

August 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Wow! It's hard to believe we are heading into the dog days of August, isn't it? August is a busy time in Olmsted Falls, starting with Heritage Days on August 1. The always popular parade kicks off at 6:30 pm and the fun continues all weekend. Be sure to stop by the Kiwanis Breakfast on the Bridge on Sunday and maybe I will serve you your pancakes!



Rumor has it, you will be tasting some of Olmsted Fall's own, Mama Mary's hummus this month. That is a favorite around City Hall, so don't let them come eat it all! Dale and Linda Kirk will be joining us to play some fabulous music, which is always a fun time. Speaking of music, the Doc of Rock N' Roll will be flashing back 50 years to Woodstock. Raise your hand if you were there.

Be sure to take advantage of the kids here for the tech support before they go back to school. Aren't you glad you don't have to get kids ready to go back to school anymore?

We have been working hard with University Circle Interactive Cleveland to bring their distance learning programs to you. Their program promotes cognitive wellness and life-long learning with seniors. I am happy to report that we have installed and tested all the necessary audio visual equipment and are ready to schedule a program! Dates are being discussed for late September, early October and the program might include a trip on the Cuyahoga Valley Scenic Railroad. I can't wait for Rachel to share more details with you, as she confirms them.

I look forward to seeing you at Jenkins Place and around town during Heritage Days!

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.

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.***

CORNHOLE

Thursdays, August 1, 8, 22 & 29 @ 10:15 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. Game will be moved inside in case of inclement weather.

CRAFTY MEET UP

Monday, August 5 @ 10:30 am

FREE, sign up required

Have a craft project, but no time to finish it? Bring it to our NEW monthly crafty meet up. Scrapbooking, knitting, cross stitch, whatever you are working on or want to start. This is a great way to dedicate time to your project, see what other people are working on and socialize!

TELESTRATIONS

Tuesday, August 6 @ 1:00 pm

FREE, sign up required

This fun drawing game is similar to Pictionary, but you pass your drawing to the next person for them to guess. A special guest artist will be here to play with us!

KANJAM

Wednesdays, August 7, 14, 21 & 28 @ 11:00 am

FREE, Sign up required

KanJam is a flying disc game, played with a flying disc and two cans in which you deflect the disc. The object of the game is to score points by throwing and deflecting the flying disc and hitting or entering the goal. Come and learn a fun, new game and impress your kids or grandkids!



SCRABBLE

Tuesdays, August 13, 20, 27 @ 1:00 pm

Fridays, August 2, 9, 16, 23 & 30 @ 11:00 am

FREE, sign up required

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!

SENIOR QUICK TIPS

Tuesday, August 13 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton,
Registered Nurse.

This month's topics:

- Causes of dehydration in seniors
- Treating dehydration
- Infused Water Recipes for summer
- Cleaning water bottles
- Bed bugs & traveling
- Flying ants, or winged termites

Feel free to bring lunch to enjoy during Sandy's talk.



INSURANCE CONSULTATION

Wednesday, August 14 @ 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.

PREVENTING DEHYDRATION IN SENIORS



Make sure you consume an adequate amount of fluids during the day, which include water-content foods such as fruit, vegetables and soups (dark urine or infrequency of urination is a classic sign of dehydration). Remember to drink even when not thirsty. Keeping a water bottle next to the bed or your favorite chair can help, especially if you have mobility issues. Infused water recipe **Blueberry Orange Water** 6 cups water, 2 mandarin oranges, cut into wedges, Handful of blueberries, Ice Directions: Combine all ingredients in a pitcher and refrigerate up to 24 hours to allow the water to infuse. Squeeze in the juice of one mandarin orange and muddle the blueberries to intensify flavor, serve cold, enjoy! Submitted by Sandy Singleton.

SUMMER CRAFT

Wednesday, August 21 @ 1:00 pm

FREE, Sign up required

Valerie from Berea Alzheimer Care will bring us a fun summer craft to wrap up August. Don't miss this fun project!

