

NEWSLETTER

INSIDE THIS ISSUE

Sale of 0.75 Acres
... page 2

An Interview with
Julie Anderson
... pages 3-4

Things To Do
... pages 5-6

Morelands Group
... pages 7-8

Brain Drugs
... pages 9-10

Prescription Drug
Consumer Advertising
... page 10

The History of
Shaker Square
... page 11

Happy Hour!
Feb 13, 5pm
... page 12



Update on Potential Sale of 0.75 Acres Of Condominium Property

Board President Gordon Wean wrote to owners the day after our last Board meeting to provide an update on the potential sale of 0.75 acres of condominium property to Places Development, a development company owned by Dan Whalen.

Before proceeding, our Declaration and By-Laws required support from at least 75% of owners (by voting percentage). The vote occurred during January, with the final results as follows: 80.98% voting “in favor,” 8.69% voting “against” and 10.33% not voting. Put differently, over 90% of those who voted, voted “in favor.”

During last week’s Board meeting, the Board authorized the Development Committee (at that time consisting of President Gordon Wean, Vice President Jeff Callahan, Treasurer Scott Fine and Facilities Chair Ed Rybka) to interview and hire legal counsel to represent us in this potential transaction and to negotiate a purchase and sale agreement with Dan Whalen. After evaluating five firms, the Committee engaged Frantz Ward and Kaman & Cusimano to advise us on the transaction. The committee also added Steve Litt as a member.

The full Board will ultimately need to approve the purchase and sale agreement.

Several issues were raised by owners during the voting process, all of which will be addressed to our satisfaction in any final agreement. These issues include (i) preventing the developer from selling his rights to someone else, (ii) ensuring the project ultimately designed and built is to our reasonable satisfaction and, (iii) if the land sale occurs but the project is not ultimately started, providing us the right to repurchase our land.

We expect to negotiate a purchase and sale agreement before the end of February. We will keep you apprised of any major developments.

Once an agreement is signed, Dan Whalen will begin his due diligence work regarding matters such as environmental, title encumbrance, limitations on use in terms of zoning and historic district restrictions, and easements, among other work streams. At the same time, as with any development project, Dan will engage with all interested parties to garner support including our owners, Cleveland Neighborhood Progress (the current owner of Shaker Square), other neighborhood organizations like the Morelands Group, Shaker Square Area Development Corporation (SHAD) as well as our neighbors who will also be impacted by the development, generally referred to as CHALK (Cormere, Haddam, Ardoon, Larchmere and Kemper.)

Stay tuned.

Scott Fine, Treasurer, MCCA Board
On behalf of the Development Committee

An Interview with Julie Anderson

By Jessica & Eric Schreiber

Recently, we had the opportunity to sit down for an interview with Julie Anderson, Moreland Court's new General Manager, for a free ranging discussion. Here are some of the questions we asked with her lightly edited answers:



As a lifelong resident of Shaker Heights, what did you know about Moreland Courts before you became our General Manager?

I have known about Moreland Courts for a long time. I have known several people who lived here previously and current residents as well. During my time at Judson Manor, we had several residents who had moved from Moreland Courts. I think it makes perfect sense because the architecture and historic charm are similar and made it feel like home for them.

Moreland Courts has always had a good reputation. If you grew up on the east side of Cleveland, you probably know about Moreland Courts. What gave it a great reputation was, first of all, the beautiful historic building. Moreland Courts always had the reputation of being high end and very well run, with lots of services not found in other condominium or apartment buildings. I felt that Moreland Courts was a New York kind of place in Cleveland.

What are your thoughts about the daunting challenge of managing our 100-year-old buildings on the National Register of Historic Places?

It is a lot of responsibility. I am familiar with the things that can go wrong and the challenges. The most important thing is finding the right vendors to do the work. There are some vendors who are more experienced working on historic buildings and are better at implementing up-to-date technology while keeping the historic integrity. There is a good list of people who are used to working with historic buildings like Moreland Courts and good resources for finding them.

Increasingly, Moreland Courts is home to an older population of owners. What do you see as the challenges of aging in place here? How has your past experience with older adults informed you on this issue?

Increasingly, people want to stay in their homes and get their services there. I think having a list of some services that can help is valuable. I do not know what is currently being done at Moreland Courts in that regard. Eventually, there is a tipping point where you have so many services that you are actually paying more than you would if you moved into a Judson or senior living facility.

Continued on next page

There is new technology that helps people age in place. You see people with alert pendants, cameras, and other emergency devices. These devices are important and can keep you independent in your home longer.

Moreland Courts is adjacent to a struggling neighborhood. The revitalization of Shaker Square remains a challenge, and many of our neighboring apartment buildings are in foreclosure. What do you see as Moreland Courts' role in Shaker Square?

