

# The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

## MAYOR'S MESSAGE

I want to thank all of you for being such an important part of the Jenkins Place Senior Center, especially over the course of 2018. Jenkins Place has gone through a lot of changes this year. I'm very proud of what has been accomplished by our senior programs coordinator, Rachel O'Malley, and all of you. After all, you're the reason Jenkins Place exists – to meet your needs for health education, other learning, creative endeavors, and, of course, the great camaraderie.



Please continue to give us your feedback and help us secure the kind of programming you want to see at your senior center. We will continue to explore new kinds of programs and services to meet an even wider range of needs.

Now that we're in the midst of the holiday season, I look forward to seeing you all at the Holiday Party on December 4th. This year's party will be held at Olmsted Community Center (OCC) to accommodate our large group. It's a wonderful thing to have the partnership with OCC that enables these big gatherings in a comfortable space. I wish you all great joy for the holidays and hope the spirit of the season keeps you well. Happy Holidays and Best Wishes for the New Year!

### 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:** Judy Dobies

**SPECIAL EVENTS:** Nancy Bergholz

### CONTACT INFORMATION:

**Rachel O'Malley, Programs Coordinator**

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**ADDRESS:** 26100 Bagley Road, Olmsted Falls, OH 44138

**WEBSITE:** [www.olmstedfalls.org](http://www.olmstedfalls.org)

**FACEBOOK:** [facebook.com/JenkinsPlace](https://www.facebook.com/JenkinsPlace) (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

Monday, December 3 @ 10:30 am

FREE, Sign up required, limit of 10

In the spirit of giving, Crafty Creation crafters will be making gift card/money holders to use at Christmas time. This easy to assemble item will be on display at Jenkins Place. It will be the final "crafting" session, as Crafty Creations will be offering another category of crafting starting in the new year. Don't forget to stop in at JP to shop the craft items made in 2018!

## OSHIIP CONSULTATION

Wednesday, December 5 @ 12:00-4:00 pm

Are you ready for the Medicare open enrollment period that ends on December 7? Meet with Rita Dowd-Mikolajczyk, a retired high school guidance counselor, and a trained OSHIIP volunteer to be sure you have the appropriate coverage. The Ohio Senior Health Insurance Information Program (OSHIIP) is offered by the Ohio Department of Insurance. This free program helps seniors understand Medicare better so they can make informed choices. Each appointment is individualized and confidential. **Appointments are required**, so please call 440.427.2519 to schedule a 45 minute meeting.

## BOW MAKING

Thursday, December 6 @ 10:00 am

FREE, Sign up required

Do you want to make your holiday packages stand out this year? Need a bow to add to a wreath or other decoration? Look no further than our bow making class! Ribbon will be provided. If you want to bring your own ribbon, #9 (1 1/2 inches) is recommended. Also, a lighter weight ribbon is preferred, no velvet.



## FOR OLDER ADULTS: WINTER SAFETY

**Dress in layers.** Older adults can lose body heat quickly and be unaware that a change in body temperature is occurring, making them susceptible to hypothermia. Hypothermia occurs when our body temperature gets below 95 degrees Fahrenheit. Consequently, serious health problems can occur, such as a heart attack, kidney problems, or death. Selecting the right number of layers is important. Dressing in multiple layers will help keep you warm and reduce heat loss.

Submitted by Sandy Singleton.

## SCRABBLE

Fridays in December (@ 11:00 am

FREE, no registration necessary

This word game will help exercise your brain and improve your memory! Join us each week for a



friendly (we don't usually keep score) game of this easy to play, but very beneficial, word game.

## SENIOR VETERAN SERVICES AID & ATTENDANCE BENEFITS

Monday, December 10 @ 10:00 am

FREE, sign up required

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.

## SENIOR QUICK TIPS

December 11, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided



Presented by Sandy Singleton, Registered Nurse. This month's topics:

- ⇒ BMI index
- ⇒ Checking BP at home
- ⇒ Causes for loss of bladder control
- ⇒ Dry/itchy skin during winter
- ⇒ Denture care
- ⇒ What is dysphagia?
- ⇒ Ear care tips



# DECEMBER LUNCH N' LEARNS/SPECIAL EVENTS

## HOLIDAY POTLUCK PARTY



Tuesday, December 4 @ 12:00 pm

**FREE, Sign up required, lunch provided**

Main course will be provided and members will supply the rest. When you sign up, please list what you will bring. Get festive: Wear your favorite holiday socks, sweater, sweatshirt, etc. to the party! Party will be held at the Olmsted Community Center.

