



# Cogswell Chronicle

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Oct. 20, 2016

## Our lead story: 'Because we talk to them'

If you've ever wondered how people wind up at Cogswell Hall and what help they find here, don't miss this new 4-minute video in our #EACHSTORY series. Before Program Manager Gillian Civic retired in September, she told the *Chronicle* about residents she has gotten to know and why stable housing, coupled with support, makes a difference. Her colleague, Supportive Services Coordinator Diane Kragt, joined in. As you'll see, both approach their work with the training and skills of social workers – and with big hearts.



Gillian & Diane talk about our supportive services (4:17).

Videography by Elise Bigley.

## 'Joyful retirement' is next Talk topic Sat., Oct. 29

A panel of "successful retirees" will be featured at the next edition of "Talks in the Hall" on **Saturday, Oct. 29**, in the Community Room at Cogswell Hall. Coffee and pastries will be available at **9:30 a.m.** The program starts at **10 a.m.** and is titled "Crafting a Joyful" retirement. It is presented by the Cleveland West Side Village, which describes itself as "a group of elders working together to remain in our homes." The program is part of their work of "celebrating the opportunities and meeting the challenges of aging." The program is free and open to the public, but seating is limited and you must register in advance. You can do so at the Cogswell Hall website by

**CRAFTING A JOYFUL RETIREMENT**

A CLEVELAND WEST SIDE VILLAGE DISCUSSION



Cleveland West Side Village is a group of elders working together to remain in our homes. Celebrating the opportunities and meeting the challenges of aging - helping people live well and joyfully within their community. Please join us for a discussion with local, successful retirees.

**SATURDAY  
OCT. 29, 2016**

CLICK TO RESERVE YOUR SEAT

REFRESHMENTS AND DISCUSSION 9:30 AM  
FREE- ADVANCED REGISTRATION REQUIRED

7200 FRANKLIN BLVD, CLEVELAND, OHIO 44102  
Reserve your seat at [www.cogswellhall.org/events](http://www.cogswellhall.org/events)  
[dcyganovich@cogswellhall.org](mailto:dcyganovich@cogswellhall.org) or 216-961-1568 x310

Meet the artist, carve a pumpkin, enjoy cider: Sat., Oct. 29



Join us Oct. 29 around "Makeshift Sanctuary" on the Cogswell lawn. *Photo by Katie Ramunni*

You're invited to celebrate the harvest season and a special piece of public art **Saturday, Oct. 29, at 11:30 a.m.** Meet artist Dana Depew as we gather around his "Makeshift Sanctuary," an installation that graces our lawn this autumn. Carve a pumpkin. Have a little cider. Say hi to neighbors. Kids are welcome! It's free! It's "Harvest at the Hall"!



**HARVEST AT THE HALL**

Come to the Cogswell Hall lawn at 11:30 a.m. Saturday, Oct. 29, to celebrate the harvest season and an autumn art piece! Free apple cider! Free pumpkins for the first 30 participants to decorate! Kids welcome! Meet Dana Depew, whose piece "Makeshift Sanctuary" is currently gracing our lawn this fall. Celebrate this home-themed art installation and say hi to neighbors! Cogswell Hall - a place to call home.



Volunteer Spotlight: Michael Perez

Michael Perez is the motivator and leader of Cogswell Hall's Sunday walking club. A member of Emerging Ambassadors of Cogswell Hall (EACH), Michael shows a special kind of dedication as he gets out for some exercise on the neighborhood's sidewalks with several of our residents each week. Plus, his assistance with this year's musical programming for July's Neighbor Night was a huge asset. Thanks, Michael! You're in our October Spotlight!

