

The Kindland Initiative

Mr. Williams reminded the Committee that, three meetings ago, the Kindland Initiative was presented to this body. “Last year, Council approved moving forward with being kind in the Village. We agreed to come back here with thoughts and ideas about how to roll out the initiative in Mayfield Village.”

Mr. Williams described that the initiative is rolling across the county and this area and the Plain Dealer and Cleveland.com publish articles every week about a Kindland activity in our area. Mr. Williams thought that, instead of just introducing Kindland and asking everyone to get on-line and sign in, we could encourage residents to be kind to organizations already in the Village doing great work. “We could make them more prominent and promote them. Hopefully, people will catch on and sign up at the website, but meanwhile they can work as volunteers for the Community Partnership on Aging.”

Mr. Williams added that there are other groups that engage in important volunteer activities in the Village, like the Historical Society, the School District, and the Mayfield Women’s Club. Mr. Williams stated that he believes the first step is to encourage volunteerism and then have volunteers sign up on the Kindland App to report that they volunteered.

Mrs. Batcheller asked how Mr. Williams intends to promote this initiative—through this Committee or through Mayfield Village? Mr. Williams responded, “Through you, as a resident. Talk to a neighbor. We are looking for feedback from this group.” Mrs. Batcheller suggested that the *Voice of the Village* (VOV) would be a good place to promote and seek volunteers. Mr. Williams responded that information about Kindland has already been in the VOV and on the marquee.

Mrs. Calo suggested that, since the VOV is only published quarterly, social media might be more effective. She doesn’t know if Village residents know about everything going on. Mayor Bodnar agreed, stating, “There is a lot of information out there. We offer many programs and promote in many ways. One-on-one communication is important. The CPA can help by posting information, but we need to focus and promote individually.” Mr. Haycox added that liking and sharing the CPA’s posts on social media will help get the word out.

Mrs. McNally stated that, in some communities, you can nominate neighbors who beautify their property or are doing something special. She suggested that the Village could give recognition to volunteers. Mrs. Washock agreed, adding that yard signs could be distributed to recognize people for their efforts. Mr. Williams described a local person who is cleaning up Lake Erie, on his own, using his kayak. Mrs. LaRiche-Goldstein commented, “that shows the power of one.”

Mr. Williams also described the “Kindness Games” that are currently being promoted to schools nationwide. Students can win money for their schools by participating in acts of kindness. (Information was distributed to the Committee and can be found at this link: <https://www.viafdn.org/kindnessgames>).

Mr. Williams concluded by advising that this summer is the third annual Summer of Kindness. People who perform acts of kindness can win prizes. (Information can be found at this link: <https://www.viafdn.org/summer-of-kindness>).

Mr. Williams introduced the Community Partnership on Aging (CPA) as the Village’s “first kindness partner.”

Community Partnership on Aging – Volunteer Program

Wendy Sattin introduced herself as the Executive Director of CPA. She described that the CPA was founded in 1978. There were three original cities that banded together to provide services to their senior populations. Other cities have joined since then, including Mayfield Village in 2012. The CPA's goal is to keep people thriving, living in their homes, socializing, and engaging in activities.

Mrs. Sattin provided the members with folders filled with information (copies are attached to these minutes). She described some of the items in the folder, including the CPA's monthly newsletter that includes a calendar with all activities listed. She stated that Mayfield Village is famous for Lunch 'N Movies with over 100 people participating each month. "The CPA loves working with Mayfield Village and we would love to bring more programming here." She encouraged the members to review all the other materials included in the folder.

Mrs. Sattin noted that Mary Salomon has been on the CPA Advisory Board since it began and thanked her for her service.

Mrs. Sattin described some of the services that are available through the CPA. She described the "Safe at Home" program. She stated that older adults can be hesitant to seek advice from the Fire Dept as they fear that could be the first step to taking them out of their home. She believes such advice is taken better from the CPA's coaches.

