

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Even though we're in the middle of summer, my staff and I are working hard on many different fronts to improve services for everyone in the community. Seniors are a treasured group, and for that reason, we continue to seek funds for programs and food service. We're still awaiting word on our proposal to the Cuyahoga County Division of Senior and Adult Services, but I'm very excited about the possibilities that include the new Senior Connections program through University Circle, Inc., which provides world-wide cultural learning experiences. The program offers experiences using videoconferencing technology combined with the world-class resources of Circle institutions. Videoconferencing enables seniors to "travel the world" using interactive technology in real-time from local senior centers. The program also offers selected field trips to cultural institutions for concerts, lectures, and exhibitions in conjunction with monthly videoconferences. When I heard about this program several months ago, I initiated the proposal so that seniors who come to Jenkins Place can take advantage of this life-enriching opportunity.



I'm also happy to see that many seniors who come to Jenkins Place are expressing interest in supporting other City events. It was great to have several seniors at our booth during First Fridays to share information about all the great things taking place at Jenkins Place. In the future, I hope to see a lot more senior participation in City events, including our First Police Appreciation Day on August 16, where lunch will be served.

I invite everyone to always share their thoughts and ideas with me concerning programs and senior involvement with all things Olmsted Falls. We treasure you and your input!

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

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](https://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 from Jenkins Place.

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 & YAHTZEE

Fridays in August @ 11:00 am

FREE, Sign up required



Join us for some board game fun!

We will alternate between Scrabble (word game) and Yahtzee (dice game) each Friday. Don't know how to play? No problem! We will teach you! Both games are easy to learn and fun to play. The more, the merrier!

CRAFTY CREATIONS

Monday, August 6, 2018 @ 10:30 - Noon

FREE, Sign up required

For August craft item we will be making seasonal book markers. Winter, spring, summer, fall; any season is a great time to read a good book! Come into Jenkins Place to see these colorful markers on display as you sign up for our creative class! All seniors are welcome to attend this class, but supplies are limited to 12 participants.

GREAT DAY! TOURS PREVIEW

Tuesday, August 8 @ 10:30 am

FREE, Sign up required

A representative from Great Day! Tours will be here to talk about upcoming group tours. Help us plan some trips for the Jenkins Place!

BREAKFAST WITH TERESA

Thursday, August 30 @ 10:00 am

FREE, Sign up required, light meal provided

Meet with Teresa Graven, wife of Olmsted Falls Mayor, James Graven. Enjoy a delicious, home cooked meal by Teresa and chat with her about goings on around town.

LUNCH OUT @ MOOSEHEAD IN OLMSTED FALLS

Thursday, August 9 @ 12:30 pm

Sign up required, fee

Meet at Moosehead Hoof and Ladder in Olmsted Falls to enjoy lunch out. Please sign up by August 6 so reservations can be made. 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. There is a jar in the office with ideas already submitted. A different restaurant will be chosen each month. If you would like to carpool or need a ride, please contact Rachel at 440.427.2519.

SENIOR QUICK TIPS

August 14, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided

Presented by Sandy Singleton,
Registered Nurse. This month's topics:

- ◇ What is Fibromyalgia? How to describe your pain
- ◇ Chronic obstructive pulmonary disease (COPD)
- ◇ 10 things to know about nutrients
- ◇ Ten tips for eating away from home
- ◇ Who is at risk for gallbladder disease ?

Hope to see you, Sign Up!



OLMSTED FALLS LIBRARY

Thursday, August 23 @ 10:00 am

FREE, Sign Up required

Come play Pictionary with Jodi from the Olmsted Falls branch of the CCPL. Showcase your drawing & guessing skills!

SAFETY TIP FOR SENIORS: BALANCE



Focus on balance. People who have trouble maintaining their balance have an increased risk for falling. This can be a particularly dangerous situation for older adults. Exercise regularly to maintain strength/balance. Consider a tai chi class at Jenkins Place. Remember to rise slowly after sitting or lying down to help avoid dizziness and loss of balance. Submitted by Sandy Singleton.

REAL ESTATE 101 LUNCH N LEARN

Thursday, August 23 @ 12:00 pm

FREE, Sign up required, light meal provided

Russell Real Estate Services, in conjunction with Freedom Mortgage and Mader Contracting, would like to invite you to an informal meeting regarding real estate, lending and home improvement. We'll talk about what's changed in the real estate market, how to prepare your home for sale, what to look for in your next purchase and how the lending institution can work to find the best loan/fit for every consumer.

SIGN LANGUAGE MADE EASY

Tuesday, August 28 @ 1:00 pm

FREE, Sign Up required

A-B-C's and 1-2-3's Learning Sign language is fun and easy! Always wanted to learn sign Language? Now is your chance! This one hour exciting class will teach you basic sign language andby the end, you will learn how to sign a song! Snacks and light refreshments will be provided! Come out and HAVE FUN! Please register as space is limited!



EXPLORE THE POWER OF YOUR MIND

Wednesday, August 29 @ 11:00 am

FREE, Sign Up required

Certified Hypnotist, Jerome Masek, will speak to us about hypnosis and how we can use the power of our own mind to overcome issues such as overeating, smoking, fears and stress. He will even bring a client to perform a demonstration!



INDIANS GAME

Wednesday, August 30 @ 1:10 pm

FREE, Sign up required, light lunch provided

Can't make it downtown for a game?

