Did you know that you might be able to save money by switching Medicare plans during open enrollment, which runs from Oct. 15 – Dec. 7? Did you know that there are workshops that teach proven techniques to help you manage your chronic conditions and overcome fear of falling – all offered at no charge to you? And that you can learn how to help others by co-leading Take Charge of Your Health workshops? Did you know that you can help children learn healthy eating and active living habits in eight sessions, once or twice a week for two hours per session?

And, if you know you “should” exercise but are having trouble finding something you like – did you know that Fairhill Partners offers free exercise, Zumba, Pilates, Tai Chi, ballroom dancing and Silver Sneakers right here on campus?

If you answered “no” to any of these questions, come to Fairhill’s Healthy Choices fair anytime between 1:30 – 6:00 p.m. on Thursday, Nov. 6, 12200 Fairhill Road, Cleveland.

Fairhill, the City of Cleveland Department on Aging, and Benjamin Rose Institute on Aging will have experienced counselors available to help you with your Medicare enrollment questions, including how to evaluate the various Medicare Part D prescription drug plans.

Ms. Semanthie B. Brooks, Director of Community Advocacy for the Benjamin Rose Institute, will speak about Medicare Part D and the changes for 2015 as well important advocacy opportunities you may wish to consider.

The Cleveland Department of Aging will provide presentations on the Economic Security Project for Cleveland Seniors and on the Home Energy Assistance Program (HEAP). Staff of the Department of Aging will provide one-on-one assistance in applying for HEAP and in developing an individualized economic security plan.

Choosing the right Medicare Part D plan is an important part of taking charge of your health for people 65 or over. For people of all ages, it’s never too early – or too late – to start making good choices, and Fairhill has several avenues for you to explore.

At the Healthy Choices fair, you can learn more about Diabetes Self-Management, Chronic Disease Self-Management, Tai Chi for Arthritis, and A Matter of Balance— all proven programs to help you take charge of your health and make better choices. These programs are led by trained and certified peer leaders and coaches so you can also learn more about our volunteer training. You can register either for a workshop or for leader training. You’ll also be able to talk to one of our volunteer leaders.

We welcome adults 50+ to CATCH Healthy Habits, which teams 3-4 adults with groups of

<table>
<thead>
<tr>
<th>Healthy Choices Fair Schedule of Events</th>
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<tbody>
<tr>
<td>1:30—5:00 Registration</td>
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<tr>
<td>1:30-2:30, 3:00-4:00, 4:30-5:30</td>
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<tr>
<td>(Three similar sessions, each with a refreshment break)</td>
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Greetings
Mini-presentations
Mini-demonstrations
Benefits Screening, Counseling and 1:1 assistance, including open enrollment consultation

Raffle drawings during refreshment breaks
See CHOICES, page 5
Reduce fear of falling—it’s important

Service has long been important to me. Recently, an associate of mine told me of his concern regarding the health and well-being of his mother. In her early 80’s, she has been fiercely independent. However, recently she had experienced two falls, one of which she was unable to summon assistance for a considerable amount of time.

According to the Centers for Disease Control, in 2010, falls among older adults cost the U.S. health care system $30 billion in direct medical costs, when adjusted for inflation. With the population aging, both the number of falls and the costs to treat fall injuries will certainly increase.

- In 2010, the total direct medical cost of fall injuries for people 65 and older, adjusted for inflation, was $30 billion.
- By 2020, the annual direct and indirect cost of fall injuries is expected to reach $67.7 billion (in 2012 dollars).
- Among community-dwelling older adults, fall-related injury is one of the 20 most expensive medical conditions.
- In 2002, about 22% of community-dwelling seniors reported having fallen in the previous year. Medicare costs per fall averaged between $13,797 and $20,450 (in 2012 dollars).
- Among community-dwelling seniors treated for fall injuries, 65% of direct medical costs were for inpatient hospitalizations; 10% each for medical office visits and home health care, 8% for hospital outpatient visits, 7% for emergency room visits, and 1% each for prescription drugs and dental visits. About 78% of these costs were reimbursed by Medicare.

This past September, my associate’s mother started A Matter of Balance at Fairhill Partners. This award-winning evidence-based program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. If you or a loved one are 60+ years old and concerned about falling, I strongly urge you to sign up for A Matter of Balance. For more information, a current schedule, or to sign up, check our website, www.fairhillpartners.org, email programs@fairhillpartners.org, or call us at 216-421-1350. The evidence shows that A Matter of Balance can make all of the difference in the world by helping older adults remain vibrant, energized and engaged for many years to come.

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

Benefit 2015
Save the date for a new experience!

Fairhill’s annual benefit will have a new look next year. Please join us on Friday, June 12, 2015, at the Western Reserve Historical Society for fun, food, friends, and a ride on the newly restored Euclid Beach Carousel. With a brand new look this year, we can use even more help with getting silent and live auction items, planning, and selling tickets. If you can do any of these, we look forward to hearing from you! Watch for an invitation in your mail and on our website next spring.

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Kids and grandparents will celebrate the end of the year—here’s how you can help!

Help make the end of the year a little brighter for some very special kids!

