

The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

MAYOR'S MESSAGE

Jenkins Place programming and services are vitally important parts of our seniors' lives and I'm thrilled to see the level of enthusiasm and engagement with the many presentations and classes that our senior community is enjoying. The positive energy among our seniors is backed up by the numbers, which show an increase of more than 400 units of service over the first quarter of 2017. I'm delighted to see this increase and to know that more people are benefiting from our offerings. We will continue to seek new members and reach out to more people.



Because our seniors receive so much benefit from what we offer at Jenkins Place, I want to pursue opportunities to build up programs and provide even more of the kinds of things seniors want from their center. For that reason, we are planning to implement a structure that will enable us to gain input from an advisory group made up of Jenkins Place members. I think this will be an exciting new direction to give seniors more of a voice in how their center grows and evolves.

We are also planning to submit more requests for funding to help us provide programs that are in line with AARP's 21st century wellness model. This will position us to follow best-practices and adopt the most interesting and helpful learning, empowerment and health programming in the senior center setting.

Our new partnership with Olmsted Community Center is already helping us realize benefits through shared resources and space. For example, we had a capacity group for our St. Patrick's Day luncheon on March 16th. We were able to accommodate a larger crowd than we would have been able to at Jenkins Place by Olmsted Community Center hosting.

We are looking forward to being able to do more for more people and our future is looking healthy!

ABOUT THIS PUBLICATION:

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- RECORDING SECRETARY:** Barb Paulen
- SUNSHINE COMMITTEE:** 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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- WEBSITE:** www.olmstedfalls.org
- FACEBOOK:** [facebook.com/OlmstedFallsOH](https://www.facebook.com/OlmstedFallsOH)
- OFFICE HOURS:** 9:00am - 1:00pm

IMPORTANT INFORMATION: Jenkins Place & Olmsted Community Center Closures

Jenkins Place & Olmsted Community Center follow the Olmsted Falls schools closure policies. If Olmsted Falls Schools are closed due to winter and inclement weather, the centers will be closed also. Stay home, be safe, & be warm.

Program Reservations: 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 programs are subject to change.*

CRAFTY CREATIONS

April 2, 2018 @ 10:30 - Noon (#)

Sign up required.

Goodbye to Winter, Hello to Spring! Open the windows to let in the fresh air. Listen to the birds chirping as they start making nests for their families. For this month at Jenkins Place, we will be creating a bird nesting novelty. Visit Jenkins Place to sign up for this free, easy project. All seniors are welcome to attend the class, but supplies are limited to 15 participants.

GAMES & PUZZLES

Every Wednesday @ 10:00

Join us every Wednesday for games and puzzles! The first Wednesday of April will have snacks provided by O'Neill Healthcare. Bring a game or puzzle to share!

SAIDO LEARNING

Every Friday @ 1:00 pm (#) FREE,

Sign up required

SAIDO was developed by the Kumon Institute of Education of Osaka, Japan. SAIDO Learning is 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.



SAFETY TIPS FOR OUTSIDE

is right around the corner: Wear sturdy shoes, and long pants when using lawn mowers and other equipment. *Protect your hearing when around machinery.* Wear gloves to protect from skin irritations, cuts, and contaminants. *Use insect repellent.* Follow instructions and warning labels on chemicals for lawn and garden. *Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades.* Use sunscreen with an SPF of 15 or higher. *When working in hot weather, remember to drink plenty of water.* Pay attention to signs of heat-related illness, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness. **Be Safe and Enjoy!**



SENIOR QUICK TIPS

April 10, 2018 @ 12pm (#*)

Light lunch is provided. Sign up required.

Presented by Sandy Singleton, Registered Nurse. Topics include: Organizing for Spring, Walking for Better Health, White Tongue, Epilepsy, Changes in urination and Staying Motivated.

OLMSTED FALLS HIGH SCHOOL PRESENTS GUYS AND DOLLS

April 12 @ 7:30 pm

Entrance is free for seniors for the production of Guys and Dolls. Doors open at 7:00 pm

BREAKFAST WITH TERESA

April 16 @ 9:30 am (#) FREE, Sign up required.

Meet with Teresa Graven, wife of Olmsted Falls Mayor, James Graven. Enjoy a delicious, home cooked meal by Teresa and chat with her about goings on around town.

ENJOYING BIRDS & BUTTERFLIES IN YOUR GARDEN

April 17 @ 1:00 pm (#) FREE, Sign up required.

