

MAYFIELD VILLAGE
SENIOR SERVICES NEWSLETTER
 Mailing Address: 6622 Wilson Mills Rd.
 Mayfield Village, OH 44143
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 www.mayfieldvillage.com



June/July/August
2016

A NOTE FROM THE STAFF

The new Lunch & Movie at Governor's Village and our Lunch n' Learn programs are becoming quite popular. Look for information inside this issue about those programs as well as our upcoming trips (Historic and Ethnic Tour of Cleveland—Part 3 with JKL Tours, Hartville for lunch and shopping, "A Branson Country Christmas", and a "Higbee's Silver Grille Christmas".)

Learn about our classes: Watercolor, Knitting/Crocheting and One-Stroke Painting. Also, see information about a special senior survey. We want to know what classes and activities you are interested in participating in.

There are also Lunch n' Learn programs on September 7 and September 23 at the Civic Center and a new Lunch & Movie program at Governor's Village.

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 or Donna Heath at 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 CTR

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:

- July 13: BBQ Beef Sliders
- August 10: Fettucine with roasted mushrooms in a basil cream sauce
- September 14: Chicken Caesar Spinach Wraps

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

From mid-April through August, the Senior Services Office will be located at the Civic Center at 6622 Wilson Mills Road.

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.

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.



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 social worker Beda Madden at 440-442-2628.

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.

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 Civic Center

Instructor: Florence Smith

Cost: \$35/Mayfield City School District Residents/4-week session
\$40/Non-School District Residents/4-week session

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

Free Demo: Tuesday, August 30, 10 a.m.-12 p.m.

September Tuesday Series:

September 6, 13, 20, 27

September Thursday Series:

September 8, 15, 22, 29

The October and November dates will be published in the next newsletter.

Please Note: Class sizes are limited. New students: Material list available upon enrollment. Registration begins as soon as you receive this newsletter.

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 Monday, July 25.

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

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

Cost: Free

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

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

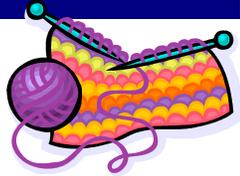
If you know someone who may have questions about services and benefits, please consider talking with a social worker. The Community Partnership on Aging employs social workers with a wide range of skills. Beda Madden is a Licensed Independent Social Worker who works to serve Mayfield Village residents. 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: Session 1: Fridays, June 3-July 8
 Session 2: Fridays, July 22-August 26
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.

**LUNCH AND LEARN—
 Name Those Tunes**



Date: Wednesday, September 7
Time: 12:00 noon
Where: Mayfield Village Civic Center
Deadline to Register: Wednesday, August 31.
 Call the Senior Services Department at 440-919-2332.

Enjoy a light lunch and play a musical game called "Name Those Tunes." Door prizes will be awarded. This interactive presentation is sponsored by Kindred. Maximum 30 participants. This is a free program.

**LUNCH AND LEARN—
 STROKE SYMPTOMS
 & HEALTH SCREENINGS**

Date: Friday, September 23
Time: 12:00 noon
Where: Mayfield Village Civic Center
Deadline to Register: Thursday, September 15.
 Call the Senior Services Department, 440-919-2332.

Enjoy a free luncheon and a special program, sponsored by University Hospitals/Ahuja. Maximum: 30 participants. Learn about the symptoms of strokes and participate in health screenings (blood pressure checks, glucose, cholesterol, and BMI screenings.) This is a free program.



**LUNCH & MOVIE
 AT GOVERNOR'S VILLAGE**

When: Wednesday, June 15
 Wednesday, July 20
 Wednesday, August 17
Time: 12:00 Noon
Where: Governor's Village, 280 North Commons Blvd., Mayfield Village

June Movie: "Seabiscuit"
June Menu: Watermelon, J.D. BBQ chicken, tot casserole, sautéed corn, Derby pie.
July Movie: "For the Love of the Game"
July Menu: Applesauce, French pork chops, Rosemary redskins, cauliflower, carrot cake.
August Movie: "Moondance Alexander"
August Menu: Tomato basil salad, spinach chicken, stuffed shells, asparagus, cannoli poke cake.
Cost: \$5.00 for lunch. Call us for fall movie titles & menus.
RSVP: 440-919-2332 at least one week prior to Lunch & Movie date.

SENIOR WALK AT THE METROPARKS

Start your day in a healthy way! Join Mayfield Village residents Jim and Dona Kless as they walk in the Metroparks on Mondays, Wednesdays, and Fridays. Meet the Walking Group at the parking lot adjacent to the Metroparks on SOM Center Road between Highland and White Roads (across from Parkview Pool/Progressive.) The group walks at 10 a.m. during the spring and then at 9:30 when the weather warms up. Call Mayfield Village Senior Services to register: 440-9219-2332. This is a free activity.

