Have some fun helping kids CATCH Healthy Habits

By Gayle Gathercole


Volunteers age 50 and up can do all these through CATCH Healthy Habits, which teaches children from kindergarten through fifth grade the lessons of healthy living through good nutrition and exercise.

“I think if people like children, they will love this program,” said Wendy Graves, a seasoned volunteer. “It’s wonderful to teach kids about healthy eating.”

Children learn that nutritious food (“GO FOOD”) is also delicious; that food that is not so good for you (“WHOA FOOD”) can be eaten, but sparingly; that exercise (in the form of vigorous games) can be more entertaining than sitting on a couch playing video games. And, most importantly, that they can make choices about their health.

For the past eight months, volunteers have brought the healthy living message to children in after-school programs in area schools such as Roxboro, Harvey Rice, Canterbury and Sunbeam. Teams of at least three people prepare a healthy snack, deliver a nutrition lesson, and lead a game, using techniques that have been proven to work.

“The kids are so excited about what they learn and the games they play,” said CATCH coach Jerry Tillman. “That really makes me feel good and I know it must be helping them make better choices. Their enthusiasm tells me that they are probably making use of what they learn and the exercises and games they play at home as well as during class.”

Volunteers “got a chance to see the youth of today, not just of their youth,” said Ms. Edrice Chapman, coordinator of Roxboro Elementary’s after-school program. “I liked how the seniors came in and participated so much with the kids without tiring themselves out.”

CATCH Healthy Habits is in 16 cities nationwide. The project is supported by a grant from the Wellpoint Foundation (Blue Cross/Blue Shield in Ohio) and by Greater Cleveland Volunteers.

If you are interested in helping Greater Cleveland’s children to find a better, healthier lifestyle, we are holding a training session on January 25, 2013. Call Stacey Rokoff at 216-421-1350, Ext. 140 and join the fight for our children’s good health.

See more about how CATCH Healthy Habits has helped families on page 4.
**Chairman’s Corner**  
By Kevin K. Johnson

For the past several years, Fairhill’s wise independent auditor, The Wortzman Company, has recommended that we work on building our endowment fund, which is very small (less than $100,000). An endowment is a pool of funds that is set aside permanently and invested to generate ongoing returns that help sustain a nonprofit organization and advance its mission. For example, depending on investment results, an endowment of one million dollars might produce between $25,000 and $50,000 per year to help pay for the services and programs that are offered by Fairhill Partners. Every year our good intentions to build our endowment flounder on the rocks of tough current operating budget realities, and not having enough time to work on that goal.

For a small nonprofit like Fairhill Partners, with an annual budget of less than two million dollars, the first fund-raising priority has to be securing donations that are needed to support current year services and programs. Unless an endowment gift is very large, it generally doesn’t replace the need for a gift to the annual campaign. Instead, a gift to the endowment is an investment in Fairhill’s future, made because you believe in the mission of the organization and want to help it achieve long term sustainability.

There are many ways you can help Fairhill Partners build its endowment fund. Some of these include:

- Each year match your usual annual gift with a separate gift to the endowment fund;
- Include a bequest to Fairhill’s endowment fund in your will or estate plan;
- Talk about Fairhill’s good work and its need for financial support to people that you know who are committed to charitable giving;
- Volunteer your time to work with Fairhill’s staff and Board to plan and launch an endowment campaign.

If you’d like to discuss how you can help to support the good work done by Fairhill Partners, please call me, Kevin Johnson, at 216-268-1700 or Stephanie FallCreek, Fairhill’s President/CEO, at 216-421-1350.

See how 2013 Medicare changes affect you

January will bring annual changes to Medicare:
- The monthly Part B premium will be $104.90 for most persons enrolled in Part B. Medical Insurance
- The annual Part B deductible will be $147.00. This is the amount you, or your other medical insurance, must pay before Part B begins to pay.
- The hospital deductible for Part A, Hospital Insurance will be $1,184/benefit period while the hospital co-payment will be $296.00/day for days 61-90 and $592.00/day for days 91-150.
- The skilled Nursing Facility Copayment will be $148.00/day for days 21-100.
- There is no cost for Part A if you receive any Social Security benefit.

Please contact Bruce at 216-421-1350 ex. 181 for more information about Parts A & B.

To be eligible for the Part D, Medicare Prescription Drug, Low Income Supplement, a single person must have income less than $1396.25/month and assets of less than $13,300 while a married couple must have income of less than $1.891.25/month and assets of less than $26,585. There are certain exceptions.

The Low Income Supplement helps pay for your Part D program and limits the amount you pay for prescriptions.

Please call our Access Your Benefits team, 216-421-1350 ex. 182 or 188, to find out if you are eligible to enroll in the Low Income Supplement.
News and Notes

It’s your life—Go 4 it on Jan. 28 at Fairhill!

That resolution to get more exercise sounded good on Jan. 1 – but where do you start? And how do you keep motivated?

Come to Fairhill Partners at 9:30 a.m. on Monday, Jan. 28, 2013 to learn about Go4Life®, a science-based home exercise program that includes a written guide, an exercise DVD, an interactive website, and more. Go4Life® offers specific exercises, motivational tips, success stories, and free materials to help older adults (50+) get ready, start exercising, and keep going. The program is free and lasts one hour.