On Saturday, December 13, 2014 Fairhill Partners will host our annual End of the Year party for kinship families (grandparents or other older adult relatives raising grandchildren)! We expect about 150 people for the event, held from 11:00 a.m. – 3:00 p.m. in Fairhill’s auditorium.

The party will include the traditional lunch, with Dave’s Supermarkets providing the meat, Herold’s Salad providing potato salad, and the kinship caregivers providing side dishes and desserts. Activities include a family team building game, a family talent show, and family pictures.

New this year, the children will be invited to a Secret Santa store where they can choose a gift for their caregiver. Volunteers will help the children wrap the gifts.

For the past several years, people in our community have supported this celebration by becoming Wishmakers, purchasing gifts children or their grandparents have requested. Wishmakers make holiday dreams come true for about 100 children each year. Gifts will be distributed at Fairhill on Thursday, Dec. 18.

We need some volunteers to help by taking photos; preparing and serving lunch, cleaning up; registering people and directing the flow of traffic; helping children select and wrap gifts for their caregivers; and assisting with giving the gifts to the families. To find out how you can help us continue this and other kinship programs, or to become a Wishmaker or volunteer for the winter celebration, call us at 216-421-1350.

Everyone had a good time at camp—thanks!

Thanks to generous support from organizations and individuals, 25 kinship children (being raised by older adult relatives, usually grandparents) enjoyed summer day camp this year. “Camp is so important, both as a midday respite for older relatives raising grandchildren and to give the children an opportunity to interact with others and learn about healthy habits and do arts and crafts in a fun environment,” said Dr. Stephanie FallCreek, President/CEO.

Carla Lanier, Program Coordinator, and her energetic team of fundraisers reached out to corporations and individuals for help. We received financial support this year from The Children’s Guild; Cuyahoga-Medina-UAW-CAP Council; O’Reilly Auto Parts; Quinn Chapel A. M. E. Church; Quinn Chapel A. M. E. Church Missionary Board; Mr. Gregory S. Thomas, LLC; and many people who donated individually and during a special appeal at this year’s Uptown Hoedown. One generous individual gave $1,500 after hearing about camp at the Hoedown.

Special thanks this year go to the kinship caregivers, who paid a camp fee of approximately $25 per child for four weeks. Many of these caregivers also contributed countless hours of volunteer time. Returning CATCH Healthy Habits leaders Marilyn Chorman (Board Vice-Chair) and Jerry Tillman were joined by several new leaders, some of whom are continuing to lead CATCH Healthy Habits this fall in after-school programs.

“We couldn’t have done this without all the organizations and volunteers who gave so generously of time and money,” said Ms. Lanier. “We’d love to have this kind of help again for our end of the year party on Dec. 13.”

To find out how you can help with the party, see the story above, call 216-421-1350, or email us at programs@fairhillpartners.org.
Older adults are critical to community viability

“At any age, if you take charge of your health and make the best of it, you have a better chance to manage the rest of your life the way you’d like. Older people though, often experience more health challenges than many younger persons. The information and skills they need to take charge are pretty much the same.” Dr. Stephanie FallCreek told participants in the National Community Reinvestment Coalition’s Ohio Reinvestment Summit at Cleveland State University on Sept. 8.

Dr. FallCreek, Fairhill’s President/CEO, along with Ms. Jane Fumich, Director, Cleveland Department of Aging; and Ms. Roslyn Quarto, Executive Director, Empowering and Strengthening Ohio’s People; was part of a panel addressing “Economic Security of Older Adults and Neighborhood Stability.” Older adult homeowners anchor their neighborhoods and represent as much as one-third of homeowners in most cities. The workshop’s theme was that older adults’ ability to age in place with financial stability or to transition their homes to other committed owners is critical for community viability.

Ms. Fumich also noted that many older adults in the City of Cleveland live below the Elder Economic Standard, and that when faced with crisis, they often do not have the financial reserves to address it and may make decisions in a state of desperation. The Department of Aging responded to this problem by collaborating with several agencies, including Fairhill Partners, in an Economic Security Project with a holistic approach to addressing the various issues that impact the economic security of older adults through the case management model.

“We served our 1,000th client through the Economic Security Project in August of 2014,” said Ms. Fumich. The collaborative partners help clients with housing, public benefits, jobs, finances, legal services, aging network services, and health concerns.

Recent studies have shown that as people age, they become more vulnerable to health risks. In addition to fall risks mentioned in Mr. Johnson’s article, these include:

—92 percent of people 60 or over have at least one long-lasting health condition
—90 percent of people 55 and over are at risk of high blood pressure
—23 percent of people 60 and over have diabetes

“Fairhill’s Take Charge of Your Health self-management programs – Chronic Disease Self Management, Diabetes Self Management, and A Matter of Balance – are focused on health concerns, but the empowering skills participants learn can help them in any area of life,” Dr. FallCreek said.

“Oh, and these programs can save money too,” she said. CDSM graduates average a savings of $714 per person in emergency room visits and hospital utilization – a potential savings of $6.6 billion if the program reached 10 percent of Americans with one or more chronic conditions. Participation in A Matter of Balance (MOB) is associated with a $938 reduction per person in total medical costs per year.