FUN & GAMES WITH OF LIBRARY

Thursday, August 15 @ 10:00

am

FREE, Sign up required

Jodi from the Olmsted Falls branch of the CCPL brings us Music Bingo to play. A song will play and you will find it on your bingo board. Bring back memories with songs you listened to growing up!



PUTT PUTT OUTING

Monday, August 19 @ 11:00 am

FREE, Sign up required, small fee

Rescheduled from the rainout in July...Meet at Dairy Queen on Bagley Road for a round of putt putt golf, followed by an ice cream treat. Cost is \$7 for golf and small sundae or small cone, payable on day of outing.

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Facebook.com/maxine
Maxine.com

TECH HELP WITH TEENS

Wednesdays in August until August 21

From 11:00 am -1:00 pm

FREE, Sign up required

Teen volunteers from the community will be here each month to help you with computer, tablet and smart phone questions. Please sign up so we know if volunteers are needed.



Celebrating August Birthdays

Happy Birthday To Angie, Barb, Bernadine, Bob, Caryl, Fran, Isabelle, Sandy & Terry

The August flower is the poppy. A red poppy signifies pleasure, a white poppy is given for consolation and a yellow poppy wishes wealth and success.



The August birth stone is the Peridot with its signature lime green color. It brings fame, dignity & protection.



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, please donate any extra birthday, get well, thank you, thinking of you or other cards to share.**

Celebrate your birthday! 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.

AUGUST LUNCH N' LEARNS/SPECIAL EVENTS

FIRST FRIDAY BREAKFAST

Friday, August 2 @ 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 brings!



ESTATE PLANNING LUNCH N LEARN

Monday, August 5 @ 12:00 pm

FREE, Sign up required, light lunch provided

Join Attorney Margie T. Karl for a discussion regarding thoughtful considerations as we age. At the discussion, Mrs. Karl will address the importance of general estate planning.

While meeting with Atty. Karl, you will have a chance to ask questions that have been on your mind regarding estate planning documents, such as wills and trusts.

STROKE PREVENTION & AWARENESS LUNCH N LEARN

Friday, August 30 @ 12:00 pm

FREE, Sign up required, light lunch provided

Join Maureen Moore, RN, BSN, SCRN, Stroke Coordinator, from the Primary Stroke Center at Southwest General, as she presents the signs and symptoms of stroke, shares prevention strategies and introduces Southwest General's Grey Matters Stroke Prevention and Circulation Circuit Programs. Please register by Monday, August 26.

50 YEARS LATER: LOOKING BACK AT THE SUMMER OF LOVE, ALTAMONT AND WOODSTOCK

Monday, August 12 @ 1:00 pm

FREE, Sign up required,

Dr. Joel Keller, the Doc of Rock N' Roll will present this look back 50 years. After a short introduction with the history of the late 60's including the MLK and RFK assassinations, the Vietnam War era, the Hippie Movement and drug culture, this presentation will culminate with the Woodstock and Altamont music concerts of August and December 1969. Some music videos from the late 60's and several of the actual Woodstock concert acts will fol-

HUMMUS TASTING

Tuesday, August 20 @ 12:00 pm

FREE, Sign up required, light snack provided

Sample a variety of yummy hummus flavors from the locally famous Sunoco gas station in Olmsted Falls. Mama Mary's hummus comes in many varieties and has become a local favorite.

You will get to try several varieties! Fresh pita bread will be available to dip. Feel free to bring your own pretzels, pita chips, carrots, celery or whatever you like to dip!



HAPPY HOUR WITH LINDA & DALE KIRK

Thursday, August 22 @ 1:00 pm

FREE, Sign up required, snack provided

It's always a good time when Linda and Dale come to visit! Enjoy a fun music program with friends!

UPCOMING TRIPS

August 28 - Goodtime III Cruise 11 am - 3 pm \$32.02

September 26 - MGM Northfield Park Casino & Elvis tribute artist concert - \$44 (\$20 casino credit)

Flyers available at Jenkins Place and Olmsted Community Center.

Call Rachel at 440-427-2519 for more information.

AUGUST PROGRAMS

ART 101 WITH BARBARA

Monday, August 26 @ 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.



UPDATE MEETING

Tuesday, August 27 @ 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.

