

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Now that summer is in full-swing, I am happy to see Jenkins Place is continuing to grow in popularity and vibrancy with even more engaging programming, including educational opportunities, health and wellness trainings and just good fun things for our seniors to enjoy.



Please note that Brainworks/SAIDO, one of our most popular classes that improve memory and cognitive functioning, is being held on Wednesdays during the summer, instead of Fridays, to accommodate summer schedules. Also, I am thrilled to see that the new Walking Club has formed and will be meeting on Tuesdays at 8:30 a.m. right outside of Jenkins Place. I happen to think we have one of the most picturesque communities to be found, and I can think of no better way to start the day out than walking around our beautiful city with a good group of friends.

Coming up in July, there will be a lot of helpful summer-related learning opportunities provided through Lunch N' Learn, like the July 19 event focusing on the importance of staying hydrated. There is also an opportunity to learn a new game, KanJam, and grandchildren are invited to be a part of the fun. As always, I want all seniors in the community to share thoughts and ideas with me on how to make Jenkins Place the best it can be for all of you. I hope to see you at our July 6 First Friday event, where everyone comes out to enjoy music, food and good company.

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
- 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.***

CRAFTY CREATIONS

Monday, July 2, 2018 @ 10:30 - Noon
FREE, Sign up required

Independence Day is a day to celebrate our patriotism, as is Labor Day, Patriots Day, Columbus Day and Veterans Day. To add to the many ways to show our patriotism, Crafty Creation crafters will be making a red, white and blue centerpiece. Come into Jenkins Place to see this colorful item 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.

SCRABBLE & YAHTZEE

Fridays in July @ 10:30 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!

SENIOR QUICK TIPS

July 10, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided



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

Spot a Stroke (F.A.S.T.), five ways to prevent a stroke, Heart Trivia, Medications tips with a medicine Record, Picnic Safety, Eye Emergencies, Food Poisoning, Pressure Ulcers & Fruits and Vegetables Freezing. Hope to see you, Sign Up!

KANJAM

Wednesday, July 11 & 25 @ 10:30 am
FREE, Sign up required

KanJam is a flying disc game, played with a flying disc and two cans in which you deflect the disc. The object of the game is to score points by throwing and deflecting the flying disc and hitting or entering the goal. Come and learn a fun, new game and impress your kids or grand-kids! Better yet, bring them to play with you! You will be rewarded for your efforts with an ice cream treat.

BREAKFAST WITH TERESA

Thursday, July 12 @ 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.

HISTORY IN PERSON:

SELMA, AL 1965

Monday, July 16 @ 11:00 am

FREE, Sign up required

Listen to a first hand account of the events surrounding the marches from Montgomery to Selma in 1965. Former FBI agent, Dan Clancy, was in Alabama during this time and was a part of the Civil Rights movement. You won't regret coming to hear Dan speak!

If you or someone you know was witness to or part of a historical event and would be willing to speak to our group, please let Rachel know at 440.427.2519.



KEEP COLD FOODS COLD AND HOT FOODS HOT

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "Danger Zone" — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness. Submitted by Sandy Singleton.

BRAINWORKS/SADIO

Every Wednesday @ 1:00 pm

FREE, Sign up required

SAIDO was developed by the Kumon Institute of Education of Osaka, Japan. SAIDO Learning is 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. **Please note the day change for the summer.**

Sponsored by: The Eliza Jennings of the Renaissance.

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



"Look at my wall! Can't you tell the difference between bug-killer and spray paint?"

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 in a new Senior of the Month scrapbook coming soon! 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 July Birthdays



Happy Birthday to

Andrea, Anne, Barb, Carol, Shirley, Terry

July Birthstone: Ruby

July Birth Flower: Larkspur or Water Lily

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.

INDIANS GAME



Wednesday, July 25 @ 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 one Wednesday of each month during the season; complete with hot dogs, Cracker Jack and the 7th inning stretch!

OLMSTED FALLS LIBRARY

Thursday, July 26 @ 10:00 am

FREE, Sign Up required

Come exercise your brain. Participants will engage in a game of **Trivia**. Join Jodi from the Olmsted Falls branch of the CCPL to test your memory & see what you know!

HOW TO MAKE YOUR HOME "AGE-IN-PLACE" FRIENDLY

Thursday, July 19 @ 10:00 am

FREE, Sign Up required

Peggy from Home Instead Senior Care will be here to talk about how to make your home safer as you or a loved one ages.

JULY ACTIVITIES

OSHIIP CONSULTATION

Wednesday, July 11 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 schedule a 45

LUNCH OUT @ WILD MANGO IN NORTH OLMSTED

Tuesday, July 17 @ 12:00 pm

Sign up required, fee

Meet at Wild Mango in North Olmsted to enjoy lunch out. Please sign up by July 13 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.

HEALTHY SUMMER BBQ IDEAS

Wednesday, July 18 @ 10:30 am

FREE, Sign up required

Get ready to fire up the grill!

Angela from Rite Aid Pharmacy will be here to give us plenty of healthy ideas to keep us busy cooking out all summer! Bring a favorite healthy recipe to share.



LUNCH N' LEARN: HEALTHY & HYDRATED

Thursday, July 19 @ 12:00 pm

FREE, Sign up required, light lunch provided

Join Carrie from Brookdale will be here to talk about the importance of staying hydrated. How much water should

LUNCH N' LEARN: ESTATE PLANNING 101

Monday, July 23 @ 11:30 pm

FREE, Sign up required, light lunch provided

Estate planning is a process in which individuals specify how their money and other property should be managed during life and after their deaths. Margie Karl, Elder Law Attorney, will help you on the path to getting things in order to help with peace of mind for you and your loved

BUS TRIP:

OHIO STATE FAIR

Tuesday, July 31 9:00 am to 7:00 pm

With 360 acres packed with Fair fun, you won't want to miss it! Enjoy amazing performers, the famous butter cow, exhibits, displays, shopping, rides, delicious food and so much more!



The Rat Pack is Back will play at 12:30
(free with paid admission)
Free Health & Wellness Expo
Free bag for 2018 Senior Day guests

Trip price is **\$31.00 per senior** ~ **seating is limited to 55**
Includes motorcoach transportation to and from Fair & admission to fair
Deadline to register July 2.
After July 2, seats will open up for family members to register (cost may vary, depending on adult or child)
Registration flyers at Jenkins Place and OCC

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 tourna-

BRAINWORKS/SADIO

Every Wednesday @ 1:00 pm

FREE, Sign up required

SAIDO was developed by the Kumon Institute of Education of Osaka, Japan. SAIDO Learning is 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. **Please note the day change for the summer.**

Sponsored by: The Eliza Jennings of the Renaissance.

BLOOD PRESSURE CHECKS

Every Thursday @ 10:30 am

Each week, 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.

Once a month, a nurse from Southwest General is on site for blood pressure checks. Please check the calen-

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

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 modifica-

NURSE PRACTITIONER OFFICE HOURS

Monday, July 30 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!

WALKING CLUB

With the weather turning nicer, meet at 8:30 each Tuesday outside Jenkins Place for an enjoyable walk around Olmsted Falls.

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

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 | 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: Thursday, June 28, 1:00- 3:00pm

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

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

Every Thursday of the month

10:30 am at Jenkins Place

- 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 at Jenkins Place

- 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 at Jenkins Place

- Enjoy a nice, 30 minute walk around the Downtown Olmsted Falls area.