Participating in Stanford University research

Learning how to build a better caregiver

“As a caregiver, it felt spectacularly validating to hear that not only people understood, but that there are tools to help cope,” said Amy Skerry, L.I.S.W., of Building Better Caregivers workshop leader training.

Caring for a family member or friend with memory impairment can be stressful and challenging. Fairhill Partners, in partnership with Stanford University, is enrolling participants into a workshop and research study to determine the effectiveness of the new Building Better Caregivers workshop.

The workshop, which uses Stanford’s evidence-based self-management model, aims to help those caring for people with Alzheimer’s, dementia, or other memory-related issues learn to:

- Break the stress cycle
- Manage a family member’s difficult behaviors
- Communicate better with family, friends, and medical team
- Get help when needed
- Take better care of your own health

Stanford recently trained eight people who already are experienced in leading self-management workshops, including Ms. Skerry, who said, “From a teaching standpoint, caregivers are an underserved population, and yet we rely so heavily on them that it’s good to validate what they’re doing.”

The workshops meet for 2½ hours once a week for six weeks, and are facilitated by trained caregiver leaders.

“I think this program will work great because it gives caregivers an opportunity to think outside of the box,” said Carla Lanier, Fairhill’s Program Coordinator. Ms. Lanier facilitates two popular weekly programs for caregivers, the My Time support group and the Meet the Professionals education session.

“This workshop will give caregivers the tools to change the situation rather than getting frustrated and yelling,” Ms. Lanier said. “Brainstorming is important – it’s like having twelve people thinking for you.”

This workshop is part of a Stanford research study funded by the Archstone Foundation. Caregivers attending the workshop series must be part of the study and must be providing at least ten hours per week assistance, which includes anything done to help to their Care Partner. For general information about participants’ rights, contact 1-866-680-2906.

The workshops will be held at Fairhill on Wednesdays, 10:00 a.m.—12:30 p.m., beginning Apr. 1; Wednesdays, 5:00-7:30 p.m., beginning Apr. 1; and Saturdays, 9:30-noon, beginning Apr. 11. We are scheduling two other sites. Learn more and register by calling us at 216-421-1350 or e-mail programs@fairhillpartners.org.

Family caregivers already come to Fairhill Partners for support and education. Beginning in April, they’ll have a chance to learn new skills at the Building Better Caregivers workshop.
SAIDO Learning® is an innovative, non-pharmaceutical treatment that has been shown to improve the symptoms of memory loss among older adults with dementia. SAIDO Learning (originally known as Learning Therapy in Japan) was developed by the Kumon Institute of Education (Kumon) of Osaka, Japan, under the leadership of Professor Ryuta Kawashima, M.D. of the Smart Aging International Research Center (SAIRC) at Tohoku University in Sendai. It has been practiced for more than 12 years in more than 1,400 nursing facilities across Japan, showing stunning results in over 18,000 older adults. The goal of SAIDO Learning is to not only provide care for individuals with dementia, but to actually reverse and slow the progress of the symptoms, thus improving their quality of life and ultimately reducing the cost of their care.

Under an agreement with Kumon International Education, SAIDO Learning® in the United States is provided through licensing offered by Eliza Jennings, a decades-old, well-respected provider of many services and residential settings, including independent living, assisted living, rehabilitation, and skilled nursing facility in Greater Cleveland. Eliza Jennings also was the site of the first U.S. research trial of this intervention. Here at Fairhill Partners, we are particularly proud of the fact that Dr. Stephanie FallCreek, our CEO, played an instrumental role, along with Dr. Hiro Murata, Dr. FallCreek’s friend from Tohoku University, in connecting Kumon with Eliza Jennings to bring this program to the U.S. Dr. FallCreek also served as the Co-Principal Investigator, with Dr. Kawashima, of the research trial implemented at Eliza Jennings. The SAIDO Learning method involves a caregiver (called a “Supporter”) trained to work with two older adults (called “Learners”) by engaging them in a series of precise, yet simple, arithmetic, writing and reading exercises. The exercises are performed five times per week and last 30 minutes, in order to stimulate the prefrontal cortex of the brain. The object of the therapy is not to teach the material but to engage the Learner in the accomplishment of repeated successful exercises, progressing to new material at the Learner’s own level and pace. This process fosters confidence and the ability and initiative to advance. Most notably, the result is an improvement in cognitive function. SAIDO is not a cure for dementia. However, both the Japanese research and U.S. trial showed clear and statistically significant improvements in cognitive function for many of the participants.

