

Seniors in Touch

Covid-19 edition
Volume 3



3100 Devonshire Rd
Cleveland, OH
44109

Office: 216-749-5367

Serving persons
60 & over
in Old Brooklyn
for 49 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.

IMPORTANT NOTICE FROM SCR

The state of Ohio is allowing senior centers to re-open, but many guidelines and protocols need to be in place before we can do so. SCR is excited to welcome you back, and we are working closely with the Department of Aging and the Health Department to get new procedures into place. **We don't have an exact timeline yet, but will communicate the official re-opening date as soon as we know we will be able to meet every requirement and can ensure everyone's safety, health, and well-being.**

Once we open, we will start with Mondays, Wednesdays, and Fridays, opening at 10 a.m., and at reduced capacity. We will require reservations (similar to making a reservation for transportation). Eventually we also hope to schedule some special classes or events on Tuesdays and Thursdays.

Here is what I can share with you regarding protocols:

- ◆ Everyone will be asked to complete a quick health survey before entering the center - we need to know if you have any current symptoms. This will be done over the phone or with a short written survey.
- ◆ There will be a required temperature check before entering (similar to what is required at doctors' offices).
- ◆ Everyone will need to wear a mask while at the center, except while eating. This will be strictly enforced. If you need a mask, we can provide one for you.
- ◆ We will ask you to keep six feet away from others. Social distancing is important.
- ◆ There will be several hand sanitizer stations, and we encourage clients to use them.
- ◆ If you have any symptoms, you will be asked to have a COVID test done before returning back to SCR.
- ◆ Transportation will be available (as it is now for shopping and appointments), but still with reduced capacity with limited numbers on each van to ensure social distancing.

We are so excited to welcome you back! Things are definitely going to be different for awhile, but we are working to make the best of a bad situation. Please call us if you have questions or concerns.

If I've learned anything from life, it's that sometimes the darkest times can bring us to the brightest places...I've learned that no matter how powerless we feel or how horrible things seem, we can't give up. We have to keep going. Even when it's scary, even when all of our strength seems gone, we have to keep picking ourselves back up and moving forward, because whatever we're battling in the moment, it will pass, and we will make it through. We've made it this far. We can make it through whatever comes next.

— Daniell Kopeke



Beautiful vegetables from our Senior Garden!



CONGREGATE MEAL PICK-UP NOW BEGINS AT 11:00

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

Kris Harsh, Jeannie Sprosty, Don Billie, 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, Ruba Mohammed, Bill and Sally Carlin, Amy Vaughn and Emily and Isaiah Hoag!

TOM'S TRIVIA CORNER COMPILED BY TOM WENDEROTH



Complete each song title with the correct selection from the second list

- | | |
|---------------------|----------------|
| 1. Heart _____ | A. Valentine |
| 2. Melody _____ | B. Me Love You |
| 3. Let Me _____ | C. to Be You |
| 4. Love is a _____ | D. and Soul |
| 5. Love Makes _____ | E. I See You |
| 6. It Had _____ | F. Confessin' |
| 7. You Made _____ | G. of Love |
| 8. My Funny _____ | H. the World |
| | go Round |
| 9. The More _____ | I. Many Splen- |
| | dored Thing |
| 10. I'm _____ | J. Call You |
| | Sweetheart |

ANSWERS BELOW

1-D; 2-G; 3-J; 4-I; 5-H; 6-C; 7-B; 8-A; 9-E; 10-F



SCR would like to welcome our newest employee, **Andy Schumann!**

HEALTHY HOMES 2-1-1 PROGRAM

Are you a senior citizen (60+) and/or have a disability? Do you live in the Old Brooklyn or Brooklyn Centre neighborhood? Would you benefit from housing assistance, minor home repairs or homeowner resources? Contact Marissa Jones at 216-459-1000 x209 to participate in the Healthy Homes 2-1-1 Program!

OCTOBER MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p> | <p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk.</p> | | <p>1</p> <p>*Hamburger 3 oz Ketchup 2 PC *Potato Wedges ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Banana</p> <p>ALT=CBG T</p> | <p>2</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> |
| <p>5</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CS T</p> | <p>6</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *California Blend 1 c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG RB</p> | <p>7</p> <p>*Beef Sloppy Joe 4 oz *Carrot Coins ½ c *Green Peas ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG TR</p> | <p>8</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG T</p> | <p>9</p> <p>*Tuna Salad 3 oz Spring Mix 1 c. Italian dressing 1 PC Shredded Carrots, Cherry tomatoes, Cucumbers 1 c 2 Whole Grain Wheat Orange</p> <p>ALT=CBG RB</p> |
| <p>12</p> <p>Columbus Day</p> <p>Site Closed</p> | <p>13</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c</p> <p>ALT=CS TR</p> | <p>14</p> <p>*Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Banana</p> <p>ALT=CBG RB</p> | <p>15</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Baby Carrots ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p> | <p>16</p> <p>*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=CBG T</p> |
| <p>19</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c 2 oz gravy *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CS RB</p> | <p>20</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p> | <p>21</p> <p>*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 T</p> | <p>22</p> <p>*Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> | <p>23</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Orange</p> <p>ALT=CBG TR</p> |
| <p>26</p> <p>*Stuffed Cabbage 6 oz *Tomato Sauce 2 oz *Noodles ½ c *Antigua Blend Vegetables 1 c Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p> | <p>27</p> <p>*BBQ Rib Patty 3 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c 2 Whole Grain Wheat Red Grapes 1 c</p> <p>ALT=CBG T</p> | <p>28</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG TR</p> | <p>29</p> <p>*Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Bun Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p> | <p>30</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Grape Juice ½ c</p> <p>ALT=CBG TR</p> |

MENU SUBJECT TO CHANGE



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.