I am aware of what's going on at Shaker Square and the changes over the last few years.

Shaker Square is a great historic place! I would love to see the space behind the CVS building developed. I think that is positive development. I have on my To Do list to meet with Tania Manesse from Cleveland Neighborhood Progress. I would like to get more involved and informed of what is really happening with Shaker Square. I love the area and I think it is important.

What happens at Shaker Square will make a big difference to the people who live in the surrounding areas. The right development will get more people coming to the neighborhood and wanting to live around the Square. Having a walkable neighborhood draws people in.

Anytime you build on something that was not doing anything, like the lot behind CVS, that is a positive. Anytime you are bringing in fresh new ideas, it might inspire others to invest, whether it is stores or other vendors that might have an interest in Shaker Square.

What excites you about the future of Moreland Courts and what are your concerns?

I think it is a great time to come in here. Paul left Moreland Courts in great shape. I thank him for that. I love the historic buildings and their charm. And I also understand the challenges and work it takes to maintain.

I am excited about managing a place where people live — an interesting collection of people, too! I love that.

In any job I have had, it is the people that I am serving and the people I am working with that make it worthwhile. I care about them. I want to do the best for them.

Moreland Courts is a wonderful and interesting community. The people here have so many different backgrounds. The committee structure indicates there is a lot of resident involvement and a lot of collaboration between staff and residents.

What are my worries about Moreland Courts? There are some concerns, but they are being addressed and we are moving forward because we have such a resonant group here — a good board and people with lots of expertise in different areas. Everybody who lives here is invested in wanting Moreland Courts to be the best. The way to get there might be different for each person, but I think we all have the same goal and that creates cohesion.

Things To Do

Cleveland Botanical Garden

[Orchid Rodeo](#)

February 14 – April 5, 2026

[Steeped in Love: ChocolaTea™ Tastings](#)

Sunday, February 15, 2026 2:30 pm – 5:00 pm

Price: \$55 per member, \$60 per nonmember

[Click on the events in blue to go to the web sites](#)



[Choir of Westminster Abbey](#)



April 29, 2026 7:30 pm – 9:30 pm
2747 Fairmount Blvd, Cleveland Heights

Tickets required, \$25 general admission. Purchase online:

<https://square.link/lule9DeYoXt>

[“Evening of Independent Medieval Women”](#) [book event and beer tasting](#)



February 12, 2026 7:00 – 8:30 pm
13015 Larchmere Boulevard, Shaker Heights

Continued on next page

Continued from previous page

Chamber Music in the Atrium:
Oberlin Danenberg Honors Recitals



February 11 & February 18, 6:00 –7:00 pm

Free; No Ticket Required



Asia Plaza Lunar New Year

February 14 & 15, 10:00 am – 4:00 pm

2999 Payne Ave, Cleveland

Queens Girl: Black in the Green Mountains
by Caleen Sinnette Jennings

Karamu House and Theater

February 13 through March 8 at various times

2355 E 89th Street, Cleveland



Pancake Breakfast
With the Birds 2026

February 21, 2026 at 8:00 am – 12:00 pm

2600 South Park Blvd, Shaker Heights

Total Lunar Eclipse
Tuesday night, March 3, 2026





The Morelands Group extends its thanks

Lynn Callahan and Sarah Wean, and the [Morelands Group](#) thank the Moreland Courts neighbors who attended the January 12th Coffee and Conversations presentation by our group, highlighting our advocacy for the apartment corridor of Shaker Square. We extend special gratitude to Rhea Elliott and her staff for their set-up assistance and to Bill and Stacey Lang for hosting.



For more information please visit our website: morelandsgroup.org. We also invite you to read [Battle over future of iconic Shaker Square apartments is tipping point for historic corridor](#) at Signal Cleveland [signalcleveland.org] (see photographs next page)

Our general meetings are open to all, either by Zoom or in person. Add your ideas, hear what's happening in nearby apartment buildings, and stay connected with the neighborhood. We meet on the first and third Tuesday of each month at 9:30 a.m. at the Shaker Square Welcome Center (southeast quadrant, between the animal hospital and Captain Tony's Pizza). To receive the Zoom link sign up at morelandsgroup.org. Or email Meg Weingart, Convener, at meg@morelandsgroup.org and she will sign you up.

We are deeply grateful for your interest, your engagement, and your support.

