

September 2019

# The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

## MAYOR'S MESSAGE

I don't know about you, but I'm looking forward to summer winding down and some cooler temperatures on the horizon. Fall is such a great time in Cleveland and in Olmsted Falls!

The kids are back to school, so that means high school football games on Friday nights. You know you will be able to find me at most home games. If you don't already have one, see Rachel for a free Olmsted Falls Bulldog Card. Show proof of residence and the pass will get you in free to all regular season home games. Go, Bulldogs!!

The annual shredding event will take place on Saturday, September 14, 2019 from 9:00 a.m. until 12:00 p.m. at City Hall. Please bring paperwork to be shredded in boxes to allow for easier dumping into the truck.

I would like to personally invite you to the City's fundraising event HalfWay to St. Patrick's Day Party on Tuesday, September 17 at Grand Pacific Junction from 5:00 p.m. until 9:00 p.m. This free event will feature a live performance by The New Barleycorn along with food and drink trucks from Gunselman's, Matteo's and Sibling Revelry. Proceeds to benefit Christians in Action Food Bank for the upcoming Holiday Season. It will also show support for the fire levy and parks and recreation levy on the November ballot. Hope to see you there!

In other city news, Gibbs Butcher + Brews is scheduled to open on September 17. Won't that be a wonderful addition to the downtown area?!



## CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

PHONE: (440) 427-2519 -

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

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

EMAIL: [jenkinsplace@olmstedfalls.org](mailto:jenkinsplace@olmstedfalls.org)

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

FACEBOOK: [www.facebook.com/OlmstedFallsOH/](http://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

Thursdays, September 5, 12 & 26 @ 10:00 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!

## MAH JONGG

Mondays, September 9 & 16 @ 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. The first two sessions will be instructional. If there is interest, this will be a more regular activity.



## IT'S ALL ABOUT APRONS

Wednesday, September 11 @ 11:00 am

FREE, sign up required



If you think an apron is just a piece of fabric meant to keep your clothes clean, then you haven't met Caroline Urban. Her apron collection contains more than eighty specimens, some store bought, some received as gifts and some home-made-each with their own special story. Learn about the materials and workmanship that went into her favorites and the adventures they've had together. Everyone is invited to bring an apron of their own and share cherished memories.

## SENIOR QUICK TIPS

Tuesday, September 10 @ 12:00 pm

FREE, Sign up required

Presented by Sandy Singleton, Registered Nurse.

This month's topics:

- Nutrition Facts Labels are changing
- What is dermatitis?
- Pill splitting
- Ways to Get Rid of Dust Mites
- Does coffee have benefits?
- What are the Blue Zones?
- Pica eating a disorder?
- When to see a doctor?
- Falls prevention

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



## PUTT PUTT OUTING

Monday, September 9 @ 11:00 am

FREE, Sign up required, small fee

Meet at Sweetie's at 7760 Victory Lane in North Ridgeville for a round of putt putt golf, followed by hot dog, chips & drink for lunch. Cost is \$10, payable on day of outing.

## INSURANCE CONSULTATION

Wednesday, September 11 @ 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

## FALL PREVENTION AWARENESS



Did you know falling is not an inevitable part of aging? Through practical lifestyle adjustments, the number of falls is reduced substantially. **Intrinsic Factors:** Lower-extremity weakness, impaired balance, cognitive impairment, urinary incontinence, and sensory impairment, fear of falling, side effects of medications **Extrinsic Factors:** Throw rugs and loose carpets, lighting glare, pets, clutter, uneven sidewalks, thresholds, unstable or nonexistent handrails. Seniors are breaking the cycle of inactivity and sedentary lifestyle living life to its fullest. **Submitted by Sandy Singleton.**

## LUNCH & A SHOW

Monday, September 30 @ 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. Movie run time 108 minutes.



## LIVING HISTORY

Monday, September 17 @ 1:00 pm

FREE, Sign up required

Carol Starre-Kmiecik brings us her one woman show about Amelia Earhart. This record breaking aviation pioneer lived from 1897 until 1937 (?) when she and her plane disappeared during her attempt to fly around the world. All shows are original scripts using many of the actual words of the characters. You won't want to miss this chance to "meet" Amelia Earhart!

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



"Does your mother always sign your report cards,  
'My Mom'?"

A little back to school humor for you. I hope you take a moment to think about your back to school memories. I'd love to hear some!

## FUN & GAMES WITH OF LIBRARY

Thursday, September 19 @ 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!



## Celebrating September Birthdays

Happy Birthday to Annette, Betty K. , Betty S., Carole, Hilda, John, Laura, Peggie, Sharon



**The September birthstone is the Sapphire**

The many colors of sapphire symbolize truth, sincerity & commitment



**The September birth flowers are the aster and the morning glory.** Asters are mainly symbols of powerful love. Perhaps because of their positive symbolism, according to folklore they were once burned to ward off serpents. Asters add a punch of color to the late summer and early fall landscape and require minimal care.



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.**

# SEPTEMBER LUNCH N' LEARNS/SPECIAL EVENTS

## FIRST FRIDAY BREAKFAST



Friday, September 6 @ 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!