Mrs. Sattin introduced Jennifer Gale, the CPA's volunteer coordinator. Ms. Gale thanked the Committee for inviting her and stated that it is fun to be here and listen to the conversation. She advised that she moved here from Arizona 1-1/2 years ago and has been working with the CPA and getting involved with the communities it serves. She feels that the match between kindness and working with the CPA is a good one and added that one of the simplest ways to be kind is to recommend elders that need help, or can help as volunteers, to the CPA. She described that sometimes the CPA can get top-heavy with volunteers but they constantly need reserves to be ready to step up. "There is a laundry-list of opportunities described in the folder materials."

Ms. Gale stated that the two biggest things she needs right now are volunteers for spring clean-up and help with trash cans. "Calls for help with yard work are already coming in. Some elderly residents cannot take out their trash cans or bring them back in the following morning. This task is not necessarily done every week—it can be as infrequent as once a month."

Ms. Gale continued, stating, "The CPA is currently saturated with programming and attendance is skyrocketing. If you have a passion for a topic, you can present a seminar. Many recent volunteers are helping with computers and tech, an area where teens can hop in easily."

Ms. Gale stated that she generally pushes out needs on social media but needs "feet on the street" to push the message. "There are many things that need to be done. For example, the monthly newsletter needs to be dropped off at many locations." Ms. Gale described things people could do if they came together as a group to do acts of kindness. They could engage in letter-writing campaigns, phone banks, or make decorations or centerpieces for other events. She added that every third Thursday, volunteers are needed for food distribution.

Ms. Gale concluded by stating that volunteers are always needed to keep all the CPA programs going. “I have 115 reliable people right now. There are no minimum hours required to be an active volunteer. Many people dip in and out.”

Mrs. McNally asked if service hours are provided for students. Ms. Gale said, “Yes, some students help make decorations or help with knitting hats to be donated in the winter. Volunteers are needed for handywork. Small repairs, picture hanging, changing clocks, etc. Little things that people cannot do. There is always office work to do. We hope to bring in young people in the summer.” Mrs. Sattin commented that the intergenerational aspect is wonderful. “If you have the skills to teach basic phone skills—taking photos, texting, retrieving emails—we could use your help.”

Ms. Gale stated, “It is amazing how many people feel so alone. They call a public agency for help and we try to take care of their need, regardless how small. It is urgent to them.”

Mr. Haycox suggested that Ms. Gale send the list of needs to Ms. Wolgamuth who can distribute it to this Committee or include it in future VOVs. Ms. Gale responded that the recent VOV article already generated three new volunteers for CPA.

Mrs. Batcheller asked if the CPA offers help with income tax filing, and electric and gas issues? Ms. Gale advised that CPA partners with AARP for taxes and the social work team will work with people to fill out applications, etc.

Mrs. Nadeau asked, “Do people come to you or do you go to their home?” Ms. Gale advised that there have not been a lot of home visits since Covid. She added that volunteers doing friendly visits are screened and background checked before they can go into a home.

Mrs. LaRiche-Goldstein asked how many people are in your office? Mrs. Sattin responded, “five full time and 12 part time.” Mayor Bodnar commented, “You do an amazing job with so little.”

Mrs. McNally asked about the volunteer hours. Ms. Gale responded that the hours are program-dependent and office hours are 9 a.m. to 5 p.m. Counseling and coaching hours are at the volunteer’s discretion, but they need to report to her as she needs to be aware of what everyone is doing.

Mr. Haycox thanked Mrs. Sattin and Ms. Gale for coming to the meeting and for all they do for the Hillcrest community. “This was a great presentation.”

Mrs. LaRiche-Goldstein asked if seniors are still called at home to check on them. Mayor Bodnar said, “We did that during Covid and it was successful, although some people said they did not want to be called.”

