

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Even though it isn't officially summer, it has already been feeling like it for a few weeks here in Olmsted Falls. The Jenkins Place schedule is bustling with activities and field trips and people are ready for summer fun. I think the Ethnic Markets Tour that's scheduled for June 18 looks like an especially rich opportunity for our seniors to tour some of the best varieties of ethnic foods to be found. I encourage everyone to explore Cleveland's neighborhoods and enjoy a Lolly the Trolley ride. The Ethnic Markets Tour is just one great example of our new focus on senior directed activities that will enhance experiences chosen by seniors for seniors. I look forward to seeing the exciting and interesting choices to come.



Even though the fun is in high gear, we're especially hard at work at City Hall as we endeavor to further strengthen programming and opportunities for our community's seniors. We are submitting a new request for funding that will position us to provide more services to more seniors in 2019. We want to continue to be accommodating to seniors' ideas.

I also want to reiterate that I am always eager to hear seniors' thoughts and ideas for Jenkins Place and the City. Our "Java with Jim" sessions have been well-attended and a lot of good ideas have been initiated. Beginning in September, we will continue the sessions, but please feel free to reach out to me anytime to share your thoughts.

ABOUT THIS PUBLICATION:

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- SUNSHINE COMMITTEE:** Annette Towner
- SENIOR OF THE MONTH:** Annette Towner
- CLARENCE'S CORNER:** Clarence Seiter
- CRAFTY CREATIONS:** Judy Dobies
- SPECIAL EVENTS:** Nancy Bergholz

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- Rachel O'Malley, Programs Coordinator**
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- ADDRESS:** 26100 Bagley Road, Olmsted Falls, OH 44138
- WEBSITE:** www.olmstedfalls.org
- FACEBOOK:** facebook.com/OlmstedFallsOH
- OFFICE HOURS:** 9:00 am - 1:00 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, June 4, 2018 @ 10:30 - Noon
FREE, Sign up required.

As the summer season is approaching, the month of June is popular for ice cream socials. The Jenkins Place senior crafters will be creating ice cream cone ornaments topped with candy sprinkles, yum! Don't be fooled.... This project is not edible! All seniors are welcome to attend this class, but supplies are limited to 12 participants.

BIRTHDAY CELEBRATION

APRIL, MAY & JUNE

Monday, June 4 @ 12:00 pm

If your birthday is in April, May or June, come let us wish you a happy (belated) birthday! Cake and ice cream will be provided. All are welcome to celebrate with us!



MINI SPA TREATMENTS

Friday, June 8 @ 1:00 pm

FREE, Sign up required

You will all receive facial treatments, satin hands and satin lip pampering treatment plus expert foundation matching! Maggie Rader is a Pink Cadillac driving MaryKay Sales Director for 30+ years. She is knowledgeable + fun! FREE gift for your rsvp.

CHOLESTEROL & GLUCOSE SCREENING

Wednesday, June 6 from 9-11 am

Did you know that June is Men's Health Month? Bring your favorite man in for a screening. Screening will provide you with two numbers; total cholesterol and glucose. No fasting required. \$10 cash or check. Call the Southwest General Community Nurse Department at 440.816.4037 for an appointment.



Southwest General
Partnering with  University Hospitals



INDIANS GAME

Wednesday, June 6 @ 1:10 pm
FREE, Sign up required, light lunch provided.

Can't make it downtown for a game?

Join us at Jenkins Place to watch the game with friends one Wednesday of each month during the season; complete with hot dogs, Cracker Jack and the 7th inning stretch! Bring a friend or family member to join in the fun!

LUNCH OUT @ RED LOBSTER IN NORTH OLMSTED

Thursday, June 7 @ 12:30 pm

Sign up required, fee

Meet at Red Lobster in North Olmsted to enjoy lunch out. Please sign up by June 5 so reservations can be made. Cost of lunch will be on your own.