Join us at Jenkins Place to watch the game with friends! Watch the Indians battle the Twins, complete with hot dogs, Cracker Jack and the 7th inning stretch!

C L A R E N C E ' S C O R N E R



What is the Senior of the Month?

*"Getting to know you,
getting to know all about you."*

We want to get to know all of our seniors and help them get to know each other. You can volunteer, or suggest a friend. You will be interviewed by Annette and she will write up your story. You can read it before it's posted and make changes. To put a name with a face, we can either take your picture, or use a picture you have. Original pictures will be returned. Everyone who participates will receive a framed picture of the display and be included the a new Senior of the Month scrapbook! If you would like to be featured as a Senior of the Month, please contact Annette Towner, Sunshine Chairperson, or call Rachel O'Malley at Jenkins Place 440-427-2519.

Celebrating August Birthdays

Happy Birthday To
Angie, Bernadine, Bob, Caryl, Fran,
Gladys, Isabelle, Sandy & Terry



August Birthstone: Peridot
August Birth Flower: Poppy

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.

AUGUST ACTIVITIES

OSHIIP CONSULTATION

Wednesday, August 8 12-4 pm

On the second Wednesday of each month from noon to 4 p.m., an OSHIIP representative will be at Jenkins Place to meet individually with seniors who have questions about Medicare. The Ohio Senior Health Insurance Information Program (OSHIIP) is offered by the Ohio Department of Insurance. This program helps seniors understand Medicare better so they can make informed choices. Rita Dowd-Mikolajczyk, a retired high school guidance counselor, is a trained volunteer who will meet with us. **Appointments are required**, so please call 440.427.2519 to



RECYCLING 101

Wednesday, August 15 @ 11:00 am

FREE, Sign up required

Ever feel like it's too confusing to recycle plastic so you just don't do it? Cuyahoga County Solid Waste District will be here to educate us on recycling plastic. Learn what to include and what to leave out of your curbside recycling. Have all your recycling ques-

HAPPY HOUR WITH LINDA KIRK

Monday, August 20 @ 1:00 pm

FREE, Sign up required

Start off the week right and enjoy the musical stylings of

LUNCH N' LEARN: DO MEN AND WOMEN THINK DIFFERENTLY?



Friday, August 31 @ 12:00 pm

FREE, Sign up required, light lunch provided

Come listen to Marlene Kurz, LPCC-S from Southwest General Health Center Oakview Behavioral Health Services, as she discusses what research tells us about males and females: their similarities and differences. Register by

GREEN TIP OF THE MONTH - AUGUST – 2018

The next time you're asked "paper or plastic?" answer "Neither!"

Paper – Americans use 10 billion paper bags a year. To make the heavy paper for bags requires virgin pulp for living forest. The more trees we cut down, the more CO2 is released into the atmosphere and the fewer trees left standing to absorb all the CO2.

Plastic – The amount of petroleum (oil) used to make 14 plastic bags is equivalent to what it would take to drive a car one mile. 100 billion plastic bags are thrown out every year wasting enough oil to drive 47,619 cars for a year.

Neither! Take your own reusable bags to the store. If you forget or don't have any, purchase some that most stores offer at a reasonable price, and leave bags in your trunk.

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



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.

BRAINWORKS/SAIDO

This program will not be held in the month of August, but will resume on Friday, September 7 at 1:00 pm.

COLOR WITH BARBARA

Last Monday of the month @ 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!

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.

NURSE PRACTITIONER

OFFICE HOURS

Monday, August 27 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.

COUPON CLUB

We are always looking for new members! Just bring your unwanted coupons and take what you need from the box on the sign up table in the library. Start saving more money today!

INTERESTED IN QUILTING?



If you are interested in learning to quilt or already know and would like to get together with others, we would like to know! We would like to start a group that will meet monthly from September through December to work on a quilting project. Open to all levels & abilities, machine or by hand. Please call Rachel at 440.427.2519 if interested.

SENIOR DAY AT THE CUYAHOGA COUNTY FAIR

The Fair is held at the Cuyahoga County Fairgrounds in Berea from August 7-12. Daily admission for seniors 60+ is \$6. **Friday 8/10 ONLY! - Senior & Veteran's Day: \$2 Admission for Seniors (Age 60+) & Veterans until 5pm.** Parking is free every day. Visit www.cuyfair.com for more information.

OLMSTED FALLS HERITAGE DAYS

This annual event kicks off with the Parade on August 2 @ 7 pm and the fun doesn't end until the Kiwanis Pancake Breakfast on the Bridge from 8:30-12 on August 5.

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](tel:4402351234)

Fire Department

In an emergency always call 9-1-1

Fire Chief | Chad Gluss

440-235-3238 | cgluss@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://](http://fiscalofficer.cuyahogacounty.us/en-US/community-services.aspx)

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. See insert for more information.

⇒ Blood Pressure Check with Olmsted Falls Fire Dept. (OFFD)

Every Thursday of the month @ 10:30 am

- Each week, paramedics from the Olmsted Falls Fire Department will be on hand to monitor your blood pressure. Stop in for a quick check!

⇒ 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.

⇒ Outdoor Walking Club

Every Tuesday @ 8:30 am - meet at island by police cars

- Enjoy a nice, 30 minute walk around the Downtown Olmsted Falls area. Will move inside in case of bad weather.