

January 2020

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

It is hard to believe we are at the start of another year and another decade! I hope 2020 will bring you all the best!

I would like to thank those who were able to help those less fortunate over the holiday season. Thanks to everyone, including those who spent time making blankets for Meals on Wheels, donating food to Christians in Action or donating a gift card to the family adopted by Jenkins Place for Christmas. Your contributions were appreciated by your community.



Try something new this year and take advantage of one of the programs offered at Jenkins Place. I am happy to hear that Olmsted Falls will be competing against other cities in the Mind Challenge Trivia competition. It will be fun to meet seniors from other centers!

The Olmsted Falls Safety Forces and Municipal Employees are selling bumper magnets to benefit the Olmsted Falls 9/11 Memorial. The memorial will be located at the fire station and will include a piece of steel from the World Trade Center site. Cost of the magnet is a \$5 minimum donation and they can be purchased at City Hall. Thank you for your support.

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

PHONE: (440) 427-2519

WEBSITE: www.olmstedfalls.org

OFFICE HOURS: 9:00 am - 2:00 pm

EMAIL: jenkinsplace@olmstedfalls.org

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

FACEBOOK: www.facebook.com/OlmstedFallsOH/

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.



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

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.***

SCRABBLE

Fridays, January 3, 10, 17, 24, 31 @ 11:00 am

Wednesdays, January 8, 15 & 22 @ 11:00 am

Scrabble is a great game for your brain! The combination of challenging your brain to make a word and the socialization will help keep your brain sharp! Want to play Scrabble, but it's not on the calendar? Rachel is always happy to play a round or two with you or plan to meet a friend for a game!

MAH JONGG

Mondays, January 6 & 13 @ 10:00 am

FREE, sign up required



Come learn how to play this tile-based strategic game. We will learn how to play from members who have been playing for years. Similar to the card game rummy, Mah jongg is a game of skill, strategy, and calculation and involves a degree of chance.

INSURANCE CONSULTATION

Tuesday, January 8 @ 12:00-4:00 pm

FREE, Sign up required

Questions about Medicare benefits and health insurance? Meet with Rita Dowd-Mikolajczyk, trained Ohio Senior Health Insurance Information (OSHIIP) specialist. Each appointment is individualized and confidential. **Appointments are required**, so please call 440.427.2519 to schedule a 60 minute meeting.

MEXICAN TRAIN DOMINOES

Thursdays, January 9 & 23 @ 10:00 am

FREE, sign up required

Come play this easy to learn dominoes game. Enjoy conversation and a cup of coffee (or tea!) while we play.



WINTER TIP FOR SENIORS

What temperature should a room be for an elderly person? Among the reasons: decrease in circulation as the walls of the blood vessels lose their elasticity and the thinning of the fat layer under the skin that helps conserve body heat. As it happens, studies have shown that older people are more likely to have slightly colder body temperatures than younger ones. What is the ideal room temperature for an elderly person? The temperature inside your home if you are over 65 years old or have a health condition such as heart or lung disease should not reach below **64.4 °Fahrenheit**. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. Do not let it get **too cold** inside and dress **warmly**. Submitted by Sandy Singleton.

SENIOR QUICK TIPS

Tuesday, January 14 @ 12:00 pm

FREE, Sign up required

Sandy will present:

- Myth of Aging
- Positive aging
- Positive thinking
- 3A's of change
- Why Friendships Fizzle

Feel free to bring lunch to enjoy during Sandy's talk. Snack will be provided.



FUN & GAMES WITH OF LIBRARY

Thursday, January 16 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us Trivia. Get ready for the Mind Challenge competition at the end of the month!



ART 101 WITH BARBARA

Monday, January 27 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio, 9722 Columbia Road in Olmsted Falls shares her artistic talent with us. The sky is the limit for our art project each month. It could be coloring a hand-drawn picture, creating a beautiful paper flower or using watercolors to paint.



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



"I made a list of New Year's resolutions for each of us. Here's yours."

ANGEL WINGS

DONATIONS NEEDED

Tired of looking at your old wedding gown in the closet? Angel Gowns takes your wedding dress and makes small gowns for stillborn babies. If you would like to donate your dress, you can bring it to Jenkins Place and we will get it to them!

LUNCH & A SHOW

Monday, January 27 @ 12:00 pm

FREE, Sign up required

Bring your lunch and take a trip with us to Hawaii, Blue Hawaii, starring Elvis Presley & Angela Lansbury, that is! After arriving back in Hawaii from the Army, Chad Gates defies his parents' wishes for him to work at the family business and instead goes to work as a tour guide at his girlfriend's agency. Popcorn and candy will be provided. Ordering lunch as a group is also an option. Movie run time 1 hour, 42 minutes.



