



We hope you enjoy the Fall issue of our Newsletter which shows how people give to Fairhill in many different ways. Perhaps, you will see yourself in one of these stories, or realize what special talents you can use to make a difference in the lives of others.

### Dr. Jordan Tobin: A Role Model in Every Respect

by Karen McKeehan



*“The good people, good programs, and interaction with participants are what makes it all worthwhile,”* Jordan Tobin, M.D., said about volunteering at Fairhill.

Dr. Tobin knew about Fairhill even before he moved to

Cleveland in 1999, thanks to his friendship with Dr. Stephanie FallCreek, Fairhill’s president and CEO. They served together on the editorial board of Generations, a journal of the National Council on Aging – where, Dr. FallCreek noted, *“Jordan was always a thoughtful, if sometimes skeptical, reviewer who made sure the journal stayed grounded in good science, not just wishful speculation.”*

When Jordan first came to Fairhill, he noted that it was *“unusual - different things to different people. For some people, it’s a landlord; for some, it’s a place to meet people and participate in programs; and for some, now, it’s a home.”*

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### Making a Difference Each and Every Day at Fairhill — Fran Cort

by Karen McKeehan

*“Fairhill is one of the great under-recognized gems, and part of my job is to make sure that more and more people realize it,”* said Fran Cort.

Fran refers to herself as a *“jack of all trades.”* In addition to telling people about Fairhill, she works the front desk, runs the calendar, helps coordinate several meeting rooms, and helps the staff with all kinds of projects. She’s especially helpful with new staff who need to know where to find keys to unlock the supply cabinets and how to

operate the postage meter.

*“One of the things that everyone does is age. So, sooner or later, everyone can use the services at Fairhill”*

Fran, who has been with Fairhill since the winter of 2006, likes a lot of things about her job at Fairhill, especially the people she works with and the



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# News From Our Chairman

## Chairman's Corner: Why have you chosen service at Fairhill?

by Kevin K. Johnson, Chairman, Board of Directors



In this inaugural article of the "Chairman's Corner", I'd like to provide a spotlight on opportunities that are available for you to provide

'Service' at Fairhill Partners.

Generally, volunteers choose to provide service to a cause or organization for any of a number of reasons. These may include:

- An opportunity to use existing skills;
- To attain a sense of meaning and greater self purpose;
- To feel a connection to others; to have something to focus on other than their own issues;
- To realize a sense of giveback or to contribute to an organization or cause that has meaning and significance, or perhaps
- To gain perspective regarding the issues that others experience.

It's interesting to know that approximately 62 million people, or roughly 27% of the population, provided service through or for an organization at least once in the past calendar year, according to the Bureau of Labor Statistics of the U.S. Department of Labor.

Fairhill Partners' mission statement is "*Connecting people to opportunities for lifelong learning, intergenerational relationships, and successful aging.*" We are quite unique with respect to the combination of services we provide. Rather than being singularly focused on the issues of seniors, Fairhill recognizes that aging is a lifelong

process and this has fostered a campus of that provides a wide array of services and interactions serving all ages and types of families. From The Intergenerational School, one of the state's renowned charter schools, and our own Intergenerational Mentoring program and Kinship Care services; to our Computer Learning Center, our School for Caregivers, our Chronic Disease Management, and Matter of Balance classes specifically designed to promote successful aging; opportunities for service abound. At Fairhill Partners, our organizational DNA weaves paid and unpaid staff (our service volunteers) together into an effective unit that delivers services across our 9.5-acre campus.

If community service is in your future, I urge you to consider serving in one of the many essential programs we provide here at Fairhill Partners. We have rewarding opportunities to leverage your skills and I know that you will be enriched from the experience. We look forward to working with you.

**Kevin K. Johnson**  
Chairman, Board of Directors



# Fairhill Board of Directors and Newsletter Directory

## Fairhill Partners' Officers And Directors For 2009

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# Computer Learning Center - Guide to Fall 2009 Classes

Computer classes for adults ages 40 and better, taught by peers.

## WORD PROCESSING

Covers basics of word processing - skills to create flyers, brochures and newsletters and populate form letters and address envelopes from a database. Computer Fundamentals and Mouse Skills *required*.

Eight — once-a-week classes:

Mondays, October 5 - November 23

9:30 - 11:30 a.m.

**Cost: \$60 for 8 session class**

## BASIC DIGITAL PHOTOGRAPHY (PICASA)

Provides an introduction to basic concepts of digital photography and cameras. Mouse skills and some Word Processing skills are *required*.

