

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE



As we enter into Fall, we're taking inventory and starting to plan for things we hope to accomplish for residents next year. Our seniors and our senior center are top priorities for my administration, and I'm very happy to report that we are being recommended for funding by the Cuyahoga County Department of Health and Human Services for funding in 2019 and 2020. Competition was very tough this year in the granting process, but through your enthusiasm and high-levels of participation, we were able to demonstrate great use of funds and effective involvement. We will be awarded \$20,000 for the next two years by the County. This is great news particularly in such a competitive funding environment. Because you all spoke about what you want and need in your Center, we were able to articulate your needs and connect with resources to continue to improve senior services.

I'm very happy that we are able to bring in more evidence-based programming with things like the enormously successful Matter of Balance eight-week program. You asked for wellness building and structured programs that support healthful living and our senior programs coordinator, Rachel O'Malley, is doing an outstanding job of bringing in programs with true and lasting benefits.

We will continue to seek additional funding for other needs and special programs as opportunities arise. I invite you, as always, to continue to share your hopes with me and staff. We're here to serve you.

ABOUT THIS PUBLICATION:

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SPECIAL EVENTS: Nancy Bergholz

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WEBSITE: www.olmstedfalls.org

FACEBOOK: [facebook.com/JenkinsPlace](https://www.facebook.com/JenkinsPlace) (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 from Jenkins Place.

Jenkins Place and Olmsted Community Center follow the Olmsted Falls schools closure policy. If Olmsted Falls Schools are closed due to inclement weather, the centers will be closed also. Stay home, be safe & be warm!

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, October 1, 2018 @ 10:30 am

FREE, Sign up required

Autumn is a fun and colorful season! Fond memories of jumping into mound of fallen leaves, searching for woolly bear caterpillars, going on hay rides, drinking apple cider, getting lost in a hay maze and always having a great time on Halloween night! Scarecrows are ever present during this season, so the Crafty Creations crafters will be making a cute scarecrow face for this month's project. All seniors are welcome to attend the class, but supplies are limited to 12 participants. Come into Jenkins Place to see this item on display.

BENEFITS CHECK UP

Thursday, October 4 & 25 from 10:00-11:00 am

FREE, no registration necessary

Stop in between 10 am and 11 am to do a benefits check up through the National Council on Aging. Rachel will help you answer questions on the computer to see if you are receiving all benefits you are eligible to receive. Don't want to come in? Do it from home at www.benefitscheckup.org.

SCRABBLE

Fridays in October @ 11:00 am

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.



SENIOR QUICK TIPS

October 9, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided

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

- ◇ 15 Most Common Health concerns for Seniors
- ◇ Fun Fitness Trivia that may surprise you.
- ◇ What are probiotics?
- ◇ Are vitamins good or not?
- ◇ How to Remain Young
- ◇ Information about Organ Eye, and Tissue Donations.



DIABETES SELF-MANAGEMENT WORKSHOP

Wednesdays, beginning October 10 @ 10:00-12:30 pm

FREE, registration necessary

This is a 6-week workshop designed to provide tools and training to help people with diabetes take control of their own health. This evidence-based program will teach :

1. Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
2. Appropriate exercise for maintaining and improving strength and endurance;
3. Healthy eating
4. Appropriate use of medication
5. Working more effectively with health care providers.
6. Healthy eating
7. Appropriate use of medication

SAFETY TIP FOR SENIORS: FLU SHOTS

Flu Season: Influenza, commonly known as "the flu," is caused by a virus, which infects the respiratory tract. The flu is spread from person to person by direct contact or through virus infected droplets coughed or sneezed in the air. Most people who get the flu recover completely in one to two weeks, but some, especially elderly people, develop serious and potentially life-threatening illnesses, such as pneumonia. Free flu shots will be held at the Jenkins Place on October 11 from 11:00 am - 2:00 pm. Schedule for the flu shot clinic or visit your healthcare provider or pharmacy for this season's shot. Submitted by Sandy Singleton.

Fight The Flu



OSHIIP CONSULTATION

Wednesday, October 10 @ 12:00-4:00 pm

Are you ready for the Medicare open enrollment period of October 15-December 7? Meet with Rita Dowd-Mikolajczyk, a retired high school guidance counselor, and a trained OSHIIP volunteer to be sure you have the appropriate coverage. 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. Each appointment is individualized and confidential. **Appointments are required**, so please call 440.427.2519 to schedule a 45 minute meeting.

OKTOBERFEST HAPPY HOUR WITH LINDA KIRK



Wednesday, October 10 @ 1:00 pm

FREE, Sign up required

Enjoy the musical stylings of Linda Kirk and her husband as we welcome the sounds of fall. Pretzels and (root) beer will be served in honor of the Oktoberfest held in Munich, Germany each September-October. Join us for this fun

HISTORY OF OLMSTED FALLS

Thursday, October 11 @ 10:00 am

FREE, Sign up required

John Cimperman, author of a book on Olmsted Falls, will be on hand to educate us on the history of Olmsted falls. John resides in Olmsted Falls and has an impressive resume and background in historical preservation. He served five terms in Cleveland City Council and sponsored the Cleveland Landmarks Ordinance that at that time was the first ordinance of its kind in the state of Ohio. He has received numerous national and local awards for his work in historic preservation.

