

January 2019

# The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

## MAYOR'S MESSAGE

Happy New Year to you and yours! I have great confidence that 2019 will bring wonderful new things for our seniors who appreciate the value that Jenkins Place brings to their lives. We are working to plan some additional new evidence-based programs and other activities that you've told us you want to see.



Over the last year, we have done much to turn the City's financial picture around, while still working hard to ensure our seniors have the social, educational and health programming necessary to stay well. Ensuring we have a vibrant senior center will remain a priority.

I hope you plan to take advantage of the great line-up planned for January, including every Thursday Tai Chi Easy and blood pressure checks by our paramedics. We will also host local historian and author, Bruce Banks, for an interesting session on our city's history on January 15. Based on your surveys, I know that you all found great value in the evidence-based programs like Matter of Balance and Diabetes Education that were offered in 2018. We will continue to pursue more programs like this that provide real value for seniors. I look forward to hearing about your experiences with this exciting new venture and wish you all a healthy, happy New Year.

### ABOUT THIS PUBLICATION:

**CO-EDITORS:** Sandy Singleton, Barb Paulen & Nancy Bergholz

**SENIOR SAFETY TIPS:** Sandy Singleton

**SUNSHINE CHAIRPERSON:** Annette Towner

**SENIOR OF THE MONTH:** Annette Towner

**CLARENCE'S CORNER:** Clarence Seiter

**CRAFTY CREATIONS:** Judy Dobies

**SPECIAL EVENTS:** Nancy Bergholz

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**FACEBOOK:** [facebook.com/JenkinsPlace](https://www.facebook.com/JenkinsPlace) (like us!)

**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, January 7 @ 10:30 am

FREE, Sign up required

A new year, a new project for our senior crafters! Knitting and crocheting will be the theme for 2019. All seniors are welcome to attend. Lessons will be available for knitting. Any senior willing to teach crocheting will be greatly appreciated! Plan to attend the orientation meeting for more information on this project.

## SENIOR QUICK TIPS

January 8, 2018 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton, Registered Nurse.

This month's topics:

- ⇒ Denial: When it helps, when it hurts
- ⇒ Staying warm in colder weather
- ⇒ Hypothermia, Frost bite
- ⇒ Sleep apnea



## NEW YEAR = FRESH START!

Wednesday, January 9 @ 11:00 am

FREE, Sign up required

The new year is a perfect time to make some positive changes in your life. Learn how to set reasonable goals for 2019 and stick to them. Want to make some changes, but not sure what changes? Top new year's resolutions will be discussed. We will talk about our goals and how we can bring programs to JP to help reach them!

## OSHIIP CONSULTATION

Wednesday, January 9 @ 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.

## TOSS AND TALK

Monday, January 14 @ 1:00 pm

FREE, Sign up required

Reminisce, share memories, and have fun while connecting with your fellow Jenkins Place members. When the ball is caught, the player responds to the question or statement under his or her right thumb. The Reminiscing Ball covers topics like favorite childhood radio programs, toys, food and more.



## NATIONAL NOTHING DAY

Wednesday, January 16-ALL DAY

FREE

Come do nothing today at the Senior Center! Not really nothing, just nothing productive :) We will have coffee on, puzzles out, a movie on, magazines to browse, books to read. Stop in and take some time to relax and socialize with other JP members.

## A GUIDE FOR OLDER ADULTS: WINTER SAFETY



**Hypothermia:** If you suspect someone has hypothermia, **Call 911**. While you wait for emergency help to arrive, gently move the person inside, if possible. Carefully remove his or her wet clothing, replacing it with warm, dry coats or blankets.

**Frostbite: Go to the emergency room for Treatment** Remove any jewelry and wet clothing, if possible. Frostbitten skin should be handled with great care. Do not rub gently treat the affected area by soaking it in warm water (100 degrees F to 105 degrees F).

Submitted by Sandy Singleton.

## HISTORY OF OLMSTED FALLS

Tuesday, January 15 @ 1:00 pm

FREE, Sign up required

Bruce Banks, author of "The Olmsted Story: A Brief History of Olmsted Falls & Olmsted Township", will be here to educate us in our local history. Bring your questions as we learn more about our Olmsted community. My question: was it ever "Olmstead"? We will find out from Bruce!