Learn:

- Basic photo editing, storing, printing and emailing of your own photos
- The use of Picasa, a free software program available to anyone with a computer and an Internet connection

Four — once-a-week classes:

Mondays, October 5 - October 26

1:00 - 3:00 p.m.

**Cost: \$40 for 4 session class**

## MICROSOFT PUBLISHER

Create personalized, high-quality publications choosing from an extensive library of customizable design templates or design your own, including newsletters, brochures, flyers, web sites, and email formats.

- Insert Images
  - ▣ Use custom color and font schemes
- Insert your business logo and information

Six — once-a-week classes:

Tuesdays, October 6 - November 10

9:30 - 11:30 a.m.

**Cost: \$60 for 6 session class**

## REALLY BASIC COMPUTER SKILLS

Designed for the *very beginner*. Introduction to hardware & software, Windows operating system basics and use of mouse & keyboard.

Four — once-a-week classes, choose either session:

### **Session A:**

Tuesdays, October 6 - October 27

1:00 - 3:00 p.m.

### **Session B:**

Tuesday, November 3 - November 24

1:00 - 3:00 p.m.

**Cost: \$40 for a 4 session class**

## INTERNET and EMAIL

Class focuses on the use of the Internet and Email for research and communication. Computer Fundamentals and mouse skills *required*.

- Internet features and capabilities
- Getting the most out of Email
- Search the Internet
- Viruses, Spam, Spyware, and other “nasties”

Five — once-a-week classes:

Wednesdays, October 7 - November 4

9:30 - 11:30 a.m.

**Cost: \$50 for 5 session class**

## INTRODUCTION TO COMPUTER APPLICATIONS

Continue to build your computer skills in this class. Computer Fundamentals and mouse skills *required*.

- Word Processing Techniques - three weeks
- Basic File Management - one week
- Spreadsheets - one week
- Databases - one week
- Internet and Email - two weeks

Eight — once-a-week classes:

Wednesdays, October 7 - November 25

1:00 - 3:00 p.m.



For additional details or to register for any of our upcoming Computer Learning Center classes or workshops call, Tom Cerjak today at 216.421.1350, ext. 125.

# Computer Learning Center - Guide to Fall 2009 Classes

## GENEALOGY

Obtain and use free genealogy record keeping and software. Research and link up with others on the Internet. Learn to use special resources for Afro-American genealogy.

- Learn about your ancestors
- Create a family album

Eight — once-a-week classes:

Thursday, October 8 - December 3  
1:00 – 3:00 p.m.

**Cost: \$60 for 8 session class**

## EXCEL

Learn how to create spreadsheets for business and personal use. Mouse skills *required*.

- Format spreadsheets & data
- Create charts from a spreadsheet

Six – Once-a-week classes

Thursdays, October 8 - November 12  
9:30 - 11:30 a.m.

**Cost: \$60 for 6 week class**

## FILE MANAGEMENT WORKSHOP

Learn the basics of file management using “folder trees.” Mouse skills are *required*.

- Create and name new folders
- Move documents between folders

One day workshop:

Tuesday, October 20  
10:00 a.m. – 12:00 noon

**Cost: \$5.00**

## BUYING AND SELLING ON EBAY

Learn how to buy and sell items on eBay. Learn how to set up an account, describe your item, bid, collect money, and more.

Four — once-a-week classes:

Mondays, November 2 - November 23  
1:00 - 3:00 p.m.

**Cost: \$40 for a 4 session class**

## GOOGLE & BEYOND WORKSHOP

Search the Internet for useful resources like addresses/phone numbers, price products on Froogle and useful medical web sites.

One day workshop:

Tuesday, November 10  
10:00 a.m. – 12:00 noon

**Cost: \$5.00**

## FLYERS, BROCHURES AND NEWSLETTERS

Learn how to create attractive and attention-getting flyers, brochures and newsletters using MS Word.

Mouse Skills and basic Word Skills are *required*.

- Planning the flyer or brochure
- Laying out text
- Formatting the document
- Adding pictures, borders, and shading
- Naming, storing and making changes to your file

Three — once-a-week classes:

Wednesday, November 11 - November 25  
9:30 - 11:30 a.m.

**Cost: \$30 for 3 session class**

## No Charge Class

### INTRODUCTORY CLASS

For adults 40 and better on computer use & mouse skills.

One day workshop.

Choose one of three times:

Wednesday, September 30

Session A: 9:00 - 10:30 a.m.

Session B: 11:00 a.m. - 12:30 p.m.

Session C: 1:00 - 2:30 p.m.

