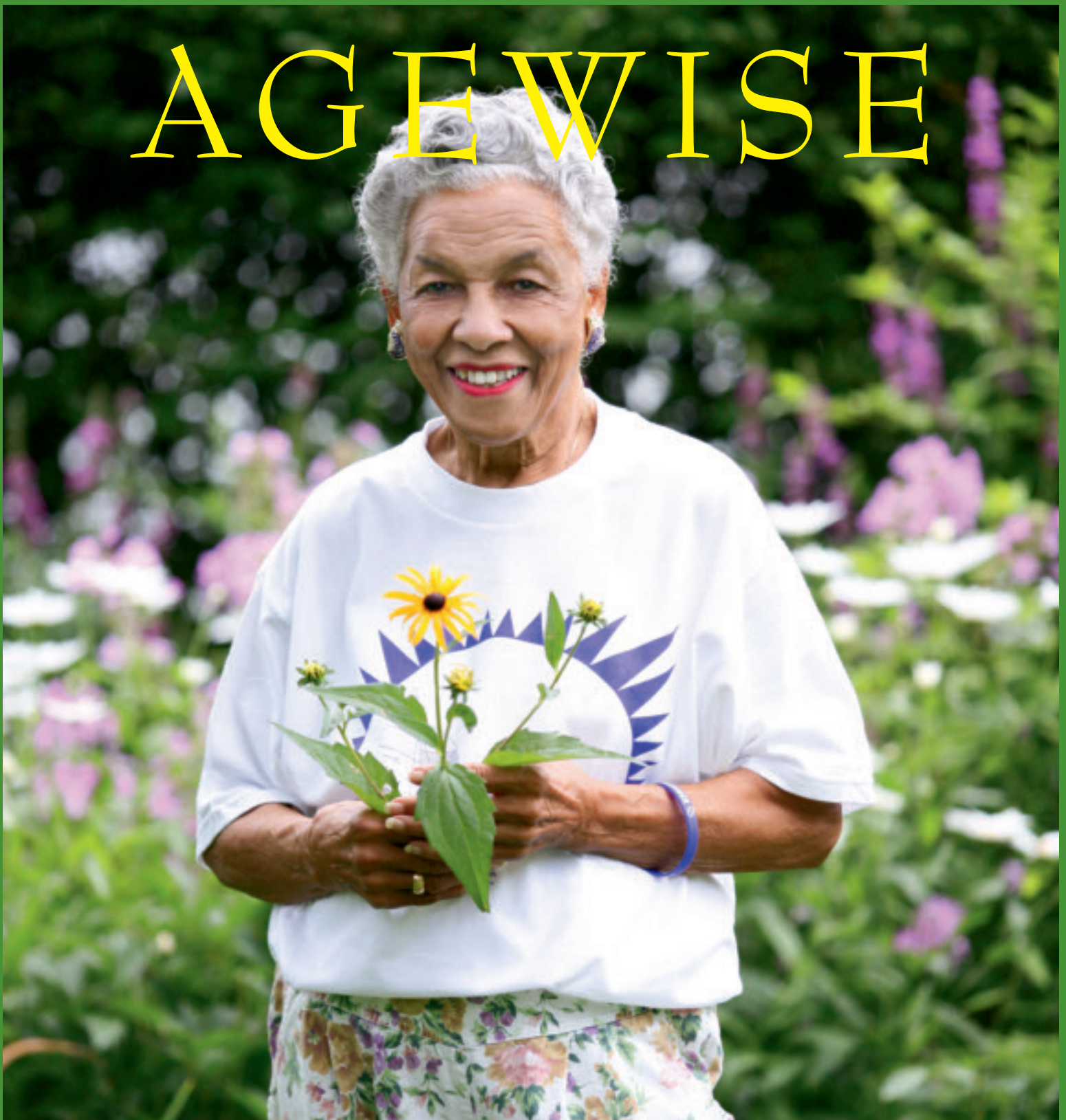


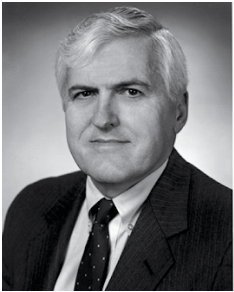
# AGEWISE



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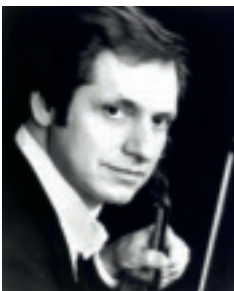
Rev. Robert Welsh, SJ  
EDUCATION



