

February 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

It looks like we might have an early spring, but our weather is getting increasingly unpredictable, as we found out the last week in January. Please continue to watch Facebook for updates on Senior Center closings, but know that we always follow the school closing schedule: **When Olmsted Falls Schools are closed, Jenkins Place will also be closed.** We do this in order to keep everyone safe and healthy and to eliminate risks posed by inclement weather.



We are now posting weekly activity lists for Jenkins Place on the City of Olmsted Falls Facebook page. Please "like" and "follow" our page for updates. We want to be sure you and other seniors have the most access possible to all the great things Rachel plans each month. I'm always happy to see large groups coming into the Center for Tai Chi Easy, Brainworks, Lunch n' Learns, artistic/making opportunities, and all the other meaningful activities. And, I personally enjoyed playing trivia with some of you last month!

I'm very proud that our own Bobbie Ramsey has honed her painting talents here at Jenkins Place and that she is one of the winners of the Olmsted Falls Art Contest with her beautiful painting of the Harding Bridge in Winter. This month, I'll have the honor of recognizing and congratulating Bobbie and the two other winning artists at a special Art Reception and Auction being hosted by our new Main Street affiliate organization, Explore Olmsted Falls. We have a wealth of artistic talent here in the community; I also want to thank artist and teacher, Bernie D'ettore, who teaches watercolor at Jenkins Place. Last year, I bought one of her paintings of Ireland and it now hangs on the wall in the mayor's office. I know many of you enjoy the drawing class Barbara Richardson of Emerald & Violet Studios teaches, too.

I'm grateful to all of you who make our senior center a vibrant, active place where you can all continue on your life-long learning journeys and share your talents and friendship.

CONTACT INFORMATION :

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PHONE: (440) 427-2519 -

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

WEBSITE: www.olmstedfalls.org FACEBOOK: www.facebook.com/OlmstedFallsOH/

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

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.***

CRAFTY CREATIONS- KNITTING & CROCHETING

Monday, February 4 @ 10:30 am

FREE, Sign up required

In January, our group transitioned from making “crafty items” to making knitted and crocheted items. With a little determination, we learned the basic knitting technique. Each month, lessons will be available as well as sample yarn and supplies, on a borrowed agreement. Come to a meeting for additional information. Crocheting is also an interest, but we are in need of an experienced crocheter to teach the group. All seniors are welcome to join our friendly casual group for creativity and conversation.



WII TENNIS

Every Wednesday in Feb. @ 11:00 am

FREE, Sign up required

Miss playing tennis or want to try this version of the game? Wii tennis is easy to learn and fun to play! We can play singles or doubles. Join us each week to try to ace your serve and win match point!

INTRO TO CAR CARE

Thursday, February 7 @ 10:00 am

FREE, Sign up required

Join the knowledgeable owner of Olmsted Auto Care to learn what maintenance needs to be done and when on your vehicle. Bring your car questions for our local expert!

OSHIIP CONSULTATION

Wednesday, February 13 @ 12:00-4:00 pm

FREE, Sign up required

Beginning in 2019, there will be a Medicare Advantage Open Enrollment Period from January 1 through March 31 each year. Meet with Rita Dowd-Mikolajczyk, a retired high school guidance counselor, and a trained OSHIIP volunteer to be sure you have the appropriate coverage. The Ohio Senior Health Insurance Information Program (OSHIIP) is offered by the Ohio Department of Insurance. This free program helps seniors understand Medicare better so they can make informed choices. Each appointment is individualized and confidential. **Appointments are required**, so please call 440.427.2519 to schedule a 45 minute meeting.

SENIOR QUICK TIPS

February 12, 2018 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

- ⇒ Heart Disease Quiz
- ⇒ Signs and Symptoms of Heart Failure
- ⇒ Signs and Symptoms of Stroke
- ⇒ Having Fun Being a Senior
- ⇒ Veggie Chart

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



A GUIDE FOR OLDER ADULTS: HEART MONTH

According to the National Heart, Lung and Blood Institute (N.I.H.) in the U.S, Coronary Heart Disease is the “#1 killer of women in the United States.” Wear Red on February 1 to raise awareness about cardiovascular disease and save lives. **Heart Attack Signs and Symptoms:** Chest pain or discomfort, nausea, feeling light-headed or unusually tired; pain or discomfort in the jaw, neck, or back, Pain or discomfort in the arm or shoulder, shortness of breath. **Call 911.**

Signs of a stroke: F.A.S.T.

