

**MAYFIELD VILLAGE**  
**SENIOR SERVICES NEWSLETTER**  
 Mailing Address: 6622 Wilson Mills Rd.  
 Mayfield Village, OH 44143  
 PHONE: 440-919-2332  
 FAX: 440-919-0207  
 www.mayfieldvillage.com



**Dec./Jan./Feb.**  
**2015-16**

**A NOTE FROM THE STAFF**

In September, we traveled to Toledo to visit the Art Museum. They had many fine works of art from Monet to Manet to Tissot and El Greco. We went to the Western Reserve Historical Society in October where we rode the carousel formerly at Euclid Beach Park. We also had a guided tour of the Hay McKinney House. In November, we traveled to southern Ohio to the Amish Door Village Restaurant where we enjoyed lunch and saw a show—"The Jingle Bell Hop."

Look for information inside this issue about our upcoming trips to see the Cleveland Orchestra and to Quintealia's Tea Room in Burton.

Also see information about our classes: "Head to Toe" Exercise, Yoga, Watercolor, Knitting/Crocheting, and Spanish and Bridge lessons.

Other upcoming programs include a Lunch n' Learn and Bingo.

Reminder: A variety of services are available to Mayfield Village residents ages 60 and older through the Community Partnership on Aging. Transportation, daily luncheons, outreach services, homemaker services, social programs, chore information, wellness and education, tours and trips are among the services available. There is a nominal fee for most of the services provided.

Please share your thoughts or suggestions for new activities and trips with us. You may email Bill Thomas at [bthomas@mayfieldvillage.com](mailto:bthomas@mayfieldvillage.com) or Donna Heath at [dheath@mayfieldvillage.com](mailto:dheath@mayfieldvillage.com), drop a note in the suggestion box outside our office, or call us at 440-919-2332.

William D. Thomas,  
 Parks and Recreation Director  
 Donna J. Heath,  
 Senior Program Coordinator

**LUNCH N' MOVIE**  
 at Mayfield Village Civic Center

In collaboration with the Community Partnership on Aging, Mayfield Village is hosting Lunch n' Movies at the Civic Center on various Wednesdays. The meal will be prepared by Community Partnership on Aging staff and volunteers and served in the newly-licensed Civic Hall, combined with a recently-released feature film. Movie titles will be published in the CPA newsletter. The menus are as follows:

No Lunch n' Movie in January.

February 10: Baked Potato with Chili

March 9: Brunch menu with French Toast and Turkey Sausage

All movies are subject to change, based on availability.

Time: Lunch is served at 12:15 p.m., doors open at 11:45 a.m. Movie begins at 1:00 p.m.

Where: Mayfield Village Civic Hall for lunch; Mayfield Village Reserve Hall for movie.

Cost: \$5.00 per person, payable at the door.

Registration required by calling the Community Partnership on Aging at 216-650-4029, no later than the Wednesday prior to each luncheon date. Cancellations required no later than the Monday prior to each luncheon date.

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## SENIOR SERVICES OFFICE

The Senior Services Office is located behind the Community Room at 6621 Wilson Mills Road. The entrance to the department is on the south side of the building.

Please note that our mailing address is 6622 Wilson Mills Road, Mayfield Village, OH 44143.

Our telephone number is: 440-919-2332.

**William D. Thomas,**  
Parks and Recreation Director

**Donna J. Heath,**  
Senior Program Coordinator

**Commission on Aging Members:**  
**Bob Perna, Jan Perna, Ruth Petche,**  
**Ralph Tarsitano, and Marie Urbancic**

**Council Representative:**  
**Patsy Mills**

## COMMUNITY PARTNERSHIP ON AGING

Mayfield Village joined the Community Partnership on Aging on May 1st, 2012. The Community Partnership on Aging currently serves the cities of South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, and Mayfield Village.

Some of the services offered include: Daily Luncheons, Homemaker Services, Transportation, Outreach Services, Social Programs, Chore Information, Tours and Trips, Wellness and Education.

Volunteer opportunities are available for those interested in getting involved.

To learn more about the variety of new services available to Mayfield Village residents, contact the Community Partnership on Aging at 216-291-3902.

## NEW POLICY: WEATHER CLOSINGS

When Mayfield City Schools are closed due to inclement weather, the activities sponsored by Mayfield Village Senior Services will no longer be canceled. If there is a blizzard or other dangerous conditions, please use your best judgment when deciding to venture out. If you have any questions, contact us at 440-919-2332.



