

NEWSLETTER

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**Painting by Emily Moores
Photography by
Chloe Lang**

October & November Happenings

The Cleveland Museum of Art

Renaissance to Runway: The Enduring Italian Houses. November 9 through February 1

This exhibition explores the art that has inspired fashion “houses” from the Medici of 15th century Florence to Versace. Tickets are required and can be obtained at

<https://www.clevelandart.org/home>

Music, Music, Music

Apollo's Fire - <https://apollosfire.org>

Cleveland's GRAMMY-winning international Baroque orchestra launches its 33rd season with the following performances in our neighborhood. See the northeast Ohio 2025-2026 schedule [here](#).

Hope and Solitude

Presented by Apollo's Fire. Countertenor Reginald Mobley will perform the music of Purcell and Bach. Friday November 14 and Saturday November 16, 7:30 p.m. at Saint Paul's Episcopal Church.

The Cleveland Institute of Music

The CIM Orchestra will celebrate the grand re-opening of the renovated Kulas Hall. Throughout the year CIM offers an extensive array of solo, chamber, and large ensemble concerts. You can find the full CIM schedule and reserve free seating passes for the October 3 concert and all other performances at <https://www.cim.edu/concerts-events> .

Shaker Heights Public Library Tech Expert

Need help setting up an email account, preserving and organizing the photos on your phone, using Microsoft Office? The Tech Studio of the Shaker Heights Public Library (16500 Van Aken Blvd) offers free, walk-in technical assistance from 2:00 p.m. to 4:00 p.m. on the following Thursdays: October 23, November 6, December 4, December 18. Free one-on-one technology assistance is also available by appointment. For additional information see training@shakerlibrary.org or call 216-991-2030.

BRAIN HEALTH AND AGING

By Michael Devereaux, MD

The ravages of dementia are well known to all. In 2025 it is estimated that 7.2 million Americans age 65 and older, two thirds of whom are women, suffer from Alzheimer's Disease. While science is slowly gaining a better understanding of the biology underlying Alzheimer's, and several new drugs recently introduced appear to slow progression, we are nowhere near a truly effective treatment.

However, there is some good news pointing to how we can help ourselves impact cognitive challenges and social decline. In July the results of the US POINTER study (United States Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk), funded by the Alzheimer's Association, were published in the July 2025 issue of The Journal of the American Medical Association (JAMA). This study addressed the question of whether multidomain lifestyle interventions can retard cognitive decline in older adults (age 60-79) at risk for developing cognitive decline/dementia and loss of social engagement. ([See the article abstract here](#).) Over 2,000 at risk individuals were enrolled in the study. In a random fashion half were assigned to a closely monitored group and half to an unmonitored self-guided group. The following lifestyle interventions were continued for both groups for the two years of the study:

- Regular moderate to high intensity physical exercise including aerobic activity, resistance training, stretching, balance and range of motion.
- Adherence to a MIND (mediterranean-DASH [Dietary Approaches to Stop Hypertension] Intervention for Neurodegenerative Delay) diet (a combination of a Mediterranean and DASH diets emphasizing leafy greens, berries, nuts, whole grains, fish, olive oil, while limiting red meat, sweets, cheese, butter, fried foods.
- Social engagement (hermits do not do well).
- Cardiovascular health monitoring (seeing a physician as needed).

What this study revealed is that there was actual improvement in global cognition over the two years, more so in the closely monitored group, but still statistically significant improvement in the self-guided group. The study participants are going to continue to be followed long term with the likelihood of future medical literature updates.

The good news from this study is that we older adults can help ourselves improve our cognition with lifestyle modifications. A like study from Finland published in the June 2015 British medical journal Lancet revealed similar results. ([abstract here](#)) The results of these studies taken together point to the likelihood that a set of lifestyle modifications may delay the onset and slow the progression of dementia. In addition, I would state the obvious that one should not wait until age 60 to instigate these lifestyle modifications! In summary I would urge all Moreland Courts residents to stay socially active, eat a healthy diet, exercise regularly, and see your physician for good health maintenance.

