Building Bonds, Lubrizol enhances campus

Three lower level rooms cleaned and painted, with new light fixtures and shelving.
Two bathrooms cleaned, painted and renovated.
One 300-foot hallway painted.
Many miscellaneous repairs on doors, tables and carpets.

Fairhill Partners is extremely grateful to the more than 80 Lubrizol Corporation employees who gave more 700 hours to accomplish these and other projects on June 6, 2013, as part of the corporation’s annual Building Bonds day.

“The work your team accomplished was amazing,” Dr. Stephanie FallCreek, Fairhill’s President/CEO, told the volunteers. “We got things done that would have been months in the making without you.”

Fairhill’s latest addition to the Board of Directors, John J. King, Corporate Vice-President of IT at Lubrizol, said it is remarkable to see the enhancements made by the Fairhill team along with local business partners. “I have been part of the Building Bonds days at Fairhill for seven years now,” King noted. “To see the wood floors that we removed one year finished, in place and being used in the Kinship House this year is very rewarding. Fairhill is a tremendous asset to the Cleveland community.”

The enthusiastic volunteers were up to the challenge.

“Taking rooms that were not usable and not safe and converting them into workable space was a fun task for our project teams,” said Mike Nagy, who has led Lubrizol project teams for several years. “Providing safe, easy access use of restrooms through renovations and mechanical restroom door installations was a good challenge for our employee volunteers.”

One major project was to build a frame and base for a ramp to Kinship House. Lubrizol project

See Lubrizol, page 4

Before the Lubrizol volunteers arrived, Kinship House had no ramp. See the results of their work on page 4.
Imagine for a moment. Imagine that you are a senior citizen living in an apartment building. You have paid your rent and other bills on-time and you’ve called your apartment, home for several years; it’s comfortable and it’s familiar. Suddenly, the apartment building’s superintendent knocks on your door with bad news. You find out that the building owner has not paid the taxes on the building for years; the building that contains your apartment, your home, is being foreclosed upon and will be converted to condominiums. You are being displaced and you have to move immediately.

Each year the Senior Guest House (SGH), established at Fairhill Partners in the summer of 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. Fairhill’s SGH staff provides these older adults with a temporary home, usually for less than 90 days. SGH staff members help these seniors apply for Social Security and assist them in finding a safe, long-term residence. Some of these seniors have not had to relocate in decades and a great deal of change has occurred in that time.

SGH participants gain 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. 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.

Once again, 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. Please give generously to this worthy cause!

Benefit details are on page 7. 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.
Changes are coming for older Ohioans

Organizations providing diverse services to older persons will likely face significant challenges in the immediate future, and older Ohioans may see big changes in how health care is delivered and who delivers it, Richard Browdie told Fairhill’s Board members on August 15.

Browdie, a Director of the Board and President/CEO of the Benjamin Rose Institute on Aging, spoke to the Board about how national and state aging policy may impact service providers and people in our community and the State.

One key example is a pilot project, created largely in response to enhanced state revenue opportunities included in the Affordable Care act of 2010. Termed the Integrated Care Delivery System (ICDS), Ohio has chosen to take responsibility for managing medical care and social supports needed by most Ohioans who are “dual eligible”, meaning they are eligible for both Medicare and Medicaid. The state has selected three managed care companies to be the ICDS plans for Northeast Ohio. This approach will be implemented soon (anticipated this fall) and will change how health care is paid for on behalf of thousands of older and disabled Ohioans and NE Ohio. The ICDS model creates a collaborative relationship between the ICDS plans, Medicare, and Medicaid. The plans will then manage care for enrollees through contracts with care coordination agencies (in the case of older Ohioans) and service providers all designed to improve care coordination. With a focus on coordinating health care services through primary care providers, this approach has the potential to reduce both unnecessary administrative activity and redundant care.

“If effective, this can have a significant, positive effect on the trajectory of health care spending,” Mr. Browdie said.

As with any significant change, there are many concerns regarding the adequacy of new systems to manage care, how eligibility and complaints about services will be handled, and how well informed consumers and their families will rally be. Advocates are working with the state and the plans to hopefully address those problems as they arise.

Older adults can help themselves by learning how to better manage their own long lasting health conditions through programs like Chronic Disease Self Management (CDSM), developed at Stanford University and facilitated throughout a five-county area by Fairhill Partners. Fairhill trains peer leaders, who are often community volunteers, to facilitate lead the six-week program; these leaders then offer the six week workshop series at Fairhill and dozens of other sites senior centers, clinics, apartment buildings and community centers.

Using the Health Insurance Marketplace

With the Affordable Care Act (“Obamacare”) beginning on January 1, 2014, many uninsured people will need to register to use the Health Insurance Marketplace to review and purchase health insurance. The Marketplace will also be able to determine if you qualify for a subsidy or for free health insurance based on family income.

Individuals can register now on the Marketplace website to avoid the October 1st rush. The website is www.healthcare.gov.

