

# Senior News

A PUBLICATION OF THE CITY OF CLEVELAND DEPARTMENT OF AGING



CITY OF CLEVELAND  
Mayor Frank G. Jackson

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## Economic Security Project helps Cleveland Seniors with financial goals, employment and foreclosure prevention

The Economic Security Project is a program in the Cleveland Department of Aging that helps seniors and adults with disabilities improve their financial stability. Our case managers will complete a financial assessment with you and help you develop goals to improve your finances and quality of life. We

can help you create goals in areas of employment, housing repairs, debt management, budgeting, healthcare needs, legal concerns, foreclosure prevention and with landlord/tenant concerns.



The Economic Security Project and Ohio Means Jobs are committed to helping older adults find work. We recently held a special orientation to Ohio Means Jobs for seniors. The orientation covered resumes, interviewing and online applications. Over thirty seniors participated in this event. One of the attendees said, "I thought this was a useful presentation of the 2014 job market." Another senior said, "The overall workshop was very efficient with lots of important and useful information." The week after the orientation, a job fair was held for older adults. Eight employers were at the job fair and all of them had an interest in hiring older adults. Over 70 people attended and talked with the employers. The employers were impressed and said they would be contacting some of the seniors.

The Economic Security Project also works hard to help seniors prevent foreclosure. One recent senior we helped was about to lose her home because she had not paid her property taxes. The senior had taken a reverse mortgage. When you have a reverse mortgage, you have to keep up on your taxes and home insurance. If you do not, the reverse mortgage company can foreclose on your home. This senior had thought the reverse mortgage company was paying her taxes. They were not. With our partner, The Legal Aid Society of Cleveland, we were able to work with the reverse mortgage company and the Cuyahoga County Treasury Office to stop the foreclosure and set up a payment plan for the senior. If you have a reverse mortgage, make sure you are paying your taxes and homeowners insurance.

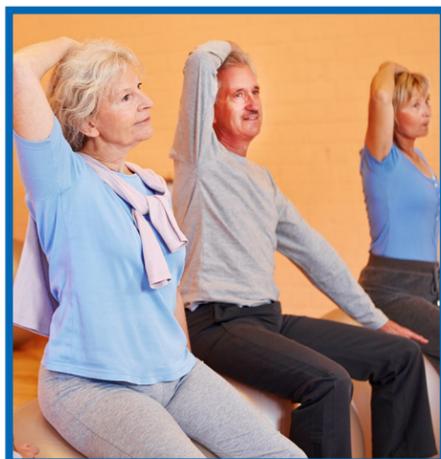
If you would like to speak with one of our case managers for the Economic Security Project, please call us at 664-2833.

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Cleveland Department of Aging  
75 Erieview Plaza, 2nd Floor  
Cleveland, OH 44114  
216-664-2833

## Be Active Adults



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes and sizes and abilities can benefit from a physically active lifestyle.

1. Start activities slowly and build up over time – If you are just starting physical activity, build up slowly. This will help to prevent injuries.
2. Make active choices throughout the day – Every little bit of activity can add up and doing something is better than nothing.
3. Be active your way – There are endless ways to be active. They include walking, biking, dancing, martial arts, gardening and playing ball.
4. Use the buddy system – Activities with friends or family are more enjoyable than doing them alone.
5. Set goals and track your progress – Plan your physical activity ahead of time and keep records.

*HAVE FUN!*

*This information is directly from the United States Department of Agriculture. Printed in part from DG TipSheet No.30; April 2013; Center for Nutrition Policy and Promotion. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.*

# Help Available to Exterminate Bed Bugs for those who qualify

The Bed Bug Assistance Program is a new initiative to help eligible seniors and adults with a disability, on a limited income, with the extermination of bed bugs in their homes.



To qualify you must own and live in the unit to be treated and meet income guidelines. You must also reside in the City of Cleveland and be 60 years of age or older or an adult 18-59 years of age

and receiving a disability payment. For additional information or to learn if you are eligible call 216-664-2833.

**EVERY 15 SECONDS, AN OLDER ADULT IS SEEN IN AN EMERGENCY DEPARTMENT FOR A FALL-RELATED INJURY.**  
**SEPT. 23 IS FALLS PREVENTION AWARENESS DAY.**

**DON'T LET OUR SMILES FOOL YOU.**

**WE'RE SERIOUS ABOUT ENDING ELDER ABUSE.**

To report suspected abuse, call the Elder Abuse Hotline at 216-420-6700, 24 hours a day, 7 days a week.

To learn about other services for older adults in Cleveland, contact your Cleveland Department of Aging at 216-664-2833.

# 10th Annual Cleveland Senior Walk!



Wear comfortable shoes and join us for this **FREE** one or two mile fun walk. **FREE** T-shirts provided to the first 1,000 registered walkers.

Walkers are encouraged to carpool. Cars, vans and busses can park in the Municipal Lot at E. 9th Street and the Shoreway for \$3.00 (Exact change required).

**FREE** shuttles will take walkers from the Municipal Lot to Mall C. **FOR MORE INFORMATION CALL THE CLEVELAND DEPARTMENT OF AGING AT 216-664-2833.**

**THURSDAY SEPT. 11, 2014**

**MALL C DOWNTOWN CLEVELAND**

REGISTRATION & HEALTH SCREENINGS 8:45 a.m.  
 BRIEF PROGRAM 9:30 a.m.  
 WALK BEGINS 10 a.m.

IF IT IS RAINING, WALK IS INSIDE PUBLIC HALL



Day or night, we are here for you!

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To **SWITCH** call: 216-664-4CPP

Or apply online at: **www.cpp.org**

Cleveland **CPP** PublicPower  
 Count on it

## CLEVELAND SENIOR WALK REGISTRATION FORM

Registration Deadline: Friday, September 5, 2014

Full Name \_\_\_\_\_ Phone number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Senior Center/Affiliation \_\_\_\_\_ Age (optional) \_\_\_\_\_

If we know of other organizations providing fitness/health events in the future, may we provide them with your name and address to send you additional information on those events? Yes \_\_\_ No \_\_\_

Mail this completed registration form to: Ray Odom, Department of Aging, 75 Erieview Plaza, 2nd Floor, Cleveland, Ohio 44114. Or send by fax to 216-664-2218. Or scan and email to [rododom@city.cleveland.oh.us](mailto:rododom@city.cleveland.oh.us)

Participation in this program is voluntary. By participating, each individual releases and holds harmless the City of Cleveland and other sponsors in this event for any and all damages, claims, or losses in connection with or arising out of participation in this program.