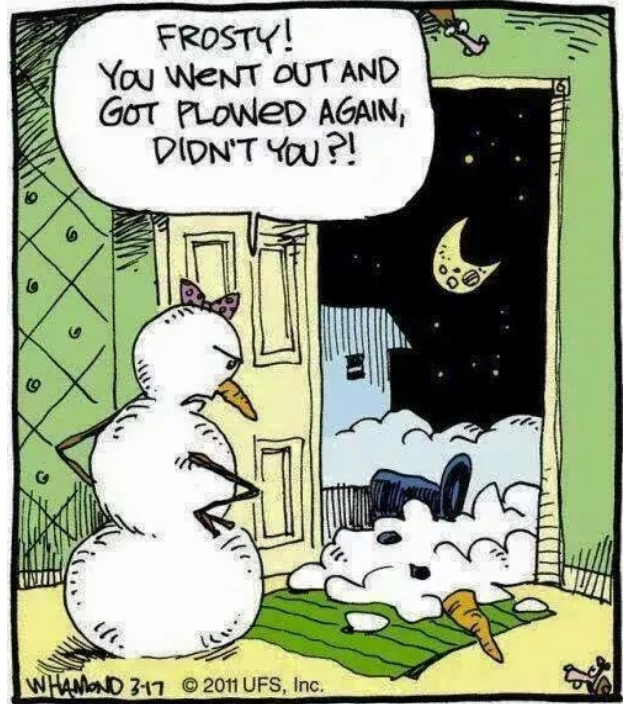
## OLMSTED FALLS LIBRARY- TRIVIA

Thursday, January 17 @ 10:00 am

FREE, Sign up required

Test your knowledge with trivia provided by Jodi from the Olmsted Falls branch of the CCPL. This fun activity isn't complete without you! Try something new this new year!

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### GREEN TIP OF THE MONTH

Happy New Year! Be sure to add something "green" to your resolutions this year. It can be as simple as deciding to use reusable bags for shopping. Almost every retail store now has them available for a small cost. Also, instead of purchasing plastic garbage bags, reuse the plastic bags you already have for your wastebaskets. Dry cleaning bags can be cut to fit any size. Be sure to tie a knot at the bottom to measure the size before you cut.

We will be putting Green Tips in the newsletter as space allows. If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Chairperson.



### Celebrating January Birthdays

Happy Birthday to Barbara, Carol, Chi, Jean, Joanne, Lee, Mary, Pat, Roberta & Sandy



January Birthstone: Garnet 🍷 January birth flowers : Carnation and the Snowdrop.



The **carnation** comes in several different colors, which convey different meanings, much like roses. A pink carnation means affection, while a red carnation means 'I love you.'



The **snowdrop** used to be considered bad luck because it always seemed to grow in graveyards, but nowadays this delicate flower signifies hope and beauty.

**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 Carol Glotzbecker, who not only purchased 2 cards to replace the ones sent to her, but who also hand-made many beautiful cards that some of you will be receiving. Please donate birthday, get well, thank you, thinking of you or other cards to share.**

# JANUARY LUNCH N' LEARNS/SPECIAL EVENTS

## **COLD WEATHER SAFETY LUNCH 'N LEARN**

**Thursday, January 10 @ 12:00 pm**

**FREE, Sign up required, light lunch provided**

As winter is here, we all need to keep in mind a few safety tips for the cold weather. Heavy snows and days that are too cold for us to safely leave our homes can be a special challenge in the winter. In preparing for cold weather we'll talk about preparing our pantry and our home, alternate heat sources in case of power outages, outdoor safety and proper clothing, health problems and medications that are affected by cold weather, and signs and symptoms of hypothermia and frost bite. The most important tip is being prepared and having a plan! Talk presented by Seniors Helping Seniors.

## **CLEARCAPTIONS LUNCH N' LEARN**

**Tuesday, January 22 @ 12:00 pm**

**FREE, Sign up required, light lunch provided**

According to national statistics, at age 65, 1 in every 3 people has hearing loss. ClearCaptions is a federally certified company that provides captioned telephones, at no cost, for people with hearing loss. Enjoy lunch and learn more about how you or a loved one with hearing loss can receive a captioned telephone.