The cost for policies will not be available until October 1, 2013.

Effective January 1, 2014, all health insurance companies must accept any person with pre-existing conditions. Also, there will be no limits on the amounts your insurance company can pay to your healthcare providers.

At www.healthcare.gov, you can prepare for this change by signing up for email or text updates; learning about different types of health coverage; making sure you understand how coverage works, and downloading a checklist for gathering basic information about your household income.

Most people using the Marketplace will qualify for lower costs on monthly premiums or out-of-pocket costs. There will be different types of health plans to meet a variety of needs and budgets.

Ask your employer if it plans to offer health insurance in 2014! If not, you may need to get insurance through the Marketplace or from other sources in 2014.

If you have questions, call 1-800-318-2596, (TTY: 1-855-889-4325) or Bruce at Fairhill Partners, 216-421-1350, ext. 181.
Lubrizol volunteers give Fairhill a facelift

Continued from page 1

teams have worked on Kinship Village buildings for many years, beginning with tearing out flooring boards in what is now Kinship House. “It’s neat to see the Kinship Village project find completion,” Mr. Nagy said.

“I add my own very grateful thanks to all from Lubrizol who pitched in to make another leap forward for Kinship House,” said Michael Gathercole, when thanking the Building Bonds Day volunteers. “It was a big job and I really enjoyed being with you throughout the day, when I saw immensely hard work, ingenuity and a great team spirit, all deployed with that essential ingredient for real success, a large measure of good humor.” Mr. Gathercole retired from Fairhill Partners in June as a key employee but continues to oversee the final touches needed to complete Kinship House as a volunteer.

Fairhill will continue to reap benefits from Greater Cleveland’s corporate generosity in late August, when volunteers from General Electric’s Global Day of Caring come to campus. In addition to a huge list of new projects, they will be completing the lighting of several rooms used by older adults and volunteers for health promotion activities and installing a dropped ceiling in a heavily trafficked hallway. Volunteers from Sherwin-Williams Warrensville group will spend a day painting recently vacated offices later that week.

“As Project Team Lead over many years I find a greater sense of accomplishment when I know that fix-ups, installations and/or enhancements will be used directly by the people utilizing the services of Fairhill Partners,” Mr. Nagy said.

“Lubrizol volunteers got things done that might never have happened, given the lean staffing model here,” Dr. FallCreek said. “We are so fortunate that Greater Cleveland businesses give back to the community by helping nonprofits.”

Healthy You

Health promotion opportunities always available 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), Take Charge of Your Health: Six Weeks to Better Choices, or Take Charge of Your Health: Diabetes 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 2013.

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

A Matter of Balance is licensed by MaineHealth. Take Charge of Your Health programs are licensed by Stanford University.

Next Take Charge of your Health: Six Weeks to Better Choices class at Fairhill: Thursdays, Sept. 12—Oct. 16, 10 a.m.—12:30 p.m.

These programs are made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency On Aging and gifts to the Fairhill Annual Fund.
Upcoming events

Everyone has fun at CATCH Healthy Habits—join us!

Have fun and change lives in three to six hours per week!
Fairhill Partners is excited to share CATCH Healthy Habits. This proven program pairs teams of adults 50+ with kids in grades K-2. Classes meet for one hour per week, usually for 8 weeks. Lead a group, prepare healthy snacks, help set up classes—there are many ways to help and we will provide the training you need. Together, we can get kids moving and eating healthier.

“CATCH directly relates to kids’ increased knowledge about making a choice on food, whether it’s high in nutrition or not,” said Marilyn Chorman, a Fairhill Board of Directors Vice Chair and CATCH volunteer since early 2012. In the CATCH program, children learn about “go” (eat anytime) foods, “slow” (not as nutritious but okay occasionally), and “whoa” (stop and think about it) foods. The feedback we have received from caregivers of children who have been in the CATCH program has been extremely positive. Whole families are eating healthier as a result of the CATCH experience.

Another vital component of the CATCH program is its emphasis on physical activity. “Go” activities really get the kids moving so that they can balance what they eat with physical activities.

To find out more or to sign up for training, call Meghan Weber at 216-421-1350, ext. 146. Next training will be Friday, Oct. 18, 1-5 p.m., and Saturday, Oct. 19, 9 a.m.—noon.

This program is offered in partnership with The OASIS Institute.

If you’re a parent of a child who would like this program, please let us know! We have classes scheduled and may be able to offer more based on interest.

Fairhill to host “Policy, Practice, Prevention” conference

Fairhill Partners will host the Ohio Association of Senior Centers’ 18th Annual Fall Conference September 30-October 1 at Fairhill, 12200 Fairhill Road, Cleveland.

“Policy, Practice, Prevention,” the conference theme, will address the needs of individual seniors and plant the seeds for a healthy future by focusing on programs which promote self-management of health concerns, preventing falls, public policy, and successful aging.

