

# Seniors in Touch

December  
2021



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

Serving persons 60 & over  
in Old Brooklyn  
for 50 years

**ATTENTION!**

**OUR RECEPTIONIST TABBY IS  
NOW ON DUTY UNTIL  
2pm DAILY.  
FOR QUESTIONS OR  
APPOINTMENT SCHEDULING,  
PLEASE CALL IN THE MORNING.**



Seniors and adults with disabilities can contact the Cleveland Department of Aging

at 216-664-2239 to learn if they are eligible for the HEAP utility program. The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans (household income at or below 175 percent of the federal poverty guidelines) assistance with their home energy bills. This one-time benefit is applied directly to the customer's utility bill.

**SCR Annual Fund Drive 2021**

We are asking for your support to keep our community's seniors healthy, safe, and thriving. Your generous support helps us provide programming — including nutrition, transportation, activities, and social services — that continues to be so vital during these difficult times. Your donation keeps our clients healthy, happy, and living independently.

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](http://SeniorCitizenResources.org). We are so grateful for your continued support — thank you!

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**Senior Citizen Resources Annual Drive 2021 Gift Form**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
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](http://SeniorCitizenResources.org) to pay with a credit card (look for the yellow "Donate" button). 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.



to all who send in donations of any kind—for meals, the newsletter, transportation; every little bit helps!  
**YOU ARE THE BEST!!!**



The Adult Chess club has invited any SCR folks who are interested to join them at the Parma Public Library at 6996 Powers Blvd. for some games of chess! They will be there Saturdays between 9am and 4:30pm. It's free! Bring a chess set and board if you have one. The library requires masks and no food or beverages are permitted. For more information see signs posted at SCR or call 440-842-5599. It's your move!

**Calcium & Vitamin D: Powerful Combo**

Calcium is an important mineral that helps your heart and muscles function, and supports your nervous system and hormone function in the body. Calcium keeps your bones healthy and strong as you age. If you do not eat enough calcium, your body may begin to pull calcium from your bones, weakening them. Best calcium food sources include: Milk, Cheese, & Yogurt; Leafy Greens; Lentils & Beans; Almonds

Vitamin D is a vitamin that helps your body absorb calcium, and is important for bone growth. Calcium and Vitamin D work together to help prevent bone loss, and to build bones and muscles to keep you strong and balanced. Together they also work to maintain the strength of your teeth. Best Vitamin D food sources include: Fatty Fish (Salmon, Tuna, & Trout); Mushrooms; Egg Yolk; Vitamin D Milk Sun exposure is also a key Vitamin D source! Your skin makes Vitamin D from the sun and can store it in your body for when you need it.



**REMEMBER,  
THERE'S A TWO (2)  
SHOPPING BAG  
LIMIT ON  
YOUR SHOPPING  
TRIPS.**

**SCR AND  
THE DRIVERS  
THANK YOU.**

**DECEMBER SHOPPING  
SCHEDULE**

**Mondays, every three weeks**

WALMART BROOKPARK	12/6
STEELYARD	12/13
MIDTOWN	12/20

**Tuesdays/Thursdays**

GIANT EAGLE  
MARC'S

**Fridays**

ALDI'S  
DRUG MART  
SAV A LOT

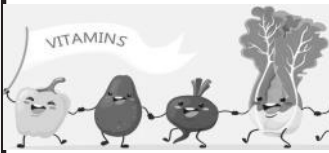
**SCR Transportation Guidelines**

- We provide transportation to / from our center for SCR activities; regularly scheduled shopping trips; and medical or other important appointments.
- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) that is age 60 or over and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.
- All rides must be scheduled through the SCR front desk (216-749-5367), not our drivers, and we ask that you try to schedule rides two weeks in advance. Please provide at least 24 hours notice for any cancellations.
- There is a 2 shopping bag limit for shopping trips.
- Freewill donations are accepted for transportation, but never required.

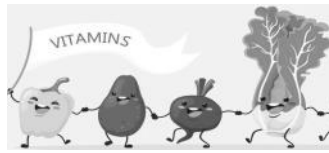


SCR now has a brand new 90-inch big screen TV for everyone to watch videos, instructional tapes, and movies!

## FREE PRODUCE GIVEAWAY



*Monday,  
December 6  
10:00 to 11:30  
in the  
DK Dining Room*



**please bring carts and shopping bags!**

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



Recent studies from the CDC and the Mayo Clinic suggest that COVID-19 vaccines are very effective in the months after full inoculation — but that the strength of protection eventually starts to fade. The CDC recommends COVID-19 vaccine boosters for all adults 18 and over.

Experts also suggest getting a flu vaccine to protect against the influenza virus. Older adults are at highest risk for developing life-threatening complications from the flu.

Talk to your doctor, and contact SCR if you need help scheduling a COVID booster and/or flu shot, or a ride to your appointment.



I believe my house is haunted.  
Every time I look in my mirror a  
crazy old lady stands in front of  
me so I can't see my reflection!



