

July 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

I hope you were able to get out and enjoy the activities around town in June. The Flags of Honor was certainly a moving tribute to the men and women of Ohio who have given their lives in service to their country. If you haven't already seen it, take some time to stop at The Village Green to see the new Vietnam Veterans War Memorial. If you helped in the fundraising effort to help make this memorial a reality, thank you!



It looks like there is plenty to keep you occupied at Jenkins Place in July! Games, health screenings and lunch and learns to cover a variety of interests. I'm happy to see that some of the youth in our community are volunteering their time for the weekly technology help. Who better to ask for help with a smart phone than a teen?

The outdoor walks twice a week are a great way to see our community from a different perspective. It's hard to look around when we are driving from place to place. I hope you will be able to join Rachel for a walk around the area.

The Vintage Marketplace at the Falls will once again take place this summer. The marketplace hours will be noon until 5:00 p.m. on July 28th in downtown Olmsted Falls. There will be antiques, art, upcycle, unique and cool products, food trucks and live music. What a great way to spend a Sunday afternoon!

I wish you a safe and happy Independence Day and look forward to seeing you at Jenkins Place in July!

SPECIAL MESSAGE

On May 25, 2019, we lost one of our most active members, Clarence Seiter. If you are a regular to Jenkins Place, you most likely attended an activity with him. He was always ready to try something new and meet new people. Clarence will be greatly missed by me and I would like to honor him by keeping the monthly cartoon feature of this newsletter named "Clarence's Corner". I will keep his spirit alive by choosing a cartoon that I think Clarence would approve. If you ever see a cartoon that makes you think of Clarence, please share it with us. ~Rachel

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

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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) (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. "

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.***

CORNHOLE

Mondays, July 1, 8 & 29 @ 11:00 am

FREE, sign up required

Bring your A game and meet us on the beautiful front lawn! We will enjoy the summer sun and play a few games of the popular bean bag toss game. Singles or doubles, depending on the sign ups. You will be rewarded for your efforts with an ice cream treat! Game will be moved inside in case of inclement weather.

TELESTRATIONS

Tuesday, July 2 @ 1:00 pm

FREE, sign up required

This fun drawing game is similar to Pictionary, but you pass your drawing to the next person for them to guess. A special guest artist will be here to play with us!

KANJAM

Wednesdays, July 3, 10, 24 & 31 @ 11:00 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 grandkids! You will be rewarded for your efforts with an ice cream treat.



PUZZLES PLUS

Wednesday, July 3 @ 1:00 pm

FREE, sign up required

Look through our inventory of jigsaw puzzles to find one you would like to tackle. Enjoy music, coffee & conversation with fellow puzzle builders. What is the plus, you ask? You'll have to come in to find out!

SCRABBLE

Monday, July 8 @ 1:00 pm

Fridays July 12 & 26 @ 11:00 am

FREE, sign up required

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!

SENIOR QUICK TIPS

Tuesday, July 9 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

Food safety, Facts for good walking, Drug Facts You Should Know, Facts about eating slowly, Heat Exhaustion vs. heat stroke, heat cramps, sunburns and heat rash, Exercise: Breathe Deeper, Improves Health, Posture, and Eases Pain.

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



INSURANCE CONSULTATION

Wednesday, July 10 @ 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 45 minute meeting.

WHEN YOU INCLUDE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE



You look better and feel better. Regular physical activity increases your breathing and heart rate — improving the health of your lungs, heart and circulatory system. Building your endurance also will give you stamina for your daily tasks.

In addition, regular physical activity can help you improve your balance and coordination, which reduces your risk of falls. Walking strengthens your leg muscles and reinforces your balance. Join us for the outdoor walks on Mondays /Thursday @ 9:30am

Submitted by Sandy Singleton.

WHAT DO YOU COLLECT?

Wednesday, July 10 @
1:00 pm

FREE, sign up required

This program is a way to showcase your collection of whatever it may be. Bring in your items to show. If you want to talk a bit about your collection, you will have the opportunity. Collection too big or bulky to bring in? Feel free to bring photos to share.



FUN & GAMES WITH OF LIBRARY

Thursday, July 11 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us Scattergories to play. The objective of the game is to score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit. Test your creative-thinking skills with this fun game!