LUNCH & A SHOW

Wednesday, August 28 @ 12:00 pm
FREE, Sign up required

Movies are back! Bring your lunch for this matinee screening of A Dog's Journey. As a dog moves through the lives of various humans he begins to discover important insights into his own existence. The dog comes to realize that each being's journey is about how one is impacted by others, and also wrapped up in the lessons one is able to teach and learn. Told from the dog's perspective, the experiences he has take on a meaningful purpose that elevates the great journey of life. Popcorn and drinks will be provided. Ordering lunch as a group is also an option.

INDIANS GAME



Wednesday, August 7 @ 1:00 pm
FREE, Sign up required, light meal provided

Come watch the Indians take on the Texas Rangers in an afternoon game. Enjoy hotdogs, Cracker Jack and cheering for the Indians! This is our last Tribe game of the season!

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.

LUNCH OUT @ ZACH'S STEAKHOUSE IN BEREA

Thursday, August 29 @ 12:30 pm
Sign up required, fee

Meet at Zach's Steakhouse, 425 W. Bagley Rd (Marc's Plaza) to enjoy lunch out with friends. Please sign up by August 26. 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.



Southwest General

Partnering with  University Hospitals

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.

AUGUST HEALTH & WELLNESS

OUTDOOR WALKING CLUB

Mondays and Thursdays

@ 9:30 am

Join us either day or both for a nice 30-minute walk around Olmsted Falls.

Meet in the parking lot with your walking shoes on!

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.

Fourth Tuesday @ 11:30 am

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

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.

VISION & GLAUCOMA SCREENING

Thursday, August 1 from 9:00 am to 11:00 am

FREE, Sign up required

North Coast Eye Surgery will be here to provide FREE vision and glaucoma screening. Call 440-816-4037 to sign up for your time.

MEDICARE PREVENTATIVE SCREENINGS

Did you know that every year Medicare publishes a list of certain preventative screening services that will be covered for all beneficiaries with copayment/coinsurance/deductible waived when provided by a physician, nurse practitioner, or physician assistant? Examples of covered screenings include depression, colorectal cancer, alcohol use, tobacco use, hepatitis C, and more. We will now be providing the 2019 services here at the Jenkins Place with our Nurse Practitioner Marie Grosh. Each month Marie will provide lunch along with a brief presentation about what next month's service entails, where attendees can gather information, ask questions, and/or register if they choose. Below are the next month's scheduled offerings. Stay tuned for the remainder of the year's timeline.

THURSDAY, AUGUST 15

Noon-1pm: Lunch/Info session for September's Medicare-covered service: Screening for depression

1pm-4pm by appointment: Individual review of Medical Orders for Life Sustaining Treatments (MOLST)

Advanced registration is required. Please call 440-427-5077 or email marie@housecallsofthefalls.com to register.

NURSE PRACTITIONER OFFICE HOURS

Monday, August 26 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.

AUGUST HEALTH & WELLNESS

MEDIC ALERT AWARENESS MONTH

Everyone has a story to share. That's why MedicAlert IDs are engraved with your most critical information, so just in case you can't speak or remember those details, we will for you.

Medical conditions such as Alzheimer's, dementia, allergies, autism, blood disorders, epilepsy, heart disease or diabetes can touch anyone, but your MedicAlert ID and membership will give you the peace of mind to enjoy life. MedicAlert speaks to emergency personnel with you are unable to speak for yourself.

Nothing secures your protection more than the original medical ID from MedicAlert Foundation. More than just a MedicAlert ID, your bracelet or necklace are globally recognized and provide a full suite of emergency response services with membership.

Visit www.medicalert.org for more information



NATIONAL IMMUNIZATION AWARENESS MONTH



You may not realize that you need vaccines throughout your life. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
 - Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions)
- ⇒ Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

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 | 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: August 26 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.

• Blood pressure machine always available in the office at Jenkins Place. For use on your own or assistance provide.

⇒ 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.

⇒ Outdoor Walking Club

Mondays and Thursdays at 9:30 am

Enjoy a nice 30-minute walk around Olmsted Falls. Meet in the parking lot with your walking shoes on.