## **RELATIONSHIP-BUILDING AND CONNECTIVITY WORKSHOP**

**Wednesday, January 23 @ 9:00 pm**

**FREE, Sign up required, light meal provided**

Join us for bagels and coffee when Joe Ratcliff will offer a presentation on Goal Setting, Relationship-Building and Connectivity --- and how it all contributes to Longevity and Vitality. Joe is a Life Coach with strong ties to the Olmsted Falls, Olmsted Township, and Berea areas, specializing in Relationship, Faith, Family, and Career Counseling. Spend some time after the presentation in small group or one-on-one with Joe.

## **CLEVELAND SIGHT CENTER TIPS, TOOLS & TECHNIQUES**

**Wednesday, January 23 @ 11:00 am**

**FREE, Sign up required**

Tips, Techniques and Tools to help people live better with vision loss. Alicia and Tom will be talking about the proper use of lighting, contrast, tactile landmarks, magnification and more. In addition, they'll talk about the use of different products and devices that can make a significant impact on performing daily activities. More importantly, they want to answer your questions about living with vision loss.

Alicia has been visually impaired for about 40 years and has been a hope-giving employee and former client of Cleveland Sight Center. Tom has been Cleveland Sight Center's assistive technology person for over 10 years. He tracks new and emerging technologies that may empower people who have vision loss to realize their full potential. Cleveland Sight Center has paired them together to communicate our mission which is to shape the community's vision of the potential of the people who are visually impaired/blind.

## **BURGER TASTING**

**Thursday, January 24 @ 12:00 pm**

**FREE, Sign up required, light meal provided**

In 1934, Wesley "Pop" Swenson had a dream. He wanted to serve folks the best hamburger possible, insisting on fresh beef ground in-house to ensure the best quality burgers. Swenson's Burgers will share with us the Galley Boy® "America's Best cheeseburger" Our award-winning, signature double cheeseburg with two special sauces. **SIGN UP BY 1/22 REQUIRED.**

## **UPDATE MEETING**

**Tuesday, January 29 @ 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 goings on will also be discussed. Members of other areas of the city or community may be invited to provide additional updates.

# ON-GOING PROGRAMS

## WII BOWLING

Every Tuesday @ 10:00 am

Enjoy the health and social benefits of this fun and easy to play game. Never played? We will teach you! Each game allows four to play at a time. Stop in each week to see your high score improve. Once a month, a tournament is held with another Wii bowling group.

## 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.

## SCRABBLE

Fridays @ 11:00 am

FREE, no registration necessary

This word game will help exercise your brain and improve your memory! Join us each week for a friendly (we don't usually keep score) game of this easy to play, but



very beneficial, word game.

## 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.

## BRAINWORKS

Fridays at 1:00 pm

FREE, Sign up required

Brainworks is based on SAIDO Learning, an adult program with an emphasis on brain health. The SAIDO Learning offers older adults the opportunity to improve their life through cognitive engagement and enrichment brain exercises. Each visit will offer a different brain exercise, group activity, and lots of fun. **Sponsored by:** The Eliza Jennings of the Renaissance.

## COLORED PENCILS WITH BARBARA

Monday, January 28 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio in Olmsted Falls shares her beautiful hand-drawn pictures with us. She will help you bring out your inner artist to complete the picture with colored pencils. Pencils are provided or feel free to bring your own. Learn how relaxing and therapeutic coloring can be for you!

## NURSE PRACTITIONER OFFICE HOURS

Monday, January 28 from 1:00-3:00 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. In her office or in the home setting, she is able to diagnose and treat common illnesses/ailments, prescribe/adjust/refill your prescriptions, manage/order laboratory work and other diagnostic testing, X-rays, ultrasounds, and lab collection, monitor the status of any chronic conditions, order skilled nursing visits or physical/occupational therapy, and write prescriptions for durable medical equipment.

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.

## LUNCH OUT @ MATTEO'S

Thursday, January 31 @ 12:30 pm

Sign up required, fee

Meet at **Matteo's in the Grand Pacific Junction in Olmsted Falls** to enjoy lunch out with friends. Please sign up by January 28. 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.

# 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 | Chad Gluss

440-235-3238 | [cgluss@olmstedfalls.org](mailto:cgluss@olmstedfalls.org)

## Service Department

Service Director | Joe Borczuch

440-235-1345 | [jborczech@olmstedfalls.org](mailto:jborczech@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)

**Ready Notify** [ReadyNotify.CuyahogaCounty.us](http://ReadyNotify.CuyahogaCounty.us)

## 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/>

## 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. See insert for more information.

### ⇒ 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 last 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.**