



CITY OF CLEVELAND
Mayor Frank G. Jackson

City of Cleveland Mission Statement

We are committed to improving the quality of life in the City of Cleveland by strengthening our neighborhoods, delivering superior services, embracing the diversity of our citizens, and making Cleveland a desirable, safe city in which to live, work, raise a family, shop, study, play, and grow old.

City of Cleveland



Senior Safety & Resource Guide



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City Recreation Centers Offering Senior Programs (cont)

Recreation Center	Programs Offered	Days & Times
Gunning Rec. Center 16700 Puritas 420-7900	Transportation, Meals, Social Service Activities & Field Trips	Call Recreation Center for more information and times of their programs * cost
Halloran Park 3550 W.117 th 664-4187	Bingo, Cards, Knitting, Poetry Reading & Field Trips	Call Recreation Center for more information and times of their programs Monday 9:00A.M.-1:00P.M
Hamilton Rec. Center 12300 Kinsman 664-4121	Aquacise	Mon. & Wed. 12:00-1:00 P.M. Tues. & Wed 6:00-7:00 P.M.
JFK Rec. Center 17300 Harvard 664-2572	Floor Aerobics Arts & Crafts Line Dancing Aquacise	Mon., Wed. & Friday 10:00-11:00 A.M. Mon. 12:00-2:30 P.M. Fri. 12:00-1:00 P.M. Mon., Wed. & Fri. 1:00-2:00 P.M.
Stella Walsh Rec. Center 7345 Broadway 664-4658	Aquacise Computer Class Free Blood Pressure, Glucose & Cholesterol Check	Tues. & Thurs. 12:00-1:00 P.M. Sat. 10:00-11:00 A.M. Tues. & Thurs. 1:30-3:00 P.M. 1 st Tues. of every month (call for time)
Zelma George Rec. Center 3155 MLK Jr. Blvd 420-8800	Card Sharks Walking Club Arts & Crafts Line Dancing	Mon./Fri.1:00-4:00P.M Mon.-Fri.6:00A.M-noon Tues. 11:30A.M.-1:30 P.M. Tues./Thurs.10:00-11:00A.M.

PERSONAL SAFETY

Basic Street Sense

- * Wherever you are – on the street, in an office building or shopping mall, driving, waiting for a bus – stay alert and tuned in to your surroundings.
- * Send the message that you're calm, confident, and know where you're going.
- * Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- * Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.



On Foot – Day and Night

- * Stick to well-lighted, well traveled streets. Avoid shortcuts through wooded areas, parking lots, or alleys.
- * Don't flash large amounts of cash or other tempting targets like expensive jewelry or clothing.
- * Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket, not a back pocket.

* Try to use automated teller machines in the daytime. Have your card in hand and don't approach the machine if you're uneasy about people nearby.

* Don't wear shoes or clothing that restrict your movements.

* Have your car or house key in hand before you reach the door.

* If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant, or lighted house. If you are scared, yell for help.

On Wheels



* Keep your car in good running condition. Make sure there's enough gas to get where you're going and back.

* Always roll up the windows and lock car doors, even if you're coming right back. Check inside and out before getting in.

* Avoid parking in isolated areas. Be especially alert in lots and underground parking garages.

* If you think someone is following you, don't head home. Drive to the nearest police or fire station, gas station or other open business to get help.

* Don't pick up hitchhikers. Don't hitchhike.

City Recreation Centers Offering Senior Programs

Recreation Center	Programs Offered	Days & Times
Alta House 12510 Mayfield Rd 421-1536	Bingo, Arts & Crafts and Bocce Ball	Call for scheduling times
Central Rec. Center 2526 Central 664-4241	Arts & Crafts	Mondays 12:00-2:30 P.M.
Cudell Rec. Center 1910 West Blvd. 664-4137	Aquacise Arthritic Aquacise	Mon. & Wed 6:15-7:30 P.M. Tues. & Thurs. 12:00-1:15 P.M.
Earle B. Turner Rec. Center 11300 Miles 420-8358	Aquacise Ball Room Dancing	Mon., Wed. & Fri. 11:15-12:00 P.M. Thurs. 6:00-7:30 P.M.
Estabrook Rec. Center 4125 Fulton Rd. 664-4149	Senior Wellness Bocce Ball Senior Luncheon Bingo	Mon. 10:00A.M.-12:00P.M. Tues. 9:00-11:00 A.M. Thurs. 9:00 A.M.-1:00P.M. Thurs. 11:30 A.M.
Fairfax Rec. Center 2335 E.82 nd 664-4142	Arthritic Aquacise Aquacise Floor Aerobics	Tues. & Thurs. 10:00-11:30 A.M. Mon. & Wed. 6:30-7:30 P.M. Mon., Wed. & Fri. 10:00-11:00 A.M.
Glenville Rec. Center 680 E.113 th 664-2516	Senior Swim Aerobics	Mon. & Wed. 12:00-12:45 P.M. Tues. & Thurs. 9:30-11:00 A.M.

