

The Jenkins Observer

MAYOR'S MESSAGE

March is one of my favorite months because of St. Patrick's Day! I enjoy being able to spend the day appreciating and celebrating my Irish heritage. I look forward to celebrating with you at the Community Center on Friday, March 13 for our annual party. There will be a large map of Ireland available for us to show our Irish roots. We will also be celebrating the anniversary of the Olmsted Falls Senior Citizens that was organized on March 21, 1963 and has evolved into the current senior programming at Jenkins Place.



Congratulations to our two Mind Challenge Trivia team who competed with 25 teams in our region last month. One team, consisting of Sue Campanalie, Ellen Kelker, Mary Mularo, Ralph Piatak and Annette Towner, finished sixth out of the 25! Make plans to cheer them on at the Rocky River Senior Center on Monday, March 9 @ 3:30 pm. Go team!

March will also bring the annual Health & Wellness Fair on Friday, March 27. Last year, over 30 vendors and 100 people took part in the fair. We are fortunate to have Southwest General Hospital serve as our sponsor for the event again this year. They will be offering various health screenings and vendors will be providing valuable information on a variety of topics. Reusable shopping bags will be provided for the first 100 people. Bring a friend!

Don't forget that Daylight Savings Times begins on March 8. Turn your clock ahead one hour and check the batteries in your smoke and carbon monoxide detectors. Batteries are available at Jenkins Place if you need them. See you around town and at Jenkins Place!

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!

CONTACT INFORMATION:

Rachel O'Malley, Programs Coordinator

EMAIL: jenkinsplace@olmstedfalls.org

PHONE: (440) 427-2519 - Jenkins Place

ADDRESS: 26100 Bagley Road, Olmsted Falls, OH 44138

WEBSITE: www.olmstedfalls.org

FACEBOOK: [facebook.com/OlmstedFallsOH](https://www.facebook.com/OlmstedFallsOH) (like us!)

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

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.*

PIZZA & GAME NIGHT & TECH SUPPORT

Monday, March 23 @ 6:00 pm

FREE, Sign up required, light dinner provided

Bring your smart phone, tablet or laptop questions for volunteers from Baldwin Wallace University. Stay for pizza & games with them for a fun evening of fellowship!

INSURANCE CONSULTATION

Wednesday, March 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 schedule a 60 minute meeting.

UPDATE MEETING

Tuesday, March 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 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, March 24, following update meeting

FREE, Sign up required

Help us celebrate those with birthdays in January, February and March.

SENIOR QUICK TIPS

Tuesday, March 10 @ 12:00 pm

FREE, Sign up required

Sandy will present:

- ⇒ Making the most of eye drops
- ⇒ Kegel exercises: For women & men
- ⇒ Posture: Align yourself for good health
- ⇒ What is third hand smoke, and why is it a concern?
- ⇒ What causes hiccups?
- ⇒ What is a hiatal hernia?

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



FUN & GAMES WITH OF LIBRARY

Thursday, March 19 @ 10:00 am

FREE, Sign up required

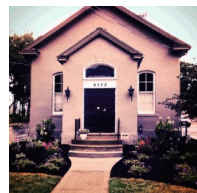
Jodi from the Olmsted Falls branch of the CCPL brings us Pictionary. Bring your drawing skills for some St. Patrick's' Day themed fun!

ART 101 WITH BARBARA

Monday, March 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.



FIVE HEALTHY HABITS FOR HEALTHY EYES



Age-related macular degeneration (AMD) is a common cause of vision loss. If you are a smoker, quit (and if you're a nonsmoker, take care to avoid secondhand smoke). AMD is more common among smokers, and smokers develop AMD at younger ages than nonsmokers. **Exercise:** AMD is less common in people who have a healthy lifestyle that includes one to two hours of low-intensity exercise per day. **Wear sunglasses:** Exposure to sunlight can damage your eyes. Protect your eyes by wearing sunglasses and brimmed hats. **Eat green leafy vegetables and fish.** People with diets that include these foods are less likely to have AMD. **Keep up with appointments.** This includes appointments with your eye doctor as well as your primary care physician, and any specialists you see to manage other health conditions. Take these simple steps to help your eyes. **Submitted by Sandy Singleton.**

LUNCH OUT @ DONAUSCHWABEN

Thursday, March 26 @ 12:30 pm

Sign up required, fee

Meet at the German Cultural Center, 7370 Columbia Road, Olmsted Township to enjoy lunch out with friends. Please sign up by March 24. Cost of lunch will be on your own.

