

# Seniors in Touch

February 2019



## SENIOR CITIZEN RESOURCES, INC.



3100 Devonshire Road  
Cleveland, OH 44109

Office: 216-749-5367

Center Hours  
Monday–Friday:  
8:30AM–3PM

### INSIDE THIS ISSUE

Highlights	Cover
From the Director	2
Events in Old Brooklyn	3
SCR Programs & Events	4
Activities Calendar	5
Advertisements	6 & 7
Transportation Calendar	8
Social Services Spotlight	9
This and That	10
February Menu	11
FYI	Back

### THE MERRY MAT LADIES OF SCR

There is a lot of laughter and chatting coming from the Merry Mat Ladies table – a name given to them by one of SCR’s drivers. There are about 10 women here today, but all together their ranks are about 13 or 14 and



growing. The purpose of the group is to make colorful sleeping mats for the homeless out of recycled plastic bags.

Standard grocery bags are brought in by everyone. It will take about 700 bags to make a single mat. And there’s a system for the colors. They all know that Dollar General is where you go for yellow, Giant Eagle for blue; Target’s white and red bags make for a nice striped effect. And Marc’s, especially in the spring, is the go-to spot for many different, brighter colors.

The system is fairly straightforward once they get the bags. The bags are folded, cut into strips, looped together into longer strips, then rolled up into a ball of plarn (plastic yarn). Then, using crochet needles,

*(cont’d on Page 2)*

**Serving persons 60  
& over in Old Brooklyn  
for over 40 years**

# From the Director

*(Merry Mat Ladies cont'd)*

large mats are created to be taken to **Building Hope in the City**, where they are handed out to the homeless to be used as sleeping mats.

The group meets at SCR every Tuesday and Thursday, starting at about 9:00. Newcomers are always welcome. If you have crochet skills that's great, but the Ladies are happy to teach the skill to anyone who comes. Especially if you stop at Marc's first and bring some colorful bags.

**YOU, TOO, CAN BECOME A MERRY MAT LADY –  
OR A MERRY MAT MAN. COME JOIN THEM  
EVERY TUESDAY AND THURSDAY  
STARTING AT 9:00. AT SCR.**

**Thank you to those who made February's  
newsletter possible by donating  
to our Newsletter Fund:**

**Mary Bienerth, Maggie Dabbs,  
Clara Stanton, and Beverly Madzia**

*SCR greatly appreciates  
your support!*

**PLEASE SCHEDULE YOUR  
CONGREGATE LUNCH MEALS  
BY WEDNESDAY FOR  
THE FOLLOWING WEEK.  
YOU ARE NOT GUARANTEED A MEAL  
IF YOU DO NOT RESERVE IT.**

**THANK YOU FOR YOUR COOPERATION**



**TIME TO START WORKING OUT!  
THE 2019 SCR SENIOR OLYMPICS  
ARE COMING!**

**MAY 13-17 \* (AGES 55 & UP)**

Registration info coming soon  
For information about sponsoring this event  
or to volunteer please call 216-749-5367



**Welcome To SCR's New Participants:**

**Ruth O'Connor, and welcome back Percival & Violeta Dasoy**

**We STILL NEED HELP  
with Meals on Wheels!**

**Can you spare 1 hour a day,  
1 day a week?**

**We are still looking for some Volunteers  
to help us get the meals out to the home-  
bound. It is a great way to stay active,  
do purposeful volunteering, and  
connect with your community.**

**If you could be a driver or a "runner"  
we certainly could use your help.**

**The hours we need help are between  
10-11:30, for approximately an hour.  
Great for an active senior to stay engaged  
and give back to the community!  
Call Kim or Lori at 216-749-5367**

**This month we are keeping the following people  
in our thoughts, with best wishes:**

Pearl Moser, Dolores Knapp, Susan Thiele,  
Eileen Barchanowicz, Mary Barrosse,  
Millie Bellamy, Judy Chonko, Shatia Drake,  
Vivian Gretchen, Marilyn Harr, John Helmink,  
Doris Kaczmarek, Judy Kawano, Wes Koch,  
Patrick Muller, Rosemarie Robicheaux,  
June Schmitt, Charlotte Ventura, Jackie Oberg,  
Charles Vonderau, Ethel Whipkey, Pam Elia,  
Betty McFadden, Fred Twigger, Linda Timmerman,  
Jeanne Dunnell, Helen Kravec & Louis Meggiorini.



