

April 2021 edition

# Seniors in Touch

**\$9.99**  
per issue`  
**(April Fools!**  
**It's still free!)**



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

Serving persons 60 & over  
in Old Brooklyn  
for 50 years

**\*\*\* REMINDER \*\*\***

**OUR RECEPTIONIST  
IS ON DUTY ONLY  
UNTIL 1pm.  
FOR QUESTIONS  
OR APPOINTMENT  
SCHEDULING, PLEASE CALL  
IN THE MORNING.**

Don't forget  
to wear a  
mask when  
you come to  
the center for  
lunch or an  
appointment  
In fact, don't  
forget to wear  
a mask **WHEREVER** you go.



Dear SCR friends,

What a long year since the COVID-19 pandemic hit. We are so ready to be done with it, and it is looking brighter every day. But, we need to exercise some caution as we begin to try to get back to "normal".

You will notice a calendar with some limited activities. We are happy to bring back a limited number of activities, and will ask for you to call us with your interest. We do not yet have open hours at the center.

For these activities we ask:

1. You are fully vaccinated
2. You wear a mask to participate
3. You will agree to safe distancing from others

We look forward to the days when we can have more people and less restrictions, but let's play it safe. If you are interested in an activity, please call SCR and our receptionist, or activities director, Kim, will take your reservation for an activity.

We are still going shopping 4x a week, transportation to medical appointments, meals are available for pick up, and we are doing delivered meals, as we have been this past year.



**THANK YOU**  
to all who send in donations  
of any kind—for meals, the  
newsletter, transportation;  
every little bit helps!  
  
**WE APPRECIATE  
YOUR HELP!**

All inspirational quotes in this issue of  
*Seniors in Touch* provided by Mary Beinert

# Vaccine News

As of March 29, anyone 16 and over is eligible for the COVID-19 vaccine in Ohio.

There are many options available, including the Mass Vaccination Clinic at the CSU Wolstein Center. Call SCR at 216-749-5367 - we can help you schedule a vaccine, and/or schedule a ride to & from your appointment (or provide a free bus pass for the CSU clinic). We can help with either the CSU clinic, or help you find other options.

The vaccine is just one tool that can help slow the spread of the coronavirus.

Talk to your doctor about the safety, effectiveness, benefits, and risks of the COVID-19 vaccine.



You are considered fully vaccinated two weeks after you've received the second dose of the Pfizer or Moderna vaccine, or two weeks after receiving the single-dose Johnson & Johnson vaccine. If you're fully vaccinated, please continue to protect those around you by:

- continuing to wear a face mask in public
- avoiding anyone who is high-risk and hasn't been vaccinated yet
- avoiding medium and large-size gatherings

However, according the latest guidance from the CDC, you CAN gather indoors with other fully vaccinated people in small groups. Together, we can control the spread of COVID-19 - and get closer to being able to re-open our center!



The Pet Pantry program is meant to provide supplemental food for your dogs and cats on a monthly basis .

If you sign up, we will contact you each month prior to food distribution. You may pick-up here at SCR or we will deliver it. If your needs change please contact Linda Toney at SCR and she will make adjustments as needed. Her phone number is 216-749-5367.

“Use what talents you possess, the woods will be very silent if no birds sang there except those that sang best.”

– Henry van Dyke

**if you would like to borrow a puzzle, or need a good book to read, or need some yarn or scrap material for craft projects, please give us a call. We most likely can help.**

**216-749-5367**

**A BIG THANKS TO OUR VOLUNTEERS FOR YOUR WORK DURING THESE PAST WEEKS:**

**Michael Stachowiak, Maya Ratnam and the MetroHealth organization, Pat Dobson, Margie Fagan, Pete Rodriguez, Paul Hoffman, Sharita Roberts, Jim Kuhr, Alan and Lillian Kautz, Rusty Alexander, Dawn Beckford, Diane Bricker, and Gene Bricker**



**REMINDER**

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

If you are in need of an emergency meal box containing shelf stable food, don't hesitate to call us at 216-749-5367 and we'll do our best to get one for you!



Need a mask? Stop in! SCR has a limited supply!