## HILLCREST MEALS ON WHEELS PROGRAM

The Hillcrest Meals on Wheels Program is available to residents of Mayfield Village and the entire Hillcrest area who are homebound or unable to shop and/or cook for themselves. Meals are provided five days a week for a nominal fee.

Mayfield Village residents who are interested in this service should call 216-291-3902.

### **VOLUNTEERS NEEDED**

The Hillcrest Meals on Wheels Program needs volunteers to deliver meals or help in the office. If you are interested in helping for as little as two hours a week, call 440-449-3551. The office is open Monday through Friday between 9 a.m. and 1 p.m. Your help would be sincerely appreciated.

## OUTREACH SERVICES

Through the Community Partnership on Aging, licensed social workers provide in-home visits to Mayfield Village residents ages 60 and older who may benefit from assistance, or who have questions or concerns about matters affecting their physical, social, financial, or emotional well being or independence. Outreach staff also provide information on many local services. Call 216-548-8010 or 216-291-3902 for more information, or to make an appointment.

## WATERCOLOR PAINTING

No drawing skills necessary! You may uncover a hidden talent as you learn a variety of tips and techniques from award-winning watercolor instructor Flo Smith. At the end of each 4-week series, you will have created three watercolor paintings suitable for framing! Class sizes are limited, so register early.

Sessions are offered on Tuesdays or Thursdays.

**Time:** 9:00 a.m.—12:00 p.m.

**Where:** Mayfield Village Community Room

**Instructor:** Florence Smith

**Cost:** \$35/Mayfield City School District Residents; \$40/Non-School District Residents—4 wk. session

**Plus:** \$4 material fee paid to instructor for each 4-week session.

**January Tuesday Series:**

January 5, 12, 19, 26

**January Thursday Series:**

January 7, 14, 21, 28

**February Tuesday Series:**

February 2, 9, 16, 23

**February Thursday Series:**

February 4, 11, 18, 25

**March Tuesday Series:**

March 1, 8, 15, 22

**March Thursday Series:**

March 3, 10, 17, 24

Please Note: Class sizes are limited.

New students: Material list available upon enrollment. Registration begins as soon as you receive this newsletter.

## NEW: LUNCH & A MOVIE

**When:** January 20, 12:00 noon

February 17, 12:00 noon

**Where:** Governor's Village, 280 North Commons Blvd., Mayfield Village

**Jan. Movie :** "A Walk in the Clouds"

**Jan. Menu:** Pork Schnitzel, mashed potatoes, applesauce, peas, pumpkin cream cheesecake

**Cost:** \$5.00. Call us for Feb. movie & menu.

**RSVP:** 440-919-2332 at least one week prior to Lunch & a Movie date.

## SAFE AT HOME PROGRAM

This program aims to assist older adults in remaining safe in their home by providing access to and the installation of assistive safety devices such as grab bars, hand railings, and durable medical equipment. Prior to installation, our Social Workers will provide you with an in-home safety assessment to help determine what needs you may have.

This program will provide assistance to low income individuals - 200% of the federal poverty guidelines or below - with the purchase and installation of assistive devices, such as grab bars and hand railings. Services are prioritized according to financial need, however those with higher income may qualify for some aspects of the program. Please call 440-442-2628 for more information.

## SOCIAL WORKER /TRANSPORTATION FOR MAYFIELD VILLAGE RESIDENTS

If you know someone who may have questions about services and benefits, please consider talking with a social worker. The Community Partnership on Aging employs social workers with a wide range of skills. Beda Madden is a Licensed Independent Social Worker who works to serve Mayfield Village residents. She and other social workers at CPA are able to assist residents with a wide range of services:

- Accessing benefits and resources
- Information and referral
- Understanding Medicare
- Making decisions about or helping you understand long term care
- Helping you to adjust to a new role or life change
- Managing depression or other chronic health conditions

### Transportation Services

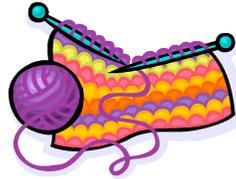
An important aspect of living independently is access to reliable transportation. Community Partnership on Aging offers registered riders access to healthcare appointments, grocery shopping and other transportation needs. Vans are able to accommodate wheelchairs. Please contact 440-442-2628 for registration and service information.

