

Seniors in Touch

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January 2020



SENIOR CITIZEN RESOURCES, INC.



**3100 Devonshire Road
Cleveland, OH 44109**

Office: 216-749-5367

Center Hours

Monday–Friday:
8:30AM–3PM

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10 NEW YEAR'S RESOLUTION FOR SENIORS

by Peter Anderson

Each New Year is a gift. It's another opportunity to take stock of our lives and decide what we'd like to change. We can make changes large and small. We've gathered here 10 New Year's resolutions specifically for seniors, including practical resolutions – not as fun but bound to bring peace of mind – and more attitude-oriented resolutions, which remind us that every day can be a good day. There are even a couple from my mom!

Resolution 1: Review your legal documents. Getting organized is a common New Year's resolution, and getting your legal documents in order is a critical spin on the idea. "This is really more for your loved ones than for yourself," says Brien Kinkel, a retired teacher in Washington, DC, who spent years caring for his parents. "You may have a will, a living will, and advanced directives in all their various forms," he says. "Resolve to meet with a lawyer and make sure each document is current, legal, and reflective of your personal desires."

Resolution 2: Get up to date on your vaccinations. "It's easy to put these things off when your doctor recommends them," says Fadia Zawaideh, a pharmacist in Silver Spring, Md. "But they're important." Zawaideh recommends you talk with your doctor or pharmacist at least once a year about what you may have missed. "Flu, pneumonia, shingles, these are all important vaccines and can save your life."

(cont'd on page 6)

**Serving persons
60 & over
in Old Brooklyn
for 49 years**

*** Call SCR at ***
216-749-5367 for details on any or all
activities and events listed in this newsletter

From the Director

SCR CHOIR!!!



Ongoing research has shown that regular singing can lift your spirits, increase your immunity, and provide a workout for your brain and your lungs.

Join other Old Brooklyn seniors for a choral group this spring!
Classes will be held at SCR on
Thursdays 12:30 – 2 p.m., February 13 - April 30.

No experience necessary, and you don't need to have an amazing voice – you just have to be willing to have fun!

The music will be 1960s -70s Top 10 Hits. In addition to learning to sing the songs, we will recall the history and events of the era. We will focus on harmonies, memorization of lyrics, stage performance and **HAVING FUN!** A showcase of songs for family & friends will take place at the end of the program.

There is no cost to take part in the Senior Chorus.
To sign up, see Margo at the front desk.

Thank you to those who have made the Seniors In Touch newsletter possible by donating to our Newsletter Fund

Bill Britton, Cory Pepera,
Elaine Dietrich, and
Anonymous

SCR greatly appreciates your support!

ONE
kind word
can
CHANGE
someone's
ENTIRE DAY

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

Joanne Proctor, Jim Kuhr,
Ray Hontert, Bonnie Soldan,
Millie Bellamy,
Judy Chonko, John Helmink,
Helen Kravec,
Doris Kaczmarek,
Gloria Schoepf, and
Jeanne Dunnell,

A belated welcome to SCR's newest participants,
Joe Nichols and Ann Nichols

Thank you for your generous donation to SCR
Richard Venesky



Community Events

Pick up more copies of these events at 2339 Broadview Road. Cleve. OH 44109
216-459-1000 www.oldbrooklyn.com

Operation Save-A-Life- The goal of the program is to reduce fire deaths in the footprint of the Greater Cleveland Chapter by installing smoke alarms and batteries to vulnerable populations in the area. The Red Cross seeks financial support to purchase the supplies, firefighters perform the actual installation. Call 216-361-5535.

The Rink at Wade Oval – Open now– **Mon., Feb.17th.** Wade Oval, 10820 E. Blvd. Fri: 3 - 9 pm. Sat: 12 - 7 pm. Sun.12 - 5 pm. Wed. Dec. 5th & 12th open 3 - 9 pm. 19th & 26th open 12 - 9 pm. Admission: \$2 admission, \$3 skate rentals \$1 admission, \$2 skate rentals for students. Free Learn-to-Skate lessons each Sat. Noon -1 pm. www.universitycircle.org/events.

