

June 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Happy June! I hope you had the opportunity to attend some of the great programs at Jenkins Place in May. June is shaping up to be another busy month at the Senior Center and around Olmsted Falls. We will unveil our Vietnam Veterans War Memorial on June 22 and host the Ohio Flags of Honor display on June 21-23. More information is inside the newsletter.



Our newly appointed Fire Chief, Matthew Sheehan, completed his first month on duty. A retired Cleveland Fire Department lieutenant, Chief Sheehan brings with him 33 years of experience. I hope you will welcome him to Olmsted Falls when you see him at City Hall!

We continue to explore a partnership with University Circle Interactive Cleveland to bring educational programs to Jenkins Place. This program will utilize the interactive technology of videoconferencing and follow-up trips to bring University Circle to you. If you haven't already, please complete a survey at Jenkins Place to let us know about your areas of interest.

See you soon around town or at JP!

ABOUT THIS PUBLICATION:

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SUNSHINE CHAIRPERSON: Annette Towner

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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.***

CRAFTY CREATIONS- KNITTING & CROCHETING

Monday, June 3 @ 10:30 am

FREE, Sign up required

Our seniors are progressing very well as they are learning knitting techniques. Our goal is to knit useful items such as a scarf, a hat, beverage coasters or placemats, to name a few easy items. Knitters interested in donating a scarf or hat to charities will be given free yarn for that purpose. Seniors wanting to knit something for their own use will be purchasing yarn and supplies for that project. All seniors are welcome to join our friendly group for creativity and conversation.

THE PRICE IS RIGHT!

Tuesday, June 4 @ 1:00 pm

FREE, Sign up required

Symphony of Olmsted Falls, 25880 Elm Street, will be hosting us as we play a fun game of The Price is Right. Using their state-of-the-art It's Never 2 Late technology, we will play an interactive game or two. Come check out this software and see if you can determine if The Price is Right!

SENIOR QUICK TIPS

Tuesday, June 11 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

Acupuncture, cat scratch disease, cirrhosis, food cravings, foot odor, scalp cooling during chemo, pesticide risks on fruit/veg

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



INSURANCE CONSULTATION

Wednesday, June 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 45 minute meeting.

TRIVIA WITH OF LIBRARY

Thursday, June 20 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us this fun game! Test your knowledge while having fun!

INDIANS GAME

Wednesday, June 26 @ 1:10 pm

FREE, Sign up required, light meal provided

Come watch the Indians take on the Kansas City Royals in an afternoon game. Enjoy hotdogs, Cracker Jack and cheering for the Indians!

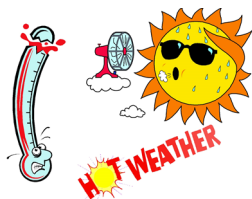
CORNHOLE

Thursday, June 6, 13 & 27 @ 10:00 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.

SUMMER SAFETY FOR SENIORS



The summertime is a time of fun and relaxation. Here are some great tips that aging adults can use to make sure they have a fun, safe summer. Check your medications; some are less effective if stored at temperatures higher than room temperature (about 78 degrees Fahrenheit). Stay hydrated when it's warm out. Some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable. Protect your eyes. Know the Signs of Hyperthermia (An overheated body) A change in behavior, such as acting confused, agitated or grouchy, having flushed skin, nausea, vomiting, headache, heavy breathing or a rapid pulse, not sweating and lastly fainting. Call 911. Submitted by Sandy Singleton.

OHIO FLAGS OF HONOR DISPLAY - OLMSTED FALLS CITY HALL

Friday, June 21-Sunday, June 23

This very moving display, featuring 900 U.S. Flags, travels throughout the state of Ohio, honoring each man and woman from Ohio who made the ultimate sacrifice to their country. Specifically, those who gave all in the Wars in Afghanistan, Iraq and the War on Terrorism since September 11, 2001.

The event will open with a ceremony at 6 pm on Friday, June 21. There will be a patriotic concert on Saturday, June 22 from 6-8 pm.