LUNCH N' LEARN HEALTHY LIVING FOR YOUR BRAIN

Tuesday, June 5 @ 12:00 pm

Free, Sign up required, light lunch provided

Maintaining a healthy brain can go a long way in reducing your risk for getting Alzheimer's disease or other dementias. Learn tips in living a brain healthy lifestyle, exercise and mental stimulation suggestions, stress management tools and eating a brain healthy diet. Presented by Arden Courts!



SUMMER SAFETY TIPS

Watch for mild dehydration which can cause headaches, sleepiness, dizziness, and constipation, so remember to drink before you're thirsty. Take a water bottle with you so you can drink a little bit at a time no matter where you are. Eat more fruits and vegetables. Melons, peaches and grapes have a high water content which means they count toward your daily total. You can also freeze fruit juice in a Popsicle mold for a hydrating summer treat. Drink other beverages too. Milk, juice, coffee, tea, even soup, counts, one thing that doesn't count is alcohol, which may cause dehydration, Stay healthy; drink something every hour; enjoy the summer! Submitted by Sandy Singleton.

BRAINWORKS/SADIO

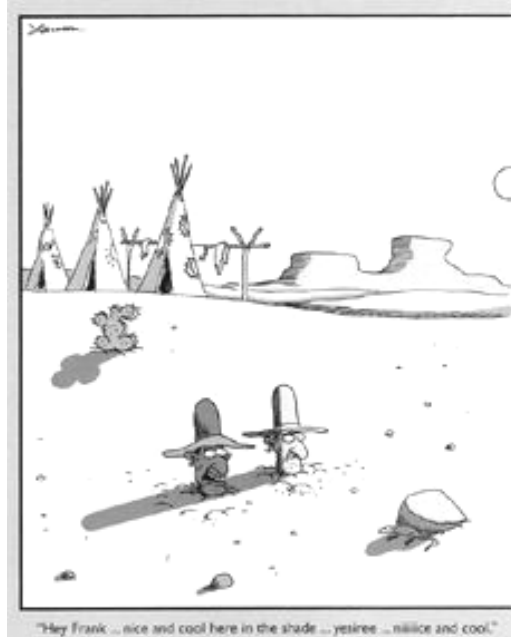
Wednesday, June 6 @ 12:30 pm, then

Every Wednesday @ 1:00 pm

FREE, Sign up required

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. **Please note the day change for the summer.**

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



"Hey Frank... nice and cool here in the shade... yesiree... nice and cool!"

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. We now have a Senior of the Month photo album which is kept in our library. There are pages for each Senior of the Month that was displayed. Those who are Senior of the Month also now receive a framed photo of their display to take home and share with their family and friends.

Want to be a Senior of the Month? 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. 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 June Birthdays



Happy Birthday to
Betty, Carmen, Ellen, Kay,
Mary, Robert & Tom

June Birthstone: Diamond

June Birth Flower: Rose or Honeysuckle

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.

HEALTHY SNACKS FOR 100 CALORIES OR LESS

- Greek yogurt -Greek Yogurt has about twice as much protein as regular yogurt. Each half-cup serving of plain fat-free Greek yogurt has just about 65 calories, which leaves room for some no-calorie sweetener and/or fresh fruit. Presently, most brands of Greek yogurt offers a diverse range of flavored 100-calorie, like Yoplait Greek 100 Whips, or Chobani Simply 100.
- Portion-Controlled Cheese Snacks -Cheese is a great option, but the calories add up quickly. There are plenty single-serve cheese snacks to choose. Sargento offers some of the tastiest, reduced-fat flavors.
- Fresh Fruit provides vast choices, plus you gain significant fiber. A list of a few 100-calorie fruit follows:
 - 2 cups halved strawberries 6 g fiber
 - 2 1/2 cups chopped watermelon 1.5 g fiber
 - 1 ¾ cups sliced apple 4.5 g fiber
 - 1 ¼ chopped cantaloupe 2.5 g fiber
 - 1 ½ cups raspberries 12 g fiber
 - 1 ¼ cup orange sections 5.5 g fiber
- StarKist Tuna Creation Pouches -One of these will fill you up without weighing you down. They are pre-seasoned and complete. So for convenience they can't be beat. Each pouch has 70-110 calories.
- DIY 100-Calorie Packs-Store-bought 100-calorie packs aren't much to write home about. With a little time and resourcefulness, you'd be shocked at how much good stuff can fit into 100-calories.

