

Seniors in Touch



3100 Devonshire Rd
Cleveland, OH 44109

Office: 216-749-5367

Serving persons 60 & over
in Old Brooklyn
for 49 years



REMINDER
CONGREGATE
MEAL PICK-UP
BEGINS AT 11:00

***** 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,

It would be an understatement to say that 2020 has been a challenging year! Masks, social and physical distancing, COVID tests are now common place. We miss the days of coffee, conversation, sharing meals and activities. While we had hoped to re-open the center late Fall, COVID had other ideas, and its surge has postponed our ability to open.

We have continued to provide many meals and food boxes during these months. We continue to offer transportation, with lower numbers of people on each ride, and are doing our best to stay connected. If you are in need of something, please give us a call and we will assist despite the limitations that COVID has demanded.

We appreciate so very much the volunteers who have been able to continue to provide their time to deliver meals on wheels throughout the year. We couldn't do this without them!

We look forward to a day in 2021 when we can safely re-open.

The staff at SCR wishes all of our friends a healthy holiday season. Please keep wearing the mask and staying a safe distance from anyone not in your household. It looks promising for a vaccine soon, so we hope to have some normalcy back in 2021.

Peace to all.
Liz Kilroy Hernandez
SCR Director



It's more important than ever to slow the spread of illnesses like the flu. The best way to protect yourself, and keep from spreading it to others, is to get a flu shot. Getting the flu shot can help you stay healthy, and if you do get sick with the flu, your symptoms likely won't be as bad or last as long.

The flu shot is even covered for people with Medicare. Call us if you need a ride to your doctor's office, pharmacy, or other health care location.

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!

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

Today's message is "Rock and Roll". I am talking about rocking in a rocking chair, or porch swing, hammock, or if daring enough, the swing at the playground. Rocking taps into the parasympathetic nervous system, and releases endorphins, the "feel good" hormones, and reduces anxiety. Think about it. Why do we rock babies? To calm them down and help them sleep. It has also been found that children and adults with attention deficit disorders are able to focus better when on a rocking chair. Research shows that frequent use of a rocking chair improves balance and blood circulation, improves knee strength and flexibility, reduces muscle pain, anxiety, and depression. In 1955, former US president John F Kennedy was prescribed a rocking chair by his doctor to alleviate his chronic back pain. And you can lose up to 150 calories an hour by rocking on a chair! It is very useful for people who cannot do weight bearing exercises, to tone their legs. By rocking on a chair, you will be working your muscles and hence toning them. It is also beneficial to improve the body posture. The exercise to do is this- rock for 5 minutes by using only your feet and not your back, for the next 5 minutes rock using only your toes and finally rock for another 5 minutes using only the heels of your feet. Or just feel the peace and calmness of the rhythmic motion.



by Dianne Zemmer

Feel the Love Event



The Meals on Wheels network is participating in the 2020 Subaru Share the Love Event. Over the past twelve years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need.

From Nov 19, 2020 - Jan 4, 2021, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, SCR will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

This holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice. We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve.

Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 19, 2020, through January 4, 2021, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2021. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

Fun from Kim

MERRY CHRISTMAS



WORD SEARCH

I I J L L S D Y R J J P J
 W M R H A P E N Q B O E C I Q A L P C A K R O I J
 G B V O F N D K Z P H W O J U H C W
 V R I A Q B G A C A Q L P E R I C O N O A B L G F G U A M W D O
 O S T G E R E N K U C A H O O R F S S G B A
 F N D K Z P H W O J U H C W
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 G O R E N K U C A H O O R F S S G B A
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 T H X R S E X N C A M C T Y G Z Y L
 C D R I T W R I E G C A W D S M E N D W A C S
 P L C K P I T H S J O L L Y H Q R X Q E E Y N B E
 J Z K P I T H S J O L L Y H Q R X Q E E Y N B E
 I V D N I C C A R O I J E E Y N B E
 J J J I N G L E B E L L S A W S S E D L F

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|----------------|-------------|----------------|
| JINGLE BELLS | FIREPLACE | NORTH POLE |
| BOW | GARLAND | ORNAMENTS |
| CANDY CANE | GINGERBREAD | PRESENTS |
| CAROLERS | HOLIDAY | REINDEER |
| CHRISTMAS TREE | JOLLY | SNOWMAN |
| DECORATIONS | SANTA | WREATH |
| ELVES | MISTLETOE | WRAPPING PAPER |