TRIP: HISTORIC & ETHNIC CLEVELAND-3

We'll visit the brewery trail of the early 1900's, have a walking tour of the revived Gordon Square Arts District, a driving tour of the Warehouse District, visit the 42nd floor—the observation level of the Terminal Tower, enjoy a behind-the-scenes tour of the original Woolworth's that is now The House of Blues. Includes an Italian Buffet lunch in a bank building from 1903.

Date: Wednesday, August 17
Depart: 8:15 a.m. from MV Civic Center
Return: 5:30 p.m. to MV Civic Center
Cost: \$69 includes Italian buffet lunch
Deadline to Register: Friday, July 15

TRIP: HARTVILLE SHOPPING TRIP

Enjoy a complete lunch at the Hartville Kitchen (choose either fried chicken, ham, or roast beef), mashed potatoes, green beans, salad, rolls, beverage, and pie. Shop at the Hartville Kitchen, the Hardware, and the flea market. Coupon books provided.

Date: Friday, September 16
Depart: 10:00 a.m. from MV Civic Center
Return: 5:30 p.m. to MV Civic Center
Cost: \$47 includes complete lunch
Deadline to Register: Friday, August 12

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. (Available to residents of Mayfield Village, Mayfield Heights, Highland Heights, South Euclid, and Lyndhurst.)

TRIP: "A BRANSON COUNTRY CHRISTMAS"

The Ozark Jubilee features Branson's funniest comedian and world class fiddler, Doofus Doolittle. During the show you will hear holiday songs you will know and some you may not know.

Date: Friday, November 18
Depart: 10:45 a.m. from MV Civic Center
Return: 4:00 p.m. to MV Civic Center
Cost: \$64 includes lunch and show
Deadline to Register: Friday, October 14

TRIP: "A HIGBEE'S SILVER GRILL CHRISTMAS PARTY!"

As we recreate the magic of the Silver Grille, we will enjoy entertainment by a violinist and a 3-piece combo band. There will be free time to view the decorations of Tower City or even visit the Horseshoe Casino. Includes a wonderful lunch from the Ritz Carlton borrowing from the original Silver Grille recipes.

Date: Wednesday, December 7
Depart: 10:45 a.m. from MV Civic Center
Return: 4:15 p.m. to MV Civic Center
Cost: \$83 includes sumptuous lunch
Deadline to Register: Wednesday, October 12

FOOT CLINICS

When: *Fridays June 17, July 1 and 15, August 12 and 26.

Time: 1:00-3:00 p.m.

Where: M.V. Civic Center

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.

BEWARE OF SCAMS

Please be wary of unsolicited phone calls. According to the Better Business Bureau, "Scammers will use whatever tactics necessary to feed off your emotions while conning you into giving up your personal information. They will often hide behind fake titles and/or agencies to sound more credible. Some even going as far as impersonating government agencies or employees.

To avoid being a victim of scams, the Better Business Bureau suggests you:

1. Never give your personal information. Legitimate court officials will never request your Social Security numbers, credit card numbers, or any other sensitive information over the phone or in an email.
2. Just hang up. For example, if someone asks you to pay a fine for missing jury duty, hang up and notify the Clerk of Court's office or the U.S. District Court in your area.
3. Don't rely on caller-provided numbers. Scammers often spoof (manipulate) the number on your caller ID to look like the name or phone number of a different agency/business. If you have any concerns, look the number up yourself and call them back to verify the information".

AARP SAFE DRIVING

Make your reservation now to attend the next AARP Safe Driving class. There is no driving involved. Many insurance companies offer a discount to those who have completed the course.

Date: Wednesday, September 28

Cost: \$15 AARP Members', \$20 all others

Time: 12 noon to 4 p.m. (Arrive 15 to 30 minutes early to register and pay.)

Where: Mayfield Village Civic Center

Deadline to Register: Monday, September 26 or when we reach 30 students.

ONE STROKE PAINTING



One stroke painting is a decorative painting technique (of mostly flowers) using acrylic paints. It allows for blending, shading, and highlighting all in one stroke. You do not have to be able to draw to paint! Come join us. This is a fun class! No art/painting experience necessary. You won't believe what you can do!

When: September 14: 5-petal flowers on a card
 September 21: Heart-shaped grapevine with rosebuds on a paper maché box
 September 28: Wildflowers on a small canvas
 October 5: Open rosebuds on a wooden plaque

Time: 1:30-4:00 p.m.
Where: Mayfield Village Community Room
Instructor: Barbara Brastoff
Cost: \$28 per class (not per session)
Plus: \$1-4 surface fee paid to instructor for each class.