City Council	(216) 664-2840	Abandoned Cars	(216) 623-2277
Prosecutor's Office (city)	(216) 664-4850	Snow Plowing, Salt	(216) 664-2510
Prosecutor's Office (county)	(216) 443-7785	Traffic Signs Down	(216) 420-8283
Street Light Repair (CPP)	(216) 664-3156	Traffic Signal Repair	(216) 420-8273
Street Light Repair (CEI)	(216) 766-5774	East Ohio Gas (Customer Service)	(216) 361-2345
Dog Complaints, Strays, Barking	(216) 664-3069	Landlord Tenants Association	(216) 621-0540
Garbage & Rubbish Removal	(216) 664-3711	Poison Control	(216) 231-4455
Health Violations, Lots, Rats	(216) 664-2300		

On Buses



- * Use well-lighted, busy stops.
- * Stay alert! Don't doze or daydream.
- * If someone harasses you, don't be embarrassed. Loudly say "leave me alone!" If that doesn't work, hit the emergency device.
- * Sit close to the driver.
- * Watch who gets off with you. If you feel uneasy, walk directly to a place where there are other people.

If Someone Tries To Rob You



- * Don't resist. Give up your property; don't give up your life.
- * Report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent others from being victims.

Be Alert When Out and About

- * Go with friends or family, not alone.
- * Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
- * Don't carry credit cards you don't need or large amounts of cash.

* Use direct deposit for Social Security and other regular checks.

* If someone or something makes you uneasy, trust your instincts and leave.

Make Your Home Safe and Secure



* Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.

* Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.

* Be sure your street address number is large, clear of obstruction, and well-lighted so police and other emergency personnel can find your home quickly.

* Consider a home alarm system that provides emergency monitoring for burglary, fire, and medical emergencies.

If You Live In An Apartment

* Make sure entry door has a deadbolt lock and wide angle viewer.

* Sliding glass doors have a wooden rod or metal brace in the tracks so it can't be opened and pins in the overhead frame so it can't be lifted out.

<u>Quick Reference – Older Adult Resources</u>			
<u>Agency/Organization</u>	<u>Phone Number</u>	<u>Resources/Information</u>	
Mayor's Action Center	(216) 664-2900	Information about city services	
Legal Hotline for Older Ohioans	(800) 488-6070	Free legal advice (ages 60+)	
Legal Aid Society of Cleveland	(216) 687-1900	Legal advice on civil matters	
Cleveland Department of Aging	(216) 664-2833	Supportive Services, Home Repairs, Employment Assistance	
Cuyahoga County Dept. of Seniors & Adult Services/Adult Protective Services	(216) 420-6700	To report suspected abuse/neglect or exploitation of older adults	



Vial of Life

* A program designed to make vital information available to emergency rescue teams about persons living in a household, in case of an emergency. There are forms that can be completed with information about an individual which would be necessary in an emergency. The information is inserted in a capped vial and placed in the refrigerator. An identification sticker is placed on the outside of the vial. Emergency services are alerted to look for the Vial of Life when they enter a household.

Police Special Attention Requests

* This program allows individuals to contact the district in which they live or work and request special attention be given to their home or business for a limited period of time. The purpose of this program is to have patrol cars come by and check on your property or business, should you need to go into the hospital or if you were to travel out of town for vacation. The program also allows citizens to request extra police patrols if they are concerned about possible drug activity, prostitution, and gang activity occurring within their neighborhood.



* Make sure the landlord or building manager tightly controls all keys.

* If the apartment has a buzzer system to enter, ALWAYS know who you are buzzing in.

Watch Out For Con Artists

* Don't fall for anything that sounds too good to be true – a free vacation, sweepstakes prizes, cures for cancer and arthritis, a low-risk high yield investment scheme.

* Never give your credit card, phone card, Social Security, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for the numbers to verify a prize or gift.

* Don't let anyone rush you into signing anything – an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.

* Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.

* Beware of 900 numbers. Remember, if you call a 900 number to claim a "prize," you end up paying for the call. Make sure you understand the charges before making the call.

If Someone Rips You Off

- * Report con games to the police, your city or state consumer protection office, district attorney's office, or a consumer advocacy group.
- * Call the National Fraud Information Center at 800-876-7060, or visit their Web site at www.fraud.org for current fraud alerts.

COMMUNITY POLICING PROGRAMS

The Neighborhood Watch Program



This is a community-based program that's been proven to deter crime. Thousands of these programs have been developed around the country, breaking down the isolation of neighbors as they work together and with law enforcement officers. It is a remarkably successful anti-crime effort, as participants work together as a true community with neighbor looking out for neighbor.

- * Any community resident can take part young and old, single and married, renter and home owner.
- * A few concerned residents, a community organization, or a law enforcement agency can spearhead the effort to organize a Neighborhood Watch.
- * Members learn how to make their homes more secure, watch out for each other and the neighborhood, and report activities that raise suspicions to the police.

Senior Homeowner Assistance Program (SHAP)

- * Through this program grants are provided to eligible low-income seniors and disabled adults who own and reside in homes needing critical health, safety or maintenance.



