

# The Jenkins Observer

Produced by Members of the Jenkins Place Senior Center

## MAYOR'S MESSAGE

My wife, Teresa, and I have had a wonderful time getting to know more people in the community this year and we've especially enjoyed the parties thrown by Jenkins Place. In late October, we had a great time at the Halloween party for seniors at Olmsted Community Center (OCC). Our partnership with OCC has enabled us to accommodate the growing numbers of seniors participating in Jenkins Place programming. We will do everything we can to continue providing the things you call for through our Senior Center, including seeking more funds for programs like the University Senior Connections Program that provides "virtual" and real visits to cultural institutions.



I always welcome your suggestions for programs and your own individual vision for what you believe our Senior Center can be. As the holiday season fast approaches, I look forward to more social functions with all of you.

### 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**
- EMAIL:** [jenkinsplace@olmstedfalls.org](mailto:jenkinsplace@olmstedfalls.org)
- PHONE:** (440) 427-2519 - Jenkins Place
- ADDRESS:** 26100 Bagley Road, Olmsted Falls, OH 44138
- WEBSITE:** [www.olmstedfalls.org](http://www.olmstedfalls.org)
- FACEBOOK:** [facebook.com/JenkinsPlace](https://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 from Jenkins Place.

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.***

## COFFEE TASTING

Thursday, November 1 @ 10:00 am

FREE, Sign up required, light snacks

Red Cedar Coffee in Berea will join us for a brief presentation and a sampling of some of their flavored coffees.

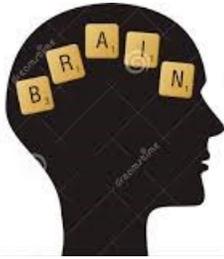
## SCRABBLE

Fridays in November (except 11/23) @ 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 game of this easy to play, but very beneficial, word game.



## CRAFTY CREATIONS

Monday, November 5, 2018 @ 10:30 am

FREE, Sign up required

November has many special dates. One holiday, Thanksgiving, is a day to remember the good things in our lives. This month, the senior crafters will be making an inspirational plaque. It will be on display, so come into Jenkins Place to sign up for this project. Join our friendly group and share with us your Thanksgiving thoughts. All seniors are welcome to attend the class, but supplies are limited to 12 participants. Come into Jenkins Place to see this item on display.

## CRAFTY CREATIONS SALE

Every day in November JP is open

Get a jump on your holiday shopping by stopping by JP to view all the crafty creations made throughout the year by our members.

## THE OLIVE SCENE TASTING

Tuesday, November 6, 2018

@ 12:00 pm

FREE, Sign up required\*, Small bites provided



The Olive Scene is a unique tasting emporium of the world's finest Extra Virgin Olive Oils and Balsamic Vinegars. Guests will have the opportunity to try many varieties of oil and vinegar, and will be able to mix and match them to find their own personal favorites. The event will include a demonstration of the art of tasting oils. We will also provide several appetizers and a dessert featuring our products for you to enjoy. \*Small bites menu will be provided for each participation, so only registered participants will be allowed to attend.

## SENIOR QUICK TIPS

November 13, 2018 @ 12:00 pm

FREE, Sign up required, light lunch provided

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

- ◇ Happiness during the Holidays
- ◇ Five tips for staying socially connected-boost your holiday cheer
- ◇ Planning a Stress-Free Family Thanksgiving
- ◇ Macular Degeneration, Sciatica pain, Sore Throat
- ◇ Teeth (Dental Emergencies)

\*Will have a chart with the 2018 Recommended Immunizations for Adults, If you want.



## BOARD GAME SURPRISE!

Wednesdays, November 7 & 28, 2018 @ 10:30 am

FREE, Sign up required

Rachel inherited a bunch of classic board games from her parents! Stop in on a Wednesday to see which one we will play. The whole morning will be full of surprises :)

## A GUIDE FOR OLDER ADULTS: TO FIND HAPPINESS DURING THE HOLIDAYS



The solution to the holiday blues is simple: *Be with people* 'Tis better to give than receive? Providing social support to others in need or who are feeling lonely not only helps them, but it helps you. Physical activity reduces depression, and by getting out, you're more likely to encounter others who are looking to enjoy the season with others. Jenkins Place offers events to help their citizens celebrate the holidays together. Live long; live well! Submitted by Sandy Singleton.

## OSHIIP CONSULTATION

Wednesday, November 14 @ 12:00-4:00 pm

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

Are you ready for the Medicare open enrollment period of October 15-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.

## HOLIDAY CARD MAKING

Wednesday, November 14 @ 10:30 am

FREE, Sign up required

Bev Smith will join us to guide us through the art of card-making. She will provide all supplies. Bring your creativity and a pair of scissors.

