

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

This May brings a lot of great programs and activities at Jenkins Place Senior Center! There is a Cinco de Mayo celebration that will take place a bit early on May 3. It is always a fun and festive day here! And, don't forget, the Center will be closed in observance of Memorial Day on Monday, May 27. We hope you can join us for the parade through town and the ceremony at the Village Green that day.



This month will also bring a lot more health-related special presentations, including pain management, bone density screenings and more brain health workshops. Of course, we will have our most popular and evidence-based Brainworks program every Friday that continues to be one of our most well-attended and meaningful programs. There will also be a Cleveland Senior Day at Cleveland Public Hall and a "Senior Prom" at Village of the Falls. Teresa and I had fun at the Prom last year! With so much to look forward to, I hope everyone doesn't forget to take part in the startup of the morning walking sessions that will begin again.

Enjoy spring and stay healthy!

ABOUT THIS PUBLICATION:

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SUNSHINE CHAIRPERSON: Annette Towner

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CRAFTY CREATIONS KNITTING: Judy Dobies

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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.***

WII GOLF



Wednesday, May 1, 8, 15,
22 @ 10:30 am

FREE, Sign up required

Get ready to play on the real links by practicing on the Wii.

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.

CONTAINER GARDENING

Wednesday, May 1 @ 1:00 pm

FREE, Sign up required

The President of the Gardening Club will teach us how to garden using containers. If you are without yard space or just want to start your plants inside, join us! You will leave with your own plant.

COFFEE & SCRABBLE

Thursdays, May 2 & 30 @ 10:00 am

Mondays, May 6 & 20 @ 1:00 pm

FREE, no registration necessary

This word game will help exercise your brain and improve your memory! Join us each week for a friendly game of this easy to play, but very beneficial, word game.



INSURANCE CONSULTATION

Wednesday, May 8 @ 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.

CRAFTY CREATIONS- KNITTING & CROCHETING

Monday, May 6 @ 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.

INDIANS GAME



Thursday, May 9 @ 1:10 pm

FREE, Sign up required, light meal provided

The Tribe is back! Come watch the Indians take on the Chicago White Sox in an afternoon game. Enjoy hotdogs, Cracker Jack and cheering for the Indians!

SENIOR QUICK TIPS

May 14, 2018 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

Pink eye, facial pain, ulcers, motion sickness, fingernails and your health, grocery tips, leafy greens, cooking oil handout

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



SAFETY FOR SENIORS



Safety for seniors: Update your medication list and check for expired medications, vitamins, and supplements and safely dispose of any expired or discontinued medications. Olmsted Falls Police Station has a disposal area. Make sure tub or shower floor is non-slip. Think about adding automatic night lights in bathroom and bedrooms to make it easy to see at night. Check that flooring is free of tripping hazards and lastly, check that your walkways are clear. Submitted by Sandy Singleton.

MAKE YOUR DAY MORE PRODUCTIVE

Thursday, May 9 @ 9:30 am

FREE, Sign up required, light breakfast provided

Join us for bagels and coffee at 9:30am on Thursday, May 9th, when Joe Ratcliff will offer a presentation on Productivity, Purpose, and Getting More Out of Your Day. Joe is a Life Coach with strong ties to the Olmsted Falls, Olmsted Township, and Berea areas, specializing in Relationship, Faith, Family, and Career Counseling. Spend some time after the presentation in small group or one-on-one with Joe. No sign-up required for the one-on-one.

PICTIONARY WITH OF LIBRARY

Thursday, May 16 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us this fun game! Try out your drawing skills and laugh at Rachel's lack of drawing skills! Fun for all :)

TRAVEL WITH ROAD SCHOLAR

Thursday, May 23 @ 10:00 am

FREE, Sign up required

Do you love to travel, enjoy learning new things. Exploring interesting places and meeting people who share a love of adventure? Come learn about Road Scholar (formerly ElderHostel), America's first and the worlds largest educational travel organization for adults.

