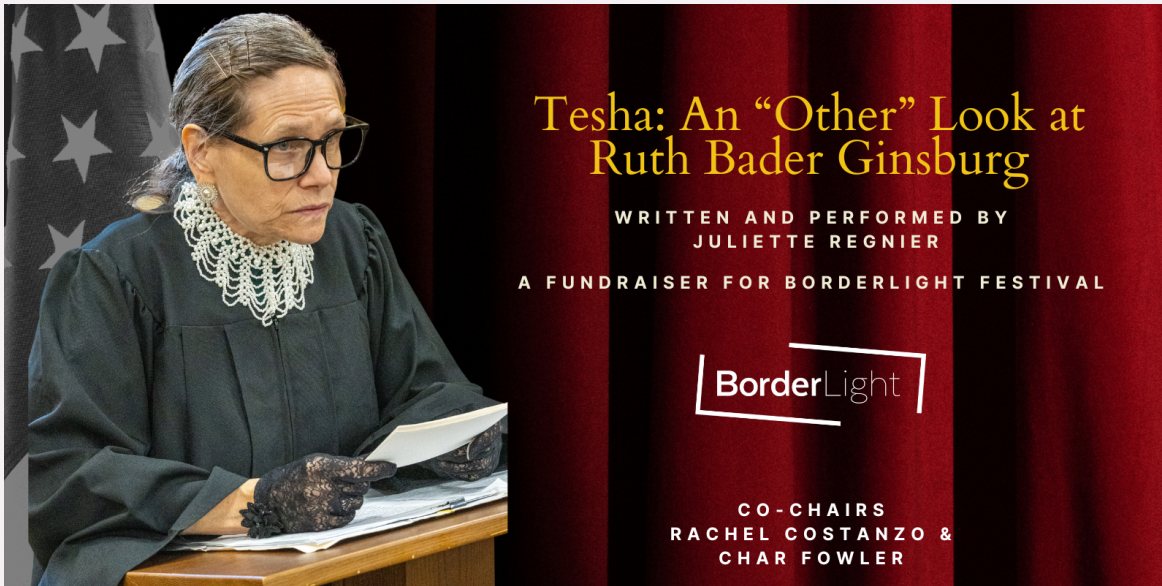




OCTOBER & NOVEMBER EVENTS



<https://www.eventcreate.com/e/ruthbader>

Please join us at beautiful Harcourt Manor on November 2nd for an opportunity to tour this historic Cleveland Heights home while supporting the BorderLight Festival. Enjoy a reception followed by a private performance of the sold out Audience Choice Award-winning show from our recent festival, Tesha: An “Other” Look at Ruth Bader Ginsburg. This intimate portrayal by creator Juliette Regnier is like sitting in Ruth’s living room and talking to RBG herself!

FALL FOREST FEST AT THE HOLDEN ARBORETUM

EVERY WEEKEND IN OCTOBER, 10AM TO 4PM

<https://holdenfg.org/events/holden-arboretum/fall-forest-fest/>

Costumes & Canines, Saturday, October 14th and Sunday, October 15th: Come in your favorite costumes, including your 4-legged friends.

Professional Pumpkin Carving, Saturday, October 21st and Sunday, October 22nd: The owner and lead carver of Illuminated Carves, Mike Pickett, will showcase his talents.

Flannels & Flights, Saturday, October 28th and Sunday, October 29th: Don your favorite pattern and look forward to flights of fall beers and wine. (alcohol sales are only on Saturdays).

FALL WAGON RIDES

<https://www.clevelandhayride.com>

Saturday, October 7th & Sunday, October 8th: Get a behind-the-scenes look at fall color with wagon rides throughout our gorgeous Display Garden.

LARCHMERE FAMILY FALL FESTIVAL

Saturday, October 28, 2023, 10AM-6PM

<http://www.larchmere.com/new-events/2022/10/29/larchmere-fall-festival>

Happy Halloween! This last Saturday of October is Candy Run day on Larchmere: that means candy for anyone in costume at participating locations, including at Loganberry! You can also register at Fiddlehead Gallery at 12736 Larchmere for the street wide Cornhole Competition with cash prizes.

At Loganberry Books, we invite you to our Spooky Scavenger Hunt designed for little folks, with clues to lead them to the various favors & treats hidden in the stacks of books. Who knows what surprises you will find between the volumes?