Presented by the Olmsted Falls Garden Club, learn about what plants to bring to your yard to enjoy your favorite birds & butterflies. Bring your questions about spring planting!

ESSENTIAL OILS 101

April 16 @ 11:00 am (#)
FREE, Sign up required.

A local doTERRA Essential Oils consultant will join us to teach us about different essential oils and their many uses. Essential oils can be used for a wide range of emotional and physical wellness applications.



OLMSTED FALLS LIBRARY

April 19 @ 10:30 am (#) Sign Up required

Come exercise your brain. Participants will engage in a game of Name That TV Show Theme Song where you will listen to a clip from the past and then try to name the TV show theme. Snacks will be provided by O'Neill Healthcare.

LOLLY THE TROLLEY TRIP- ETHNIC MARKETS TOUR

Friday, April 20 @ 9:30 am -4:30 pm

Pre-registration & pre-payment required.

Join us on an all day trip around Cleveland on Lolly the Trolley. We will visit area markets and lunch at Sokolowski's University Inn.

Please see the flyer at Jenkins Place or call 440.427.2519 for more information and to register. Deadline to register is April 11.



Celebrating Birthdays

Happy Birthday to
Mary Ann, Rose and Stan!

April Birthstone: Diamond April Flower: Sweet Pea/Daisy

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.

HERMAN®

by Jim Unger

CLARENCE'S
CORNER



"Joyce, how much do I charge people when I don't know what's wrong with them?"

JENKINS PLACE SENIOR COORDINATOR WELCOME RACHEL O'MALLEY

We are so happy to introduce Rachel to The Jenkins Observer readers as our new Senior Coordinator. Rachel, who is a resident of Olmsted Twp., comes to us with experience as a wellness coordinator, and she was instrumental in getting the Silver Sneakers program up and running at the Westlake Recreation Center.

Rachel grew up in Pittsburgh and attended Slippery Rock University where she majored in sports management. She also received her Masters Degree from the California University of Pennsylvania.

She met her husband, Patrick, who grew up in North Olmsted, when they worked at the Three Rivers Stadium. Rachel and Patrick married and came back to Ohio to live. They have two children, Grace and Aidan, who attend our Olmsted Falls Schools. Rachel enjoys seeing what her children are doing in sports. She also likes to play volley ball in the sand or indoors. She enjoys reading crime and non-fiction. She likes to write informational articles and has written a youth non-fiction book.

Rachel is excited about making a contribution to the city in which she lives through the work she will be doing here. When asked what her goals were for Jenkins Place will be, she said, "It's not my center. It's yours. I want to ask the seniors what they want, and perhaps include some intergenerational events and programs."

Submitted by: Annette Towner, Sunshine Chairperson

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

Fire Department

In an emergency always call 9-1-1
Fire Chief | Chad Gluss
440-235-3238 | cgluss@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

Senior of the Month

Have you seen the new Senior of the Month display at Jenkins Place? If not, come in and look on the wall to the left of the sign-in podium. If you, or someone you know, would like to be featured as the Senior of the Month, please contact Sunshine Chairperson, Annette Towner, or call Rachel O'Malley at Jenkins Place 440-427-2519.

WORLD BOOK DAY

April 23 @ 10:30 am (#) FREE, Sign up required.



Bring your favorite book to share in honor of World Book Day. Dress up like a favorite character, if you fancy! Rachel will have some fun games themed around the event!

LUNCH N LEARN STRONG CORE + STRONG BACK = LESS PAIN

April 27 @ 12:00 pm (*#) FREE, Light Lunch Provided, Sign up required.

Join Ray Shijo, PT, Manager of Southwest's Orthopedic Joint Center, as he discusses common back problems and how to prevent back pain by strengthening your core.

WELLNESS EVENTS:

Adult & Geriatric Nurse Practitioner

Office Hours: Monday, April 30, 1:00- 3:00pm

Marie D. Grosh, RN, MSN, CNP, LNHA will be here at the *Jenkins Place Senior Center*.

Blood Pressure Check with Paramedics

Every Thursday of the month

10:30 am at Jenkins Place Senior Center

Tai Chi Easy For Balance & Wellness w/ Robert

Every Thursday @ 11:00 am at Jenkins Place

GREEN TIP OF THE MONTH - APRIL – 2018



Spring! What better time to clean out some cupboards and closets. Donating clothing and other household items is recycling and good for

the earth!

We will be putting Green Tips in the newsletter as space allows. If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Chairperson.