

# Seniors in Touch

June 2022



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

Serving persons 60 & over  
in Old Brooklyn for 50 years

OUR RECEPTIONIST TABBY  
IS ON DUTY UNTIL **2pm DAILY**.  
FOR QUESTIONS OR  
APPOINTMENT SCHEDULING,  
PLEASE CALL IN THE MORNING.



A big SCR welcome to **Bert and Ernie**,  
our center's new pet budgies!  
They will be sitting by the front desk every day  
to greet you and brighten your mood!  
*Interested in having them as houseguests over the  
weekend at your place? Ask Tabby at the front desk.*



We hope you will join us  
on Thursday August 11  
as we celebrate SCR's  
50 Year Anniversary!

We will be hosting a  
Celebration Fundraiser  
at the German Central  
Foundation (7863 York Rd. in Parma) that  
will include dinner, music, raffle baskets,  
and more. SCR transportation will be  
available. Plan now to attend - tickets are  
\$60 each (reduced cost of \$30/person for  
current SCR participants). Call the SCR  
front desk for more information  
or to reserve your spot.  
Payment is due Monday August 1.

Please search for our NEW Facebook page:  
**"Senior Citizen Resources - Old Brooklyn"**



and make sure to 'like' and 'follow' us!

Stay up-to-date on what's happening,  
access our newsletters & menus,  
enjoy photos, and much more.



Congratulations  
to our own  
**Tina Ribnicky** on  
graduating with a  
hard-earned  
business degree!

# The SHOPPE at SCR!!!



The Shoppe at SCR will celebrate its grand opening on **Wednesday, June 15, at 9:30 AM**

There will be a ribbon cutting, cake, and a 50/50 raffle.

The Shoppe at SCR will be open Mondays, Wednesdays, and Thursdays from 9:30am to 11:45am.

The Shoppe will feature homemade craft items, packaged snacks, toiletries, and small household items.

The Shoppe will accept cash only/no credit. Nothing will be sold on consignment.

Stop by and get craft items for yourself, a gift for a loved one, or a snack for your favorite newsletter editor!

**Come see Dave to  
pick up  
your lunches!  
M-F 11-11:30**



Are you looking for more ways to recycle around the neighborhood?

There are recycling bins at Pearl Road United Methodist Church (at Pearl & Broadview Rds) for aluminum & steel cans and medicine bottles (items should be empty, clean, and dry). Old Brooklyn's Ben Franklin Community Garden is a Repeat Glass location - you can drop off glass recycling such as food & drink jars / bottles and candles. Search for "Old Brooklyn Recycles" on Facebook, or check out CuyahogaRecycles.org for more info on local recycling options.

## JUNE SHOPPING SCHEDULE

### Mondays, every three weeks

**WALMART STEELYARD** 6/6, 6/27

**MIDTOWN** 6/13

(closed 6/20)

### 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.

*free* **FREE ADULT DIAPERS  
AND PADS ARE AVAILABLE  
IN THE SOCIAL SERVICES  
OFFICE ANYTIME.**



## FREE PRODUCE GIVEAWAY

*Monday, JUNE 6th 10:00 to 11:30*  
in the DK Dining Room  
please bring carts and  
shopping bags!



if you are interested  
in volunteering  
call Kim Susak  
during our normal hours.



SCR's favorite  
instructor Bernadette  
and her SCR Art  
Class gather around  
the beautiful mural  
they created together  
for their final project.



Cuyahoga County's Division of Senior and Adult Services has released a new "Connection Center" resource to help seniors

access resources to preserve their independence. The Connection Center is a free service that connects residents ages 60 with trained social workers who can help them with adult protection, in-home skilled and personal care, transportation, meals, benefits assistance, and other services. It's also a place where residents can report suspected elder abuse or neglect. The center can be reached weekdays 8:30 a.m. – 4:30 p.m. at 216-420-6700.



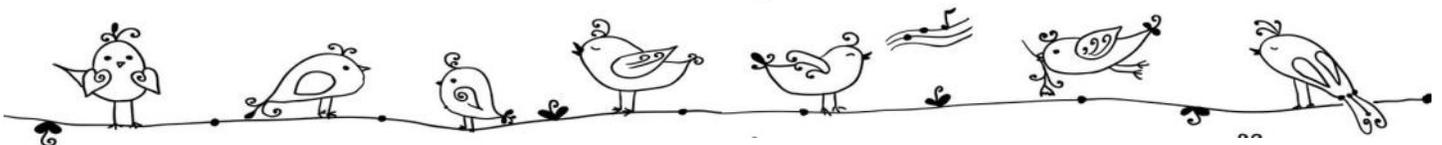
The next scheduled stop  
for the USPS mobile unit  
at SCR is **Thursday,**  
**June 2 around 10:15 a.m.**

The mobile unit stops at SCR  
the **first Thursday of every month.**



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

**SCR AND  
THE DRIVERS  
THANK YOU.**



# JUNE 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.



The SCR drum class will be performing for you on Tuesday, June 7, from 10-11pm. Come and get your groove on!