Michael Devereaux, MD has been a Staff Neurologist at University Hospitals and Professor, Department of Neurology The Case Western Reserve University, School of Medicine.

A TAIL OF TWO CATS

By Pat Brownell



Budapest

Budapest lives with his humans in Moreland Courts, Building 10. He is a little black shelter kitty who was born in a garage with feral cat parents in Geauga County and brought to Rescue Village with his littermates by a Good Samaritan. The staff named him Bugsy, but his new humans thought Budapest was more cosmopolitan.

Budapest's humans and Walnut's mom planned their adoptions together so they could take care of each other's cats when they traveled. Walnut's mom had planned the first trip, so she brought Walnut to Budapest's home to test the waters: could these two male cats get along?

Perhaps Budapest was having an identity crisis. He spent time alone in his bedroom. His humans were very kind. They bought a fancy collar for him with a big bowtie. They called him best boy, petted him, and gave him toys and dried shrimp treats. But would he ever again see another cat? Had he been transformed into a tiny human with fur? *Who was he?*



Walnut

Walnut lives with his human mom in a big house in Shaker Heights. He is a high-priced, purebred Himalayan. When he came to his new home, he was a little ball of fur, looking like a peanut. Before long, however, he was too big to be a peanut, so he was named Walnut.



Continued on next page

One day, he heard voices in the hall. Who's there? Slinking out to investigate, he found himself suddenly face-to-face with – Walnut! This was no ordinary cat, though. This was a Royal Cat. It was The Lion King. Budapest sank to the floor in a deep cat bow, as Walnut swept past him with barely a glance, inspecting his new vassal as he went.

The front door closed. Walnut's human mom had left. Walnut was going to stay! Nothing so thrilling had happened to Budapest in his whole life. Budapest crawled up to him on his tummy. *Welcome to my humble abode. Everything I have is yours, sir!*



The Takeover

Walnut swept past Budapest and took over his food bowl. Then his water bowl. Then his litter box. Finally, he took over Budapest's bed and fell sound asleep. The next morning, Walnut continued his exploits like the Lion King he was. He took over the dining table, then the sofa. Finally, he took over Budapest's human dad's chair. Walnut had taken over Budapest's entire household without a single roar. What a powerful cat!

The Tables Turn

The next week, after Walnut's human mom took him away, Budapest's human mom put Budapest in his carrier. He hated the carrier because it had always meant a trip to the vet. As usual, he threw up in the car. Wait! This wasn't the way to the vet's. The car stopped in front of a palace, four stories high with a bright red front door. Could this be Walnut's Royal Residence?

Budapest's human mom brought the carrier inside and opened the top flap. Where was Walnut, The Lion King? Suddenly, Budapest noticed a skinny little runt staring at him. What is that? It looks like a sheared Pekingese. Is this Walnut's servant? No! This was Walnut, shaved. He didn't look regal at all. Without his fur, he was half Budapest's size.

At that moment, the scales fell from Budapest's eyes. Walnut was no Lion King. He was just another cat, and a little furless squirt at that. Walnut pounced on Budapest and ran off with a mouthful of black hair. But now, Budapest knew the truth about Walnut. Budapest was no longer afraid to pounce back.

Little by little, Walnut and Budapest realized they were equals, not king and vassal, and now they are BFFF's (Best Furry Friends Forever.) Their favorite activity is napping together in matching curly cat beds. Nothing is more wonderful than being a cat, dreaming the day away with your best friend. Purrfect.



The Holiday Fund for Hourly Employees

By Paul Stroud
General Manager

Every year Moreland Courts residents have generously contributed to the annual Holiday Fund for our hourly employees. This allows the Association to distribute meaningful Holiday gifts, which are greatly appreciated by our employees.

Since my first holiday season here, the total annual contribution has grown from \$30,000 in 2014 to over \$80,000 in 2024. The total contribution over that 11 year span has been \$564,832. The funds are distributed a couple of weeks before the Christmas holiday. Our staff is extremely grateful as it brightens their holiday, and in some cases enables engagement with their own philanthropic efforts as well.