# Community Events

Pick up more copies of these events at 2339 Broadview Road. Cleve. OH 44109  
216-459-1000 [www.oldbrooklyn.com](http://www.oldbrooklyn.com)

**Old Brooklyn CDC Online Store** - purchase t-shirts, sweatshirts, hoodies, maps, a ceramic mug, poster or the new Old Brooklyn flag. Visit [oldbrooklyn.com](http://oldbrooklyn.com) and click on the OB Shop tab at the top of the page or call 216-459-1000 or stop in at 2339 Broadview Rd.

**OBCDC Survey:** Help Old Brooklyn CDC select our movie lineup for Cleveland Summer Cinema 2019 by weighing in on your favorite flicks in a super short survey. Go to [oldbrooklyn.com/csc-survey-2019](http://oldbrooklyn.com/csc-survey-2019).

**1,000 Ties Donation Project** – Please consider donating new or gently used ties to Old Brooklyn Community Development Corporation, 2339 Broadview Rd. in partnership with *Getting Our Babies to College 101*. This is an ongoing project. For more info. or more drop off locations go to [www.gobtc101.com](http://www.gobtc101.com) or call 216-785-3695.

**Chair Yoga Classes – Mondays, 6:30 pm.** Metropolitan Coffee, 4744 Broadview Rd. 1 hr. class. If you are new to yoga, have decreased mobility or are on your feet all day & could use some support -- this class is for you! Learn how to stretch & strengthen in a seated position & work your way to more challenging poses. Free for seniors with Silver Sneakers included in their Medicare plan, \$12 single pay per class or punch card for \$50 good for 5 classes for others. Bring a yoga mat if you have one.

## Winter Fun - Cleveland Metroparks (Prices vary by location)

### Snowshoe Rentals:

**Rocky River Reservation**, Big Met Golf Course. 9 am. - 4 pm. 440-331-1070.

**North Chagrin Reservation**, Nature Center. 9:30 am. - 4 pm. 440-473-3370.

**Hinckley Reservation** – Hinckley Lake Boathouse & Store. 10 am. – 4:30 pm. 330—278-2160.

**Sledding Hills at these Reservations:** Big Creek, Brecksville, Euclid Creek, Hinckley, Mill Stream Run, North Chagrin, Rocky River & South Chagrin.

### Cross-Country Ski Rentals:

**Rocky River Reservation** – Big Met Golf Course. 9 am. – 5 pm.  
**Weekday Rates:** Adults \$10 first hr. \$5 each additional hr., juniors (12 & under) \$7 first hr. \$3 each additional hr. **Weekend Rates:** Adults \$12 first hr. \$5 each additional hr., juniors (12 & under) \$8 first hr. \$3 each additional hr.

**Tobogganing** - The Chalet Recreation Area 16200 Valley Parkway, in Mill Stream Run Reservation, between routes 42 & 82 in Strongsville. Toboggan hours: Fri. 6 - 10:30 pm., Sat. noon - 10:30 pm., Sun. noon - 5 pm. **Mon., Feb. 18<sup>th</sup>, noon – 5 pm.** All day tickets – adults \$12, children 11 & younger \$10. One - Ride ticket: \$6, school & college ID night, Thurs., \$9 with school ID. All riders must wear gloves or mittens. All riders must be at least 42” tall to ride; children 14 yrs. & younger must be accompanied by an adult. Visit [clevelandmetroparks.com/](http://clevelandmetroparks.com/) chutes or call 440-572-9990 for more info.

**The Rink at Wade Oval** - Wade Oval, 10820 E. Blvd. Open through **February 18<sup>th</sup>**. Fri: 3 - 9 pm. Sat: 12 - 7 pm. Sun: 12 - 5 pm. Adults, \$2, \$3 skate rentals. \$1 admission, \$2 skate rentals for students. Free Learn-to-Skate lessons each Sat. Noon - 1 pm. After you're finished skating show your Rink wristband at the following locations for special discounts & promotions. Cleve. Botanical Garden, Cleve. History Center, Museum of Natural History, moCa Cleveland all \$2 off admission & Museum of Art, 10% off at Provenance Café. Call 216-707-5033 or [www.universitycircle.org/events](http://www.universitycircle.org/events) for more info.

