

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

A few weeks ago, during the "Breakfast with Teresa" event that my wife held at Jenkins Place, I saw some artwork that had been created by our seniors. We had expected to have a nice chat with seniors over the breakfast Teresa made, but we got to see some extraordinary talent, too.



While I know that we live in what some describe as "the most picturesque" town in our region and I see evidence of artistic inspiration from our waterfalls and landscapes, I was thrilled and surprised at the display of talent by our seniors right here at Jenkins Place. From the watercolor paintings that our seniors created under the direction of artist Bernie D'Ettore and the colorful pencil drawings created in Barbara Richardson's (Emerald & Violet Studios) classes, I am amazed! I'm so glad that we have a great opportunity to encourage creativity and provide professional instruction to our senior community and I'm thrilled to see so many participating. I hope more people will join in and surprise themselves with their talent.

In the near future, we will create displays for senior's artwork in and around City Hall. I think it will be a great point of pride for our seniors and our whole community.

We recently launched our first Art Contest that I hope will become a highly anticipated and popular event in our City. Contestants can submit their work online through the City website and winners will have their works reproduced on greeting cards, postcards, t-shirts and other works. Proceeds will benefit our upcoming Main Street. I encourage everyone who considers themselves to be artistic to submit their work. I imagine we'll have a few winners from among our seniors!

ABOUT THIS PUBLICATION:

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- RECORDING SECRETARY:** Barb Paulen
- SUNSHINE COMMITTEE:** 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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- ADDRESS:** 26100 Bagley Road
Olmsted Falls, Ohio 44138
- WEBSITE:** www.olmstedfalls.org
- FACEBOOK:** facebook.com/OlmstedFallsOH
- OFFICE HOURS:** 9:00am - 1:00pm

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. **All programs are subject to change.*

CARD GAMES



Every Wednesday @
11:00

Join us every Wednesday for cards! We will try a new card game each week. Be ready to teach us your favorite card game or learn a new one!

INDIANS GAME

May 2 @ 1:10 pm (#*) FREE, Sign up required.

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!

COMPOSE THE SONG OF YOUR LIFE

May 31 @ 10:00 am (#) FREE, Sign up required.

Every year, every day, every moment you're composing a part of it. What do you want your song to sound like? What effect do you want it to have on others? And how do you want it to end? Learn how to compose the song of your life with Peggy Lee-Tocco of Home Instead Senior Care.



CRAFTY CREATIONS

May 7, 2018 @ 10:30 - Noon (#)
Sign up required.

Remember playing "Mother May I?" when we were kids? Fond memories of our younger years. Also many memories of our mothers. At Jenkins Place we will celebrate Mother's Day with a Tea Party. Crafty Creations will be making party favors to donate to that event. We need many seniors to help in the making of these special treats. Please sign up at the display table in Jenkins Place Senior Center.



SENIOR QUICK TIPS

May 8, 2018 @ 12pm (#*)

Light lunch is provided. Sign up required.

Presented by Sandy Singleton, Registered Nurse. Topics include: Functions of the Brain, Brain Waves, EGG's, Laughter is the best medicine, Prevent split fingernails, Fun Brain teasers.

Hope to see you, Sign up!

OLMSTED FALLS LIBRARY

May 10 @ 10:00 am (#) Sign Up required

Come exercise your brain. Participants will engage in a game of **Nifty 50's Game Show** Travel back in time and revisit the lifestyle, sports, fashion, automobiles and entertainment of the famous fifties TV game shows!

OLDER AMERICANS MONTH



May 2018, Emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—examples of what being engaged can mean. Credit to: US Department of Health and Human Services. Submitted by Sandy Singleton.

SAIDO LEARNING

Every Friday @ 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.

Sponsored by: The Eliza Jennings of the Renaissance.

CLARENCE'S CORNER



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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 in a new Senior of the Month scrapbook coming soon! 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 May Birthdays

Happy Birthday to
Bill, Clarence, Darlene, Jean, Jerry,
Jill, Sandy, Steve, Serawit & Vi



May Birthstone: Emerald

May Birth Flower: Lily of the Valley

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.

TIPS FOR CHOOSING NUTRIENT-DENSE FOODS

Nutrient-dense foods have a lot of nutrients but relatively few calories. Look for foods that contain vitamins, minerals, complex carbohydrates, lean protein and healthy fats.

Select from a diverse range of the following categories for meals and snacks:

- Fruits and vegetables such as red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes. Keep washed, cut and bagged vegetables handy for mid-afternoon snacks, lunch box additions or a quick nibble while waiting for dinner.
- Grains, especially whole grains.
- Low-fat or fat-free milk, cheese and yogurt are good options. Canned fish like salmon or sardines and calcium fortified tofu or soy beverages.
- Seafood, lean poultry and meats, beans, eggs and unsalted nuts.
- Limited amounts of solid fats. Consume less than 10 percent of calories from saturated fats. Keep trans fats as low as possible.
- Limited amounts of cholesterol, salt (sodium) and added sugars.