COFFEE MEET UP

@ ROASTED

Thursday, January 30 @ 9:30 am

Sign up required

Have you been to Roasted yet? This is your chance to visit, taste some coffee and relax with friends. In the Shaker's Plaza.



Celebrating January Birthdays

Happy Birthday to Barbara, Carol, Chi, Jean, Joanne, Lee, Mary, Pat, Roberta & Sandy



January Birthstone: Garnet The regal garnet symbolizes friendship, loyalty and devotions.



January birth flowers are the Carnation and the Snowdrop.

The Carnation comes in several different colors, which convey different meanings, much like roses. A pink Carnation means affection, while a red Carnation means 'I love you.'



The Snowdrop used to be considered bad luck because it always seemed to grow in graveyards, but nowadays, this delicate flower signifies hope and beauty.

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. **Also, a very heartfelt THANK YOU! to all who donated cards last year. Please continue to donate birthday, get well, thank you, thinking of you or other cards to share.**

JANUARY PROGRAMS

FIRST FRIDAY BREAKFAST

Friday, January 3 @ 9:15 am
**FREE, Sign up required, light
breakfast provided**



With no 9:15 exercise class on the first Friday, treat yourself to a healthy breakfast at JP. We will get you fueled up for your 10:30 class or whatever your day may bring!

SOUP POTLUCK



Monday, January 6 @ 12:00 pm
FREE, Sign up required, light lunch

Celebrate National Soup Month by sharing your favorite soup. I will be bringing in my hubby's famous chicken noodle soup! When you sign up, please indicate the type of soup you will bring. Making soup isn't your thing? Come join us anyway! It's National

Soup Month, after all! Bread & crackers will be provided.

COMMUNITY CONVERSATION WITH DR. JIM LLOYD

**Wednesday, January 8 @
1:00 pm**

Residents of Olmsted Falls City School District will vote on a ballot issue on March 17. Join OFCS Superintendent Dr. Jim Lloyd and OFCS Treasurer Emily Weisbarth for conversation and opportunity to ask questions. Get the facts before you vote!



GET ORGANIZED! LUNCH N LEARN

Tuesday, January 21 @ 12:00 pm
FREE, Sign up required, light lunch provided

January is Get Organized Month and Caring Transitions will help us start getting our house organized! Come and learn some tips and put a plan in action!

SOCIAL SECURITY RETIREMENT PLANNING SEMINAR

Tuesday, January 14 at 9:00 am
FREE, Sign up required

You can never be too early or too late when it comes time to planning for a secure retirement. There are many factors to consider when making that monumental decision and one of them is Social Security. We know that navigating a government program can be overwhelming, intimidating and daunting. However, you will be amazed at how easy it is to work with Social Security, to navigate their planning resources, get your questions answered and utilize the online tools to ensure you make the right decision.

This webinar will provide details not only on the retirement program but will cover the not so common filing strategy options when it comes to spouses and divorced spouses benefits, key factors to consider when determining the right time to file, how you can work and collect benefits at the same time and how and when to file the application. In addition, find out how your decision on when to file for retirement benefits can affect survivor benefits and learn about Medicare - when you must have it and when you don't need it.

The presenter is Brandon Smith, Social Security Public Affairs Specialist in the Cleveland Downtown office. Brandon has been with the agency for 16 years and has vast experience in conducting public outreach education and training. Take the first step in planning for your future by taking advantage of this interactive free webinar provided by a Social Security employee.

This will be offered once a month, on different days and times. If you want to know how to watch this from home,

TRIVIAL PURSUIT

**Tuesday, January 7 @ 1:00
pm**

Come play a round of this popular board game. Many card sets are available for us to play from!



JANUARY PROGRAMS

UPDATE MEETING

Tuesday, January 28 @ 12:00 pm

FREE, Sign up required, light lunch provided

This is an opportunity to come in to the center and learn about the programs for the following month. Receive the calendar and newsletter before it is emailed! Any center or city goings on will also be discussed. Members of other areas of the city or community may be invited to provide additional updates.

MIND CHALLENGE TRIVIA

Wednesday, January 22 @ 2:30 pm

FREE, Sign up required

Modeled after the popular NCAA basketball tournament, it allows participants to enhance their brain fitness acumen and polish their socialization skills while competing for cash prizes and bragging rights for their respective communities. All teams move on to the next round in February at Rocky River.

No limit to our number of teams!! Teams must have at least 3 and no more than 6. Sign up with a team or as an individual to be placed on a team. Register by January 8 so you don't miss out on the free t-shirt!



