

Monday July 28, 2008

Next In the City: She does her 'Fairhill' share

BY: *ARLENE FINE* Senior Staff Reporter

Stacey Rokoff is the director of the Successful Aging program at Fairhill Center, a campus of comprehensive services for older adults, their family or caregivers, and for professionals in the field of gerontology and geriatrics.



She was drawn to her position, she says, because of her close relationship with her grandmother. "When my grandmother was diagnosed with Alzheimer's disease, I walked the journey with her," Rokoff explains. "We agreed that if she had to have this experience, I was to learn from it so that I could help others."

And she has.

Rokoff also spends her workday assisting caregivers of all ages and helping aging grandparents learn to cope with and parent their own grandchildren. She even supervises a guesthouse where displaced elderly can live for 90 days.

"I have such an affinity and respect for the elderly because of their wisdom and guidance," says Rokoff. "Based on my experience as a caregiver, I learned that role is not a short-distance run n it is a long-distance marathon; in order to make it to the finish line, caregivers must take care of themselves or they will not be able to help anyone."

Rokoff also learned an important lesson from her grandfather. "He told me if I could identify a special relationship with ten people, I would be a rich person," she explains. "Because of the valuable relationships I have built here with clients, volunteers and staff, I am rich beyond words."

Name:	Stacey Rokoff
Age:	33
Status:	Single
Current residence:	Lyndhurst
Alma Maters:	Brush High School, John Carroll University, Case Western Reserve University's Mandel School of Applied Social Science
Everyone knows:	I have a positive attitude.
Favorite sport/activity:	Running, biking and basketball
Favorite film:	"Martian Child"
The show I always TiVo:	"The Closer" and "Grey's Anatomy"
Music always on my iPod:	Classical
I'm never without:	A smile