PUTT PUTT OUTING

Monday, July 22 @ 11:00 am

FREE, Sign up required, small fee

Meet at Dairy Queen on Bagley Road for a round of putt putt golf, followed by an ice cream treat. Cost is \$7 for golf and small sundae or small cone, payable on day of outing.

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TECH HELP WITH TEENS

Wednesdays in July

From 11:00 am -1:00 pm

FREE, Sign up required

Teen volunteers from the community will be here each month to help you with computer, tablet and smart phone questions. Please sign up so we know if volunteers are needed.



Celebrating July Birthdays

Happy Birthday to Andrea, Anne, Barb, Carol, Shirley, Terry

July Birth Flower-Larkspur Each color variation of the larkspur has a different meaning. Pink means fickleness. White conveys a happy nature, and purple normally represents a first love. Generally, larkspur indicates strong bonds of love.



July Birthstone—Ruby Considered the king of gems and represents love, health and wisdom. It was believed wearing a fine red Ruby bestowed good fortune on its owner. A Ruby is the most valuable gemstone and its value increases based on its color and quality.



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 everyone who donates cards. Please continue to donate birthday, get well, thank you, thinking of you or other cards to share.**

JULY LUNCH N' LEARNS/SPECIAL EVENTS

INDEPENDENCE DAY LUNCH



Monday, July 1 @ 12:00 pm

FREE, Sign up required, light lunch provided

Celebrate our country's birthday a few days early with a cookout. In honor of National Hot Dog Month, we will be serving hot dogs and other picnic goodies. Dessert will be provided by Margie Karl, Attorney at Law.

MEDITATION FOR A HEALTHY MIND LUNCH N LEARN

Thursday, July 11 @ 12:00 pm

FREE, Sign up required, light lunch provided

A speaker from Kemper House will share with us how the practice of mediation can help our mind, body & soul.

AARP SMART DRIVER COURSE

Wednesday, July 24 @ 9:30 am -1:30 pm

\$15 for AARP Members/\$20 for non-members

Many insurance companies offer a discount after completing this course. You will learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate

BUDGET BUDDY LUNCH N LEARN

Friday, July 26 @ 12:00 pm

FREE, Sign up required, light lunch provided

Budget Buddy provides a comprehensive approach to managing and organizing daily financial responsibilities for seniors and caregivers of seniors. Cierra will be here to cover all the services provided. Take a look at their website www.your-budgetbuddy.com for more information. If you are interested in a free one-on-one consultation after the lunch, bring your most recent bank statement, with all personal information redacted.

PASSPORT LUNCH

Monday, July 29 @ 12:00 pm

FREE, Sign up required, light meal provided



Let's try this again...Learn more about the country that is also a continent...Australia. From the fabulous city of Sydney to the dangerous out-back, we will learn about it all. If you have travel photos of Australia 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.

COMFORT KEEPERS LUNCH N LEARN

Wednesday, July 31 @ 11:30 am

FREE, Sign up required, light meal provided

Comfort Keepers® caregivers travel to clients' homes to provide care services and living assistance. Our work allows seniors and disabled individuals to live independently and as comfortable as possible. With our expert caregivers in your loved one's home, you can rest assured knowing he or she is receiving the best care possible. Join us for lunch and to learn more!

FEEDBACK WANTED!

Play Euchre, Pinochle and/or Bridge? Looking to start a card group and need your feedback on day of the week, interest level, etc. Contact Rachel at 440-427-2519 or email jenkinsplace@olmstedfalls.org.

Love movies? Taking suggestions for movies to show in the upcoming months. It can be an all time favorite or a new release you want to see. Contact Rachel at 440-427-2519 or jenkinsplace@olmstedfalls.org.

JULY PROGRAMS

ART 101 WITH BARBARA

Monday, July 29 @ 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.



GOLF THERAPY™

Thursday, July 25 @ 10:00 am

FREE, Sign up required

Golf Therapy™ is here to help golfers remain happy, healthy & vital participants enjoying life again doing what they love. An interactive hour of interesting facts about the history and health benefits of playing golf, along with a putting exhibition, so bring your "A" Game!

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.

UPDATE MEETING

Tuesday, July 23 @ 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.

LUNCH OUT @ PANERA BREAD- NORTH OLMS TED

Thursday, July 25 @ 12:30 pm

Sign up required, fee

Meet at **Panera Bread, Great Northern Plaza** to enjoy lunch out with friends. Please sign up by July 23. 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.