INSIDE THIS ISSUE

Eventspp 1 - 2

An Ode to Our Senior Letter Carrier, David Howell by Jeanne Somersp 3

Real Estate Value Improvements Since 2009 by Paul Stroudp 4

BOARD NOTES.....p 5

Tipping At Moreland Courts by Jan Devereauxp 5

The Three Major Upper Respiratory Infections This Autumn by Eric Schreiber, MD, and the Moreland Courts Medical Council ...p 6

Announcements and Save The Date.....p 7

Recipep 8



CLEVELAND INSTITUTE
OF MUSIC

Save The Dates

FALL SEMESTER RECITAL SCHEDULE

2023

OCTOBER 28, 2023 3:00 PM
NOVEMBER 11, 2023 3:00 PM
NOVEMBER 29, 2023 3:00 PM
DECEMBER 2, 2023 3:00 PM
DECEMBER 9, 2023 3:00 PM

Located in the Gallery

MORE DETAILS TO COME



Building a Solid Future For Shaker Schools

Moreland Courts Resident Scott Fine is pleased to invite you to an information session to learn more about the upcoming bond/levy to support **Shaker Heights Schools**, which will be on the ballot November 7th.

Wednesday, October 11, 2023
5:30PM – 7:00PM

Moreland Courts Gallery
Special Guests – Superintendent David Glasner & Shaker Heights
School Board member Jeff Isaacs

RSVP to borchertanne3@gmail.com

Find out more at
www.facebook.com/buildingshakerschools



Mebby and Maura invite you to join them for **BIG BATTLE OF THE SEXES!**

A Musical Theater Project Production
Wednesday, October 18, 2023 at 6:30 PM
in the Moreland Courts Drawing Room



It's a witty and delightful mash-up of musical theater songs that explain why the "battle" rages on—from the Gershwins' "Let's Call the Whole Thing Off" to Cole Porter's "I Hate Men."

A perfect date night with a twist!

Featuring **Nancy Maier, Joe Monaghan, Kelly Monaghan and Bill Rudman.**

Opening remarks will be provided by The Musical Theater Project's Founder and Artistic Director, **Bill Rudman.** Complimentary wine and cheese at 6:30 and performance at 7.



Please RSVP for this FREE event by Sunday, October 15, 2023

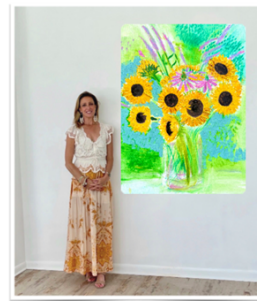
Sign-up sheets are located at Moreland Courts Reception



Formed 25 years ago, The Musical Theater Project is a unique "museum," its doors open wide both locally and nationally. Our mission is to preserve and honor 20th-century American musical theater in songs, stories and social history. We guide participants in learning about and making personal connections with the art form's past through local live performances and school programs, and in national radio broadcasts, online discussions and recordings. Learn more:

MusicalTheaterProject.org

~ Kate Geraci, Paintings ~ "Sunflowers" In Honor of Our Dear Friend ~ Caroline Oberndorf ~



Artist Reception

Friday October 20th, 2023, 5:30 ~7:30,
Moreland Courts Gallery
R.S.V.P. 440-478-9377
Bkate364@yahoo.com

Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.

An Ode to Our Senior Letter Carrier,

David Howell

by Jeanne Somers



Benjamin Franklin, Abraham Lincoln, Conrad Hilton, Bing Crosby, and William Faulkner all served, at some point in their lives, as postmen. Our letter carrier, David Howell, may not be a celebrity to the world at large. However, on the Moreland Courts campus, he is a towering presence. At 6' 3", the word "towering" can be taken literally, but anyone who encounters David soon understands that "presence" must be seen in broader terms.

David is a Clevelander born and bred. He is a graduate of St. Joseph High School where he excelled at math and science and, by his own admission, was a nerdy member of the Chess Club. After high school David enlisted in the Marine Corps, met the demands of basic training at Camp LeJeune and was selected for technical training at the Naval Air Station in Pensacola, Florida. His highly specialized duty assignments, including electronic surveillance, gave him an opportunity to travel to such far-flung locales as Japan, Vietnam, and Thailand.

At the end of his tour of duty in the Marine Corps, David returned to Cleveland and earned an Associate of Arts degree at Cuyahoga Community College. He remained at Tri-C in an adjunct faculty position, teaching math while completing a Bachelor of Arts degree in Philosophy and Religious Studies at Cleveland State University. Upon graduation from Cleveland State University, David applied for a position at both the Cleveland Fire Department and the United States Postal Service. He was accepted by both. At his mother's urging, he opted for USPS where he has worked for over thirty-eight years.