MEXICAN TRAIN DOMINOES

Thursdays, March 12 & 26 @ 10:00 am

FREE, sign up required

Come play this easy to learn dominoes game. Enjoy conversation and a cup of coffee (or tea!) while we play.

LUNCH & A SHOW OSCAR SURPRISE!

Monday, March 30

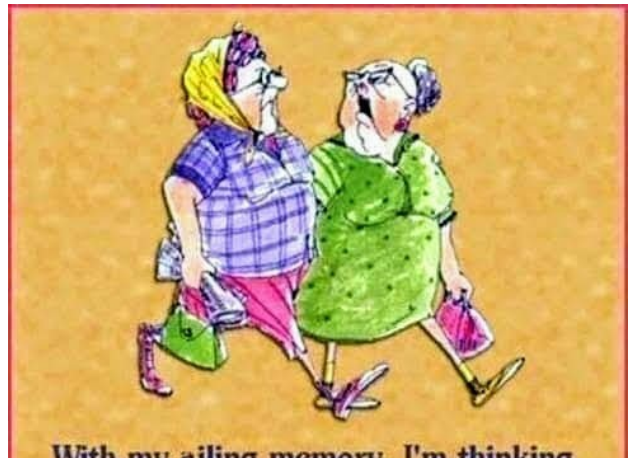
@ 12:00 pm

FREE, Sign up required

Bring your lunch and see what Oscar award winning movie will play! Popcorn and candy will be provided. Ordering lunch as a group is also an option. Movie run time will be determined closer to screening.



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



With my ailing memory, I'm thinking of changing my password to "incorrect" That way, when I log in with the wrong password, the computer will tell me..
"Your password is incorrect"

AIN'T MISBEHAVIN' BUS TRIP

Wednesday, May 13 - 9:30 am to 6:00 pm

\$93, Sign up required

The package will include motor coach transportation and tour guide, luncheon at Guarino's in Little Italy and floor seat tickets to the 1:30PM performance of "Ain't MisBehavin'". See flyer posted or Rachel for more information.



Celebrating March Birthdays! Happy Birthday to Audrey, Donna, Laura

March Birthstone is the Aquamarine

The ice-blue aquamarine celebrates happiness and beauty.



March birth month flower is the daffodil.



The botanical or Latin name is "Narcissus." The daffodil symbolizes unequalled love, so giving this flower to someone expresses a deep love that cannot be rivaled or imitated.

The daffodil has also been associated in history with death and rebirth—from the death of the self-loving Narcissus in Greek mythology to its perennial return as an Easter flower.

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, 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.**

MARCH PROGRAMS

OPEN CRAFTING

Mondays, March 2, 9 & 23 @ 10:00 am

FREE, Sign up required

Not making time to finish that sweater, scrapbook or other craft project? Bring it to our open crafting to work on it with others. Enjoy company and a cup of coffee while you work away!

SOUP POTLUCK



Thursday, March 5 @ 12:00 pm

FREE, Sign up required, light lunch

Let's hope this is our last cooler month for soup! If you made soup last month, feel free to take a break and enjoy other's soups. When you sign up, please indicate the type of soup you will bring, if any. Bread & crackers will be provided.

FIRST FRIDAY BREAKFAST

Friday, March 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 may bring!



PASSPORT LUNCH

Monday, March 9 @ 12:00 pm

FREE, Sign up required, light lunch

Rescheduled from February...continue our trip around the world! Danielle from Riverview Pointe will tell us all we need to know about South Africa! If you have visited there, please bring your photos or mementos to share.

