

## “Stay and don’t quit,” effects learning and life.

“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.”

## The Future is Now for Joe Ferritto

“Retiring is like a new job; get a hobby or sport or volunteer somewhere but do something,” said Joe Ferritto.



Joe, a Vietnam vet, first came to Fairhill Partners over four years ago, seeking help for his role as a caregiver for his sister. Fairhill caregiver classes gave him the support, information and resources he needed. After she passed away, Joe retired from his purchasing manager job at a large industrial distributor, where he had been for nearly 40 years. He suddenly needed something to do; as he said, “A new career.”

Volunteering became that new career he was seeking. Joe loved the fact that Fairhill’s in the neighborhood and only a 15-minute walk. He also likes the culture and overall environment. “It’s a friendly atmosphere; people jump in and help each other at Fairhill. I like mixing it up with different people; it’s very interactive.”

Fairhill, with its variety of roles, appeals to retired professionals. Joe wanted flexibility, but also an important role. He began working with Stacey Rokoff, Director, Successful Aging Programs, on caregiver and evidence-based health management classes. Joe enters data on each class which helps Fairhill get or maintain funding from outside organizations. He also makes phone calls and helps with special events like the holiday party.

Joe plans to continue his future at Fairhill by becoming a Matter of Balance coach, and recently has increased his volunteer hours. “I’m thrilled and inspired to watch Joe,” Ms. Rokoff said. “He has been with Fairhill for several years and continues to find meaningful ways to contribute.”

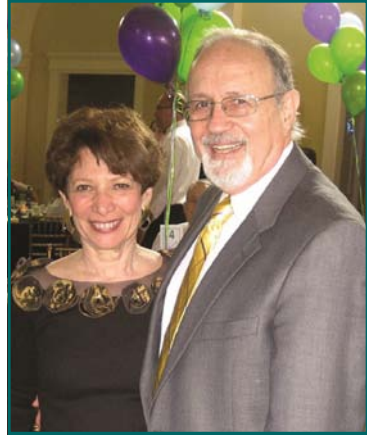


**People give to Fairhill in many ways. Perhaps you will see yourself in one of the following stories, or realize what special talents you can use to make a difference in the lives of others.**

**Volunteerism = Lifelong purpose and joy.**

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

*"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 American Society 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."*

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 Ryn 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?" 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 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."*

## Local Poet Shares Her Passion With Fairhill Caregivers

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, 2009. 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.



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

*"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."*

## Patricia Bradley: Encouraging Others to Volunteer Service

*"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."*