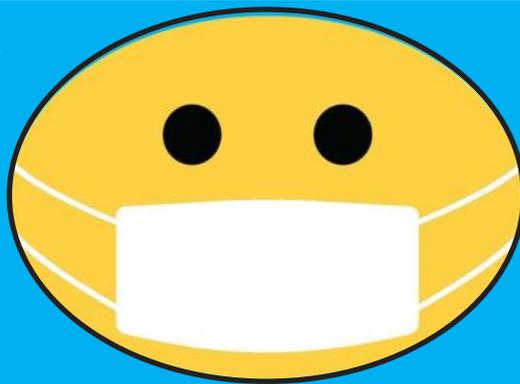


February 2021 edition

Seniors in Touch



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 SCHED-
ULING, 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.



MEALS ON WHEELS NEWS

Last week, Sen. Bernie Sander's team started selling sweatshirts featuring the photo that inspired countless memes, with all the proceeds going to Meals on Wheels Vermont. Now, a crocheted doll (see below) made as a tribute to Sanders' inauguration meme has been auctioned off, with 100% of the profits going to Meals on Wheels America.



REMINDER



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

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

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, Sue Kelly, Jim Kuhr, Alan and Lillian Kautz, Anthony Speights, Rusty Alexander, Dawn Beckford, Diane Bricker, Gene Bricker, and Amy Vaughn

February holidays



FEB 2



FEB 14



FEB 15

COVID-19 Vaccine Information

The Ohio COVID-19 vaccine distribution plan is still a work in progress, *and initial supplies are still very limited*, but starting the week of Feb. 1, Ohioans 70 and older should be eligible to receive the vaccine, and those 65+ should be eligible the week of Feb 8. You will need an appointment to get a vaccine. You can use the state's online vaccine location tool (Vaccine.Coronavirus.Ohio.Gov/) to find a vaccine provider, then contact a provider to schedule an appointment (or to get on a list to be contacted once appointments are available). Please note, the provider list is subject to change and vaccines are still very limited.

We are happy to help with this process! Please call SCR at 216-749-5367, and we will try to get you added to a list, schedule an appointment, and/or schedule a ride to & from your vaccine appointment.

For more information:

Ohio Department of Health's Corona Virus page: Coronavirus.Ohio.Gov

Ohio Department of Health's Corona Virus hotline: 833-427-5634

Cuyahoga County Board of Health Vaccine page: CCBH.net/vax/

City of Cleveland Vaccine hotline: 216-664-2222



It's more important than ever to slow the spread of illnesses like the flu.

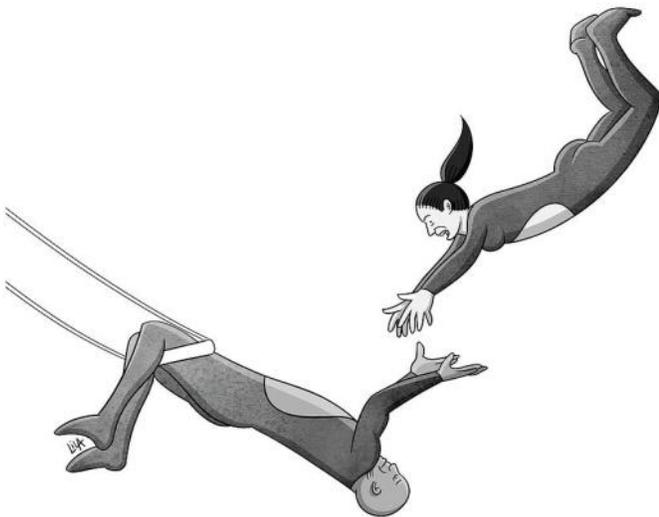
The best way to protect yourself, and keep from spreading it to others, is to get a flu shot. Getting the flu shot can help you stay healthy, and if you do get sick with the flu, your symptoms likely won't be as bad or last as long.

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



"Wait — did you wash your hands?"



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.