**KNITTING & CROCHETING CLASS**

**Date:** Fridays, January 8-February 12  
February 26-April 1st  
**Time:** 9:30-11:30 a.m.  
**Cost:** \$48/6-week session

**Class Maximum:** 12 students  
**Deadline to Register:** One week prior to first date of session.

If you have ever wanted to learn to knit or crochet, here's your opportunity. Let instructor Jan Perna show you how to begin. Or, if you already know how to knit or crochet, she will help you hone your skills. Maybe you have a special project you need assistance with, or want to learn a new stitch. Jan has been knitting and crocheting since she was 7 years old. Call 440-919-2332 for additional details and to register.



**BINGO**



All area seniors are invited to join us for Bingo sponsored by Harbor Light Hospice. Light refreshments will be provided. This is a free program.

**Date:** Wednesday, January 20  
**Time:** 3:00-4:00 p.m.  
**Where:** MV Community Room  
**Deadline to Register:** Monday, January 18

Contact Mayfield Village Senior Services at 440-919-2332 to learn more or to register.

**LUNCH AND LEARN—  
“AGING IN PLACE”**

Enjoy a free light lunch and special program sponsored by the Community Partnership on Aging. What now?! If you are typical of most people over 50, you plan to stay in your home and “age in place.” That’s a concept that requires pre-planning and may not work for everyone. Don’t wait for a crisis to formulate a plan! Attend this program for an overview of the “long term system”, how care is paid for and what options will best work for your particular situation. Stacey O’Brien, Executive Director of the Community Partnership on Aging, will present the program.

**Date:** Friday, January 15  
**Time:** 12:00 noon at MV Civic Center  
**Deadline to Register:** Friday, January 8. Call the Senior Services Department at 440-919-2332.

**SNOW REMOVAL**

Just a reminder to Mayfield Village seniors that the deadline to submit applications to “opt out” of the snow removal program is December 31. This is a firm deadline as we can not process any applications after this date. Call 440-919-2332 with any questions.

**LEAF RAKING**

Mayfield Village seniors had their yards raked this past fall by volunteers from the Gates Mills Horticulture Center, the Mayfield High School Key Club, the Cornerstone Community Church, and Village resident Paul Lynch. Thank you, volunteers!!!

## TRIPS—2016

Mark your calendars now for the following trips:

- Friday, April 1st—The Cleveland Orchestra (Wagner’s Gotterdammerung—see page 6)
- Wednesday, April 20—Quintealia’s Tea Room (see page 6)
- June (date TBD) — Ohio Light Opera
- Thursday, July 21 — Ann Arbor Art Festival
- Wednesday, August 17— Historic and Ethnic Cleveland —Part 3 (includes lunch)
- September trip TBD
- Wednesday, October 12—Covered Bridges
- Friday, November 18 — “A Branson Country Christmas” at the Croatian Lodge

## “HEAD TO TOE” EXERCISE CLASS

Interested in a fun way to get moving without aerobics? This class will stretch you out “Head to Toe.” We will start seated and be standing by the end of each class. It will be a fun 45 minutes that will make you want to sing along to age appropriate music.

**When:** Mondays

**Time:** 1:30-2:15 p.m.

**Session 1:** January 11-February 15

**Where:** Governor’s Village Activities Room  
280 North Commons Blvd.

**Cost:** \$ 29/6-week session

**Class Min.** 8 students

**Instructor:** Carol Landis

**Deadline to Register:** 10 days before session begins

Contact Mayfield Village Senior Services at 440-919-2332 to learn more or to register for the demo or the class.

## YOGAREACH OFFERS “MUSIC IN MOTION”

This class builds confidence, resilience and stability. This therapeutic adaptive yoga/movement class will teach you to rejuvenate your body, mind, and energy. If you love music from the 50’s, 60’s on up, you’ll love this class. All movements are individualized with and without chairs.

**FREE DEMO:** Friday, January 8, 10:00-11:00 a.m.

**When:** Fridays

January 15-February 19

**Time:** 10:00-11:00 a.m.

**Where:** Governor’s Village Activities Room  
280 North Commons Blvd.

**Cost:** \$64 for the 6-week session

**Deadline to Register:** 10 days before session begins

**Instructor:** YogaReach Team Members

**Class Min:** 10 students

If you are interested in participating, please call Mayfield Village Senior Services at 440-919-2332 to learn more or to register for demo or class.

## BEREAVEMENT SUPPORT GROUP

Elizabeth of Crossroads Hospice helps persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges.

**Date:** New 10-week session begins  
January 25. No class 2/15 & 3/21

**Time:** 5:45-6:45 p.m.

**Where:** Mayfield Village Community  
Room

**Cost:** Free

Contact Mayfield Village Senior Services at 440-919-2332 to learn more or to register.