Chairman’s Corner
By Kevin K. Johnson, Certified Senior Advisor (CSA)®

Cleveland Public Library coming to Fairhill

A Cleveland Public Library (CPL) Deposit Collection is coming to Fairhill! Beginning in April, CPL will have a mini-branch located in Fairhill’s Computer Learning Center. CPL also will provide a technical support expert one afternoon a week to answer questions about mobile devices such as cell phones and tablets, as well as general computer questions. The collection will be open from 9:00 a.m. – 4:00 p.m. Monday-Friday. Fairhill’s popular Genealogy Workshop will continue on the third Thursday of each month from 1:00-3:00 p.m.
A volunteer opportunity—help us lease space!

About 35,000 square feet of office, clinic, or activity space is available for new campus partners at Fairhill. The organizations or businesses that we are looking for will add value to and advance Fairhill Partners’ mission of connecting people to opportunities for lifelong learning, intergenerational relationships, and successful aging.

Fairhill Partners, a nonprofit 501(c)3, leverages the buildings and grounds to engage a broad array of campus partners. These tenants address diverse community needs - from the arts (Art Therapy Studio), health and wellness (Fairhill’s own fitness and Take Charge of Your Health programs), support for caregivers (Visiting Angels), face to face support for high school students learning online (Range of Change), support for our local environment (Doan Brook Watershed Partnership), local residents (Councilwoman Mamie Mitchell’s Project Sparkle) and other nonprofit or entrepreneurial interests. What these campus partners have in common is accomplishing or supporting an important social purpose.

We’re looking for one or more energetic volunteers with commercial leasing experience to find prospects, develop leads, show space, and negotiate terms and conditions. This position reports to the President/CEO. Hours are flexible, but you must be able to commit to 8 hours per week for at least four months.

For more information or to submit an application, please visit our website at www.fairhillpartners.org or call 216-421-1350. We also offer referral bonuses if you refer someone who ends up leasing.
Fairhill Partners is excited to offer Healthways SilverSneakers® Fitness, 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 is a trained SilverSneakers® instructor who shares her love for teaching and her expertise with 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. For more information, please call 216-421-1350. If you are a member of a participating health plan, you can take a SilverSneakers® class at no charge to you. Other people wishing to participate pay $3.00 per visit.

SilverSneakers® is a registered trademark of Healthways, Inc.
The Fairhill Fitness Zone is coming this summer to our social purpose campus! The Trust for Public Land works to create, improve, and improve access to public spaces, especially parks. Because so much of the population lives in urban settings, they've created 53 urban fitness zones around the U.S., and will be installing a Fitness Zone® exercise area at Fairhill Partners this summer.

Fitness Zone® exercise areas include specially designed outdoor exercise equipment which is user-friendly for people of all ages, including older adults and disabled persons. The equipment is sturdy and resistant to weather and vandalism.

The Trust for Public Land will do site layout, get permits, order equipment, oversee installation including ground surface and signage, and hold a celebration at completion. Fairhill will take ownership upon completion.

Fitness Zone® is funded by the Saint Luke’s Foundation and the Fairhill Annual Fund.

We’d love your input as we plan for this new adult-sized “playground” for fun and fitness. To share your thoughts, go to: https://www.surveymonkey.com/s/7HZF9HY or pick up a survey at the Fairhill front desk.

Adults enjoy exercising at a completed Fitness Zone®. (Photo courtesy of Trust for Public Land.)
How the workshops operate

Chronic Disease Self-Management (CDSM) and Diabetes Self-Management (DSM) follow the same curriculum model: a workshop series given two and a half hours, once a week, for six weeks, in diverse community and/or institutional settings such as senior centers, churches, libraries and hospitals. People with different or multiple chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects and techniques covered include things like dealing with problems such as fear, frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; how to evaluate new treatments.

The process in which the program is taught is critical to its effectiveness. Classes are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. (This information is from Stanford’s website.)

A Matter of Balance (MOB) uses a very similar model: Workshop series are given for two hours, once a week, for eight weeks or twice a week for four weeks. The program addresses fear of falling, fall prevention and falls management.

These programs are funded by the Cleveland Foundation, Western Reserve Area Agency on Aging, United Way of Greater Cleveland, and the Fairhill Annual Fund.
What it’s like to coach or lead a workshop

Leaders agree: It’s about wanting to help others

MOB coaches and participants work together to overcome fear of falling

“I’ve seen how people are scared to go out because of fear of falling,” said Rose Bobbitt, A Matter of Balance (MOB) coach and Master Trainer. “I’ve fallen and have learned exercises to help with it. It doesn’t matter what age we are.”

MOB coach Lawrence Daugherty agrees. “I wish I’d known this when my mom was still alive. I could have helped her more, at least to get up and stretch properly in the morning,” he said.

Ms. Bobbitt likes coaching MOB workshops because it’s easy to talk to the participants. “We have discussions and brainstorm how to help someone,” she said. Members of the group help each other.

