

Seniors in Touch

January 2024



**Senior Citizen
Resources**

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

Serving persons 60 & over
in Old Brooklyn
for 50 years

Please note: SCR will be closed on

Please note: SCR will be closed on Monday January 1 (New Year's Day)
and Monday January 15 in observance of Martin Luther King, Jr. Day.



In 2024, we want to make room for *gratitude* in our lives at SCR. Take a moment to truly look at your life — the people you love, the place you call home, each little joy, gift, and opportunity. Every single day abounds with good things, and when you start noticing them, you'll begin to see them everywhere. We are looking forward to finding new ways to focus on gratitude this year at SCR!

SCR is excited to offer a five-session Financial Literacy class with Benjamin Rose. These workshops will help you recognize and avoid scams and fraud; prepare for your future through estate planning; budget and set realistic goals; take control of credit and debt; and learn about qualifying for benefits. The second class of the session will be Tuesday Jan 16 @ 10 a.m. (monthly classes will continue through April). Join us for this great FREE opportunity!



On Friday Jan 12 @
10 a.m., SCR will
make a trip to the
Crawford Auto-
Aviation Museum in

University Circle. The impressive collection includes over 170 antique automobiles, 12 aircraft, motorcycles, bicycles, boats, and carriages. The museum also has automobile brochures, owner's manuals, advertisements, and more. Regular senior tickets are \$15.40, but discounted \$3 tickets are available with a SNAP, EBT or WIC card. We will stop for lunch afterwards (driver's choice).

12 person limit for this trip.
RSVP by Monday, January 8.



January 8th is Elvis' birthday! He would have been 89, old enough to be hanging out here with us at SCR. In his honor, we've scattered 9 Elvises throughout the newsletter (plus a **bonus one** for those who are taking the sign language course here). Can you find them all?

Will you come?



Join us for an informative presentation on the benefits of pre-planning your final wishes. Get peace of mind knowing your family won't have to be burdened making all of those difficult decisions - a representative from Busch Funerals will be here at SCR to talk about the steps involved in pre-planning your final arrangements.

Join us **Tuesday January 9 @ 10 a.m.**

On **Thursday Jan 18 @ 10 a.m.**, Sheila Fell, an attorney with Scranton Rd. Legal Clinic, will be at SCR to give an explanatory talk about wills. This Legal Clinic focuses on educating and empowering our community to make informed legal decisions and understand their legal rights and options. Sandy Seballos, our **Spanish-speaking attorney**, will be on board also; She also has recently done the work of translating a basic will into Spanish. We hope you can join us for this free instructive program.

FREE VEGGIE BOX!



Our next free veggie box day will be **Monday January 8 @ 10 a.m.** at SCR.

Bring a cart, wagon, or bag.
See you there!

JANUARY SHOPPING SCHEDULE

Mondays, every three weeks

Mon Jan 8	Midtown
Mon Jan 22	Walmart Brookpark
Mon Jan 29	Walmart Steelyard

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI'S
DRUG MART
SAV A LOT



SCR Transportation Guidelines

- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) who is age 60+ and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.

Wednesday Self-Care Classes with Cassie are back this month: **Jan 3, Jan 17 and Jan 31 @ 10 a.m.** Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes such as fostering resilience, living longer, and becoming better equipped to manage stress. Come learn some tips!

We are continuing transportation to the Seeds of Literacy program on West 25th **every Tuesday & Thursday at 9 a.m.** This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills. *Please note, Seeds for Literacy will be closed for the holiday and won't re-open till Tuesday January 9.*



Bed bugs are small brownish insects that are skillful "hitchhikers," readily latching onto suitcases, clothes, or anything else they can find - allowing infestations to spread rapidly. Once bed bugs enter a household, they can be really difficult to get rid of. Come learn more about these pests and find out how to prevent an infestation, **Wednesday Jan 10 @ 10 a.m.**



We want to extend a **huge thank you** to all that contributed to the SCR Annual Fund. We are so grateful for your generosity!

There is still time to submit a donation -- we ask for your support to keep our community's seniors healthy, safe, and thriving. Your donations help us provide programming (including meals, transportation, activities, and social services) that are vital to our clients. Your donation keeps our seniors healthy, happy, and living independently.

Thank you for considering donation to SCR. All donations are tax deductible and can be made in person, via mail, or with a credit card on our website: **SeniorCitizenResources.org** (look for the yellow "Donate" button). We are so grateful for your continued support — thank you!

