

# Seniors

## April 2022

# in Touch



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

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

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

### NEW MASK POLICY

Masks are no longer required to be worn at SCR. Please continue to respect anyone's decision to wear a mask or not wear a mask.

We are encouraging people to continue keep some distance between each other and consider a mask if working closely together on a project. If you do not feel well, please stay home.

This policy is **subject to change** per guidance from the CDC or Cuyahoga County Board of Health.



#### **A note for our SCR Home-Delivered Meal clients:**

Just a quick explanation as to why we are no longer leaving the meal in a plastic bag hanging on your door.

During COVID, some of our usual meal delivery program rules were waived, and we were given permission from our funder (Western Reserve Area Agency on Aging) for No Contact Deliveries. However, WRAAA once again requires that we hand the meal directly to the person who it is for (or a caregiver or family member), as we were doing before COVID. Our in-person meal delivery is a way to know you are there and doing well. Food safety is also very important. Some things to remember:

- We want you to get the meal; just let us know if you will not be home on a certain day so we can plan our deliveries in the most efficient way.
- The meal usually is delivered between 10:15 a.m. – 12 noon. Please listen for the knock (the delivery person will knock loudly!)
- Its important that we have a current phone number for you.
- SCR is delivering over 130 meals in the neighborhood; please have patience and understanding with our volunteers and staff, especially as we adjust to new these new processes.

We are also ensuring that our list of home-delivered meal clients is true to our mission to provide a meal to those who are truly homebound, have a nutritional need, and have very limited capacity to cook and shop. During COVID, some of the program regulations were temporarily waived, but recently we have had to eliminate services that were provided over the past two years to some of our more able-bodied customers.

We have now re-opened our center for a daily congregate meal, served each weekday at 11:45 a.m. We hope that anyone who's able to come to SCR will join us for lunch, activities, and socialization! Free transportation to & from the center is available.

Call us with questions or just to give us any updated contact information. Thank you!



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



Your help is invaluable. And we have plenty of opportunities here if you're interested in volunteering. Call **Kim Susak** during our normal hours.



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

**SCR AND  
THE DRIVERS  
THANK YOU.**



The Senior Homeowner Assistance Program (SHAP) provides grants to Cleveland residents age 60+ in need of critical safety and maintenance repairs to their home. Homeowners must meet eligibility guidelines and reside in a single or two-family home. Typical repairs include roof repair or replacement, major electrical work, major plumbing work, repair or replacing the front and/or back steps, porch repairs, and the installation of ramps.

For more information, call 216-664-2833 or go to: [www.clevelandohio.gov](http://www.clevelandohio.gov) and type SHAP in the site search box.

**APRIL SHOPPING SCHEDULE**

**Mondays, every three weeks**

**WALMART STEELYARD** 4/4, 4/25  
**MIDTOWN** 4/11  
**WALMART BROOKPARK** 4/18

**Tuesdays/Thursdays**

GIANT EAGLE  
MARC'S

**Fridays**

ALDI'S  
DRUG MART  
SAV A LOT

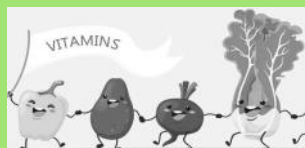
**SCR Transportation Guidelines**

- 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.

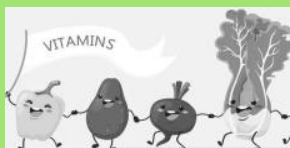


Instructors from Simply Virtual will be at SCR on **Monday April 4, 10 a.m. – 12 noon** for **Senior Technology Help Desk** – anyone is welcome to stop in with general tech questions about your phone, tablet, or computer. They can help with basic e-mail set up, help you navigate your smartphone, teach 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!

## FREE PRODUCE GIVEAWAY



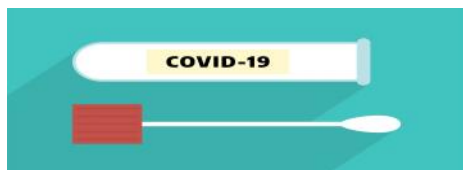
**Monday, APRIL 4**  
**10:00 to 11:30** in  
the DK Dining Room



**please bring carts and shopping bags!**

## NEW TIME!

**MEAL  
PICK-UP  
IS NOW FROM  
11:00 UNTIL 11:30**



Americans can now order a second set of free at-home Covid-19 rapid antigen tests from the federal government. Free test kits can be ordered via the website [www.CovidTests.gov](http://www.CovidTests.gov) or by calling 800-232-0233. The tests are authorized by the USFDA and can provide results within half an hour.



Please search for our NEW Facebook page: **"Senior Citizen Resources - Old Brooklyn"** and make sure to 'like' and 'follow' us! Stay up-to-date on what's happening, access our newsletters & menus, enjoy photos, and much more.