Nari Home Improvement Show – **Jan. 9th – 12th;** Huntington Convention Center, 300 Lakeside Ave. Thurs., noon - 7 pm. Fri. & Sat. 10 am. – 9 pm.; Sun., 10 am. - 5 pm. Tickets: Adults 17+ \$14, child 16 & under free.

Disney on Ice: Road Trip Adventures – **Fri., Jan. 10th – Sun., Jan. 19th.** Rocket Mortgage Field House, 1 Center Court. Tickets starting at \$15 a \$3 facility fee applies per ticket. Go to: rocketmortgagefieldhouse.com or 216-420-2000 for more info.

Burgers & Beer - Sat., Jan 25th; 8 - 11 pm. Mary Queen of Peace, 4423 Pearl Rd. Parish Center. Tickets \$20. Call 216-749-2323 for more info.

Winter Beerfest – **Fri. & Sat., Jan. 24th & 25th** - Huntington Convention, 300 Lakeside Ave. 21 & over. Doors open 7 pm. Last call 11 pm. For more info. or tickets go to www.clevelandbeerfest.com.

Old Brooklyn Community Meeting – Wed., Jan., 22nd; 6 pm. Pearl Road UMC, 4200 Pearl Rd. Call Hope, 216-459-1000 ext. 206 or email: hopef@oldbrooklyn.com for more info.

CLE Metroparks Winter Recreation Fun - Sledding, cross-country skiing, ice fishing & ice skating at various locations. Use caution & proper equipment; use area only when proper weather/snow/ice conditions exist. Call any Park District facility, 216-635-3200, or visit www.clevelandmetroparks.com for more info.

A Christmas Story House - 3159 W. 11th St. Open 7 days a week 10 am – 5 pm. \$11/adult, \$9/senior and \$7/child ages 7-12. 6 & under are free. Group discounts are available. The price of admission includes a guided tour of the house and yard and admittance into the museum. Admission tickets can be purchased at the gift shop, 3166 W. 11th St. located directly across the street from the house. Call 216-298-4919 or www.achristmasstoryhouse.com for more info.

Winter Crisis Program - Beginning on Nov. 1st & operating through the end of March, the Winter Crisis Program helps income-eligible Greater Cleveland residents that are threatened with disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel in their tank maintain their utility service. This is a one-time benefit & is to be used in emergency situations when you are faced with disconnection. You must have an appointment to receive the assistance. No Walk-Ins accepted. Scheduled customers must have all necessary paperwork in hand to receive assistance at time of appointment. Ap-

pointments available Mon. through Fr. 8 a.m. until 4 p.m. Call 216-350-8008 or visit <https://ceogc.itfrontdesk.com>. **Please note that Crisis appointment holds will only be granted once per heating season to those who have not already taken advantage of the Winter Recon-nect Order before scheduling. If you pay the \$175.00 to a utility or split payment to both utility companies, they will not get another hold on their account by making a crisis appointment.**

Home Weatherization Assistance Program (HWAP) - Ohioans with a household income at or below 200 percent of the federal poverty guidelines are eligible for the program. Priority is given to Ohioans who are older than age of 60, have disabilities, 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. Applications 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. Call (800) 282-0880, Monday through Friday, 7:30 a.m. - 5:00 p.m. For the 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. Wi-Fi adapters \$15. Money orders only, due on day of pick-up.* For an application or more info call Barb, 216-459-1000 or email: barbaras@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.

Volunteer Income Tax Assistance

(VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, and the elderly & limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Assistance is provided at community and neighborhood centers, libraries, schools, shopping malls, & other convenient locations. **Program requirements:** To qualify for this program, you must: earn low to moderate income; be disabled; not speak English well; be a senior citizen. No application is needed to use this service. For more info., visit the free tax return preparation for qualifying taxpayer's page or contact the help line at 1-800-906-9887 or email partner@irs.gov.

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

Ohio RV Super show - Jan. 8th – 12th, Wed. - Fri., Noon - 9 pm. Sat. 10 am. - 10 pm. & Sun. 10 am. - 6 pm. Tickets: \$14 adults, Children 12 & under free.