**TRIP:  
CLEVELAND ORCHESTRA**

Call now to reserve your space for this trip to see Wagner's Gotterdammerung at Severance Hall. Before the concert, we will enjoy coffee, muffins, and tea and attend a pre-concert talk. After the show, we will go to Mama Santas Restaurant where we will have lunch on our own. Note: This is classical music. Call us for more details.

**Date:** Friday, April 1st  
**Depart:** 9 a.m. from MV Civic Center  
**Return:** 2:45 p.m. to MV Civic Center  
**Cost:** \$49  
**Deadline to Register:** Wednesday, February 24

**NEW — BRIDGE 1 LESSONS**

**Date:** Fridays March 4-April 8  
**Time:** 10 a.m. to 12:00 p.m.  
**Where:** MV Community Room  
**Cost:** \$59/6-week session  
**Class Minimum:** 8 students  
**Deadline to Register:** February 24  
**Instructor:** Sue Pisanelli  
 Classes will cover the overall game, bidding, contracts, no-trump, transfers, scoring and more.

**AARP INCOME TAX**

**When:** Mondays: February 22, March 21, and April 11  
**Time:** 12:00, 1:00, 2:00, & 3:00 p.m.  
**Where:** M.V. Community Room  
**Cost:** Free

Volunteers from AARP will prepare income tax documents for Mayfield Village seniors. Please contact MV Senior Services at 440-919-2332 to make an appointment. You will need to bring your 2014 tax return and all of your documents for 2015. Volunteers from AARP will prepare income tax documents in other communities also. Please refer to the Community Partnership on Aging newsletter for details about those times and scheduling.

**TRIP:  
QUINTEALIA'S TEA ROOM**

We will visit Quintealia's Tea Room in Burton for a step back in time. We will enjoy a full afternoon tea including sandwiches, etc. in a Victorian mansion built in 1891. We will also visit two gift shops.

**Date:** Wednesday, April 20  
**Depart:** 10:30 a.m. from MV Civic Center  
**Return:** 2:30 p.m. to MV Civic Center  
**Cost:** \$45  
**Deadline to Register:** Wednesday, March 9

**NEW — BEGINNING  
SPANISH LESSONS**

**Date:** Fridays January 8-February 26  
**Time:** 10:00-11:30 a.m.  
**Where:** MV Community Room  
**Cost:** \$69/8-week session  
**Class Minimum:** 5 students  
**Deadline to Register:** December 30  
**Instructor:** Cristina Sempe  
 If you have always wanted to learn a new language, here's your opportunity!

**FOOT CLINIC**

**When:** \*Fridays Dec. 11, January 8 & 22, February 12 & 19, March 11 & 25  
**Time:** 1:00-3:00 p.m.  
**Where:** M.V. Community Room  
**Cost:** \$20 (Medicare generally covers cost for diabetics)  
**Doctor:** Dr. Kelly R. Whaley, Diabetic and Geriatric Specialist practicing for 15 years in Northeast Ohio

\*Call Mayfield Village Senior Services at 440-919-2332 to make an appointment for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.

**CPA TRANSPORTATION  
AVAILABLE**

Have you stopped driving recently or do you have concerns about winter driving? Rely on us! Community Partnership on Aging provides transportation services through Senior Transportation Connection to residents who no longer drive or need temporary transportation in the winter months or due to an illness. Call the Community Partnership on Aging to set up an appointment for registration at 216-291-3902 or 440-442-2628.

**HAVING DIFFICULTY MEETING  
MONTHLY EXPENSES?**

Are you having difficulty meeting monthly expenses? One of the Community Partnership on Aging staff members is happy to see you at your home or in their office to help identify programs and services that may reduce expenses. The CPA can also assist with identifying resources for help with caregiving needs, household maintenance and other areas. Call the Community Partnership on Aging to schedule an appointment at 216-291-3902 or 440-442-2628.

**VOLUNTEER SERVICES**

Community Partnership on Aging offers a wide range of volunteer services to help support people 60 and over. Computer tutoring, friendly visitors, assistance with recycling, help with organizing and many others. For more information, call 216-291-3902.

**HOW TO REGISTER WITH MAYFIELD VILLAGE SENIOR SERVICES:**

Easy ways to register for all activities, classes, programs, and trips listed in this newsletter unless otherwise noted:

**Phone: 440-919-2332**

Call Mayfield Village Senior Services with your registration and MasterCard, Visa, or DiscoverCard information.