CHORE Services

- * Chore Workers provide home maintenance tasks which may include housework, lawn mowing, simple repairs and installation of smoke & carbon monoxide detectors. Group transportation for grocery shopping can also be provided by calling 216-664-4694.

Senior Strides

- * This program provides Cleveland residents age 55 and older, assistance with job search, training, employment counseling and job placement. Call 216-664-2982 or 216-664-3573 for more information.



Benefits Checkup

- * Benefits Checkup is a computerized screening program which provides older adults with an efficient, effective and confidential method for determining eligibility for federal, state and local community assistance programs. Call 216-664-3418 for more information.



SENIOR CITIZEN RESOURCES THROUGH THE DEPARTMENT OF AGING

Cleveland Care Calls



* Cleveland Care Calls is an automated telephone reassurance system being offered to Cleveland senior citizens by the Departments of Aging and Public Safety. Through this computerized system the senior receives a call, on the days they request, to check on their well being. They can select a time to receive the call between 7:00 AM and 11:00 AM. If the senior does not respond to his/her call, the system will make several additional attempts in a thirty minute period. If the senior does not respond within the thirty minute period, the system will then contact any person that the senior has designated as an emergency contact. In the event the senior or any of his/her contacts cannot be reached the Department of Public Safety may be asked to make a home check on the individual in question. To participate in the Cleveland Care Calls Program a senior must complete an application. Contact the Cleveland Care Calls Project Director at 216-664-6316 or The Department of Aging at 216-664-2833.

Senior Guest House



* A residential respite for persons 60 years of age and older, providing a safe environment for seniors in crisis or unsafe conditions. The Senior Guest House is a collaborative project being conducted by the Cleveland Department of Aging, Fairhill Center, and the Cuyahoga County Department of Senior and Adult Services.

* You can form a Neighborhood Watch group around any geographical unit: a block, apartment building, park, business area, housing complex or office.

* Watch groups are not vigilantes. They are extra eyes and ears for reporting crimes and helping neighbors.

* Neighborhood Watch signs are posted after the training.

Senior Power Program

* Officers conduct a one-hour per week, four week program presented to senior citizens in cooperation with the Cleveland Division of Fire, Department of Aging, Emergency Medical Service and Cleveland Police Bureau of Community Policing and Financial Crimes Unit.

Safe & Smart

* The Safe & Smart program is a specific personal safety/crime prevention program. Citizens are informed that a criminal must have the desire, ability and opportunity to commit a crime. This program teaches basic crime prevention techniques that citizens can practice in order to protect themselves and their families.

Brown Bag Personal Safety Seminars



* Officers conduct a one-hour presentation directed to employees (on their lunch break or anytime) regarding personal and office safety.

Citizens Police Academy

* Officers conduct a three-hour per week, eight-week program presented to citizens of Cleveland, 18 years of age or older. Topics covered include legal issues, police officer training and preparedness, internet crimes against children, and tours of the outdoor range, communication center and a tour of the Justice Center/CPD Headquarters; and may include presentations by Canine, Narcotics, and S.W.A.T. units, and a tour of the Cleveland Police Museum.

Building Security Surveys

* Officers meet with property owners and residents to survey, review and suggest improvements in security measures that may be implemented for the safety of all concerned.

Community Presentations and Information

* Distribute information and ensure positive police/citizen interaction at community special events, including, youth/children events, neighborhood festivals, street clubs and crime prevention fairs.



Community Relations Board District Committee Meetings

Police Community Relations promotes cooperation between the police and residents through training, neighborhood meetings, Neighborhood Watch and Court Watch programs via organization of committees in each of the five police districts.

Police Community District Committee Meeting Schedule

1st District – Last Thursday of each month – 623-5105
Sts. Phillip & James Hall – 3727 Bosworth Rd
7:00 P.M.

2nd District – 2nd Tuesday of each month – 623-5205
Applewood Center – 3518 West 25th Street
7:00 P.M.

3rd District – Last Tuesday of each month – 623-5305
Various locations. Call for further information.
7:00 P.M.

4th District – 4th Wednesday of each month – 623-5405
Covenant Community Church of Cleveland –
3342 E.119th
7:00 P.M.

5th District – 3rd Wednesday of each month – 623-5505
McDonalds – E. 152nd Street & St. Clair Avenue
7:00 P.M.

Sometimes meetings occur off-site. We recommend that you call in advance to confirm the location or for more information, please call 664-3290.

CITY OF CLEVELAND
NEIGHBORHOOD POLICE DISTRICTS

First District
3895 W. 130th Street
216/623-5105

Second District
3841 Fulton Rd.
216-623-5205

Third District
10600 Chester Avenue
216/623-5305

Fourth District
9333 Kinsman Road
216/623-5405

Fifth District
881 E. 152nd Street
216/623-5505

**CLEVELAND DIVISION OF POLICE
COMMUNITY RELATIONS UNIT
2001 PAYNE AVENUE
CLEVELAND, OH 44114
216/623-5080**

Acknowledgements

**This Senior Safety and Resource Guide was prepared
by the
Division of Police - Bureau of Community Policing
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Cleveland Department of Aging**

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**EMERGENCY
POLICE, FIRE & EMS DIAL 911**