Progressive Cleveland Boat Show -Jan. 16th – 20th. Thurs. noon – 9 pm. Fri., noon – 10 pm. Sat., 10 am. – 10 pm. Sun., 10 am. – 6 pm. Mon., 10 am. – 5 pm. Tickets: Adults over 12 \$15. Seniors 65+ \$13, under 12 free.

Progressive International Motorcycle Show – Jan. 24th – 26th, Fri., 3 - 8 pm. Sat., 9:30 am. - 8 pm. Sun., 10 am. - 5 pm. Tickets: Adults \$17, kids 11 yrs. & under free.

Today's Bride Bridal Show – Jan. 25th & 26th, Sat., noon - 7 pm. Sun., 10 am. - 5 pm. Tickets: General admission \$15, online \$12. todaysbride.com/bridal-shows/2020-january-25th-26th-wedding-show-i-x-center.

The Great Big Home & Garden Show - Fri., Jan. 31st - Sun., Feb.

-X Center, 1 I-X Center Dr. Tickets: Adults (13+) \$15, Mon. - Thurs. \$11 with ID. Children ages 6 - 12 \$5, under 5 free. Online ticket discounts courtesy of Dollar Bank. For tickets, times & more info go to greatbighomeandgarden.com

To have your event listed here email: sandyw@oldbrooklyn.com

Programs and Events



Driver
Danny
Claus
dropped
by the
Center
to spread
his
Xmas
cheer.

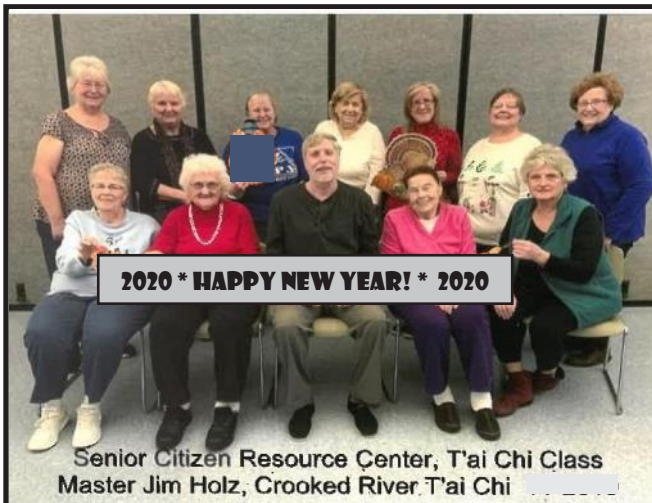
Remember the following dates:

- 1/1 New Year's Day — Closed
- 1/6 Free Produce Giveaway
- 1/8 Metro Volunteers
- 1/9 Mobile Post Office here
- 1/9 Lunch Bunch at Cleveland
Local Eatery
- 1/14 Birthday Celebration
- 1/15 Lunch at Medina Career Center
- 1/16 EMS here
- 1/20 MLK Day — Closed
- 1/21 Lunch Bunch at Gyro Guys
- 1/22 Metro Volunteers
- 1/23 Breakfast Bunch at Gabe's
- 1/29 Plan Your Own Trip excursion



- ◆ Tai Chi every Monday and Friday @ 12:30 - 1:30
- ◆ Jazzercise only 1/22 and 1/29 this month @ 10:30

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



Tai Chi

Our Tai Chi classes are the best medicine
for your body and your spirit!
New participants are encouraged
to come join us
every Monday and Friday,
12:30 to 1:30

PLAN YOUR OWN TRIP!

- Want to go out with
a group of friends?
Plan your own trip!
- ◆ 11am to 3pm or times
within that timeframe
 - ◆ Up to 12 people,
a minimum of six
 - ◆ Drop off/pick up at SCR
 - ◆ Within 20 miles of SCR
- This month's trip on
January 29th
Deadline for trip ideas is
January 15th
A sign-up sheet is
on the Center's trip table.



REMEMBER,
THERE IS A TWO
(2) SHOPPING BAG
LIMIT ON YOUR
SHOPPING TRIPS.

