Consider what a difference it could make

By Dr. Stephanie J. FallCreek
President/CEO

“I’m eating vegetables twice a day now, and I’m surprised, it isn’t that hard to add them to my meals.”

“I’m walking up four flights of stairs twice a day, and my goal is five. I’ll get there!”

“I switched from fried to baked, at least most of the time.”

These are just some of the stories that Linda McCrae and I heard from the recent Taking Charge of Your Health: Six Weeks to Better Choices classes we held at St. Timothy’s Park and then at St. Timothy’s Manor. When I see results like this, I’m so glad I became a Master Trainer for Stanford University’s programs in 2012.

Fairhill is licensed by Stanford to train and oversee paid staff and community volunteers who deliver workshops like Take Charge of Your Health: Six Weeks to Better Choices (also known as Healthy U – Chronic Disease Self-Management), Diabetes Self-Management, Pain Management, and Positive Self-Managed Program (for those who have or are affected by HIV/AIDS). More than 30 years of research on these and other programs by the Stanford Patient Education Center has proven that self-management programs work – for the health care system and for the participants who complete the workshop series. As the St. Timothy’s participants said:

“I sleep better.”

“I told my doctor I needed to get off that new medication and he agreed.”

“I’ve lost nine pounds and I didn’t start keeping track at the beginning.”

The Stanford research shows that results also include fewer emergency room visits, fewer hospitalizations, fewer days in the hospital, and a reduction in outpatient visits. Participants report less pain, less fatigue, less stress, and overall, better well-being.

Although I don’t lead nearly as many workshop series as do dedicated volunteers like Linda McCrae, facilitating keeps me in touch – real time - with Fairhill’s mission of connecting people to lifelong learning, intergenerational relationships and successful aging opportunities. One of the best parts for me is seeing how family members support each other in these classes. As one St. Timothy’s participant said, “I told my daughters about my health goals and they are calling me all the time to encourage me.”

See Making a Difference, page 7
Chairman’s Corner
By Kevin K. Johnson

Our annual benefit, the Uptown Hoedown, will be taking place Saturday, September 21st. We always have a great time at this fun-filled event. Everyone gets to enjoy great music, finger-licking barbeque and fixings; meet wonderful people; and bid on exciting and unique items during our silent auction to support Fairhill Partner’s programs and services. We are so pleased to have popular auctioneer Bob Hale back with us, and you’ll be impressed with the live auction items he’ll be showcasing.

Board member Rick Martin, 2013 Uptown Hoedown chairman, promises this year’s event will be more exciting than ever. Committee members are busy soliciting auction items, planning decorations, contacting sponsors, and doing all the little things that make the event run smoothly.

We’d love to talk to you about being part of the planning or volunteering at the benefit itself. If you’re interested in helping make this the best Hoedown so far, please contact Alice Simon, asimon@fairhillpartners.org to see how you can use your talents to support Fairhill Partners’ programs.

Make sure to mark your calendar for September 21, 2013, 6-9 p.m. in Fairhill Partners’ historic stables. I’ll see you there!

In Memoriam

Richard H. Hahn, “a truly gracious gentleman”

On April 26, 2013, Fairhill Partners lost a beloved friend and longtime board member, Richard H. (Dick) Hahn.

Dick believed wholeheartedly in Fairhill’s mission of connecting people to opportunities for lifelong learning, intergenerational relationships, and successful aging. In his many years as a board member, he served on Finance, Development and Governance Committees. He also served as Chairman of the Board and Secretary of the Board.

Dick made significant contributions to Fairhill. “His extensive experience in nonprofit organization governance and fundraising informed every piece of advice and every decision, yet he remained always open to trying something new,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO. “He was meticulous about the details, especially in looking at the financials, but he never let the details get in the way of moving ahead on the key objectives. Yet, Dick’s kindness and sweet spirit were just as valuable in moving us forward as his insight and experience. He was a truly gracious gentleman in every situation.”

During his years on the Board, Dick 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.
By Donna Cornett
Larchmere Community Association

The first apartment building of Kinship Village on the Fairhill Partners campus is opening and it looks great! After almost ten years of fundraising, the renovation project on this Cleveland Historic Landmark District building in the Larchmere neighborhood started in September 2012 and is now complete.