**Fight the Frost Festival – Sat., Feb. 16<sup>th</sup>**, Noon - 4 pm. CanalWay Center, 4524 E. 49<sup>th</sup> St. Both inside & outside activities for all ages. Frosty themed crafts, winter walks, winter weather demonstrations, snowshoeing (if there is enough snow) snow playing (if there is enough snow) carpet skating, campfire to roast marshmallows, cookies & cocoa.

**Cuyahoga Valley Genealogy Society: “Unpacking a Civil War Pension File” – Mon., Feb. 4<sup>th</sup>**; Independence Civic Center, 6363 Selig Blvd. 7 pm. Presented by Jane Gramlich. The Civil War pension system resulted in a collection of historical records housed at the National Archives that are invaluable for genealogists. Using her 2nd great grandfather's pension file as a case study, Jane will discuss ways to interpret these documents & the stories they can tell us. Call President Mary Boehnlein 440-736-7180 or email [maryalicemaher@gmail.com](mailto:maryalicemaher@gmail.com) for more info.

**Cleveland Polka Association & United States Polka Association – Sun., Feb. 24<sup>th</sup>**; Holy Spirit Party Center, 5500 W 54<sup>th</sup> St. (between Snow & Brookpark Rds). Doors open 2 pm, Music 3 - 7 pm. Music by Jimmy K's Polka AllStars from MI. Donation \$13, 18yrs. & under are Free! Public Welcome! NO b.y.o.b, food & beverages will be available. For more information or table reservations of 8 or more call Elaine 216-496-0223 or Barb 440-886-6157.

### I-X Center Events – One I-X Center Dr. 216-676-6000

**The Great Big Home & Garden Show – Fri., Feb. 1<sup>st</sup> – Sun., Feb. 10<sup>th</sup>**; [ixcenter.com/events/event/the-great-big-home-and-garden-show](http://ixcenter.com/events/event/the-great-big-home-and-garden-show)  
Admission; adult ages 13 & up \$13; child ages 6-12 \$5. Fri. 1<sup>st</sup>, 11am – 9pm; Saturdays 10 am – 9 pm; Mon. 4<sup>th</sup> – Fri. 8<sup>th</sup> 11 am. – 9 pm. Sun. 10<sup>th</sup>, 10 am. – 6 pm.

**Cleveland Golf & Travel Show - Fri. Feb. 15<sup>th</sup> - Sun. 17<sup>th</sup>**. Fri., 11 am. – 5 pm. Sat., 10 am. - 6pm. Sun. 10 am. - 4 pm. Tickets: adults \$12, children 12 & under free.

**Cleveland Auto Show – Fri., Feb. 22<sup>nd</sup> – Sun., March 3<sup>rd</sup>**; Fri. 22<sup>nd</sup>, 5 - 10 pm; Saturdays 11 am – 10 pm; Mon. 25<sup>th</sup> - Thurs. 28<sup>th</sup> 11 am. - 9 pm. Fri., Mar. 1<sup>st</sup>, 11 am. - 10 pm. Sun., Mar. 3<sup>rd</sup>, 11 am. - 8 pm.

**Home Weatherization Assistance Program (HWAP)** - Household income at or below 200% of the federal poverty guidelines are eligible for the program. Priority is given to Ohioans older than age 60, those with disabilities, those with children in the home, & households with a high energy usage and/or burden. All families who have received assistance any time during the last 12 months under Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), or Home Energy Assistance (HEAP) (does not include Emergency HEAP) are automatically income eligible for weatherization services. An application must be submitted in order to apply for services. Household size: (1) income up to \$24,120. (2) up to \$32,480. (3) up to \$40,840 check website for more info. [development.ohio.gov/is/is\\_hwap.htm](http://development.ohio.gov/is/is_hwap.htm). Call 800-282-0880, Mon. through Fri., 7:30 am. - 5 pm. for more info Hearing-impaired dial 711.