**How did you get involved with Cogswell Hall?** *I got involved when I first met Katie Ramunni at a mutual friend's birthday celebration. At the celebration, I talked with Katie about my running habits and she asked me if I was*



Michael and walking buddy/resident Marija at Neighbor Night in July. Photo by Christopher Schwartz

*interested in helping to start a walking club for the residents of Cogswell Hall. I said yes and, a few weeks later, I attended my first E.A.C.H. meeting. A few more weeks after that the Cogswell Hall Walking Club started.*

**If you could describe Cogswell Hall in one word, what would it be?**

*Friendly.*

**What has surprised you most about your volunteer experience thus far? /**  
*very rarely am surprised but it is nice to know that the residents who participate in the walking club enjoy it very much and*

*they look forward to doing the walks.*

**What do you wish other people knew about Cogswell Hall?** *I wish other people knew that they can volunteer at Cogswell Hall and enrich the lives of the residents and that the residents will enrich their lives as well.*

**What do you do when you're not volunteering at Cogswell Hall?** *I live and work. I have very many interests, such as history and mythology, comics and animation, video games, music, etc. I enjoy running and doing other physical activities, going to concerts and other events, reading and learning..*

**What's your life motto?** *Always do what is good.*

## Please speak out on Mental Health Reform Act



Cogswell Hall joins the National Alliance on Mental Illness in urging you to ask U.S. Senators to call for a vote on the Mental Health Reform Act (Senate Bill 2680). Approximately 1 in 25 adults in the U.S. – that's 10 million people, or 4.2% of the population – experiences a serious mental illness in a given year. These are illnesses that substantially interfere with or limit one or more major life activities. An estimated 26% of homeless adults staying in shelters live with serious mental illness. Every single day in America, 117 people die by suicide. You can help stop these epidemics. This bill would:

- Invest in mental health services and supports that are evidence-based, so people know they are getting care that works.
- Prioritize early identification and intervention, so people can get the right mental health care at the right time.
- Emphasize outcome measures, so we know if people are getting better or not.
- Maintain the National Suicide Prevention Lifeline, so people can get help day or night.

The legislation "has a strong chance of getting a vote, but the window of time to get a bill passed is brief," NAMI says. Read more [here](#); find contact info for your Senators in [this list](#).

## 'Coming Home' raises funds, friends

A crowd of more than 100 old and new friends helped bring in more than \$33,000 for Cogswell Hall at our annual Coming Home gala, held Sept. 24 at a new venue for us: the marble lobby of the historic Calfee Building in downtown Cleveland. The dollars will fund stable housing, nutritious meals and supportive services for the low-income adults with disabling conditions who call Cogswell home. The evening featured food and beverages by Heinz Yee of Otani Restaurant and In Season Catering, music by Alexis Antes and by the

band BrokeNGLISH, a silent auction with more than 30 packages, and a raffle for a special "backstage tour" of Cogswell Hall.



Board members Marilyn Coleman and Devan Doss-Dupree visit one of several food stations. *Photos by Rob Sommerfelt*



Silent auction bidders took home art, theater tickets, hotel and bed-and-breakfast stays, sports tickets and memorabilia, dining opportunities and more.



Executive Director Diana Cyganovich tells guests why their support makes a difference in the lives of several specific Cogswell Hall residents.



Guests Alyssa Holznagel and Adam Harvey enjoy food, drink and conversation.

Many thanks are due to Coming Home's sponsors, the Ohio Capital Corporation for Housing, RPM International, Cleveland Public Power, Third Federal Savings and Loan, Crowe & Horwath, First Federal Lakewood, Novogradac and Tucker Ellis. Special thanks go to the Event Committee, co-chaired by Nick DiCioccio and Irene Patton, with a special leadership assist from Patricia DiCioccio; and to Master of Ceremonies Brendan Heil.

## Farewell, Gillian and Leon

Two staff members retired in September. Many thanks to Program Manager Gillian Civic and Janitorial/Housekeeping staffer Leon Mitchell for their years of work to keep Cogswell Hall a place of dignity, community, cleanliness and support for our residents.



Gillian (right) with colleague Diane Kragt  
Photo by Elise Bigley

Gillian served as Program Manager, our lead social worker, since 2004. She's still around for the foreseeable future, though, coordinating our in-house store, Cogsmart. See her in a video at the top of this issue.



Leon (right) with Executive Director Diana Cyganovich  
Photo by Hans Holznagel

Seven years on Cogswell Hall's janitorial and housekeeping staff was the capstone of Leon's career. He says he looks forward to more time to get work done around his own house!



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The *Cogswell Chronicle* is the monthly e-newsletter of Cogswell Hall, Cleveland, Ohio.

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