



Fairhill Center
Get Connected to Successful Aging

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news release

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FOR IMMEDIATE RELEASE

SAFETY FAIR HIGHLIGHTS SAFETY AND WELLNESS RESOURCES

Cleveland, OH – Fairhill Center will host a Safety Fair from 11:00 a.m. – 3:30 p.m. on Wednesday, February 27, 2008. The Safety Fair focuses on helping caregivers and older adults stay safe in their homes, on the street, and when using technology.

Dr. Peter Whitehouse, internationally known Alzheimer's disease expert and professor at Case Western Reserve University, will discuss his new book, "The Myth of Alzheimer's," in the keynote address. Kathryn Kilpatrick will present "Memory Fitness."

Several community organizations will have booths and exhibits providing safety and wellness information. Mike Goetz from the Cleveland Attorney General's office will host a workshop on mail and e-mail fraud, the Cleveland Police Department will present information on avoiding street crime, and the Computer Learning Center will provide hands-on opportunities to learn how to practice safety on the Internet.

A peer to peer highlight will be "Safety on All Levels" to demonstrate health, home and personal safety through peer led training, exercise and entertainment. This features "A Matter of Balance" to demonstrate how to improve balance and coordination, "Caregiving 101" offering tips and resources for caregivers, and the "Yes I Can!" exercise group will showcase exercises and dances suitable for all ages.

Many caregivers are older adults or are taking care of older adults. In honor of their contribution to successful aging, meals from Golden Age Centers' new Bistro + service will be offered at no charge to all caregivers. Bistro + is a new service that delivers both hot and frozen meals to community residents at a reasonable cost. Meals will also be available for purchase on the day of the event. Respite care for care recipients and child care is provided on campus.

Safety Fair 2008 is free and open to the public. For information, to purchase meal tickets or reserve a caregiver no charge meal, please call Fairhill at (216) 421-1350. Come for the day or come for a session!

The Fair is sponsored in part by a grant from the St. Luke's Foundation. The Saint Luke's Foundation of Cleveland reinvests its resources to provide leadership and support for the improvement and transformation of the health and well-being of individuals, families and communities of Greater Cleveland.

Fairhill Center is a non-profit organization that has served older adults and the entire community since 1989. Its mission, "connecting people and organizations to successful aging opportunities," brings people of all ages and many different organizations together to share knowledge, resources and opportunities for successful lifelong learning and personal development.