Cost: \$5 deposit which will be refunded upon arrival at class.

**Registration is Required.**

Class is limited to 12 participants.



Want to share your computer knowledge and expertise? We are in need of Instructors and Coaches. Please call Tom Cerjak at 216.421.1350, ext. 125, for details.

# School for Caregivers - September through November 2009

Classes/resources for caregivers providing care and support to adult family members or friends who are frail, chronically ill or have a disability.

## **FOR THE CAREGIVER IN YOU - AN INTRODUCTION TO CAREGIVING**

Six once-a-week classes.

Saturdays from 10:00 a.m. - 12:30 p.m.

Classes in Main Building.

Registration required.

**Cost: No Charge (valued at \$250)  
Donations Appreciated  
(light refreshments provided)**

Saturdays: October 6 - November 7

## **FAIRHILL CAREGIVER CLUB**

Provides education and discussion with a different focus each month.

Open to all caregivers. Join the club!

Wednesdays: September 2, 9, 16, 23, 30  
October 7, 14, 28  
November 4, 11, 18

10:00 a.m. - 12:00 p.m.

Classes in Main Building.

**Cost: No Charge  
Donations Appreciated  
(light refreshments provided)**

## **MONTHLY CAREGIVER SUPPORT GROUP**

Geared to busy weeks and working caregiver schedules. Peer to peer mentoring by fellow caregivers supplemented by education and information sharing. Open to all caregivers.

Saturdays: Sept. 26, Oct. 24, and Nov. 21  
10:00 a.m. - 12:00 p.m.

Session in Main Building.

**Cost: No Charge  
Donations Appreciated  
(light refreshments provided)**

## **ASSISTIVE TECHNOLOGY TOURS**

Not sure how to adapt your home to the needs of an older person? Want to try out a range of products and home enhancements that make life easier?

Townhouse 4 on the Fairhill campus has a selection of these items on display and for demonstration.

**Cost: No Charge  
Appointments Required  
Donations Appreciated**



## Local Poet Shares Her Passion With Fairhill Caregivers

by Karen McKeehan and Veronica Chasser

Pat Mooney loves poetry so much she volunteered to share her time and talent with groups of caregivers at Fairhill.

Pat, the mother of Elizabeth (Biz) Hackman, Assistant Director, Successful Aging Programs, likes to write poetry in her spare time. She found out about the caregiver programs and offered to do poetry programs, which she's been doing since April. Among other things, the programs discuss poetry as a communication method and how poetry probably is a part of everyone's lives.

Pat likes the enthusiastic responses she gets from the participants. "Last time I was there," she said, "we got talking

*about poetry in songs. One of the women, who had a beautiful voice, sang, 'The party's over.' It was a fun interaction."*

When people ask Pat about Fairhill, she usually refers them to her daughter, and has a couple of friends she's going to suggest might like to volunteer. She'd like for Fairhill to become more well known. "I just think it's an under-recognized resource that does a lot of good for the community," she said.

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, a grant from the Saint Luke's Foundation and gifts to the Fairhill Annual Fund

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at the School for Caregivers call Successful Aging Programs at 216.421.1350, ext. 113.

# School for Caregivers - September through November 2009

## School for Caregivers — Programs Continued

### INDIVIDUAL CAREGIVER COUNSELING

Your time to meet one-on-one with a licensed social worker and discuss your caregiving situation. Whether you need assistance navigating through community resources, developing next steps or simply talking to someone who understands - this hour is yours!

**Cost: No Charge**  
**Appointments Required**  
**Donations Appreciated**

### CAREGIVER CLOSET

Filled with wheelchairs, walkers, crutches and other items for caregivers to borrow as needed. The closet needs donations and someone to provide monthly sorting and organizing.

**Cost: No charge**  
**Appointments Required**  
**Wheelchair/Walker etc.**  
**Donations Accepted**

## Care Fair Series

Learn how to engage your brain power,  
improve your balance and more!

**Come to Fairhill Partners' Care Fair, 10  
a.m. – 3 p.m. Friday, October 30, 2009.**

Featured speaker Dr. T.J. McCallum of The Brain Emporium will talk about how to stimulate your brain. A Matter of Balance coaches will teach you to overcome your fear of falling and demonstrate exercises to improve physical control and self-confidence. Local organizations and businesses will provide resources and information to help you learn. Admission is free. Lunch is available for \$4.00, and free for preregistered caregivers.