The next scheduled stop for the Mobile Post Office is **Thursday, April 7, from 10:10 till 10:40.**

**Services include**

**stamps, money orders, package supplies, and letter / package mailing.**

**Special services (certified, insured, priority, express, etc.) are also available.**

**The mobile unit stops at SCR the first Thursday of every month.**



## WORST HABITS FOR YOUR JOINTS

The risk for developing osteoarthritis, a degenerative joint disease, increases with age. Here are some of the worst habits for your joints - avoid these habits and keep your cartilage (the protective cushion between your bones) healthy!

### 1. Smoking

The nicotine in cigarettes narrows blood vessels and restricts the amount of oxygen and critical nutrients that reach the joint cartilage. Smoking also ups your risk for osteoporosis -- seniors who smoke are 30-40% more likely to break their hips than nonsmokers.

### 2. A physically inactive lifestyle

Sedentary habits are bad for your joints in a couple of ways: it makes it hard to maintain a healthy weight, and extra pounds are hard on your joints. Frequent sitting also leads to muscle tightness in the hips and legs, and weakness of core-stabilizing muscles. Breaking up bouts of sitting every 30 minutes or so with some stretches will help keep joints lubricated. Aim for 30 minutes of joint-friendly exercise like walking, water aerobics, or swimming five days a week. People who keep their muscles in good shape manage arthritis much better.

### 3. Carrying a heavy load

Heavy lifting takes a toll on your body, specifically on your joints. Play it safe and use the palms of both hands, or use your arms instead of your hands, when you lift or carry stuff. Holding items close to your body is less stressful for your joints.

### 4. Eating pro-inflammatory foods

Pro-inflammatory foods (red meat, white sugar, French fries, soda, pastries, etc.) can worsen joint pain. However, foods rich in omega-3 fatty acids like flaxseed oil, salmon, and mackerel can help alleviate inflamed joints. Try incorporating leafy greens, almonds, pistachios, walnuts, olive oil, and berries – all linked to reduced inflammation and lower cholesterol.

### 5. Texting!

Constant typing on that mini cellphone keyboard can create inflammation of the joints, which can lead to pain and stiffness. Take breaks or consider using the speech-to-text function on your smartphone.



# APRIL 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.

## Lake Metroparks Farmpark 30th annual Quilts 2022 Show

April 27th 9am to 1:30  
Trip limited to 12  
Self purchase tickets (\$7 each )  
at the event that day  
Lunch will be on your own at  
Honey'z Café [www.honeyzcafe.com](http://www.honeyzcafe.com)

## Neurographic Art

Tuesdays in April 5, 12, 19, 26  
12:30—1:30  
Supplies provided  
Limited to 20



## Tablet Day at SCR

Thursday April 28th 10– 11:30  
Have a tablet? Not sure what to do with it?  
We are asking seniors to bring their own personal tablet  
and share their knowledge/expertise with other Seniors  
who may need assistance.

## Rock and Roll Hall of Fame

Friday April 8th 9:50 to 1:30 Limited to 12  
Hall of Fame is free but lunch on your own at  
the museum's All Access Cafe

Coloring - Not only for kids anymore  
It has an amazing power to de-stress  
Mondays 1:30 -2:00 Supplies provided



Play Higher  
or Lower  
Wednesday Mornings  
in April 9am -10am

## Lunch Bunch on your own

Call to register Limited to 12 persons per trip

- Wed April 6th at 10am  
Medina County Career Center's "The Center Café"
- Wed April 13th at 11:30  
Steve's Family Restaurant



"Flower" Pen Craft  
Mon 18 and Thurs 21  
10-11 limited to 12  
- bring a couple of pens  
One way to keep track of your pens

## Music Bingo Mon April 11th 12:30 -1:30

## *Creative Writing Class*

Wednesdays April 6th through May 11<sup>th</sup>  
12:30 – 1:30

SCR is presenting a creative writing class  
which is going to be all about you!  
Everyone has a story to tell  
we will be writing about our lives  
memories and experiences

Transportation available \*limited to 10\*  
Come join us as we document our lives  
call Tabby to register before April 4th deadline  
All necessary supplies will be provided.

## Cleveland Museum of Art

Fri 22th 9:50 am - 1:30 Limited to 12  
Museum is free but lunch on your own  
at the museum's Provenance Cafe



## Sing-a -Long

sponsored by Dedicated Health

Friday April 22nd 12:30-1:30

Come hear a live performance of popular tunes  
followed by a sing along and ice cream.

APRIL 1ST MOVIE WILL BE A SURPRISE.....  
MOVIE LISTINGS FOR APRIL WILL BE POSTED  
IN THE DINING ROOM

Coming in the spring.....