Face drooping, Arm Weakness, Speech Difficulty, Time to call 911

Even if symptoms go away

Submitted by Sandy Singleton.



PUZZLES



Monday, February 11 & 18 @
10:30 am

FREE, Sign up required

We will have many jigsaw puzzles to choose from, as well as, puzzle books.

Work alone or alongside others. Bring a lunch and we will eat together after our puzzle "work"!

MUSIC BINGO

Thursday, February 21 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us this fun game! She will play a song from the 50's & 60's and we will try to find it on our board. Who will get BINGO first? It can't be you, if you don't come play!

AARP FRAUD WATCH NETWORK

Thursday, February 21 @ 1:00 pm

FREE, Sign up required

A trained AARP volunteer will arm you with the tools needed to spot, avoid and report frauds and scams. Vigilance against scammers is the number one weapon in protecting yourself and your family from identity theft and fraud. By taking a few practical steps, you have the power to stop fraud before it happens. Sign up today to learn how!



Celebrating February Birthdays

Happy Birthday to Aina, Barb, Ralph and Sandy!



February Birthstone is Amethyst— The vibrant amethyst represents peace & tranquility.

February birth flowers are Violets and Primroses



Violets signify watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know you'll always be there for them.



The other is the **primrose**, which lets someone know you can't live without them. Primroses, not actually related to the rose are among the first to bloom as winter retreats, they'll multiply each year if given a little shade and moist (but not soggy) soil.

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, a very heartfelt THANK YOU! to Nicki Willard, who has donated numerous cards throughout the year that some of you have or will be receiving. Please donate birthday, get well, thank you, thinking of you or other cards to share.**

CLARENCE'S CORNER



Bronchiosaurus

WANTED

FRIENDLY FOLKS WILLING TO SHARE A PART OF THEIR LIVES WITH US. WE ONLY SHARE WHAT YOU APPROVE.

REWARD

MAKE NEW FRIENDS & BECOME A PART OF JENKINS PLACE HISTORY

Contact Annette Towner, Sunshine Chairperson, or call Rachel O'Malley at Jenkins Place 440-427-2519.

FEBRUARY LUNCH N' LEARNS/SPECIAL EVENTS

CHINESE NEW YEAR



Tuesday, February 5

@ 1:00 pm

FREE, Sign up required

Chinese New Year is a Chinese festival that celebrates the beginning of a new year on the traditional Chinese calendar. This day begins the Year of the Pig. Join us to celebrate by learning more about the Chinese culture through photos of the Asian Lantern Festival experience at the Cleveland Metroparks Zoo this past summer.

HAPPY HOUR WITH LINDA KIRK

Wednesday, February 6 @ 1:00 pm

FREE, Sign up required, light snacks provided

Enjoy the musical stylings of Linda Kirk and her husband as we celebrate with music! You won't be disappointed with this afternoon of toe tapping, sing along, musical, fun!!

OPTIMIZING RETIREMENT INCOME WITH SOCIAL SECURITY AND MEDICARE BENEFITS DINNER N' LEARN

Wednesday, February 6 @ 6:30pm

FREE, sign up required, light meal provided

Velocity Advisors will cover how to Optimize Retirement Income in Retirement through Social Security and Medicare. We'll also cover essential Estate Planning documents needed for individuals. Each individual is different and will be provided a workbook to customize their own plan.

PIZZA TASTING

Wednesday, February 20 @ 12:00 pm

FREE, Sign up required, light meal provided

Our local pizza expert, Ann Reichle of Angelina's, will visit us to tell us about her adventures as a pizza contest judge. She will also bring delicious pizza for us to sample.

HOSPICE 101 LUNCH N' LEARN

Thursday, February 7 @ 12:00 pm

FREE, Sign up required, light meal provided

Hospice care is the model of high-quality, compassionate care that helps patients and families live as fully as possible. Join a speaker from the Visiting Nurse Association of America to learn more about how hospice might help your family, now or in the future.