Tom's Trivia Corner



1. Forward I am heavy, but backward I am not.
2. How many of each animal did Moses bring on the ark?
3. If two's company and three's a crowd, what are four and five?
4. What goes up and down without moving?
5. How much dirt is in a hole 4 feet deep and 2 feet wide?
6. The more it dries, the wetter it gets.



1. A ton
2. None
3. Moses didn't build the ark.
4. Nine
5. Stairs
6. There's no dirt in a hole
7. A towel

ANSWERS

FINISH THE 1960s SLOGAN

1. Everyone knows it's _____.
2. Oh, I wish I were an _____.
3. Things go better with _____.
4. In the valley of the jolly _____, _____.
5. _____ the San Francisco treat.
6. It's the _____ Difference.
7. Hot dogs, _____ hot dogs.
8. A _____ a day helps you work, rest, and play.
9. Beanz Meanz _____.
10. Nothing runs like a _____.



1. Slinky
2. Oscar Meyer Weiner
3. Coke
4. Green Giant
5. Rice-a-roni!
6. Dr. Pepper
7. Armour
8. Mars
9. Heinz
10. Deere

ANSWERS

Pet Pantry

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.



Ana Cintron and her dog Chico at the new Pet Pantry at SCR



Winter Morning Poem by Ogden Nash

*Winter is the king of showmen,
Turning tree stumps into snow men
And houses into birthday cakes
And spreading sugar over lakes.
Smooth and clean and frosty white,
The world looks good enough to bite.
That's the season to feel young,
Catching snowflakes on your tongue!
Snow is snowy when it's snowing.
I'm sorry it's slushy when it's going.*

**When will we
reopen?**

No specific date
is set yet.

We hope to have
news on this
very soon.

Stay tuned!



Senior Citizen Resources

February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food proceeded by an asterisk.	Choice of : 1 % Milk or Buttermilk	Menu Approved by: Ann Stahlheber, M.S. R.D.N. L.D.		
1 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Peaches ½ c ALT = CS TR	2 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Harvard Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz ALT = CBG T	3 *BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG RB	4 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. /*Brown Rice ½ c *Green Peas ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	5 * Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Sweet Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG RB
8 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Peas ½ c Whole Grain Wheat Orange ALT = CS TR	9 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	10 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Harvard Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CBG RB	11 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR	12 *Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Swiss Chard Spinach blend ½ c *Mushrooms ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG RB
15 PRESIDENTS DAY Site Closed	16 *Vegetable Lasagna 6 oz. *Carrots ½ c *Broccoli ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers 1 oz. ALT = CS TR	17 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG TR	18 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG TR	19 *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Juice 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CBG T
22 *Baked Fish 4 oz. Creamy Dill Sauce 1 oz. *Brown Rice ½ c *Carrots ½ c *Green Beans ½ c Pineapple Chunks ½ c Whole Grain White. ALT = CS TR	23 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG RB	24 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Banana ALT = CBG RB	25 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG TR	26 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG T

MENU SUBJECT TO CHANGE

Annual Fund

On behalf of SCR, I'd like to thank those of you that were able to make a contribution to our 2020 Annual Fund. Generous financial support like yours allows Senior Citizen Resources to further its mission of providing vital health and nutrition services to seniors in the Old Brooklyn community.

Even while our center has technically been closed, we still provided over 60,000 meals throughout our neighborhood in 2020. We've also distributed hundreds of fresh produce bags, fresh dairy boxes, and shelf-stable food boxes to our clients.

In addition, SCR created and distributed hundreds of Hygiene Packs, Activity Bags, and Healthy Home Care Boxes, and we also launched a new pet food pantry 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 even hosted a few small socially distant outdoor concerts and some Farmers' Markets.

Without SCR, most of our seniors would be facing increased isolation, food insecurity, and difficulty remaining independent. We are so grateful for your contribution towards these vital services.

This year, Senior Citizen Resources will be celebrating 50 years of promoting independent living and quality of life for our Old Brooklyn seniors. We are excited to celebrate this exciting golden anniversary with you, and we are looking forward to better days in 2021!

Thank you,

Liz Kilroy Hernandez, SCR Executive Director



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

NONPROFIT.ORG
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.