**FYI**  
**THE FREE 211 LYFT SERVICE HAS LOST FUNDING AND IS NO LONGER AVAILABLE TO US.**

**LET US KNOW IF SCR CAN HELP WITH YOUR APPOINTMENT NEEDS.**



**“By changing nothing, nothing changes.”**

**–Tony Robbins**

# Scam Talk

Scammers are expected to steal over \$2 billion in 2021.

We can thwart their efforts with the three golden rules.



1. **Slow it down** — Scammers often create a sense of urgency so that they can bypass your better instincts. Take your time and ask questions to avoid being rushed into a bad situation.

**WHAT A SCAMMER MIGHT SAY:** *You need to act fast. If you don't make a payment now, we'll be forced to take legal action against you. .*

2. **Spot check** — Do your research to double check the details you're getting. If you get an unexpected phone call, hang up. Then look up the bank, agency or organization that's supposedly calling and get in touch directly.

**WHAT A SCAMMER MIGHT SAY:** *This is the IRS calling. We haven't received your tax payments for four years. That's a federal crime.*

3. **Stop! Don't send** — No reputable person or agency will ever demand payment on the spot. Often, scammers tell you to go buy gift cards—which are meant only to be given as a gift, not as payment under threat. So if you think the payment feels fishy, it probably is.

**WHAT A SCAMMER MIGHT SAY:** *Please send us EnormoMart GIFT CARDS of \$100 or \$200 face value. I need 20 of each card.*

Scammers are working overtime to take advantage of COVID-19 vaccine worries. While it's a new context, the three golden rules of scam prevention still work as well as ever.

1. **SLOW DOWN:** No way to jump the line

Vaccine rollout is being handled by state agencies. No legitimate agency will offer you the ability to "jump the line" in exchange for payment. Reach out to your doctor or medical professional for more information about when you can expect to receive your vaccine.

2. **SPOT CHECK:** Consult government sources

Refer to websites like the [www.CDC.gov](http://www.CDC.gov) and [www.HHS.gov](http://www.HHS.gov) for the most up-to-date information about Covid-19 vaccine distribution and developments.

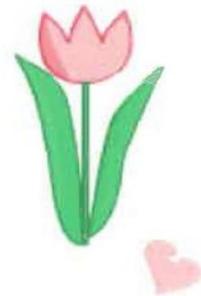
3. **STOP! DON'T SEND:** Don't pay for a vaccine

Cost is not an obstacle to getting vaccinated against COVID-19. If you're being asked to pay for the vaccine, especially ahead of time, don't. If you get a bill in error, call your provider.

# Trivia from Kim

## Easter Trivia Quiz

1. What was the first Easter basket supposed to resemble?  
a, A flower pot    b, A fruit basket    c, A bird's nest
2. What is the Easter egg supposed to symbolize?  
a, Fertility    b, Hope    c, Rebirth
3. Approximately how many chocolate Easter bunnies are produced each year?  
a, 90 million    b, 60 million    c, 30 million
4. Millions of marshmallow Peeps, a type of Easter candy, are sold each year. Based on sales, which color of Peeps are most popular with consumers?  
a, Blue    b, Yellow    c, Pink
5. From what does Easter get its name?  
a, Eating    b, The pagan goddess, Eostre    c, The nor'easter wind
6. Where did the tradition of the Easter Bunny originate?  
a, Queen Victoria started it    b, Among German Lutherans  
c, A marketing ploy invented by a French department store
7. Who was the jeweler famous for making ornate Easter eggs for the Russian royal family?  
a, Fabolous    b, Fabio    c, Fabergé
8. Which roast meat is traditionally associated with Easter?  
a, Lamb    b, Rabbit    c, Chicken
9. According to tradition, hot cross buns are made without which ingredient?  
a, Salt    b, Flour    c, Dairy products
10. Where will you find the world's largest Easter egg?  
a, Canada    b, Scotland    c, United States
11. What do Australian's use to symbolize Easter instead of a rabbit?  
a, Koala    b, Bilby    c, Kangaroo
12. What is the traditional name for Easter egg painting?  
a, Guacho    b, Pysanka    c, Quaresima



