

December 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Even as November turns into December and we head toward the end of the year, there are still plenty of great things happening at Jenkins Place!

I hope you will be able to take advantage of the University Circle Interactive Cleveland Life-Long Learning program by attending the teleconference or the Cleveland Museum of Art trip. It looks like a great exhibit.



There are many chances to celebrate the holidays at Jenkins Place: Happy Hour with Heart 2 Heart, Christmas Carol bingo, the Christmas Party, a cookie exchange and watching a classic Christmas movie. I'm happy to see that youth volunteers are coming in to help wrap gifts for you.

I hope you will be able to make Christmas at the Village Green on Sunday, December 1 at 5:00 pm. Festivities include Christmas carols by school choir groups, Santa's arrival on the fire truck, lighting of our gazebo Christmas tree and refreshments (compliments of The Village Bean and the Park and Recreation Board). The Park and Recreation Board always puts on such a nice event for our city!

Teresa and I wish you and your family all the best this holiday season! We hope to see you at Christmas at the Village Green or the Christmas Party.

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

PHONE: (440) 427-2519

WEBSITE: www.olmstedfalls.org

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

EMAIL: jenkinsplace@olmstedfalls.org

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

FACEBOOK: www.facebook.com/OlmstedFallsOH/

Please observe the need for reservations and any deadlines listed. If food is to be served, we want to make sure we have properly prepared for our guests. All food served at Jenkins Place must be consumed on premises and may not be removed.



Jenkins Place and Olmsted Community Center follow the Olmsted Falls schools closure policy. If Olmsted Falls Schools are closed due to inclement weather, the centers will be closed also. Stay home, be safe & be warm!

The Jenkins Place Senior Center is funded in part by the Cuyahoga County Division of Senior and Adult Services through the Health and Services levy. Programs are open to all seniors, ages 60+, regardless of area of residence. Membership application and release forms must be completed to participate in programs. ****All programs are subject to change.***

SCRABBLE

Fridays, December 6, 13, 20, 27 @ 11:00 am

Wednesdays, December 11 & 18 @ 11:00 am

Scrabble is a great game for your brain! The combination of challenging your brain to make a word and the socialization will help keep your brain sharp! Want to play Scrabble, but it's not on the calendar? Rachel is always happy to play a round or two with you or plan to meet a friend for a game!

MAH JONGG

Mondays, December 2 & 16 @ 10:00 am

FREE, sign up required



Come learn how to play this tile-based strategic game. We will learn how to play from members who have been playing for years. Similar to the card game rummy, Mah jongg is a game of skill, strategy, and calculation and involves a degree of chance.

INSURANCE CONSULTATION

Tuesday, December 3 @ 9:00 am-1:00 pm

FREE, Sign up required

One last chance to meet before open enrollment ends on December 7. Questions about Medicare benefits and health insurance? Meet with Rita Dowd-Mikolajczyk, trained Ohio Senior Health Insurance Information (OSHIIP) specialist. Each appointment is individualized and confidential. **Appointments are required**, so please call 440.427.2519 to schedule a 60 minute meeting.

MEXICAN TRAIN DOMINOES

Thursday, December 5 & 19 @ 10:00 am

FREE, sign up required

Come play this easy to learn dominoes game. Enjoy conversation and a cup of coffee (or tea!) while we play.

SENIOR QUICK TIPS

Tuesday, December 10 @ 12:00 pm

FREE, Sign up required

Sandy will present:

- Arthritis
- Bezoars
- Guidelines for prescribing opioids
- Medications and drug allergic reactions
- What is yellow tongue? What is white tongue?



Feel free to bring lunch to enjoy during Sandy's talk. Snack will be provided.

HOLIDAY FUN & GAMES WITH OF LIBRARY

Thursday, December 12 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us Christmas Carol Bingo. Listen to a Christmas song and find it on your bingo board. Hot cocoa & a Christmas breakfast treat will be provided!