Website Review

Ms. Wolgamuth advised the Committee that the Village recently updated its website. She stated, “We have a homework assignment for you. Between now and the next meeting, please go to the website and take a look around. It contains a lot of information and we are looking for your feedback about how easy or difficult it is to navigate. Keep in mind that not everything can be on the home page. Sometimes you have to dig a little deeper. This item will be on the agenda next month for discussion.”

Mayor Bodnar added that she is also interested in the Committee's opinion about the feel of the website, whether it is reflective of the community, whether it is friendly, would make someone want to live here, or make a business want to move here.

Council Report

Mrs. Juncisek stated that all items before Council have been routine—nothing out of the ordinary.

There being no further business, the meeting was adjourned at 8:00 pm.

Diane Wolgamuth

Mayfield Village Director of Administration



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VOLUNTEER OPPORTUNITIES

Help improve the lives of those 60+ through programs and services that support independence, community involvement and well-being in our 6-city service area: Highland Heights, Lyndhurst, Mayfield Heights, Mayfield Village, Richmond Heights and South Euclid

IN-CENTER



Foster **Well Being and Community Involvement** by helping with a program or service offered at one of our community centers



Lunch Assistant

Assist with the preparation or serving of lunch for our weekday lunch program, or speak with the guests attending the luncheon



Activity Registrar

Register and take attendance at agency sponsored programs



Office Assistant

Assist with answering phones, making tax appointments, copy work, sorting, filing, or similar

IN-THE-COMMUNITY



Support **independence** by assisting residents who need a little help or companionship



Errand Runner

Shop for, or drop-off or pick-up items for an area resident



Friendly Visitor

Socialize with someone in their home or at a public place



Organization Assistant

Rearrange, sort or clear any variety of projects needing to be organized either at the CPA office or with a community resident in need of assistance at their home



Handy Person

Complete minor indoor and outdoor repairs



Snow Remover

Clear off walkways leading to house and garage - no driveways



Trash Can Assistant

Take out and bring back trash cans every other or every week for an area resident



Yard Work

Assist with landscaping projects such as raking or trimming bushes - no mowing

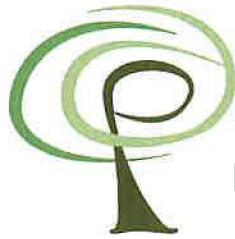
Learn more about volunteering for the Community Partnership on Aging:



Jennifer Gale at 216.291.3903



galej@communitypartnershiponaging.org



COMMUNITY PARTNERSHIP ON AGING

TRANSPORTATION

Transportation via **Senior Transportation Connection (STC)** is available weekdays from 8 a.m.–4 p.m., on an individual and/or group-trip basis for residents of the six cities we serve. Grant funding is in place to accommodate those with lower incomes. Preregistration required. Call 440-442-2626 x244.

LUNCH AND CAFE SERVICES

On Mondays, Tuesdays, Wednesdays and Fridays you can enjoy a **hot lunch** at one of our community centers. Call 216-650-4029 for more info.

We also offer delicious, home cooked specialty lunches for \$7. Call 216-970-0347 to register.

FOOD DISTRIBUTION

Eligible older adults can receive a **box of produce** and/or a **box of pantry staples** once a month. Call 216-291-3904 to find out more.

LOOKING TO VOLUNTEER?

CPA has many **opportunities** for youth, adults and older adults! Call 216-291-3903!

PROGRAMS

Join us for a **class or group**...or two!

Gentle Yoga | Tai Chi | Exercise
School of Technology | Line Dancing
Cardio Drumming | Crafts | Bingocise
Nutrition 360 | Fiber Arts | CPA Crooners
Movies | Nature Walk and more!

Programs and classes are open to all regardless of city of residence. Call 216-978-5050.

SOCIAL WORK AND OUTREACH DEPARTMENT

Improve quality of life through **access to resources and a wide range of services** that are available to residents of our member cities through our Social Work and Outreach Department.