Christine F. Branche  
GERONTOLOGY



Victor Fazio, MD  
MEDICINE



David Cerone  
THE ARTS

# You're The Top!

## The 2007 Golden Achievement Awards

*It's undeniably true . . .*

The success of the 2007 Golden Achievement Awards is due to the presence and the support of gracious and caring individuals. You helped us produce a star-spangled, record-breaking event. We'd like you to know just what that means in the lives of the frail elders we serve. More than 90% of our seniors live near or below the poverty level. Your participation helps GAC continue an uninterrupted flow of critical services that include:

- Home Delivered Meals to our frailest elders
- Hot Meals in congenial Group Settings at our Centers
- Transportation to Critical Services, Community-wide
- Counseling and Assistance with Correspondence, Insurance, Medicare
- Support Groups: Low vision, Grief Therapy, Grandparents Raising Grandchildren
- Exercise Classes, Nutrition counseling, Wellness Programs
- Enrichment Opportunities

On behalf of the wonderful seniors we serve, we thank you!

## THE GOLDEN AGE CENTERS OF GREATER CLEVELAND BOARD OF DIRECTORS

enthusiastically invites you to consider nominating one or more individuals  
for  
The 2008 Golden Achievement Awards.

Often referred to as, "*The most distinguished gathering of the year*," the annual Golden Achievement Awards have been established by the Golden Age Centers of Greater Cleveland to celebrate lifelong accomplishments.

Honorees are selected from six specific categories: *Business, Community Service, Education, Gerontology, Medicine, and The Arts*. In each case, the recipient's commitment to excellence is directed beyond self-interest and serves as an exemplary model for others to follow.

Please send your nominations by mail to:  
THE GOLDEN AGE CENTERS OF GREATER CLEVELAND  
c/o 2008 GAA Nominations  
12200 Fairhill Road  
Cleveland, Ohio 44120

or

E-mail your nominations to: [jhoffmeyer@gacgc.org](mailto:jhoffmeyer@gacgc.org)  
For additional information, please call: 216.231.6500 #103.



A new look at “in-home” dining . . .

Delivered to your door by . . .

BISTRO<sup>+</sup>

*A special service, designed for the elderly and/or the home-bound,  
providing chef-inspired, delicious, hot, nutritious meals  
delivered to your front door.*

Golden Age Centers of Greater Cleveland, with the generous support of the St. Luke’s Foundation, is very excited to announce the introduction of a new innovation in evening dining, BISTRO<sup>+</sup>. We will soon be opening our doors and delivering evening meals to older persons throughout the Greater Cleveland area. With the recent addition of *Culinary Institute of America* and *Cleveland State University School of Social Work* graduate Larry Roth to the program staff as Director of Operations, we are planning a grand opening in early September.

The innovation is simple but compelling: a delicious, nutritious evening meal at a reasonable price delivered right to the customer’s door. We believe this idea is both attractive to older persons and to those who love them, so we hope to get the word out to both. For the senior, the food will be of the highest quality – hot, delicious and convenient. To reduce the cost, we are also offering a variety of frozen meals which can be delivered with the hot ones. We estimate that a senior can have a combination of hot and frozen meals – meals seven days a week - delivered to his or her door for around \$100 a month!

For those who love seniors – a child, a spouse, a grandchild, a friend – imagine the relief knowing that the senior you love is assured a delicious, nutritious meal delivered to his or her doorstep. We here at Golden Age have too often seen seniors who struggle with nutrition. They can’t get to the store, can’t prepare a hot meal, or just don’t want to go through the hassle of preparing a hot meal every night for one person. BISTRO<sup>+</sup> solves the nutrition problem.

We are very grateful to the St. Luke’s Foundation for their generous support as we begin this new venture. We look forward to great success and are confident that Golden Age will yet again be on the cutting edge of enhancing the quality of life and independence of older persons.

# Paul W. Alandt



My primary charge as President and CEO of GAC is to operate our Centers efficiently and raise funds to continue operations. But the Board also expects me to work on community projects that will enhance the lives of older persons in this community even if the project is outside the work of GAC. In every White House Conference on Aging and every “local needs-assessment” performed locally, elders tell us that transportation is their most important need. If you think about it, being able to get where you want – for shopping, social activities, church services, medical appointments – is essential for maintaining an independent life style.

In the early 1970’s, Anna V. Brown, Director of the Cleveland Office on Aging dreamed of a transit system responsive to the needs of the elderly and the handicapped. By the mid-70’s, a regional transit authority (RTA) was formed using a 1% County-wide sales tax. One of the features of the new transit system was a “Community Responsive Transit” System which provided door-to-door service for the elderly and the physically handicapped. Changes in federal regulations during the 1980’s made this service more available to handicapped individuals but far less responsive to the needs of the elderly.