Mr. Daugherty became a coach because he wanted to help others. His favorite part of the workshop is getting responses back from participants. “I can see the joy when people realizes someone is taking the time to care about them,” he said.

MOB emphasizes staying active, and part of the eight-week workshop is devoted to learning exercises that anyone can do. The movement itself doesn’t matter but it’s important to get the muscles activated.

“For anybody that’s concerned about fear of falling, it’s a great workshop,” Ms. Bobbitt said. Both she and Mr. Daugherty encourage people who think they might like to coach a workshop to attend one first to see what goes on. Workshops are at no charge to participants (donations are encouraged and much appreciated) and are regularly held at Fairhill and other locations in Cuyahoga, Lake, Lorain and Medina counties.

MOB coaches attend two days of training, then are paired with an experienced coach for their first time coaching.

Ms. Bobbitt has been coaching MOB for two and one-half years and says, “Anyone can learn to be a coach; the most important thing is to be passionate about helping others.”

CDSM leaders undergo four days of training to prepare for leading workshops.

CDSM leaders and participants plan for self-care

“It’s about coping with life in the most effective way you can and keeping your health,” said Alice Simon, Chronic Disease Self-Management (CDSM) leader and Master Trainer. “Your health stays better when you’re on an even keel.”

CDSM, while not a medical advice workshop, helps people understand how to help themselves with sleep, diet and communications skills. It also builds competence in decision-making by training people in how to develop action plans and how to ensure ongoing collaboration with medical personnel.

Many people don’t think of themselves as having a chronic disease; rather, they think of conditions such as asthma, arthritis, high blood pressure, COPD, and others as an ongoing part of life with which they deal. CDSM helps people manage life around their chronic conditions.

Research has shown that trained lay leaders are just as effective as medical professionals in leading these workshops which facilitate powerful and positive behavior and attitude changes that improve health and well-being for adults.

“It’s all based on learning to do a better job of self care and also to help yourself be strong for someone else,” Ms. Simon said.

Ms. Simon continues to use many of the skills she learned in class. She encourages people who are interested in helping adults learn to take charge of their health to take a CDSM workshop to see what’s involved. Everyone shares, and the leaders sit at a table with the group rather than standing and lecturing for hours.

“We have so much in common, all of us,” Ms. Simon said.
“We want the children to be able to explore different worlds,” said Carla Lanier, Program Coordinator, of Kinship Camp.

In 2014, thanks to generous individual, small business, and nonprofit donors, campers enjoyed learning to cook, doing arts and crafts, and martial arts, among many other activities.

“The children built dollhouses and ships from kits where they had to read and follow directions, and they all accomplished the goal,” Ms. Lanier said.

In addition to providing fun for kinship children – ages 6-12 being raised by grandparents or other older adult relatives – camp teaches life lessons.

“Last year, we had a child with a behavior problem, and his grandmother told us he might not be able to finish camp because of it. We gave him opportunities and he participated in the entire camp. At the end, when we handed out certificates of completion, he cried when he got the certificate because he was so proud of finishing something, and took the certificate to school to show it off to his teacher,” Ms. Lanier said.

This year’s camp runs from July 7-30, 9:30 a.m. – 3:00 p.m. Tuesdays through Thursdays each week. About 25 children will participate.

In addition to the other activities, children will participate in CATCH Healthy Habits, an evidence-based program where older adults teach children how to make better choices about healthy eating and physical activity. Ms. Lanier also has a goal of providing one field trip per week and already has lined up a project with the Doan Brook Watershed Partnership, a campus partner, for the children to help with some cleanup and learn about watersheds.

The grandparents are helping with expenses by hosting an arts, crafts and food festival at Fairhill on July 11 to help raise funds for kinship activities. They already have 31 tables rented and would like to rent more. Call Ms. Lanier if you have something to sell!

Many grandparents have told us over the nine years we’ve been doing camp that subsidized transportation to and from home often makes the difference as to whether their child can attend. We also need help to finance transportation for field trips, activity supplies, and all the other expenses that go into running this very popular camp.

Would you like to volunteer to help with camp? There are plenty of opportunities in food purchase and preparation, arts and crafts instruction, and day-to-day supervision. Contact Carla Lanier, Program Coordinator, at clanier@fairhillpartners.org or 216-421-1350 to find the perfect spot for you.

In addition to Kinship Camp, we provide weekly support groups and education sessions for the older adult relatives, usually grandparents, raising grandchildren; weekend respite days, held approximately nine times each year, for children and adults; and an annual end of year event for all. We always appreciate support for those events as well.