**To register call Fairhill's Successful Aging  
Programs, at 216.421.1350, ext. 113.**

## The Rewards of Being a Volunteer

by Ty-Kea Witten



Marilyn Blackburn enjoys volunteering at Fairhill Partners. Her first encounter volunteering at Fairhill was about 5 years ago through Retired & Senior Volunteer

Program (RSVP), currently known as Greater Cleveland Volunteers. She can remember helping deliver presents to kinship families who were not able to attend our Annual Kinship Holiday Party. Marilyn has volunteered her hands many times at Fairhill. She has helped to organize the Kinship Closet where people donate clothes for families in need. She also volunteers at Care Fairs hosted for caregivers, and helps with registration at our monthly Breakfast Club for caregivers. Marilyn's favorite part about volunteering is being able to help families and meeting new people. She also volunteers at University Hospitals where she can remember being able to bond with patients and their families. Marilyn says "*Fairhill is a wonderful place that has a doctor's office on campus, a school, beautiful café, and even a gift shop.*" She even introduced her step-daughter Susan to Fairhill who volunteers during our bulk mailings. Besides volunteering, Marilyn loves to garden, read books, and care for her pets in her free time. Marilyn says that volunteering at Fairhill is very interesting. You learn a lot, meet new people, and it's more fun than just sitting at home!!

**Do you see yourself as a volunteer at Fairhill's School for Caregivers? If you do, please call Successful Aging Programs at 216.421.1350, ext. 113, to discuss how YOU can make a difference.**

# Health Education - September through November 2009

Nationally proven programs to help you take charge of your health.

## **A MATTER OF BALANCE**

Falls are more common than strokes and are just as serious. Learn to prevent falls at A Matter of Balance (MOB). Classes are coached by peers – members of the community who have taken the course and are trained to teach the classes to others.

- Join an 8-week course.
- Enroll a friend or relative.
- Ask for this class to be taught where you live.
- Become an MOB coach!

Thursdays: September 3 – October 22  
1:00 - 3:00 p.m.

Call for off-site schedule

Cost: No Charge  
Donations Appreciated  
(light refreshments provided)

## **TAKING CHARGE OF YOUR HEALTH: CHRONIC DISEASE SELF-MANAGEMENT**

Different chronic health problems are addressed in this program to help individuals manage their own or a loved one's chronic disease. Topics include communicating with health care providers and managing medication. Classes are geared to individual participants' needs.

- Join 6-week course.
- Enroll a friend or relative.
- Ask for this class to be taught where you live.
- Become a CDSM coach!

Call for upcoming class dates

Cost: No Charge  
Donations Appreciated  
(lunch provided)

### **Coaches Training:**

October 20 through the 23  
9:00 a.m. - 5:00 p.m.

Attendance at all training is required.

## **SUGAR MATTERS:**

### **DIABETIC SELF-MANAGEMENT**

Don't want to check your sugar any more, or count your carbs? This class is for YOU—Living with the daily challenges of diabetes for yourself or a loved one. Topics include communicating with health care providers and managing medication, understanding the A1-C, and are geared to individual participants' needs.

- Join 6-week course.
- Enroll a friend or relative.
- Ask for this class to be taught where you live.
- Become a CDSM coach!

Call for upcoming class dates

Cost: No Charge  
Donations Appreciated  
(light refreshments provided)

### **Coaches Training:**

August 26 to September 30  
1:30 p.m. - 4:00 p.m.

Attendance at all training is required.

## **ACCESS YOUR BENEFITS:**

Many older adults in our community struggle to pay for medications, utilities, health care, food and other vital services. If you are 55 or older (18 or older with disabilities), with limited income please call 211 (or Fairhill Partners at 216.421.1350) and tell them you want to take the Benefits Eligibility Survey. A trained Benefits Ambassador will gladly assist you to take this easy survey. You may be eligible for one or more of over 1,300 Federal, State, and Local Public Benefits programs. Access Your Benefits is a fast, free and private way to find out how you can save money!

If you are interested in volunteering to be a Benefits Ambassador, contact Greater Cleveland Volunteers at 216.391.9500 or Fairhill directly at 216.421.1350, ext. 182.

Supported in part by the Western Reserve Area Agency on Aging, consumer donations and gifts to the Fairhill Annual Fund and in partnership with the Cuyahoga County Board of Health.

