

Seniors

January 2022

in Touch



3100 Devonshire Rd
Cleveland, OH 44109
Office: 216-749-5367

Serving persons 60 & over
in Old Brooklyn
for 50 years

Last month, we enjoyed a great holiday concert from our own SCR bell choir group - these musicians used handbells, cups, wooden sticks, scarves and even paper plates to put on a great performance! Afterwards, clients were able to learn some fun techniques to make beautiful custom holiday cards (and also enjoy some holiday treats). Thanks to [Broadway School of Music and the Arts](#) for helping make this great day happen!

ATTENTION!

OUR RECEPTIONIST TABBY IS
NOW ON DUTY UNTIL
2pm DAILY.

FOR QUESTIONS OR
APPOINTMENT SCHEDULING,
PLEASE CALL IN THE MORNING.



Seniors and adults with disabilities can contact the Cleveland Department of Aging

at 216-664-2239 to learn if they are eligible for the HEAP utility program. The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans (household income at or below 175 percent of the federal poverty guidelines) assistance with their home energy bills. This one-time benefit is applied directly to the customer's utility bill.



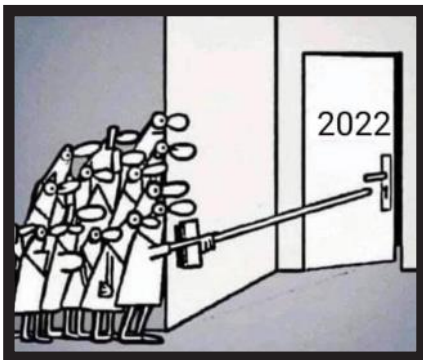


to all who send in donations of any kind—for meals, the newsletter, transportation; every little bit helps!
YOU ARE THE BEST!!!



..AND thank you to every volunteer who helped us here at SCR this year. Your help is invaluable. And with the new year will be coming even more volunteer opportunities.

If you're interested in volunteering, call **Kim Susak** during our normal hours.



VITAMIN REPORT

Stay Healthy as You Age

Vitamin B12 helps to support nerve function and build healthy blood cells. B12 is also important to keep other parts of your *body healthy* - including your heart, eyes, bones, hair, nails, and skin. As you age, your body doesn't absorb Vitamin B12 as well as it once did, so its common for older adults to have low B12 levels.

Vitamin B12 is naturally found in a lot of food sources, and can be added into other fortified foods, including: low-fat dairy (milk, cheese, yogurt); proteins (beef, lamb, chicken, turkey, duck, fish, shellfish); and fortified cereals. If you take Vitamin B12 supplements, make sure you talk to your health care provider or pharmacist about how it may interact with other medicine you take.



JANUARY SHOPPING SCHEDULE

Mondays, every three weeks

WALMART STEELYARD 1/3, 1/24
MIDTOWN 1/10

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI'S
DRUG MART
SAV A LOT

SCR Transportation Guidelines

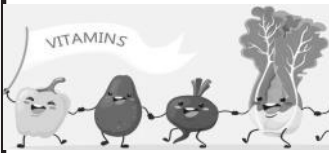
- We provide transportation to / from our center for SCR activities; regularly scheduled shopping trips; and medical or other important appointments.
- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) that is age 60 or over and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.
- All rides must be scheduled through the SCR front desk (216-749-5367), not our drivers, and we ask that you try to schedule rides two weeks in advance. Please provide at least 24 hours notice for any cancellations.
- There is a 2 shopping bag limit for shopping trips.
- Freewill donations are accepted for transportation, but never required.



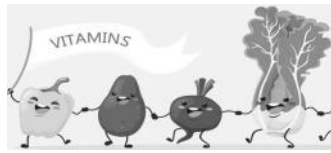
**REMEMBER,
THERE'S A TWO (2)
SHOPPING BAG
LIMIT ON
YOUR SHOPPING
TRIPS.**

**SCR AND
THE DRIVERS
THANK YOU.**

FREE PRODUCE GIVEAWAY



Wednesday, Jan. 5
10:00 to 11:30
in the
DK Dining Room



please bring carts
and shopping bags!

