

November 2019

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Well, the leaves are finally changing colors and we are headed into November. The Thanksgiving season is such a nice opportunity to take a deep breath and think about all the things we have to be grateful for in our lives.

To name the top ones for me: my family, my friends and the city I have the opportunity to serve. Be sure to take some time to add what you are grateful for to the "grateful tree" that will be in Jenkins Place in November!



Speaking of the wonderful community we live in, there are two free Thanksgiving dinners in Olmsted Falls on November 28. The Kiwanis host one at the German American Club from 12:00 - 4:00 pm. The other one is at the Olmsted Community Church from 12:00 - 6:00 pm. Talk to Rachel if you need a meal delivered. I'm truly amazed at the generosity of our residents that we host TWO dinners!

Also in November, we honor those who served in the armed forces on Veterans Day. The week before the holiday, there will be a program at Jenkins Place about services available to seriously ill veterans and their families. On Veterans Day, November 11, there will be a FREE community lunch at noon at Village of the Falls. Please join us in honoring all those who served our country.

I hope you find something on the calendar that interests you in November. It seems quite full! As always, if you have an idea for a program, reach out to Rachel and she will try to make it happen! See you around Jenkins Place!

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.***

SCRABBLE

Fridays, November 1, 8, 15, 22 @ 11:00 am

Wednesday, November 20 @ 10:00 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, November 4 & 18 @ 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.



HAVE YOU EVER??

Wednesday, November 6 @ 1:00 pm

FREE, sign up required

A great game to get to know each other! We will ask fun questions like Have you ever lived outside the US? Can you speak another language? Have you ever gotten a ticket? You get the idea! Everyone will get to share your answer and explain their answer.

TECH HELP FROM TEENS

Wednesday, November 20

From 6:30-7:30 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.



LAUGHTER IS THE BEST MEDICINE

If there is a true "universal language," it's probably laughter. Think about it: every culture around the world values humor in one form or another, and appreciation for humor is expressed through laughter, which is often brought on involuntarily. It's also true that laughter is good for the mind and body. After all, there is a reason why people say "laughter is the best medicine." When a person laughs, they experience what has been described as a wave of energy. This energy sweeps through the body and creates endorphins that can help a senior feel joy. Sign up at Jenkins place for laughter during the Quick tips Nov.12th @ 12pm **Submitted by Sandy Singleton.**

SENIOR QUICK TIPS

Tuesday, November 12 @ 12:00 pm

FREE, Sign up required

Sandy will present: Humor (Universal language)

- Aging with humor
- Infusing humor into healing
- Laughter Is great for caregivers, too
- How laughing together can strengthen relationships
- Bring humor into conversations
- How to develop your sense of humor
- Don't use humor to cover up other emotions
- Humor activities: Join us for fun and laughter

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



FUN & GAMES WITH OF LIBRARY

Thursday, November 21 @ 10:00 am

FREE, Sign up required

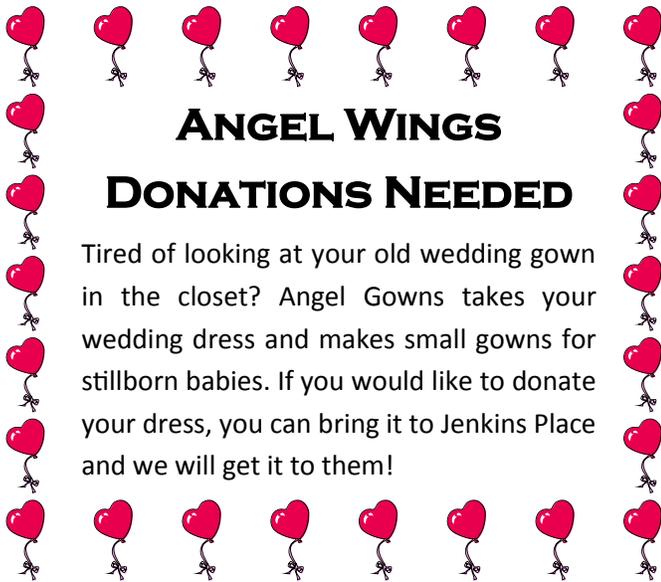
Jodi from the Olmsted Falls branch of the CCPL brings us Pictionary. Get a clue and draw it for us while we guess. Come laugh at Rachel's drawing skills :)

INSURANCE CONSULTATION

Wed & Thur, November 13 & 14 @ 12:00-4:00 pm

FREE, Sign up required

With Open Enrollment period here, our insurance consultant has added an extra date and more time for each appointment. 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.



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!

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



“So whose dumb idea was it to wear our belts on our hats, anyway?”

