

Seniors in Touch



**Senior Citizen
Resources**

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

**Serving persons 60 & over
in Old Brooklyn
for 50 years**

September is National Fall Prevention Awareness Month. Join Kristen Murphy from the Avenue at Brooklyn & Encore Rehabilitation on **Monday Sept 25 @10:30 a.m.** for an informational session on effective strategies for increasing mobility and strength, while also offering practical solutions for safety. Breakfast treats will be provided by Avenue at Brooklyn. According to the CDC, falls are the most common cause of non-fatal injuries and hospital admissions among older adults. Falls are associated with poor health outcomes and a sense of fear that can hinder independence, activity, and strength in older individuals. But – falls really are preventable! Research shows that understanding risk factors and implementing fall prevention strategies into a daily routine can be extremely beneficial. Along with this info session, consider joining our NEW Stability & Strength exercise class, aimed at preventing falls and injuries, Tuesdays @ 12:30 p.m.



**Cold and flu season is on the way -
It's time to plan for your flu shot!**

The CDC recommends that almost everyone get a seasonal flu vaccine every year, ideally by the end of October. People age 65+ are at a much higher risk of developing serious complications from the virus.



SCR will be hosting a **FREE** flu shot clinic on **Tuesday October 3 @ 9:30 a.m.** Everyone that gets a flu shot at SCR on October 3 will get a **\$10 Walmart gift card!**

You do NOT need to be an SCR client - flu shots are available to anyone.

Free transportation is available; give us a call if you need a ride to SCR on October 3 for a flu shot.

Depending on the timing of FDA approval, we may also have COVID vaccines available that day.

Please note: SCR will be closed on **Monday September 4** in honor of Labor Day, and **Thursday Sept 14** for a Staff Inservice Day.

September is peak harvest time for apples. We have scattered 19 apples throughout this newsletter (a lot are in one tree). Can you find them all?

ATTENTION: If you need to cancel a ride, we ask for 24 hours notice. Our drivers have very full schedules and lately we have had so many last-minute cancellations with no notice. This wastes our drivers' time, our receptionist's time, gas, and our ability to provide rides to other clients. Please be respectful of our staff and let us know ahead of time if you no longer need a ride for a medical appointment, shopping trip, SCR activity, or just a ride to & from the center.

Reminder: Our trips & activities are not First Come / First Served. If too many people sign up for a particular trip or class, we will hold a lottery about one week before the event. Stop in at the SCR Front Desk or give us a call (216-749-5367) to be added to the list for any of our activities or trips.



Save the Date! After four years, the SCR Night at the Races is BACK! This fun night is our biggest fundraiser of the year. Come join us on Friday November 4 evening for a night of dinner, drinks, horserace betting, entertainment, raffle baskets and FUN. Let us know if you'd be interested in sponsoring a race (\$100) or a horse (\$20) – you get naming rights! Stay tuned for more information.



Tickets to the event will be \$20 and will go on sale Oct 2, but race & horse sponsorships are available to purchase now.



Keep an eye out in September for Monarch butterflies, the only butterflies to migrate like birds do! They get out of Cleveland to spend their winters in Texas and Mexico, where it's warm and they don't have to suffer watching the Browns when they lose. They'll be back in the spring!

FREE PRODUCE!

Our next free produce day will be **Monday Sept 11 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!

Next produce giveaway will be **Monday October 2.**



SEPTEMBER SHOPPING SCHEDULE

Mondays, every three weeks

Mon September 4

LABOR DAY

Mon September 11

Walmart Brookpark

Mon September 18

Walmart Steelyard

Mon September 25

Midtown



Tuesdays/Thursdays

Fridays

GIANT EAGLE
MARC'S

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.
- We provide transportation to / from our center for SCR activities, regularly scheduled shopping trips, and medical or other appointments.
- All rides must be scheduled through the SCR Front Desk (216-749-5367), not our drivers. Our receptionist is on duty weekdays 8:30 a.m. – 2:00 p.m. We ask that you try to schedule rides two weeks in advance. Please provide at least 24 hours notice for any cancellations.
- If you need a ride for a specific appointment, please keep in mind that there is more round-trip transportation available for appointments in the morning.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.

SCR will make a trip to Holistic Harvest Farms in Brooklyn Heights on Friday Sept 22 @ 10 a.m. This local, family-run, third generation urban farm makes natural hemp products utilizing alpaca fertilizer. We will learn how they grow and harvest CBD products using sustainable farming practices, and also get to meet their alpacas! We will stop for lunch afterwards (Cassie's choice. 10 person max for this trip.