MIND CHALLENGE TRIVIA

Monday, March 9 @ 3:30 pm

Come to Rocky River Senior Center, 21014 Hilliard Blvd., to cheer on our trivia team in the "Smart 16" round. The top four teams in the entire challenge bring home money that goes directly to our center!

EMERGENCY PREPAREDNESS & EVACUATION LUNCH N LEARN

Thursday, March 12 @ 12:30 pm

FREE, Sign up required, light lunch provided

This training is focused on seniors and individuals with a disability. SIL developed this guide to assist and protect seniors and people with a disability from harm, including helping people prepare for and respond to emergencies. Making local government emergency preparedness and response programs accessible to people with disability a critical part of preparation. Presented by Services for Independent Living. Lunch sponsored by Northwestern Healthcare Center.



MARCH MADNESS BASKETBALL

Thursday, March 19 @ 12:00 pm

FREE, Sign up required, light lunch provided

Be here for the tip off of the NCAA men's basketball tournament. Enjoy some arena treats while we watch. Pick up a blank bracket on the 16th to try to pick the winners. Turn in by tipoff on the 19th to win prizes for picking the most winning games! Men's and women's brackets will be available.

DINNER & A SHOW

Wednesday, March 25 @ 6:00 pm

\$\$, Sign up required

We will meet for dinner at Tony K's, then head to Baldwin Wallace University for their theatre production of "The Burial at Thebes". Burial at Thebes by Seamus Haney is a re-telling of the story/myth of Antigone. Caught between divine principles and human laws, Antigone must face doing what she believes is right and suffers the ultimate consequence. Everyone in her family circle is affected by her choices as she defies the orders of her uncle the King. Burial at Thebes presents a dysfunctional family in crisis and the aftermath that comes with pride, gender inequality and the threat of tyranny. Senior tickets are \$10. Dinner is on your own.

MARCH SPECIAL EVENTS

Senior Health & Wellness Fair

Friday, March 27

Olmsted Falls City Hall

12:00-2:00 pm

Health screenings provided by Southwest General Hospital, raffle prizes, food. Bring a friend!

Reusable bags for the first 100



STARS & SKIES FIELD TRIP



Wednesday, March 4
@10:00 am

**FREE, Sign up required,
\$20 cost + lunch on your
own**

The Sun formed in a cluster of stellar siblings 4.5 billion years ago. Over time, the group has dispersed around the Milky Way. The process

of star formation continues today, and the winter sky provides an opportunity to enjoy these newly formed clusters of stars. Many of them are visible to the naked eye and are breathtaking through a pair of binoculars. Join us to learn how and why stars form in clusters, and exactly where and when to look for these stellar swarms.

We will leave Jenkins Place at 10:00 am to have lunch at Mama Santa's in Little Italy. We will take an RTA shuttle to the Natural History Museum for our private showing at the Planetarium. Time will be allowed for exploration of the museum. We will arrive back at Jenkins Place at approximately 4:30 pm.

Payment for the trip must be made by 3/2 to secure your spot. Please consider bringing a dollar or two to tip our van drivers.

COMING SOON...REGISTRATION FOR 1ST ANNUAL WESTSHORE SENIOR OLYMPICS!!! JULY 27-AUGUST 7

Check an item off your bucket list; compete in the Olympics!! Get ready to participate in a variety of events with seniors from Fairview Park, Lakewood, North Olmsted, North Ridgeville, Rocky River and Westlake. Each city will be hosting events on specific days. A wide variety of events will be offered. Cost is \$10 per participant. You may register for as many events as you would like. Shirt will be provided. See Rachel for more information.

You're invited to St. Patrick's Day Festivities at the Olmsted Community Center!



Friday, March 13, 2020

11:00 - 12:00 pm Irish Dancing Lesson OCC Gym

12:00 -1:00 pm Party! (light lunch included)

Also, celebrating the 4 year anniversary of Jenkins Place!