ART 101 WITH BARBARA

Monday, December 30 @ 10:00 am

FREE, Sign up required



Barbara Richardson of Emerald & Violet Studio, 9722 Columbia Road in Olmsted Falls shares her artistic talent with us. The sky is the limit for our art project each month. It could be coloring a hand-drawn picture, creating a beautiful paper flower or using watercolors to paint.

WINTER TIP FOR SENIORS, PETS AND NEIGHBORS



As we age, cold weather can be extremely dangerous. Plummeting temperatures can lead to icy sidewalks, hypothermia and fall injuries. Dog/Cat safety: check the paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding may be due to ice accumulation between his/her toes. Wash pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog/cat will be poisoned after they lick them. If you have elderly neighbors, friends,

or relatives, check in with them this winter. **Submitted by Sandy Singleton.**



ANGEL WINGS DONATIONS NEEDED

Tired of looking at your old wedding gown in the closet? Angel Gowns takes your wedding dress and makes small gowns for stillborn babies. If you would like to donate your dress, you can bring it to Jenkins Place and we will get it to them!

LUNCH & A SHOW

Monday, December 30 @ 12:00 pm

FREE, Sign up required

Bring your lunch for this matinee screening of the holiday classic, *Holiday Inn*. At an inn which is only open on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer. Starring Bing Crosby, Fred Astaire, Marjorie Reynolds, this classic won an Oscar for Best Music, Original Song For the song "White Christmas" by Irving Berlin. Popcorn and hot cocoa will be provided. Ordering lunch as a group is also an option. Movie run time 1 hour, 40 minutes.



CLARENCE'S CORNER



"See, Dear? Told you I'd make it fit!"

CHRISTIANS IN ACTION ADOPT A FAMILY

Until December 13

Jenkins Place has adopted a family for Christmas this year! Our person is 72 and has asked for gift cards for Speedway, Giant Eagle and Wal Mart. If you are so inclined, you may donate a \$5 gift card from any place and we will put all gift cards together into a nice present for her. Thank you for your generosity!



Celebrating December Birthdays Happy Birthday to Barb, Bobbie, Carol, Chris, Claudia, Cynthia, Marie, Nancy, Ruth

The December birthstone is the Blue Topaz Majestic blue topaz bring the wearer wisdom & understanding The narcissus symbolizes good wishes, faithfulness and respect.



The December birth flower The narcissus symbolizes good wishes, faithfulness and respect.



Celebrate your birthday! Would you like to receive personal birthday greetings above (first name only) and receive a birthday card? We are collecting names and birth dates (year optional). Seniors who would like to participate can sign the Birthday List, which is kept in the Jenkins Place office, or call 440-427-2519. **Also, please donate any extra birthday, get well, thank you, thinking of you or other cards to share.**

DECEMBER PROGRAMS

FIRST FRIDAY BREAKFAST

Friday, December 6 @ 9:15 am

FREE, Sign up required, light breakfast provided

With no 9:15 exercise class on the first Friday, treat yourself to a healthy breakfast at JP. We will get you fueled up for your 10:30 class or whatever your day may bring!



MICHELANGELO: MIND OF THE MASTER



Distance Learning Program (no limit to participants)

Tuesday, December 3rd @ 1:00 pm

FREE, Sign up required

Unfolding Thoughts: Exploring Preparatory Artwork
This videoconference supports with educators from the Cleveland Museum of Art's current Fall exhibit Michelangelo: Mind of the Master. Using drawings, sketches and sculptor's models we will consider how such works provide insight into the working process of the artist and have great artistic merit in their own right.