Sarah Wean
for the Morelands Group



[Ludlow Castle](#), a vacant apartment building



Brain Health Supplements

By Michael Devereaux, MD



Nootropic supplements, sometimes known as “smart drugs,” sold over the counter (OTC) are a group of chemicals promoted as cognitive/memory enhancers. Some of these agents are marketed in various combinations and concentrations under several brand labels such as Prevagen (the most popular), Neuro-Thrive, NeuroPrime and the like. In 2024 combined “smart supplement” sales in America totaled

approximately \$2.66 billion, a dollar amount that is continuing to grow. Given that concern over memory loss is a common complaint in older Americans, memory enhancer supplements are in wide use in this population.

Supplements in general are not treated the same way prescription drugs are treated by the Federal Drug Administration (FDA). The Dietary Supplement Health and Education Act of 1994 (DSHEA) limits the FDA’s regulatory authority such that dietary supplements are categorized as a food instead of a drug. Supplement manufacturers do not have to prove their effectiveness, only that they are safe. However, the DSHEA does not permit claims that supplements “mitigate, treat, cure or prevent a specific disease or class of diseases.” Therefore, with regard to nootropic supplements no claim can be made that they treat specific neurologic disorders such as Alzheimer’s Disease. Thus, claims center around only that they improve memory and cognition. Is this true? There are no credible scientific studies (in particular, double-blind studies) supporting such claims. Briefly stated my answer is “NO,” they do not work. The claims that they are effective are largely based on testimonials and sometimes vague unscientific studies. Regarding testimonial support, keep in mind that the placebo effect is powerful and can have an impact as great as 40%. In summary it is amazing what can be claimed if you don’t have to prove it!

So, is there anything we can do to improve cognition/memory? Remember the [US POINTER Study results published in July of this year in the Journal of the American Medical Association \(JAMA\)](#), details of which were reviewed in the November Moreland Courts Newsletter. A study overview by the Alzheimer’s Association can be found [here](#). It revealed that a combination of lifestyle interventions including improved nutrition, cognitive and social challenge, regular exercise and health monitoring improved cognition in older adults who were at risk for cognitive decline.

Continued on next page

Continued from previous page

Therefore, the Moreland Courts Medical Council recommends not wasting money on OTC cognitive/memory enhancer supplements, but instead working on the US POINTER Study recommended lifestyle interventions.

**Michael Devereaux, MD has been a Staff Neurologist at
University Hospitals and Professor, Department of Neurology
The Case Western Reserve University, School of Medicine
Member, Moreland Courts Medical Council**

Beware of Direct-to-Consumer Advertising (DTCA) of Prescription Drugs

By William A. Schiavone, DO, FACC



While DTCA might encourage patients to engage in their own health care via informing them about their disease, the idyllic ads might over-emphasize treatment benefits and under-emphasize treatment risks. Only two countries in the world permit DTCA: The USA and New Zealand.

Certainly, if you trust your doctor and your doctor knows you, your doctor's diagnostic and therapeutic decisions should be more pertinent to you than an ad created by a pharmaceutical company that is intended to promote sales.

In cardiology there is a plethora of DTCA of prescription drugs for diseases like cardiac amyloidosis, hypertrophic cardiomyopathy and hyperlipidemia. An informed physician will diagnose if you have a particular disease, choose the best treatment by knowing your personal risks and monitor your progress.

**William A. Schiavone, DO, FACC
Cardiologist, retired from The Cleveland Clinic
Member, Moreland Courts Medical Council**



Join historian Virginia Dawson to discover how Shaker Square emerged as an innovative business district that combined visionary urban planning, modern retail concepts, and community-centered design. Tania Menesse, President and CEO of Cleveland Neighborhood Progress, will also speak on the commercial development of Shaker Square, offering insight into its economic vision and evolution. Learn how this landmark development reflected Ohio’s spirit of enterprise and continues to serve as a model of thoughtful commercial innovation nearly a century later.

February 12, 7:00 to 8:30 pm
Shaker Heights Public Library

Details & registration [here](#)



It’s not snowing
everywhere

THE MORELAND COURTS NEWSLETTER COMMITTEE

EDITOR

Eric Schreiber

COMMITTEE MEMBER

Kathleen Hickman

COMMITTEE MEMBER

Fran Golden

COMMITTEE MEMBER

Patricia Murphy

COMMITTEE MEMBER

Pam Hamilton

COMMITTEE MEMBER

Jeanne Somers

COMMITTEE MEMBER

Chuck Scillia

COMMITTEE MEMBER

Rosalie Litt

ASSISTANT

FACILITIES MANAGER

Rhea Elliott

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

Questions and comments can be addressed to

newsletter@ejshreiber.net

Resident Experience Committee
HAPPY HOUR

Friday,
February 13.

5-7

MORELAND COURTS GALLERY

BYOB - NO RED WINE

Sweets & Savories will be served

Gary Richards at the piano

RSVP by Feb. 6 to Moreland Courts Reception:
216-751-1100 or reception@morelandcourts.com