

The Jenkins Observer

MAYOR'S MESSAGE

I hope you are having a great start to 2020! I really enjoyed seeing everyone at the soup potluck in January. I'm glad that there is another one planned for this month!

I have been enjoying this mild winter we are having (knock on wood!) and hope it continues into February. A theme seems to be emerging on your senior calendar...the heart and love. Heart 2 Heart is fun no matter the month. I enjoy hearing the music through the building if I can't get there on purpose.

Our Fire Chief, Matt Sheehan, is eager to share the Stop the Bleed program with the group. Those that instruct the program are focused on training people in all walks of life to become immediate responders until the first responders can arrive on a scene. If you choose to take this course, I would like to thank you for being willing to be available to help your fellow citizens in a time of need.

I hope you have been enjoying the partnership with University Circle Inc. and the tremendous programs they will be bringing you the first part of the year. I see the first program of the year involves exploring the universe from the comfort of Jenkins Place and the planetarium in University Circle. How wonderful that you continue to learn and experience new things!

Good luck to our trivia teams as they head to Rocky River for the next round of the trivia challenge. I hope some of you will be there to cheer them on!

I will see you around Jenkins Place!



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.

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

EMAIL: jenkinsplace@olmstedfalls.org

PHONE: (440) 427-2519 - Jenkins Place

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

WEBSITE: www.olmstedfalls.org

FACEBOOK: facebook.com/OlmstedFallsOH (like us!)

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

**All programs are subject to change.*

SCRABBLE

Wednesdays, February 5, 12, 19 & 26 @ 11:00 am

Fridays, February 7, 14, 21 & 28 @ 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, February 10 & 17 @ 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

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

FREE, Sign up required

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

Thursdays, February 6 & 20 @ 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 MOMENTS

Monday, February 17 @ 1:00 pm

FREE, Sign up required

Stay after the Passport Lunch for this group of seniors who writes their own scripts. This performance group has been performing their funny skits for seniors for many years!



VALENTINE'S DAY BRUNCH

Thursday, February 13 @ 10:00 am

FREE, Sign up required, breakfast provided

O'Neill Healthcare will spread some love by preparing brunch for us to celebrate Valentine's Day. Let us show you how special you are to us!

FUN & GAMES WITH OF LIBRARY

Thursday, February 27 @ 10:00 am

FREE, Sign up required

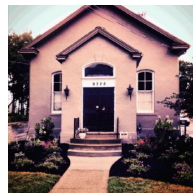
Jodi from the Olmsted Falls branch of the CCPL brings us Music Bingo. Listen to a song and find it on your board!

ART 101 WITH BARBARA

Monday, February 24 @ 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.



FEBRUARY IS HEART MONTH



Recognize symptoms of a heart attack: Uncomfortable chest pressure squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back. Pain or discomfort in one or both arms, back, neck, jaw or stomach, shortness of breath with or without chest discomfort, cold sweat, nausea or lightheadedness. As with men, women's most common heart attack symptom is chest pain or discomfort. Women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. Call 911. **Submitted by Sandy Singleton.**

CLASSIC TV PROGRAMS OF THE 1950s LUNCH N LEARN

Tuesday, February 18 @ 12:00 pm

FREE, Sign up required, light lunch

Television became widely available in the United States in the 1950's. Early TV series were broadcast in black and white until color technology became available in the 1960's. This presentation focuses on early 50's black and white television programs, sharing information and then playing videos from 17 of them including "Father Knows Best," "Ozzie and Harriet," "Gunsmoke," "The Honey-mooners," "I Love Lucy," "Lassie," "Howdy Doodie" and more. Presented by Dr. Joel Keller & sponsored by O'Neill Healthcare.

LUNCH & A SHOW

Monday, February 24 @ 12:00 pm

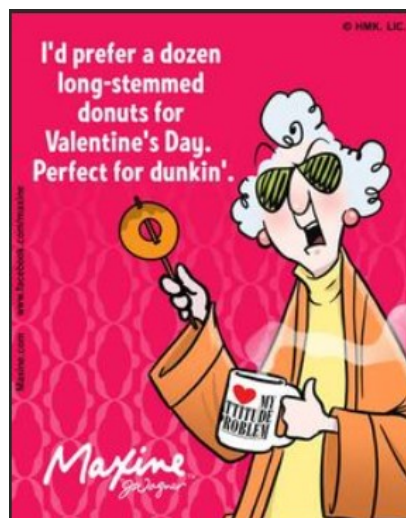
FREE, Sign up required

Bring your lunch and watch as *Hope Springs*. After thirty years of marriage, a middle-aged couple (Meryl Streep & Tommy Lee Jones) attends an intense, week-long counseling session to work on their relationship. Popcorn and candy will be provided. Ordering lunch as a group is also an option. Movie run time 1 hour, 40 minutes.