### A BIG THANKS TO OUR VOLUNTEERS FOR YOUR WORK

**Janice Roth, Janice Petrow,  
Amy Vaughn, Tom Wenderoth,  
Beverly Welky, Bonnie Robertson,  
Michael Stachowiak, Pat Dobson,  
Margie Fagan, Pete Rodriguez, Paul  
Hoffman, Sharita Roberts, Jim Kuhr,  
Alan and Lillian Kautz, Dawn Beckford,  
Eric Nussa, Angel Candelaria,  
Ken Weidus, Diane Bricker,  
and Gene Bricker**



### Tech Time

Instructors from Simply Virtual will be at SCR on Monday December 6, 10 a.m. – 12 noon for Senior Technology Help Desk – anyone is welcome to stop in with general tech questions about your phone, tablet, or computer. They can help with basic email set up, help you navigate your smartphone, teach you how to use the internet to schedule medical appointments, or make Zoom calls, or to use social media.

**Bring your device and your questions!**



Many people look at hobbies as just a way to kill time. But hobbies make life fun and meaningful, prevent boredom and isolation, and research shows they may contribute to healthy aging. Hobbies can boost your brainpower and bring joy to your daily life. Studies have shown that people who take part daily in fun activities are less likely to have a decline in memory. A hobby should be active, fun, and mentally challenging. Some ideas include: hiking, woodworking, photography, gardening, painting, tai chi, writing / journaling, card games like bridge, brain games such as crosswords or Sudoku, even video games. Try starting with something you've always been fascinated with but never made time for. Then approach it like a student!



# December Activities

Call 216-749-5367 to register for all activities. All activities /trips have capacity limits.  
If we have more people interested in a trip than we have room for,  
a lottery draw will be held one week before the activity.



## Christmas Lights

5:00– 6:30

Tuesdays in December  
7th 14th and 21st  
limited to 8 persons  
Call to book your tour

*Cookie baking and sprinkles  
12 noon Tuesday December 21  
Limited to 10 participants*



## Calling all Elves

We need your help to  
decorate ornaments

**Thursday Dec 9th and 16th at 11AM**

Ornaments to be distributed in  
December Meals on Wheels deliveries

Extra, Extra  
**BINGO DAY**  
For the winter, we added  
a second day of Bingo  
Thursdays 12:30 to 1:30



Watch the snow from the inside  
At West Creek Reservation and  
Watershed Stewardship Center  
Wednesday December 15th 10am  
Limited to 10 participants.



**Christmas movies  
every Friday in December 10AM**  
Call to reserve your seat  
**SNACKS PROVIDED**

## SCR Book Nook opens

(located in back craft room) Mon Tue and Thurs  
Read, enjoy, return to blue return box  
No book donations taken at this time



## Ringing in the Holidays

Interactive Arts event for the Holiday Season  
Tuesday December 7th 10am –12:00  
Our own SCR Bell Ringers perform  
Then Old Brooklyn resident artist Bernadette  
shows us how to  
design/create hand crafted holiday cards  
Coffee and snacks served  
Participation is limited. Call to reserve a space  
to what promises to be a special time

## TRIVIA GAMES

Coffee first - Game of trivia, second  
9am on Thursdays 9th and 23rd

Monday “Minute To Win It” Games  
Dec 13th and 20th 12:30-1:30  
Can you do it in one minute?

## Holiday “Collage” Craft

Brighten your door with  
a personal welcome sign  
Monday December 13 and 20 10-11:00  
Limited to 10 participants per session.  
Call to reserve a seat

**Breakfast Bunch goes to Gabe’s Restaurant**  
Friday December 16th 10am  
Limited to 10 participants Call to register

Decorate the Christmas Tree  
Thurs. December 2nd at 9am



**Coming in January.....“YouTube”  
Tours let us take you on world tours  
without leaving Cleveland**

# December Activities

MON	TUES	WED	THU	FRI	S
		<b>1</b> 10am Creative Paint Class 11:30-12:30 Tai Chi	<b>2</b> 9am Decorate tree 10-11 Chair Volleyball 12:30 Bingo	<b>3</b> 10am Movie 11:30-12:30 Tai Chi	
<b>6</b> Cleveland Food Bank produce distribution 10-12 Senior Tech- nology Help desk	<b>7</b> 9-11 Crochet and Mat Making 10-2 HolidayArts /Bells Event 12:15-1:15 Stretch and Strength 5-6:30 Lights Tour	<b>8</b> 10am Creative Paint Class 11:30-12:30 Tai Chi	<b>9</b> 9am Coffee/Trivia 10-11 Chair Volleyball 11:00 ornaments 12:30 Bingo	<b>10</b> 10am Movie 11:30-12:30 Tai Chi	
<b>13</b> 9-10 Coffee and Conversation 10-11 craft 11:30-12:30 Bingo 12:30 minute games	<b>14</b> 9-12 Open Studio 9-11 Crochet and Mat Making 12:15-1:15 Stretch and Strength 5-6:30 Lights tour	<b>15</b> 10am Park Trip 10am Creative Paint Class 11:30-12:30 Tai Chi	<b>16</b> 10 Breakfast bunch 10-11 Chair Volleyball 11:00 ornaments 12:30 Bingo	<b>17</b> 10am Movie 11:30-12:30 Tai Chi	
<b>20</b> 9-10 Coffee and Conversation 10-11 craft 11:30-12:30 Music Bingo 12:30 minute games	<b>21</b> 9-12 Open Studio 9-11 Crochet and Mat Making 12 noon cookies 11-15-1:15 Stretch and Strength 5-6:30 Lights tour	<b>22</b> 10am Creative Paint Class 11:30-12:30 Tai Chi	<b>23</b> 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo	<b>24</b> <u>Center Closed</u>	
<b>27</b> <u>Center Closed</u>	<b>28</b> <u>Center Closed</u>	<b>29</b> <u>Center Closed</u>	<b>30</b> <u>Center Closed</u>		