**Low Cost Refurbished Computer Systems for Residents, Businesses, Churches, Wards 12 & 13 only.** Basic Desktop Computer System \$85 & \$150. Microsoft Windows 10 Pro & Office 2010 Laptop Systems \$135 - \$229. Dell Latitude 10 Tablet \$125. *All systems come with a 90 warranty, extended warranty for 1 full year can be purchased for \$20. WiFi adapters \$15. Money orders only, due on day of pick-up.* For an application or more info call Barb, 216-459-1000 or email: [barbara@oldbrooklyn.com](mailto:barbara@oldbrooklyn.com). Need more speed or more storage? RET3 can custom build a machine to the specs that you require. Call for pricing 216-361-9991.

To have your event listed here email: [sandyw@oldbrooklyn.com](mailto:sandyw@oldbrooklyn.com)

# Programs and Events



**Tai Chi**  
Mondays and Fridays  
12:30 to 1:30



**Tuesday, February 5th**

Trip to Savers Thrift Store  
Lunch afterwards at **WENDY'S**



Come on up and see me  
on **Friday, February 22**

Come see Lucy, the most famous  
early human fossil,  
and much more, on our trip to  
**Cleveland  
Natural History Museum**

Remember the following dates:

- 2/5 Trip to **Savers Thrift Store & Wendy's**
- 2/7 Trip to **Lucky's Market**
- 2/7 **Post Office on Wheels**
- 2/11 Breakfast Bunch @ **Gabe's Restaurant**
- 2/12 Lunch Bunch @ **Gyro Guys**
- 2/13 **Music Bingo**
- 2/14 **Valentine's Day/Students visit**
- 2/15 **Mobile Hearing Services** with Lee Anne
- 2/18 **Presidents' Day** — SITE CLOSED
- 2/19 Breakfast Bunch @ **Daybreak Restaurant**
- 2/21 Lunch Bunch @ **Cleveland Local Eatery**
- 2/21 **EMS is here**
- 2/22 **Natural History Museum**
- 2/25 **Birthday Celebration**
- 2/28 **Busch Funeral Home** presentation

- ◆ **Tai Chi** every Monday and Friday
- ◆ **Jazzercise** every Wednesday

Lotteries for trips will be held  
one week prior to each trip.