Residents will soon be receiving a letter notifying them of the option to contribute to the Holiday Fund. These contributions from Moreland Courts residents to the Holiday Fund present an opportunity to thank our employees. All of us share this chance to spread the holiday cheer created by the altruism shown by our community.

Thank you.

Paul

The Pleasure of Voice, Music, Space and Movement at the Met, the 2025-26 Season

By Chuck Scillia

The award-winning series “Live in HD” continues a long tradition of the Metropolitan Opera’s transmissions of live performances around the world and in our neighborhood at the Cedar-Lee Theatre. While there is no substitute for attending a live performance, this comes close and has some added benefits. You do get the best seat in the house (literally, a lounge chair at the theater), and an intimate view of the stage with easy-to-read subtitle translations. The camera work makes you feel almost a part of the production. After each act, you will get to see and hear interviews with the singers as they come fresh off the stage, and comments by set and costume designers, and by conductors, and directors. This season combines familiar operas with exciting forays into new worlds of love, passion, art, conflict and triumph. (Schedule details and ticket prices can be found at the [Cedar-Lee website](#).)

- Sat., Oct. 18, 2025. V. Bellini “La Sonnambula”
- Sat., Nov. 08, 2025 G. Puccini “La Bohème”
- Sat., Nov. 22, 2025 R. Strauss “Arabella”
- Sat., Dec. 13, 2025 U. Giordano “Andrea Chénier”
- Sat., Jan. 10, 2026 V. Bellini “I Puritani”
- Sat., Mar. 21, 2026 R. Wagner “Tristan und Isolde”
- Sat., May 02, 2026 P. Tchaikovsky “Eugene Onegin”
- Sat., May 30, 2026 Frank / Cruz “El Último Sueño de Frida y Diego”

At the Cedar-Lee, 20 minutes before each performance, a member of the Cleveland Opera Theater gives a short, informative talk about an aspect of the production. As the lights dim you are transported to the Met’s main hall via satellite to await the anticipated call at 12:55, “Maestro to the Pit.” The baton drops and the opera begins. The musicians, the principal singers and the chorus are always at the top of their game. Gone are the days of tenors, baritones, and sopranos standing motionless delivering their arias. Today, in these more physical productions, the singers move with passion, gesture with interpretation and actually act their roles, all the while maintaining a high quality of vocal range and power. All of this is captured by fluid camera work and tiny wireless microphones worn by the singers.

For the next four hours, the world outside gives way to the magical moments on stage and our imagination. The theatre audience cannot help but join those at the Met, by clapping without embarrassment at a brilliant aria and joyously awarding the cast with ovations as the curtain drops. After the final curtain calls, some of us stroll across the street to Dewey’s Pizza or another nearby establishment for refreshment and lively discussion and critique, reliving the opera experience and prolonging the pleasure of a well-spent afternoon.

In addition, the Cedar-Lee will offer encore performances the Wednesday evening following each opera as well as special holiday presentations.

Emily Moores Presents Her Art In the Moreland Courts Gallery

Edited by Eric Schreiber

The residents of Moreland Courts have the privilege of enjoying the artwork of Emily Moores. Emily is the daughter-in-law of residents Dena Magoulias and David Beach. The exhibit will be on display until mid-November.

I am including Emily's "bio" and a sampling of her art:



