Food, friends and fun make Hoedown a success

“We had a great event this year – the weather and food were terrific; everyone seemed to have a good time; and people were very generous about supporting Fairhill’s programs and services, particularly the Senior Guest House and Kinship Camp,” said Rick Martin, 2014 Uptown Hoedown Chair.

Sponsors, advertisers, donors, and especially the more than 170 people who attended this year’s Uptown Hoedown, held in Fairhill’s stables on Friday, June 13, 2014, contributed almost $53,000 to support Fairhill’s programs.

In addition to the Annual Fund, Hoedown guests had the opportunity to bid on two special live auction items – the Senior Guest House (SGH) and Kinship Camp.

Ms. Dawn Wheeler, a former SGH participant, told the audience how Fairhill had helped her when she lost her job because of a disability and then became homeless. Now back to work and living in an apartment, she wants people to know that, “You never know what might happen,” and that the Fairhill team is ready to help first-time homeless adults ages 60 and over to get back on their feet. Encouraged by auctioneer Bob Hale, guests donated $6,200 for the SGH.

Ms. Carla Lanier, Program Coordinator, talked about the many people who have volunteered to lead or coordinate activities for this year’s Kinship Camp, for children being raised by older adult relatives (usually grandparents). Children ages 6-12 will enjoy a full range of healthy and fun activities, from CATCH Healthy Habits to drumming to creating quilt squares. Guests donated $3,100 for camp.

“There was a lot of energy throughout the evening,” said Mr. Martin, who thanked the Board, Benefit Committee members, Fairhill staff, and the numerous other volunteers who made sure everyone had a good time, introduced new donors and sponsors to Fairhill, and appreciated all our longtime donors and sponsors who continue to give and believe in our mission.

“We especially appreciate all the people who showed up on Thursday, June 12, for Lubrizol’s Building Bonds day to help us with the setup,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO.

At the Hoedown, Fairhill recognized The McGregor Foundation for its commitment to Greater Cleveland’s older adults. “The McGregor Foundation has been a steadfast supporter of successful aging for diverse populations of older adults for more than twenty years,” Dr. FallCreek said. “From wellness programs for inner city residents, to promoting economic self-sufficiency for the most financially vulnerable, to providing shelter and transition support for first time homeless elders, the foundation has touched the entire aging network with its support for an effective continuum of care.”

Of course, the benefit would not have been possible without support from our corporate sponsors and the many local businesses and individuals who contributed items, experiences, and gift cards to help make our silent auction a success. Please see the complete list of sponsors and auction item donors elsewhere in this newsletter – and thank them for supporting Fairhill!

Want to help create a great experience next year? Call Alice Simon at 216-421-1350 to find out how your skills can help make next year’s Hoedown even better.
In addition to serving as Chairman of the Fairhill Partners Board of Directors, I have the pleasure of co-owning Visiting Angels Senior Homecare, where we focus on helping seniors age in place. We recently were requested to begin homecare for a senior; nothing out of the ordinary. However, we found out that this senior had an excessive amount of medicines—as in garbage bags full! These were prescription medicines prescribed by numerous doctors over a period of years, along with a very large collection of common over-the-counter medicines.

Although this was an extreme case, it nevertheless gave me cause to stop and think about the drugs that we all have in our home medicine cabinets. From that perspective, the action we took for this wonderful senior is the same action we all need to take for ourselves and our families!

First, take inventory of every medicine you have. I’d be shocked if like me, you don’t have several medicines that have expired—likely, a long time ago. We are loath to get rid of them primarily because they cost so much. We treat them like an expensive piece of jewelry.

But, unlike that great watch, bracelet or necklace, the drug has a specific useful life; a date that once exceeded, significantly reduces or changes the effectiveness of the drug. Additionally, unlike that expensive piece of jewelry, the expired medicines can be dangerous for a number of reasons. Some of us will try to use an old medicine initially prescribed for one specific issue, at a later date for a totally different, unrelated issue; this is overreach at its worse! This is especially true for drugs issued for pain, and antibiotics.

Drugs share another feature with expensive jewelry—thief! These same drugs unfortunately have become the target of theft and misuse, often by people who have access to your residence. America’s 12-17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is coming from the medicine cabinets of their parents, grandparents, and friends.

OK, after segregating expired drugs and drugs you no longer use, you have likely half-emptied your medicine cabinet. What do you do with them?

**Chairman’s Corner**

By Kevin K. Johnson
Certified Senior Advisor

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Help us make the most of our campus!