VIETNAM VETERANS WAR MEMORIAL UNVEILING CEREMONY

Saturday, June 22 @ 2:00 pm

This memorial will honor OFHS Class of '66 graduate Gary Martell, who made the ultimate sacrifice in the Vietnam War, and all those who "raised their right hand in the Vietnam era."

The memorial will be placed at The Village Green Park. Members of the community are invited to attend. The Parks and Recreation Board will host an ice cream social immediately following the unveiling ceremony.

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TECH HELP WITH OFHS KEY CLUB



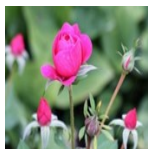
Wednesdays, beginning June 19
from 11:00 am -1:00 pm

FREE, Sign up required

Volunteers from the OFHS Key Club (affiliated with the Kiwanis) 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 June Birthdays

Happy Birthday to Betty, Carmen, Ellen, Mary, Robert, Tom



June Birth Flower—The **Rose** symbolically has more meanings than one can count! A pink rose means perfect happiness, while a red rose means "I love you." A white rose signifies innocence, purity, and new beginnings. A yellow rose conveys jealousy! A bouquet of roses means sincere gratitude, whereas a single rose amplifies the meaning of the color (a single red rose means "I REALLY love you").



June Birthstone—The **Pearl** is lustrous and embodies peace, beauty & friendship.



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.**

JUNE LUNCH N' LEARNS/SPECIAL EVENTS

ACADIA HOME HEALTH SERVICES LUNCH N LEARN

Thursday, June 6 @ 12:00 pm

FREE, Sign up required, light lunch provided

Come learn more about Acadia Home Health Services and how they may benefit you or a loved one. They offer companion care, personal care, behavioral care and Alzheimer's care. Quality care "for you" in the comfort of your home.



FIRST FRIDAY BREAKFAST

Friday, June 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 brings!

BLUE ZONES LUNCH N LEARN

Thursday, June 13 @12:00 pm

FREE, Sign up required, light lunch provided

Blue Zones are regions of the world where author Dan Buettner claims people live much longer than average. The people inhabiting Blue Zones share common lifestyle characteristics that contribute to their longevity. Susan from Brookdale Westlake Village will share how we can use what he found to help us live better & longer.

CLEARCAPTIONS LUNCH N LEARN

Tuesday, June 18 @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. Learn about their new phone and iPhone app!

FATHER'S DAY SOCIAL

Monday, June 17 @ 12:00 pm

FREE, Sign up required, light lunch provided

Join us for a Father's Day Social to celebrate dads! If you are a dad or have a dad, you are invited to help us honor the special men in our lives!



"IF YOU'RE HAPPY, DO YOU KNOW IT?"

LUNCH N LEARN

Friday, June 22 @ 12:00 pm

FREE, Sign up required, light lunch provided

People often say, "I just want to be happy!" What does this really mean? Over the years, there have been a number of studies on happiness. Come hear the simple ingredients to a happy life from Marlene Kurz, LPCC-S from Oakview Behavioral Health.

COMMUNITY SENIOR CITIZEN DINNER

Thursday, June 6 @ 4:00-6:00 pm

FREE, Reservations required by calling 440-427-6000

The Olmsted Falls City School District invites senior citizen residents of our district to the Olmsted Falls High School for dinner.

Space is limited and advance reservations are required by calling 440-427-6000.

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.

JUNE PROGRAMS

ART 101 WITH BARBARA

Monday, June 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.



UPDATE MEETING

Tuesday, June 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 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 @ FAT HEAD'S BREWERY

Thursday, June 27 @ 12:30 pm

Sign up required, fee

Meet at **Fat Head's Brewery, 17450 Engle Road, Middleburg Heights** to enjoy lunch out with friends. Please sign up by June 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.

Take steps to make falls less likely!