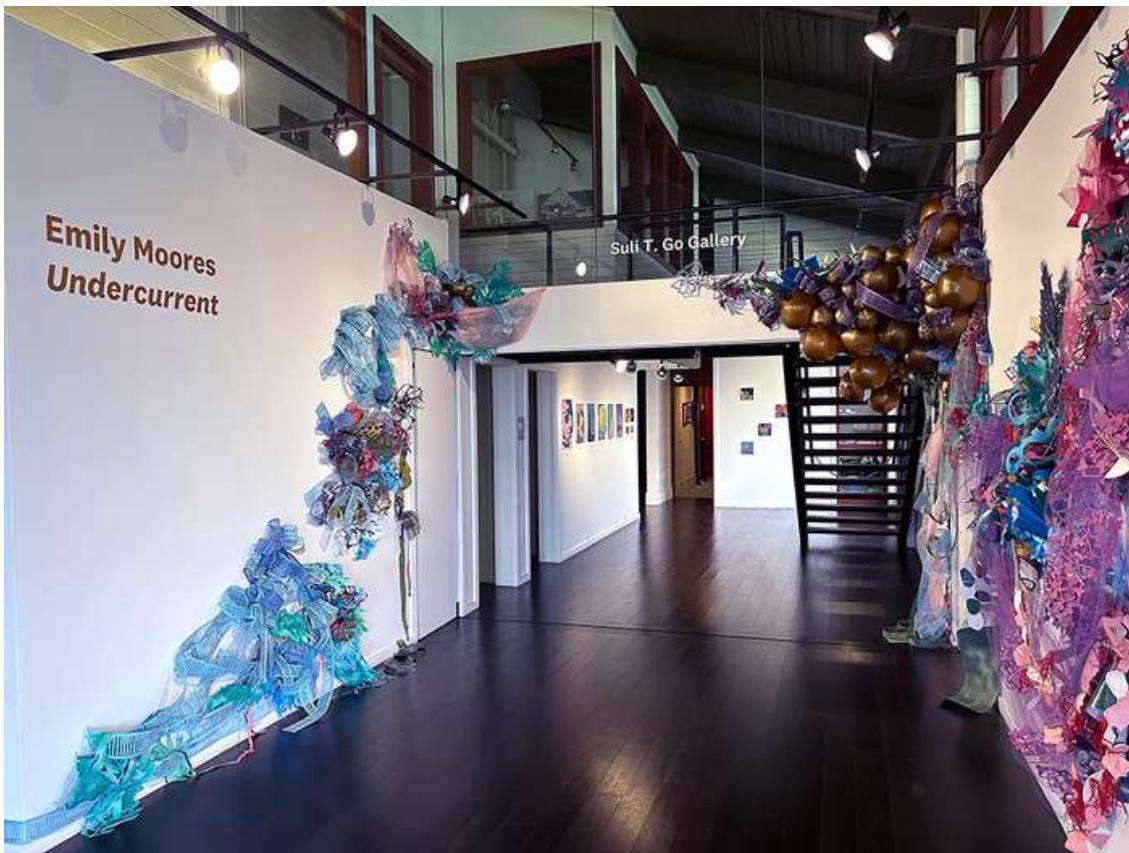
Biography

Emily Moores is a visual artist living and working in Cincinnati, Ohio. She earned her BFA from The Cleveland Institute of Art in 2008 and her MFA from The University of Cincinnati in 2014. Her work consists of hand-cut and ornately layered materials, which create both wall works and large-scale installations. Emily's work investigates the playful engagement of the body as essential to understanding and experiencing spaces or objects.

Emily was selected as one of the Women to Watch 2020 by the Ohio Arts Council's Riffe Gallery in collaboration with the Ohio Advisory Group of the National Museum of Women in the Arts. She created 'Let's Celebrate,' a large-scale installation consisting of wood, paper and fabric. With a party-like atmosphere, this work immersed the viewer in a celebration.



Continued on next page



She has shown her work nationally, including the Akron Art Museum (OH), the Contemporary Arts Center (OH), the Ruffin Gallery (VA), the Loudon House (KY), and the Edward A. Whitney Gallery at Sheridan College (WY). Emily Moores was a recipient of the Ohio Cultural Arts Individual Artist Award, the Summerfair Individual Artist Grant and the ArtPrize Seed Grant.

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The Newsletter Committee takes responsibility for
the content of the newsletter.
Questions and comments can be addressed to

newsletter@ejschreiber.net



Champagne Reception
for
Paul Stroud
Friday, October 24th
Five – Seven PM
The Moreland Courts Gallery

R.S.V.P. by October 10th
MORELAND COURTS RECEPTION
216.751.1100

Reception@morelandcourts.com

This Friday!