Book Club Tuesdays in June 12:30– 1:30

## Garage Sale Hopping 9AM

Friday June 10 Limited to 12  
Only small items allowed on van



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Shopping Trips  
9am to noon limited to 12

**Friday June 3rd**

Shoppes at Parma town  
**Wednesday June 8th**  
Southland Liquidators  
and Goodwill

“ I always say shopping is cheaper than a psychiatrist. - Tammy Faye Bakker



Table bowling  
Mondays June 6, 13, 27  
10:30 to 11:30

Easy Walking –for those with limited ability outside the SCR Center -weather permitting  
Thursdays in June 11:00– 11:45



June Birthday Cake  
Sponsored by  
Dedicated Health  
Tuesday June 28th 11:30am

Chit and Chat  
Coffee served every  
Wednesday mornings at 9am



**Lunch Bunch at Fuji's**  
**Wed June 15th at 11am**  
**Limited to 12**

**We will be eating in the restaurant so make sure to tip and be considerate to short staffed establishments**



**JUNETEENTH**

**Celebrate with us Friday June 17th 10 am**

Watch a Harriet Tubman documentary followed by The Broadway School of the Arts presentation

Devoted health Bingo Thursday June 9th  
12:30 -1:30



**ROCKEFELLER PARK GREENHOUSE**  
10 am - noon Friday June 24th  
Greenhouse is free  
Lunch on you own at Wendy's  
Limited to 12 Call to register

Edgewater Beach Walking  
10-noon Wednesday  
June  
22 and 29th



Transportation Limited to 12  
Or meet at “Edgewater Beach House”

Start saving your dollars for the

**NAUTICA QUEEN LUNCHEON CRUISE**

**THURSDAY AUGUST 25TH 11:30-3:00**

Tickets are \$36.93 (include tax and tip and service charges).  
Must be prepaid by Wednesday August 11th, no refunds  
Trip is limited to 20 . Ticket sales begin Mon August 1st

## Cleveland Zoo Monday Mornings

10am –12:30 June 13 and 27 -limited to 12  
We will give you a ride to the zoo and pick you up at main gate  
FREE ADMISSION ...BUT REMEMBER TO BRING AN ID SHOWING YOU ARE A CLEVELAND RESIDENT

## Coming in July

- ♦ Trips to Police Museum and Fire Museum

## Coming in August

- ♦ Corbo's Bakery in Little Italy
- ♦ Nautica Queen Boat Ride Luncheon

## Coming in September

- ♦ Dale's special trip

# JUNE Activities

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9am Chit Chat 10am Breakfast Bunch 11AM High/Low 12:30-2:00 Movie 12:30 -1:30 Creative Writing	<b>2</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Easy Walking 12:30-1:30 Bingo	<b>3</b> 9-12 Shoppes/Parma 9-11:30 Movie 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels
<b>6</b> 9-10 Coffee and Conversation 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Bingo 1:30-2 Coloring	<b>7</b> 9-12 Open Studio 9-11 Crochet/Mat 10 -11: Drum Performance 12:30-1:30 Stretch n Strength 12:30-1:30 BookClub	<b>8</b> 9AM Chit Chat 9-12 Shop Goodwill 9AM Board Games 11AM High/Low 12:30-2:00 Movie 12:30 -1:30 Creative Writing	<b>9</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Easy Walking 12:30-1:30 Bingo by Devoted Health	<b>10</b> 9-11:30 Movie 9-11 Garage Sales 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels
<b>13</b> 9-10 Coffee and Conversation 10 AM Zoo Trip 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Bingo 1:30-2 Coloring	<b>14</b> 9-12 Open Studio 9-11 Crochet/Mat 12:30-1:30 Stretch n Strength 12:30-1:30 BookClub	<b>15</b> 9AM Chit Chat 9AM Board Games 10-12 Edgewater Walk 11AM Lunch Bunch 11AM High/Low 12:30-2:00 Movie	<b>16</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Easy Walking 12:30-1:30 Bingo	<b>17</b> 10AM Juneteenth Event 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels
<b>20</b> Center Closed No Activities	<b>21</b> 9-12 Open Studio 9-11 Crochet/Mat 12:30-1:30 Stretch n Strength 12:30-1:30 BookClub	<b>22</b> 9AM Chit Chat 9AM Board Games 10-12 Edgewater Walk 11AM High/Low 12:30-2:00 Movie	<b>23</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Easy Walking 12:30-1:30 Bingo	<b>24</b> 9-11:30 Movie 10-12 Rockefeller Park Trip 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels
<b>27</b> 9-10 Coffee and Conversation 10AM Zoo Trip 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Music Bingo	<b>28 Birthday Cake</b> 9 -12 Open Studio 9 -11 Crochet/Mat 12:30-1:30 Stretch n Strength 12:30-1:30 BookClub	<b>29</b> 9AM Chit Chat 9AM Board Games 10-12 Edgewater Walk 11AM High/Low 12:30-2:00 Movie	<b>30</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Easy Walking 12:30-1:30 Bingo	