Senior Citizen Resources Annual Fund Drive 2023 Gift Form

Name: _____

Address: _____

Phone: _____

Please accept my generous gift of: __\$25 __\$50 __\$75 __\$100 __\$500 __Other:

My gift is in honor of: _____

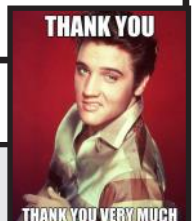
My gift is in memory of: _____

Please make checks payable to Senior Citizen Resources and mail your donation (3100 Devonshire Rd. Cleveland, OH 44109), or go to our website **SeniorCitizenResources.org** to pay with a credit card (yellow "Donate" button). SCR is a registered 501c3 tax exempt organization. Since no goods or services were received by the donor, the full amount is tax-deductible as provided by law.

Breakfast Bunch: IHOP on Brookpark,
Friday Jan 5 @ 10 a.m. –
12 person limit

Lunch Bunch: Gabe's on Broadview,
Friday Jan 26 @ 11 a.m. –
12 person limit

Studio Go will be back at SCR
on **Friday Jan 19 @ 10 a.m.**
Studio Go is the Cleveland
Museum of Art's mobile art program.
Their goal is sparking curiosity and
creating deeper connections to
the museum's world-renowned collection –
join us for a fun art experience.



Cooking with Cassie continues this month,
Wednesday Jan 24 at 10 am.
Cassie will show us some simple, healthy,
fun recipes. Join us!



We are taking a winter break from our Hiking Group, but SCR does offer rides to either the Fulton Road Planet Fitness on Tuesday mornings, or water walking at Estabrook Rec Center on **Mondays & Wednesday** mornings. We need at least a few people interested in either of these options - give us a call and we will gauge interest in making regular trips.

We will make a trip to the beautiful Heinen's grocery store downtown on Wednesday Jan 3 @



10 a.m. The store is at the corner of Euclid Ave. & East Ninth St. in a historic bank building, and includes a giant rotunda and balcony. We plan on being back at the center in time for lunch. 12 person limit for this trip.



They're trying, but they're really not even close-these are Elvis impersonators.



We will begin our third session of the **SCR Writing Workshops** this month, and this time we are offering two different classes based on how experienced you are with writing. Both classes are one hour and will each run for 8

weeks. See Linda Toney with any questions (Linda is usually at SCR on Tuesdays, Wednesdays, and Thursdays).

Class #1 will be for inexperienced writers. If you have thought you might like to write a story or an essay but have never tried, or, if you have a little experience but would like to learn more, this is the class for you! **Class #1 will meet on Wednesdays starting Jan 10 @ 12:30 p.m.** (and every other Wednesday going forward); please note we will need a minimum of four people to hold this class so it is important that you RSVP by Friday Jan 5.

Class #2 will be for more experienced writers. If you have already written parts of your memoir, or a collection of short stories, and have attended the first two sessions of the workshop, this is the class for you. **Class #2 will meet on Wednesdays starting Jan 17 @ 12:30 p.m.** (and every other Wednesday going forward); please note we will need a minimum of four people to hold this class so it is important that you RSVP by Friday Jan 5.

Give us a call to get signed up for one of our great FREE exercise classes with **JoAnn**. Please note, if Cleveland Public Schools are closed because of inclement weather, JoAnn's SCR fitness classes will also be cancelled that day:
Stability & Strength – Tuesdays @ 12:30 p.m.

(no class Tues Jan 2)

Gentle Yoga - Wednesdays @ 12:30 p.m.

Tai Chi - Fridays @ 12:30 p.m.



Have you ever wanted to learn sign language? SCR will be continuing American Sign Language classes, **Fridays at 10 a.m.**, through the end of January. We have really been having fun with this new skill - join us to learn some basics before we wrap up this series.

SCR ACTIVITIES - JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1 SCR Closed: Happy New Year	2 9am Coffee, Arts & Crafts 9am Crochet Group 10am Floor Games 12pm SCR Lunch	3 9am Coffee & Music 10am Self Care Class 10am Downtown Heinen's 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	4 9am Coffee & Trivia 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	5 9am Coffee & Puzzles 10am Sign Language 10am Breakfast Bunch: IHOP 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
8 9am Coffee & Convo 10am Veggie Box Pickup 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	9 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 10am Funeral Planning 12pm SCR Lunch 12:30pm Stability & Strength	10 9am Coffee & Music 10am Bedbugs 101 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30 Writing Group #1	11 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	12 9am Coffee & Puzzles 10am Sign Language 10am Crawford Auto Museum Trip 12pm SCR Lunch 12:30pm Tai Chi
15 SCR Closed: MLK, Jr. Day	16 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 10am Financial Literacy 12pm SCR Lunch 12:30pm Stability & Strength	17 9am Coffee & Music 10am Self Care Class 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30 Writing Group #2	18 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 10am Legal Will Program 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	19 9am Coffee & Puzzles 10am Sign Language 10am Studio Go 12pm SCR Lunch 12:30pm Tai Chi
22 9am Coffee & Convo 10am MUSIC Bingo 10am Women's Air & Space Museum Trip 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	23 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	24 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30 Writing Group #1	25 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	26 9am Coffee & Puzzles 10am Sign Language 11am Lunch Bunch: Gabe's 12pm SCR Lunch 12:30pm Tai Chi
29 9am Coffee & Convo 10am Bingo 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	30 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	31 9am Coffee & Music 10am Self Care Class 10am Wii & Board Games 11am February Birthdays 12pm SCR Lunch 12:30pm Gentle Yoga 12:30 Writing Group #2		