**To register for any of Fairhill's Health Education classes, please call Successful Aging Programs at 216.421.1350, ext. 113, for more information.**

## Matter of Balance Coach Sees Many Rewards in Volunteer Service

by Karen McKeenan and Veronica Chasser

*"I like coaching because it stimulates my mind,"* said Sandy Arndt, a trained Matter of Balance coach. *"Taking the information and transferring it in a useful way to students of the program is a challenge and helps my mental health as I get older."*

Older people often curtail their activities because of a fear of falling, and Matter of Balance is an evidence-based program which addresses those fears, along with providing exercise to improve physical control and self-confidence. Many students report that through activity, they gain control of their fears and their bodies.

Sandy, a former elementary school principal, likes the immediate improvement she sees in her students. *"It's very exciting and rewarding to see changes. I've seen people grow stronger visibly, stand upright, walk with more strength, and report that they feel stronger."* She also noted that each class becomes an intimate social support system.

In one of Sandy's classes, a woman who used a walker for everything was able to stand at the sink and work without a walker after the fourth class. In another class, a man over 90 *"stumbled into class"* the first day, but gained so much physical control he danced with Sandy on the last day. In the same class, a woman hunched over her walker was able to stand straight by the end of class.

Sandy's favorite story is of an 85-year-old woman, an athlete, who developed dementia. The woman's husband would drop her off at class, and one day the woman said, *"Look what I can do,"* and did several pushups. Her husband later told Sandy that the class had helped his wife immensely - *"Just knowing she could do something others couldn't improved her self-esteem."*



## Making a Difference Each and Every Day at Fairhill — Fran Cort

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people who come in for services. She is surprised at how many of the older adults who visit Fairhill are *"not only active, but leaders. We have someone over 80 who leads the exercise class."*

*"The place is always busy; time flies, and it's never boring,"* said Fran, who also appreciates the chance to learn new computer technology on her job. She advised people who want to volunteer at Fairhill that *"they will find*

*something fun to do because there are so many opportunities. We have people who run committees, chess meetings, exercise, share their technology skills in the computer classes, and share gardening skills."*

Fran knows Fairhill is important to the community. *"One of the things that everyone does is age. So, sooner or later, everyone can use the services at Fairhill."*

**Do you see yourself as a volunteer at one of Fairhill's Health Education programs? To learn how you can make a difference, call Successful Aging Programs at 216.421.1350, ext. 113.**

# Kinship Care Services - September through November 2009

In Cuyahoga County, over 12,000 grandparents are raising grandchildren. Kinship Families - Grandparents or older relatives raising children and the children and teens they are raising - are welcome at Fairhill.

## **KINSHIP FAMILY DAYS**

Something for everyone. Adult and teen workshops, children's activities, adult support groups, lunch and take home resources.

Saturdays: September 19

October 17

November 21

Time: 10:00 a.m. - 1:00 p.m.

Cost: **No charge;**  
**Donations appreciated and**  
**Lunch included**

## **TEEN LEADERSHIP PROGRAMMING**

Helps teens learn effective ways to communicate, teen building skills, conflict resolution and cultural awareness. Opportunities vary from jobs as teen counselors at our Kin Kids Summer Camp to College trips for future planning.

**Call for details about registration**

Cost: **No charge**  
**Lunch and Bus Passes Provided**

## **KINSHIP KIDS CLOTHES CLOSET**

Clothes for kids shared by other kinship caregivers. Call to arrange a time to visit the clothes closet.

Cost: **No charge**  
**Appointments Required**  
**Clothing Donations Accepted**



## *Campaign for Kinship Village*



The *Campaign for Kinship Village* is working to create 29 residences at Fairhill for kinship care families (grandparents or other older relatives raising children), older adult volunteers and campus employees. This "live/serve/work" model makes creative use of historic un-renovated buildings, utilizes existing value-added programming, and preserves the green space of the campus.

To see pictures of the next steps in the process or read updates, visit [www.fairhillcenter.org](http://www.fairhillcenter.org).

Donate to the Campaign or request Campaign updates by contacting Michael C. Gathercole at 216.421.1350 extension 118 or [mcg@fairhillcenter.org](mailto:mcg@fairhillcenter.org)

Kinship services made possible in part by The Cleveland Foundation and The Treumart Fund (a supporting organization of the Cleveland Foundation and The Jewish Community Federation of Cleveland). Support also provided by The Older Americans Act Caregiver Support Program Grant from the Ohio Dept. of Aging through Western Reserve Area Agency on Aging.

For additional details, or to register for TEEN LEADERSHIP or SUMMER CAMP please call Successful Aging Programs at 216.421.1350, ext. 113.