# JUNE 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Approved By:</b> <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>1 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Mandarin Oranges ½ c Cereal Bar, 1 oz ALT=CBG RB</p>	<p>2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T</p>	<p>3 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT=CBG RB</p>
<p>6 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c ATL = CS RB</p>	<p>7 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ATL = CBG T</p>	<p>8 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c ATL= CBG RB</p>	<p>9 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz California Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Orange ATL = CBG RB</p>	<p>10 *Sliced Ham 3 oz w. Pineapple Glaze *Scalloped Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ATL = CBG TR</p>
<p>13 *Hamburger 3oz Mustard &amp; Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT = CS TR</p>	<p>14 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG TR</p>	<p>15 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ATL = CBG RB</p>	<p>16 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c ATL = CBG RB</p>	<p>17 *Beef Stew 8 oz *California blend 1/2 c Corn ½ c Whole Grain Dinner Roll 2 oz Fresh Grapes 1 cup ATL = CBG T</p>
<p>20 <b>Juneteenth</b>  <b>Site Closed</b></p>	<p>21 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz ALT = CS TR</p>	<p>22 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ATL= CBG T</p>	<p>23 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ATL = CBG RB</p>	<p>24 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB</p>
<p>27 *Beef Lasagna 6 oz *Antiqua Blend ½ c *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ATL = CS TR</p>	<p>28 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ATL = CBG TR</p>	<p>29 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ATL=CBG RB</p>	<p>30 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ATL=CBG T</p>	<p>Choice of 1% Milk or Buttermilk</p>

Western Reserve Area Agency on Aging - 2022

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



# This and That and Then Some

With grilling season upon us, we here at *Seniors in Touch* need your help to answer the age old question:

## Is a hot dog a sandwich?

The *Oxford Dictionary* defines a sandwich as an item of food consisting of two pieces of bread with meat, cheese, or other filling between them. A hot dog is a meat between two pieces of bread, right? (Buns are made of bread). But if you asked us for a sandwich and we brought you a hot dog, you might think we were crazy, right? **So is it or isn't it?**



For email subscribers to *S.i.T.*, please reply to the email containing this newsletter with a simple “Yes” or “No”, and if you feel it necessary, the reasoning behind your answer. For non-email readers of the newsletter, there will be a box for you to vote by paper ballot in the SCR dining room. Results will be reported in July’s issue of *Seniors in Touch*.



*There's always one annoying piece left over.*



Long-time SCR regular Bonnie Robertson is once again selling tickets for the 50/50 drawing that takes place once a month. Find her around the program to buy some or Bonnie will find you!



The hot weather is coming, and that's a good time to remember how important keeping hydrated is to everybody. The recommended daily fluid intake to keep your body hydrated is 48 to 64 ounces or six to eight 8-ounce glasses of water each day. This may sound like a lot, but your daily hydration requirement *need not be filled entirely from the tap*.

Foods and beverages that contribute to your daily intake levels include milk, soup, fruit and vegetable juices, gelatin, apples, watermelon, decaffeinated soft drinks, tea and even cooked broccoli. Caffeinated drinks and alcohol do not contribute to your daily intake. In fact, they actually act as diuretics — contributing to water loss — and should be consumed in moderation.

Don't wait for thirst and other symptoms of dehydration to take action. Let's enjoy the summer!





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

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 PLEASE DO NOT DELAY**

**SENIOR CITIZENS RESOURCES, INC.**



HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY  
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR **50 YEARS**

**SCR MARCHES TO SUPPORT UKRAINE**



SCR Seniors and staff marched in Old Brooklyn in May with homemade signs, flags, and beating drums to support the people of Ukraine.

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](mailto: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.