As a senior letter carrier, David is responsible for delivery of mail to the district that encompasses Moreland Courts. He picks up approximately six cubic feet of first class mail every morning at the Shaker Heights Post Office on Warrensville Center Road, sorts the pile into our various addresses, and delivers it safely into our mailboxes. In addition to this workload, David is also responsible for the daily collection of mail from three Blue Box receptacles in our district.

When he is not working, David reads voraciously, tends his garden, and enjoys time with his family. In addition to two grown children and three grandchildren, the family includes a passel of rescue dogs. At the present time, David provides the dignity of a loving home to a Pitt Bull, a Cocker Spaniel, and a West Highland White Terrier (aka Westie). Lucky for us, David Howell has no immediate plan to retire. However, when he does reach that golden time, he would like to indulge his love of Moorish culture and architecture with a trip to Southern Spain.

In the 1990s, the United States Postal Service adopted the slogan "We deliver for you." David Howell does deliver our mail reliably and securely, but he also delivers by enhancing and expanding our sense of community. For many of us, connecting with David on the backline, in the hallway, or at our mailboxes, is an event characterized by a quick upbeat conversation, and a sense that the gears of our daily lives are operating smoothly thanks to people like him.



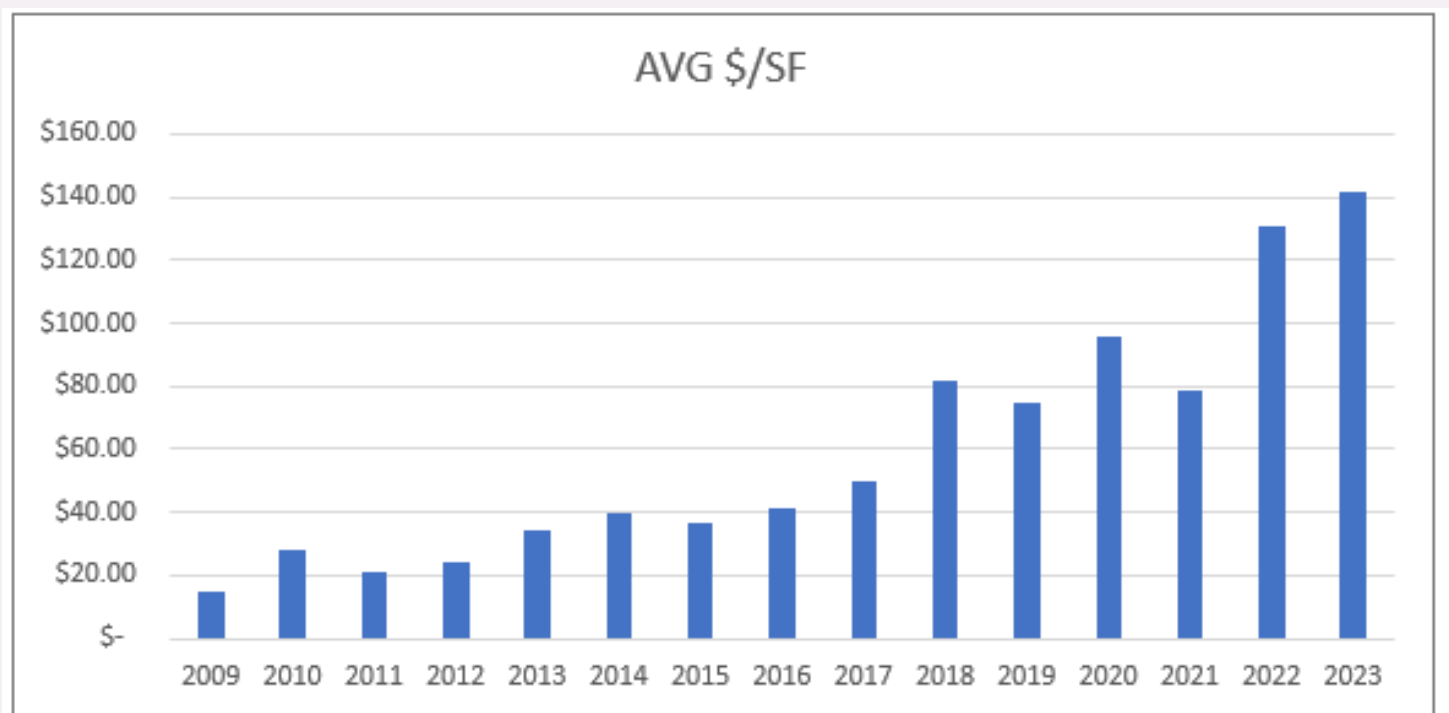
General Manager's Report

Real Estate Value Improvements Since 2009

by Paul Stroud

An important development for unit owners at Moreland Courts is the progress made with improved unit sales values over the past 15 years. Due to the need for the Master Plan initiative in 2003, the declining value of unit prices hit bottom in 2009 immediately following the master plan assessments that occurred at a total of \$14 million. Twelve million dollars of that was amortized for 20 years in 2008 following a \$2 million emergency assessment in 2002. This caused unit values at Moreland Courts to plummet as the added assessment increased monthly fees about 25% for unit owners. In 2015 we were able to renegotiate the terms of this loan with our bank, such that the loans were blended at a reduced interest rate. This allowed unit owners to prepay the outstanding principal related to their units. Since that time most unit owners have paid down their shares. There are only three and a half years left on this note ending the 20-year period of this assessment.

The chart below shows how prices per square foot for Moreland Courts units have improved since the Master Plan loan was put into place.



Though this chart shows the average sales amount per square foot, it is important to understand that the average does not necessarily represent what unit owners can expect from a sale. Within these figures are a broad range of unit sizes, locations, state of modernization and other factors that do not allow apples-to-apples comparison. The good news is that values have risen for all units, and investment has shown to be recoverable. Perhaps most importantly we are seeing values recovering, at scale, across the property. We see a good future for the Association and we are encouraged by our continued growth and strong financial condition.