# Kinship Care Services - September through November 2009

## Patricia Bradley: Encouraging Others to Volunteer Service

by Veronica Chasser and Karen McKeenan



*“Fairhill has been a support system for me as I care for my grandkids,”* said Patricia Bradley. *“Their programs have helped me and I feel the need to give back.”*

Patricia has done a lot in a year at Fairhill. She’s worked at the Senior Guest house, cleaning, organizing the giveaway closets, clearing out the refrigerators. She’s also worked in the kitchen closet, organizing the basement, and has helped out in The Encore Store. She even helps organize and set up different workshops and programs, and helps with the children. She really enjoys it all, but says, *“My favorite thing is working with seniors. I just have a thing for helping elders, even before Fairhill.”*

*“Fairhill is a good support team, networking, and resource center,”* Patricia said. *“They are there for you, very supportive, and very nice people.”* She has had personal experience with Fairhill’s

services, having brought her sister-in-law, her older grandchildren and her son here. She noted that her grandchildren were hurting, and she wanted them to see they had a support system and were not alone.

Patricia encourages others to volunteer at Fairhill. *“It would be well appreciated, and an overwhelming experience – something that they definitely should do because it’s something that they could pass on.”*

## Long-Time Fairhill Volunteer Spreads The Word About Kinship Care Services

by Karen McKeenan and Veronica Chasser

*“Go to Fairhill and enjoy it. Go and volunteer, do something to help the community and other people,”* said Greta Thomas, who has been volunteering at Fairhill since the 1980s.

Greta became interested in Fairhill when she started caring for her granddaughter, who finished high school this year. In addition to her volunteer work, she attends Breakfast Club and caregivers meetings, and takes the children to kinship days on Saturdays.

Greta likes the people she meets at Fairhill and working as a volunteer. One thing that stands out for her is helping with the Christmas party – *“a really great time.”* She also likes to tell people about Fairhill’s services. *“They have a lot of resources you can use. I tell people about the hospice and how people with Alzheimer’s go to that. I pick up the pamphlets for events and pass them out to different people in the community.”*

Greta is very enthusiastic about Fairhill and encourages others to visit and volunteer. She brought a cousin to a kinship meeting, and the cousin started bringing her granddaughter. She tells people about the clubs, exercise rooms, and computer classes. *“Just go – you’ll see what’s going on. It’s got a whole lot of resources.”*



Do you relate to the stories of our Kinship Care volunteers? Do you, too, want to experience the reward of being a volunteer? Then call Successful Aging Programs at 216.421.1350, ext. 113.

## Fairhill Features - Volunteers in The Spotlight

### Computer Learning Center Coach's motto, "Stay and don't quit," effects learning and life.

by Karen McKeehan



*"If you stay in class and don't quit I guarantee you'll learn something,"* Frederick Hardman told the Computer Learning Center students he was coaching. Some of the students felt the computer was *"too much"* for them and that they'd never learn, so he told them how he paid \$3,000 for a computer and then threw it because he got so frustrated. The advice worked; one of his students now coaches at the CLC.

*"Stay and don't quit"* could be a motto for Frederick's life. An avid bicyclist, he first got into cycling when a friend had a heart attack and both of them decided to get in shape together. Starting by riding 10 minutes and then resting, he built up strength to ride from San Francisco to Los Angeles and across Death Valley, among other places.

When he moved back to Cleveland five years ago, Frederick started his own business, but then started feeling tired all the time. His wife made an appointment for him to see a doctor, who sent him to the emergency room because *"my kidneys were gone."* After a three-month stay in the hospital, he was able to return home, but still needs dialysis four hours a day, three times a week.

After feeling sorry for himself for a brief time, Frederick got back on his bicycle, starting by riding 10 minutes and building up to where he can ride many miles at a stretch. He couldn't work full time, so looked for a place to volunteer, and Fairhill was close to home. He started by taking several Computer Learning Center classes, then asked Tom Cerjak how he could help. His coaching philosophy is, *"Whatever you've learned, try to pass it on to someone else - that's how you know you've learned."*

Frederick still enjoys bicycling and tries to get other people to ride with him. He also encourages his neighbors to walk in a group around the neighborhood. And he enjoys working with adults in the CLC.

*"We teach people as adults,"* he said. *"We help them see there's nothing they can't do."*



### Paying Goodwill Forward For The Benefit of Others

by Biz Hackman

*"I had lost a lot, and Fairhill helped me in my time of need,"* Francis Andrasko said. He responded by making a generous donation to the Annual Fund so that others could benefit from the services he enjoyed.