Docent Tour of the Exhibit (limit of 15 participants) Wednesday, December 4th @ 1:00 pm

\$20 + lunch on your own, Sign up required

Transportation leaves JP @ 10:15 am, lunch before tour, arrive back at JP around 3:45 pm. ***Please let Rachel know if you are CMA Member.***
The name of the Italian Renaissance painter, sculptor, and architect Michelangelo Buonarroti (1475-1564) is synonymous with creative genius and virtuosity. This exhibit presents an unprecedented opportunity for museum visitors to experience the brilliance of Michelangelo's achievements on an intimate scale through more than two dozen original drawings.

CHRISTMAS AT THE VILLAGE GREEN

Sunday, December 1

@ 5:00 pm

The Olmsted Falls Park and Recreation Board invite you to join us in spreading Christmas cheer! Festivities include Christmas carols, one of Santa's elves from the North Pole reading "Twas the Night Before Christmas," Frozen princesses Elsa & Anna, Santa's arrival on a fire engine and the lighting of our gazebo Christmas tree. Hot chocolate compliments of The Village Bean Cafe and cookies provided by the Park & Recreation Board.



HOLIDAY HAPPY HOUR WITH LINDA & DALE KIRK

Monday, December 9 @ 1:00 pm

FREE, Sign up required, light snacks provided

Celebrate the sounds of the season with Linda & Dale of Heart 2 Heart. Take some time out from the busy holiday season to enjoy their music and holiday treats.



MUSIC BINGO PARTY

Thursday, December 12 @ 1:00 pm

FREE, Sign up required

How about something that's actually NEW.... Something DIFFERENT...Something FUN.... Something that's NOT embarrassing?

We combine the iconic game of BINGO with a Name That Tune kinda vibe...add in a fun MC/Host some off the wall trivia here & there and PRIZES!

Now that's a PARTY worth checking out! That's a MUSIC BINGO Party with Kenny G! Sponsored by Attorney Margie Karl.

TECH HELP FROM TEENS

Wednesday, December 18

From 6:30-7:30 pm

FREE, Sign up required

Teen volunteers from the community will be here each month to help you with computer, tablet and smart phone questions. Please sign up so we know if volunteers are needed.

DECEMBER PROGRAMS

SOCIAL SECURITY UPDATE- WEBINAR

Wednesday, December 18 at 6:45 pm

FREE, Sign up required

The Social Security Administration recently released information regarding the 2020 Cost-of-Living Adjustment and updates. This presentation will discuss the new amount for a credit of coverage, explain the 2020 annual and monthly earnings limits, and talk about the changes to the Full Retirement Age. If you want to know how to watch this from home, see Rachel.

UPDATE MEETING

Tuesday, December 17 @ 12:00 pm

FREE, Sign up required, light lunch provided

This is an opportunity to come in to the center and learn about the programs for the following month. Receive the calendar and newsletter before it is emailed! Any center or city going on will also be discussed. Members of other areas of the city or community may be invited to provide additional updates.

BIRTHDAY CELEBRATION

Tuesday, December 17 after the update meeting

FREE, Sign up required

If you celebrated a birthday in October, November or December, come let us celebrate you! If it wasn't your birthday, help us celebrate! Cake will be provided.



Van Transportation Program

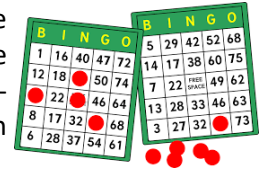
For those who are unable to provide their own transportation to and from Southwest General medical facilities, the hospital offers FREE convenient curb-to-curb transportation service, which is available to residents from Southwest General's primary service area, including Olmsted Falls. Transportation times are Monday-Friday, 9 a.m.-4 p.m. For more information, call **440-816-4046**.

BINGO

Every Friday (unless otherwise noted) @ 12:00 pm

FREE, Sign up required

Stop by one Friday to win some prizes and have fun at Bingo. We play "regular" bingo and many other modifications to keep you on your toes.



BRAIN FIT

Fridays at 1:00 pm

FREE, Sign up required

Fitness isn't only for your body—it'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, Arden Courts and Symphony of the Falls.