# Lucky's Market

**TRIP ON THURSDAY,  
FEBRUARY 7th**

EATS EATS EATS EATS EATS EATS EATS EATS EATS EATS

Breakfast Bunch

Lunch Bunch

2/11 **Gabe's  
Restaurant**


2/12 **Gyro Guys**

2/19 **Daybreak  
Restaurant**



2/21 **Cleveland  
Local Eatery**

# February 2019 Activities

\*\*\*SEE DAILY SCHEDULE IN ACTIVITY ROOM FOR START TIMES\*\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>“Old age ain't no place for sissies.”</p>  <p>— Bette Davis</p>			<p>1</p> <p><b>Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ coloring/corn hole</li> <li>◆ Bingo</li> <li>◆ Wii/Darts</li> <li>◆ Line Dancing</li> <li>◆ Canasta</li> </ul>
<p>4</p> <p><b>Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ Online Games</li> <li>◆ Adult Coloring</li> <li>◆ Wii/Darts/Puzzles</li> <li>◆ Bingo</li> </ul>	<p>5</p> <p><b>Trip to Savers Thrift &amp; lunch at Wendy's</b></p> <ul style="list-style-type: none"> <li>◆ Mat making</li> <li>◆ Board Games/Puzzles</li> <li>◆ Crochet Group/</li> <li>◆ Wii/Coloring</li> <li>◆ Pinochle</li> <li>◆ Canasta</li> </ul>	<p>6</p> <p><b>Trip to Lucky's Jazzercise Music Bingo Hunger Center</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Corn Hole/Coloring/ Board Games/ Puzzles</li> <li>◆ Wednesday Trivia/ Tell a Clean Joke</li> <li>◆ Line Dancing</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>◆ Mat making</li> <li>◆ Adult Coloring</li> <li>◆ Crafts</li> <li>◆ Chair Volleyball</li> <li>◆ Wii Darts</li> <li>◆ Line Dancing</li> </ul>	<p>8</p> <p><b>Movie Day Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ coloring/corn hole</li> <li>◆ Bingo</li> <li>◆ Wii/Darts</li> <li>◆ Line Dancing</li> <li>◆ Canasta</li> </ul>
<p>11</p> <p><b>Breakfast Bunch @Gabe's Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ Online Games</li> <li>◆ Adult Coloring</li> <li>◆ Wii/Darts/Puzzles/ Bingo</li> </ul>	<p>12</p> <p><b>Lunch Bunch @ Gyro Guys</b></p> <ul style="list-style-type: none"> <li>◆ Board Games/Puzzles</li> <li>◆ Crochet Group/</li> <li>◆ Mat making</li> <li>◆ Wii/Coloring</li> <li>◆ Pinochle</li> <li>◆ Canasta</li> </ul>	<p>13</p> <p><b>Jazzercise Hunger Center</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Corn Hole/Coloring/ Board Games/ Puzzles</li> <li>◆ Wednesday Trivia/ Tell a Clean Joke</li> <li>◆ Line Dancing</li> </ul>	<p>14</p> <p><b>Valentine's Day Students Visit</b></p> <ul style="list-style-type: none"> <li>◆ Adult Coloring</li> <li>◆ Crafts</li> <li>◆ Mat Making</li> <li>◆ Chair Volleyball</li> <li>◆ Wii Darts</li> <li>◆ Line Dancing</li> </ul>	<p>15</p> <p><b>Movie Day Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ Coloring/corn hole</li> <li>◆ Bingo</li> <li>◆ Wii/Darts</li> <li>◆ Line Dancing</li> <li>◆ Canasta</li> </ul>
<p>18</p> <p style="text-align: center;"><b>Presidents' Day Site Closed</b></p>	<p>19</p> <p><b>Breakfast Bunch @ Daybreak Restaurant</b></p> <ul style="list-style-type: none"> <li>◆ Board Games/Puzzles</li> <li>◆ Crochet Group/</li> <li>◆ Mat making</li> <li>◆ Wii/Coloring</li> <li>◆ Pinochle</li> <li>◆ Canasta</li> </ul>	<p>20</p> <p><b>Jazzercise</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Corn Hole/Coloring/ Board Games/ Puzzles</li> <li>◆ Wednesday Trivia/ Tell a Clean Joke</li> <li>◆ Line Dancing</li> </ul>	<p>21</p> <p><b>Lunch Bunch Cleveland Local Eatery EMS</b></p> <ul style="list-style-type: none"> <li>◆ Adult Coloring</li> <li>◆ Crafts</li> <li>◆ Mat Making</li> <li>◆ Chair Volleyball</li> <li>◆ Wii Darts</li> <li>◆ Line Dancing</li> </ul>	<p>22</p> <p><b>Trip to Natural History Museum Book Club Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ coloring/corn hole</li> <li>◆ Bingo</li> <li>◆ Wii/Darts</li> <li>◆ Line Dancing</li> <li>◆ Canasta</li> </ul>
<p>25</p> <p><b>Birthday Party Tai Chi 12:30 to 1:30</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Board Games/ Online Games</li> <li>◆ Adult Coloring</li> <li>◆ Wii/Darts/Puzzles/ Bingo</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>◆ Board Games/Puzzles</li> <li>◆ Crochet Group/</li> <li>◆ Mat making</li> <li>◆ Wii/Coloring</li> <li>◆ Pinochle</li> <li>◆ Canasta</li> </ul>	<p>27</p> <p><b>Jazzercise</b></p> <ul style="list-style-type: none"> <li>◆ Ez Exercise @ EB</li> <li>◆ Corn Hole/Coloring/ Board Games/ Puzzles</li> <li>◆ Wednesday Trivia/ Tell a Clean Joke</li> <li>◆ Line Dancing</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>◆ Adult Coloring</li> <li>◆ Crafts</li> <li>◆ Mat Making</li> <li>◆ Chair Volleyball</li> <li>◆ Wii Darts</li> <li>◆ Line Dancing</li> </ul>	