Please Note: Class sizes are limited. Registration begins as soon as you receive this newsletter. The first project is shown above. Please contact us for a flyer with pictures of the other projects. 440-919-2332.

**SENIOR FAIR FOR
MAYFIELD VILLAGE
RESIDENTS (AGES 50+)**

Friday, Aug 26 / 5 to 7 p.m.
 Mayfield Village Community Room
 6622 Wilson Mills Road

Come see the **NEW Community Room** and learn about the many services available to all residents! (particularly residents age 50+ and their families)
 All Village Departments and services will be represented. Don't miss this informative event! If you need help arranging for transportation, please call 440-919-2332.

SENIOR SURVEY

We sent a survey to Mayfield Village residents asking their input regarding current and potential activities, classes, programs, and trips .
 If you have not completed a survey and would like to offer your input—even if you don't live in Mayfield Village— please contact us and we will send a survey to you. There are just a few questions that pertain only to Mayfield Village residents. We would like to hear from you. We will be scheduling new classes, activities, trips, and programs based on the survey results.

FALL CLASSES

If you are interested in taking beginning Bridge lessons, beginning Spanish lessons, or Cooking Classes, please contact us. We expect to be scheduling these classes for fall/winter.

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, 6622 Wilson Mills Road, Mayfield Village. (The office will be at the Civic Center May through August.)

Fax: 440-461-2231.

Fax your registration to Mayfield Village Senior Services at 440-461-2231.

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 ACTIVITIES WITH CPA

Movie Mondays in Mayfield!

A new movie series at Reserve Hall Theater on select Mondays! Movies range from classic to comedy to newer releases; some movies will include a discussion.

June 13 – “North Country” (2005)

July 18 – “Breakfast at Tiffany’s” (1961)

August 15 – “Fiddler on the Roof” (1971)

September 19 – “The Out-of-Towners” (1970)

All movies are free and start at 1:00 PM. Reservations are appreciated! Call CPA at 216-650-4029. Movies subject to change based on availability.

Chagrin Documentary Film Festival Special Series Coming this Summer to Reserve Hall Theater at Mayfield Village Civic Center

Community Partnership on Aging and the Chagrin Documentary Film Festival have teamed up for a special series of three films from the 2015 CDFF. You won’t want to miss these critically-acclaimed films that will only be shown on the following dates:

“Queen Mimi” on Wednesday, July 20 at 6 PM

“Angel of Nanjing” on Wednesday, July 27 at 6 PM

“Angel of Nanjing” will be preceded by a pizza party at the Civic Center at 4:00 PM. Reservations are required for the pizza party, no later than 3:00 PM on Wednesday, July 20. Pizza party fee: \$7.00 per person (you must sign up for the pizza party AND the movie if you wish to attend both).

Thao’s Library” on Wednesday, August 3 at 6 PM

Reservation for all films are REQUIRED by calling Community Partnership on Aging at 216-650-4029. A suggested donation of \$5.00 per person, per film will be accepted at the door.

Trips and Local Meet-Ups with Community Partnership on Aging

18 time Grammy Award winner Yo-Yo Ma and the Silk Road Ensemble at Blossom: August 13th —\$75

Includes transportation, dinner, the show, and a t-shirt.

Community Partnership on Aging and Hillcrest Y Summer Golf Passport Program

\$41 for three dates - 6/14, 7/13, 8/16. Includes nine holes and cart. After the August date, we will be having a pay-on-your-own celebration lunch.

Finnian’s Rainbow presented by Mercury Theater Company: July 10th \$12.00 per person if you sign up with CPA for the group rate! Drive on your own meet-up at Notre Dame College Regina Auditorium.

Program begins at 1:00 PM with a pre-show talk with cast and crew. Call CPA for all Trips and Meet Ups at 440-473-5138.

ONGOING ACTIVITIES & PROGRAMS

March through mid-April activities and programs will be 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.) Blood pressure testing will be held at St. Bartholomew Church, 435 SOM Center Road, mid-April through August.
- **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. Cards will be held at St. Bartholomew Church, 435 SOM Center Road, mid-April through August.
- **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. Mah Jongg will be held at Governor’s Village, 280 North Commons Blvd., mid-April through August.
- **MEALS ON WHEELS** (Information on page 2)
- **CLASSES**
We currently offer classes in Watercolor Painting and Knitting & Crocheting, and One-Stroke Painting.
- **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 current programs.
- **LUNCH N’ MOVIE PROGRAM:** We offer a Lunch n’ Movie Program in cooperation with the Community Partnership on Aging. (See page 1 for details.)
- **LUNCH & MOVIE PROGRAM:** We offer a Lunch & Movie Program in cooperation with Governor’s Village. (See page 4 for details.)