

# The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

## MAYOR'S MESSAGE

As summer begins to wind down and we approach the end of a year that was filled with positive change in the City, I'm grateful to our many seniors who continue to be engaged at Jenkins Place. Not only have many individuals "taken ownership" of the Center, but they have graciously offered their time and thoughts to enhance programs and activities. I am very appreciative for these efforts because I want to ensure we are creating the best environment for seniors to be healthy, happy and enjoying life.



That is why we continue to undertake new programs and enhance activities in response to seniors' wishes. In September, we will host an eight-session Matter of Balance program to increase understanding of balance, help people stay active and ensure more people can stay healthy longer. Many seniors said this is exactly the kind of programming they want. It includes practical instruction and real "take-aways" that have immediate benefits. We will also be measuring the success of the program through participant surveys. We want to do more of this to gauge how much benefit our programs provide. As always, we invite feedback on this and all programs.

I'm also grateful for the way our seniors look out for one another. After all, that's what community is all about. I want to continue to make sure we do things to strengthen one another all the time. That will remain our focus as we head into fall and beyond!

### ABOUT THIS PUBLICATION:

**CO-EDITORS:** Sandy Singleton, Barb Paulen & Nancy Bergholz

**SENIOR SAFETY TIPS:** Sandy Singleton

**SUNSHINE CHAIRPERSON:** Annette Towner

**SENIOR OF THE MONTH:** Annette Towner

**CLARENCE'S CORNER:** Clarence Seiter

**CRAFTY CREATIONS:** Judy Dobies

**SPECIAL EVENTS:** Nancy Bergholz

### CONTACT INFORMATION:

**Rachel O'Malley, Programs Coordinator**

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

**FACEBOOK:** [facebook.com/OlmstedFallsOH](https://facebook.com/OlmstedFallsOH)

**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.

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, September 3, 2018

Being Labor Day Holiday, Jenkins Place is closed...so relax, enjoy doing whatever makes you happy! Maybe spend some time on your own creating something! Remember to come into Jenkins Place to see the Crafty Creations project to make in October.

## SENIOR QUICK TIPS

September 4, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided

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

- ◇ Five steps to find the right workout shoes
- ◇ What is a habit?
- ◇ Stop multitasking and learn how to focus
- ◇ Anger management
- ◇ Take steps to feel better about yourself
- ◇ Social media and friendship
- ◇ 10 warning signs someone in your family needs help



## SCRABBLE & YAHTZEE

Wednesdays in September  
@ 10:00 am

FREE, Sign up required

Join us for some board game fun! We will alternate between Scrabble (word game) and Yahtzee (dice game) each week. Don't know how to play? No problem! We will teach you! Both games are easy to learn and fun to play. The more, the merrier!



## LUNCH N' ROCK N' ROLL HISTORY:

### THE CLEVELAND CONNECTION

Wednesday, September 5 @ 11:00 am

FREE, Sign up required, light lunch provided

Joel Keller's mini-course traces Cleveland's influence in the development of Rock and Roll music from the 1950's to the present day. Important events in local Rock and Roll history will be discussed. Rock and Roll hits from the late 1940's through 1964 will trace the evolution of this music. The Rock and Roll Hall of Fame and Museum will be introduced and its influence described.

## AGING & MINDFULNESS

Thursday, September 6 @ 10:00 am

FREE, Sign up required

Did you know that you can live more powerfully and joyfully, and change your life for the better?

Practicing mindfulness has been proven to ease feelings of stress, anxiety, and age related depression. Adopting a mindful point of view about aging will help you live an authentic, joyful life, -no matter what your age-so you can make the most of your later years. Come join the fun and learn some techniques to empower put a real shine on your Golden Years.

## HUMMUS TASTING

Thursday, September 6 @ 12:00 pm

FREE, Sign up required

Have you tried Mamma Mary's famous hummus from the Olmsted Falls Sunoco? We will have several varieties of the popular Middle-Eastern dip for you to sample. Pita bread will be provided. Feel free to bring your favorite dipping device (carrots, pita chips, pretzels, etc.) to share.