# December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>	<p>*=take temperature of Milk  Choice of 1% Milk or</p>	<p>1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG T</p>	<p>2 *Baked Chicken Breast 4 oz w *Gravy 2oz *Butternut Squash ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c ALT=CBG TR</p>	<p>3 *Beef Stew 8 oz *Green Peas ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CBG T</p>
<p>6 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c ALT-CS RB</p>	<p>7 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, ½ c *Corn, ½ c Fruit Cocktail, ½ c Vanilla Wafers, 1 oz ALT=CBG TR</p>	<p>8 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c W *Gravy 2 oz *Harvard Beets ½ c WG Dinner Roll 2 oz Scalloped Apples ½ c ALT=CBG T</p>	<p>9 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz ALT=CBG RB</p>	<p>10 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Grapes 1 c ALT=CBG TR</p>
<p>13 *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 ALT=CS TR</p>	<p>14 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c Whole Grain White Banana ALT=CBG RB</p>	<p>15 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c W.G. Hamburger Bun Apricots ½ c ALT=CBG TR</p>	<p>16 *Tomato Basil Chicken 3 oz *W.G. Pasta ½, w Sauce 2 oz *Mixed Vegetables ½ c Spinach ½ w Lemon 1 PC Whole Grain White Orange ALT=CBG T</p>	<p>17 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c Whole Grain White Mandarin Oranges ½ c ALT=CBG RB</p>
<p>20 *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/Gravy 2 oz *Broccoli ½ c 2, Whole Grain White Apricots ½ c ALT=CS RB</p>	<p>21 *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2oz *Capri Blend ½ c Spinach ½ c / Vinegar 1 PC W. G. Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB</p>	<p>22 *Sweet &amp; Sour Pork Loin 4 oz *Rice Pilaf ½ c *Sautéed Mushrooms ½ c *Red Cabbage ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG TR</p>	<p>23 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG T</p>	<p>24 <b>Holiday</b> <b>Sites Closed</b></p>
<p>27 <b><u>Center</u></b> <b><u>Closed</u></b></p>	<p>28 <b><u>Center</u></b> <b><u>Closed</u></b></p>	<p>29 <b><u>Center</u></b> <b><u>Closed</u></b></p>	<p>30 <b><u>Center</u></b> <b><u>Closed</u></b></p>	<p>31 <b>Holiday</b> <b>Sites Closed</b></p>

**MENU SUBJECT TO CHANGE**





# Tom's Trivia Corner



## Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas. Some of the words have religious meanings, others are secular in nature.

1. Groceos \_\_\_\_\_
2. Naclorig \_\_\_\_\_
3. Rats \_\_\_\_\_
4. Scunttshe \_\_\_\_\_
5. Porduhl \_\_\_\_\_
6. Naast \_\_\_\_\_
7. Skagceap \_\_\_\_\_
8. Dressephh \_\_\_\_\_
9. Gramen \_\_\_\_\_
10. Galen \_\_\_\_\_
11. Limesotte \_\_\_\_\_
12. Vaniyitt \_\_\_\_\_
13. Gotscink \_\_\_\_\_
14. Virasou \_\_\_\_\_
15. Traweh \_\_\_\_\_
16. Gisehl \_\_\_\_\_
17. Wamsonn \_\_\_\_\_
18. Ejuss \_\_\_\_\_
19. Stranneom \_\_\_\_\_
20. Scamsthir \_\_\_\_\_

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### ANSWERS

1. Scrooge 2. Caroling 3. Star 4. Chestnuts 5. Rudolph 6. Santa 7. Packages
8. Shepherds 9. Manger 10. Angel 11. Mistetoe 12. Nativity 13. Stocking 14. Savior
15. Wreath 16. Sleigh 17. Snowman 18. Jesus 19. Ornaments 20. Christmas



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

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**DATED MATERIAL  
 PLEASE DO NOT DELAY**

**SENIOR CITIZEN RESOURCES, INC.**

HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY  
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR OVER 45 YEARS

**You can reach our main office by calling  
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 x1113; LHernandez@SCRinc.org

**Chris Maslar, Social Services & Outreach**  
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Halloween Costume Contest Winners  
 Linda Timmerman and family  
 and Bonnie Robertson at our annual  
 Halloween Bash.



Sharon Sellers' dog  
 Sebastian got  
 dressed up as well!

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](mailto:LBrown@SCRinc.org) or 216-749-5367. Our newsletter is free, but we do always accept &  
 appreciate donations towards our printing, processing, and mailing costs.