# February 2019 Transportation

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Save-A-Lot/ Drug Mart Aldi's  <i>Pickups begin 8:30</i>
<b>4</b> <b>Parmatown</b>  <i>Pickups begin 8:30</i> <i>Shop 9:30-11:30</i>	<b>5</b> <b>Trip to Savers Thrift and lunch at Wendy's</b>  Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank <i>Pickups Begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>6</b> <b>Trip to Lucky's Market</b>  <b>Hunger Center</b>	<b>7</b> Ridge Park Square/ Marc's/ Bank/ Biddulph Plaza/ Giant Eagle/ Bank  <i>Pickups begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>8</b> Save-A-Lot/ Drug Mart Aldi's  <i>Pickups begin 8:30</i>
<b>11</b> <b>Breakfast Bunch @ Gabe's Restaurant</b>  <b>Walmart on Brookpark</b>  <i>Pickups begin 8:30</i> <i>Shop 9:30-11:30</i>	<b>12</b> <b>Lunch Bunch @ Gyro Guys</b>  Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank <i>Pickups Begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>13</b> <b>Hunger Center Metro Volunteers</b>	<b>14</b> Ridge Park Square/ Marc's/ Bank/ Biddulph Plaza/ Giant Eagle/ Bank  <i>Pickups begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>15</b> Save-A-Lot/ Drug Mart Aldi's  <i>Pickups begin 8:30</i>
<b>18</b>  <b>Presidents' Day Site Closed</b>	<b>19</b> <b>Breakfast Bunch @ Daybreak</b> Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank <i>Pickups Begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>20</b> <b>Hunger Center</b>	<b>21</b> <b>Lunch Bunch @ Cleveland Local Eatery</b>  Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank <i>Pickups begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>22</b> <b>Trip to Natural History Museum</b>  Save-A-Lot/ Drug Mart Aldi's  <i>Pickups begin 8:30</i>
<b>25</b> <b>Midtown</b>  <i>Pickups begin 8:30</i> <i>Shop 9:30-11:30</i>	<b>26</b> Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank  <i>Pickups Begin 11:30</i> <i>Shop 12:30-2:00</i>	<b>27</b> <b>Metro Volunteers</b>	<b>28</b> Ridge Park Square/ Marc's/Bank/ Biddulph Plaza/ Giant Eagle/ Bank  <i>Pickups begin 11:30</i> <i>Shop 12:30-2:00</i>	

# Social Services Spotlight



**FREE PRODUCE GIVEAWAY**  
MONDAY, FEBRUARY 4th  
10:30—12:30 in the DK Dining Room  
Please bring shopping bags!

## February Happenings at SCR

### Friday, February 15

**Mobile Hearing Services** will be here at 10:00.

If you would like a hearing test or need to have your hearing aids checked, please call **Chris** in Social Services to schedule an appointment. **216-749-5367 ext. 1126**

### Thursday, February 21

**Healthcare Bridge** will be here for blood pressure testing

### Thursday, February 28

**Busch Funeral & Cremation Services** presents a Peace of Mind seminar at 11:00



Live Well. Plan Well. Leave Well.

**Busch Funeral & Cremation Services**  
presents a **Peace of Mind Seminar**  
Thursday, February 28 @ 11:00

Busch invites you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.



## The Social Services department

has donations of walkers, commodes, canes and incontinent supplies.

If you or anyone you know are in need of any of these supplies, please contact Jim or Chris in Social Services.



## Hearts on Wheels

Bring your art supplies to make inspirational cards and inserts for our homebound. Call Kim at 216-749-5367 ext. 1121 or come join us on every first Friday of the month at 9:30 a.m.

## EMS

Thursday, February 21

## Hunger Center Dates

Wednesday, February 6  
Wednesday, February 13  
Wednesday, February 20

## SCR Gift Shoppe

The SCR Gift Shoppe has a variety of items to offer!

It's open to the public Monday–Friday from 9:00–11:30 a.m. and most items are handmade. Be sure to stop by!

## Crochet Participants Needed!

Do you enjoy crocheting scarves, blankets, hats, & gloves? Join SCR's crochet group on Tuesday mornings at 9:30 a.m. Make lap blankets for the homebound, items for the Gift Shoppe, and make new friends!