- ◇ **Sign up for A Matter of Balance:** This nationally-recognized program reduces the fear of falling and increases activity levels. Workshops are held for 8 sessions at convenient community locations.
- ◇ **Get some exercise:** Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength and improve balance, making falls less likely for aging adults.
- ◇ **Be mindful of medications:** Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce risky side effects.
- ◇ **Keep your vision sharp:** Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.
- ◇ **Remove hazards at home:** About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter & poor lighting that should be removed or changed.

Tickets available at Olmsted Community
Center or online at olmstedcc.com



A Matter of Balance Workshop

June 3—June 26, 2019
Mondays & Wednesdays

10:00am-12:00pm

Register TODAY

by calling 440-427-2519

JUNE HEALTH & WELLNESS

CHOLESTEROL & GLUCOSE SCREENING

Wednesday, June 5 @ 9-11 am

\$10, Sign up required

Know your numbers! It's important to get your cholesterol and glucose checked regularly. Screening will provide you with two numbers; total cholesterol and glucose. No fasting required. \$10 cash or check to cover cost of supplies. Call the Southwest Hospital Community Nurse Department at 440-816-4037 for an appointment.



OUTDOOR WALKING CLUB

Mondays and Wednesdays @ 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!

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. **We are always looking for new players!**

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.

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.

NURSE PRACTITIONER OFFICE HOURS

Monday, June 24 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.

FREE Community Shred Event

Saturday, June 15

9 AM to Noon at City Hall

Protect your personal information and help ease the burden on our landfills. Thanks to a recycling education grant from the Cuyahoga County Solid Waste District, Olmsted Falls will host this shred event.

Paper only.

JUNE HEALTH & WELLNESS

This new addition to the newsletter will feature health & wellness information that is being showcased for the month. June is Men's Health Month, Migraine & Headache Awareness Month, PTSD Awareness Month and June 2 is National Cancer Survivors Day. If you are a cancer survivor, we celebrate you!!



PTSD Awareness Month

Some sources estimate that as many as 70% of all Americans have experienced a traumatic event sufficient to cause PTSD or PTSD-like symptoms. Using these statistics, some 224 million Americans have experienced a traumatic event. Of that number, some 20% will develop PTSD symptoms, roughly 44 million people.

Of that 44 million, an estimated eight percent experience active PTSD symptoms at any one time. An estimated 50% of all mental health patients are also diagnosed with Post-Traumatic Stress Disorder.

Ways for you to take care of your health for Men's Health Month at Jenkins Place/OCC:

- ⇒ Join the outdoor walking group Mon & Wed at 9:30 am
- ⇒ Get your cholesterol & glucose checked on June 5 from 9-11 am
- ⇒ Attend an exercise class
- ⇒ Get your blood pressure checked on June 20 with OFFD or June 25 with a nurse from Southwest Hospital
- ⇒ Be social and attend a program at Jenkins Place
- ⇒ Visit www.menshealthnetwork.org for a schedule of check ups and screenings. Stop by JP for a paper copy!
- ⇒ Attend A Matter of Balance workshop to learn how to help prevent falls and improve your balance

Common Migraine Myths:

1. **Migraine is just a headache.** A migraine is a type of headache, but when someone truly has one, the pain they're experiencing can be substantially more severe. Migraine is a neurological disease with functional and sometimes structural changes that occur in the brain. Migraine is often associated with nausea, sensitivity to light, sound and odor, difficulty concentrating or thinking clearly, vertigo, and neurological problems such as visual disturbances, numbness, speech and language impairment, or weakness.
2. **All headaches are migraine.**
3. **Migraine is my fault.**
4. **The more headache medicine I take, the more control I will have over my migraine.**
5. **Caffeine is the cause of my migraine.**
6. **There is a diet plan that will cure migraine.**
7. **All supplements that prevent migraine are safe and effective.**
8. **You must have an aura for it to be a migraine.**
9. **No medication will ever treat my migraine.**

Talk to your doctor for more information or with questions about your headaches.

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.