Children enjoyed learning to play drums at last year’s Kinship Camp. Carla Lanier, Program Coordinator, has even more activities and field trips to try this year—but could use your help!
It really does take a village to raise a child

“We’re really a family here. We look out for each other,” said Loretta Hunter, who has been participating in Fairhill Partners’ kinship programs since 1999.

Ms. Hunter currently is raising one grandchild and four great-grandchildren. An adult granddaughter helps her, but, “It’s stressful for young mothers because jobs are hard to find,” Ms. Hunter said.

She knows “it takes a village” to raise children, and is grateful to have a very understanding landlord who has introduced her grandchildren to different things and will cook for the family when Ms. Hunter, a 12-year cancer survivor, is sick. The landlord also brings Ms. Hunter to Fairhill for caregiver programs. It “completes the circle,” since Ms. Hunter, a former State Tested Nursing Aide (STNA), used to care for her landlord’s parents.

“The people who speak are so insightful and helpful in my everyday life,” she said of the Meet the Professionals program. “They talk about stuff I didn’t think about.” She mentioned a monthly savings goal: “Living on a fixed income, you have to have something.”

The kids enjoy coming to Fairhill too. “The grandparents participated in camp. It was tiring but good, and the kids liked it,” she said. “They took martial arts and slept really well that night. They made dollhouses and ships at camps, and that instilled a lot of pride.”

Ms. Hunter thinks of herself as a “professional volunteer” and in addition to helping with camp, makes soup for the kinship caregivers’ weekly lunches. She also has gone to Columbus to address kinship issues with state legislators and brings back information to empower other kinship grandparents.

Most of the regular participants in Fairhill’s kinship groups are single women, and that’s one thing Ms. Hunter is hoping might change. “I wish we had more male mentors,” she said, but in the meantime, she’s raising her kids to share and love one another. “You need to be there for each other,” she tells them.

Ms. Hunter appreciates that both Carla Lanier, Program Coordinator, and Dr. Stephanie FallCreek, President/CEO, have explained the changes that needed to be made when budgets were cut. “We pull together as a family.”

Caregiver programs are made possible in part by The Older Americans Act Caregiver Support Program Grant from the Ohio Dept. of Aging through Western Reserve Area Agency on Aging, participant fundraising activities, and gifts to the Fairhill Annual Fund. The kinship caregivers donate food and supplies and prepare lunch for group meetings.

“What the grandparents would really like is funding to transport children to activities they might not otherwise have a chance to experience,” said Carla Lanier, Program Coordinator.

If you would like to help Fairhill’s kinship program, either by sharing your expertise at a Meet the Professionals session, volunteering at a weekend respite day or other event, or donating money for the program, we’d love to hear from you!
Programs for Caregivers

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.

Except where noted, these programs are offered at 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.

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

KNITTING CLASS
Thursdays, 9:00-11:00 a.m.

YES I CAN! FITNESS CENTER
Open for individual exercise when the building is open and there are no classes being held.

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

Tai Chi for Arthritis
Tai Chi 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.; Fridays, 8:30-9:30 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.

GENEALOGY WORKSHOP

Adults 50+ - Who are your ancestors, and what did they do for a living?
Get the answers at our genealogy workshop on Thursday, Mar. 19, 1-3 p.m., and every third Thursday of the month.
Bring your questions and learn about some key sites for online research in this hands-on class. You must know how to access the Internet and have basic typing skills.
No charge; donations appreciated. Call 216-421-1350 or email programs@fairhillpartners.org for more information or to sign up. Preregistration encouraged; walk-ins accepted if space available.

To register for classes or workshops, or to coach or instruct at a program, call 216-421-1350.
Help older adults save money—join our Access Your Benefits Team

Fairhill Partners is looking for self-motivated volunteers to help older adults find ways to save money by accessing public benefits.
You’ll call people to follow up on whether they know about or have applied for, received, or been denied any of variety of public benefits for which they might be eligible. You’ll also take notes and enter data.
We’ll train you how to use the BenefitsCheckUp.org website and our local reporting needs.
All volunteers must be computer literate and respect all clients’ confidentiality of information. You also must be able to interact clearly and politely with older adults and individuals with disabilities.
Volunteers can work on their own schedule quite flexibly. We think that a commitment in the range of one to three days/week from three to six hours per day would work well for us – the more the better of course! All training is provided.
Our eastside campus has free parking, and transportation will be provided to offsite training and events. We require a criminal background check.

---

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. |
| ___My tax-deductible gift of $ ________________________________ is enclosed. |
| ___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

ESN2015
Yes! I want to help!

Here’s a sample of what your gift to the Annual Fund might do:
$20 — a holiday gift for a kinship program child
$50 — one facilitated medical trip for a Senior Guest House participant
$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.