"Getting older is no problem. You just have to live long enough." - *Groucho Marx*

# This and That: Food Safety



## Which Expired Foods Are Okay to Eat?

Expiration dates are like threatening work deadlines: They loom overhead, and if you're even a day late, you're in for it. Or so we think. But sometimes, food can be perfectly good a day, a week, a year, or even multiple years after the numbers branded onto a package.

But how do you really know if a food is safe to eat? It's tough to say because it's a tough topic to study: It's difficult to determine the point when a food doesn't look and taste optimal and when it's downright unsafe, Men's Health nutrition expert Alan Aragon, M.S. explains. "Food can be safe to eat even when it doesn't look great or taste amazing," he says.

A general rule of thumb: "The more refined and processed a food is, the longer you can keep it past the expiration date," says Aragon. Chalk that up to very low (or no) water content in these foods—environments that microbes can't thrive in, especially when preservatives are added, he says.

**The exception: Meats—especially processed ones like deli sandwich meat, hot dogs, and sausages. You don't want to eat these past the expiration date,**" Aragon says. They have a particularly high danger of a type of bacteria called listeria—which can lead to an infection called listeriosis, which—in some cases—can lead to

meningitis. Below, Aragon outlines seven food types and how long you can trust them—even after an expiration date says they're bad.

**Canned goods:** Most expiration dates on foods in cans range from 1 to 4 years—but keep the food in a cool, dark place and the cans undented and in good condition, and you can likely safely double that shelf life from 3 to up to 6 years.

**Frozen foods:** They're much like canned goods: pretty much expiration-proof. The exceptions? **Meat.**

**Eggs:** Here's the barometer: Put an egg in a bowl of water. If it floats, the bacteria count is too high and unsafe to eat. Bacteria produces gases in high numbers, causing the egg to float, showing you it's gone bad.

**Pasta:** Pasta is a dry good that is hard to spoil—it has no water content. As long as it doesn't smell odd, you can keep pasta longer than the expiration date.

**Bread:** You can keep it dramatically longer than the date on the box if you put it in the fridge or freezer. As long as you don't see mold, it's good.

**Fresh fruits and vegetables:** Look at it, smell it, and feel it—and you can usually tell if a food is going down or not..

*(from Men's Health Magazine)*



# February Menu

## February 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food proceeded by an asterisk.	Choice of : 1 % Milk or Buttermilk	Menu Approved By: Jill Riffle MS, RDN, LD		1 *Swiss Steak 3 oz. w/Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Pineapple Chunks ½ c ALT = CBG TR
4 *Sliced Ham 3 oz. w/ Pineapple Glaze Scalloped Potatoes ½ c Spinach ½ c /1PC Lemon Juice 2 Whole Grain White Chunky Applesauce ½ c ALT = CS TR	5 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c ALT = CBG T	6 *BBQ Chicken Breast 3 oz. Butternut Squash/Sweet Potato Medley ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT = CBG RB	7 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Banana ALT = CBG TR	8 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au Gratin Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB
11 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Baby Carrots ½ c Whole Grain White Mixed Fruit ½ c ALT = CS T	12 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	13 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG RB	14 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. * Brown Rice ½ c Capri Blend Vegetables ½ c Whole Grain Wheat Apple Juice 4 oz. Tropical Fruit ½ c ALT = CBG TR	15 **Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers ALT = CBG RB
18 <b>PRESIDENTS DAY</b>  <b>Site Closed</b>	19 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Spinach ½ c w/1 PC Vinegar 2 Whole Grain White Sliced Apricots ½ c ALT = CS T	20 *Beef Sloppy Joe 4 oz Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Banana ALT = CBG TR	21 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB	22 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c /Lemon Juice 1 PC Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT = CBG RB
25 * Swedish Meatballs 3-1 oz. w/ Gravy 2 oz. *Noodles ½ c Peas ½ c Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT = CS T	26 *Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers ALT = CBG RB	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG TR	28 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana ALT = CBG T	Menu Written By: Carolynn Scott

Western Reserve Area Agency on Aging - 2019

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast





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 3100 Devonshire Road  
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