

April 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE



After another successful Senior Health and Wellness Fair, I hope everyone feels connected with all the great resources we have in our community to stay healthy, active and able to make the best decisions for their well-being. This year, we had 31 vendors that provided a wealth of information on wellness and financial health. Again, we are grateful to our title sponsor, Southwest General Medical Center, for their tremendous efforts to

help make this highly anticipated event a great success. We are proud to partner with the many wonderful nurses and paramedical professionals who provide such great care to all in our community.

Now, our seniors can look forward to our own blood pressure screenings with our purchase of blood pressure equipment that will provide accurate readings. Our paramedics will be visiting on the third Thursday of the month to take blood pressures and individual visits with the nurse may be scheduled. We want to be here to help seniors stay healthy and active as well as to enjoy the many interesting and fun activities we have going now that the weather is getting warmer.

ABOUT THIS PUBLICATION:

CO-EDITORS: Sandy Singleton, Barb Paulen & Nancy Bergholz

SENIOR SAFETY TIPS: Sandy Singleton

SUNSHINE CHAIRPERSON: Annette Towner

SENIOR OF THE MONTH: Annette Towner

CLARENCE'S CORNER: Clarence Seiter

CRAFTY CREATIONS KNITTING: Judy Dobies

SPECIAL EVENTS: Nancy Bergholz

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FACEBOOK: facebook.com/OlmstedFallsOH (like us!)

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

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.***

CRAFTY CREATIONS- KNITTING & CROCHETING

Monday, April 1 @ 10:30 am

FREE, Sign up required

This is no April Fools...Our seniors are progressing very well as they are learning knitting techniques. Our goal is to knit useful items such as a scarf, a hat, beverage coasters or placemats, to name a few easy items. Knitters interested in donating a scarf or hat to charities will be given free yarn for that purpose. Seniors wanting to knit something for their own use will be purchasing yarn and supplies for that project. All seniors are welcome to join our friendly group for creativity and conversation.

CHRONIC PAIN SELF- MANAGEMENT WORKSHOP

Mondays, April 8- May 13 @ 10:30 am - 1:00 pm

FREE, Sign up required

Researchers at Stanford University have developed Chronic Pain Self-Management (CPSM) to teach proven techniques for safely and effectively managing pain through:

- Exercise (strengthening, endurance and flexibility)
- Nutrition
- managing medications
- Decision-making
- Communicating with family friends and doctors
- Evaluating new treatment

60's MUSIC BINGO

Thursday, April 18 @ 10:00 am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us this fun game! Listen to a popular song from the 60's and find it on your bingo board.

COFFEE & SCRABBLE

Thursdays, April 4, 11 & 25

@ 10:00 am

Mondays, April 1, 8, 15, 29

@ 1:00 pm

FREE, no registration necessary

This word game will help exercise your brain and improve your memory! Join us each week for a friendly game of this easy to play, but very beneficial, word game.



THE PLAYERS THEATER GROUP

Thursday, April 4 @ 12:30 pm

FREE, Sign up required

The Players volunteer theater group is a program hosted by Greater Cleveland Volunteers. The volunteers write, direct, and perform educational and entertaining plays for organizations throughout Northeast Ohio. The skits portray a variety of issues that people face as they age, such as the proper use of medications, keeping healthy and staying active, avoiding senior scams, as well as the funny, and not so funny, things that happen to us as we grow older.

INSURANCE CONSULTATION

Wednesday, April 10 @ 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 45 minute meeting.



A GUIDE FOR OLDER ADULTS: SIGNS OF CARBON MONOXIDE POISONING

Low to moderate levels of exposure: headache, fatigue, shortness of breath, dizziness, nausea. High or prolonged warning signs: confusion, vomiting, loss of coordination, loss of consciousness, even death. If you suspect exposure, go outside immediately, call 911. If your carbon monoxide alarm sounds, leave the residence immediately call 911. Submitted by Sandy Singleton.

SENIOR QUICK TIPS

April 9, 2018 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

- ⇒ TMJ
- ⇒ Hyperbaric oxygen therapy
- ⇒ Rosacea
- ⇒ Healthy Breakfast foods
- ⇒ Carpel Tunnel
- ⇒ Microwave safety

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



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



Having dumped the bag of ashes on the table, Stew hid behind the door and waited for the X-ray technician's reaction.

Happy April Fool's!

LUNCH OUT @ PERK CUP CAFÉ

Thursday, April 25 @ 12:30 pm

Sign up required, fee

Meet at Perk Cup Café at 561 W. Bagley Road to enjoy lunch out with friends. Please sign up by April 22. 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.

