

October 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Who is ready for some nice fall weather after those unseasonably warm temps in September? I know I am! I'm also ready for all the great October activities planned here at Jenkins Place and throughout the community.



The first weekend in October is homecoming for Olmsted Falls. If you don't already have one, get your Bulldog athletic pass and come to the football game on Friday night. Sunday morning, the Kiwanis will host their popular FREE Homecoming Pancake Breakfast at Olmsted Falls High School from 8 am to 1 pm. Bring your appetite!

The Olmsted Falls Park & Recreation Board will host Falls Day in the Park at East River Park from 1-4 pm on Sunday, October 6. This is always a great event! Come enjoy food, the High School band and find out who is awarded our Citizen of the Year.

On October 27 from 1-5 pm at the Grand Pacific Junction Olmsted's Fall-O-Ween event will be held again this year. The Grand Pacific Junction Merchants and Olmsted Falls Parks & Recreation Board will transform downtown Olmsted Falls into a Halloween wonderland! Come to see what Teresa and I have up our sleeve for our costumes this year! Volunteers are always needed. Talk to Rachel if you want to help.

Phew! Add these activities to those planned at Jenkins Place and you are in for a fun, busy month! See you at JP or around town!

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

PHONE: (440) 427-2519

WEBSITE: www.olmstedfalls.org

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

EMAIL: jenkinsplace@olmstedfalls.org

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

FACEBOOK: www.facebook.com/OlmstedFallsOH/

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.***

SCRABBLE

Wednesdays, October 2 & 23 @ 10:00 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!



HAVE YOU EVER??

Wednesday, October 2 @ 1:00 pm

FREE, sign up required

A great game to get to know each other! We will ask fun questions like Have you ever lived outside the US? Can you speak another language? Have you ever gotten a ticket? You get the idea! Everyone will get to share your answer and explain their answer.

MEXICAN TRAIN DOMINOES

Thursday, October 3 & 24 @ 10:00 am

FREE, sign up required

It doesn't matter if you've never played or have played before, come join in this fun domino game! Bring a set of dominoes, if you have them.

MAH JONGG

Mondays, October 7 & 21 @ 10:00 am

FREE, sign up required

Come learn how to play this tile-based strategic game. We will learn how to play from members who have been playing for years. Similar to the card game rummy, Mah jongg is a game of skill, strategy, and calculation and involves a degree of chance



LEARN TO SKYPE

Monday, October 7 @ 1:00 pm

FREE, sign up required

Do you want to learn how to video chat with your loved ones? This is the class for you! If you have a tablet or laptop with a camera, please bring it. We will go through all the steps to put the software on your device to finding your friends and family.

SENIOR QUICK TIPS

Tuesday, October 8 @ 12:00 pm

FREE, Sign up required

Olmsted Falls Fire Chief will present Fire Safety and Prevention.

Sandy will present: First Aid Emergencies , Abdominal Pain, Asthma attack, Epi pens, Insect stings , How to remove a tic, Minor burns, Chemical & Electrical burns, Cuts/wounds, Diabetic reaction, Eye injury, Headaches and Suicide thoughts, Choking, Fainting, CPR.

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



INSURANCE CONSULTATION

Wednesday, October 9 @ 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.

HALLOWEEN SAFETY TIPS

For many seniors, the masked visitors and constant knocking on the door can be unnerving and frightening as the night wears on. **If you are accepting trick-or-treaters:** Stay in your home when passing out candy. Keep your home's porch, entry way, and sidewalk clear of obstacles and/or decorations that could cause an accident. Use battery operated candles. Turn on porch lights and keep the trick-or-treaters' path well-lit. Keep pets in another room before opening the door. **If you are not accepting trick-or-treaters:** and you enjoy seeing children in costumes, but don't want to pass out candy, check out local libraries, community center for activities in which to participate.



Submitted by Sandy Singleton.

FUN PONG

Wednesday, October 9 & 30 @ 11:00 am

FREE, sign up required

Typically a college party game, we will learn a modified version of the game. The game promotes hand-eye coordination and concentration. Prizes will be given!

TECH HELP WITH TEENS

Wednesday, October 30

From 6:30-7:30 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.

LUNCH & A SHOW

Monday, October 28 @ 12:00 pm

FREE, Sign up required

Movies are back! Bring your lunch for this matinee screening of Abbott and Costello Meet Frankenstein. Celebrate Halloween a bit early with this comedy classic! Two hapless freight handlers find themselves encountering Dracula, the Frankenstein Monster and the Wolf Man. Popcorn and drinks will be provided. Ordering lunch as a group is also an option. Movie run time 1 hour, 23 minutes.



