Visit our upgraded campus (Thanks, GE)!

“The kids love the playground – even in the snow,” said Tammy Harris, who lives in one of the Kinship Village townhomes with her grandchildren.

Along with the playground, 425 volunteers from GE Lighting, ably led by Tina Ward and Ryan Green, completed more than 40 architectural and landscaping projects as part of the GE Cleveland Global Community Day in August.

“We were thrilled to be chosen for GE’s Cleveland Global Community Service Day, and the projects the volunteers completed will advance our mission significantly,” said Stephanie FallCreek. “From a major playground upgrade to renovating two classrooms and improving the Guest House for temporarily homeless citizens, every project speaks to lifelong learning, intergenerational relationships and successful aging opportunities that truly help us strengthen our community.”

Along with the playground, volunteers completed several renovations inside the building. One was to expand and paint the Encore Boutique, a new first-floor version of the old Encore Store.

“I like the new open space. It is bright and cheerful and everyone enjoys coming in,” said Lilly Simkin, who, along with her sister Minette, has been volunteering for more than ten years. “Being on the first floor helps and we are always happy to see our old customers and making new ones all the time.”

GE volunteers completed the final phase of some projects which Lubrizol Corporation volunteers began for their Building Bonds Day.

Lubrizol’s painting of an unused space in the lower level enabled GE to install a much needed dropped ceiling. Thanks to shelving donated by Benjamin Rose Institute Fairhill staff members and volunteers now have a mini-library.

Since Lubrizol volunteers had leveled and installed subflooring earlier in the summer, GE volunteers were able to install a cushioned floor for a smaller exercise classroom, and a hardwood floor for a larger classroom.

In addition to the indoor projects, GE volunteers installed 3,000 square feet of flooring in the carriage barn, making it safe and secure for storage and activities.

Continued on page 3
Perspective is relative. We have reached the end of 2013 and no doubt to some of us, this year has really flown by; to others, well we can’t wait for it to finally be over with so that we can start anew with 2014. With our singular focus on bringing value to our aging community, I see every year as an opportunity to get better, to do more, and to make a greater difference in the lives of thousands of people that we touch every year.

That said, 2013 was another wonderful year for Fairhill Partners. We were able to complete construction, and open for rent Kinship House, our nine-unit apartment complex that is the crown jewel of our Kinship Village. This market rate housing unit was designed specifically for intergenerational families. It is a safe and nurturing environment where grandparents can live and raise their grandchildren. We are currently renting out the units and expect to be at capacity by March 2014. Kinship House, along with the campus townhomes, joins our Senior Guest House that assists older adults that have become temporarily displaced, to form an intergenerational village of affordable housing within our campus providing needed assistance to the aging community.

Another item of special note for 2013 was our General Electric Service Day. Because of the size of our 9½ acre campus, we are a wonderful resource for companies in the region to plan and execute a philanthropic service day of work. Over the years we have proudly hosted employees from a number of regional companies. In 2013, we were honored that General Electric selected Fairhill Partners as the nonprofit entity they would focus on for their Global Community Day. More than 400 GE Lighting employees arrived on campus over 2 days this past August to do work that literally reshaped and revitalized our campus. In 2013, along with General Electric, we are so thankful to John Carroll University, Lubrizol, Cargill, Willoughby Hills Friends Church, Cleveland Clinic Center for Continuing Education, and Sherwin-Williams for being so generous with their time, talent, and treasure on behalf of Fairhill Partners.

We have a wonderful campus that we leverage to achieve our mission. But, it’s our programming on aging issues fused with a health and wellness focus that impacts the most people. We have been able to deliver these programs both on our campus or at remote sites throughout the region. Chronic Disease Self-Management classes have almost become a requirement to healthy living and successful aging. I enjoy meeting people that don’t know me and hearing them talk about the value they receive and the appreciation they have for the collective Fairhill Partners experience. So, from my perspective, 2013 passed quickly, and we were able to deliver a great deal of value to our constituents. We did it while spending only 11% of our operational budget on administrative costs. That is outstanding by any measure and quite a tribute to our wonderful staff!

So what about 2014? While continuing our work in programming and leveraging our wonderful campus, I look forward to working more with our campus partners. Fairhill Partners is a multi-tenant non-profit and is home to over 20 organizations and businesses. In 2014, we anticipate a greater outreach to these wonderful constituents bringing even greater value to them going forward.

Chairman’s Corner
By Kevin K. Johnson

We want our mail to be welcome! We never share or sell your name and contact information. To be removed from the list, please email asimon@fairhillpartners.org or call 216-421-1350.
Kinship families—welcome to a new lifestyle

“Families who live on campus are under the umbrella of Fairhill Partners, which offers so many opportunities,” says Program Associate Judith Fisher of the newly renovated Kinship House Apartments and Kinship Village Townhomes.

Both the apartments and townhomes are part of a planned community of adults 55 or older with legal custody or guardianship of children, or older adult volunteers. Residents are welcomed into Kinship Services programs and are able to network with other grandparents raising grandchildren, both residents and non-residents.