Submitted by Clarence Seiter

JUNE ACTIVITIES

CRAFTIN' WITH KIDS

Monday, June 11 @ 10:00 am

FREE, Sign up required

Bring your favorite youngster for some crafting fun! We will make picture frames, then take a picture to remember the day. All ages welcome, but craft is geared for ages 3+.

HOME TECHNOLOGY DEMO

Monday, June 11 @ 1:00 pm

FREE, Sign up required

Join the tech wizards from Best Buy to learn about home gadgets that use voice automation. See how Google home, Amazon Alexa and smart plugs can help make your life easier. See these devices in action! Also learn about Assured Living, a nonintrusive, customizable monitoring system. Bring your questions!



SENIOR QUICK TIPS

June 12, 2018 @ 12pm

FREE, Sign up required, light lunch provided

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

Blood Pressure Chart (What does it mean), How safe is food in the freezer? Stay hydrated this summer, cleaning your water bottle. Seasonal Allergies vs. a cold. Why my stomach purrs/growls. Psoriasis and What your toes length says about your personality. Hope to see you!

CORNHOLE

Wednesday, June 13 & 20 @ 10:30 am

FREE, sign up required

Bring your A game and meet us on the beautiful front lawn! We will enjoy the summer sun and play a few games of the popular bean bag toss game. Singles or doubles, depending on the sign ups. You will be rewarded for your efforts with an ice cream treat! Game will be moved inside in case of inclement weather.

OSHIIP CONSULTATION

Wednesday, June 13 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.

OLMSTED FALLS LIBRARY

Thursday, June 14 @ 10:00 am

FREE, Sign Up required

Come exercise your brain. Participants will engage in a game of **Music Bingo!** 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

FATHER'S DAY SOCIAL



Friday, June 15 @ 12:00 pm

FREE, Sign up at Jenkins Place required, light lunch provided

Join us for a Father's Day Social to celebrate dads! If you are a dad or have a dad, you are invited to help us honor the special men in our lives!

LUNCH N' LEARN: DIABETES SELF CARE

Friday, June 29 @ 12:00 pm

FREE, Sign up required, light lunch provided

Join Darcie Drake, RN, CDE diabetes Nurse Educator from Southwest General for a Diabetes Check Up. Review and refresh your Diabetes Self Care Management Plan! Sign up by Monday, June 25 or until program is full.

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/SADIO

Wednesday, June 6 @ 12:30 pm, then

Every Wednesday @ 1:00 pm

FREE, Sign up required

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. **Please note the day change for the summer.**

BLOOD PRESSURE CHECKS

Every Thursday @ 10:30 am

Each week, 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.

Once a month, a nurse from Southwest General is on site for blood pressure checks. Please check the calendar.

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.

BINGO

Every Friday (unless otherwise noted) @ 12:00 pm

FREE, Sign up required.

Stop by one Friday to win some prizes and have fun at Bingo. We play "regular" bingo and many other modifications to keep you on your toes.

NURSE PRACTITIONER OFFICE HOURS

Thursday, June 28 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.

COUPON CLUB

We are always looking for new members! Just bring your unwanted coupons and take what you need from the box on the sign up table in the library. Start saving more money today!

CARD EXCHANGE

Bring your unused greeting cards and exchange them for ones you can use! Box in kept in the orange room by the kitchen for you to take a look.

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

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://](http://fiscalofficer.cuyahogacounty.us/en-US/community-services.aspx)

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: Thursday, June 28, 1:00- 3:00pm

Marie D. Grosh, RN, MSN, CNP, LNHA will be here at the Jenkins Place.

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

Every Thursday of the month

10:30 am at Jenkins Place

- 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 at Jenkins Place

- 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 at Jenkins Place

- Enjoy a nice, 30 minute walk around the Downtown Olmsted Falls area.