Dust off your cowboy boots and put on your best jeans, or any other casual attire, and join us from 6:00-9:00 p.m. on Saturday, Sept. 8, 2012 for:

- Finger-lickin’ Eats
- Boot Scootin’ Music
- Irresistible silent and live auction items

And a special opportunity to support the Senior Guest House!

Tickets $100
Half-table for 4 $375
Table for 8 $750

RSVP by Aug. 24, 2012

Call 216-421-1350 or purchase tickets online at www.fairhillpartners.org

Don’t miss this chance to have fun for a good cause!

Thanks to our sponsors!

Belt Buckle Buckaroo—ComDoc; Huntington Bank; Ohio Savings Bank, a division of New York Community Bank, Member F.D.I.C.
Chairman’s Corner
By Kevin K. Johnson

Each year the Senior Guest House (SGH), established at Fairhill Partners in summer 2004 in partnership with the City of Cleveland Department of Aging, provides 30 to 50 older adults who are in a residential crisis or unsafe living conditions with a temporary home usually for less than 90 days – people like Ms. Holloway, who was living on her porch when her home of 32 years was condemned; SGH staff helped her apply for Social Security and find a safe place to live. Senior Guest House participants are used to living on their own, however marginally, and in urgent need of a safe place to live while they get help making the transition to a new, stable residence - like Mr. Spells, who said, “I think I am better able to maintain my life from the workshops given at Fairhill Partners and appreciate the support Fairhill has provided me.” Participants gained practical knowledge through attending required programs and volunteering. Our primary goal at the SGH is relocating the participants, but our secondary goal is to equip them with as many resources/public benefits as they are eligible for to maintain a successful transition. We encourage their independence and guide them through the rest of the housing process. This experience increases their sense of self-efficacy which is so often nonexistent when they arrive. We also encourage the participants to understand any chronic illness from which they may suffer, reinforcing this by engaging with their doctors and advocating where it is needed. We check in on them to ensure they are following medication protocols and help them identify a compliance plan if they struggle.

At this year’s UPTOWN Hoedown, in addition to great food, foot-tapping music, and terrific company to raise money to support Fairhill’s programs, we’ll have a special opportunity to support the Senior Guest House. Benefit details are on the front page of this newsletter. If you can’t join us in person, please call 216-421-1350 or visit www.fairhillpartners.org to find out how you can help this great cause.

In Memoriam

Dr. Joseph M. Foley exemplified “aging done right”

On July 13, 2012, Fairhill Partners lost a beloved friend and longtime board member, Dr. Joseph M. (Joe) Foley. “Dr. Foley was so influential in my decision to come to Fairhill in 1992,” said Dr. Stephanie FallCreek, President/CEO. “And afterward, I continued to rely on him for moral support and sound advice when faced with tough decisions about priorities. We didn’t always end up in agreement, but that Irish charm coupled with his lifetime of experience and rock solid integrity could always move me at least a little bit toward his point of view.”

Dr. Foley believed wholeheartedly in Fairhill’s mission of connecting people to opportunities for lifelong learning, intergenerational relationships, and successful aging. And he served as a powerful example of “aging done right.” For more than twenty years, first as a Director and then as a Life Director, Dr. Foley was a particularly strong advocate for lifelong learning as a critical tool for caregivers in both their own successful aging process and that of their loved ones.

Whether in program committee meetings, Board meetings or individual conversations, Dr. Foley always made sure that his colleagues remembered how important it was to recognize that living with a sense of purpose and joy is key to successful aging. Even when delivering an uncomfortable message or disagreeing with a group position, he did so with kindness, an amazing quote or poem, and usually a good joke. Laughter really was a staple in Dr. Joe’s medicine bag! All of us who enjoyed his often earthy humor while paying attention to his wise counsel are the better for it. Thank you Dr. Joe, we’ll miss you!
Helping kids make better choices about food, activities

Marilyn Chorman wants to help children make better choices.

“I feel very strongly about this,” she said of childhood obesity. “Children are at risk; studies have shown that if they’re overweight in kindergarten through second grade, their chances of being overweight adults double, and it goes up from there.”

Ms. Chorman, a Fairhill board member since 2010, coached CATCH Healthy Habits this summer as part of Kinship Kids Camp, for children being raised by their grandparents. The hour-long sessions taught the campers about nutrition and activity, and included snacks, stories and active games.

“CATCH directly relates to kids understanding and making a choice on food, whether it’s appropriate or not,” said Ms. Chorman. In the CATCH program, children learn about “go” (best choice) foods versus “whoa” (stop and think about the choice) foods.

“They’re already asking their caregivers for these foods,” said Ms. Chorman, who thinks the children will retain this concept after camp ends. She also has heard that children refer to “go” and “whoa” foods during other camp activities.