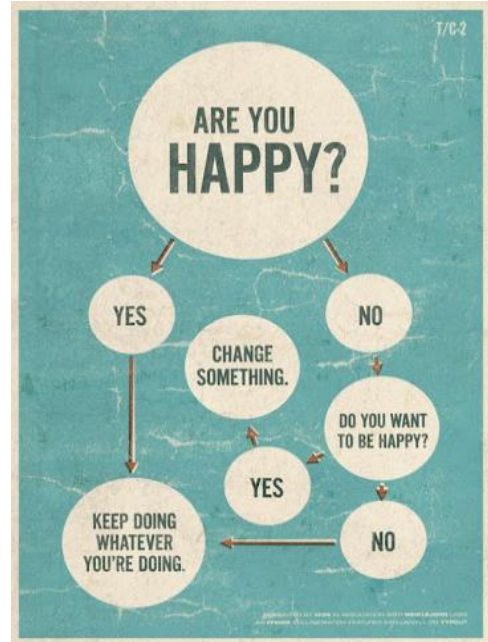
**REMEMBER,
CONGREGATE
MEAL
PICK-UP
BEGINS AT 11:00**



The CDC recommends COVID-19 vaccine boosters for all adults age 16 and over. A COVID-19 vaccine booster is a safe and effective added layer of protection that will work with your immune system to fight the virus if you are exposed. The vast majority of individuals being treated for COVID-19 in Ohio hospitals have NOT been vaccinated. Experts also suggest getting a flu vaccine, especially for older adults that are at the highest risk for developing life-threatening complications from the flu. Talk to your doctor, and contact SCR if you need a ride to your vaccine appointment.



PLAIN AND SIMPLE NEW YEAR'S RESOLUTION



Some of our clients decorated ornaments to be sent out to our homebound clients with their home-delivered meals (along with some custom cards made by local elementary school students). Throughout December, we were able to distribute hundreds of activity bags (full of games and fun to combat social isolation and boredom), shelf-stable food boxes, hygiene products - and some extra fun holiday surprises.



funnies



I've reached an age where my brain has gone from:
"You probably shouldn't say that"
to:
"what the hell, let's see what happens."

SENILITY PRAYER

God grant me the senility to forget those people I never liked anyway, the good fortune to run into those I do like, and the eyesight to tell the difference. Amen.



January Activities

Call 216-749-5367 to register for all activities. All activities /trips have capacity limits. If we have more people interested in a trip than we have room for, a lottery draw will be held one week before the activity.

WII BOWLING

Friday Afternoons in
January 12:30 to 1:30



Little Store" Update

We want to open the little store but....
we will be have to wait a little longer
Crafters wanted: make small items for our store.



YouTube Travel Tours

Every Wednesday in January at 10-11am
If you haven't tried traveling with Vloggers,
start going to places you never thought possible

vlogger-(noun) person who makes videos to post on internet

Lunch Bunch to Go—We drive, You buy

Self purchase a carryout lunch to enjoy at home.
11:30am, 10 seats available on the van

Boston Market at Ridgemark Square January 13th
Caribe Bake shop on Fulton Ave January 20th

-A family owned restaurant with over 20 years of experience,
bringing you our traditional home cooked Puerto Rican foods



BOARD GAMES
9AM Wednesdays

CARD GAMES
10:30 Mondays



Teaching "Texas Hold 'em"
No money will be used
but fun will be had
Interested.....call us



Brain Power

Don't forget to exercise your brain
with 9am Thursday Trivia games



QUILTING GROUP

Mondays in January 9am to noon

Quilting instructions and pointers for a small
pillow cover. Don't feel intimidated if you can
not sew or quilt. All levels of ability are wel-
come. Bring a pillow, some fabric and a sup-
plies bag. Due to storage limitations we cannot
store your craft item, it has to be taken home
each day. We cannot accept any supplies
or donations at this time

Winter Craft—Buttons

Tuesdays Jan 11th & 18th 10-11:00
Five different Button crafts
from bracelets to kitchen magnets
10 participants per session.



WE DID IT !

Guinness World Records Bingo Game

most players of a bingo livestream on a bespoke
platform is 1,556 viewers,
And was achieved on 22 October 2021. The winner
was from the state of Connecticut

Line Dance

with step by step
DVD instruction
12:30—1:30
Wednesdays in Jan-
uary



PLEASE NOTE TIME CHANGES

MOVIES START 9AM
ALL BINGO GAMES START 12:30

Coming in February.....