JANUARY 2024 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Observed Site Closed	2 *Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Applesauce ½ c ALT=CS RB	3 *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	4 *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=CF TR	5 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange ALT=CBG V
8 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c ALT=CS RB	9 *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 V	10 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CF RB	11 *Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana ALT=CBG T	12 *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=CBG RB
15 Martin Luther King Day Site Closed	16 *Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz. ALT=CS RB	17 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CBG V	18 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ATL=CF RB	19 *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
22 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Mandarin Oranges ½ c ALT=CS TR	23 *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	24 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CF RB	25 *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 V	26 *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= CF TR
29 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c ALT= CS TR	30 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange ALT= CBG RB	31 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CBG T	Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk	Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>

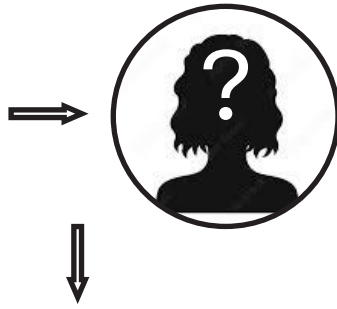
Western Reserve Area Agency on Aging - 2022

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

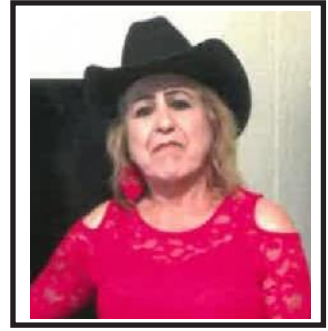
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

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

THEN AND NOW



LAST MONTH'S THEN AND NOW



Teresa Shumaker!

At one point or another here at SCR we bet you have talked with this fountain of information. We will reveal her identity in next month's newsletter. Who's next? Let Jim (or Leslie or Cassie) know if you have a photo you'd like to share, we'd love to have it.



These are
Levi's, not Elvis.
Right letters,
wrong order.



Drivers
Danny and
Ed got in
the spirit
for last
month's
Christmas
party.



2024
HAPPY NEW YEAR



Don't let the dancing
fool you. These are
Elves, not Elvis.



Elvis'
Trivia

Hysteria
Jailhouse Rock
Jumpsuit
Las Vegas
Lisa Marie
Love Me Tender
Memphis
Movies

Presley
Priscilla
RCA
Rockabilly
Sun Records
Teddy Bear
The King
Tupelo



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**DATED MATERIAL
PLEASE DO NOT DELAY**



**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 YEARS**

**Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 2:00 p.m.
For questions, appointment scheduling, or activity signup, please call during these hours.**

No mobile post office in January
Next blood pressure screening & glucose level monitoring:
Thurs January 18 @ 10:30 a.m.



Planning ahead:

Next Post Office on
Wheels @ SCR will
be **Thursday Feb 8**
around 10:30 a.m.
- Studio Go will be
back with SCR on
Friday Feb 16 @
10 a.m..

- Next Financial Literacy class will
be **Wednesday Feb 21 @ 10 a.m.**
- Broadway School will be back at
SCR Tuesday afternoons in
February with a Print Art class.
Details to follow!



We will make a trip to the
International Women's Air & Space
Museum at Burke Lakefront Airport
on **Monday Jan 22 @ 10 a.m.**

This free museum showcases the
history and culture of women in all
areas of aviation & aerospace, and
aims to inspire future generations by
bringing the history to life. We will
stop for lunch afterwards (driver's
choice). 12 person limit for this trip.

* 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 and appreciate donations
towards our printing, processing, and mailing costs. *

Seniors in Touch

Editor in Chief: Jim "Elvis" Mason
Chief Editor: Leslie "Priscilla" Brown