## BRAINFIT LUNCH N LEARN



Wednesday, September 25 @ 11:30 am

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

The human brain is incredible. Whether you're breathing, talking, walking, thinking, remembering — all of your daily activities depend upon your brain. Everything that makes you "you" occurs there.

It is important to keep our brains healthy throughout life. Brookdale's exclusive BrainFit program relies on the latest research to develop a brain healthy lifestyle for residents. The various aspects of the BrainFit program are designed to help reduce the risk of dementia and increase health and wellness.



## AGING MASTERY PROGRAM

Mondays from September 16 - October 21

10:00 -11:30 am

The Aging Mastery Program® (AMP) by the National Council on Aging encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

## CHRONIC DISEASE SELF-MANAGEMENT

Wednesdays from September 11 - October 16

10:30-1:00 pm

You'll learn how to do more of what YOU want to do. Find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options and discover better ways to talk to your doctor and family about your health.

## OGLEBAY HOLIDAY LIGHTS TOUR



November 20, 2019

Check in time - 9:00 am

Return time - 10:00 pm

Package Features

\*Dutch-treat snack stop at Brady's Leap (Ohio Turnpike)

\*Oglebay Mansion

Tour

\*Motorcoach transportation with a Great Day Tours tour director

\*Wheeling Park Country Holiday Dinner Buffet

\*Time to shop at the Hilltop Shops

\*Guided tour of the Festival of Lights - A guide will board the motorcoach and describe the light show to its fullest extent.

**\$88/person Checks payable to Great Day! Tours & Cruises**

# SEPTEMBER PROGRAMS

## ART 101 WITH BARBARA

Monday, September 30 @ 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, September 24 @ 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.

## BIRTHDAY CELEBRATION

Tuesday, September 24 @ 12:45 pm

FREE, Sign up required, light lunch provided

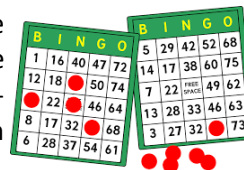
If you celebrated a birthday in July, August or September, come let us celebrate you! If it wasn't your birthday, help us celebrate! Cake will be provided.

## 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 @ GANDOLF'S PUB IN VALLEY CITY

Thursday, September 26 @ 12:30 pm

Sign up required, fee

Meet at **Gandolf's Pub, 6757 Center Road, Valley City** to enjoy lunch out with friends. Please sign up by September 24. 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.

## FREE COMMUNITY SHRED EVENT

Saturday, September 14 from 9:00 am to 12:00 pm

You can help ease the burden on our landfill and protect your personal information by participating in this shred event. Bring only paper to the City Hall parking lot.



**Cuyahoga County**  
SOLID WASTE DISTRICT  
[CuyahogaRecycles.org](http://CuyahogaRecycles.org)

## SENIOR DAY AT THE ZOO

Wednesday, September 4 from 10 am- 5 pm

FREE

Free entry to everyone 62 years and older.



# SEPTEMBER 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.

## HEARING SCREENING

**Wednesday, September 25**

**9:00 am to 11:00 am**

**FREE, Sign up required**

Hear Wright will be here for Hearing screenings, wax removal, hearing aid checks. Sign up for a time spot at Jenkins Place or by calling 440-427-2519.

## INS AND OUTS OF IMMUNIZATIONS LUNCH N LEARN

**Friday, September 20 @ 12:00 pm**

**FREE, Sign up required**



Learn about what immunizations you should consider getting for your health situation. Our nurse practitioner, Marie Grosh, will give us all the ins and outs and answer all your questions.

## NURSE PRACTITIONER OFFICE HOURS

**Friday, September 20 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.



## 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**.

# SEPTEMBER HEALTH & WELLNESS



## Shoulder Shrug

Inhale as you shrug your shoulders up to your ears. Exhale and release your shoulders down your back and breathe deeply, 3 to 5 times



## Seated Spinal Twist

Cross right hand to your left leg and place left hand behind you on the seat. Keep shoulder parallel to the ground and your spine long. Turn head to left. Repeat on the other side.



## Side Bends

Turn left palm up. Reach up and over with left arm while your right hand holds on the seat and bend slightly. Repeat on the other side.

September is National Yoga Month. Here are some moves from the Cleveland Clinic to get you started. Hold poses for at least 3 to 5 deep breaths. Do only as much as you can, comfortably. Join Jen On Mondays & Wednesdays at 9:30 am at the Community Center for more!

September is also National Preparedness Month. FEMA gives us this checklist for a Basic Emergency Supply Kit. Flyers with more information are on the table in the library room at Jenkins Place.



## Seated Relaxation

Relax, close your eyes and rest back into the chair. Breathe deeply, consciously releasing tension.

## Recommended Items to Include in a Basic Emergency Supply Kit:



**Water, one gallon of water per person per day for at least three days, for drinking and sanitation**

**Food, at least a three-day supply of non-perishable food**

**Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**

**Flashlight and extra batteries**

**First aid kit**

**Whistle to signal for help**

**Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**

**Moist towelettes, garbage bags and plastic ties for personal sanitation**

**Wrench or pliers to turn off utilities**

**Can opener for food (if kit contains canned food)**

**Local maps**

# 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 | Matt Sheehan

440-235-3238 | [msheehan@olmstedfalls.org](mailto:msheehan@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: September 20 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.