## SAFETY TIP FOR SENIORS: LAUGHTER IS THE BEST MEDICINE



**#1** It reduces blood pressure and increases blood flow **#2** Laughter reduces "stress hormone" found in lesser amounts in the bodies of those who laugh and experience happiness. **#3** It can improve memory. When the brain is exposed less to stress it's given the ability to heal itself better and continue to make room for memories. **#4** Laughter promotes physical fitness, laughter engages virtually all of the body's physical systems, including muscles and nerves. **#5** Boosts the immune system; improved wellbeing, better blood flow and increased oxygen intake all contribute to a healthier, stronger immune system. This, in turn helps seniors battle some of the common diseases that might otherwise darken their days. Submitted by Sandy Singleton.

## GRANDPARENT DAY BREAKFAST

Monday, September 10 @ 9:30 am

FREE, Sign up required, light meal provided

Come celebrate Grandparent Day with a homemade breakfast! If you are a grandparent, we will celebrate you. We will also celebrate our grandparents and share (if you want) a favorite memory of them.

## JOURNALING 101

Tuesday, September 11 @ 1:00 pm

FREE, Sign up required

Writing in a journal or diary is one of the best, easiest, low cost ways to improve your happiness, have more emotional intelligence, and to help you reach your goals. Learn why journaling can be beneficial to you, how to start and writing prompts to keep you going. A notebook will be provided for all who sign up.

## ENERGY ASSISTANCE PROGRAMS

Wednesday, September 12 @ 11:00 am

FREE, Sign up required

Learn about energy assistance programs available to Ohio customers with a representative from the Office of Community Assistance. PIPP Plus (Percentage of Income Payment Plan Plus) and HEAP (Home Energy Assistance Program) are among the plans to be covered.

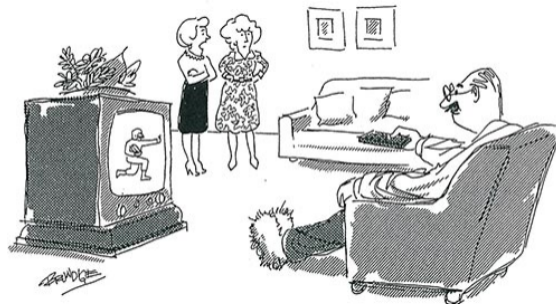
## LUNCH N' LEARN NORMAL AGING VS. DEMENTIA

Thursday, September 13 @ 12:00 pm

FREE, Sign up required, lunch provided

Ever wonder how to tell the difference if you or someone you love are exhibiting the normal signs of aging or if some form of dementia is evident? This discussion, presented by Arden Courts, will cover what the normal signs of aging are and how we all may at times exhibit what feels like dementia to us but is really a very normal part of the aging process. Speaker & lunch sponsored by Arden Courts.

## CLARENCE'S CORNER



"Football is a game where 22 big, strong men run around for two hours while millions who really need the exercise sit and watch."  
From Nov/Dec 1998

## 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 September Birthdays



Happy Birthday to

Annette, Betty K. , Betty S., Carole,  
Hilda, John, Laura, Peggie, Sharon

September Birthstone: Sapphire

September Birth Flower: Aster or Morning Glory

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.

# SEPTEMBER ACTIVITIES

## OSHIIP CONSULTATION

**Wednesday, September 12 12-4 pm**

On the second Wednesday of each month from noon to 4 p.m., an OSHIIP representative will be at Jenkins Place to meet individually with seniors who have questions about Medicare. 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. Rita Dowd-Mikolajczyk, a retired high school guidance counselor, is a trained volunteer who will meet with us. **Appointments are required**, so please call 440.427.2519 to schedule a 45 minute meeting.

