



# The Jenkins Observer

August 2021

## MAYOR'S MESSAGE



We are well into summer now and we have made many wonderful memories here at Jenkins Place. We hope you all had an enjoyable and safe 4th of July!

We would like to wish our Mind Challenge Teams good luck as they compete with other local senior centers.

We look forward to hosting you for Music on the Bridge, Friday, August 6th at 5pm, featuring live music with the Rock Hard Cleveland Band.

We also invite all seniors and their families to help us celebrate our very own Olympic athlete, pole vaulter, Katie Nageotte at the Village Green on Friday, August 13th, from 5:00-8:00pm

It looks like Carrie and Tricia have some wonderful activities planned for August. New this month is Mahjong lessons in our game room on Wednesday afternoons and Yoga with local business owner Kelly Patrick, Circle of Life Yoga.

It's been great seeing you all so active this summer!

See you soon & take care,

Mayor Graven



### PROGRAM COORDINATORS TRICIA & CARRIE

We are very excited to serve our community!  
It was so nice meeting a lot of you throughout the Summer at Jenkins Place. If we haven't met yet, we really look forward to meeting many more of you!

### CONTACT INFORMATION :

**PROGRAM COORDINATORS: Carrie Zdilla & Tricia Vidovich**

**EMAIL:** [jenkinsplace@olmstedfalls.org](mailto:jenkinsplace@olmstedfalls.org)

**ADDRESS:** 26100 Bagley Road, Olmsted Falls, OH 44138

**FACEBOOK:** <https://www.facebook.com/OlmstedFallsOH>

**PHONE:** (440) 427-2519

**WEBSITE:** [www.olmstedfalls.org](http://www.olmstedfalls.org)

**OFFICE HOURS:** 9:00 am - 2:00 pm

## TEA TIME

Monday, August 2nd @ 10:00am

Bring your favorite china teacup and join Rachel from Caring Transitions for a chat & breakfast treat. We'll catch up with what is going on in your world and Rachel will have some fun conversation starters too! If you don't have a teacup, don't worry we will have one for you.



## ICE CREAM & MUSIC SOCIAL

Thursday, August 5th @ 12:30pm

Enjoy ice cream treats and the sounds of the **Travelin' Man Duo**. Mark Warrick and his duo perform favorite hits of the decades from the 60's to the present.

Sponsored in part by O'Neil Healthcare.

Please reserve your spot!

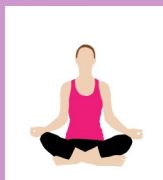


## CHAIR YOGA

w/Erin Kelley Ashworth

Monday, August 9th @ 10:00am

Erin teaches yoga in Ireland where she resides, she will do a special class with us while visiting family here in Olmsted Falls. Sign up required.



## ARTHRITIS & BACK PAIN

w/ Tom Strong

Monday, August 9th @ 12:00pm

Learn non medical approaches to treating arthritis & back pain.

Lunch and program sponsored by Ayden Healthcare of North Olmsted.

RSVP required.



## LUNCH N LEARN MEDICARE 101

Thursday, August 12th

@ 12:30pm

w/ Angels Care Home Health

Home Health 101

What is it? Who pays for it?

Why do I need it? Reservations required.



## LUNCH BUNCH OUTING TO BURNTWOOD TAVERN

Thursday, August 19th

@ 12:30pm

5600 Great Northern Blvd North Olmsted, OH

Reservations required. Please call 440-427-2519 for more information or to reserve your spot.



## CHAIR YOGA W/KELLY PATRICK CIRCLE OF LIFE YOGA

Monday, August 23rd @ 10:00 am

Dress comfortably and bring your water.

Chairs are provided. Reservations are required.

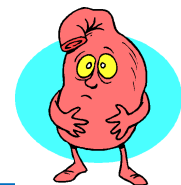


## GI HEALTH

With Marie Grosh, NP

Monday, 23rd @ 1:00pm

Office Hours 2:00-4:00pm



## MUSIC THERAPY

Thursday, August 26th @ 12:30pm

Join The Music Therapy Enrichment Center and engage in a variety of musical activities which include singing, playing instruments, conversation and participating in music trivia. Reservations required.



## AARP DRIVER SAFETY COURSE

Monday, September 20th. 9am-1pm

Space is limited and this is a pre-paid program.

Call to reserve your spot.

## ESTATE PLANNING FOR EVERYONE-NAVIGATING THE CURRENT CLIMATE

w/Margie Karl, Attorney

Monday, August 30th @

12:30pm

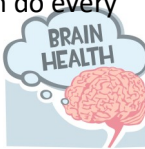
Reservation required.



## CALISTHENICS FOR THE CEREBELLUM

Tuesday, August 31st @ 1:00pm

Learn about the many little things we can do every day to exercise our brain. Sponsored by Bob Pontius w/ Danbury Senior Living. Refreshments will be provided.



## WEDNESDAY WALKERS

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Wednesday, August 18th and 25th @ 9:30 am

\*\*\*\*\*New Location\*\*\*\*\*

East River Park

7878 Lewis Rd. Olmsted Falls

Grab your water bottle and sneakers and join us for a morning walk at East River Park. In case of rain, you are welcomed to come to Jenkins Place for a virtual exercise session.