Social Workers will meet with you and/or your family to come up with a plan to help you maintain your independence and stay in your home as long as possible.

Call 440-442-2626 x244 to speak to a CPA social worker.

SAFE AT HOME

The **Safe at Home Program** enables income eligible older adults in member cities to receive tools and equipment that will assist in adapting their homes for comfort and safety.

Call 440-442-2626 x244

Community Partnership on Aging connects the dots to the services you and your loved ones need



COMMUNITY
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EXPLORE CPA PROGRAMS

Open to all adults 60+ no matter where you live! Community Partnership on Aging (CPA) offers a wide variety of programs for all older adults age 60 and over. For the latest information, please call our main office at 216-291-3902 or find us on our website at communitypartnershiponaging.org.

Programs

Programs are open to everyone! We offer a great variety of programs including School of Technology, yoga, cardiodrumming, nature walks, knitting, woodcarving, line dancing and more. Our programs change periodically so please check out in-person and virtual programming on our agency website or call **216-978-5050** for more information.

Specialty Lunches

Our monthly Lunch 'N' Movie (fourth Thursday) and other themed lunch events feature delicious, home-cooked lunches prepared by CPA's Nutrition Department.

Reservations are required 216-970-0347.

Commodity Supplemental Food Box (CSFP) Program

The Box program offers eligible recipients 30 pounds of shelf stable food. Monthly pick-up in South Euclid. Prior registration and income guidelines required.

Call 216-291-3904 for more information.

Produce Plus

In partnership with the Greater Cleveland Foodbank, produce for older adults is available for pick-up each month at the South Euclid Community Center, 1370 Victory Drive South Euclid.

Please call 216-291-3902 for more information, specific dates and times.

Volunteering

Our volunteers assist with an array of projects including, but not limited to friendly visits, errands, clerical tasks, newsletter collation and delivery, and CPA meals. We welcome volunteers from community groups and businesses to help us clean up yards, provide painting and minor homes repairs, Produce Plus, as well as snow shovel and trash can to curb assistance.

Call 216-848-5010 for more information.

Community Meals

Hot meals are available for anyone 60 years of age or older. We request a \$1.50 voluntary donation per entree; meals are nutritionally balanced. **Call the Nutrition Line 216-650-4029 for reservations.** The deadline is Tuesday the week prior no later than 3 p.m.

Mondays	11:45 am	Lyndhurst Community Center 1341 Parkview Drive
Mondays	11:45 am	Richmond Hts. Community Center 27285 Highland Road
Tuesdays	11:45 am	Lyndhurst Community Center 1341 Parkview Drive
Wednesdays	11:45 am	South Euclid Community Center 1370 Victory Drive
Wednesdays	11:45 am	Mayfield Hts. Community Center 6080 Marsol Road
Fridays	11:45 am	Highland Hts. Community Center 5827 Highland Road

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CPA Main office: 216-291-3902

Social Work: 440-442-2626 x244

Lunches: 216-650-4029

Programs: 216-978-5050

Website: www.CommunityPartnershipOnAging.org

Email: contactus@CommunityPartnershipOnAging.org

Facebook: www.facebook.com/CommunityPartnershipOnAging

CARE Program: www.CAREneo.org



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FALL PREVENTION PROGRAM

CPA crafted a wrap around Fall Prevention program designed to reduce older adults' risk of falling. There are many components to our strategy; here is a brief introduction to the program:

Nadiyah Freeman is CPA's **Fall Prevention Coordinator**. She is responsible for managing CPA's Fall Prevention Initiative. She is a licensed occupational therapist with years of experience working with older adults in medical, community and rehab settings. You can contact her at 216-291-3902 or FreemanN@communitypartnershiponaging.org

The **Safe at Home Program** assists community-dwelling, independently living older adult homeowners to remain safe in their homes through the installation of safety equipment in their homes specifically for the purpose of preventing and reducing falls. Equipment installation includes shower/bath grab bars, room transition strips, ADA compliant toilets and stair handrails. Please contact Nancy Thorne for more information: 216-978-5910 (cell) or 440-442-2626 x244 (office).

