



## Olmsted Falls Library Thursday, March 15<sup>th</sup>

### 10:00 am (#) Sign Ups Please

Come exercise your brain. Participants will engage in a game of music bingo where you'll listen to a song clip from the past and then find the song title randomly placed on a bingo card. Sing along with song clips from the '40s, '50s and '60s, including songs such as I've Been Working on the Railroad, Take Me Out to the Ballgame, You're A Grand Old Flag, and many more.

## Crafty Creations

### Monday, March 5<sup>th</sup>

10:30 am – noon (#) Sign up required.

**Featured Project:** *Goofy Face Snowball Ornament*

As we march into spring weather and as we say goodbye to Cleveland's goofy winter weather, we will be creating a goofy face snowball ornament. This free item is yours to take or donate it to the Fall Craft Show. All seniors are welcome to attend but supplies are limited to making 15 ornaments.

## Medicare Talk!

### Tuesday March 6<sup>th</sup>

12:00 pm (#\*) Sign up, light lunch

Are you confused by Medicare? Do you need accurate, unbiased information? Attend the *Lunch & Learn* on Tuesday March 6 at 12:00 p.m. to hear a representative from the Ohio Senior Health Insurance Information discuss the "ins and outs" of Medicare. Learn about the differences between your Medicare benefits, such as supplemental insurance policies, Medicare Advantage plans and prescription drug coverage. OSHIIP is a free service through the Ohio Department of Insurance and provides objective information to people of *any* age on Medicare. OSHIIP does not sell insurance.

**RSVP by 3/5**

## Senior Quick Tips Tuesday, March 13<sup>th</sup>

12:00 pm (#\*) Sign Up, light lunch

Sandy Singleton, Registered Nurse

**Topics include:**

- Pain Control following surgery
- Why music therapy?
- Control Muscle Spasm
- What is Pancreatitis?
- Control Thyroid Disease
- March is Eye Safety Month

**RSVP by: 3/9**



## Saint Patrick's Day Party Friday, March 16<sup>th</sup>

11:30 (#\*) Sign Up, FREE Lunch

Wear your green & come join us in celebrating **Saint Patrick's Day!**

Irish Dance lessons begin at 11:00 with lunch, trivia, games and SAIDO at 11:30.

This event will be held at the **Olmsted**

**Community Center.** Make sure you sign up for this event, you won't want to miss it!

**RSVP by 3/12**



## SAIDO Learning Friday, March 2<sup>nd</sup> & 9<sup>th</sup>

1:00 pm (#) FREE, Sign up

SAIDO was developed by the Kumon Institute of Education of Osaka, Japan. SAIDO Learning is 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.

## Tips for Home Safety

**Kitchen Safety: Avoid falls:** Keep the floors clean and unobstructed. Mop up spills and sweep up debris that falls on the floor right away. Mats and rugs should not slip. Sturdy stools or step ladders should be used to reach high shelves. Spray all oils over the sink or counter, not over the floor! **Avoid Burns:** Always use dry mitts for carrying and hot pan. Always turn the stove or oven off when done before you do anything else. Be careful whenever you are using large amounts of fat or water splashes are dangerous. Don't let pans hang off the edge of the table and keep pot handles turned in. Know how to put out a fire and keep fire extinguisher handy. **Avoid Cuts:** Make sure the cutting board is secure to the counter. Use a sharp knife and cut away from yourself.

**Submitted by:** Sandy Singleton

# Senior Health & Wellness Fair

Friday, March 23rd

12:00 - 2:00 pm, FREE, No Sign Ups Required.

Building upon the success of 2017's event, the City of Olmsted Falls, Jenkins Place Senior Center and **Southwest General Health Center** will be hosting a 2018 Senior Health and Wellness Fair on Friday, March 23rd. This fun & educational two-hour fair is at Olmsted Falls City Hall at 26100 Bagley Road.

More than 25 health care professionals and senior service providers will be on site to share information, answer questions and offer some quick check-ups. A light lunch will be served and all in attendance will be entered into a raffle for some great prizes.

This event is open to anyone 55+ who resides in Olmsted Falls, Olmsted Township, or any of the surrounding communities.

## TOMATO BISQUE

With cheese toast dippers by Teresa Graven

### INGREDIENTS: Soup

- |                        |                                  |
|------------------------|----------------------------------|
| 1 stick of butter      | 4 cloves of garlic               |
| 1 tbsp. of coconut oil | 2 large cans of crushed tomatoes |
| 2 turnips              | 1 large can of tomato paste      |
| 2 carrots              | 1 large bottle of V8 Juice       |
| 2 leeks                | 1 carton of vegetable stock      |
| 2 celery stalks        | 1 container heavy cream          |

Melt butter and oil in large pot. Chop the vegetables and garlic into small pieces and cook until soft. Add the cans of tomatoes, paste, juice and stock. Bring to a boil, let cool (about an hour) or overnight. Puree in a blender or use an immersion blender until smooth. Add heavy cream to soup at the very end.

