



# The Jenkins Observer

June 2021

## MAYOR'S MESSAGE

Welcome Back! We were so happy to have opened back up and see you all again. I have really enjoyed hearing the hustle and bustle down the halls! If you have not been in yet, please come by to meet our new Senior Program Coordinators to Jenkins Place, Carrie Zdilla and Tricia Vidovich. They have been working hard to bring back your favorite programs and add in some new ones.



June will bring more to Jenkins Place with live music again as Hart to Hart performs for you on the 18<sup>th</sup> and a few outings, including a lunch at Gibbs Butcher & Brews and mini golf & ice cream at Sundae Funday's. Stay fit this Summer and join the Wednesday Walkers at the Olmsted Falls High School track. Be sure to bring your water to stay hydrated.

Lastly, I want to wish a Happy Father's Day to all of our dads!

Looking forward to seeing you around.

Mayor Graven



### MEET OUR NEW PROGRAM COORDINATORS TRICIA & CARRIE

**We are very excited to serve our community!**  
**It was so nice meeting a lot of you throughout our first month at Jenkins Place. If we haven't met yet, we really look forward to seeing more of you!**  
**Please do not hesitate to stop by and say hi and throw some ideas our way of programs you have missed or want to see 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

## CALENDAR REVIEW MEETING

Wednesday, June 23rd. @ 12:45pm

This is an opportunity to come in to Jenkins Place and learn about the activities planned for July and ideas for summer programming. We want your ideas! What activities do you like best & what would you like to see us offer?

All are welcome!



## THE ART OF DOWNSIZING

with Rachel O'Malley from Caring Transitions

Thursday, June 3rd @ 12:30pm

Learn tips on where & how to start...

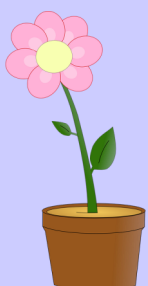


## FLOWER POTTING & PAINTING

Friday, June 4th @ 12:00pm

Join Jamie White with Northwestern Healthcare as she brings all the supplies to paint a pot and fill it with a Summer bloom.

Space is limited,  
please reserve your spot  
by June 1st.  
440-427-2519



## QUICK TIPS

with Sandy Singleton

June 8th @ 12:00pm

Quick Tips memory game

Tips for communicating with a confused loved one

Hospitalization of the elders

Who is the Hospitalist? Hospital stays

Preventing Falls and Helping family members

## VIRTUAL YOGA

Monday, June 14th & 28th @ 10:00 am

Relax and stretch with a virtual guided yoga session in various settings.

Dress comfortably and bring your water. Chairs are provided if needed for this exercise. Space is limited.

Reservations are required.

440-427-2519



## OPEN HEALTH TALK

Monday, June 14th @ 1:00pm

Marie Grosh, NP

Let Marie guide you through some of your questions and concerns.

Office hours will be available after the program from 2:00- 4:00pm.

Please call 440-427-5077 to schedule an appointment.



## LUNCH N LEARN PROGRAMS

Monday, June 7th @ 11:30am

"The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest."

Presented by Maggie Walsh, Brookdale Westlake Village

RSVP by June 3rd. 440-427-2519

Thursday, June 17th @ 12:30pm

"Stay Cool and Keep Hydrated" presented by Wendy Just, MS, RD, LD Dietitian, O'Neill Healthcare

RSVP by June 14th. 440-427-2519



## 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 provided if needed.



## SOCIAL CLUBS

Check the Calendar for fun social clubs.



## W E D N E S D A Y

A  
L  
K  
E  
R  
S



## WEDNESDAY WALKERS

Wednesdays,

June 2nd, 9th, 16th, 23rd & 30th @ 9:30 am

Meet us at the Olmsted Falls High School Track  
26939 Bagley Road, Olmsted Falls.

Grab your water bottle and sneakers and join us for a morning walk around the Olmsted Falls High School track.

In case of rain, you are welcome to come to Jenkins Place for a virtual exercise session.

## BRAIN FIT

Tuesdays, June 1st, 15th & 22nd @ 1:00pm

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.



## Summer Nutrition Tips for Seniors

By Sandy Singleton

As temperatures rise seniors need to pay close attention to their health through a balanced diet. **Choose lean protein:** Go for the lean proteins if possible. **Eat your vegetables and berries:** Vegetables are a rich source of vitamins, minerals and natural antioxidants. **Easy on the ice cream:** Ice cream is a refreshing treat but not the healthiest. **Stay hydrated:** Aim for six to eight 8-ounce glasses of fluid daily that are low in sugar. Eat fruits and vegetables with high water content, such as melon and cucumbers. **Reduce caffeine intake:** Caffeine can cause dehydration, **Beware of unhealthy salads:** Salads are easy to prepare but be careful when adding salad dressings as they tend to be high in salt and fat. Try making a light dressing with fresh lemon juice and herb-infused olive oil.

# 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/>

## Senior Transportation Connection

216-265-1489 | <http://www.ridestc.org>

## 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

**July 8th, September 9th & 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