On Friday Sept 1 @ 9 a.m. we will go the Akron Zoo for their Senior Safari Day! Anyone 62 or older can get discounted admission (\$7), free coffee and giveaways, and senior lunch specials. We are requesting a \$3 donation towards gas and parking.



On Wednesday Sept 13, we will make a trip to the **Sanctuary Museum on Madison Ave. in Lakewood**, followed by a lunch stop (driver's choice).

Admission is \$12. The Sanctuary Museum displays religious art and artifacts, and serves as an educational archive for the Cleveland community. Most of the artifacts in the museum can be scanned with smartphone to see photos and read a more in-depth history. Talk to the Front Desk to get signed up for this trip!



We will be making a trip to **Ohio Veterans' Memorial Park in Clinton** on Tuesday Sept 5 @ 10 a.m. The

park includes many monuments, including the Vietnam Veterans' Memorial Wall that contains the names of the 3,095 Ohioans who gave their lives in service to our nation during the Vietnam War. It is the longest free-standing monument in the country! We are requesting a \$3 donation towards gas, and we will stop for lunch afterwards (driver's choice). 12 person limit, talk to the SCR front desk to get signed up.

We will be making a **thrift store shopping trip on Friday Sept 8 @ 10 a.m.** We will also make a lunch stop (driver's choice!). 12 person limit, give us a call to get signed up.



It's not too late to join the SCR Hiking Group – new members are always welcome. We are tracking our miles – come join us and see how many “foot” tokens you can earn! We head out each Tuesday at 10 a.m., and you can hike at your own pace & length. This month we will be going to

West Creek Reservation in Parma – don't forget a water bottle. **Note:** on Wednesday Sept 6 @ 9:30 a.m., we will be joining the Cleveland Department of Aging “Walk on Wednesdays” event at the newly renovated Clark Field (all participants will receive a Senior Walk t-shirt and resource bag!) This will replace our regular Hiking Group outing normally scheduled for Tuesday Sept 5.

LABOR DAY FUN FACTS



LABOR DAY

- On June 28, 1894, President Grover Cleveland signed a law making the first Monday in September a legal national holiday every year.

- Labor Day was the idea of Peter J. Maguire, a labor union leader who, in 1882, proposed a celebration honoring the American worker.

- They say you can't wear white after Labor Day? Stylists say that's nonsense! We'll see you all in white this September if that's what you want to wear!



Now on the first Monday of each month, SCR makes a trip to either the South Brooklyn Branch of the Cleveland Public Library (Pearl & State Roads) or the Brooklyn Branch of Cuyahoga County Public Library (Ridge Road). These local libraries each have so much to offer – join us!

Breakfast Bunch:

Café Miami, State Rd.
Mon Sept 18 @ 10 a.m.,
12 person max

Lunch Bunch:

Das Schnitzel Haus
on Pearl Rd.:
Friday Sept 15 @ 11 a.m.
12 person max



The Big Apple?
We love NYC,
but it doesn't count.



Cossel Farms from North Royalton will be here at SCR for a farmer's market on Thursdays Sept 7 and Sept 21 @ 10 a.m. This is a great opportunity to use your Senior Farmers' Market Nutrition Program coupons (SFMNP coupons can be used at a variety of locations, including the Old Brooklyn Farmers' Market).

Give us a call to get signed up for one of our wonderful FREE exercise classes – no experience required!:

NEW Stability & Strength – Tuesdays @ 12:30

p.m.: We are especially excited to launch this class during National Fall Prevention Awareness Month. As we age, we lose muscle mass. This new class is designed to build strength so we can continue to live independently and continue with our daily activities! The first half of the class (standing) will focus on lower body strength and power around the ankles, knees, and hips to improve balance. The second half of the class will be seated, focusing on the upper body (arms and core). We will use light dumbbells, water bottles, or our own body weight for resistance.

Earn some charms / tokens for checking out this new class!

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

(benefits of yoga include: chronic pain relief, decreased blood pressure, better stability & balance, greater flexibility, and improved respiration)

Tai Chi - Fridays @ 12:30 p.m. (benefits of tai chi include: improved balance, decreased blood pressure, improved hand-eye coordination & strength, and increased blood circulation)



Have you ever wanted to learn sign language? SCR will be offering American Sign Language classes this month, Fridays at 10

a.m. ASL originated in the early 19th century in the American School for the Deaf in Connecticut. Since then, ASL use has been propagated widely by schools for the deaf and deaf community organizations.