*Cleveland Office on Aging Director Jane Fumich, joined with GAC Director Paul Alandt and Allison Wallace, Director of the Neighborhood Centers Association, to develop an action plan to help Cleveland transportation providers become a part of the County-wide system.*

Over the next 20 years, nonprofit agencies, including the Golden Age Centers, and some suburban municipalities operated independent non-coordinated transportation for the elderly. Several attempts were made during the period to develop a coordinated system. But all attempts failed.

Finally, through the efforts of the Senior Vision Council supported by United Way, County Government and several major foundations, another attempt was mounted to create a coordinated transportation system for the elderly. Two years ago, as a result of this community wide effort, the Senior Transportation Consortium (STC) was established and a staff hired.

Using models developed in the Eastern Suburbs, and scheduling software purchased by the RTA, a strategy was developed to coordinate existing suburban elderly transit services into the County-wide system.

Because all elderly transportation in the City of Cleveland was operated by nonprofit agencies, the City could not mount an effort to join the STC. The current director of the Cleveland Office on Aging, Jane Fumich, joined with me and Allison Wallace, director of the Neighborhood Centers Association, to develop an action plan to help Cleveland transportation providers become a part of the County-wide system. Thanks to a planning grant from the Eva and Joseph Bruening and

Mt. Sinai Health Care Foundations, the group was able to secure one year funding from the Area Agency on Aging to encourage Cleveland transportation providers to participate in the growing County-wide system.

While the details are still being negotiated, there is an excellent chance that a coordinated transportation system, including the city of Cleveland, will be fully operational over the next three years. When successful, the transit system

will coordinate with the larger RTA. Transportation will be responsive to “customer needs”, not Agency location. Existing trips to senior centers, for grocery shopping, and of course for medical appointments will continue and expand. Emerging technology such as computerized scheduling and mapping, as well as GPS (global positioning systems) will assure that more passengers will be served with less “dead head” miles.

Ultimate success depends on increases in state and county funding for the new system. But efforts to date, provide real hope for a true “community responsive transit system” for the elders of Cuyahoga County. ■

# News from The Centers

## CHOICES

GAC's new "CHOICES" program, funded by the Western Reserve Area Agency on Aging is a life-line of support for families and individuals coping with problems experienced as a result of illness or accidents. If you, or someone you love, have a question about "in-home" care, nursing home placement, home delivered meals, transportation and respite, call the professionals at GAC. This special service will help you examine your options. After all, isn't that what life should be about, choices. Jot down these numbers, call the GAC professionals if you'd like to talk.



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Sue: 440-232-9907

Elissa: 216-481-0631

## ENRICHMENT

### Lakeshore GAC Hosts International Concert

For more than a century, Cleveland has been renowned worldwide for the performing and visual arts. In 1975 a prestigious international piano competition was added to the city's rich cultural legacy. It is recognized globally as the Cleveland International Piano Competition and attracts extraordinary artists from around the world. In 2003, the Cleveland Competition was awarded five stars - the highest number possible in piano competitions worldwide.



Prior to the competition, contestants volunteer to reach out to the community through their music. GAC Lakeshore Center was honored to be one of only 9

sites chosen, citywide, to enjoy these pre-competition concerts. Mr. Angelo Arciglione of Italy and Mrs. Daria Rqbotkina of Russia, chosen as 2008 Competitors from a field of 200 contestants, appeared at Lakeshore GAC on July 24th. The Cleveland Competition presents the largest cash award offered by any international piano competition in the world. Arrangements for pre-competition concerts are provided through Access To The Arts. We extend our best wishes to all competitors and deep appreciation to the Piano Organization and Access To The Arts.

## WELLNESS

Seniors at Bohn GAC have gained new insights about the importance of early detection of Breast Cancer. Members of UH's Ireland Cancer Center shared critical information with our seniors. (photo below) At GAC we believe "Awareness and Prevention," at any stage of life, are prime requisites for an active and rewarding



life. This theme is carried out in a variety of ways and encompasses a broad range of information. We were pleased to recently welcome back students from the Frances Payne Bolton School of Nursing of CWRU. Their regularly scheduled visits to Bohn GAC provide assistance with blood pressure testing, nutrition counseling, and our exercise classes. We know that isolation, depression and loneliness are three compelling issues facing frail elders today. At GAC redefining aging will always be a priority.