HAPPY  
EASTER



FLIP FOR ANSWERS

1. C 2. C 3. A 4. B 5. B 6. B  
7. C 8. A 9. C 10. A 11. B 12. B

# April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p> <p>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC each *Three Bean Salad ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c</p> <p>ALT=CS TR</p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*Take Temperature of Milk and all food proceeded by an asterisk.</p> <p>*Chicken Cordon Bleu, 6 oz *Mashed potatoes ½ c w gravy *Harvard Beets ½ c W.G. Dinner Roll, 1 oz **Cereal bar 1 oz Peaches ½ c</p> <p>ALT = CBG RB</p>	<p>**Please indicate on heating and portion sheet that the emergency food items for these items should be served.</p> <p>*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Pears ½ c</p> <p>ATL = CBG T</p>	<p>1 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Banana, 1 ea</p> <p>ALT = CBG TR</p>	<p>2 *Breaded Fish 4 oz w Tartar Sc 1 PC *Rice Pilaf ½ c *Spinach ½ c /1 Lemon PC **W.G. Vanilla Wafers 1 oz Pineapple, ½ c</p> <p>ATL = CBG RB</p>
<p>*Meatballs 3-1 oz *WG Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Spinach ½ c /1 Lemon PC Fresh Grapes 1 c</p> <p>ATL=CS TR</p>	<p>*Chicken Cacciatore 3 oz *w/ Sauce 2 oz *WG Spaghetti ½ c *Zucchini ½ c, *Green Peas ½ c Dinner Roll, 1 oz Pineapple ½ c</p> <p>ALT = CBG RB</p>	<p>14 *Roasted Turkey Breast 3 oz *Mashed Potatoes ½ c *Gravy 2 oz *Brussel Sprouts ½ c Whole Grain Dinner Roll, 2 oz Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>15 *Sliced Ham 3 oz w/ Pineapple glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ATL = CBG T</p>	<p>16 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice ½ c</p> <p>ALT = CBG T</p>
<p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c</p> <p>ATL = CS TR</p>	<p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Harvard Beets ½ c *Green Beans ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c</p> <p>ATL = CBG RB</p>	<p>21 *Salsbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea</p> <p>ATL = CBG T</p>	<p>22 *Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Brussel Sprouts ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ATL = CBG T</p>	<p>23 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Mushrooms ½ c, *Green Beans ½ c 1 Whole Grain White Tropical Fruit ½ c</p> <p>ATL = CBG RB</p>
<p>*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Apricots, ½ c</p> <p>ALT = CS RB</p>	<p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Applesauce ½ c</p> <p>ATL = CBG TR</p>	<p>28 *Tomato Basil Chicken, 3 oz. W.Sauce 2 oz *Fettuccini, ½ c *Capri Blend ½ c Spinach ½ c 1 Lemon PC W.G. Dinner Roll, 1 oz Banana, 1 ea</p> <p>ATL = CBG RB</p>	<p>29 *Roasted Turkey Breast 3 oz W.G. Stuffing ½ c *Sweet Potatoes ½ c *Cauliflower ½ c Whole Grain White Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>30 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun Pears ½ c</p> <p>ALT=CBG T</p>

MENU SUBJECT TO CHANGE

# Activities Schedule

2021

APRIL

MONDAY

CALENDAR YEAR

CALENDAR MONTH

FIRST DAY OF WEEK

Monday

Tuesday

Wednesday

Thursday

Friday

01

02

05

06

07

08

09

Free produce

ART CLASS AT 10:AM-11:30 AT  
SCR

12

13

14

15

16

SCR BINGO WITH  
TIM FROM  
HUMANA  
11:30—12:30

At SCR Sit and be Fit exercise  
11:30-12:30

ART CLASS AT 10:AM -11:30

MOVIE DAY THE TERMINAL  
WITH TOM HANKS RATED PG  
10-12:30 AT SCR

Tai-chi Class  
11:30—12:30

19

20

21

22

23

SCR BINGO WITH KIM AT 11:30-  
12:30

At SCR Sit and be Fit exercise  
at 11:30-12:30

ART CLASS AT 10:AM -11:30

Bingo with Devoted Health on  
Virtual or Join by Phone

Tai-chi Class  
11:30—12:30

26

27

28

29

30

MUSIC BINGO WITH  
KENNY AT 11:30 - 12:30

At SCR Sit and be Fit  
exercise at 11:30-12:30

ART CLASS AT 10:AM -  
11:30

Tai-chi Class  
11:30—12:30

**CALL AND RSVP FOR ALL ACTIVITIES**



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](http://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 or older 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](mailto: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.