Dr. Kate Lorig, Professor at the Stanford University School of Medicine and Director of the Stanford Patient Education Research Center, will provide the keynote speech on Gathering Speed: Current Results and Future Prospects in Self-Management Programs. For more than two decades, using a public health approach, Dr. Lorig has developed and evaluated community-based patient education programs— including the Chronic Disease Self Management and Diabetes Self Management programs facilitated by Fairhill - in English and Spanish for people with chronic conditions including arthritis, heart disease, lung disease, diabetes and AIDS.

This statewide gathering allows senior center professionals to meet, network, and learn with their peers. To learn more about the OASC, or to learn how you can attend the conference, visit www.ohioasc.org.
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.
Oct. 19, Nov. 16, Dec. 21

INDIVIDUAL CAREGIVER SESSIONS
Meet one-on-one with a licensed social worker and discuss your caregiving situation.
Cost: Sliding scale
Appointments Required
Except where noted, these programs are no charge. Help keep them alive by donating to the Fairhill Annual Fund!

Lifelong Learning

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. Starts in mid-September—call for information
Thursdays at 9:00-11:00 a.m.

THE ENCORE BOUTIQUE
Resale shop benefiting Fairhill’s programs. Look for our grand re-opening coming soon!

Organizations providing services to older adults face challenges

Continued from page 3

“The most efficient delivery mechanism for programs like CDSM is through community agencies like Fairhill Partners, which typically can deliver at a much lower cost than using the medical system,” Mr. Browdie said. A significant challenge to community providers, though, is their capacity to develop and deliver program at a large enough scale to appeal to payers wishing to concentrate on a limited number of partnerships. Small organizations that may have higher administrative costs may need to merge or form coalitions or close partnerships to remain competitive in the new systems.
Potential funding for these, and other, older adult services is hit hard by the impact recent federal sequestration and reduction in discretionary spending, the lack of appetite in Ohio for raising taxes, and reliance on local property taxes which may or may not be available, which results in uneven access to community services across the region. To illustrate, Mr. Browdie noted that the last three years, the number of senior centers and home-delivered meals in parts of Ohio has been reduced significantly.
“Lower-income older adults, particularly those whose income is not quite low enough to qualify for many means-tested federal benefits, are likely to have to make increasingly difficult choices,” he said.
Enjoy a full evening of entertainment, featuring:
  Chicken and ribs BBQ dinner catered by Larchmere Tavern
  Live music by Fletch and the Catch
  Dancing
  Live auction with auctioneer Bob Hale (among the items up for bid is a hot-air balloon ride, with multiple points of departure throughout the USA)
  Silent auction with enticing items
RSVP by Sept. 13, 2013: Fill out the form below, 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**—CareSource; Huntington Bank; Ohio Savings Bank, a division of New York Community Bank, Member F.D.I.C.

**Panning for Gold**—Medical Mutual of Ohio; PhRMA

**Two-Steppin’ Boots**—Nicola, Gudbranson & Cooper, LLC

**Wild Bandana**—AllType Tax; Paytime; Today’s Business Products

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**UPTOWN Hoedown to benefit Fairhill Partners—RSVP by Friday, September 13, 2013**

- [ ] $100 Boot Kicking FAN at $100 ($50 per ticket is tax deductible).
- [ ] $200 High Stepping PATRON at $200 ($150 per ticket is tax deductible; program listing).
- [ ] $250 Hat Tipping Benefactor at $250 ($200 per ticket is tax deductible; program listing).
- [ ] I would like to purchase a half table for 4 or full table for 8 (please list names below).
- [ ] I would like to sit with (please list names below).
- [ ] Sorry, I can’t attend but would like to make a donation to support Fairhill’s Programs

□ Enclosed is my check in the amount of __________________ made payable to Fairhill Partners.

□ Charge my credit card:  VISA_____  MasterCard_____  AmEx_____

  Card# ____________________________

  Exp Date ________________________

  Verification ____________________

Name (please print)__________________________________________________________

Address________________________City________________State_____ Zip_____ 

Phone_____________________________ E-mail__________________________________

Please note any special dietary requirements (i.e. Kosher, vegetarian)

If you wish to sit with a specific person or persons, please list their names (Table Hosts, please list your guests’ names)

  1. ____________________________  5. ____________________________
  2. ____________________________  6. ____________________________
  3. ____________________________  7. ____________________________
  4. ____________________________  8. ____________________________

Tables are available—$375 for 1/2 table (4 persons; $187.50 tax deductible) or $750 for a full table (8 persons—$375 tax deductible).

Please return the form with payment and to Fairhill Partners, 12200 Fairhill Rd., Cleveland, Ohio 44120 or purchase online at www.fairhillpartners.org.
Fairhill Partners connects people to opportunities for lifelong learning, intergenerational relationships, and successful aging.

12200 Fairhill Road
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Summer 2013

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Visit our website www.fairhillpartners.org