

# The Jenkins Observer

May 2021

## MAYOR'S MESSAGE

Welcome Back! We are so excited to open back up and see your smiling faces. These last few months have been trying for everyone. May does not only bring flowers in bloom, but also brings us back together.

We are happy to welcome our new Senior Program Coordinators to Jenkins Place, Carrie Zdilla and Tricia Vidovich. Both ladies offer up their unique talents and personalities to us, be sure to stop by and say hello.

The month of May continues with great programs and activities at Jenkins Place Senior Center! Be sure to join us for a Mother's Day Tour of Olmsted Falls on May 7<sup>th</sup>. Don't forget, the Center will be closed in observance of Memorial Day on Monday, May 31<sup>st</sup>. We hope you can enjoy the parade and the closing ceremony at the Village Green. Get fit this Spring with the Jenkins Wednesday Walkers Club that starts this month.

Looking forward to seeing you soon.

Mayor Graven



## MEET OUR NEW PROGRAM COORDINATORS TRICIA & CARRIE

Tricia Vidovich, her husband, Dave and family live in Woodgate Farms. Her children, Ava and David, are sophomores at OFHS. She comes to us with a Bachelor's degree in Leisure Services Management and over 6 years of programming experience with seniors.

Carrie Zdilla lives in North Ridgeville with her husband and two children, Waylen (10) & Lila (7). Carrie was with the North Olmsted Senior Center when it was shut down due to COVID and prior to North Olmsted she was working in senior living at Brookdale Westlake Village.

## CONTACT INFORMATION :

**PROGRAM COORDINATORS: Carrie Zdilla & Tricia Vidovich**

**EMAIL:** [jenkinsplace@olmstedfalls.org](mailto:jenkinsplace@olmstedfalls.org)

**ADDRESS:** 26100 Bagley Road, Olmsted Falls, OH 44138

**FACEBOOK:** <https://www.facebook.com/OlmstedFallsOH>

**PHONE:** (440) 427-2519

**WEBSITE:** [www.olmstedfalls.org](http://www.olmstedfalls.org)

**OFFICE HOURS:** 9:00 am - 2:00 pm

## WELCOME BACK COOKIES & COFFEE TO GO

HAPPY TO SEE YOUR SMILING FACES AGAIN !

Monday, May 3rd 10:00-12:00pm

Pop in any time between 10:00 and 12:00pm to meet Carrie and Tricia our new Program Coordinators! Cookies & coffee sponsored by O'Neil Healthcare.

## CALENDAR REVIEW MEETING

Tuesday, May 4th @ 12:00 pm

This is an opportunity to come in to Jenkins Place and learn about the activities planned for May and ideas for summer programming. We want your ideas! What activities do you like best & what would you like to see us offer?

## BINGO-A-GO-GO BINGO + EXERCISE

Mondays, May 10th, 17th & 24th @ 11:00am

Bingo with some fitness mixed in.

When our musical timer chimes, it's time to get our bodies going . After a set of reps, we return to playing bingo until the next timer chimes.

## CRAFTY CORNER FLOWERING PHOTO FRAME

Monday, May 17th @12:30 FREE, Sign up required

Come decorate a foam photo frame with silk flowers to give your memories a touch of Spring!

## CINCO BINGO & TACOS TO GO!

Wednesday, May 5th  
@ 11:30am



Join us for a Mexican themed bingo, word searches and crossword puzzles. Thanks to Danielle at Riverview Pointe Care Center for providing the boxed treats.

## 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.

## SENIOR QUICK TIPS

W/ SANDY SINGLETON

May 11, 2021 @12:00pm

- Share Peaceful Thoughts
- Progressive Tense/Release
- Calming Breathing Skills

Discussion on how we eat & what our body needs as we mature! Refreshments will be provided.



## SAFETY PRECAUTIONS DURING THUNDERSTORMS

**Safety in house:** Avoid water during a thunderstorm. Lightning can travel through plumbing. Avoid electronic equipment of all types. Lightning can travel through electrical systems and radio and television. Cordless or cellular phones are safe to use during a storm. When thunder roars, go indoors. Don't forget the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.

BE SAFE!

-Sandy Singleton

## INDIANS GAME!!

Thursday, May 27th @ 1:00pm

Join us for hot dogs, peanuts & Cracker Jacks as the Indians take on the Detroit Tigers. Sign up is required. Hope you can join us for an afternoon of fun Cheering on our home team!



## HOMEMADE STRESS BALLS

Thursday, May 13th @ 12:30pm

Make & take homemade stress balls!  
Registration is required.

## SUGAR SCRUB SKINCARE

Wednesday, May 26th @ 1:00pm

Pamper your skin during the month of May with a homemade sugar scrub. Registration is required.

## SOCIAL CLUBS

Check the Calendar for fun social clubs.



## W E D N E S D A Y

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## WEDNESDAY WALKERS

Wednesdays, May 12th, 19th & 26th @ 10:30 am

Meet us at the Olmsted Falls High School Track  
26939 Bagley Road, Olmsted Falls, Oh 44138

Grab your water bottle and sneakers and join us for a morning walk around the Olmsted Falls High School track. There is no registration for this event, just show up!

## BRAIN FIT

Tuesdays, May 18th & 25th @ 1:00pm

Fitness isn't only for your body—it's critical for your mind too. Brain Fit will offer a different brain exercise, group activity, and lots of fun each week. Sponsored by Brookdale Westlake Village & Arden Courts.



## MY MOTHER KEPT A GARDEN



My Mother kept a garden, a garden of the heart,  
She planted all the good things that gave my life it's start.  
She turned me to the sunshine and encouraged me to dream,  
Fostering and nurturing the seeds of self-esteem...  
And when the winds and rain came, she protected me enough  
But not too much because she knew I'd need to stand  
strong and tough.  
Her constant good example always taught me right from wrong  
Markers for my pathway that will last a lifetime long.  
I am my Mother's garden. I am her legacy  
And I hope today she feels the love reflected back from me.

-Author Unknown

# 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 | Matt Sheehan  
440-235-3238 | [msheehan@olmstedfalls.org](mailto:msheehan@olmstedfalls.org)

## Service Department

Service Director | Joe Borczuch  
440-235-1345 | [jborczuch@olmstedfalls.org](mailto:jborczuch@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)

**Code RED Ready.** [CuyahogaCounty.us/en-US/readynotify.aspx](http://CuyahogaCounty.us/en-US/readynotify.aspx)

## 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

## MONTHLY WELLNESS AT JENKINS PLACE:

### ⇒ Adult & Geriatric Nurse Practitioner

Office Hours: See calendar

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 @ 10:30am

Paramedics from the Olmsted Falls Fire Department will be on hand to monitor your blood pressure. Stop in for a quick check!

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

### ⇒ 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.

### ⇒ Everyday Divinity Foot Care by Nurses

Foot care done here at Jenkins Place, to begin this summer. Keep an eye out for more information.

**List of Services:** General foot assessment, including nail trimming, thinning & filing, corns/callus and rough skin care. Foot care education and recommendations.