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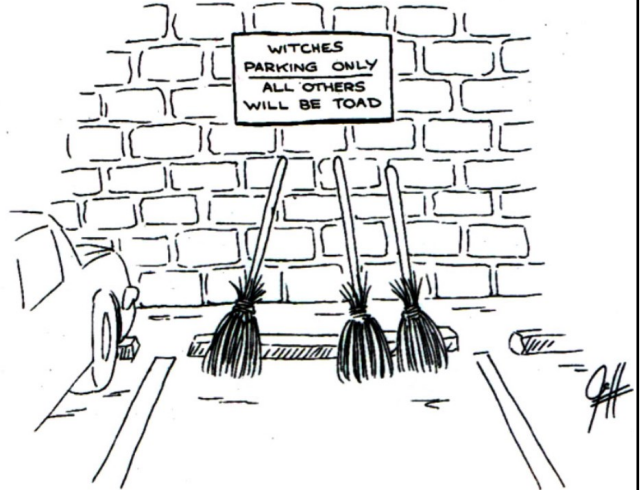
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FUN & GAMES WITH OF LIBRARY

Thursday, October 17 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us Name That Old T.V. Tune to play. A song will play and you will find it on your board. Bring back memories with T.V. shows you watched growing up!



Celebrating October Birthdays

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



October Birthstone: Opal

Iridescent opal embodies long & lasting love



October Birth Flower: Cosmos

Cosmos are a symbol of order, peace, and serenity. The name Cosmos comes from the Greek *kosmos*, meaning order, harmony, or the world. Not only is order and harmony expressed in the blossom's symmetry, grace, and simplicity, but also in the symmetrically balanced, regularly-doubled production of leaf and blossom stems.



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, please donate any extra birthday, get well, thank you, thinking of you or other cards to share.**

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.

OCTOBER LUNCH N' LEARNS/SPECIAL EVENTS

FIRST FRIDAY BREAKFAST

Friday, October 4 @ 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 (I'm thinking pumpkin pancakes/waffles) at JP. We will get you fueled up for your 10:30 class or whatever your day brings!

NORTHWEST BANK LUNCH N LEARN

Monday, October 21 @ 12:00 pm
FREE, Sign up required, light lunch provided

Rita & Amanda from Northwest Bank in Olmsted Town-ship will be here to share how to protect your finances.



COOKING FOR ONE LUNCH N LEARN

Friday, October 25 @ 12:00 pm
FREE, Sign up required, light lunch provided

Join Judy Steffes, registered dietitian to learn how to cook for one or two without sacrificing health or taste! Program includes a cooking demo provided by Riverview Pointe. Deadline to register 10/23.

PAINTING AT PINOT'S PALETTE

Tuesday, October 15 @ 1:00 pm
Sign up required, fee required for materials

Come paint a picture with us at Pinot's Palette in Olmsted Falls. Bring out your inner artist with the help of patient instructors. Feel free to bring snacks to share. Wine may be purchased on site.

CLIMATE CHANGE LUNCH N LEARN

Wednesday, October 16 @ 11:30 am
FREE, Sign up required, light lunch provided

Bruce Banks will join us to address the subject of how we know our climate is changing and the causes of these changes. He will present information on the consequences of the industrial revolution and how that has been contributing to global warming and other weather impacts. He will also present information relating to the possible impact of events such as forest fires, volcanoes, the sun spots, and the Earth's orbit around the sun orbit. The talk will provide predictions based on the results of climate studies by hundreds of climate experts.



OGLEBAY HOLIDAY LIGHTS TOUR

November 20, 2019
Check in time - 9:00 am Return time - 10:00 pm

Package Features

*Dutch-treat snack stop at Brady's Leap (Ohio Turnpike)
Tour

*Motorcoach transportation with a Great Day Tours tour director

*Time to shop at the Hilltop Shops

*Guided tour of the Festival of Lights - A guide will board the motorcoach and describe the light show to its fullest extent.

*Oglebay Mansion

*Wheeling Park Country Holiday Dinner Buffet



\$88/person Checks payable to Great Day! Tours & Cruises

OCTOBER PROGRAMS

LAVENDER EVENT

Thursday, October 17 @ 1:00 pm

FREE, Sign up required

Join Kelly and Amie from Circle of Life Yoga for a calming and creative hour celebrating all things Lavender. We'll cover the uses and history of lavender, learn calming ways to ease stress, create goodies to take home, and much more! Meet new friends and connect with your community!



UPDATE MEETING

Tuesday, October 22 @ 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.



CAKE TASTING

Wednesday, October 23

@ 1:00 pm

FREE, Sign up required

Nothing Bundt Cakes from Strongsville will bring samples of their delicious bundt cakes for us to taste!

ART 101 WITH BARBARA

Monday, October 28 @ 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.



