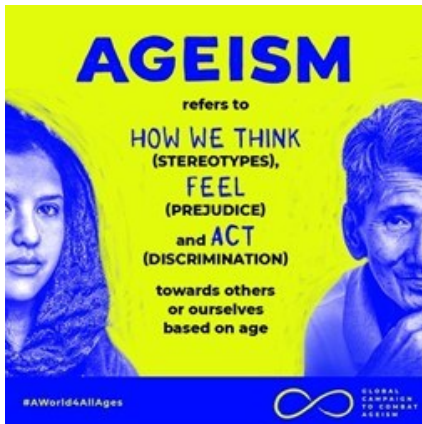


## We are “Championing the Cause” against Ageism



Ageism has come to the forefront during the COVID-19 pandemic, where older people have tended to be lumped into the same category, having the same skills and frailties. However, ageism can occur against any age group.

In response, Greater Cleveland Volunteers will continue to focus on engaging and serving older adults. We will advocate against age-discrimination and show the value of older adults in our community. Ageism exists because we have a fear of people older than us because that is what we may be like at that age! We are all aging- it is about ALL of us!

### How many of these examples of ageism have you experienced, or seen?

- Birthday parties with black balloons, “Over The Hill” slogan
- Anti-aging products
- Comparing to younger people- you look good for your age; you are young at heart
- Having a “senior moment”
- Speaking to a younger companion when the older one is present (i.e. doctors, servers, etc.)
- Using patronizing language (sweetie, dear, honey) or name calling (geezer, gramps)
- Lying about your age to stay younger
- Assuming young are computer gurus and older adults are technology inept
- Describing the term “silver tsunami” that blame older for economic and social challenges

### How do we become more age friendly?

- Drawing attention to negative attitudes, language and imagery
- Promoting all roles to all people- regardless of age
- Remembering that we are essential members of society
- Educating others to recognize age discrimination

It should no longer be acceptable to denigrate older people in any way.

It should no longer be acceptable to generalize about older people.

It should no longer be acceptable to discriminate against older people in any way.

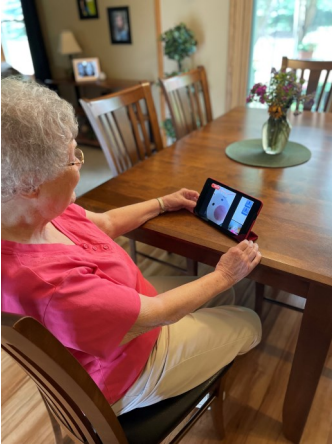
**Let’s become an ally, advocate and/or activist! You’ll see more about this from our agency in social media, the newsletter and our actions.**

Some great resources include:

<https://oldschool.info/>

Article: <https://www.nextavenue.org/attitude-about-getting-older-affect-age/>

## Building Connection through Friendly Calls!



The Chat Pals Program at Greater Cleveland Volunteers has been up and running since April of 2021. People age 55+ in our community, who have registered with the program, have been receiving calls from a like-minded Pal on a weekly basis. The hope is to bring our community together to help combat social isolation and feelings of loneliness.

Sue, one of our volunteers offers this, "I like how each of us enjoy talking about our interests- from baking recipes to family events. I asked my Pal if she is enjoying our weekly calls and she told me that it really gives her something to look forward to, and its nice to have someone to share things with that isn't bias and wants to listen. We always like to end our calls with a laugh..."

The program is FREE and welcoming new participants. If you or someone you know would be interested in chatting with a Pal please contact **Kirsten Riley 216-391-9500 x 2124** or [kriley@greaterclevelandvolunteers.org](mailto:kriley@greaterclevelandvolunteers.org)

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## A NEW PARTNER Northeast Ohio SPCA



Greater Cleveland Volunteers welcomes our new partner agency, Northeast Ohio SPCA. They are a no-kill, nonprofit organization focusing on giving shelter pets a second chance at life by providing a safe haven for abandoned, homeless and adoptable pets until they can find a home.

Through adoptions, education, spay and neutering, Northeast Ohio SPCA save lives to make euthanasia of healthy animals unnecessary. Our partnership began on June 5, 2021, with volunteers helping with registration, raffles, and refreshments at Northeast Ohio SPCA's annual fundraiser the Woof Walk.

Volunteers are needed on an ongoing basis to help at the shelter with walking dogs, helping socializing animals and cleaning cages. Volunteers are needed seven days a week.

If interested, contact Nakeva at 216-391-9500 x 2116 or [nwilliams@greaterclevelandvolunteers.org](mailto:nwilliams@greaterclevelandvolunteers.org)



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# CLEVELAND PICKLE FEST® 2021

We brought on the crunchy goodness on Saturday, August 28th! The crowd enjoyed pickles, food, beverages, music, watching Pickleball in action and the pickle-eating contest participants use their strategy to eat a jar of pickles.



Joe, the 2021 Pickle-eating contest Champ!



[More photos on greaterclevelandvolunteers.org](https://www.greaterclevelandvolunteers.org)

This event was possible from the generosity of our sponsors, vendors, attendees and volunteers!

**Platinum:** Northeast Ohio Regional Sewer District

**Gold:** AARP Foundation • Jackson Lewis P.C. • The Lubrizol Corporation • RPM International, Inc.

**Silver:** BCJC Group/Baird • Cleveland Foundation • Joan Ibbett • Jon Thomas Consulting Medical Mutual • McGregor • Rosemary Rehner • Ulmer & Berne

**Bronze:** Gary & Roslyn Bombei • Becky Carlino Madigan • The Center for Community Solutions Cleveland Teachers Union • Cohen & Company • Cuyahoga County Public Library Cuyahoga County Division of Senior and Adult Services • Dominion Energy Greater Cleveland Habitat for Humanity • Jessica Handlos Gentile • Lutheran Metropolitan Ministry Meaden & Moore • Western Reserve Area Agency on Aging • Chuck & Ann Zellmer

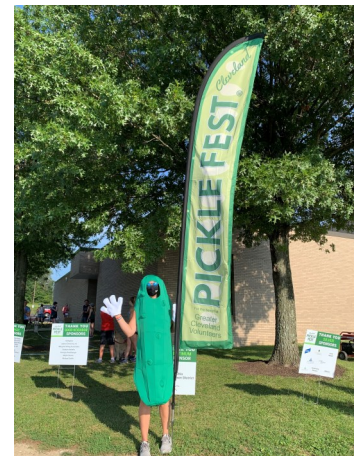
**Community Builder:** Benjamin Rose Institute on Aging • Cleveland Hearing & Speech Center Ken & Debbie Davis • Fairhill Partners • Hospice of the Western Reserve • Love For Our Elders May Dugan Center • Murtis Taylor Human Services System • Nature Center at Shaker Lakes SCORE Cleveland Chapter • Robert & Brenda Kunkel • Shipra Rege

**Good Neighbor:** Georgia Anetzberger • Gallagher • Judson Services, Inc. • Mary McNamara Meijer Stores • Barbara Nalette • Margaret Wong Associates

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World Elite Kids





# Greater Cleveland Volunteers

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