Party is free of charge, but please bring one non-perishable food item for Christians in Action

MARCH 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.

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.

MEMORY SCREENING

Thursday, March 19 from 9:00 am-11:00 am

FREE, Sign up required

Are you saying "Sorry, I forgot" a little too often? It's normal to forget a name from time to time. It's not normal to keep forgetting days of the week or when to pay bills or take medicine. Come to a free screening by the Community Nurses to see if you should consider seeing a doctor. Call 440-816-4037 for an appointment.

NURSE PRACTITIONER OFFICE HOURS

Monday, March 16 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, March 12 from 9:00 am to 1:30 pm

Foot care done here at Jenkins Place in the Historical Society Room, beginning in January and continuing every other month.

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

ORAL HEALTH LUNCH N LEARN

Monday, March 16 @ 12:00 pm

FREE, Sign up required, light lunch provided

Our nurse practitioner, Marie Grosh, will speak to us about the importance of taking care of our teeth, gums & mouth. She will be available after the talk for consultation.



BRAIN FIT

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, Arden Courts and Symphony of the Falls.

MARCH HEALTH & WELLNESS

WHAT ELSE MAY BE IN YOUR REUSABLE GROCERY BAG? BACTERIA.

Do you store reusable grocery bags in the car, so you'll remember them on your next shopping trip? Don't.

That's the message from the Centers for Disease Control and Prevention, which encourages people to take proper care of reusable grocery bags to prevent sickness. The agency warns the bags can become contaminated with germs such as Salmonella and E. coli from food or other sources.



Storing the bags in a car or other place exposed to high temperatures can cause germs to grow faster, according to the CDC. The agency instead recommends people store the bags in a cool, dry place such as in a garage or at home.

Here are some other tips you can follow to ensure your reusable bags only carry what you intend them to:

- Regularly wash reusable grocery bags. One study found that only 3 percent of shoppers with reusable bags regularly washed them. The same study found bacteria in 99 percent of bags tested. The good news? Washing the bags was found to reduce bacteria by 99.9 percent. Canvas or cloth bags can be laundered in the washer following manufacturer instructions. Scrub the inside of plastic-lined bags using hot water and soap, then air-dry them.
- Use separate, dedicated bags for meats, fresh fruits and vegetables and ready-to-eat foods. Keeping different types of foods separate will help reduce cross-contamination.
- Always place raw meats into a disposable plastic bag before putting them in a reusable bag. Using disposable bags, which are often available in the produce and meat sections of a grocery store, can help prevent juices from the meat from contaminating other foods. As a reminder, make sure to refrigerate cold food within two hours of leaving the store or within one hour when temperatures outside exceed 90 degrees.
- Only put groceries in your reusable grocery bags. Don't use them to store or transport baby bottles, toys, gym clothes and other non-food items.
- Insulated shopping bags: Hand wash in warm water and air dry.
- Hemp and nylon, Hand or machine wash on gentle cycle with mild laundry detergent line or air dry.
- Woven or nonwoven polypropylene, bags are made from recycled plastics, Machine wash on gentle cycle or hand wash, never put in the dryer. Air or line dry.

MEDICARE UPDATE



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**.

Medicare now covers and recommends counseling visits for caregivers of patients with dementia and/or other cognitive impairments. This is the first time that Medicare covers visits with caregivers without the patient being present. This recognizes the enormous role that caregivers play in the health of patients with dementia, and also the burden and challenges caregivers face that can be addressed. Visits include an assessment of the patient situation (the patient can be present however does not need to be), and an interventional/educational plan to address concerns to enhance quality of life for the patient and the caregiver. Marie Grosh our Nurse Practitioner is a nationally certified dementia care and geriatric specialist who provides these services in the office setting and/or in the home. Appointments with Dr. Grosh can be made by calling 440-427-5077 or email:

marie@housecallsofthefalls.com.

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 | jborczuch@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: See calendar

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!

- 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.

⇒ Everyday Divinity Foot Care by Nurses

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