To learn more about Take Charge of Your Health programs, visit us at the Healthy Choices fair on Nov. 6, call us at 216-421-1350, or visit www.fairhillpartners.org to find the workshop that’s right for you.

Participants in A Matter of Balance practice exercises which can reduce fear of falling and increase activity levels.
Yes, you can take charge of diabetes

About four years ago, Joe Ferritto was diagnosed with diabetes.

“I have a need that I have to address,” he said at the time, when he was taking Diabetes Self Management (DSM). “It’s not academic any more.”

Mr. Ferritto is a current Fairhill volunteer who first attended DSM before being diagnosed with diabetes. At that time, he was just gaining knowledge. Now, as a trained and certified DSM leader, he co-leads the workshop with different people in different locations in Cuyahoga, Lake, Lorain and Medina counties.

“Joe is a great co-leader,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO, who partnered to lead a class with Mr. Ferritto earlier this year. “He understands what the participants are going through and how to help them help themselves.”

DSM, licensed to Fairhill by Stanford University, helps people take charge of their health. People learn how to identify and solve problems and set reasonable goals using action plans in a small group setting. Participants and leaders learn from each other.

“I like to see the people in the group get a good discussion going – it means they’re interested,” Mr. Ferritto said.

Mr. Ferritto learns something from every workshop he leads.

“It’s reinforcing for me,” he said. I’m doing well now but I have to keep being vigilant, so continuing to do the DSM class keeps me in the habit. For example, if I know I’ve slacked off on eating veggies, I’ll make an action plan to eat more veggies.”

The workshops get a mix of participants.

“Some of the participants don’t have diabetes but are concerned about getting it and are looking for information on lifestyle changes they can make now,” Mr. Ferritto said. Many participants recently have been diagnosed with diabetes, and some have had it for years. Graduates of the six-week workshop learn techniques to deal with the symptoms of diabetes, appropriate exercise for maintaining and improving strength and endurance, healthy eating, appropriate use of medication, and how to work more effectively with health care providers.

A participant had this to say after the DSM workshop Mr. Ferritto and Dr. FallCreek co-led:

“Thank you Fairhill and Joe and Stephanie for being our instructors. You’re very knowledgeable, compassionate, fair and have a real zest to help others.”

We would like to offer more DSM workshops throughout the region. Two things will help us make a difference in lives of Greater Clevelanders: more participants and more volunteers. To find out how you can become a certified DSM leader or volunteer to help with administrative activities to support the program, please email us at programs@fairhillpartners.org or call 216-421-1350. We will schedule a training class as soon as we have enough people registered.

Mr. Ferritto said, “I think there’s a real market out there for DSM with all the publicity diabetes has been getting. It would be great if we had more leaders.”

CHOICES continued from page 1

children in after-school programs to learn more about healthy eating and active living. See pictures, enjoy healthy snacks, talk to a CATCH volunteer, and then sign up for training!

Do you find “exercise” boring? Maybe you just haven’t found the right opportunity! Fairhill offers several classes at various times during the week, all at no charge to you – although donations are always appreciated and put to good use. Some of our volunteer leaders will be available to answer your questions.

It’s never too early – or too late – to Take Charge of Your Health. Call 216-421-1350 or visit our website, www.fairhillpartners.org, for more information. Registration for this event is not required. If you can’t make it to the Fair but need to know more about Medicare Part D, please call to speak with an experienced counselor.

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, United Way of Greater Cleveland, 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.

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, Nov. 20, 1-3 p.m. 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 for more information or to sign up. Preregistration encouraged; walk-ins accepted if space available.

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.

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

SilverSneakers Classic!
Join the fun on Mondays and Fridays, 1:00-2:00 p.m. Instructor April Grushetsky will lead you through the exercises. Many insurance plans pay for SilverSneakers—call to see if yours does.

To register for classes or workshops, or to coach or instruct at a program, call 216-421-1350.
Improve your health with Tai Chi for Arthritis

“Because of Tai Chi, I am able to lead a more healthy and active lifestyle,” said a Tai Chi for Arthritis participant.

Fairhill Partners is offering a new session of Tai Chi for Arthritis from 8:30-9:30 a.m. on Fridays this fall. This class, in addition to one currently taught by Kaniyah Israel from 10:00-11:00 a.m. Wednesdays, is held at Fairhill Partners, 12200 Fairhill Road.

Tai Chi is an ancient practice proven to reduce pain and improve mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle routines that are safe, easy to learn and suitable for every fitness level.

If you’ve never tried Tai Chi before, this is your chance! Join certified instructors Alice Simon and Philip Skerry, along with your neighbors, to learn basic core movements and six advanced extension movements. Bring a buddy or just “drop in” whenever you are ready – no reservation required! Wear comfortable clothes and shoes you can move in.

As with any new fitness program, if you want to take part but have concerns about your health, consult your health care provider before you begin.

Fairhill Partners is pleased to offer this program at no charge to you. Donations are always welcome and appreciated.

Or donate online at www.fairhillpartners.org

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

SN2014
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.