BOARD NOTES

by Carol Lowenthal and Jessica Schreiber

The September meeting of the MCCA Board of Directors was held on Tuesday, September 26, accessible to all members of the Moreland Courts community on Zoom. Here are some of the highlights of the meeting:

Owner Comments and Concerns As always, the Board meeting opened with the opportunity for owner comments and concerns. An issue brought to the attention of the Board is addressed separately in a newsletter article from the Rules Committee.

Shaker Square Community partnership is one of the values in our MCCA Mission Statement. The successful restoration and reimagining of Shaker Square are in the interest of all Moreland Courts residents. On September 14, Board members attended a special work session to bring us up to date on the developments taking place at Shaker Square. Moreland Courts residents Art Falco, Ed Rybka and Jeff Wolk, and General Manager Paul Stroud, Jr. participated in the discussion. The consensus of the Board is to reach out to the residential communities on the south side of Shaker Boulevard with whom we share a common interest in the future of Shaker Square. Working together, we can communicate our ideas and concerns about Shaker Square. Another reason for Moreland Courts to have a voice in the planning process at Shaker Square is our ownership of the large parking lot behind CVS, which we lease to Shaker Square.

Enhancing the Resident Experience Under new business, the Board discussed formation of a new Resident Experience Committee to enhance the quality of life for Unit Owners at Moreland Courts. The committee would be responsible for organizing an orientation for new Unit Owners every spring. Additional duties would include support for the Monday morning Coffee & Conversation Group; cultural enrichment, e.g., chamber music concerts, guest speakers, art openings; assisting staff in planning the holiday party and summer picnic; and providing opportunities for community donations to nonprofit organizations. The Board will make a final determination on the formation and composition of the new committee at the October Board meeting.

Moreland Courts Interiors Another value in our Association's Mission Statement is to maintain our historically significant, architecturally distinctive buildings' interiors and exteriors, with consideration of historically appropriate standards.

The Board has decided to pause the activities of the Landmark Committee and instead start a project to run for 2024, to identify, clean, and restore the furniture and decorations in the public interiors of Moreland Courts. Board members Lloyd Owens and Chris Malstead were assigned to oversee this project.

The next meeting of the Moreland Courts Condominium Association Board of Directors is scheduled for Tuesday, October 24 at 7:00 p.m. A Zoom link will be sent out to unit owners a few days prior to the meeting.

Tipping At Moreland Courts

by Jan Devereaux
Chair, Rules Committee

Tipping is a part of our everyday lives. This is certainly true after excellent service with a meal in a restaurant, or room service at your favorite hotel. However, our MCCA Rules Book says that it is NOT appropriate for services at Moreland Courts. Our Rules Book states clearly, "All Association employees are compensated and therefore monetary tipping is prohibited."

