

MAY 2020

NEWS for Senior Adults



A Monthly Publication of the Cleveland Heights Office on Aging

Office On Aging Services:

Services offered by the Office on Aging are available only to Cleveland Heights residents age 60 and over. Call 216-691-7377, Monday-Friday, 9:00am-5:00pm.

- **Legal Consultations** - by appointment
- **Medicare Counselors** - by appointment
- **Van Transportation to Errands & Medical Appointments** - currently unavailable but hoping to open up as soon as modifications can be made to transport safely
- **Social Workers**
- **Meals On Wheels**
- **Applications by mail** - for local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application

It's been almost 2 months since the Governor issued the Stay at Home order and the **Senior Center** had to close. Our office has remained open for your calls and emails and to help in whatever ways we can. We began by making check-in calls to Senior Center members and have kept contact with repeated calls and emails. Please let us know if a call would be helpful to you and we will be sure to check in with you regularly.

Food insecurity became an important issue for us to address. Our **Meals on Wheels** program continues to operate through the help of dedicated volunteers. Partnerships with area organizations were explored and implemented to accommodate what we think will be increased demand for home-delivered meals. Staff made food delivery possible in a pilot program with Heights Emergency Food Center and a new contract is in the works with our Area Agency on Aging to allow us to deliver shelf-stable food to those in need.

Social workers continued to provide information and referral helping in whatever ways they can. Talking with one of our social workers can help to ease loneliness, and reduce the stress that can occur in these uncertain times, so we encourage you to call them. We made connections and have become a resource for homemade face masks for any senior who requests one. Along with masks and food we have been delivering books, puzzles, craft projects, journals and more. We continue to work on programming during this time of social distance. A few classes have met through Zoom, exercise videos have been posted on the Parks and Recreation Facebook page and group leaders and instructors have been encouraged to maintain connections by contacting the members of their classes. We value the social connection found at our Senior Center and are always looking for ways to strengthen them. Know that a plan will be in place once we are allowed to reopen safely. We look forward to seeing everyone at the Senior Center in the future.

In the meantime:

- It's Spring! Take a walk in your neighborhood or in your apartment building hallways.
- Continue to phone or email friends.
- Complete projects that you've been putting off, catch up on your reading, or try to learn something new.

And let the Office on Aging be a resource for you. **If there's anything you need, please call 216- 691-7377 or email ajenkins@clvhts.com.**