In 2008, Francis was forced to temporarily vacate his apartment. Having no family available to help and no place to go, he turned to Fairhill Partners' Senior Guest House, thanks to a referral from his local police station. Fairhill's staff supported Francis as he stayed for several months

at the Senior Guest House. *"Staff helped me move; I was fed, provided transportation and I even participated in a Pain Management class,"* he said.

Fairhill staff and volunteers spent a great deal of time making it possible for Francis to return to his apartment and continued to help him settle back into his apartment. He was amazed to receive some necessities, free of charge, even after he had exited the Senior Guest House.

. . . continued on page 13

## Fairhill Features - Volunteers in The Spotlight

### Dr. Jordan Tobin: A Role Model in Every Respect

- continued from page 1

Jordan has worked extensively in the Computer Learning center, mostly with digital photography. One of his first projects, five years ago, was a one-day workshop on "Choosing and Using your Digital Camera."

He extended that interest by helping create a class on PhotoShop Elements, a software tool to improve photographs by eliminating redevye, heightening or reducing contrast, and filling in shadows, among other things. When it became apparent that PhotoShop Elements was a difficult application to learn, he put together a class on Picasa, free software which is easier to use.

In 2008, Jordan worked with professional photographer Ren Clarke and CLC instructor Steve Spaeth to teach a group of children about photography. This resulted in an exhibit at Tower City, "What's an Office?" Jordan then extended this class by working with teens in Fairhill's Teen Leadership Program to create another exhibit, "What's a Family?"

### Paying Goodwill Forward . . . - continued from page 12

Francis was inspired to make a donation because he felt a need to return the kindnesses extended to him and do his part to assure that Fairhill's worthy programs would continue on for others. *"I had more than most others staying at the Senior Guest House,"* he said. *"Many of them were in a bad way; at least I had retirement income. It was a gift, that's all."*

These days, Francis continues to live in the apartment to which he returned. after his time at Fairhill. He enjoys the company

Jordan really likes coaching adults in the CLC. In 2008, he spent most of the year in Fairhill's Tech for Successful Aging class, where students spent 32 weeks learning about file management, Microsoft Office

products, digital photography, and how to take care of a computer, then were given laptops to keep. Jordan, along with fellow coach Herb Haar, showed his versatility by helping the students with several different

applications. This summer, he coached the Really Basic Computer Skills class. *"I like teaching adults. They come back and are serious about it."*

Jordan prefers to coach now, rather than instruct, as he and his wife, Jeanne, spend time traveling – especially to see their grandchildren. But he still likes coming to Fairhill when he's in town. *"I like being able to help people and learn from them. I get to interact with people I might not interact with otherwise."*

*"Jordan and his wife Jeanne are wonderful models of individual and collective successful aging – balancing commitment to friends and family with ongoing community service and contribution."*

Dr. FallCreek.

of his "lady friend," Lorena. *"We like to dress up and go out dancing,"* he said. *"People always tell us how good we look,"* he added. *"At 77 years old, I don't take anything for granted".*



# Volunteer & Lifelong Learning Opportunities

Wellness and wisdom opportunities are always available at Fairhill!

## MAILING BUDDY

Coffee, treats, good conversation, folding and labeling! Call for information on Bulk Mailing Dates for Winter 2009.

## TELEPHONE BUDDY

Come in bi-weekly or monthly to make class, program and event reminder calls.

## SUCCESSFUL AGING COACHES & INSTRUCTORS

Coaches and instructors needed for the Computer Learning Center, Senior Guest House, School for Caregivers and Kinship Services. See pages 4-5, 6-7, 10-11 and 15 for program descriptions and contact information.

## PEER LED PROGRAMS

Led, staffed and maintained by unpaid (volunteer) staff.

### YES I CAN

Low impact aerobics, stretching, line dancing and use of well-maintained fitness room.

Monday - Friday

<b>Morning Session:</b>	<b>Afternoon Session</b>
7:30 - 9:30 a.m.	4:00 - 6:00 p.m.

Cost: Free Will Donation \$5.00 per month

### KNITTING CLUB

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

### THE ENCORE STORE

Community resource shop of donated items. With expanded hours, Doris and Judith look forward to seeing you soon.

Monday: 10:00 a.m. - 3:00 p.m.

Tuesday: 10:00 a.m. - 4:00 p.m.

Wednesday: 10:00 a.m. - 4:00 p.m.

Thursday: Flexible hours

Friday: Closed

## FAIRHILL BREAKFAST CLUB

Hot breakfast (eggs, sausage, toast and orange juice) and timely, relevant, practical information for family caregivers and professionals who care about successful aging.