HALLOWEEN HAPPY HOUR WITH LINDA & DALE KIRK

Thursday, October 24 @ 1:00 pm

FREE, Sign up required, light snacks provided

Celebrate Halloween a bit early with the always fun Linda & Dale of Heart 2 Heart. Dress up and join in the fun!

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.

LUNCH OUT @ TAVALO 72 IN MIDDLEBURG HEIGHTS

Thursday, October 31 @ 12:30 pm

Sign up required, fee

Meet at Tavalo 72, 7291 Engle Road (Crowne Plaza Hotel), Middleburg Heights to enjoy lunch out with friends. Please sign up by October 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.

HALLOWEEN PARTY

Tuesday, October 29 @ 12:00 pm

FREE, Sign up required, light lunch provided

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! Food donations to Christians in Action are welcome!



OCTOBER HEALTH & WELLNESS

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.

NURSE PRACTITIONER OFFICE HOURS

Tuesday, October 22 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.

BREAST CANCER AWARENESS

Tuesday, October 22 @ 11:00 pm

FREE, Sign up required

In honor of National Breast Cancer Awareness Month, Marie Grosh, our Nurse Practitioner, will talk with us about what steps we should be taking to prevent and detect breast cancer.



A MATTER OF BALANCE WORKSHOP

Mondays, October 21-December 16

2:00-4:00 pm

FREE, Sign up required

This nationally-recognized program reduces the fear of falling and increases activity levels. A different topic will be addressed each week, such as

- ◇ Get some exercise
- ◇ Be mindful of medications
- ◇ Keep your vision sharp
- ◇ Remove hazards at home

This workshop is presented by Fairhill Partners. Please register by October 18.



Van Transportation Program

For those who are unable to provide their own transportation to and from Southwest General medical facilities, the hospital offers FREE convenient curb-to-curb transportation service, which is available to residents from Southwest General's primary service area, including Olmsted Falls. Transportation times are Monday-Friday, 9 a.m.-4 p.m. For more information, call **440-816-4046**.

OCTOBER HEALTH & WELLNESS

TALK ABOUT PRESCRIPTIONS MONTH

Talk About Prescriptions Month is an annual designation observed in October. This month, we are all encouraged to stay informed about the medications we use. All medication comes with a risk and can be extremely dangerous, even deadly if abused.

One of the most dangerous kinds of medications is prescription medication. In fact, in 2017, the Department of Health and Human Services declared a public health emergency in the United States because of the overuse and abuse of opioids. Research shows that since the late 1990s, these types of medications have been prescribed at a higher and higher rate. Because of the addictive nature of these painkillers, thousands of people in the United States became accidentally addicted after taking their recommended dosage. There are a few important questions you should ask your doctor when you get a medication prescribed.

Question 1: How and when do I take it, and for how long?

Question 2: What side effects can I expect, and should I do anything about them?

Question 3: Will this medicine work safely with other medications I'm on?

Question 4: How should I store this medicine?

Question 5: Should I take this if addiction runs in my family/is this a prescription that people can become addicted to?

October is Dental Hygiene Month

Brush and Floss Daily

Brushing and flossing your teeth is just as important for you as it is for your grandchildren. Even though it may have been years since you've had a cavity, your risk of cavities increases with age. One of the reasons is dry mouth—a common side effect of many prescription medications.

Clean Dentures Daily

Bacteria stick to your teeth and also to full or partial dentures. If you wear dentures, remember to clean them on a daily basis with cleaners made specifically for dentures. Do not use toothpastes for natural teeth or household cleaners, which are too abrasive and can damage dentures that can be expensive to replace.

Visit a Dentist Regularly

Get regular dental checkups at least once a year – please do not wait until you have pain. Why? As you age, the nerves inside your teeth become smaller and less sensitive. By the time you feel pain from a cavity, it may be too late and you may lose your tooth. There are also more serious conditions that your dentist will look for, like oral cancer and gum disease, which do not always cause pain until the advanced stages of the disease. By then, it's more difficult and costly to treat.

Drink Water with Fluoride

No matter what age you are, drinking water with fluoride helps prevent tooth decay. Fluoride is nature's cavity fighter. Many community water systems contain added fluoride, but if you prefer bottled water, check the label because some do not contain fluoride. And, some home water filters remove fluoride from the tap water. Visit the ADA Seal product search page for a list of water filters that do not remove fluoride from tap water.

Quit Smoking

It's never too late to quit smoking. Smoking increases problems with gum disease, tooth decay and tooth loss. It also slows down healing after dental procedures and can decrease the success rate of dental implants. Talk to your dentist about quitting. There are tobacco cessation programs, over-the-counter products and prescription medications that your dentist may prescribe or recommend to help you quit for good. Smokefree.gov is another good resource to help you quit today.



Visit mouthhealthy.org for more information

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: October 22 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.