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MUSIC BINGO PARTY

Thursday, February 13 @ 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.



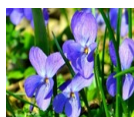
Celebrating February Birthdays

Happy Birthday to Laverne, Barb, 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 are colorful perennials of European origin that are not actually related to the rose. 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, and others who have donated numerous cards and calendars 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.**

FEBRUARY PROGRAMS

OPEN CRAFTING

Monday, February 3 @ 10:00 am

FREE, Sign up required

Not making time to finish that sweater, scrapbook or other craft project? Bring it to our monthly open crafting to work on it with others. Enjoy company and a cup of coffee while you work away!

HAPPY HOUR WITH HEART 2 HEART

Monday, February 3 @ 1:00 pm

FREE, Sign up required

Join Linda & Dale Kirk of Heart 2 Heart for music to celebrate the season of love. A good time is always had with Heart 2 Heart!



SOUP POTLUCK



Tuesday, February 4 @ 12:00 pm

FREE, Sign up required, light lunch

Last month was such a hit, let's do it again! If you made soup last month, feel free to take a break and enjoy other's soups. Word on the street is, Donna is going to make something for us! When you sign up, please indicate the type of soup you will bring, if any.

Bread & crackers will be provided.

MIND CHALLENGE TRIVIA

Monday, February 10 @ 3:30 pm

Come to Rocky River Senior Center, 21014 Hilliard Blvd., to cheer on our trivia teams! The top four teams in the entire challenge bring home money that goes directly to our center!

PASSPORT LUNCH

Monday, February 17 @ 12:00 pm

FREE, Sign up required, light lunch

Continue our trip around the world! Danielle from River-view Pointe will tell us all we need to know about South Africa! If you have visited there, please bring your photos or mementos to share.

SOCIAL SECURITY

RETIREMENT PLANNING SEMINAR

Wednesday, February 12 at 12:00 pm

FREE, Sign up required

You can never be too early or too late when it comes time to planning for a secure retirement. There are many factors to consider when making that monumental decision and one of them is Social Security. We know that navigating a government program can be overwhelming, intimidating and daunting. However, you will be amazed at how easy it is to work with Social Security, to navigate their planning resources, get your questions answered and utilize the online tools to ensure you make the right decision.

This webinar will provide details not only on the retirement program but will cover the not so common filing strategy options when it comes to spouses and divorced spouses benefits, key factors to consider when determining the right time to file, how you can work and collect benefits at the same time and how and when to file the application. In addition, find out how your decision on when to file for retirement benefits can affect survivor benefits and learn about Medicare - when you must have it and when you don't need it.

The presenter is Brandon Smith, Social Security Public Affairs Specialist in the Cleveland Downtown office. Brandon has been with the agency for 16 years and has vast experience in conducting public outreach education and training. Take the first step in planning for your future by taking advantage of this interactive free webinar provided by a Social Security employee.

This will be offered once a month, on different days and times. If you want to know how to watch this from home, see Rachel.

TABLETOP GAMES

Wednesday, February 12 @

1:00 pm

FREE, Sign up required

Play checkers, chess, Parcheesi, backgammon and Chinese checkers on our large game boards.



FEBRUARY PROGRAMS

ORIGAMI PEACE CRANES

Thursday, February 6 @ 1:00 pm

FREE, Sign up required

The origami crane, a symbol of peace, is also a sign of the hope of healing. During the atomic bombing of Hiroshima, Sadako Sasaki was a little girl of two. Diagnosed with leukemia after being exposed to the extensive radioactivity produced by the bomb, she prayed by folding origami cranes in her bed, hoping to cure the illness that took her from us at the age of twelve. The paper crane has become, for the Japanese people, the physical representation of the desire for healing. Join our member, Joan, to make beautiful origami peace cranes. All supplies will be provided.



FIRST FRIDAY BREAKFAST

Friday, February 7 @ 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!



UPDATE MEETING

Tuesday, February 25 @ 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 before it is emailed! Any center or city goings on will also be discussed. Members of other areas of the city or community may be invited to provide additional updates.

LUNCH OUT @ TEAMZ

Thursday, February 27 @ 12:30 pm

Sign up required, fee

Meet at Teamz, 6611 Eastland Road, Middleburg Heights, 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.

VIDEOCONFERENCE WITH ASTRONOMY DIRECTOR JASON DAVIS

Wednesday, February 26 @ 1:00 pm

FREE, Sign up required

You will be treated to stunning visualizations of the two various types of star clusters found in the Milky Way. Both open clusters and globular clusters have taught astronomers a great deal about the nature of stars and galaxies. In this videoconference, we'll share the necessary background to fully appreciate what you'll be seeing the following week in the planetarium. We'll discuss in greater detail the scientific thoughts on formation and evolution of these clusters and the Milky Way itself. We'll explore the historical importance of these clusters to our greater understanding of the galaxy and universe we live in. Join the astronomers at CMNH to prepare yourself for the thrilling moments ahead at your private showing at the Nathan and Fanny Shafran Planetarium next month.

