Connecting Our Community

Weekly Guest Newsletter

Oct 31st - Nov 7th 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, November 2nd
@ 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, Novemer 3rd
@ 8:30am-10 am Breakfast: Come and sit down to a hot breakfast or grab & go!

Wednesday, November 4th
@ 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, November 6th
@ 3 pm TGIF with Deb!

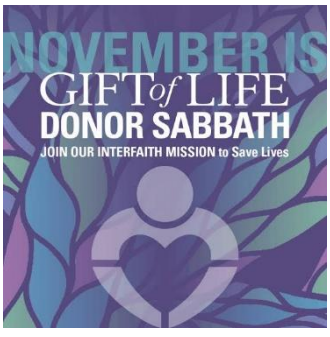
November is National Caregiver's Awareness Month

You know all too well the importance of being a caregiver, and The Caregiver Action Network (CAN) has taken the opportunity to shine a light on the contributions of family caregivers with a national campaign to raise awareness of the essential role family caregivers play in our healthcare system. CAN's initiative serves to educate communities about the challenges caregivers face and the support they need, to connect caregivers with trusted resources that make their journey a little easier, and to honor caregivers for their commitment, resilience, and love. Each year features a unique theme chosen by Caregiver Action Network to spotlight an important issue in caregiving.

The theme for 2026 is **"Care Connects Us",** recognizing that across every condition, every stage, and every journey, care connects us to our loved ones, to vital information, and to one another.

Here at Transplant House, all our guests are caregivers. Finding connection among fellow guests is one of the greatest gifts we can offer you! Join our **Navigating the Caregiver Journey** group on Mondays at 4p to share your experiences and find support. Come to breakfast and dinner for the camaraderie that naturally occurs around a table. Support is all around you!

Donor Sabbath, Saturday November 14



National Donor Sabbath is an interdenominational observance uniting the leaders of different faiths to participate in services, programs, and initiatives in support of the Gift of Life. It is observed annually in November.

The concept behind this day is to educate faith-based communities about the critical need for organ, eye, and tissue donors, to dispel myths, and to discuss religious beliefs about the donation process. It's important to note: All major religions in the United States support organ, eye and tissue donation as an unselfish act of charity.

You can be involved in honoring the day by engaging your own community of faith with education about organ donation and donor registration, sharing your story in social media or your congregation's newsletter, encouraging your faith leader to sign a proclamation of support, and attending a Donor Sabbath event. **TRIO Northern Ohio Transplant Support Community is proud to host a virtual Donor Sabbath Observance to honor those, living and deceased, who have generously given the gift of life**. Saturday, Nov 14 1p-2p via zoom

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

Happy Halloween!

The Cleveland Moms Website and WKYC-TV offer listings of neighborhoods or private homes that have gone all out in the Halloween spirit with lights, decorations, and drive-by displays. Tricks and Treats are over-the-top on Scare-borough Rd (known as Scarborough other times of the year) in nearby in Cleveland Heights, where the whole street gets ghoulish!

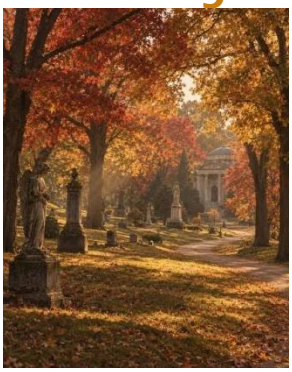
Fall back, Sunday at 2am

Daylight Saving Time was put into practice in Europe and the United States to save fuel and power during World War I, according to the US Department of Transportation's Statistics. The US kept Daylight Saving Time permanent during most of World War II to conserve fuel and keep things standard. As the war came to a close in 1945, the bi-annual switching of the clocks returned.

During the energy crisis of the 1970s, we tried permanent Daylight Saving Time again. The idea again was to conserve fuel. It was a popular move at the time when President Nixon signed the law in January 1974. But by the end of the month, some states demanded a switch back to standard time so school buses could begin their routes after sunup.

For reasons of health, economics, and practicality, the switching of clocks has continued to be a thorn in lawmakers' sides. As recently as July of this year Congress has entertained House Bills to establish permanent Daylight Saving Time, Permanent Standard Time, or a hybrid to advance standard time by a half hour. But since nothing has been enacted upon, we shall **turn our clocks back on Saturday night and enjoy an extra hour of sleep! Sweet dreams!**

In the Neighborhood:



Lakeview Cemetery; A Legacy in Landscape

While the words Halloween and cemetery typically conjure up some of the creepiest images from the depths of our imaginations, what if a stroll along sun-dappled paths, beneath a canopy of trees dressed in brilliant shades of gold and orange, offered something quite different: a sense of tranquility and calm.

Welcome to Lake View Cemetery & Arboretum. More than 150 years ago, its founders envisioned these 285 acres as a park-like resting place—a peaceful retreat where visitors could escape the hustle and bustle of city life and wander through rolling hills, surrounded by beautiful trees, gardens, and the quiet beauty of nature.

Primate Forest at Metroparks Zoo 3900 Wildlife Way

The long-awaited Primate Forest has just opened! It is one of the largest indoor facilities of its kind in the nation and features hundreds of animals across over 60 species, including Bornean orangutans, Asian small-clawed otters, clouded leopard, giant anteaters, capybaras, monkeys, birds & reptiles. Our zoo is a local treasure! Guests have gained free admission to the zoo on Mondays as temporary residents and there is a nominal fee for the new Primate House.

Mayfield Road Closure Details

Monday, Nov 2, through Monday, Nov 23 (approximately three weeks).

All four lanes of Mayfield Road will be closed to through traffic between Kenilworth Road (at the stoplight) in Cleveland Heights and the bottom of Mayfield Road right before the border with Little Italy due to water main repair. Sidewalks will remain open