By Dr. Stephanie FallCreek
President/CEO

The Fairhill campus has been serving the community since 1930 as an example of social purpose real estate. Since it was incorporated in 1987, Fairhill Partners, a nonprofit 501(c)3, has been leveraging the buildings and grounds to advance its mission of connecting people to lifelong learning, intergenerational relationships, and successful aging opportunities.

You probably know us best for our lifelong learning classes, volunteer opportunities, family caregiver and kinship caregiver programs, benefits enrollment center and the Senior Guest House, We appreciate your participation and support!

One thing that is crucial to making these services and programs possible is the real estate side of the operation. It provides the space for services, programs, activities, and staff, paid and volunteer. In round numbers, keeping up the campus, maintaining the buildings and equipment, and keeping the space secure costs about $1,000,000 a year. To run the campus, we need to lease space to good organizations and individuals who are committed to and/or compatible with our mission. We’ve been doing this successfully for more than 20 years.

Last month, two years into a five-year lease, the Believe to Achieve charter school suddenly ceased operations, leaving more than 300 students looking for a new school and leaving Fairhill with a lot of great but now vacant space. We need your help to fill that space with new tenants that will add value to our mission and strength to our neighborhood. If you know an organization that needs 150-30,000 square feet of space to do good work, ask them to check us out. If they lease space, we have a generous referral bonus program to reward you for sending someone our way. Just ask them to be sure and put your name on their lease application! Have them call 216-421-1350 to set up an appointment to visit or e-mail leasing@fairhillpartners.org.

Need help finding public benefits? Talk to us

Fairhill Partners is proud to announce that we have been chosen as an Ohio Benefits Bank Pro site. This means that, if you are possibly eligible for any of the programs listed below, you can apply by telephone from the comfort of your home no matter what the weather.

Programs for which you can apply include:

- Food Assistance (formerly known as Food Stamps)
- Medicaid
- Extra Help for Medicare Part D (prescription drug program)
- Medicare Premium Assistance (pays your Part B premium)
- Ohio’s Best Rx (receive discounts with your prescriptions)
- Low-income Home Energy Assistance program
- Golden Buckeye Card (age 60 and older)
- Voter Registration

Please note that we can complete and submit your application but other agencies, such as Social Security or the Cuyahoga Department of Job & Family Services, will make the final eligibility decision.

Do not know if you are eligible? We can help you find out. Just contact our Benefits Enrollment/Access Your Benefits team. We are available to assist you Monday through Friday at 216-421-1350, extension 182.
Put pain in its place and keep enjoying life!

Is pain from a long-lasting health condition keeping you from doing the things you want to do? Does feeling irritable, distracted, tired, isolated, or even helpless from ongoing pain due to conditions such as arthritis, migraines, or an old injury get in the way of your friendships, your favorite hobbies, your church ministry work, or your activities of daily living? Fairhill Partners’ Take Charge of Your Health – Chronic Pain Self-Management (CPSM) workshops can help. The newest addition to Fairhill’s evidence-based health and wellness classes will be offered at Fairhill on Tuesdays starting August 5th at 1:00 p.m. and continuing each Tuesday for six weeks.

“How we respond to challenges in our lives, like those caused by chronic pain, really makes a difference,” said Dr. Stephanie FallCreek, a Stanford University certified Master Trainer and workshop Leader. “We can choose to do nothing, or we can work on our challenges in order to be able to do the things we enjoy. Thousands of people who have taken the workshops are experiencing the benefits!”

CPSM, developed at and licensed by Stanford University, was adapted from Stanford’s Chronic Disease Self-Management program. Like all Stanford Self-Management programs, CPSM has been extensively researched. Research done by Health Canada and the Canadian Institutes of Health Research recently found that CPSM participants usually have more vitality or energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with their lives compared to those who have not taken the program. (Information courtesy of Stanford’s Patient Education website.)

“This workshop is designed to help you gain the skills you need to become a better manager of the pain that is interfering with your life,” Dr. FallCreek said.

The workshop does not conflict with existing programs or medical treatment – it’s designed to work with them. In addition to learning self-management tools, participants support and encourage each other in each session.

“CPSM is a proven way for participants to build confidence in their ability to manage their health and maintain active and fulfilling lives,” Dr. FallCreek said.

See how CPSM can change your life! Email programs@fairhillpartners.org or call 216-421-1350 for more information or to register.

Health promotion opportunities always available in Greater Cleveland!