**In-Person:**

Register in person from 8:30 a.m.-4:30 p.m. Monday-Friday at the Senior Services Office, 6621 Wilson Mills Road, Mayfield Village. (Entrance to the Department is on the southwest side of the Community Room.)

**Fax: 440-919-0207.**

Fax your registration to Mayfield Village Senior Services at 440-919-0207.

**Mail:**

Mail your registration and check or credit card payment to Mayfield Village Senior Services, 6622 Wilson Mills Road, Mayfield Village, OH 44143. Checks are payable to Mayfield Village unless otherwise noted.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

APARTMENT NUMBER : \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

***Checks are payable to Mayfield Village unless otherwise noted.*** We accept MasterCard, Visa and DiscoverCard. If you are paying by credit card, please complete the following:

Card No. \_\_\_\_\_

Expiration Date: \_\_\_\_\_

“V” Code \_\_\_\_\_ (Last 3 digits above your signature on the back of your card.)

***Please list the title, date, and fee of the course(s) for which you are registering:***

\_\_\_\_\_

\_\_\_\_\_

## UPCOMING TRIPS WITH CPA

All trips require advance payment and registration; please call the CPA Trip Office at 440-473-5138, Monday – Wednesday, 10:00 AM – 3:00 PM

"And Then There Were None"

Thursday, February 25

\$65 per person, includes matinee, transportation and lunch at Balaton

2016 CPA Trip Open House

Wednesday, January 20th

1:30 - 3:30 PM at Lyndhurst Community Center  
Join CPA for an Open House highlighting this coming trip season. Light refreshments will be available. We hope you can join us as we celebrate and look forward to all of our 2016 adventures!

Movie Monday in Mayfield for December:

Join CPA for the classic, "A Streetcar Named Desire" at 1:00 on Monday, December 14 at Reserve Hall Theater in Mayfield Village Civic Center. No movie will be scheduled for January but check with us for February by calling CPA at 216-650-4029.

CPA Lunches – scratch-prepared by CPA staff and volunteers and open to residents of any city! Reservations are required no later than 3PM on the Wednesday of the entire week prior to the lunch. Call CPA at 216-650-4029.

December Café Lunch - Thurs., Dec. 17 at South

Euclid Community Center: Entrée:

Burgundy Beef with entertainment by

Ronnie Fiorentino! \$3.00 per person

January: No Lunch 'N' Movie in January

January Café Lunch - Friday, January 22 at

Highland Heights Community Center:

Entrée: Turkey Reuben with entertainment by Frank Cardone. \$3.00 per person

February Lunch 'N' Movie: Audience Choice movie! Wednesday, February 10 at Mayfield Village Civic Center

Attend the December Lunch 'N' Movie to vote on your choice of three movies.

February entree: Baked Potatoes with Chili. \$5.00 per person.

## ONGOING ACTIVITIES & PROGRAMS

All activities and programs are held at the Mayfield Village Community Room, 6621 Wilson Mills Road, unless otherwise noted. Handicapped parking is available; the handicapped entrance is on the south side of the building.

- **BLOOD PRESSURE TESTING** provided by members of the Mayfield Village Fire Department: **3rd Tuesday of each month** at approximately 1:00 p.m. (Free; drop in.)
- **CARDS: Tuesdays & Thursdays, 1-4 p.m.** Bridge, Pinochle, and Hand and Foot are currently being played. Drop in at 1 p.m. any Tuesday or Thursday; no reservation necessary. Light refreshments are served, and birthdays are celebrated. (\$1) Doors open at 12:45 p.m.
- **MAH JONGG: Mondays, 1-4 p.m.** Drop in at 1 p.m. to team up with new friends. If you have a set, bring it with you. Light refreshments are served. (Free) Doors open at 12:45 p.m.
- **MEALS ON WHEELS** (Information on page 2)
- **CLASSES**  
We offer classes in Bridge, Spanish, Exercise, Yoga, Watercolor Painting, and Knitting & Crocheting. We also have a walking club. Please let us know if you have any suggestions for new classes, activities, or programs.
- **BEREAVEMENT SUPPORT GROUP**—We offer a Bereavement Support Group to help persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges. Contact us for details.
- **LUNCH N' LEARN PROGRAMS:** We offer Lunch n' Learn Programs on various topics of discussion. The programs are free. Lunch is provided. A speaker talks while you eat lunch. Programs are held at the Mayfield Village Civic Center. See page 4 for the current schedule.