Our **Social Work Team** is comprised of Nancy Thorne, Alex Fields and Beda Madden. They can help connect you to community resources to address issues you may be facing. Among her many duties, Nancy manages intake for the Safe At Home program. Nancy can be reached at 216-978-5910 (cell) or 440-442-2626 x244 (office).

Volunteer Peer Liaisons, a group of older adults with the desire to reduce falls among their peers, will be educated on fall prevention measures. They will promote the Safe at Home Program, complete the Stepping On program, make referrals back to our social workers, raise awareness about fall risks and prevention, and maintain a schedule of friendly calls and visits.

Occupational Therapy faculty and students will provide additional support for existing and new Safe at Home clients for home safety assessment, equipment selection, proper usage and installation of equipment and check up after installation.



The **Fire Departments** of CPA member cities maintain lists of residents that repeatedly fall and call for assistance to be lifted from the floor. The Peer Liaisons will contact these residents to create a personal connection and share fall prevention strategies.

Stepping On is a small-group program designed to reduce falls and build confidence in older adults. It is an important component of our Fall Prevention initiative and covers the four major domains of fall prevention: Balance and Strength Exercises; Medication Review; Vision Review; and Home Modification. The curriculum also addresses safe footwear, sleep hygiene, community mobility and other issues. CPA offers this 8-week class at least three times a year.

If you are interested in any component of CPA's Fall Prevention program, please contact Nadiyah Freeman at 216-291-3902 or FreemanN@communitypartnershiponaging.org

Give
us a
call!

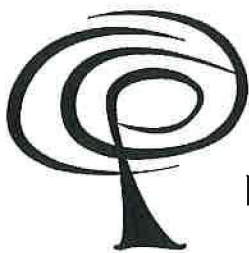
216-291-
3902

Having trouble making ends meet? Is your health insurance confusing to you? Do you need help completing an application?

We're here to help!!

Community Partnership on Aging social workers can assist with a variety of things:

- Help completing applications, including HEAP, food stamps, Buckeye Card, Homestead and many more
- Ohio Benefits Bank Screening is a software program that will identify which financial assistance programs you might be eligible for
- Long term care planning will increase your understanding of the options that might best fit your needs, from modifying your home to making a move
- Assistance with Medicare, prescription help and other insurance questions.
- Offer memory screenings, help managing depression and other chronic health conditions
- Increase your understanding of exactly which options and resources might help you to feel better, physically and emotionally!



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1370 Victory Drive, South Euclid, OH 44121

216-291-3902 ■ FAX 216-291-0773 ■ www.communitypartnershiponaging.org



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Community Partnership on Aging In-Kind Donation Needs

- New arts and crafts materials (paint, brushes, markers, canvases, etc.)
- Small denomination gift cards / small gifts that could be used as raffle prizes
- individually wrapped snacks (granola bars, crackers, pretzels, etc.) for programs
 - fitness resistance stretch bands for exercise classes
- new or certified refurbished Chromebooks/laptops (Windows 11)
 - new or certified refurbished tablets/iPads
 - mice, mousepads, surge protectors
 - magnifying glasses (bonus points if they have a light)
 - coloring books, activity sheet books, brain teaser books
 - hot chocolate, lemonade, etc. packets
 - condiments for lunch program
 - encouraging notes (cards, valentines, etc.) to pass out to participants
 - New- or gently-used games
 - Bluetooth speaker and portable microphones/headsets
- New- or gently-used shower/bath chairs, roller/walkers and other Durable Medical Equipment
- Supplies and equipment for Safe at Home projects (contact us for information)

To make a donation, contact Therese Grida at gridat@communitypartnershiponaging.org; CPA has the right to refuse any in-kind donations based on need and quality.