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



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 the a new Senior of the Month scrapbook! 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 October Birthdays



Happy Birthday to
Carolyn, Cathy, Margaret, Nancy J.,
Nancy N., Pat, Rachel, Shirley

October Birthstone: Opal
October Birth Flower: Calendula or Cosmos

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.

OCTOBER LUNCH N' LEARNS/SPECIAL EVENTS

OPTIMIZING RETIREMENT REVENUE STREAMS LUNCH N' LEARN

Wednesday, October 3 @ 12:00 pm

Wednesday, October 24 @ 12:00 pm

FREE, Sign up required, light meal provided

Velocity Advisors, in conjunction with Bill Schulz (Estate Planning Attorney) will cover how to Optimize Retirement Income in Retirement through Social Security and Medicare. We'll also cover essential Estate Planning documents needed for individuals. Each individual is different and will be provided a workbook to customize their own plan.

HEALTHY HOLIDAY EATING TIPS LUNCH N' LEARN

Friday, October 26 @ 12:00 pm

FREE, Sign up required, light meal provided

One of the excitements of the season is the great food of the holidays. Wondering how you can enjoy your holiday festivities that will not sabotage your year of healthy eating? Join Amy Dunbar, Registered Dietitian from Southwest General Hospital, as she discusses ways to eat healthy this holiday season.



SAFEGUARDING SENIORS AGAINST SCAMS LUNCH N' LEARN

Thursday, October 18 @ 12:00 pm

FREE, Sign up required, light meal provided

There always seems to be some new way for scammers to take advantage, especially of seniors. Learn ways to spot scams and avoid them. We will also talk about important questions to ask of anyone entering your home for home care.

ARE YOU READY FOR THE REST OF YOUR ELDER JOURNEY? LUNCH N' LEARN

Thursday, November 1 @ 12:00 pm

FREE, Sign up required, light meal provided

Learn about what documents you need and how to decide who makes your decisions. Who makes my health & financial decisions if I don't have a Power Of Attorney? Do I need to redo my POA's and will when my children get divorced/remarried? We will discuss Medicare and Medicaid differences. Learn about the above issues and other areas to protect yourself and ease your mind. Speaker provided by Stano Law Firm.

FLU SHOTS

Thursday, October 11 from 11:00 am - 2:00 pm

A Rite-Aid pharmacist will be on site to offer flu shots, covered by Medicare. Our Nurse Practitioner will also be here to answer questions, check blood pressure, blood sugar, etc.

FALLS DAY IN THE PARK

Sunday, October 7 from 1:00-4:00 pm

Fall is here! This event, sponsored by the Olmsted Falls

Parks and Recreation Board will be held at East River Park,

on Lewis Road. Featured attractions will be the OFHS marching band, free food and vendor booths. Jenkins Place Crafty Creations crafters will be selling their handmade items at a table to raise money for JP. Be sure to stop by the Jenkins

Place information table to say "Hello!" Come and enjoy big fun in our small town!

HALLOWEEN PARTY

Tuesday, October 30 @ 12:00 pm

FREE, Sign up required

Why should kids have all the fun on

Halloween? Start planning your costume for our Halloween Party. Held at the Olmsted Community Center, there will be food, games and a costume contest. We promise a ghoulishly good time!



OCTOBER PROGRAMS

PANCAKE & WAFFLE BRUNCH

Monday, October 15 @ 11:00 am

FREE, Sign up required, food served

Start off the week with a yummy brunch, prepared by Rachel. Late enough for you to sleep in & early enough for you to go about the rest of your day! Pumpkin pancakes & waffles are on the menu for this fall brunch.

POPCORN TASTING

Tuesday, October 16 @ 11:00 am

Free, Sign up required, snack served



The newest merchants at the Grand Pacific Junction, Grand Pacific Popcorn, will be here to let us taste some of their most popular flavors of their gourmet popcorn.



AARP DRIVER SAFETY TRAINING

Wednesday, October 17 @ 10:00 am-2:00 pm

Sign up required. \$15 AARP Member/\$20 Non Member

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment.

WINE BOTTLE CRAFT

Monday, October 22 @ 1:00 pm

FREE, Sign up required



You supply the empty wine or other glass bottle and we will supply the rest! Make a vase, mantle decoration or table centerpiece for you or for a gift. You will be amazed with how easy you can make a cute home decoration!

LUNCH OUT @ MISE EN PLACE

Thursday, October 25 @ 12:45 pm

Sign up required, fee

Meet at Mise en Place at Polaris Career Center in Middleburg Heights to enjoy lunch out with friends. Please sign up by October 22. 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.

COLOR WITH BARBARA

Monday, October 29 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio in Olmsted Falls shares her beautiful hand-drawn pictures with us. She will help you bring out your inner artist to complete the picture with colored pencils. Pencils are provided or feel free to bring your own. Learn how relaxing and therapeutic coloring can be for you!

COFFEE TASTING

Thursday, November 1 @ 10:00 am

FREE, Sign up required, light snacks

Red Cedar Coffee in Berea will join us for a brief presentation and a sampling of some of their flavored coffees.



2018 YARD CHARGE

Need help with leaf raking this fall? A local organization would like to help! Raking will be held on either November 3 or 10 in the morning.

Please leave your name and phone number with Rachel and she will forward your information. Priority will be given to Olmsted Falls/Township residents, but they may be able to help others.



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 | 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 one day per month. Check calendar.

Marie D. Grosh, RN, will be here at the Jenkins Place. See insert for more information.

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

Every Thursday of the month @ 10:30 am

- 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

- 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.