EFFECTIVE COMMUNICATION STRATEGIES LUNCH N' LEARN @ VILLAGE OF THE FALLS

Wednesday, February 13 @ 12:30 pm

FREE, Sign up required, light meal provided

Village of the Falls Assisted Living facility is partnering with the Alzheimer's Association, and hosting a Lunch and Learn. "Effective Communication Strategies," will focus on the best ways to communicate with an individual with Alzheimer's Disease. Don't miss out on this great opportunity to hear expert advice on a topic that affects so many lives each and every day! **This event will be held at Village of the Falls; 25920 Elm St. Olmsted Falls.** A light lunch and beverages will be provided.



VALENTINE'S DAY BREAKFAST

Thursday, February 14 @
10:00 am

FREE, Sign up required, light meal provided

Did you know that February 14, 269 AD is the day St. Valentine died? According to Wikipedia, many of the current legends that characterize Saint Valentine were invented in the 14th century in England, notably by Geoffrey Chaucer and his circle, when the St. Valentine's feast day of February 14 first became associated with romantic love. Celebrate love and let O'Neill Healthcare spoil you with a delicious breakfast.

FEBRUARY LUNCH N' LEARNS/SPECIAL EVENTS

PROTECT YOUR ASSETS THROUGH ASSET BASED LONG TERM CARE DINNER N' LEARN

Wednesday, February 20 @ 6:30pm

FREE, sign up required, light meal provided

Velocity Advisors will cover how to protect your assets through a unique Long Term Care product. Unlike Traditional Long Term Care, it's not use it or lose it. Keep your independence without having to spend down everything you have worked so hard to accumulate. Join us and we will show you how!

HEART HEALTHY EATING LUNCH N' LEARN

Friday, February 22 @ 12:00 pm

FREE, Sign up required, light lunch provided

Take this opportunity to take care of your heart. Join Amy Dunbar, Registered Dietitian at Southwest General Health Center as she discusses heart healthy eating. Learn how to enjoy a low sodium, low fat, low cholesterol lifestyle. She will also teach us to interpret food labels in relation to heart smart eating!

ART 101 WITH BARBARA

Monday, February 25 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio 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 or creating a beautiful paper flower.

CARING TRANSITIONS LUNCH N' LEARN

Wednesday, February 27 @ 12:00 pm

FREE, Sign up required, light lunch provided

Any life transition can bring stress whether you're an empty nester ready to downsize, moving into a senior community or assisted living, relocating for weather, or anything in between. Caring Transitions, strives to minimize the stress of rightsizing or relocating by focusing on the planning part of the move so you can focus on your next phase of life. Enjoy lunch and learn how this service may help you or a loved one.

PIZZA & GAME NIGHT

Wednesday, February 27 @ 6:00 pm

FREE, Sign up required, light meal provided

Enjoy a fun evening at Jenkins Place! Volunteers from OFHS Key Club will be on hand to serve pizza and play board games or build a puzzle with you after dinner.

LUNCH OUT @ JOJO CARLONI'S

Thursday, February 28 @ 12:30 pm

Sign up required, fee

Since the nasty weather forced us to cancel January, let's try again for at Matteo's in Olmsted Falls to enjoy lunch out with friends. Please sign up by February 25. 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.



PASSPORT LUNCH- GERMANY

Monday, February 25

@ 12:00 pm

FREE, Sign up required, light meal provided

Wer rastet, der rostet. This German phrase means "He who rests, gets rusty." Don't get rusty... take a trip without leaving Ohio! We will learn more about a country that was once divided by the Berlin Wall and sample some delicious German food. If you have travel photos of Germany or personal experiences to share, please contact Rachel. Passports will be provided to keep track of our adventures. This event is sponsored by Riverview Pointe.

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

Temporary Fire Chief | Robert Arida

440-235-3238 | rarida@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 one day per month. Check calendar.

Marie D. Grosh, RN, will be here at the Jenkins Place.

⇒ Blood Pressure Checks

- **Every 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.

⇒ 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.