Kinship House, which opened in July, has a total of nine apartments in a fully renovated, environmentally friendly historic building. Only five apartments, all two bedroom, remain. We also have one two- and two three-bedroom spacious market rate townhomes available.

Amenities include nighttime private security patrol, individually controlled energy-efficient geothermal heating and air conditioning, energy-efficient appliances, separate storage areas for each unit, an outdoor garden space and playground, coin-operated laundry on site, and a smoke-free residential environment.

The campus at 12200 Fairhill Road, a Cleveland Historic Landmark District, offers safe, comfortable housing for multi-generational families in a park-like setting. Easy access to public transportation includes the #48 bus stop in front of the campus and an easy 15-minute walk to Shaker Square and the Rapid. A K-8 charter school makes its home on campus, and other public and private schools are nearby.

Till January 30, 2014, we offer half off the 1st month’s rent. For a personal tour and further information please call Judith Fisher or Stephanie FallCreek at 216-421-1350 or e-mail jfisher@fairhillpartners.org.

GE Lighting volunteers installed landscaping for Kinship House in August.

GE Lighting volunteers improve and fix up Fairhill

From page 1

They also planted trees and shrubs to beautify the campus, especially around Kinship House.

The projects brought more than $240,000 in improvements to the campus in donation of volunteer time and supplies.

“GE Lighting employees are passionate about making a difference in our community,” said Maryrose Sylvester, GE Lighting president and CEO, in a GE press release. "We know the completion of these projects can help Fairhill Partners serve more members of the community, and that's what Global Community Day is all about."

GE Lighting volunteers expanded and painted the Encore Boutique, now open Monday-Thursday, 10 a.m.—2 p.m., or by appointment.
Have fun and get fit with SilverSneakers...

Fairhill Partners is excited to offer SilverSneakers, a fun, energizing nationwide program for Medicare-eligible adults or group retirees in participating health plans.

SilverSneakers Classic delivers a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Plus, it’s fun!

“April makes the class dynamic and exciting. She keeps it moving, and the hour goes by quickly,” said Joe Ferritto, a participant.

Instructor April Grushetsky is an ACE certified personal trainer and a group fitness instructor. She is an adjunct faculty member of the Cuyahoga Community College Physical Education department. She has also taught classes for The Cleveland Clinic Foundation, The Cleveland Skating Club, YMCA, Mandel JCC, and corporate wellness programs (Progressive, Parker Hannifin, TRW).

April has recently completed the SilverSneakers instructor-training program and is excited to bring her love for teaching and her expertise to the program at Fairhill Partners.

“I enjoy this class and have a great time,” she said. Her background as a certified personal trainer helps her offer modifications and alternative exercises for participants at all levels, including those who need a chair for seated or standing support.

April demonstrated a variety of exercises using tubes, balls and weights.

“The exercises are designed to improve balance, cardiovascular health, strength, flexibility, and agility,” she said.

SilverSneakers classes are held from 1-2 p.m. Mondays and Fridays at Fairhill Partners, 12200 Fairhill Road, Cleveland. Additional classes are planned for 2014. For more information, call 216-421-1350. Members of a participating health plan take SilverSneakers classes at no charge. Other people wishing to participate pay $3.00 per visit.

Current health plans offering SilverSneakers are AARP MedicareComplete by United Healthcare, AARP Medicare Supplement Insurance Plan, Anthem Blue Cross and Blue Shield, Health Advantra – A Coventry Health Care Plan, HealthSpan (formerly Kaiser Permanente Ohio), Humana, MediGold, Paramount Elite, SummaCare, The Health Plan/THP, and WellCare.

...or another community fitness class!

For many years, Fairhill volunteers led by Liz Shelton have been presenting Yes I Can!, a low-impact aerobic exercise group. Liz, who says she’s “blessed to be able to do this,” also teaches ballroom dancing and line dancing.

Fairhill also hosts several classes which are part of the Healthy Eating Active Living (HEAL) initiative, which is sponsored by the Saint Luke’s Foundation. Current classes include Pilates, Tai Chi for Arthritis (at left), and Zumba.

Classes are open to anyone – see the next page for days and times, or call for more information. Donations are much appreciated and put to good use.
How adult volunteers CATCH Healthy Habits

How do kids improve their locomotor movements and body control while getting exercise and having fun?

By playing “See You Later Alligator,” of course! “They’re safe as long as they’re in a hula hoop, but if someone comes up and says, “see you later alligator,” they have to leave the hula hoop and can be tagged,” explained volunteer Jerry Tillman, an experienced CATCH Health Habits activities leader. Kids who are tagged are instructed to do a different mini-activity before rejoining the game.

CATCH is fun, but it’s not all play for Mr. Tillman and the other leaders. Working in teams of three, they prepare and serve a healthy snack, talk to the children about healthy eating and active living while they’re eating, play a game, and then review what they learned.

Classes are eight sessions long, one hour each (not including preparation time), and held after school 1-3 days a week. There are a total of 25 lessons, from which instructors can choose the ones they want as long as they use the required first and last classes. Detailed lesson plans explain that session’s healthy snack, a choice of activities, the interactive discussion, and handouts for the children to take home.