After the one-hour introductory session, we hope you’ll stay for the Go4Life® rally, where graduates of the Go4Life session will share success stories, get motivated, and meet others who are interested in becoming stronger and healthier. The rally includes an “Ask the Doc” session, door prizes, and a talk by Judith Eugene on “Making Lemonade out of Lemons – Maintaining Happiness and Optimism as We Age.” The rally will be from 11am – 1:30pm. Door prizes will be awarded, and lunch is free for all registered attendees. To register, call Brian at 216.363.1512.

Go4Life® is part of the Year of Vitality series, presented by Medical Mutual, held in celebration of the 2013 National Senior Games. Go4Life® is locally presented by the ClevelandClinic. The Go4Life® Rally is sponsored by Ohio Savings Bank, Greater Cleveland Sports Commission, and is presented in partnership with Fairhill Partners.

Fun for families, volunteers at the Kinship winter celebration

Kinship families had a ball at the tenth annual winter celebration, held Saturday, Dec. 15, at Fairhill.

Over 200 people, representing 70 kinship families, enjoyed fellowship, activities, a hot lunch, gifts and a visit from Santa.

As always, this event would not be possible without the generous support of many individual Wishmakers, volunteers, and staff. Fairhill especially would like to thank Dave’s Supermarkets for providing the meat dishes served at lunch; Ohio Savings Bank, a division of New York Community Bank, for a generous sponsorship; St. Paul’s Episcopal Church and First Baptist Church for gifts; and Jeff Phelps of Phelps Media for filming.
Do kids really teach their parents about nutrition? Yes!

By Gayle Gathercole

CATCH Healthy Habits is a good fit for Fairhill Partners because of its emphasis on using researched techniques to teach children about nutrition and physical activity, and its use of volunteers 50 and up. In the past eight months, we have touched the lives and lifestyles of more than 160 children – and their families. And the results are a proven success. Just ask Ann Marie Hodges, mother of five-year-old Liam, a kindergarten student at Roxboro and graduate of the CATCH program:

“I can’t say enough. I feel that the CATCH program has changed my life. Liam comes home and has a snack, but the snack is different than it used to be. We used to give him gummy candies or something very sugary. Now, he’ll say, ‘Can you cut this apple for me?’ or ‘Can I have a Clementine?’ He’ll ask for something that he never used to ask for . . . that didn’t just happen by itself.”

The program’s lesson of good health has been transferred from the child to the family. “I just look at this program and think, that has helped Liam,” said Ann Marie. “And because of his choices, he’s helping me make better choices.”

Mike Bushnell’s two sons taught him about nutrition after participating in CATCH Healthy Habits at Canterbury: “For a holiday treat, Costco had the Chocolate Cheerios. They were in stock and on special and we bought them. They started eating them . . . loved it. And then they took the nutrition program at school, and afterwards they told us, ‘Daddy, we can’t buy these anymore because they are WHOA foods.’ And so they explained to me the difference between WHOA and GO foods. We’ve since done away with the chocolate Cheerios, and we’ve started to do that with other foods as well.”

For information on how you can help, see the story on page 1.

Program partially supported by a gift from

Lead others to better choices

Become a leader in these evidence-based health promotion programs—it can be a very rewarding and meaningful opportunity. Join the team today!

Feb. 18-21—Take Charge of Your Health leader training at Fairhill
March 28-29—Matter of Balance coach training at Fairhill
Call 216-421-1350, ext. 186, for more information or to register for a training session.

Take Charge of Your Health: Six weeks to Better Choices

Do you feel isolated because your fear of falling keeps you from going places and doing things? Are you frustrated by dealing with health issues, weight control, sleep or more?

Take Charge of Your Health programs will teach you better techniques in decision making, problem solving, action planning and more.

We offer classes at Fairhill and throughout the community. Call today for a class near you! Contact Rose at 216-421-1350, ext. 186, for more information and a class schedule.

A Matter of Balance—Thursdays, 10:00 a.m. –noon, Jan. 24-Mar. 14 at Fairhill.
Take Charge of Your Health—Thursdays, 1:30-4:00 p.m., Jan. 31-Mar. 7.
Take Charge of Your Health—Diabetes—Wednesdays, 1:30-4:00 p.m., Jan.30-Mar. 6.
Why take a computer class at Fairhill?

- Classes for adults 50 and up, taught by peers
- 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 are provided to each student
- Classes meet once weekly for 2 hours and are 3-8 weeks long
- Cost is $30-$50; scholarship help available if needed
- Call 216-421-1350 or see www.fairhillpartners.org for schedule

New classes starting in mid-March—call 216-421-1350 or see www.fairhillpartners.org for schedule.

Parking is always free at Fairhill!

Want to teach a class or help out by coaching? Have an idea for a new class? (We’d love to have someone teach how to use iPads and other tablets!) Email Karen McKeehan at kmckeehan@fairhillpartners.org.

No charge class!