How to appeal a denied health insurance claim

If your health plan refuses to pay for a treatment you need, you can review your policy or benefits booklet for information to file a complaint and/or an appeal. You also can contact the company’s customer service office.

You can appeal any decision the insurance company makes. You must complete the plan’s appeals process before moving forward.

If the appeal is denied, your case could be eligible for an external review with an independent review organization (IRO). You must contact your insurance company to initiate an external review.

Denied appeals may qualify for external review when: The insurance company has determined the service is not medically necessary; your provider documents that the service will cost you more than $500; and you request external review within 180 days. The IRO conducts each review through medical professionals who are experts in the field. IROs are accredited by the Ohio Department of Insurance (ODI). The insurance company is required to pay all external review fees, regardless of the decision. Once it has the needed information, the IRO must make its decision within 30 days. Also, the IRO must expedite its decision if your health condition requires it.

If you have other questions regarding an appeal, please contact the ODI at 614-644-2658 or www.ohioinsurance.gov.
Impacting and changing the lives of older adults

“This is the most fulfilling volunteer experience I’ve ever had,” said Linda McCrae, who has been leading Chronic Disease Self-Management (CDSM) and coaching Matter of Balance (MOB) classes for two years.

Stacey Rokoff, Associate Director, knows that volunteer leaders and coaches like Ms. McCrae are the backbone of Fairhill’s health programs. Both CDSM, licensed by Stanford University, and MOB, licensed by Maine Health, rely on peer facilitators.

“It’s a way to impact and change the lives of older adults,” said Ms. Rokoff. “CDSM helps people navigate the health care system, and MOB integrates exercise with fall prevention and awareness. Both help older adults be more independent.”

For people with chronic illness, CDSM has been shown to improve health, function and communication with their doctors, while reducing distress and helping manage symptoms like fatigue, pain, and depression.

Over 58 percent of Ohioans have been diagnosed with at least one chronic disease, and over 33 percent of adults over 60 fall each year. There is a real need for programs like CDSM and MOB, and for volunteers to lead them. Classes are held at Fairhill and other locations in a five-county area.

“I retired three years ago and was looking for opportunities to fill my time,” said Ms. McCrae. “I like to help others and enjoy working with seniors.” She met Ms. Rokoff at a telethon, took training classes at Fairhill, and has been working with CDSM and MOB participants ever since.

“I find it very rewarding when a class participant tells me how much a program impacted their life in a positive way,” Ms. McCrae said.

Fairhill Partners is looking for more people who want a meaningful, independent volunteer opportunity to help older adults. Times and dates for training classes are listed in the gray box on this page.

“The training prepared me very well to lead MOB and CDSM,” Ms. McCrae said. “Stacey and her team always ensure that I have the materials that I need for classes and are always available to discuss any issues I may have.”

For more information on leading an MOB or CDSM class, and the training required, call Stacey Rokoff at 216-421-1350.

“Not only do I get an amazing opportunity to help others enhance their quality of life, I also learn something new with every class I lead.” - Linda McCrae, CDSM/MOB leader

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 for the rest of 2012.

Contact 216-421-1350 for more information and a class schedule.

Help others—become a CDSM leader or MOB coach!

MOB training—Oct. 2-3, 9:00 a.m.—5:00 p.m.
CDSM training-Oct 15-18, 9:00 a.m.-5:00 p.m.

Recent CDSM graduates, shown with leader Joe Ferritto (in blue shirt) now know how to manage their chronic conditions.
What did your great-grandfather do? Find out at Fairhill!

Where have your ancestors been? Dick Bloss wants to help you find out. Mr. Bloss first got started in tracing ancestors in 1976, when his son was working on the Boy Scouts Genealogy merit badge. Mr. Bloss came to Fairhill about 12 years ago and has been conducting monthly workshops and a longer class once a year ever since.

“There are only a few million sites for genealogy, and everyone’s search is different,” Mr. Bloss said. In the monthly one-day workshops, he helps individual students with their research and tells them about some online resources.

The six-week class, to be held this year from 1:00-3:00 p.m. Thursdays beginning September 20, is quite a bit more extensive. In the first two sessions, participants learn how to download and set up free genealogy recordkeeping software. In the other sessions, students learn how to learn how to use message boards effectively, how to search the census, and what online resources are available and how to use them.

“We use student examples to demonstrate how to do the research,” said Mr. Bloss. Classes are tailored to the interests of the students.

“Students (in previous classes) have found owners of their slave ancestors, made discoveries at Ellis Island and hooked up with Mayflower ancestors,” he said.

Longtime class helper Gwen Strayhan has decided to pursue other interests after ten years. If you’re interested in genealogy and would like to help others learn about their ancestors, please contact Karen McKeehan at kmckeehan@fairhillpartners.org for more information.