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



STRING ART

Wednesday, May 29 @ 12:00 pm

Fee, Sign up required



Join the string art craze and create this beautiful piece of art for your home or as a gift. \$18, payable in cash or check to City of Olmsted Falls by May 17. All materials included. Wood is pre-nailed and you be instructed how to complete the design. For all abilities! Assistance can be provided.



Celebrating May Birthdays

Happy Birthday to **Bill, Clarence, Darlene, Jean, Jerry, Jill, Nancy, Sandy, Serawit, Steve**



May Birth Flower—Lily of the Valley



The fragrant **Lily of the Valley** signifies sweetness, humility, and a return to happiness. If you want to show your loved one that your life is complete with them, give them a few lilies of the valley.

May Birthstone—Emerald carries the rich green color of Spring and radiates a beautiful vivid tone. They are considered to be a symbol of rebirth and love. Emeralds are the rarest gemstones and are typically mined in Colombia, Brazil, Afghanistan and Zambia.



MAY LUNCH N' LEARNS/SPECIAL EVENTS

CINCO DE MAYO FIESTA

Friday, May 3 @ 12:00 pm

FREE, Sign up required

Celebrate Mexican-American culture with authentic Mexican food, (non-alcoholic) margaritas and fun! Party will be held at the Olmsted Communi-

ty Center.

Learn more about the Mexican culture as we commemorate the Mexican Army's unlikely victory over the French Empire at the Battle of Puebla. Brainworks will follow at 1 pm. Registration deadline is May 1 or when our limit is reached.

MINI GOLF OUTING

Tuesday, May 7 @12:30

FREE, Sign up required

Play a round of mini golf at Olmsted Township's own Swings-N-Things for the afternoon. After golf, we will enjoy a scoop of their delicious ice cream! ***This outing is limited to 25.*** Please sign up at Jenkins Place.

UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR LUNCH N LEARN

Wednesday, May 8 @11:30

FREE, Sign up required, light lunch provided

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Speaker presented by The Alzheimer's Association.



MOTHER'S DAY TEA

Monday, May 13 @ 12:00 pm

FREE, Sign up required

We will enjoy a traditional tea luncheon to honor and remember our mothers. Adorn festive hats, if you desire, there might just be a prize for the best one! Registration is limited to 30 guests. Sign up in person at Jenkins Place only.

PROTECT AGAINST SCAMS LUNCH N LEARN

Wednesday, May 22 @ 11:30 am

FREE, Sign up required, light lunch provided

Nicara from Northwest Bank in Olmsted Township will speak about scams, beneficiaries, elder abuse and protecting accounts. She will be available for any questions and concerns you may have.

PASSPORT LUNCH

Tuesday, May 28 @ 12:00 pm

FREE, Sign up required, light meal provided

Learn more about the country that is also a continent....Australia. From the fabulous city of Sydney to the dangerous outback, 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.

SENIOR PROM

Friday, May 31 @ 12:00 - 2:00 pm

FREE, Sign up required, light meal provided

Join us for the second annual Senior Prom. This year's theme is "A Day at the Beach"...feel free wear your beach hat! The Prom will be held at Village of the Falls, 25920 Elm Street. Music will be provided by Linda & Dale Kirk of Heart 2 Heart. Event is sponsored by Village of the Falls, Symphony at Olmsted Falls, Riverview Pointe and Brunswick Pointe, Olmsted Community Center and the City of Olmsted Falls.

MAY RECURRING PROGRAMS

ART 101 WITH BARBARA

Monday, May 20 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio 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 or creating a beautiful paper flower.

UPDATE MEETING

Tuesday, May 21 @ 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 @ SAMOSKY'S PIZZERIA

Thursday, May 30 @ 12:30 pm

Sign up required, fee

Meet at Samosky's Pizzeria, 6681 Center Rd, Valley View to enjoy lunch out with friends. Please sign up by May 28. 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.