Fairhill is licensed to offer a variety of evidence-based programs that help you Take Charge of Your Health. These classes and workshops are offered at Fairhill and at many other sites in Cuyahoga, Lorain, Geauga and Medina Counties. Other exercise and fitness classes are offered at Fairhill in the Yes I Can! Fitness Center. Check out the early morning exercise groups as well as Zumba, Pilates, Tai Chi for Arthritis and Silver Sneakers. Ballroom Dancing is also available!

New workshops are starting every month. Visit www.fairhillpartners.org or call to receive the latest information about schedules for Chronic Disease Self-Management, Diabetes Self-Management, or Matter of Balance (an award-winning series designed to help you prevent a fall and manage fears about falling).

All of these programs currently are offered at no charge. Donations are much appreciated to continue all our programs. Partial support for Fairhill’s evidence-based programs is provided by United Way of Greater Cleveland and an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency On Aging. Additional support is provided by contributions to Fairhill’s Annual Fund and the talented and generous support given by dozens of volunteer leaders, master trainers, and capacity builders.

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.
Another milestone for Kinship House

Kinship House is green!
Fairhill Partners recently received Leadership in Energy & Environment Design (LEED) gold certification from the U.S. Green Building Council.

“We are absolutely delighted about this,” said Dr. Stephanie FallCreek, Fairhill’s President/CEO. “So many people worked very hard to get us to this level. When we first started the project, we hoped that maybe we could get Silver certification, but then we realized Gold was a possibility. Michael Gathercole deserves so much credit for pushing it through.”

LEED is a green building certification program that recognizes best-in-class building strategies and practices. Building projects satisfy prerequisites and gain points to achieve different levels of certification.

In addition to construction recommendations, LEED certification includes standards for residents on use of environmentally friendly products in cleaning and maintaining the home; trash, recycling and hazardous waste disposal; pest control; and how to save energy and water.

Julia Rajcan, Consultant/Coach, Green Life Learn, and Laura Van Antwerp, Studio 2a Photography, in conjunction with Dr. Stephanie FallCreek and Michael Gathercole, developed a presentation for Fairhill on healthy home operations. Fairhill has trained Kinship House residents, facilities staff, and other interested parties on LEED recommendations for a cleaner environment.

Much of this information is useful to anyone wanting to know how to make a home healthy, provide clean indoor air, and reduce energy and water consumption. Please visit www.fairhillpartners.org to learn more about how you can make your own home healthier.

Kinship House is a nine-unit apartment building designated especially for kinship families (older adult relatives, usually grandparents, raising children) and older adult volunteers. It is part of Kinship Village, a planned community which promotes successful aging for all and offers a supportive environment for kinship caregivers. A few apartments and townhomes are still available – see www.fairhillpartners.org or call 216-421-1350 for information.
Thanks to our 2014 Uptown Hoedown sponsors

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...and auction item donors!

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<td>Cuyahoga Valley Scenic Railroad</td>
<td>Rock ‘n’ Roll Hall of Fame</td>
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<td>Dr. Stephanie FallCreek and Mr. Jerry Tillman</td>
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<td>Fleming’s Prime Steakhouse and Wine Bar</td>
<td>Mr. James Uhlir</td>
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<td>Gali’s Florist and Garden Center</td>
<td>Mrs. Alice Weiner</td>
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<td>God’s Glory Hair &amp; Spa</td>
<td>Vintage Wine</td>
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<td>Ladies &amp; Gentlemen Salon and Spa</td>
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Special thanks to the hundreds of volunteers who hammered, painted, entered data, made copies, called participants, led computer and health promotion classes, facilitated educational sessions, helped with our benefit and other special events, created and analyzed financial reports, and so much more. We couldn’t do it without you!
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.
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.

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.

To register for classes or workshops, or to coach or instruct at a program, call 216-421-1350.
What is a caregiver? These women have the answer

Welcome each week in My Time support groups, which are facilitated by a social worker and offer the participants a chance to share emotions, information, encouragement and support with each other. They also have weekly opportunities to learn from speakers in the Meet the Professionals program.

“I appreciate and love Fairhill Partners senior programs because it keeps me in the land of the living and giving, instead of just existing,” said a caregiver who participates regularly.

In 2013, over 200 caregivers participated in at least one program. Many participate regularly, and some who are both caring for a family member and raising a grandchild come to both groups. We have heard many times over the years how much caregivers learn from each other, as well as from facilitators and speakers.

As the last square on the quilt says: “Our Motto: Listen and Respect Each Other.”

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
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
$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.