WORD SCRAMBLE

1. GBDIARGNEER NAM _____
2. ENONRTSAM _____
3. TRESEPN S _____
4. DEEREIN _____
5. SHLIGE _____
6. EESVI _____
7. YMMRE SHRSTACMI _____
8. NWSMNAO _____
9. IADHOLY _____

December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c Red Cabbage ½ c Whole Grain White Apricots ½ c</p> <p>ALT=CS TR</p>	<p>2 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend 1c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG T</p>	<p>3 *Rosemary Pork Loin 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>4 *Tomato Basil Chicken 3 oz *WG Pasta ½ c Sauce 2 oz *Mixed Vegetables 1 c Whole Grain White Orange</p> <p>ALT=CBG RB</p>
<p>7 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT-CS RB</p>	<p>8 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz</p> <p>ALT=CBG TR</p>	<p>9 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c W Gravy *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>	<p>10 Chicken Stir Fry, 3 oz *Chicken Brown Rice ½ c Kyoto Blend 1 c Whole Grain White Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>11 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Grapes 1 c</p> <p>ALT=CBG TR</p>
<p>14 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>15 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>16 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *WG Spiral Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>17 *Beef Stew 8 oz Green Peas ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG T</p>	<p>18 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend 1 c Whole Grain White Banana</p> <p>ALT=CBG RB</p>
<p>21 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CS RB</p>	<p>22 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c WG Hamburger Bun Apricots ½ c</p> <p>ALT=CBG T</p>	<p>23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Sautéed Mushrooms ½ c Spinach ½ c / Vinegar 1 PC W.G. Vanilla Wafer 1 oz Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>24 Christmas Eve</p>	<p>25 Christmas Day Sites Closed</p>
<p>28 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Diced Pears ½ c</p> <p>ALT=CS T</p>	<p>29 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c / Vinegar 1 PC Whole Grain Wheat Grape Juice ½ c</p> <p>ALT=CBG TR</p>	<p>30 *Cold Sliced Turkey 3 oz Mayo 1 PC Three Bean Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>31 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c Baked Beans ½ c Whole Grain Bun Diced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk</p>

MENU SUBJECT TO CHANGE

Annual Fund

Dear Friends of SCR,

Since closing our center in March 2020 because of the Corona virus, we have been distributing over 6,000 meals per month throughout our community (a 70% increase in our normal meal distribution). We've also distributed hundreds of fresh produce bags, fresh dairy boxes, and emergency shelf-stable food boxes to our clients. We were also able to distribute Farmers Market vouchers, and host a few Senior Produce Markets late in the summer.

SCR created and distributed over 300 hygiene bags (including basic toiletries and masks), and 300 activity bags (crafts, snacks, puzzle books, and games) to help combat boredom. We also distributed hundreds of healthy home care boxes (including weather stripping, smoke alarm, emergency radio, safety light and cleaning supplies). In addition, SCR launched a new pet food pantry this fall to provide supplemental pet supplies for our clients.

While keeping social distancing and extra cleaning protocols in mind, we have still been providing limited rides to grocery stores, pharmacies, and mandatory medical appointments. We also hosted a few small, socially distant, outdoor concerts in our courtyard.

Our services reach over 700 seniors each year, who without SCR would be facing food insecurity, increased isolation, and difficulty remaining independent, especially as we all navigate a worldwide pandemic. Because of COVID-19, we had to cancel our two main fundraisers, and have seen a decrease in normal donations. While we were fortunate to get some emergency grant funding in the first months of the pandemic, we are now planning to operate under these conditions on a long-term basis. Especially in this difficult year, we are asking for your support to keep our community's seniors independent, safe, and healthy.

Please consider a year-end donation to SCR. All donations are tax deductible and can be made via mail, or with a credit card on our website **SeniorCitizenResources.org** (look for the yellow "Donate" button!). Happy Holidays from SCR!

Sincerely,
Liz Kilroy Hernandez, SCR Executive Director

- Senior Citizen Resources Annual Drive 2020 Gift Form

Name Phone

Address City State Zip

Please accept my generous gift of:

\$25 \$50 \$75 \$100 \$500 Other:

My gift is in honor of: _____ My gift is in memory of: _____

Make checks payable to Senior Citizen Resources. Please mail your donation (3100 Devonshire Rd. Cleveland, OH 44109), or go to our website **SeniorCitizenResources.org** to pay with a credit card.

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.



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

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U.S. Postage
PAID
Cleveland, OH
Permit NO. 2841

**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 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 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.