“She’s of the games are really active,” Mr. Tillman said, explaining that the children need to learn body control to keep from running into each other.

One of the goals of the CATCH Healthy Habits program is to get the older adult volunteers to increase their own levels of physical activity as needed. For instructor Lynette Robinson, this has worked out well.

“I’m getting a lot of exercise here,” she said. Fairhill Partners invites anyone who likes to work with children in kindergarten through second grades to join our CATCH Healthy Habits team. To find out how you can be a part of this initiative, contact Dr. Stephanie FallCreek at 216-421-1350, ext. 111, or sfallcreek@fairhillpartners.org.

Lynette Robinson prepares fruit kabobs for a CATCH Healthy Habits session.

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, in 2014. 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 (focusing on long-lasting health challenges) are licensed by Stanford University.

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.
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. Most Tuesdays, 11:00 a.m.-1:00 p.m.

MY TIME SUPPORT GROUP—FAMILY
Join other family caregivers and a social worker for peer discussions. Most Tuesdays, 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. Most Wednesdays, 11:00 a.m.-1:00 p.m.

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

SPECIAL EVENTS FOR CAREGIVERS
Look for special events to be scheduled throughout the year!

Call or check the monthly activity guide to verify schedules for any program.

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

Check out one of Fairhill’s peer led lifelong learning opportunities

YES I CAN!
Low impact aerobics, stretching, and use of well-maintained fitness room. Monday - Friday, 7:30-9:30 a.m.

BALLROOM DANCING
Thursday and Friday, 9:30-11:00 a.m.

LINE DANCING
Monday-Wednesday, 9:30-11:00 a.m.

KNITTING CLUB
Crafts group meets to improve skills and for stimulating conversation. Thursdays, 9:00-11:00 a.m.

THE ENCORE BOUTIQUE
Resale shop benefiting Fairhill’s programs. Monday-Thursday, 10:00 a.m.—2:30 p.m. or by appointment.

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.

Join us for any of these community fitness classes sponsored by HEAL

Tai Chi for Arthritis
Tai chi is an ancient Chinese martial art that uses slow, meditative body moves designed for self-defense and to promote inner peace and calm. All ages are welcome. Wednesdays, 10:00-11:00 a.m.

Zumba
Exercise and dance to a Latin beat. Mondays, 11:00 a.m., and Fridays, 5:30 p.m.

Pilates
Physical and mental conditioning. Mondays, 10:00 a.m.

Kristin Barone, an intern from Case Western’s Mandel School of Applied Social Science, instructs caregivers on the fine points of financial literacy at a Meet the Professionals program.

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a program, call 216-421-1350.
Thanks to our Wishmakers!

Generous people and organizations made the holidays brighter for kinship families

Thanks to wonderful gifts from individuals, organizations and businesses in the community, Fairhill Partners was able to make the holidays a little brighter for some very special families.

More than 140 children received gifts through Fairhill’s Wishmaker program. Wishmakers were invited to select a child’s name and purchase a gift for that child, send a donation, or send a gift card or toy to be used where needed.

“Many grandparents raising grandchildren are financially stretched,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO. “Helping them by providing a holiday gift not only makes the kids’ lives brighter, but shows community support to the grandparents for their efforts.” Fairhill Partners, and the children and grandparents in the kinship program, are very grateful to all the people who became Wishmakers this year. In addition to the individual gifts, we especially thank Saint Paul’s Episcopal Church, which has supported the Wishmaker program for many years and provided 100 gifts this year.

“Christmas is a great time to reach out into the community, said Kirby Colwell, a Deacon at St. Paul’s. “We’re glad to be your partners in this and hope it will continue.”

YES! I want to help Fairhill help older adults!

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.

___I would like to include an additional gift of $__________________to Fairhill’s endowment.

___Total gift amount: $______________________________

___Please charge my _____Visa ______MasterCard ______American Express

Number: ___________________________________________ Exp. Date: __________ Verification #________

I make this contribution in ___ honor of  ___ memory of ____________________________________________

( Notification name/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.

Or donate online at www.fairhillpartners.org

WN 2013
Yes! I want to help!

Here’s a sample of what your gift to the Annual Fund might do:
$25— a holiday gift for a kinship program child
$50 – one facilitated medical trip for a Senior Guest House participant, or a 6-8 week Computer Learning Center class scholarship
$75 – one hour of counseling from a Licensed Social Worker
$100 – one Meet the Professionals session, attended by 15-20 people
$250 – one respite day for caregivers or kinship grandparents
$500 – school supplies and backpacks for ten children
$1,000 – Materials for two Take Charge of Your Health courses
$2,500- one week at the Senior Guest House for 5-8 homeless seniors
$10,000– one week of summer camp for 15-20 kinship kids ages 6-12
$25,000- a half time social worker for the kinship family programs

Please fill out the donation form on the back and return it in the reply envelope, or donate online at www.fairhillpartners.org.

Volunteers are engaged in all aspects of Fairhill’s programs. Please let us know if you’d like to join the team.