Watercolor Sessions
AND Texas Hold 'em

January Activities

Mon	Tue	Wed	Thu	Fri	S
3 9am Quilt Group 9-10 Coffee and Conversation 10:30 Card Games 12:30 Bingo 10-12 Tech help	4 9-12 Open Studio 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength	5 Cleveland Food Bank Produce Distribution NO ACTIVITIES	6 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo	7 9am Movie 11:30-12:30 Tai Chi 12:30 WII Bowling	
10 9am Quilt Group 9-10 Coffee and Conversation 10:30 Card Games 12:30 Bingo	11 9-12 Open Studio 10-11 Button craft 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength	12 9am Board Games 10-11 YouTube Travel 12:30—1:30 Line dancing	13 9am Coffee/Trivia 10-11 Chair Volleyball 11:30 Lunch Bunch To Go 12:30 Bingo	14 9am Movie 11:30-12:30 Tai Chi 12:30 WII Bowling	
17 CENTER CLOSED	18 9-12 Open Studio 10-11 Button craft 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength	19 9am Board Games 10-11 YouTube Travel 12:30—1:30 Line dancing	20 9am Coffee/Trivia 10-11 Chair Volleyball 11:30 Lunch Bunch To Go 12:30 Bingo	21 9am Movie 11:30-12:30 Tai Chi 12:30 WII Bowling	
24 9am Quilt Group 9-10 Coffee and Conversation 10:30 Card Games 12:30 Bingo	25 9-12 Open Studio 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength	26 9am Board Games 10-11 YouTube Travel 12:30—1:30 Line dancing	27 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo	28 9am Movie 11:30-12:30 Tai Chi 12:30 WII Bowling	
31 9am Quilt Group 9-10 Coffee and Conversation 10:30 Card Games 12:30 Bingo					

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz. ALT=CS TR	4 *Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Banana ALT=CBG RB	5 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT=CBG T	6 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange ALT=CBG TR	7 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CBG RB
10 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c ALT=CS RB	11 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c ALT=CBG TR	12 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CBG RB	13 *Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Sliced Pears ½ c ALT=CBG T	14 *Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange ALT=CBG RB
17 Martin Luther King Day Site Closed	18 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz. ALT=CS RB	19 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c ALT=CBG TR	20 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Diced Potatoes ½ c *Green Beans ½ c 2 Whole Grain White Orange ATL=CBG T	21 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c ALT=CBG TR
24 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT=CS RB	25 *Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG T	26 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG RB	27 *BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c ALT=CBG RB	28 *Breaded Fish 4 oz. Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c ALT=CBG TR
31 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CS TR		Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>		Choice of : 1% Milk or Buttermilk *Take Temperature of Milk and all food proceeded by an asterisk

MENU SUBJECT TO CHANGE



Tom's Trivia Corner

WORD MATH

Numbers As Letters *By Kathryn Kilpatrick*

WHICH LETTER IN EACH OF THE NUMBERS GIVEN WILL MAKE UP THE CORRECT WORD?

ABC	DEF	GHI	JKL	MNO	PRS	TUV	WXY
2	3	4	5	6	7	8	9

EXAMPLE: FATHER AND

6 6 8 4 3 7

ANSWER
MOTHER

1. BROTHER AND

7 4 7 8 3 7

2. USED FOR WRITING

7 3 6 2 4 5

3. SOMETHING WITH A HANDLE

5 6 4 3 3

4. A BAD STORM

8 6 7 6 2 3 6

5. FOUND IN A SALAD

8 6 6 2 8 6

6. A PLACE IN THE HOUSE

5 4 8 2 4 3 6

7. A SOUTHEASTERN STATE CAPITAL

2 8 5 2 6 8 2

8. A MEDICATION

2 7 7 4 7 4 6

9. A POPULAR SPORT

7 5 4 4 6 4

10. A CARTOON CHARACTER

7 6 6 6 7 9

11. COMMON LAST NAME

2 6 3 3 7 7 6 6

12. SOMETHING IN A WALLET

7 4 6 8 6 7



“Whether you think you can or you think you can’t – you’re right.”

—Henry Ford

ANSWERS

1. SISTER 2. PENCIL 3. KNIFE 4. TORNADO 5. TOMATO 6. KITCHEN 7. ATLANTA 8. ASPIRIN 9. SKIING 10. SNOOPY 11. ANDERSON 12. PHOTOS



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www.seniorcitizenresources.org

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**DATED MATERIAL
PLEASE DO NOT DELAY**

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cards designed and
created by SCR artists

If you would prefer to receive a newsletter via e-mail instead of in the mail, please let us know (this option is not only quicker, it also saves SCR money).

Contact us: LBrown@SCRinc.org or 216-749-5367. Our newsletter is free, but we do always accept & appreciate donations towards our printing, processing, and mailing costs.