FAKE NEWS...WHAT... WHY... HOW TO STOP IT

Wednesday, January 29 @ 1:00 pm

FREE, Sign up required

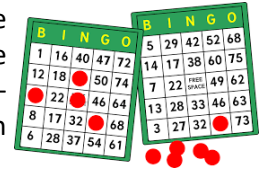
The term "fake news" has been in the headlines and public discourse for three years now. What really is "fake" news? How does it happen? Who propagates "fake" news, and how can you spot it? How can you stop it? This presentation by John Kerezy of Cuyahoga Community College will give you insight, tips, and steps you can take to never be "taken in" by fake news.

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.



BRAIN FIT

Fridays at 1:00 pm

FREE, Sign up required

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, Arden Courts, Symphony of the Falls and Villa Camillus

LUNCH OUT @ THE RAIL (NORTH OLMSTED)

Thursday, January 30 @ 12:30 pm

Sign up required, fee

Meet at The Rail, 400 Great Northern Blvd., North Olmsted, next to the movie theater, to enjoy lunch out with friends. Please sign up by January 27. 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. If you need a ride to lunch, see Rachel.



Van Transportation Program

For those who are unable to provide their own transportation to and from Southwest General medical facilities, the hospital offers FREE convenient curb-to-curb transportation service, which is available to residents from Southwest General's primary service area, including Olmsted Falls. Transportation times are Monday-Friday, 9 a.m.-4 p.m. For more information, call **440-816-4046**.

JANUARY HEALTH & WELLNESS

BLOOD PRESSURE CHECKS

Third Thursday @ 10:30 am

Each month, 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.

The blood pressure machine is always available for you to use or have Rachel check for you. Ask about it next time you are in the center!

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.

HEARING SCREENINGS

Wednesday, January 15 from 10:00 am-12:00 pm

FREE, Sign up required

Start 2020 making sure your hearing is in good condition! Beltone will be here to provide hearing screenings, hearing aid clean and check and ear wax removal.

NURSE PRACTITIONER OFFICE HOURS

Monday, January 27 from 2:00-4:00 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.

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.



Everyday Divinity

Foot Care By Nurses

Thursday, January 9 from 9:00 am to 1:30 pm

Foot care done here at Jenkins Place in the Historical Society Room, beginning in January and continuing every other month.

To schedule an appointment just call 216-956-0293

List of Services

- General Foot Assessment
- Nail trimming, thinning & filing corns/callus filing and rough skin
- Foot care education and recommendations

Cost: \$30 – we accept cash or checks.

Payment due at service.

No Insurance or Medicare Accepted

No Show Policy – We require 24 hours' notice to cancel a foot care appointment. Failure to notify us may result in us billing you for the full-service amount.

POSTURE & BALANCE LUNCH N LEARN

Monday, January 13 @ 12:00 pm

Dr. Vetter from Olmsted Falls Chiropractic Clinic will share with us the importance of good chiropractic care in relation to our posture and balance.

OIL YOUR JOINTS

Thursday, January 23 @ 1:00 pm

FREE, Sign up required

Learn stretches for every joint, Q&A about joints and joint pain, and discover essential oils that can be used to help ease joint pain and improve overall health. This is a movement class, which can be done seated or standing.

JANUARY HEALTH & WELLNESS

January is Glaucoma Awareness Month

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

January is Blood Donation Month

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.”

5 Amazing Facts About Blood Donations

1. **Not enough blood for all of us** - According to the American Red Cross, about 38 percent of the U.S. population can donate blood — but only 10 percent actually do.
2. **Fill 'er up with regular — donations** - Brookhaven National Laboratory says that people who begin donating blood at age 17 and donate every eight weeks will have donated 48 gallons of blood by age 76.
3. **Donate blood and get medical info** - When we donate blood, labs examine the donation for multiple infectious diseases, such as HIV and West Nile virus.
4. **Dogs can donate, too!** - Your dog can donate blood, too. Check with your veterinarian and the Humane Society to make sure you know the local rules and regulations for this type of donation.
5. **The multiplier effect is huge** - Every time we donate one pint of blood, the potential is there to save three lives.

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

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

Service Department

Service Director | Joe Borczuch
440-235-1345 | jborczuch@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://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: 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 @ 10:30 am** 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.

⇒ 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.

⇒ Everyday Divinity Foot Care by Nurses

Foot care done here at Jenkins Place, beginning in January and continuing every other month. To schedule an appointment call 216-956-0293. **List of Services:** General Foot Assessment, Nail trimming, thinning & filing corns/callus filing and rough skin, Foot care education and recommendations.