LUNCH & A SHOW

Tuesday, July 30 @ 12:00 pm

FREE, Sign up required

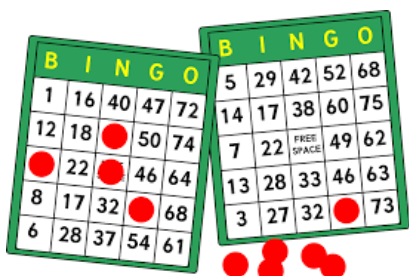
Movies are back! Bring your lunch for this matinee screening of the Academy Award for Best Picture...Green Book. A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Popcorn and drinks will be provided. Ordering lunch as a group is also an option.

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.



MEDITATION 101

Wednesday, July 31 @ 1:00 pm

FREE, Sign up required

Enlightened Home Care will be here to teach us the basics of meditation. There are many physical and psychological benefits to practicing daily meditation. We will learn how to incorporate this practice into our daily life. We will go through a meditation exercise.

JULY HEALTH & WELLNESS

OUTDOOR WALKING CLUB

**Mondays and Thursdays
@ 9:30 am**

Join us either day or both for a nice,
30-minute walk around Olmsted Falls.

Meet in the parking lot with your walking shoes on!



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.

Fourth Tuesday @ 11:30 am

Once a month, a nurse from Southwest General is on site for blood pressure checks.

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 SCREENING

Tuesday, July 30 from 10:00 am to 12:00 pm

FREE, Sign up required

Beltone Hearing Care Center will be here to provide hearing screenings, hearing aid clean and check and ear wax removal. Sign up for a time slot between 10:00 am and 11:30 am.

MEDICARE PREVENTATIVE SCREENINGS

Did you know that every year Medicare publishes a list of certain preventative screening services that will be covered for all beneficiaries with copayment/coinsurance/deductible waived when provided by a physician, nurse practitioner, or physician assistant? Examples of covered screenings include depression, colorectal cancer, alcohol use, tobacco use, hepatitis C, and more. We will now be providing the 2019 services here at the Jenkins Place with our Nurse Practitioner Marie Grosh. Each month Marie will provide lunch along with a brief presentation about what next month's service entails, where attendees can gather information, ask questions, and/or register if they choose. Below are the next month's scheduled offerings. Stay tuned for the remainder of the year's timeline.

WEDNESDAY, JULY 17

11am-noon: Lunch/Info session for August's Medicare-covered service: review of Medical Orders for Life Sustaining Treatments (MOLST)

Noon- 4pm by appointment: Individual health risk assessment and prevention plan development for skin cancers

THURSDAY, AUGUST 15

Noon-1pm: Lunch/Info session for September's Medicare-covered service: Screening for depression

1pm-4pm by appointment: Individual review of Medical Orders for Life Sustaining Treatments (MOLST)

Advanced registration is required. Please call 440-427-5077 or email marie@housecallsofthefalls.com to register.

NURSE PRACTITIONER OFFICE HOURS

Monday, July 29 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.

JULY IS UV SAFETY MONTH

What is Ultraviolet (UV)

Radiation?

Exposure to [ultraviolet \(UV\) radiation](#) is a major risk factor for most skin cancers. Sunlight is the main source of UV rays. Tanning lamps and beds are also sources of UV rays. People who get a lot of UV exposure from these sources are at greater risk for skin cancer.



Even though UV rays make up only a very small portion of the sun's rays, they are the main cause of the sun's damaging effects on the skin. UV rays damage the DNA of skin cells. Skin cancers start when this damage affects the DNA of genes that control skin cell growth.

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

How Do I Protect Myself From Ultraviolet (UV) Radiation?

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.

SKIN CANCER SCREENING

WEDNESDAY, JULY 17

FROM 12:00 - 4:00 PM

Individual health risk assessment and prevention plan development for skin cancers with our Nurse Practitioner. Advanced registration is required. Please call 440-427-5077 or email marie@housecallsofthefalls.com to register.

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 | 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: June 24 from 2:00-4:00 pm.

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!

• **The fourth Tuesday of each month @ 11:30 am** a nurse from Southwest General Hospital will be here.

• Blood pressure machine always available in the office at Jenkins Place. For use on your own or assistance provide.

⇒ 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

Mondays and Wednesdays at 9:30 am

Enjoy a nice 30-minute walk around Olmsted Falls. Meet in the parking lot with your walking shoes on.