SCR AND
THE DRIVERS
THANK YOU.

Social Services Spotlight

FREE PRODUCE GIVEAWAY

Monday, January 6th

10:00 to 11:30

in the DK Dining Room

Please bring shopping bags!



January Happenings

Thursday, January 16

Visiting Nurse Association of Ohio will be here at 11:00 to talk about the high-quality hospice care they provide for those with life-limiting illnesses. Light refreshments will be served.



Hearts on Wheels

Bring your art supplies to make inspirational cards and inserts for our homebound.

Come join us on every first Friday of the month at 9:30 a.m.

EMS

Thursday, January 16

Hunger Center Dates

Wednesday, January 8

Wednesday, January 15

Wednesday, January 22

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.

Crochet Participants Needed!

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!

Crafts Room needs donations of artificial flowers and solid-colored fabric for upcoming crafts projects.

The Merry Mat Ladies (and Man) of SCR need donations of plastic shopping bags of all colors! Go get them before the Great Plastic Bag Ban of 2020!



FREE INCONTINENCE PRODUCTS ARE AVAILABLE IN THE SOCIAL SERVICES OFFICE

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



Have an "out of the area" medical appointment?
Or after hours?
Do you need a ride to it?

If you are an SCR client, you are eligible to call LYFT at 211 for a ride at NO CHARGE to you.

ASK AT THE FRONT DESK OR CALL 216-749-5367 for details

New Year's Resolutions (cont.)

Resolution 3: Inventory medications. As a pharmacist, Zawaideh tells the surprisingly common story of a woman whose doctor prescribed 50mg of her medication to be taken every morning. “For years, she took five 10mg pills every single morning.” But one month her prescription was refilled with 50 mg pills, so she would only have to take one per day – except she missed that part. “She unknowingly took a nearly toxic dose until she realized what had happened.” Ask your pharmacist to email you a list of all the meds you’re on and the dosages, send a copy to a friend or family member, and keep a copy on your cell phone. You might also consider a medication dispenser, especially if you or your partner has any cognitive challenges.

Resolution 4: Try something new. This year, try something that takes you out of your comfort zone. “Make a new friend,” says my Seattle-based mom, Mary Ann Andersen. “Learn a new game. See a movie or read a book you know nothing about. Adventure doesn’t have to involve physical risk or danger. Every day can be an adventure if you simply resolve to try something new.”

Resolution 5: Challenge yourself. Mental and physical challenges motivate us to change behaviors and do more, according to Peter Ross, CEO of Senior Helpers in Towson, MD. Mental challenges like Sudoku, quizzes, crossword or jigsaw puzzles “will improve mental strength, which can improve memory,” he says. Physical challenges enable you to gradually improve things like balance, endurance, strength, flexibility and overall health. Talk to your doctor about physical activity that’s right for you, set a goal and then work with her or him to devise a plan to gradually and safely increase it.

Resolution 6: De-clutter. We can amass a lot of stuff over a lifetime. Holding on to some of it makes sense because it increases your quality of life and reminds you of happy times and great experiences. But there’s likely a lot of stuff that you don’t need, and that your children may not want. Commit to begin divesting yourself of items that don’t have special meaning, and to organizing what you do keep. That will make it easier for you day-to-day, and for your children later.

Resolution 7: Understand your fall risk. “Falls are the leading cause of injury for Americans over 65,” says Steven Loewy of FYZICAL Therapy & Balance Centers in Sarasota, FL. “One in four older Americans fall each

year.” Even if you’re an active, steady senior, you could be at an elevated risk for a fall because of medications you’re on or because of underlying medical conditions. Make a resolution to talk to your physician about your risk of falling, investigate how to re-arrange things in your home to make it safer, and consider a personal medical alert device with fall protection.

Resolution 8: Forgive the people in your life who deserve it. Grudges, slights and old scores weigh us down. Forgiveness makes us lighter and happier. This year, choose one person and work to let them off the hook. Then make the same commitment to yourself. “Take stock of who you are, and remember you’re a better person than you give yourself credit for,” says Ralph Higgins, a retired ship captain in San Francisco. “Understand that and internalize it. Too often we taunt ourselves with, ‘If only I had...’ and ‘If only I hadn’t...’ You don’t have to do that anymore.”

