate, completes spreadsheets every month so we can get reimbursements for major contracts. The Annual Fund pays for Julianne's computer and overhead, along with equipment to help other paid and unpaid staff members carry out the mission.
- The Annual Fund provides software applications and computers for our Computer Learning Center, allowing us to teach hundreds of older adults how to use computers each year. The Annual Fund also supplies scholarships to students who cannot pay the class tuition.
- Along with generous gifts from corporate and foundation sponsors, the Annual Fund helps support a summer Kinship Camp which educates children, provides leadership opportunities for teens, and provides respite for grandparents. To see how much this support means, go to www.fairhillpartners.org/kinshipcare and click on the video. This year, we will offer even more education and support for both children and grandparents by offering intergenerational health programming as part of camp, but we need funds to make it happen.
- The Annual Fund helps support programs which show caregivers how to take care of themselves as well as their loved ones, provides education and bonding time for families once a month, and special caregiver events.
- The services for the 40-50 temporarily homeless older adults who stay at the Senior Guest House each year also are supported by the Annual Fund.

Thank you for your 2011 support. We need you to help us again in 2012. Return the gift card below, visit the website to donate online, or stop in to become a volunteer. Gifts of stock also are welcome. For our future, please consider a simple bequest in your will.

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

Donate online at www.fairhillpartners.org
Consider a new home for your nonprofit organization and become part of Fairhill’s collaborative community.

Fairhill offers:

More than 30 organizations connected to successful aging—join us?

Support and education for people caring for a loved one or grandchild.

Classes which teach proven techniques for managing diabetes or another chronic disease, and addressing fear of falling.

Computer education for adults 40 and up.

Meaningful volunteer opportunities.

For more information or to schedule a tour call Tom Cerjak at 216-421-1350, ext. 125

Visit our website www.fairhillpartnersleasing.com