Maple flooring from the original interior was salvaged and refinished and now has a new life in the Community Room; the staircase railing is also the original. Along with this attention to detail the building is highly energy efficient, including new Energy Star appliances and an energy-efficient geothermal heating and cooling system.

The building is a mixed income/market rate development with nine apartments (both one and two bedrooms) for age 55+ relatives raising children, as well as older adult volunteers.

Rates are $650 – $850/month plus utilities.

For more information, questions, or application information contact Judith Fisher at 216-421-1350 or jfisher@fairhillpartners.org.

The Larchmere Community Association, located within the Shaker Square Area Development Corporation (SHAD) service area, has been an active community organization since 1972 and remains dedicated to promoting diversity and the quality of life of its residents, community institutions and businesses. The Larchmere neighborhood is located one block north of Shaker Square and is bordered by Shaker Blvd., Kemper/N. Moreland, Fairhill Road, and E. 116th/MLK.

How to get your Social Security information online

Did you know you can get your Social Security information online? If you receive benefits, you can use a my Social Security account to get your benefit verification letter, check your benefit and payment information and your earnings record, change your address and phone number, and start or change direct deposit of your benefit payment.

If you do not yet receive benefits, you can use the account to get your Social Security statement and review estimates of your retirement benefits, disability benefits, and survivor’s benefits; your earnings record; and the estimated Social Security and Medicare taxes you’ve paid.

To create an account, you must provide some personal information about yourself, including your Social Security number and date of birth. The Social Security Administration has taken several steps to keep your personal information private. They are not sending emails to ask you to enroll. As a general rule, no reputable businesses or organizations will send you an email asking you to provide personal information such as date of birth, account number, or password.
Healthy Activities for the Summer

You can save a life!
Join us for our first community blood drive

Did you know that about 44,000 pints of blood are needed daily for patients in the U.S.? Fairhill Partners, with the American Red Cross, Year of Vitality, and Healthy Eating and Active Living, is responding to this need by hosting its first community blood drive from 1:00-6:00 p.m. Friday, June 28, at the Fairhill Partners campus, 12200 Fairhill Road, Cleveland.

Individuals must be 17 years of age or older, 110 pounds or more depending on height, and in generally good health.
Please help Fairhill reach our goal of 30 donors for this drive. Sign up today and receive a gift certificate for a complimentary sweet snack at our bake sale the afternoon of the drive.
Your blood donation can save up to three lives, and first-time donors are welcome. To register, call 216-421-1350.

Health promotion 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 health condition such as arthritis, high blood pressure or COPD?
A Matter of Balance, Take Charge of Your Health: Six Weeks to Better Choices, or Take Charge of Your Health: Diabetes Self-Management program will teach you proven techniques to deal with these issues and more.
Fairhill offers classes in many locations, both on campus and throughout the county. Contact 216-421-1350 for more information and a class schedule.

The Cleveland Senior Walk is a free, rain or shine event to encourage health and physical activity for older adults. Check-in for the walk will begin at 9:15 a.m. Thursday, July 25, 2013, and the walk will begin at 10:00 a.m.
Preregistered walkers will receive a t-shirt, healthy snacks, and free tools for active living. Stay after the walk to enjoy these free activities:
Explore the National Senior Games Village sponsored by AstraZeneca, including sponsor booths, giveaways, and entertainment.
Participate in health screenings and activities.
Watch Senior Games athletes compete in badminton, 3-on-3 basketball, shuffleboard and volleyball at the Convention Center and Public Hall.
Grab your FREE ticket to the Celebration of Athletes, hosted by Olympic figure skater Scott Hamilton, on Friday, July 26 at 7 p.m. at Quicken Loans Arena.

Fairhill Partners is proud to welcome the 2013 National Senior Games to Cleveland! The event will have competitions in 19 sports across Cleveland from July 19 – Aug. 1 and will be Cleveland’s largest visitor event in decades. Exciting ancillary events include Opening Festival on Mall B (July 19), The Village at the Cleveland Convention Center, and the Celebration of Athletes at Quicken Loans Arena (July 26). Every event and competition is FREE to the public. Visit Cleveland2013.com for more information.
Computer Learning Center

It’s time for summer school!