LUNCH OUT @ ARCHITECTURAL JUSTICE

Thursday, December 19 @ 12:30 pm

Sign up required, fee

Meet at Architectural Justice, 13593 Pearl Road in Strongsville to enjoy lunch out with friends. Please sign up by December 16. Cost of lunch will be on your own. If you have a place you would like to add to the list of possible lunch trips, please see Rachel. If you need a ride to lunch, see Rachel.

***Please note:** There is construction going on at Pearl and Royalton Road. See Rachel if you need a route there to avoid the area. There is also a gallery there, so you can go early to shop!!

THE NUTCRACKER

Sunday, December 22 @ 2:00 pm

Magnificat Performing Arts Center

\$19 (if we get 10 or more), \$22 (if we get less than 10) sign up by December 5

Join us for North Pointe Ballet's production of this holiday classic. Avoid driving downtown! Bring your friends and family to see this heartwarming story.

DECEMBER HEALTH & WELLNESS/HOLIDAY FUN

BLOOD PRESSURE CHECKS

Third Thursday @ 10:30 am

Each month, paramedics from the Olmsted Falls Fire Department are at the Jenkins Center to check your blood pressure, pulse and pulse oxidation. Receive a sheet to track your BP from week to week.

Third Tuesday @ 11:30 am

Once a month, a nurse from Southwest General is on site for blood pressure checks.

The blood pressure machine is always available for you to use or have Rachel check for you. Ask about it next time you are in the center!

TAI CHI EASY FOR WELLNESS AND BALANCE

Every Thursday @ 11:00 am

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 used, if needed.



Everyday Divinity

Foot Care By Nurses

Thursday, January 9 from 9:00 am to 1:30 pm

Foot care done here at Jenkins Place in the Historical Society Room, beginning in November and continuing every other month.

To schedule an appointment just call 216-956-0293

List of Services

- General Foot Assessment
- Nail trimming, thinning & filing corns/callus filing and rough skin
- Foot care education and recommendations

Cost: \$30 – we accept cash or checks.

Payment due at service.

No Insurance or Medicare Accepted

No Show Policy – We require 24 hours' notice to cancel a foot care appointment. Failure to notify us may result in us billing you for the full-service amount.



HOLIDAY GIFT WRAPPING

Wednesday, December 18 @ 6:30 pm

FREE, Sign up required

Love giving gifts but don't love wrapping them? Bring them to JP and have volunteers do it for you! Feel free to bring your own wrapping paper or use ours.

CHRISTMAS PARTY

Friday, December 20 @ 12:00 pm

FREE, Sign up required, lunch provided

Celebrate the holiday season with us! Lunch and entertainment provided. There may even be a visit from the big elf himself!

COOKIE EXCHANGE/ DECORATING

Monday, December 23 @ 10:00 am

FREE, Sign up required by December 16

Make your cookie specialty and share it with us! You will leave with as many cookies as you bring, just different ones! You will be notified after all have registered how many dozen you will need to bring.

On the 23rd, we will decorate sugar cookies for you to eat here and or take home. A Christmas special will be on and fun will be had by all! If you have someone who isn't in school, feel free to bring them with you. The more, the merrier!

DECEMBER HEALTH & WELLNESS

OLDER DRIVER SAFETY AWARENESS WEEK, DECEMBER 2-6

WE ALL EXPERIENCE PHYSICAL AND MENTAL CHANGES as we get older, even though they may be so gradual we barely notice them. Yet common changes like slower reaction time, night blindness, and pain and stiffness can have a big effect on our driving skills. You may even be aware of changes in your own driving but worry about losing your license if you share these concerns. Occupational therapy practitioners work with older adults to keep them driving safely for as long as possible despite age-related changes. If driving is no longer safe, they identify other ways to stay independent and active. The following tips were shared by occupational therapy practitioners to help older adults maintain the occupations (activities) of driving and community mobility

Consider these tips:

- Get a physical exam to identify changes that may affect your driving, and to see whether they are due to medication, nutrition, fitness levels, or other factors that could be addressed.
- Take a driving self-assessment, such as the one available through the AAA Foundation for Traffic Safety at www.aaafoundation.org.
- Keep walking, keep fit! The ability to walk a block gives you the widest choice of options as a driver, passenger, or pedestrian.
- Choose to drive only on familiar streets, during daylight hours, when traffic is light, when you are well rested, and with as few distractions as possible.
- Accept offers of rides, or ask friends or neighbors for rides when you are not comfortable driving (e.g., in bad weather, when feeling fatigued, after dark, in unfamiliar locations). Do not endanger yourself or others.
- Offer to trade favors with family and friends in exchange for rides.
- Consider having your groceries delivered. Many stores offer this service themselves or with Instacart.
- Look into local taxi or limo services. Sometimes a contracted number of rides can be an economical option. Senior Transportation Connection serves Olmsted Falls and Olmsted Township. They can be reached at 216-265-1489.
- Explore activities that don't require driving. Is there a clubhouse near your home where friends gather? A store that you have not previously considered?

AVOIDING HOLIDAY DEPRESSION

There is no reason to wait until depression happens to act on it, because there are approaches that can help prevent and minimize the symptoms. Generally, what can help is not being too hard on yourself for the difficulty you may be experiencing. Try to:

- Keep a regular schedule and build in breaks. Adequate rest is crucial, especially during the hectic holiday season.
- Avoid feeling guilty for picking and choosing which holiday gatherings you and your loved one can attend.
- Make sure you and your loved one get regular exercise. Unfortunately, it's typical for people to stop doing the healthy things they usually do because of holiday activities and the inclement weather. Make exercise a top priority, even if it's only twenty minutes each day.
- Avoid overeating at every meal. Save indulging for special meals, like the big family dinner or the pot luck at work. Balancing indulgence with light, healthy meals will help you feel less lethargic and improve digestion.
- Be careful about the amount of alcohol you drink.

Remember that the real meaning of the holidays is to be thankful for what you had, what you have now and what the future will bring. Be honest and recognize that the holidays may not be the same as they once were. Talk with people you trust about how you are feeling. You can also find a support group, where you can discuss your thoughts with those who are facing similar difficulties. It may be wise to make an appointment with your doctor as well. He or she can suggest medications and nonpharmaceutical options to help you feel better.

IMPORTANT COMMUNITY INFORMATION

Olmsted Falls City Hall

Mayor | James Graven

440-235-5550 | jgraven@olmstedfalls.org

Police Department

In an emergency always call 9-1-1

Police Chief | Odis Rogers

440-235-1234 | 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

Service Department

Service Director | Joe Borczuch

440-235-1345 | jborczech@olmstedfalls.org

Building Department

440-235-1055 | building@olmstedfalls.org

City of Olmsted Falls Park & Recreation

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

office@olmstedcc.com

Olmsted Falls Cuyahoga Public Library

440-235-1150 | www.cuyahogalibrary.org/Branches/Olmsted

Ready Notify ReadyNotify.CuyahogaCounty.us

AT&T Lifeline Discount

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

Christians in Actions

440-954-4140 | www.ofcia.org

Elder Abuse

202-464-9481 | www.preventelderabuse.org

HEAP 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

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

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

Senior and Adult Services

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

Senior Transportation Connection

216-265-1489 | <http://www.ridestc.org>

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 @ 10:30 am** paramedics from the Olmsted Falls Fire Department will be on hand to monitor your blood pressure. Stop in for a quick check!

- **The fourth Tuesday of each month @ 11:30 am** a nurse from Southwest General Hospital will be here. *Please check calendar for changes.

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

⇒ Tai Chi Easy For Balance & Wellness w/Robert

Every Thursday @ 11:00 am - 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 used. Class is FREE.