Submitted by Clarence Seiter

MAY SPECIAL EVENTS

CINCO DE MAYO FIESTA



Friday, May 4 @ 12:00 pm

Celebrate Mexican-American culture with authentic Mexican food, (non-alcoholic) margaritas and fun!

Learn more about the Mexican culture as we commemorate the Mexican Army's unlikely victory over the French Empire at the Battle of Puebla. Brainworks will follow at 1 pm. Registration deadline is May 1 or when our limit is reached.

SENIOR VETERAN SERVICES AID & ATTENDANCE BENEFITS

Monday, May 7 @ 12:00 pm

The Department of Veterans Affairs is looking for those who qualify for this little-known benefit. The Senior Veterans Administration Services of Ohio is a 501c(3) charity. They have helped place \$17 million dollars in the hands of those qualifying veterans and their surviving spouses. Attend to see if you qualify.

OSHIIP CONSULTATION

Wednesday, May 9 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.

MOTHER'S DAY TEA

Friday, May 11 @ 12:00
pm (#) FREE, Sign up re-
quired



Join in the fun! We will enjoy a traditional tea luncheon to honor and remember our mothers. Adorn festive hats, if you desire, there might just be a prize for the best one! Registration is limited to 40 guests. Sign up in person at the Jenkins Center only.

TOSS AND TALK

Tuesday, May 15 @ 1:00 pm

Sign up required



Reminisce, share memories, and have fun while connecting with your fellow community members. When the ball is caught, the player responds to the question or statement under his or her right thumb. The Reminiscing Ball covers topics like favorite childhood

LUNCH N' LEARN: PLANNING AHEAD

Wednesday, May 16 @ 12:00 pm (#*)

FREE, Sign up required

The hardest day of anyone's life is when you lose someone you love. So why would you leave unanswered questions to your family and make that day even more difficult? By recording your final wishes in advance, your family will be relieved that your wishes will not only be honored but the financial burden will be lifted. Speaker and

AGING OF EYES

Thursday, May 17 @ 10:30 am (#)

FREE, Sign up required

In honor of Healthy Vision Month, Dr. Scott Sedlacek of The Eye Place will teach us more about taking care of our vision. Learn how our eyes age and what we can do to support healthy vision.

MEET MARIE, RN, MSN, CNP, LNHA

Monday, May 10 @ 10:30 am

Did you know that we have a Nurse Practitioner who holds office hours each month at Jenkins Place? Join Marie Grosh for coffee and donuts to learn more about what she can help with during a visit. She may be able to save

CLEARCAPTIONS ICE CREAM SOCIAL

Thursday, May 24 @ 1:30 pm

FREE, Sign up required

According to national statistics, at age 65, 1 in every 3 people has hearing loss. ClearCaptions is a federally certified company that provides captioned telephones, at no cost, for people with hearing loss. Enjoy an afternoon ice cream treat and learn more about how you or a loved one

LOLLY THE TROLLEY TRIP

ETHNIC MARKETS TOUR

Monday, June 18 @ 9:30 am -4:30 pm

Pre-registration & pre-payment required.

Join us on an all day trip around Cleveland on Lolly the Trolley. We will visit area markets and lunch at Sokolowski's University Inn. Please see the flyer at Jenkins Place or call 440.427.2519 for more information and to register. Deadline

TRADER JOE'S

Thursday, May 17 @ 2:00 pm

FREE, Sign up required

Join the staff of Trader Joe's grocery store to learn more about new and exciting foods at the Crocker Park store. Ask questions, taste samples and find some delicious new

MEMORIAL DAY PARADE AND CEREMONY

Monday, May 28 @ 9:30 am

Please join the Olmsted Falls Board of Parks and Recreation in honoring the lives of soldiers who have lost their lives in the line of duty. The parade will step off at 9:30AM from Falls Lenox and will conclude with a short



LOOKING TO JOIN A TEAM???

- Village of the Falls is looking for 3-4 Pinochle players on Thursdays at 1 pm. Call Misty at 440-235-7590
- Jenkins Place is looking to form a team or two or three for a trivia team. Teams will compete in June at

GREEN TIP OF THE MONTH - MAY – 2018



Kermit might not think that it is easy being green, but there are many small things we can do every day to make a big difference for our planet earth.

Start small by choosing one simple recycling idea like putting all junk mail, newspapers and magazines in one place to recycle. For free shredding of sensitive documents, attend the shredding events at Olmsted Falls City Administration Building at 26100 Bagley Rd. from 9 am until 12:00 noon on June 16 and September 15, 2018.

We will be putting Green Tips in the newsletter as space allows. If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Chairperson.

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: Friday, May 25, 1:00- 3:00pm

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

- **Not sure if Marie can help you? Stop in on Monday, May 18 at 10:30 am to meet with her and find out more about her services.**

⇒ 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.**