CONTAINER GARDENING

Wednesday, May 1 @ 1:00 pm

FREE, Sign up required

The President of the Gardening Club will teach us how to garden using containers. If you are without yard space or just want to start your plants inside, join us! You will leave with your own plant.

Celebrating April Birthdays!



Happy Birthday to Amy, Joan, Mary, Nancy M.,

Nancy S., Rose, Sara, Stan



April Birthstone is the Diamond . The sparkling diamond is the ultimate symbol of love.

April birth month flower is either Daisy-The Daisy conveys innocence, loyal love, and purity. It is also a flower given between friends to keep a secret; the daisy means "I'll never tell."



Or the Sweet Pea-Sweet Peas signify blissful pleasure, but they also are used to say good-bye. Say so long to flies because they find the Sweet Pea's fragrance offensive.

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 everyone who donates cards. Please continue to donate birthday, get well, thank you, thinking of you or other cards to share.**

APRIL LUNCH N' LEARNS/SPECIAL EVENTS

"HOW TO SPEAK TO YOUR DOCTOR" LUNCH N' LEARN

~~Wednesday, April 3 @ 11:30 am~~ changed to
Wednesday, May 15 @ 11:30 am

FREE, Sign up required, light lunch provided

Susan from Westlake Village will share strategies for improving communication, understanding and maximizing your time spent with your doctor.

INDIANS GAME



Wednesday, April 10 @ 1:00 pm

FREE, Sign up required, light meal provided

The Tribe is back! Come watch the Indians take on the Detroit Tigers in an afternoon game. Enjoy hotdogs, Cracker Jack and cheering for the Indians! Learn all the players before our bus trip down to watch them play in June.

ESTATE PLANNING MYTHS LUNCH N' LEARN

Thursday, April 11 @ 12:00 pm

FREE, Sign up required, light lunch provided

Jennifer E. Peck, Esq. of Solomon Steiner & Peck, Ltd will share with us some estate planning myths. Ms. Peck is a Certified Specialist in Estate Planning, Trust & Probate Law.

VITAMINS AND DIETARY SUPPLEMENTS LUNCH N' LEARN

Tuesday, April 16 @ 12:00 pm

FREE, Sign up required, light lunch provided

Do you wonder what these supplements do and which ones you should take? Join us for this informative talk as noted medical lecturer and patient advocate Tom Strong removes the mystery about vitamins and supplements. Learn what works and what doesn't to be an



WILD WEST HAPPY HOUR WITH LINDA & DALE KIRK

Wednesday, April 17 @ 12:30 pm

FREE, Sign up required, snack provided

Our usual happy hour with Linda & Dale goes country! Join us for a boot scootin', rootin', tootin' good time! Wear your cowboy boots & hat to join in the fun.

PIZZA & GAME NIGHT

Wednesday, April 17 @ 6:00 pm

FREE, Sign up required, light meal provided

Enjoy a fun evening at Jenkins Place! Volunteers from OFHS Key Club will be on hand to serve pizza and play board games or build a puzzle with you after dinner.

FUNERAL PRE-PLANNING LUNCH N' LEARN

Thursday, April 18 @ 12:00 pm

FREE, Sign up required, light meal provided

Spare your surviving family the emotional and financial burden by pre-planning your final arrangements. Enjoy lunch and learn how with a Family Advisor from Church Funerals Direct. Free will and living will planning guides to all who attend.

CBD OIL: ALL THE RAGE, BUT IS IT SAFE AND EFFECTIVE?

Friday, April 26 @ 12:00 pm

FREE, Sign up required, light meal provided

Cannabidiol (CBD) oil has become the hot, new product for patients with many chronic medical conditions, including: epilepsy, anxiety, inflammation and insomnia. Is it effective or worth the risk? Marissa Bellot, pharm D from Southwest General will discuss CBD oil and answer your questions. Lunch provided by The Villa Camillus.

APRIL RECURRING PROGRAMS

ART 101 WITH BARBARA

Monday, April 29 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio 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 or creating a beautiful paper flower.

NURSE PRACTITIONER OFFICE HOURS

Monday, April 29 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. 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.

UPDATE MEETING

Tuesday, April 23 @ 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.

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.

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.

BRAINWORKS

Fridays at 1:00 pm

FREE, Sign up required

Brainworks is based on SAIDO Learning, 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.

SAVE THE DATE!



May 3-Cinco de Mayo Fiesta



May 12-Mother's Day

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

Temporary Fire Chief | Robert Arida

440-235-3238 | rarida@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://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: April 29 from 2:00-4:00 pm.

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!

- **The fourth Tuesday of each month @ 11:30 am** a nurse from Southwest General Hospital will be here.

⇒ 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.