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.

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.

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.

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, May 20 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.

MAY HEALTH & WELLNESS

“HOW TO SPEAK TO YOUR DOCTOR”

LUNCH N LEARN

Wednesday, May 15 @ 11:30 am

FREE, Sign up required, light lunch provided

Susan from Westlake Village will share strategies for improving communication, understanding and maximizing your time spent with your doctor.

BONE DENSITY SCREENING

Thursday, May 16 @ 9-11 am

FREE, Sign up required

Did you know that following the onset of menopause, bone loss increases each year and can result in a total loss of 25%-30% of bone density in the first five to ten years after menopause. In general, this testing is recommended for women 65 and older along with younger postmenopausal women who have further risk factors for osteoporosis. Free bone density screening provided by Southwest General Hospital. Sign up for a time slot.

SKIN CANCER 101 LUNCH N LEARN

Thursday, May 23 @ 12:00 pm

FREE, Sign up required, light lunch provided

May is Skin Cancer Awareness Month. An oncology nurse from University Hospitals will join us to teach us about how to prevent skin cancer and what to look for during a self examination.

HEARING SCREENING

Thursday, May 30 from 9:30-11:30 am

FREE, Sign up required

An audiologist with Hear Wright will be here for hearing screenings, wax removal, hearing aid checks. Please sign up for a time slot.

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.

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

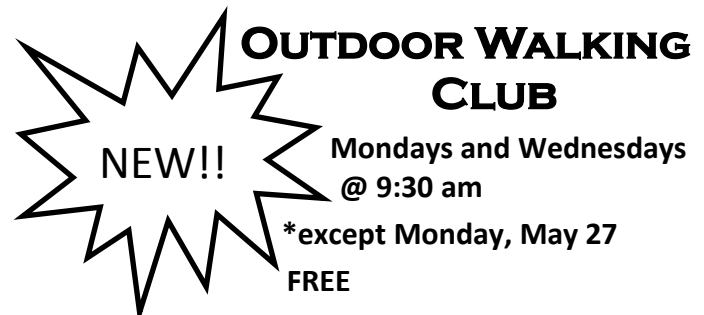
CLEVELAND SIGHT CENTER TIPS, TOOLS & TECHNIQUES

Wednesday, May 29 @ 10:00 am

FREE, Sign up required

Tips, Techniques and Tools to help people live better with vision loss. Alicia and Tom will be talking about the proper use of lighting, contrast, tactile landmarks, magnification and more. In addition, they'll talk about the use of different products and devices that can make a significant impact on performing daily activities. More importantly, they want to answer your questions about living with vision loss.

Alicia has been visually impaired for about 40 years and has been a hope-giving employee and former client of Cleveland Sight Center. Tom has been Cleveland Sight Center's assistive technology person for over 10 years. He tracks new and emerging technologies that may empower people who have vision loss to realize their full potential. Cleveland Sight Center has paired them together to communicate our mission which is to shape the community's vision of the potential of the people who are visually impaired/blind.



Mondays and Wednesdays @ 9:30 am

*except Monday, May 27

FREE

Thank you to everyone who completed a survey about the walking club. The most popular days & times were the ones I picked. 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!

MAY HEALTH & WELLNESS

This new addition to the newsletter will feature health & wellness information that is being showcased for the month. May is High Blood Pressure Education Month and Stroke Awareness Month.

Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

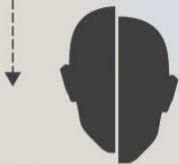


Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST**.



Face droops on one side.



Arms drift downward when raised.



Speech is slurred.



Time is critical. Call 9-1-1 **IMMEDIATELY.**



A severe headache with no known cause is another key warning sign of a stroke.

Learn about more sudden signs of stroke @ www.stroke.org

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

Temporary Fire Chief | Robert Arida

440-235-3238 | rarida@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: May 20 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.

⇒ 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.