## REAL ESTATE 101

## LUNCH N' LEARN

**Monday, September 17 @ 12:30 pm**

**FREE, Sign up required, light meal provided**

Russell Real Estate Services, in conjunction with Freedom Mortgage and Mader Contracting, would like to invite you to an informal meeting regarding real estate, lending and home improvement. We'll talk about what's changed in the real estate market, how to prepare your home for sale, what to look for in your next purchase and how the lending institution can work to find the best loan/fit for every consumer.



## WHAT'S ON YOUR FINANCIAL BUCKET LIST?

## LUNCH N' LEARN

**Wednesday, September 19 @ 12:00 pm**

**FREE, Sign up required, light meal provided**

Join Jennifer Peck, Esquire, of Solomon, Steiner & Peck, Ltd. for an engaging seminar about planning your expenses to meet your financial and legal needs.

## OLMSTED FALLS LIBRARY

**Thursday, September 20**

**@ 10:00 am**

**FREE, Sign up required**



Come play **Music Bingo** with Jodi from the Olmsted Falls branch of the CCPL. Enjoy jogging your memory with music and maybe win a prize!

## LUNCH OUT @ CLEMENTINE'S IN OLMSTED FALLS

**Thursday, September 20 @ 12:30 pm**

**Sign up required, fee**

Meet at Clementine's Tea Room in Olmsted Falls to enjoy lunch out. Please sign up by September 17 so reservations can be made. 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. There is a jar in the office with ideas already submitted. A different restaurant will be chosen each month. If you would like to carpool or need a ride, please contact Rachel at 440.427.2519.

## STRESS & AGING

## LUNCH N' LEARN

**Thursday, September 27 @ 12:00 pm**

**FREE, Sign up required**

A speaker from Brookdale Westlake Village will be with us to talk about stress and aging. Learn some methods to help combat the stress in your life.



## BIRTHDAY CELEBRATION!

**Friday, September 28 @ 12:45 pm**

**FREE, Sign up required**

Help us celebrate all birthdays from July, August & September. Bring your signing voice and you will be rewarded with cake!

# ON-GOING PROGRAMS

## 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.

## BRAINWORKS

Fridays at 1:00 pm, beginning  
September 7

FREE, Sign up required

This popular program is back, after the summer break! 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.



## COLOR WITH BARBARA

Last Monday of the month @ 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!



## OFHS SENIOR BULLDOG CARD

Gain free admittance to home athletic events at Olmsted Falls High School with this card. If you live in Olmsted Falls or Olmsted Township, you may show proof of residency at the **OFHS main office** on normal school days between 8:00 am – 2:30 pm or at the **Jenkins Place** from 9:00 am - 2:00 pm Monday thru Friday. Go Bulldogs!

## NURSE PRACTITIONER OFFICE HOURS

Monday, September 24 from 1:00-3:00 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. In her office or in the home setting, she is able to diagnose and treat common illnesses/ailments, prescribe/adjust/refill your prescriptions, manage/order laboratory work and other diagnostic testing, X-rays, ultrasounds, and lab collection, monitor the status of any chronic conditions, Order skilled nursing visits or Physical/Occupational Therapy, and write prescriptions for durable medical equipment.

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.

## HEALTH SCREENINGS:

### HEARING & MEMORY

Hearing Screening: September 7 from 9-11 am

Memory Screening: September 27 from 9-11 am

Free, confidential screenings performed by a community nurse from Southwest General Hospital, held at Jenkins Place. Call 440.816.4037 for an appointment.



# 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 | Chad Gluss

440-235-3238 | [cgluss@olmstedfalls.org](mailto:cgluss@olmstedfalls.org)

## Service Department

Service Director | Joe Borczuch

440-235-1345 | [jborczech@olmstedfalls.org](mailto:jborczech@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)

**Ready Notify** [ReadyNotify.CuyahogaCounty.us](http://ReadyNotify.CuyahogaCounty.us)

## 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

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.

### ⇒ Outdoor Walking Club

Every Tuesday @ 8:30 am - meet at island by police cars

- Enjoy a nice, 30 minute walk around the Downtown Olmsted Falls area. Will move inside in case of bad weather.