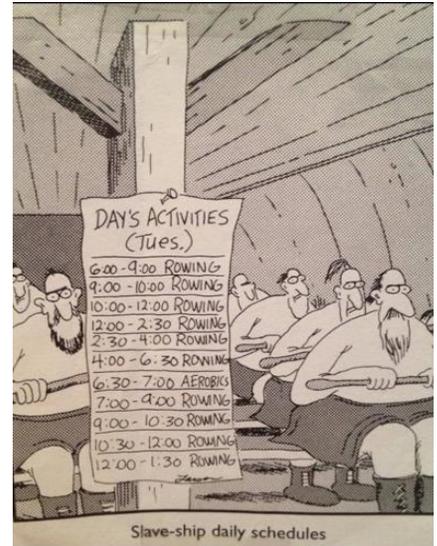
### DIRECTIONS: Cheese Toast

Line a baking sheet with thick cut bread (any type bread will work). Butter the top, add cheese and seasonings of your choice. (I use Lawry's Seasoned Salt and Pepper and Garlic Powder.)

Broil the toast until cheese melts. You can cut the dippers after cooking or before.

"Bon Appetite!"

# Clarence's Corner



## Community Events:

### Adult & Geriatric Nurse Practitioner

**Office Hours:** Monday, March 26th, 1:00- 3:00pm  
Marie D. Grosh, RN, MSN, CNP, LNHA will be here at the *Jenkins Place Senior Center*.

### Blood Pressure Check with Paramedics

Every Thursday of the month  
10:00am at Jenkins Place Senior Center

### Tia Chi Easy For Balance & Wellness w/ Robert

Every Thursday @ 11:00am at Jenkins Place

## The Do's & Don'ts of Falling Down, Getting Up & Rehab Thursday, March 29th

12:00 pm (#\*) Sign up, light lunch

Sharon from Riverview Pointe's Therapy & Rehab unit will discuss how to prevent falls, how to minimize injury when falling, and how to get up after falling. Attend this *Lunch & Learn* to get the answers to all your questions about what to look for in a rehab unit if you are seriously injured in a fall.

**RSVP by 3/22 (#\*) Sign Up Required, light lunch**

## Lunch For Seniors

Saturday, March 24th

**FREE, 12:00-2:00pm** – Olmsted Falls City Hall  
Come enjoy a nice lunch with other seniors from our community. Hosted by *The Theriot Family and the City of Olmsted Falls*.

**Olmsted Falls City Hall**

440-235-5550

**Mayor**James Graven | [jgraven@olmstedfalls.org](mailto:jgraven@olmstedfalls.org)**Police Department***In an emergency always call [9-1-1](tel:911)*

Police Chief Odis Rogers

440-235-1234 | [orogers@olmstedfalls.org](mailto:orogers@olmstedfalls.org)**Fire Department***In an emergency always call [9-1-1](tel:911)*

Fire Chief Chad Gluss

440-235-3238 | [cgluss@olmstedfalls.org](mailto:cgluss@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)**Ready Notify**[ReadyNotify.CuyahogaCounty.us](http://ReadyNotify.CuyahogaCounty.us)**IMPORTANT INFORMATION:****Jenkins Place & Olmsted Community Center Closures:**

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

**Program Reservations:** 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.

**Celebrating March Birthdays**

**Happy Birthday  
Alberta!**

**March Birthstone: Aquamarine  
March Birth Month Flower: Daffodil**

**Don't Forget**

Come in and see who we  
are featuring as our  
March *Senior of the Month!*



If you would like to be featured as our *Senior of the Month* or be part of the **Birthday Celebration** please see Annette Towner.

**Adult & Geriatric Nurse Practitioner**[www.housecallsofthef](http://www.housecallsofthef)**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>**Gluten-free Diet for Weight Loss?**

There are numerous medical and non-medical reasons for a gluten-free diet. Before attempting to try one consider the following information.

With gluten in our systems, our bodies are not properly absorbing all the nutrients from the food we eat. We compensate for such shortages by consuming more food. The unabsorbed nutrients are stored as calories and hence, weight is gained.

Much of the food with gluten are not necessarily healthy such as: pasta, pizza, bread and fried foods. Decrease them in our diet and drop the pounds? Often the gluten-free versions of these products have even higher calories, carbohydrates and preservatives.

Strive to make the healthy choice.

**Submitted by: Clarence Seiter**