Tipping is tempting though, especially when an employee provides exceptional service. So, how can we reward employees for exceptional performance? A verbal thank you certainly means a lot. An email or note to our General Manager Paul Stroud provides good feedback and creates a permanent record helpful for determining pay increases.

All employees receive our thanks through the Annual Holiday Fund Solicitation.

Moreland Courts rules also state, "All Unit Owners are encouraged to remember Association employees for their services during the year during that solicitation."

The Holiday Fund means a lot to our employees. Please think of them when you write your check for the Annual Holiday Fund Solicitation. Look for the letter from management in the near future reminding us of the opportunity to thank our employees with a monetary reward for their actions that prove so helpful.

The Three Major Upper Respiratory Infections This Autumn

by Eric Schreiber, MD, and the Moreland Courts Medical Council

The flu

The [CDC](#) does not equivocate about its recommendation for the flu vaccine. *“Routine annual influenza vaccination is recommended for all persons aged ≥6 months who do not have contraindications.”* The time to get the flu vaccine is RIGHT NOW. Flu season is coming on fast. The CDC is recommending that those 65 and older receive one of the high-dose quadrivalent vaccines. All the 2023-2024 flu vaccines are quadrivalent (four components that protect against different flu strains). The higher senior dose results in a better immune response. This is important since seniors are most vulnerable to severe illness and even death from the flu. The vaccine does not always prevent a flu infection, but it can lessen the severity of the symptoms.

COVID-19

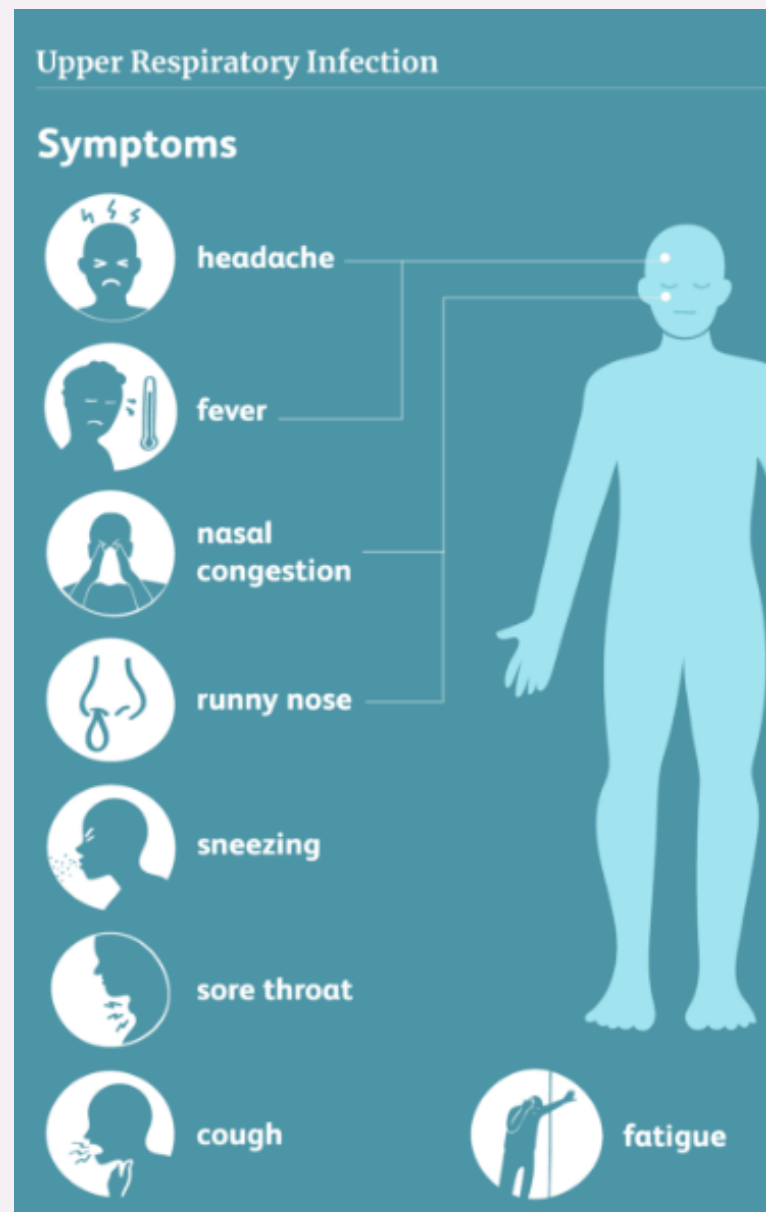
This virus is evolving continuously, making it a moving target. Fortunately, the vaccines have evolved as well. The 2023-2024 vaccine just released in September is different from the bivalent vaccine released a year ago. It is more effective against the current strains of Omicron. If you received the older vaccine more than two months ago, the CDC recommends receiving the new vaccine since its coverage more closely resembles the new strains of COVID that are circulating.