LUNCH & A SHOW

Monday, November 25 @ 12:00 pm

FREE, Sign up required

Movies are back! Bring your lunch for this matinee screening of recently released Yesteryear. While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom. Popcorn and drinks will be provided. Ordering lunch as a group is also an option. Movie run time 1 hour, 56 minutes.



PASSPORT LUNCH

Monday, November 18
@ 12:00 pm



FREE, Sign up required, light meal provided

Join us as we venture to South America to explore it's largest country, Brazil. If you have travel photos of Brazil or personal experiences to share, please contact Rachel. Passports will be provided to keep track of our adventures. Sponsored by: Riverview Pointe.

Celebrating November Birthdays

Happy Birthday to Bill, Carol, Greg, Henrietta & Kathy



The November birthstone is the Citrine Warm citrine is said to bring hope, health & fidelity



The November birth flowers, chrysanthemums, are often nicknamed “mums.” The word, “chrysanthemum,” comes from the Greek prefix “chrys-” meaning golden & “-anthemion,” meaning flower. It's original colors were golden, though mums now come in many colors.

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.

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.

NOVEMBER LUNCH N' LEARNS/SPECIAL EVENTS

FIRST FRIDAY BREAKFAST

Friday, November 1 @ 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!



THANKSGIVING POTLUCK

Tuesday, November 26
@ 12:00 pm

FREE, Sign up required, light
lunch provided

Join us at the Olmsted Community Center to give thanks for all we have! Main course will be provided. Bring an appetizer, side dish or dessert to share. Please indicate what you will bring when signing up.



SUPPORTIVE FRIEND LUNCH N LEARN

Monday, November 4 @ 12:00 pm

FREE, Sign up required, light lunch provided

What does it mean to be a supportive friend? How does this practically work out in relationships? This talk will cover these questions and will also address issues such as grief and hardship and how to accompany a friend through rough waters. Sponsored by O'Neill Healthcare.

PEACEFUL & PROUD LUNCH N LEARN

Tuesday, November 5 @ 12:00 pm

FREE, Sign up required, light lunch provided

A powerful presentation of our services that are tailored to the unique needs of seriously ill veterans and their families. Sponsored by Hospice of the Western Reserve.



VETERANS DAY COMMUNITY LUNCH

Monday, November 11 @ 12:00 pm

FREE, Sign up required, light lunch provided

A community event to honor area veterans will be held at Village of the Falls, 25920 Elm Street.

EPILEPSY & SENIORS LUNCH N LEARN



Wednesday, November 6

@ 12:00 pm

FREE, Sign up required, light lunch provided

The fastest-growing segment of epilepsy patients in the United States is over age 65, and their condition is potentially difficult to diagnose. Learn more about epilepsy and seizures and how prevalent they can be in the senior community from Leigh Goldie, M.Ed. - Founder and Executive Director of Empowering Epilepsy. Empowering Epilepsy is a nonprofit, all volunteer organization whose mission is to enable people with epilepsy to take charge of their lives in Northeast Ohio.

DEMENTIA FRIENDS



LUNCH N LEARN

Friday, November 15 @ 12:00 pm

FREE, Sign up required, light lunch provided

Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

A Dementia Friend is someone who learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. You will be a "certified" Dementia Friend after this program!

NOVEMBER PROGRAMS

SOCIAL SECURITY UPDATE- WEBINAR

Tuesday, November 12 at 6:45 pm

FREE, Sign up required

The Social Security Administration recently released information regarding the 2020 Cost-of-Living Adjustment and updates. This presentation will discuss the new amount for a credit of coverage, explain the 2020 annual and monthly earnings limits, and talk about the changes to the Full Retirement Age. If you want to know how to watch this from home, see Rachel.

WORLD KINDNESS DAY

Wednesday, November 13 @ 10:00 am

FREE, Sign up required

Let's spread some love on World Kindness Day! Meet at Jenkins Place to work on a lap blanket project with Meals on Wheels. Fleece will be provided for the blankets. You may bring ribbon to tie the blankets. If you have other ideas on how to spread kindness, please let Rachel know!

UPDATE MEETING

Tuesday, November 19 @ 12:00 pm

*One week early, due to Thanksgiving Potluck

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.

ART 101 WITH BARBARA

Monday, November 25 @ 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.



BINGO

Every Friday (unless otherwise noted) @ 12:00 pm

FREE, Sign up required

Bingo on November 8 will be **THANKS BINGO**. Please bring a non-perishable food item, paper product or personal item to donate for each card you wish to play that day. Items will be donated to Christians in Action.



BRAIN FIT

(PREVIOUSLY BRAINWORKS)

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.