### Save the following dates:

September 15 and October 20

Time: 8:30 - 11:00 a.m.

Cost: \$6.00 (includes breakfast)

Note: CEU's available - for an extra charge

All caregivers no cost

## LUNCH and LEARN SERIES

Additional opportunity to receive practical information for family caregivers and professionals who care about successful aging.

### Save the following dates:

October 8, October 15, and October 22

Time: 11:30 a.m.- 1:30 p.m.

Note: CEUs available - for an extra charge



For more information about these lifelong learning opportunities on campus, call Betsy at 216.421.1350, ext. 117.

To register for the Breakfast Club or the Lunch and Learn Series contact Successful Aging Programs at 216.421.1350, ext. 113.

# Senior Guest House

Providing a temporary home for older adults in a housing crisis.

## MAKE THE SENIOR GUEST HOUSE YOUR MISSION

Safe, temporary and cost effective residential housing on the Fairhill Partners campus for up to eight older adults at a time, with 30 to 50 guests served annually. Residents can stay for up to 90 days. Approximately \$150,000 keeps the doors open for a year. More than 30 happy endings and successful transitions happen yearly. Your faith community can be part of these happy endings in 2009. Consider sponsoring a guest room for \$15,000, a single guest for \$4,000 or adopt a room for a week at \$400. Sponsorship at any level is appreciated!

## SENIOR GUEST HOUSE COMPANION

Friends are needed for guests at the Senior Guest House at Fairhill, a temporary home for older adults in a housing crisis. Provide simple computer coaching, help prepare meals or share a hobby with a previously socially isolated adult.

## SENIOR GUEST HOUSE CLOSET

Contains transitional household items like sheets, towels, pans, and toaster oven. All for residents to take as they start a new home after leaving the Senior Guest House (SGH). The SGH closet always needs donations and someone to provide monthly sorting and organizing.

## Welcome to Fairhill!



Joyce Pratt



Eric Santiago



Diann Yambor

Fairhill Partners welcomes VISTA (Volunteers in Service to America) workers Joyce Pratt, Eric Santiago, Philip Studmire and Diann Yambor as unpaid staff members. The four have committed to a year of service at Fairhill. Joyce and Diann are longtime neighborhood residents; Phil is a Greater Clevelander who just graduated from Miami (Ohio) University; and Eric joins us from Buffalo, New York. All will be helping Fairhill build capacity by recruiting unpaid staff: Joyce and Phil will concentrate on fundraising, Diann and Phil on outreach, and Eric on program evaluation. They will be



Philip Studmire

working with Dr. Stephanie FallCreek, Stacey Rokoff, Sue Grant and Karen McKeegan. They're located in E185 and E186 – stop by and say hi!

## And our new tenant partners . . .

### Greater Vision Baptist Church:

Committed to evangelical preaching and teaching.

### Lifeline Home Health Services LLC:

Home healthcare providers, taking care of elderly and disabled people in their own homes.

### Standing for Jesus Ministries:

A new Christian Ministry moving from membership to discipleship, and from an audience to an army. Building on nothing less than the Word of God.

To obtain more information or to volunteer at the Senior Guest House please call Betsy at 216.421.1350, ext. 117 or [ecisek@fairhillcenter.org](mailto:ecisek@fairhillcenter.org).

## Fairhill Partners

connects people to opportunities for lifelong learning,  
intergenerational relationships, and successful aging

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or call 216.421.1350.

# Programs & Dates Listed Inside!

## Happy Landings Cisek Family!

After serving almost eight years, first as Fairhill's Executive Assistant, and then as Associate Director for Management Services, Elizabeth Cisek is relocating to Monterey, California in mid-September. Betsy's husband Jeff, a Marine Captain, has been assigned to the Naval Postgraduate School for the next two and one half years. Congratulations to Jeff, and thank you for sharing your partner with us all these years.

If you've been a Fairhill board member, a part of the staff team, volunteer or a donor, if you've done business with us as a vendor or if you've been one of Fairhill's campus partners, you've probably worked with Betsy. And, you know how very much we will miss her. Fortunately for Fairhill, Betsy will continue to be a part of the Fairhill staff team going forward, this time as an unpaid staff member, since she has offered to work "virtually" for us on some interesting assignments. We know she'll do a good job with that approach because she was a "commuter" and virtual Executive Assistant twice during her service at Fairhill, once from Washington D.C. and then from North Carolina!

Betsy, we thank you so much for your steady, smiling presence, abundant energy, and great work to advance Fairhill's mission. You truly embody Fairhill's spirit of partnership!