## COMMUNITY

### Listening Skills

By listening and responding to the needs of seniors, the City of Cleveland has greatly enhanced the daily lives of seniors at our Gunning Park Golden Age Center. An existing parking lot is in the process by being extended to provide an easier path of entry into the center for wheelchair bound seniors and the infirm. This accommodation allows greater access to meal programs, exercise classes, counseling and the full range of GAC services. Councilman Martin J. Sweeney and newly elected Councilman Martin J. Keane recently joined Cleveland Mayor Frank Jackson at Gunning Park.

Pictured: Mayor Frank Jackson, Mary Gladis and Martin J. Sweeney.





See how your wishes reflect the feelings of the majority of Americans today.

Check out the 15% factor.

## Start A Conversation

Most Americans know what they want to avoid at the end of life. When asked to envision how they see their dying, they are very clear about certain things. People report that they do not want to be: "Alone," "Afraid," "In pain," "Intubated," "Ventilated," "Resuscitated." They would like to die at home and not in an institution.

These wishes are reflected in over 90% of our population. The unfortunate reality is in stark contrast to their aspiration. More than 75% currently die in institutional settings [more than 50% in hospitals and about 24% in nursing homes].

Polls indicate that people believe their lived ones will make sure that their wishes will be met, although **fewer than 15%** have ever discussed their requests with anyone. *Advance Directives* in the form of living wills and durable powers of attorney for health care are strongly recommended. However, it has become evident that these alone are not sufficient to assure that one's requests will be realized. The importance of *Advance Directives* and the availability of an *Advocate* is the best assurance that one's wishes will not be ignored. The important aspect in assuring effective advocacy is for the advocate to know your health care choices. This plan provides for confident, informed and competent representation for you when you may not be able to express your own wishes.

It is apparent that taking control of your future will best be achieved through conversations based on your wishes. We know it takes courage to have these conversations. Death may be an uncomfortable topic, but there is a good time to bring it up, that is well before its reality is upon us. Talking about how we want to live as we approach the end of our lives and communicating our wishes will ease the strain for lived ones.

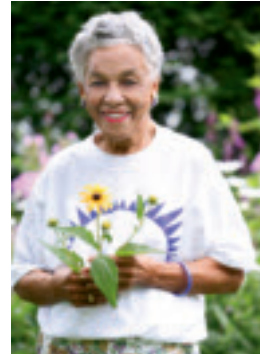
Hospice of the Western Reserve provides palliative end-of-life care, caregiver support, and bereavement services throughout Northern Ohio. A special booklet on how to assure that your wishes are respected and represented is available.

Call: 800-707-8921



## From the Cover

### "If youth is a gift Then aging is an art"



CRIS BRANCHE

It is our pleasure to introduce a very special individual - an artist in the pursuit of redefining aging: Christine Branche. Cris is a lifetime Clevelander, proud graduate of John Adams High School and WCRU's Flora Stone Mather College for Women and Graduate School. She started her notable career as a kindergarden teacher, then trained teachers, taught courses, and became a National *Head Start* Parent

Program Specialist serving states and territories. Cris also served as *Director of Early Childhood Programs* [4-6 year olds] for Cleveland and received the 1972 *Governor's Award* for her work.

Cris became a regular on television's *Morning Exchange* discussing young children. She was asked to join CWRU's Board of Regents where she served on Visiting, Advisory and Alumni Committees. She retired from the Cleveland Public Schools in 1985 and became a consultant at WVIZ-Channel 25 for educational programming. When her mother was diagnosed with Alzheimer's Disease, with the help of what she describes as "Shock Therapy" and the gracious assistance of the Cleveland Alzheimer's Association, Cris began a new journey. Later, she would serve with distinction as Area President. For the last 8 years she has served on the Alzheimer's National Board as well.

Cris is the recipient of numerous awards and honors. In May of 2007, she was named *GAC's Golden Achievement Award Honoree for Gerontology*.

Volunteer extraordinaire, champion of the disadvantaged, friend, and mentor, Cris has a few things to say about aging. "Lately I've been struck with the fact that so many older adults seem to be bored. Whatever your situation in life, boredom should not be an option. How about helping someone else; volunteer! Not interested in that option? Then read, explore, study, stay interested - and always keep a sense of humor. You long to visit Italy but are unable to make the trip. Rethink it. Watch *"Under the Tuscan Sun"* from your armchair. Play Italian tapes and invite a friend to join you for an Italian feast. Remember, every single day is a gift. It belongs to you. Cherish the gift and share it."