Show & Tell @ SCR: Join us on **Friday Sept 1 @ 11 a.m.** We love to learn more about each other! Bring in any favorite item or talent, and share some facts or stories about your object or skill. We have Show & Tell the first Friday of each month.



After a summer break, we are excited to announce that the SCR Writing Workshop is back! We will meet Wednesdays @ 12:30 – 2 p.m. starting Sept 6, and everyone is welcome. No writing experience required since we learn together as we go. We encourage you to write anything: essays, short stories, fiction or non-fiction, poetry, memories, etc. Hope to see the original participants back, and looking forward to welcoming some new people! This session will continue through Thanksgiving.

Cooking with Cassie continues this month, now Wednesdays at 10 a.m. Cassie will show us some simple, healthy, fun recipes. Join us! (**Note:** Cooking with Cassie will be held on Tuesday Sept 5 instead of Wednesday Sept 6)



Join us for our last month at the Ben Franklin Community Garden. We go every Thursday morning at 9:30 a.m. and new people are always welcome. Come dig in the dirt with us. No gardening experience required!

Studio Go will be back at SCR on **Friday Sept 22 @ 10 a.m.** for a fun project. 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.

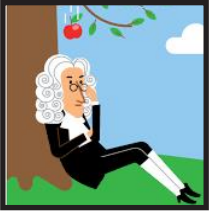


Just a reminder – you can always find our latest newsletter online, both on our website **SeniorCitizen-Resources.org**), and on our Facebook page (**Senior Citizen Resources - Old Brooklyn**). Let us know if you are tired of waiting to receive your newsletter in the mail – you can access the newsletter online much earlier!

An Apple computer?
Tastes awful.
Doesn't count.



SCR ACTIVITIES - SEPTEMBER

Mon	Tue	Wed	Thu	Fri
				1 9am Coffee & Puzzles 9am Akron Zoo 10am Thrift Store Trip 10am Sign Language 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
4 SCR Closed: Labor Day	5 9am Coffee & Open Studio 9am Crochet Group 10am Ohio Veterans' Memorial Park Trip 10am Cooking w/Cassie 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	6 9am Coffee & Music 9:30am Hiking Group / Walk on Wed: Clark Field 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	7 9am Coffee & Trivia 9:30am Commun Garden 10am Farmers Market 10am Chair Volleyball 10:45am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	8 9am Coffee & Puzzles 10am Sign Language 10am Thrift Store Trip 12pm SCR Lunch 12:30pm Tai Chi
11 9am Coffee & Convo 10am Produce Pickup 10am Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	12 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: West Creek 12pm SCR Lunch 12:30pm Stability & Strength	13 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 10am Sanctuary Museum 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	14 SCR Closed: Staff Inservice Day	15 9am Coffee & Puzzles 10am Sign Language 11am Lunch Bunch: Das Schnitzel Haus 12pm SCR Lunch 12:30pm Tai Chi
18 9am Coffee & Convo 10am Breakfast Bunch: Café Miami 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	19 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: West Creek 12pm SCR Lunch 12:30pm Stability & Strength	20 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	21 9am Coffee & Trivia 9:30am Commun Garden 10am Farmers Market 10am Chair Volleyball 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	22 9am Coffee & Puzzles 10am Sign Language 10am Studio Go 10am Holistic Farms 12pm SCR Lunch 12:30pm Tai Chi
25 9am Coffee & Convo 10:30am Fall Prevention 10:30am Cards & Games 12pm SCR Lunch 12:30pm Oak St. Bingo	26 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: West Creek 12pm SCR Lunch 12:30pm Stability & Strength	27 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	28 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	29 9am Coffee & Puzzles 10am Sign Language 11:30am Sept Birthdays 12pm SCR Lunch 12:30pm Tai Chi