JIGSAW PUZZLE PARTY

Wednesday, February 19 @ 1:00 pm

FREE, Sign up required

Puzzles will be set up around the room for you to pick or bring one you've been meaning to start. We have so many great puzzles here to share!

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.



FEBRUARY HEALTH & WELLNESS

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.

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.

HEARING SCREENINGS

Friday, February 7 from 11:00 am-1:00 pm

FREE, Sign up required

Start 2020 making sure your hearing is in good condition! HearWright will be here to provide hearing screenings, hearing aid clean and check and ear wax removal.

NURSE PRACTITIONER OFFICE HOURS

Tuesday, February 11 from 2:00-4:00 pm

Marie Grosh, MSN, APRN, CNP, LNHA is an Adult and Geriatric Primary Care Nurse Practitioner (NP). She has been working in healthcare for seniors for over a decade serving older adults in my office, in their homes, and in facilities, and is also faculty at Case Western Reserve University.

Visits are billed to your Medicare/Insurance/Medicaid in the same manner as any provider office visit. Her office hours at the Jenkins Center will be noted on the calendar, however "as needed" visits can be easily scheduled by calling 440-427-5077.



Everyday Divinity

Foot Care By Nurses

Thursday, March 12 from 9:00 am to 1:30 pm

Foot care done here at Jenkins Place in the Historical Society Room, beginning in January 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.

STRETCH & MEDITATE

Monday & Wednesdays, February 10, 12, 17 & 19 @ 9:30 am

FREE, Sign up required

When chair yoga is on break, come to Jenkins Place for 30 minutes of light stretching, followed by 15 minutes of meditation. We will focus on slowly, gently loosening up tight, fatigued muscles, then transition into a meditation, using the breath to work toward finding calm and balance.

STOP THE BLEED COURSE

Monday, February 10 @ 1:00 pm

FREE, Sign up required

Through our Stop the Bleed course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively. The person next to a bleeding victim may be the one who's most likely to save him or her. Take the course and become empowered to make a life or death difference when a bleeding emergency occurs. Stop the Bleed. Save a Life! Taught by Olmsted Falls Fire Chief, Matt Sheehan.

FEBRUARY HEALTH & WELLNESS

DEMENTIA AND TRICKY ISSUES LUNCH N LEARN

Wednesday, February 5 @ 12:00 pm

FREE, Sign up required, light lunch

Driving, Intimacy and Behaviors. This talk answers the question: What to do when you don't know what to do. Presented by Arden Courts.

SENIOR QUICK TIPS

Tuesday, February 11 @ 12:00 pm

FREE, Sign up required

Sandy will present:

- What are vitals signs?
- What are varicose veins?
- How can I measure my blood pressure at home?
- What do blood pressure numbers mean?
- Heart attacks
- Silent heart attacks
- Strokes

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



BE WELL! ON PURPOSE! LUNCH N LEARN

Thursday, February 20 @ 12:00 pm

FREE, Sign up required, light lunch

Wellness does not happen by accident, especially as we get older. Balancing health and wellness in all six dimensions of wellness takes a concerted effort. Challenges in one dimension do not preclude us from pursuing wellness in other dimensions. The purposeful dimension of our lives can provide the "why" for us to pursue good health. Sponsored by Brookdale Westlake Village.

STROKE PREVENTION & AWARENESS LUNCH N LEARN

Friday, February 28 @ 12:00 pm

FREE, Sign up required, light lunch

Join Maureen Moore, RN, BSN, SCRN, Stroke Coordinator, from the Primary Stroke Center at Southwest General, as she presents the signs and symptoms of stroke, shares prevention strategies and introduces Southwest General's Grey Matters Stroke Prevention and Circulation Circuit Programs.

FEBRUARY IS HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions.

- ⇒ Eat healthy. Use spices to season food instead of salt
- ⇒ Motivate to make physical activity a part of your week.
- ⇒ Stay at a healthy weight.
- ⇒ Quit smoking and stay away from secondhand smoke.
- ⇒ Control your cholesterol and blood pressure.
- ⇒ Drink alcohol only in moderation.
- ⇒ Manage stress

MEDICARE BENEFICIARY UPDATE

A new recommendation is that all Medicare beneficiaries who are diagnosed with diabetes should have the hepatitis B vaccine. Our Nurse Practitioner, Marie Grosh will have this vaccine available. If you have any questions or would like to set up a time to receive the vaccine please call Marie at 440-427-5077.



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.

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 | jborczuch@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!

- 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.

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