Connecting Our Community

Weekly Guest Newsletter

Oct 24th - Oct 31st, 2026

Questions? Call or text the office: (216) 938-9553

We envision a world in which every transplant patient and caregiver is accompanied on the transplant journey and has the community, connections, and resources they need.

Happenings at the House

Sara's Office hours:
@ 1-3:00 pm Fridays on the Office side of the Duplex

Monday, October 26th
@ 4:00 pm Navigating the Caregiver's Journey in person in the Duplex or zoom. See website for info. Join Zoom Meeting ID: 879 6342 0766

Tuesday, October 27th
@ 8:30am-10 am Breakfast: Come and sit down to a hot breakfast or grab & go!

Wednesday, October 28th
@ 10 am Second Chances AA meeting (transplant patients)
@ 6 pm Community Dinner
Dine in, carry out or stop by the office after hours for self-serve

Friday, October 30th
@ 3 pm TGIF with Deb!

Harvest Season

Ohio is rich with abundant farmland and is top 10 in the nation in producing tomatoes, pumpkins, peppers, corn, and cucumbers. Check out the **North Union Farmer's Market** "Certified Producer Only" market, where every farmer agrees to sell only food they've raised or items made locally. Expect in-season fruits and vegetables, antibiotic and hormone free beef, pork and poultry and dairy products, organic maple syrup, honey, farm-fresh eggs, cheeses, bakery and artisan products. SNAP is accepted and matched up to $25 at all market locations.

Last Call! Next Wednesday 10/28 10:30-1:30 is the final week at Cleveland Clinic, Crile Mall.

Year-round, you can experience the Farmer's Market at nearby Shaker Square on Saturdays from 8a-noon.

Confirm with your health care professional about diet and medication contraindications.

Eat or Toss?

Food waste is a pervasive issue, and one of the biggest challenges to reducing food waste is simply knowing when food is still safe to eat. According to the USDA, there are no standards guiding food product dating. Terms like "Best if used by", "Sell by" or "Freeze by" are qualitative guidelines decided by the manufacturer, and don't necessarily indicate guidance regarding food safety. Other than baby formula, if a product is properly handled and stored, it should be safe after the date passes. Food past its expiration may be donated, and we are recipients of donations from Whole Foods and other markets. We sort through and choose products that appear wholesome and look, smell and taste okay before we accept them. Having said that there are things to watch for, such as molds, yeasts and bacteria that can cause food to spoil. Regardless of dates on packaging, if the item does not pass the sniff test, do not risk it. *Always confirm with your healthcare team regarding particular risks.* For more information or guidance, visit the USDA website at fsis.usda.gov/food-safety, and Eat or Toss at www.goingzero.org

Office Hours: Mon-Fri, 8am-5pm, Wed until 6p, Sun 1-4pm

Transplant and Relationships:

Navigating Changing Roles Tuesday, Oct 27, 2 – 3p

We have discussed in our own **Navigating the Caregiver Journey** group about the shifting identities of caregiver and patient roles. We are delighted to be able to connect you with this free webinar presented by Howie's House Gift of Life in Philadelphia on this very topic. This presentation will explore how roles may shift before and after transplant, the challenges that can come with these changes, and strategies for communicating, setting boundaries, and maintaining healthy relationships throughout the journey.

Register with the QR code or online at the Gift of Life Howie's House website

Speaker: Jessica Cooper, LCSW, MSW, Mee d | Lung Transplant Social Worker at the Hospital of the University of Pennsylvania

TGIF! Fridays 3:00-4:30

Join volunteer Deb as she hosts TGIF on the programming side of the Duplex for light refreshments, connection, and bubbly conversation.

Happy Halloween! Saturday, October 31

All Hallow's Eve has roots in Celtic harvest festivals as well as the Christian observance of All Saints Day on November 1. The holiday has evolved in both festivity and economic impact, racking up an expected tab of over $12 billion spent on the season! For fun, visit Scarborough Drive (known as Scareborough for the holiday!) in Cleveland Heights to witness a neighborhood that really gets into the spirit!

In the Neighborhood:

Road Trip- Chagrin Falls

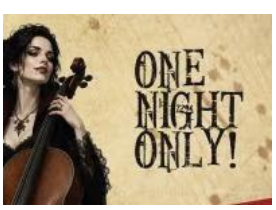
A 40-minute drive out to the charming village of Chagrin Falls will take you through stately Cleveland neighborhoods and scenic roadways into the Chagrin valley. The foliage will be at its peak for the next couple of weeks, so it is a beautiful time to go! This community celebrates the season with these events on Sat Oct 24: Oktubafest Chagrin Falls Triangle Park, featuring live music from the Oompah! brass band; Fall Craft & Vendor Show at the United Methodist Church. Browse handmade crafts, unique gifts, and local treats; Chagrin Pet and Garden with live music, food trucks, free apple cider, and photo booth.

Acacia Reservation 26899 Cedar Rd, Lyndhurst, OH 44124

A little closer to home, visit the MetroParks Acacia Reservation with a gentle 1.7-mile paved loop to hike through this former golf course. Discover birds, meadow flowers, and beautiful native landscapes

Discount Days at Fairfax Market Thursdays 6a-10p

On Thursdays, shoppers aged 55 and over and military veterans can enjoy 10% off groceries, and free drip coffee from Fairfax market café while you shop. Ask a redcoat at the Cleveland Clinic about shuttle service to and from the market.



Cinematic Symphony Orchestra: Symphony of Horrors

Sat, Oct 24th 7:30p -- 9:30p Maltz Performing Arts Center, 1855 Ansel Rd

Our beloved volunteer Harlan can be found playing his French Horn when he is not cooking and coordinating dinners for us with the Cleveland Cooking Club! He will join the orchestra summoning the spirits with spooky cinematic soundtracks from Psycho, Ghostbusters, Halloween and more! Tickets $30, Maltz Performing Arts Center