Classes for adults 50 and over, taught by peers

Just getting started? Try our no-charge workshop

Monday, June 10, 10:00-noon or Monday, June 10, 1:00-3:00
Registration required—limited to 12 students.

If you don’t know where to start, this is the class for you. This friendly, noncompetitive workshop will show you how to turn on a computer, how to communicate with it using a mouse or keyboard, and give you some practice using the mouse.

Ready to learn more? Here’s your four-week plan

Really Basic Computer Skills, Mondays, June 17-July 8, 9:30-11:30
$40 includes class workbook and hands-on instruction. Financial aid available on request.
Register and pay by June 13 and get the class for only $30!

This friendly, noncompetitive class teaches:
• Mouse and keyboard techniques
• Very basic document processing
• The difference between hardware and software
• Everything you need to know to make your computer a useful tool

Who are your ancestors? Find out here

No-charge Genealogy Workshop, Thursdays, June 20, July 18, August 15, 1:00-3:00 p.m.
Preregistration encouraged.

Bring your family history research questions and problems. Get help with your research, information on newest online resources, and information handouts.
Basic Internet knowledge and computer skills required

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—FAMILY
Focus on a wide variety of issues related to family caregiving. Experts from Fairhill and the community facilitate small group discussions. Every Tuesday, 11:00 a.m.-1:00 p.m.

MY TIME SUPPORT GROUP—FAMILY
Join other family caregivers and a social worker for peer discussions. Every Tuesday, 1:00-2:00 a.m.

MEET THE PROFESSIONALS—KINSHIP
Focus on a wide variety of issues related to kinship caregiving. Experts from Fairhill and the community facilitate small group discussions. Every Wednesday, 11:00 a.m.-1:00 p.m.

MY TIME SUPPORT GROUP—KINSHIP
Join other family caregivers and a social worker for peer discussions. Every Wednesday, 1:00-2:00 p.m.

FAMILY CAREGIVER DAY
Activities and fun for all! Saturdays, 11:00 a.m.-2:00 p.m. June 8, July 13, August 10 Lunch provided

KINSHIP FAMILY DAY
Something for everyone—grandparents, teens and children. Saturdays, 11:00 a.m.-2:00 p.m. June 15, July 20, August 17 Lunch provided

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. Appointments Required

Except where noted, these programs are no charge. Help keep them alive by donating to the Fairhill Annual Fund!

Meet the Professionals draws interest in a wide variety of topics. Separate sessions are held for family and kinship caregivers. (photo by Joy Mitchell)

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.

TAI CHI FOR ARTHRITIS
Wednesdays, 10 a.m.

THE ENCORE STORE
Community resource shop of donated items. Call for an appointment to shop or volunteer.

NO-CHARGE COMMUNITY PILATES
Mondays, 10:00 a.m.

NO-CHARGE COMMUNITY ZUMBA
Mondays, 11:00 a.m. Fridays, 5:30 p.m.

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a program, call 216.421.1350.
Making a difference with better choices

Continued from page 1

Matter of Balance, licensed by Maine Health, and several of the Stanford programs are made possible in part by an Older Americans Act Grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging. Unrestricted gifts to the Fairhill Annual Fund from participants and other donors cover the rest of the program costs. Fees are charged for participants under the age of 60. About 1,000 Clevelanders took part in one or more of Fairhill’s health promotion programs last year.

I see these participants – real people, with real issues, getting real solutions - adapting to the inevitable changes and challenges of aging, developing and enjoying new relationships with others, and beginning or continuing to live life with purpose and joy. Facilitating these workshops is rewarding personally as well as professionally. As part of the successful Stanford approach, workshop leaders must make their own action plans every week and report on progress to the rest of the participants. I added more stretching to my walking routine and cut back on snacks after 8 PM. If you want to experience this for yourself, either as a participant or perhaps as leader or administrative supporter, please call us at 216-421-1350 for more information and a schedule. We offer classes at Fairhill and all over a four-county area, so you can find one that’s convenient for you.

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
**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