So, what if you have had COVID in the last several months? Recommendations vary. The longer you wait after recovering from COVID, the more effective the vaccine will be. However, the longer you wait as your immunity weakens, the more likely it is that you will get COVID again. So, timing is a tradeoff. Epidemiologist Dr. Katelyn Jetelina spends much of her time studying and keeping up with the data. In her [September 14 article](#), she has suggested, “Get vaccine 4 months after infection/previous vaccine. Don’t wait more than 6 months.” Many physicians recommend at least a 3 month wait.

Respiratory Syncytial Virus (RSV)

Each annual season, RSV causes 60,000-160,000 hospitalizations and 6,000-10,000 deaths amongst the 65 years and older population. The vaccine for RSV is new. The Pfizer version was approved in May 2023. This is what the [CDC](#) has to say about the vaccine for older adults. So far, the vaccine is withstanding the test of time. The CDC recommendation remains, *“Talk to your healthcare provider to see if the vaccination is right for you.”*

In summary, the CDC unequivocally recommends flu and COVID vaccinations (with the caveats above) for just about everyone. The vaccines save lives, decrease the chance of hospitalization, and lessen the likelihood and the severity of an infection. Their recommendation for the RSV vaccine remains murky, but the data continue to show that the vaccine improves outcomes.



SAVE THE DATE

ANNUAL

Holiday Party

LOCATED: In The Gallery

MONDAY

DEC 4 6PM

Invitation to Follow

THE MORELAND COURTS NEWSLETTER COMMITTEE

EDITOR

Eric Schrieber

BOARD LIASON

Kathleen Hickman

COMMITTEE MEMBER

Fran Golden

COMMITTEE MEMBER

Jeanne Somers

COMMITTEE MEMBER

Rosalie Litt

OPERATIONS MANAGER

Tiara Smith

COMMITTEE MEMBER

Rosalie Tyner

ADMINISTRATIVE ASST.

Tae'Lour Block

The Newsletter Committee takes responsibility for the content of the newsletter.

Questions and comments can be addressed to

editor@morelandcourts.com

FALL DUMPSTER

FALL CLEANOUT: Our 30-yard dumpster will return October 16th through the 27th. It will be located next to the wall across from the security office. If you need assistance getting rid of items, please place a work order to schedule a pickup.

REMINDER

We kindly request you to inform the reception and security whenever you are expecting a visitor. We consider anyone coming to see you as your guest, be it your family, friends, housekeepers, nurses, contractors, or delivery personnel. We care for your safety and well-being, and if we are unaware of your guest, we cannot permit them access without confirming with you first.

T H A N K Y O U.....

Moreland Courts has been working diligently around the building. We appreciate your patience with all the construction activity and noise.

We are constantly being proactive in preserving this historical property.

Jessica's Butternut Squash Bisque

Makes 4 Servings

Ingredients:

- 1 Tbsp vegetable or olive oil
- 1 Tbsp unsalted butter
- ½ - 2 tsp curry powder
- ½ cup diced onion
- ¾ cup diced carrots
- 4 cups peeled, cubed butternut squash
- 3 cups chicken or vegetable stock
- Salt & pepper to taste
- Ground nutmeg to taste
- ½ cup heavy cream



Crème fraiche and fresh herb (cilantro, basil, parsley, pumpkin seeds) for serving

Preparation:

1. Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil until tender. Add the curry powder to taste.
2. Mix the carrots and squash into the pot. Pour in stock (enough to cover the vegetables), and season with salt, pepper to taste.
3. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 20 minutes.
4. Using a blender, immersion blender or food processor, puree the soup mixture until smooth. Return to the pot and stir in the heavy cream. Taste again for proper seasoning. Heat while stirring, but do not boil.
5. Serve warm with a dollop of crème fraiche, a grating of nutmeg, and sprinkle of fresh herb, e.g. cilantro, parsley, basil, pumpkin seeds.