



# The Jenkins Observer



## MAYOR'S MESSAGE

2021

The leaves and weather are changing, although luckily our great programming is continuing here at Jenkins Place.

I hope you can join us for two big parties coming up. Octoberfest is Thursday the 14<sup>th</sup>, please enjoy a tasty German feast and party to the sounds of the Polka Pirates.



On Friday, October 29<sup>th</sup>, pull out your favorite costumes, and head to the Olmsted Community Center, Hawkins Hall for a ghoulish good time at the big Halloween Party. Don't forget your dancing shoes so you can Mash Potato to the sounds of Linda & Dale with Heart to Heart!

Also be sure to be on the lookout for our trick or treaters on Sunday, October 31<sup>st</sup> as the kids make their way around the city from 6:00-8:00pm.

Finally, Jenkins Place and the City of Olmsted Falls is excited to partner with GlamourGals, a new club at Olmsted Falls High School. Once a month, our seniors will have an opportunity to visit the school and will enjoy a little pampering. Be sure to read more about this in the newsletter.

Be Well,  
Mayor Graven



### PROGRAM COORDINATORS TRICIA & CARRIE

Fall is officially here and so are some exciting programs. As always we welcome any ideas and suggestions that you may have. Please remember, to come to us with any questions and concerns. Please keep in mind that you may utilize any of the rooms we have here at Jenkins Place.

### 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

## MAKE YOUR OWN ORIGAMI PEACE CRANES



Monday, October 4th @ 10:30 am

Our friend Joan Applegate will share the history of Peace Cranes and teach how to make your own. Sign up required.

## PIZZA & A SHOW

Monday, October 4th @  
12:00pm

Enjoy pizza & an afternoon  
Halloween matinee.



## TRIVIA

W/ JODI CARLSON  
OLMSTED FALLS  
LIBRARY



Thursday, October 7th @ 10:00 am

Sign up required. Jodi will be here the first Thursday of the month @ 10:00am

## MEDICARE 101

JANICE KOPEC - JKM INSURANCE

Thursday, October 7th @ 12:30pm

Medicare open enrollment season right around the corner, you'll have the opportunity to learn about Medicare and its parts: A, B, C and D. Gain a more in depth understanding of Medicare Advantage Plans, Medicare Supplements, and Prescription Drug Plans.

## IPAD BASICS 101

Monday, October 11th @ 10:00am

Join us as we continue to explore basic iPad skills. iPads will be provided. Space is limited to 10.



## UNIVERSITY CIRCLE SEA TURTLE RESCUE & REHABILITATION

Video Presentation

On Monday, October 11th. 12:30pm @ Jenkins Place  
Follow up fieldtrip on Wednesday.

## CLEVELAND MUSEUM OF NATURAL HISTORY WILDLIFE RESCUE: MIRACLES IN CONSERVATION

Off Campus Field Trip

on Wednesday, October 13th. @ 9:30am  
Program cost \$21.50 each, includes transportation.

Bus leaves Jenkins Place promptly @ 9:30am

Bring money for lunch in the café and gift shop.  
We will return to Jenkins Place at about 2:00pm.  
Space is limited, call to reserve your spot.

## OCTOBER QUICK TIPS & LUNCH

Tuesday, October 12th @ 12:00pm

Sandy Singleton will be here to share information about carbon monoxide poisoning and fire safety. She will discuss having a Home Fire Safety Plan; including making your own escape plan, and fire extinguisher use. She will revisit & answer questions about previous topics on diet change and pain



## OCTOBERFEST

W/ THE  
POLKA PIRATES!!



Thursday, October 14th @ 12:30

The Polka Pirates will get your toes tapping as they play traditional style Polka: Slovenian, Polish, German, Waltzes, and Big Band as well as Dixieland, Latin, Country, and Rock-N-Roll. Come hungry for good ol' German food! Thank you to attorney Margie Karl for her sponsorship. Please RSVP.

## GLAMOUR GALS

Monday, October 18th @ 10am, Olmsted Falls HS

Enjoy pampering by teen leaders from Olmsted Falls High School's Glamour Gals Club. This is a new chapter of this foundation which hopes to enrich the lives of seniors while building empathetic teen leaders.

Ladies will enjoy manicures and/or light makeover.

Meet at the Olmsted Falls High School.

Please reserve your spot.

Limited to 10 participants.

## MUSIC THERAPY

Monday, October 18th @ 1:00pm

Join The Music Therapy Enrichment Center of Westlake and engage in a variety of musical activities which include singing, playing instruments, conversation and participating in music trivia. Reservations required.



## LUNCH BUNCH OUTING TO EASTLAND INN

Thursday, October 21st 12 :30pm

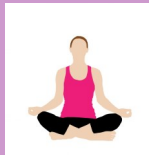
33 Eastland Rd. Berea, OH  
Reservations required.



## CHAIR YOGA WITH KELLY PATRICK CIRCLE OF LIFE YOGA

Monday, October 25th  
@ 10:00 am

Dress comfortably and bring your water. Chairs are provided.



## YELLOWSTONE: BEAUTY OF THE LAND W/ NATURE PAM

Monday, October 25th @ 12:30pm

Nature Pam uses slideshow presentation featuring the beauty of the American wilderness parks & wildlife. The program includes historical facts, exhibits, personal experiences, and photojournalism. Lunch will be provided.



## DR. SCOTT SEDLACEK FROM THE EYE PLACE FOR YOUR EYES ONLY

Thursday, October 28th @ 12:30

We welcome Dr. Sedlacek for an interactive discussion on general eye health, including cataracts, macular degeneration and dry eye. Please rsvp.

## BRAIN FIT & LUNCH

Tuesdays, October 5th, 19th & 26th

@ 12:00pm

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, Symphony at Olmsted Falls & Arden Courts. Call to reserve your spot. Light lunch will be provided.

## TAI CHI EASY FOR WELLNESS AND BALANCE

Thursday's @ 11:00am - 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 provided if needed.



## FRIDAY BINGO



October 1st, 8th, 15th, & 22nd

@12:00pm (sign up required)

Guest Callers

10/15 - Northwestern Healthcare

10/22 - Westwood Place

## MAHJONG AT JENKINS PLACE!

Wednesdays @ 12:30 \*\*\*

Whether you are a seasoned player or new to the game. These lessons are for beginners and no experience is necessary.



Hope you can join this nice group of ladies.

**\*\*\* No Mahjong on Wednesday October 13th.\*\*\***

# 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/>

## 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.

### ⇒ Reliable Nurse Foot Care by Jennifer Vanek

**November 11th**

#### List of Services:

General foot assessment, including nail trimming, thinning & filing, corns/callus and rough skin care.

Foot care education and recommendations.

Cost - \$35 Cash, check or credit cards accepted.

Call 216-956-0293