## HOSPICE 101 LUNCH N' LEARN

Thursday, December 6 @ 12:00 pm

**FREE, Sign up required, light meal provided**

Hospice care is the model of high-quality, compassionate care that helps patients and families live as fully as possible. Join a speaker from the Visiting Nurse Association of America to learn more about how hospice might help your family, now or in the future.

## COOKIE EXCHANGE

Wednesday, December 19 @ 10:30 am

**FREE, Sign up required by December 17**

Bake one type of cookie and leave with a whole variety of cookies for your holiday festivities! Indicate the kind of cookie you will bring. Number of cookies to make will be determined by how many sign up. You will be notified on the 17th about how many cookies. Enjoy holiday music & hot chocolate while we exchange cookies and talk about our holiday plans. Please bring container to take home cookies.

## HOLIDAY HAPPY HOUR WITH LINDA KIRK

Thursday, December 13 @ 1:00 pm

**FREE, Sign up required, light snacks provided**

Enjoy the musical stylings of Linda Kirk and her husband as we celebrate the holiday with music! You won't be disappointed with this afternoon of toe tapping, sing along, musical, fun!!



## BIRTHDAY CELEBRATION!

Tuesday, December 18 @ 1:00 pm  
(following the update meeting)

**FREE, Sign up required**

Help us celebrate all birthdays from October, November & December. Bring your singing voice and you will be rewarded with cake!



**OLMSTED FALLS**

**CHRISTMAS TREE LIGHTING**

*Come One, Come All to the Park and Recreation Board annual tree lighting on Sunday, December 2nd at 5:00 p.m. at the Village Green Park. There will be hot chocolate, donuts, caroling and a visit from Santa!!!!*



## OFHS SENIOR BULLDOG CARD

Gain free admittance to home athletic events at Olmsted Falls High School with this card. If you live in Olmsted Falls or Olmsted Township, you may show proof of residency at the **OFHS main office** on normal school days between 8:00 am – 2:30 pm or at the **Jenkins Place** from 9:00 am - 2:00 pm Monday thru Friday. Go Bulldogs!

## COUPON CLUB

We are always looking for new members! Just bring your unwanted coupons and take what you need from the box on the sign up table in the library. Start saving more money today!



## ON-GOING PROGRAMS

### 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.

### BLOOD PRESSURE CHECKS

Every Thursday @ 10:30 am

Each week, 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.

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

### 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.

### LUNCH OUT @ CHILI'S

Thursday, December 27 @ 12:30 pm

Sign up required, fee

Meet at **Chili's on Country Club Blvd. in North Olmsted** to enjoy lunch out with friends. Please sign up by December 20. 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.

### COLORED PENCILS WITH BARBARA

Monday, December 17 @ 10:00 am

FREE, Sign up required

Barbara Richardson of Emerald & Violet Studio in Olmsted Falls shares her beautiful hand-drawn pictures with us. She will help you bring out your inner artist to complete the picture with colored pencils. Pencils are provided or feel free to bring your own. Learn how relaxing and therapeutic coloring can be for you!

### NURSE PRACTITIONER OFFICE HOURS

Thursday, December 20 from 1:00-3:00 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.

# 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 | Chad Gluss

440-235-3238 | [cgluss@olmstedfalls.org](mailto:cgluss@olmstedfalls.org)

## Service Department

Service Director | Joe Borczuch

440-235-1345 | [jborczech@olmstedfalls.org](mailto:jborczech@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)

**Ready Notify** [ReadyNotify.CuyahogaCounty.us](http://ReadyNotify.CuyahogaCounty.us)

## 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 one day per month. Check calendar.**

Marie D. Grosh, RN, will be here at the Jenkins Place. See insert for more information.

⇒ **Blood Pressure Check with Olmsted Falls Fire Dept. (OFFD)**

Every Thursday of the month @ 10:30 am

- Each week, paramedics from the Olmsted Falls Fire Department will be on hand to monitor your blood pressure. Stop in for a quick check!

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⇒ **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.