## FRIDAY BINGO

August 6th, 13th, 20th & 27th @12:00

8/20 Guest Caller—Jamie White

w/Northwestern Healthcare

Reservations required



## SUMMER CONCERT SERIES

### AT EAST RIVER PARK

Sunday, August 29th 6:00-8:00pm

Raybans- Grab your chairs, blankets & picnic basket and enjoy the sounds of Island, Beach, Contemporary & Motown.



## IPAD BASICS 101

Monday, August 30th at 10:00am

Join us as we continue to explore basic iPad skills. Space is limited to 10. Please call to register.



## BRAIN FIT

Tuesdays, August 3rd, 17th, & 24th @ 1:00pm

Fitness isn't only for your body's critical for your mind too. Brain Fit will offer a different brain exercise, group activity, and lots of fun each week. Sponsored by: Brookdale Westlake Village, Symphony at Olmsted Falls & Arden Courts. Call to reserve your spot.



## TAI CHI EASY FOR WELLNESS AND BALANCE

Every Thursday @ 11:00am - FREE

Sign up required

This variety of Tai Chi was created by careful review of the most popular, prevalent and beneficial of all forms. It is a set of practices that are easy to learn and easy to practice. Chairs are provided if needed.



## AUGUST QUICK TIPS

Tuesday, 10th @ 12:00pm

Sandy Singleton will be here to teach us what causes hiccups and how to get rid of them. What causes Kidney stones and what are the Symptoms of a Panic Attack, Burning Mouth Syndrome & Secondary Burning Mouth Syndrome. Coping and support, preparing for your first appointment. Insect stings ways to deal with itching and pain. Call to reserve your spot.



# IMPORTANT COMMUNITY INFORMATION

## Olmsted Falls City Hall

Mayor | James Graven  
440-235-5550 | [jgraven@olmstedfalls.org](mailto:jgraven@olmstedfalls.org)

## Police Department

**In an emergency always call 9-1-1**

Police Chief | Odis Rogers  
440-235-1234 | [orogers@olmstedfalls.org](mailto:orogers@olmstedfalls.org)

## Operation Safeguard I & II

**Operation Safeguard I** monitors seniors and those living alone each day. An individual is asked to call the Police Department by 10:00 am each day, or an officer will check on the resident.

**Operation Safeguard II** contacts people who have medical problems or other needs who in the event of a power outage or other emergency require special assistance.

To take advantage of either program please contact the dispatch center at (440) 235-1234

## Fire Department

**In an emergency always call 9-1-1**

Fire Chief | Matt Sheehan  
440-235-3238 | [msheehan@olmstedfalls.org](mailto:msheehan@olmstedfalls.org)

## Service Department

Service Director | Joe Borczuch  
440-235-1345 | [jborczuch@olmstedfalls.org](mailto:jborczuch@olmstedfalls.org)

## Building Department

440-235-1055 | [building@olmstedfalls.org](mailto:building@olmstedfalls.org)

## City of Olmsted Falls Park & Recreation

[www.olmstedfalls.org](http://www.olmstedfalls.org)

## Historical Society of Olmsted Falls

26100 Bagley Road | Olmsted Falls | Ohio 44138

## Olmsted Community Center

8170 Mapleway Drive | Olmsted Falls | Ohio 44138  
440-427-1599 | [www.olmstedcc.com](http://www.olmstedcc.com)  
[office@olmstedcc.com](mailto:office@olmstedcc.com)

## Olmsted Falls Cuyahoga Public Library

440-235-1150 | [www.cuyahogalibrary.org/Branches/Olmsted](http://www.cuyahogalibrary.org/Branches/Olmsted)

**Code RED Ready.** [CuyahogaCounty.us/en-US/readynotify.aspx](http://CuyahogaCounty.us/en-US/readynotify.aspx)

## AT&T Lifeline Discount

<http://www.att.com/gen/general?pid=10252>

## Christians in Actions

440-954-4140 | [www.ofcia.org](http://www.ofcia.org)

**Elder Abuse** 202-464-9481 /  
[www.preventelderabuse.org](http://www.preventelderabuse.org)

**HEAP** [https://www.development.ohio.gov/is/is\\_heap.htm](https://www.development.ohio.gov/is/is_heap.htm)

**Homestead Exemption** <http://fiscalofficer.cuyahogacounty.us/en-US/community-services.aspx>

## Meals on Wheels

440-871-2551 | [www.westlakemealsonwheels.org](http://www.westlakemealsonwheels.org)

**Medicare - 1-800-MEDICARE** <http://www.medicare.gov/>

**RxAssist** <http://www.rxassist.org/>

## Senior and Adult Services

216-420-6700 | <http://dsas.cuyahogacounty.us/>

## MONTHLY WELLNESS AT JENKINS PLACE:

### ⇒ Adult & Geriatric Nurse Practitioner

Office Hours: See calendar

Marie D. Grosh, RN, will be here at the Jenkins Place. Contact her by calling 440-427-5077.

### ⇒ Blood Pressure Checks

Third Thursday of the month @ 10:30am

Paramedics from the Olmsted Falls Fire Department will be on hand to monitor your blood pressure.

Stop in for a quick check!

Blood pressure machine always available in the office at Jenkins Place. For use on your own or assistance provided.

### ⇒ Reliable Nurse Foot Care by Jennifer Vanek

**September 9th & November 11th**

#### List of Services:

General foot assessment, including nail trimming, thinning & filing, corns/callus and rough skin care.

Foot care education and recommendations.

Cost - \$35 Cash, check or credit cards accepted.

Call 216-956-0293