Resolution 9: Embrace technology. Technology can be daunting, or it can be a gateway to a higher quality of life. This year, resolve to try one new technology. Video chatting with far-flung family and friends is more satisfying than a phone call, text or email. Social media makes it easier to stay connected to the people you care about on your own schedule. eBooks, games and other apps put amusements and favorite hobbies in the palm of your hand. There are even online support communities for people with certain medical conditions, or who are caring for spouses with chronic physical or cognitive conditions.

Resolution 10: Revisit your old resolutions. “Go back and look at some of the things you’ve resolved in the past,” Andersen suggests, “and ask yourself if they’re still necessary.” Give yourself permission to repeal the ones that aren’t. “Sometimes we hold ourselves to strict standards that quite frankly have outlived their usefulness. Giving up fried chicken might have been a really good idea when you were in your 50’s,” she says, “but if you’re in your 80’s and you really miss it, maybe you could revisit that.”

At any stage of life, the New Year is a convenient opportunity to take stock of what we’re doing, and to make the change we’d like. But you’ve earned the privilege of making any change you want, any day of the year. After all, there’s no law saying we can only improve our lives on the first day of January. If making a new resolution will improve your life, isn’t every day the right day?

January Menu

LUNCH SERVED @ 11:45 MONDAY THROUGH FRIDAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu approved by: Ann Stahlheber M.S.R.D.L.D.</p>		<p>1 HAPPY NEW YEAR 2020 Site Closed</p>	<p>2 *Swiss Steak 3 oz./Gravy 2 oz. *Carrots ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p> <p>ALT=CBG T</p>	<p>3 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. / Stuffing ½ c *Sweet Potatoes ½ c *Spinach ½ c / Lemon Juice 1 PC W.G. Wheat Banana</p> <p>ALT = CBG TR</p>
<p>6 *BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>7 *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 Banana</p> <p>ALT=CBG T</p>	<p>8 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/Red Peppers ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>9 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Harvard Beets ½ c Whole Grain Roll, 2 oz. Fresh Grapes 1 c</p> <p>ALT=CBG T</p>	<p>10 *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</p> <p>ALT=CBG RB</p>
<p>13 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c</p> <p>ALT=CS TR</p>	<p>14 *Breaded Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC *Potato Wedges 1/c *Cole Slaw ½ c W.G. Hamburger Bun Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>15 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>16 *Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers Orange</p> <p>ALT=CBG RB</p>	<p>17 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG T</p>
<p>20 Martin Luther King Day Site Closed</p>	<p>21 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c *Spinach ½ c w. Lemon 1 PC W. G. Dinner Roll Grape Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>22 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Banana</p> <p>ALT=CBG TR</p>	<p>23 *Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun 2 oz. Orange</p> <p>ATL=CBG T</p>	<p>24 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>
<p>27 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CS T</p>	<p>28 *Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>29 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>30 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c</p> <p>ALT =CBG TR</p>	<p>31 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>



Senior Citizen Resources, Inc.
3100 Devonshire Road
Cleveland, Ohio 44109
216-749-5367

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**DATED MATERIAL
PLEASE DO NOT DELAY**



To keep up with happenings and special events **at SCR**, follow us on **Facebook** or visit our website at www.seniorcitizenresources.org

F.Y.I. Transportation



Transportation is available to any resident of Old Brooklyn or bordering areas if you are 60 years of age and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service. We provide transportation for congregate meals, shopping, medical and other appointments.

Please schedule appointments ONE week in advance, TWO weeks for medicals.

Freewill donations are accepted, but NOT obligatory.
Please call 216-749-5367 for your transportation needs.

**Scheduling is done through the FRONT DESK ONLY,
NOT through SCR drivers.**

Call 216-749-5367 or email lbrown@scrinc.org if you would like to receive the electronic version of Seniors in Touch sent to your email.

We appreciate donations to help with mailing costs, however this is **OPTIONAL!**
Thank you.