## OLMSTED FALLS LIBRARY

Thursday, November 15 @ 10:00 am

FREE, Sign up required

Come play **Pictionary** with Jodi from the Olmsted Falls branch of the CCPL. Show off your drawing skills and laugh at those of us (Rachel) with no drawing skills ;)

## THANKSGIVING "HANGOVER" BREAKFAST

Monday, November 26 @ 10:30 am

FREE, Sign up required, light meal provided

No turkey to be found at this Monday after Thanksgiving breakfast! After a long weekend of visiting, travelling and cooking, relax and let Rachel cook for you!



## CELEBRATING NOVEMBER BIRTHDAYS Happy Birthday to Bill, Carol, Greg, Henrietta, Joe, Kathy



November Birthstone: Topaz

November Birth Flower: Chrysanthemum

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.**

## CLARENCE'S CORNER



"Look, let's put everything down and start all over again."

November 1951

## What is the Senior of the Month?

*"Getting to know you, getting to know all about you."*

We want to get to know all of our seniors and help them get to know each other. You can volunteer, or suggest a friend. You will be interviewed by Annette and she will write up your story. You can read it before it's posted and make changes. To put a name with a face, we can either take your picture, or use a picture you have. Original pictures will be returned. Everyone who participates will receive a framed picture of the display and be included the a new Senior of the Month scrapbook! If you would like to be featured as a Senior of the Month, please contact Annette Towner, Sunshine Chairperson, or call Rachel O'Malley at Jenkins Place 440-427-2519.

# NOVEMBER LUNCH N' LEARNS/SPECIAL EVENTS

## HOME HEALTH CARE LUNCH N' LEARN

Wednesday, November 7 @ 12:00 pm

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

Join Sandee Kirkwood of ACC Adult Home Health Care of Olmsted Falls to learn more about home health care options and meet Hercules. Hercules is a miniature Yorki-Poo with a great, big, loving attitude. He is a registered comfort therapy dog and looks forward to meeting you!

## HOPE FOR THE HOLIDAYS LUNCH N' LEARN

Thursday, November 8 @ 12:00 pm

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

The holidays can be a difficult time for any of us, let alone someone mourning the loss of a loved one. Join a counselor from Grace Hospice to learn tips and best practices for help getting through the holidays. Lunch will be provided by Symphony of the Falls. **\*Please note date change from Update Meeting.**

### 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!



## VETERANS DAY POTLUCK

Monday, November 12 @ 12:00 pm

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

Join us on Veterans Day to honor those who served our country. Main course will be provided by Riverview Pointe and members will supply the rest. Sign up sheet will list items to bring, sign up and list what you will bring. If you are unable to cook something, please bring a non-perishable food item for the Christians in Action food pantry.



## GUIDE DOG & THERAPY DOG LUNCH N' LEARN

Thursday, November 15 @ 12:00 pm

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

Learn about the difference between a guide dog and a therapy dog while enjoying lunch provided by Emerald Village. Rudy, a certified guide dog & therapy dog, will join us! **Please note date change from Update Meeting.**

## PASSPORT LUNCH-MEXICO

Monday, November 19 @ 12:00 pm

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

Take a trip without leaving Ohio! We will learn more about our neighbors to the South and sample some delicious Mexican food. If you have travel photos of Mexico or personal experiences to share, please contact Rachel. Passports will be provided to start keeping track of our adventures. This event is sponsored by Riverview Pointe.

## GRATEFUL MONTH

In the spirit of Thanksgiving, we will practice the art of being grateful for what we have throughout the month of November. Activities include:

**Gratitude Board**-The dry erase board by the sign in table will become our grateful tree. Fill out a leaf with what you are grateful for and it will be added to our tree!

**THANKS-BINGO on Friday, November 9**-If you are able, we will collect non-perishable Thanksgiving food items to donate to Christians in Action. Last year, they fed 110 Olmsted families at Thanksgiving!

**Gratitude Journaling on Tuesday, November 13** -You will be provided with a journal and we will talk about how to start and the basics of journaling. Gratitude journaling has been proven to increase sleep quality, decrease symptoms of sickness, and increase happiness and joy.

## 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 Renaissance.

### LUNCH OUT @ MACARONI GRILL

Thursday, November 29 @ 12:30 pm

Sign up required, fee

Meet at **Macaroni Grill on Country Club Blvd. in North Olmsted** to enjoy lunch out with friends. Please sign up by November 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.

### COLORED PENCILS WITH BARBARA

Monday, November 19 @ 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

Monday, November 26 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.