GENEALOGY WORKSHOP—Bring your family history research questions and problems. Get help with your research, information on newest online resources, and information handouts. Thursdays: Jan. 17, Feb. 21, Mar. 21, Apr. 21, 1:00-3:00.

Meet the Professionals: Share what you know!

One of Fairhill’s most popular programs for kinship and family caregivers, Meet the Professionals, is expanding in 2013, and can use your help.

“We’re looking for people to share expertise, even if it’s not in their professional field. They don’t have to do a presentation – the format is to have a candid conversation and answer questions,” said Stacey Rokoff, Associate Director.

Previous speakers have shared expertise on medical, legal and financial issues; nutrition; economic security; and safety from Cleveland fire and police departments.

The program has expanded to two days a week. Beginning Tuesday, Jan. 8, topics of interest to family caregivers will be discussed, and beginning Wednesday, Jan. 9, conversations will be held with kinship caregivers. Both sessions run from 11 a.m. – 1 p.m. Lunch is available and free for registered caregivers.

Fairhill’s trained facilitators welcome the participants at 11 a.m., explain what the speaker will discuss, and ask for questions to get the conversation started. When the speaker arrives at 11:30 a.m., the group is ready to go.

If you have something to share with caregivers, we’d love to hear from you! Please contact Linda Cooper, 216-421-1350 ext. 113, for more information.

Opportunities at the National Senior Games this summer

The Greater Cleveland Sports Commission is looking for volunteers for the 2013 National Senior Games presented by Humana, to be held in late July-early August in Greater Cleveland.

The event will host 14,000 athletes, ages 50 and up, who will compete in 19 different sports. Volunteer by yourself or with a group for any one of several different tasks. For more information, please contact Lauren Grys, 216-479-6361 or email lgrys@clevelandsports.org.

To register for any of Fairhill’s programs, or to volunteer as a coach or instructor, call 216.421.1350.
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MEET THE PROFESSIONALS
Candid conversation with individuals sharing their expertise on a wide variety of topics.

FAMILY CAREGIVERS
Tuesdays, 11:00-1:00
Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26; Mar. 5, 12, 19, 26; Apr. 2, 9, 16, 23, 30
Cost: No Charge
Donations Appreciated
Light lunch available

KINSHIP CAREGIVERS
Wednesdays, 11:00-1:00
Jan. 9, 16, 23, 30; Feb. 6; 13; 20; 27; Mar. 6, 13; 20; 27; Apr. 3, 10, 17, 24, 31
Cost: No Charge
Donations Appreciated
Light lunch available

MY TIME! SUPPORT GROUP
Discussion and information sharing with a licensed professional.

FAMILY CAREGIVERS
Tuesdays, 1:00-2:00
Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26; Mar. 5, 12, 19, 26; Apr. 2, 9, 16, 23, 30
Cost: No Charge
Donations Appreciated
Light lunch available

KINSHIP CAREGIVERS
Wednesdays, 1:00-2:00
Jan. 9, 16, 23, 30; Feb. 6; 13; 20; 27; Mar. 6, 13; 20; 27; Apr. 3, 10, 17, 24, 31
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

FAMILY CAREGIVER DAY
Fun and learning for family caregivers. Second Saturday of every month, 11:00-2:00
Feb. 9; Mar. 9; Apr. 13
Cost: No charge
Donations appreciated
Light lunch provided

KINSHIP FAMILY DAY
Fun and learning for kinship families. Third Saturday of every month, 11:00-2:00
Feb. 16; Mar. 16; Apr. 20
Cost: No charge
Donations appreciated
Light lunch provided

Wellness and Wisdom 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.

FREE COMMUNITY ZUMBA
Exercise to a Latin beat!
Fridays, 5:30-6:30 p.m., beginning Jan. 11

FREE COMMUNITY TAI CHI
Wednesdays, 10:00-11:00 a.m., beginning Jan. 9

Donations for all Lifelong Learning programs are suggested and much appreciated.

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.
Thank you for your 2012 Annual Fund gift!

Fairhill Partners appreciates the many individual donors, board members, corporations, and private foundations who contributed to our 2012 Annual Fund. 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 provide older adults with opportunities for lifelong learning, intergenerational relationships, and successful aging:
- Interns from the National Center and Caucus on Black Aged, a campus partner, help facilitate programs, register participants, and make phone calls. The Annual Fund pays for their computers 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 supports a summer Kinship Camp to educate children, provide leadership opportunities for teens, and offer respite to grandparents. Please help us continue this camp in 2013!
- The Annual Fund helps support programs which show caregivers how to take care of themselves as well as their loved ones, provide education and bonding time for families once a month, and special caregiver events throughout the year.
- The services for the temporarily homeless older adults who stay at the Senior Guest House each year are partially supported by the Annual Fund. In 2012, we served 60 people—a record annual number since we opened in 2004.

Thank you for your 2012 Annual Fund gift. We hope you can help us again in 2013. Please return the gift card enclosed with this newsletter, visit the website to make a credit card donation online, or stop in to volunteer. Gifts of stock also are welcome.

Yes! I want to help Fairhill help older adults in 2013!

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

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
Programs & Dates Listed Inside!

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.

Small Office Suite
Onsite Conference and Meeting Facilities

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