For more information, or to register for this class or any other Computer Learning Center classes, please call 216-421-1350, extension 113.

Why take a computer class at the CLC?

- Each student uses an individual computer.
- Class size limited to 12.
- In addition to the instructor, a coach is available for individual assistance.
- Tutorial materials and handouts provided.
- Classes are 3-8 weeks long and cost $30-$50; financial aid available for those who qualify.
- Call 216-421-1350 or see www.fairhillpartners.org for schedule.

Fall classes:

- Basic skills for beginners
- Word processing
- Excel
- Internet and Email
- Working with digital photographs
- How to shop safely online
- Genealogy
- And more!

Fairhill has free parking for all classes.

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.

To register for a Computer Learning Center class, or to volunteer as a coach or instructor, call 216.421.1350.
Caring for a loved one? Find what you need at Fairhill

MEET THE PROFESSIONALS
Focus on a wide variety of issues related to family caregiving and kinship care.
Wednesdays, 11:00-1:00
August 15, 22, 29; September 5, 12, 19, 26;
October 3, 10, 17, 24; November 7, 14, 21, 28;
December 5, 12, 19, 26
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, 11:00-1:30
Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec. 20
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
Aug. 10, 24; Sept. 14, 28; Oct. 12, 26; Nov. 9, 23
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
Aug. 18; Sept. 15; Oct. 20; Nov. 17
Donations appreciated
Lunch provided

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.
Call for an appointment!

Campers had fun and were happy to graduate from this year’s Kinship Camp. Children in first through sixth grades learned about nutrition, played games, and just enjoyed themselves Tuesdays through Thursdays from June 19 – Aug. 2

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a program, call 216.421.1350.
SGH participants move on, with help from Fairhill

By Amanda Barner

“When you find yourself needing help when you haven’t before, you often feel like you are begging and a nuisance, but I haven’t felt that way here,” said a Senior Guest House (SGH) participant preparing to move into a new apartment.

Fairhill’s SGH participants recently celebrated several successful housing placements with a “Thanksgiving in July” gathering for family, friends and staff. Participants contributed a mouthwatering array of roast chicken, stuffing, candied yams, Monterey Jack cheese fondue, and peach cobbler for the feast.

The SGH participants’ involvement was one of elation and convergence as they joined together to bid a fond farewell to new friends who had found a new home and would be moving forward with their lives. One woman who moved out the day of the dinner and who regularly comes back to Fairhill for multiple programs like Meet The Professionals said, “Wow, I enjoyed my stay here but I am even more blessed to now have my own place and be on my own again. I had lots of help and good people!”

The rapport between the SGH participants has been ideal. The group has lent support and encouragement towards each other with the spirit of improving their life situations regardless of the adversity they had experienced.

One participant who fell victim to money management issues elaborates on the great benefits and knowledge he gained from Fairhill and in particular the My Money Matters courses offered in conjunction with Ohio Savings Bank, “I think I am better prepared to maintain my life from the workshops given at Fairhill Partners and I appreciate the support that Fairhill Partners has provided me.”

Several of the participants kept humor in the mix as an escape from the unique circumstances that led to them becoming homeless. They shared their own resources for others to benefit and improve their situations. They showed genuine kindness, empathy, and gratitude for those around them and for the potential they saw in improving their situations by being at Fairhill.

As one SGH participant prepared to move into her new apartment she told staff, “Fairhill has given me the opportunity to start new. When I found myself homeless, I didn’t know a place like this existed and there was such help out there until I found Amanda’s number. I hope this program continues for others in similar situations.”

Yes! I want to help Fairhill help older adults in 2012!

Name:____________________________________________________________________________________________________
(please print as you would like it to appear in our annual report and circle salutation below)

☑ Mr. & Mrs. ☑ Mr. ☑ Mrs. ☑ Miss ☑ Ms. ☑ Dr. ☑ Rev.

Address:__________________________________________________________________________________________________

City:___________________________________________________State:_______________________Zip Code____________

Phone Number:____________________ Email address:____________________________________________________

☐ I would like my gift to remain anonymous.

☐ My tax-deductible Annual Fund gift of $_____________________________ is enclosed.

☐ My tax-deductible Kinship Village gift of $_____________________________ is enclosed.

☐ Please charge my _____Visa _____MasterCard _____American Express

Number: _________________________________________________ Exp. Date: ________ Verification #_______

☐ Please contact me. I would like to give stock.

☐ I make this contribution in ☐ honor of ☐ memory of ________________________________

(His/her address)______________________________________________________________________________

You ☐ may ☐ may not use my name.

☐ My company will match this contribution. ☐ A company gift form is enclosed.

☐ Please send information about how to include Fairhill Partners in my will.

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