SEPTEMBER 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk ** Serve Emergency Item (caterer will replace)		1 *Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Sce 2 oz *Green Beans ½ c *Mushrooms ½ c Applesauce ½ c ALT=CBG TR
4 Labor Day Sites Closed	5 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR	6 *Chicken, 3 oz and Dumplings ½ c *Green Beans ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	7 *Breaded Fish 3 oz Tartar Sauce 1 PC *Lima Beans 1/2 c *Carrots ½ c Whole Grain Bun 2 oz Orange ALT=CBG RB	8 *Sweet & Sour Pork Loin 4 oz *Buttered Noodles ½ c *Sautéed Cabbage ½ c *Beets ½ c W.G. Dinner Roll Apricots ½ c ALT=CBG T
11 *Stuffed Pepper 6 oz *W.G. Pasta ½ c w/2 oz Sauce *Zucchini & *Yellow Squash 1 c W.G. Wheat Fruit Cocktail ½ c ALT=CS TR	12 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CBG RB	13 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CBG T	14 SCR Staff In-Service Site Closed	15 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB
18 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pineapple Chunks ½ c Grape Juice ½ c ALT=CS TR	19 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Mandarin Oranges ½ c **W.G. Vanilla Wafer 1 oz ALT=CBG RB	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR	21 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB	22 *Breaded Chicken Parmesan 3 oz *W.G. Pasta ½ c Marinara Sauce 2 oz *Capri Blend ½ c, *Green Beans ½ c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB
25 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	26 *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 Mandarin Oranges ½ c ALT=CBG RB	27 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Wheat 2 Applesauce ½ c ALT=CBG T	28 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR	29 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR



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

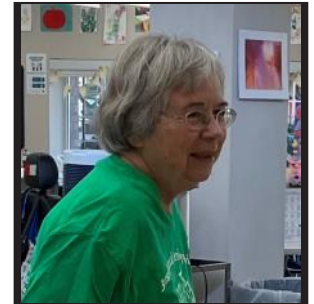
THEN AND NOW



LAST MONTH'S THEN AND NOW



Rosemarie Williams!



Beverly Welky!

These two photos are a little fuzzy, just like our memories sometimes, so squint if you have to and take a guess who they are. A couple of hints — a lot of you might recognize the boy if the photo was of the back of his head, and we'd bet the girl could almost still fit into the dress she's wearing. We will reveal their identities 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.

TAKEAWAY

Make a Word in a Word

By Kathryn Kilpatrick

Here's a good exercise: Remove one letter from each word to form a new word. Seems easy, right? Maybe, maybe not.

Example: Window = Widow

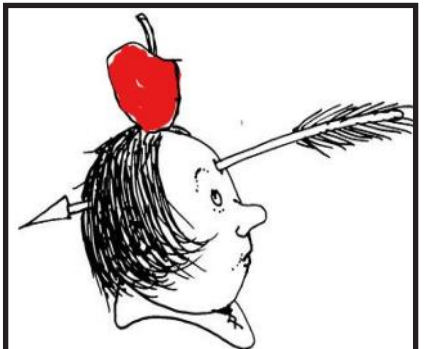
Through	-----
Country	-----
Sweater	-----
Dessert	-----
Short	-----
Forge	-----
Ground	-----
Mourning	-----



Tom's Trivia

Three	-----
Smile	-----
Pleasant	-----
Quartz	-----
Restrain	-----
Smoother	-----
Complaint	-----
Estate	-----
Splice	-----
Crouch	-----
Flight	-----

Answers on back page!



William Tell, William Tell,
Take your arrow, grip it well
There's the apple-aim for the middle—
Oh, well...you just missed by
a little.

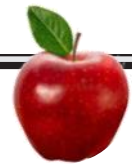


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**DATED MATERIAL
PLEASE DO NOT DELAY**

**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.**

Next mobile post office: **Thurs September 7** around 10:30 a.m.
Next blood pressure screening & glucose level monitoring: **Thurs September 21@** 10:30 a.m.



**Planning
ahead:**

- Tuesday,
Oct 3 SCR Flu
Shot Clinic

-SCR will be closed on
Monday Oct 9 in honor
of Indigenous Peoples'
Day.

-Studio Go will be back
at SCR on Friday
October 20.

PUZZLE ANSWERS

Answers: Through = Though, Country = County, Sweater = Sweaty, Dessert = Desert, Short = Sort, Forge = Fore, Ground =
Round, Mourning = Morning, Three = Tree, Smile = Mile, Pleasant = Peasant, Quartz = Quart, Restrain = Retrain, Smoother
= Soother, Complaint = Complain, Estate = State, Splice = Slice, Crouch = Couch, Flight = Light



* 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. *