DINNER & A SHOW

Thursday, November 14 @ 5:30 pm

Dinner on your own, Show is FREE, Sign up required

We will meet at Matteo's at 5:30, then head to Olmsted Falls High School for *Almost, Maine*. Performed by high school students, *Almost Maine*, is a series of nine witty and romantic vignettes about life and love and the magic of the Northern Lights. Described as funny, surprising and sometimes quite moving, it is sure to be a great night out!



TRIVIA

Wednesday, November 20 @ 1:00 pm

FREE, Sign up required

Enjoy an afternoon of trivia, prizes & refreshments! Test your knowledge and get ready for our trivia competition in January 2020.

LUNCH OUT @ EASTLAND INN

Thursday, November 21 @ 12:30 pm

Sign up required, fee

Meet at Eastland Inn, 7233 Eastland Road, Berea to enjoy lunch out with friends. Please sign up by November 18. 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.

NOVEMBER 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.

Third Tuesday @ 11:30 am *Date changed due to Thanksgiving Potluck

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.

NURSE PRACTITIONER OFFICE HOURS

Tuesday, November 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.



Everyday Divinity

Foot Care By Nurses

Thursday, November 14 from 9:00 am to 1:30 pm

Foot care done here at Jenkins Place in the Historical Society Room, beginning in November!

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.

HEARING HEALTH LUNCH N LEARN

Thursday, November 7 @ 12:00 pm, followed by hearing screenings

FREE, Sign up required, light lunch provided

A HearWright audiologist will be here to talk about the health consequences of hearing loss. Stay for a free hearing screening after the talk.



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**.

NOVEMBER HEALTH & WELLNESS

November is Diabetes Month

How old you are plays a large role in the type of diabetes you're diagnosed with due to how your body handles insulin over your lifetime. While type 1 is most often developed at a younger age, type 2 is most commonly diagnosed in middle-aged and older people. This is due to lifelong eating and lifestyle habits that contribute to diabetes' development. So yes, seniors are at a greater risk for developing diabetes.

Simply put, elderly people have been exposed to sugar longer than other generations of people, so their chances of developing hyperglycemia—"abnormally high" blood glucose levels— and, ultimately, type 2 diabetes is greater.

The ADA says that half of Americans 65 and older have prediabetes, which means that nearly 25 million seniors are at risk for developing type 2 diabetes. Be sure you have had your blood glucose levels checked recently! To help your levels normal:

- ◇ **Eat better:** Simply choosing healthier food options like fruits, vegetables, and nuts as opposed to soda, potato chips, and fast food can help regulate your blood sugar levels. Get in contact with a dietician who can help develop a plan for your specific blood sugar levels, weight, and food preferences.
- ◇ **Exercise:** Getting exercise doesn't mean that you have to visit the gym four days a week for an hour each day! Simply being more active than you were before can help your health. Go on long walks a couple times a week, and progress into a jog if your body can handle it. You can also visit the gym and lift light weights to help build muscle. As mentioned before, muscle helps decrease your dependence on using insulin to burn sugar into energy, so it helps decrease your insulin resistance in the long run.
- ◇ **Lose weight:** Typically, a combination of the previous two methods results in losing weight. Eating less fatty, high-sugar foods combined with an increased exercise regimen often results in the burning of fat at a more reasonable and efficient pace. Even losing 5 to 10 percent of the weight you're currently at can decrease your risk for developing type 2 diabetes. (For example, if you weigh 250 pounds, losing 15-25 pounds is a great goal to set to start regulating blood sugar levels.)

November is National Hospice Month

A common misconception of hospice care is people on hospice are lying in a bed, waiting to die. Even 40 years after the hospice movement began in the United States, many still equate hospice with "giving up." Hospice care serves as a valid health care option for end-of-life. By learning more about the true benefits of hospice, families can make better informed decisions for themselves and their loved ones—before a health care emergency.

November is National Hospice Month—a time to learn about hospice care, and celebrate this end-of-life care option.

When patients are admitted into hospice care at an appropriate time, their quality of life can actually improve. Hospice is team-oriented, specialized care for people facing life-limiting illnesses. It includes expert medical care, pain management, spiritual and emotional support for patients and their families. More simply, hospice care supports living one's life to the fullest and with dignity, regardless of how much time remains. Choosing hospice can give patients the care they need, while also providing them with moments of joy, peace and comfort.

Hospice providers continuously hear from their patients and their loved ones, "I had no idea hospice did so much ... I wish we would have known about hospice sooner ... We couldn't do this without hospice." Talk to your doctor for more information on hospice care.

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: November 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. *Please check calendar for changes.

- 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.