# See you at the Market!



The North Union Farmers Market is a non-profit organization dedicated to educating communities in Northeast Ohio about the importance of eating well. At six locations in the Greater Cleveland area, the North Union Farmers Market provides access to fresh, seasonal, locally grown produce. Once there you'll find the highest nutrient content produce, in great variety. There's confidence in knowing well the growers who provide food for your table. Remember great taste and flavor? It's still available. We hope we see you at the Market. You'll help support small family farms and protect the environment. You'll also find interesting new recipes and "Chef at the Market" classes. Really, it's about family and a sense of community.

## Recipe of the Month

North Union

### KILLBUCK VALLEY MUSHROOMS Tom and Wendy Wiandt

#### Warm Salad of Sautéed Mushrooms, Goat Cheese and Asparagus

- 12 oz asparagus
- 3 shallots, chopped
- 2 garlic cloves, chopped
- 1 Tb red wine vinegar
- 4 Tbs olive oil
- 4 oz goat cheese
- 12 oz Killbuck Valley oyster mushrooms
- 1 Tb balsamic vinegar
- 2 Tbs fresh chives
- 1 Tb Tarragon mustard
- 7 oz mixed salad greens
- Salt and pepper to taste

Cook asparagus until just tender, about 3 minutes. Submerge in cold water to keep its bright green color, and stop cooking. Mix 1 tsp of shallots with half the garlic and 1-2 Tbs olive oil. Toss this with the greens, along with salt and pepper to taste. Mix 1 Tb olive oil with the tarragon mustard and red wine vinegar; stir well to combine; then pour it over greens and toss. Arrange asparagus and goat cheese over the top. Sauté mushrooms with remaining shallots and garlic, in remaining olive oil. Pour in balsamic vinegar, season with salt and pepper, then pour hot mixture over the salad. Serve immediately with the herbs scattered over the top.

## Seniors & Nutrition

### FARMERS' MARKET PROGRAM AIDS GAC SENIORS

The Senior Farmers' Market Nutrition Program made possible through the *Western Reserve Area Agency on Aging* targets the nutritional needs of low income seniors. GAC is a designated distribution agent for coupons available to elders for use at markets served by area farmers.

Severely reduced incomes most often cause seniors to scrimp on important food purchases such as perishable items: fresh fruits, vegetables, and meat, critical to their overall health.

In addition to the North Union Farmers Markets [listed on the left] seniors' coupons can be used at:

- \* Coit Road Farmers' Market  
15000 Woodworth Road
- \* Blue Pike Farm  
900 East 72nd Street
- \* Kamm's Corners Farmers Market  
168 & Lorain, West Park Area
- \* Downtown Farmers Market  
1278 9th Street in Cleveland's Warehouse District.
- \* Tremont Farmers Market  
777 Starkweather & Professor

SHAKER SQUARE MARKET  
Shaker Square  
Saturdays 8a.m. to Noon.  
April 7th-December 15th, 2007

CROCKER PARK near Trader Joe's  
Saturdays 9a.m. to 1p.m.  
April 21th-December 15th, 2007

PARMA MARKET, Stearns Farm  
6975 Ridge Road  
Sundays 9a.m. to Noon.  
July 15th- September 2nd, 2007

LAKEWOOD MARKET  
Lakewood Masonic Temple  
15300 Detroit Avenue  
Wednesdays 11a.m. to 3 p.m.  
June 6th-September 26th, 2007

ETON Chagrin Market  
Chagrin Blvd. 1 mile east of I-271  
Thursdays 11a.m. to 2p.m.  
May 24th-September 6th, 2007

BATH MARKET  
West Market Street and North  
Cleveland-Massillon Road  
Saturdays 9a.m. to Noon.  
June 2nd-September 24th, 2007



Photo by Diane Schwartz

CHOICES



**A special new program from GAC.  
Helping individuals and families make decisions about aging issues.**

**Choices n. 1. the act of choosing; selection 2. the right, power, or chance to choose; option.**

At GAC, we believe life should come with choices. If you, or someone you care for, has a question about aging issues contact the professionals at GAC for options and suggestions that will set you on the right path toward sound decision making. This special service, supported by the Western Reserve Area Agency on Aging, is a life-line of support for older adults. Questions about "in-home" care, home delivered meals, handicapped accessible transportation, nursing home placement and many other concerns can be handled by simply calling CHOICES at:

Elissa: 216-481-0631

Sue: 440-232-9907

GOLDEN AGE CENTERS OF GREATER CLEVELAND  
12200 FAIRHILL ROAD  
CLEVELAND, OHIO 44120  
216-231-6500  
gacgc.org

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