- \* Garage Sale Hop
- \* Cleveland Zoo Monday
- \* SCR little store to open soon



# APRIL Activities

Mon	Tue	Wed	Thu	Fri	S
				<b>1</b> 9-11:30 Movie 11:30-12:30 Tai Chi 12:30-1:30 Dominos	
<b>4</b> <b>FOOD BANK</b> 9-10 Coffee and Conversation 10-noon Tech Help 10:30 Texas Hold'em 12:30-1:30 Bingo	<b>5</b> 9-12 Open Studio 9-11 Crochet/Mat 10-11:30 Drums 12:30-1:30 Stretch n Strength 12:30-1:30 Art Session	<b>6</b> 9am High / Low Game 10-12 Art Class 10am Lunch- Bunch 12:30-2:00 Movie 12:30-1:30 Crea- tive Writing	<b>7</b> 9am Coffee/Trivia 10-11 Chair Volleyball 12:30-1:30 Bingo	<b>8</b> 9-11:30 Movie 9:50 Rock and Roll 11:30-12:30 Tai Chi 12:30-1:30 Dominos	
<b>11</b> 9-10 Coffee and Conversation 10:30 Texas Hold'em 12:30-1:30 Music Bingo 1:30-2:00 Coloring	<b>12</b> 9-12 Open Studio 9-11 Crochet/Mat 10-11:30 Drums 12:30-1:30 Stretch n Strength 12:30-1:30 Art Session	<b>13</b> 9am High / Low Game 10-12 Art Class 11:30 Lunch- Bunch 12:30-2:00 Movie 12:30-1:30 Crea- tive Writing	<b>14</b> 9am Coffee/Trivia 10-11 Chair Volleyball 12:30-1:30 Bingo	<b>15</b> 9-11:30 Movie 9:50 Art Museum 11:30-12:30 Tai Chi 12:30-1:30 Dominos	
<b>18</b> 9-10 Coffee and Conversation 10-11 Flower Craft 10:30 Texas Hold'em 12:30-1:30 Bingo 1:30-2:00 Coloring	<b>19</b> 9-12 Open Studio 9-11 Crochet/Mat 10-11:30 Drums 12:30-1:30 Stretch -n- strength 12:30-1:30 Art	<b>20</b> 9am High / Low Game 10-12 Art Class 12:30-2:00 Movie 12:30-1:30 Crea- tive Writing	<b>21</b> 9am Coffee/Trivia 10-11 Flower Craft 10-11 Chair Volleyball 12:30-1:30 Bingo	<b>22</b> 9-11:30 Movie 9:50 Art Museum 11:30-12:30 Tai Chi 12:30-1:30 Dominos 12:30-1:30 Devoted Health sing along	
<b>25</b> 9-10 Coffee and Conversation 10:30 Texas Hold'em 12:30-1:30 Bingo 1:30-2:00 Coloring	<b>26</b> 9-12 Open Studio 9-11 Crochet/Mat 10-11:30 Drums 12:30-1:30 Stretch n Strength 12:30-1:30 Art Session	<b>27</b> 9am High / Low Game 10-12 Art Class 9-1:30 Quilt trip 12:30-2:00 Movie 12:30-1:30 Crea- tive Writing	<b>28</b> 9am Coffee/Trivia 10-11:30 Tablet Info Share 10-11 Chair Volleyball 12:30-1:30 Bingo	<b>29</b> 9-11:30 Movie 11:30-12:30 Tai Chi	

# APRIL Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>** emergency food items for these items should be served.</p>		<p>1</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC</p> <p>*Rice Pilaf ½ c</p> <p>* Spinach ½ c /1 Lemon PC</p> <p>*California Blend ½ c</p> <p>*W.G. Vanilla Wafers 1 oz</p> <p>Pineapple, ½ c</p> <p>ATL = CBG RB</p>
<p>4</p> <p>*Swedish Meatballs 3-1 oz</p> <p>*w/Gravy 2 oz</p> <p>*Buttered Noodles ½ c</p> <p>*Mushrooms ½ c,</p> <p>*Green Beans ½ c</p> <p>1 Whole Grain White</p> <p>Tropical Fruit ½ c</p> <p>ATL=CS TR</p>	<p>5</p> <p>*Chicken Cordon Bleu, 6 oz</p> <p>*Mashed potatoes ½ c w gravy</p> <p>*Harvard Beets ½ c</p> <p>W.G. Dinner Roll, 1 oz</p> <p>**Cereal bar 1 oz</p> <p>Peaches ½ c</p> <p>ALT = CBG RB</p>	<p>6</p> <p>*Stuffed Cabbage 6 oz</p> <p>*w/ Sauce 2 oz</p> <p>*Mashed Potatoes ½ c</p> <p>*Green Peas ½ c</p> <p>W. G. Dinner Roll 2 oz</p> <p>Pears ½ c</p> <p>ATL = CBG T</p>	<p>7</p> <p>*Chicken Alfredo 3 oz</p> <p>*Sauce 2 oz/ *Noodles ½ c</p> <p>*Broccoli ½ c</p> <p>*Carrots ½ c</p> <p>Whole Grain Wheat</p> <p>Fresh Fruit Salad 1 c</p> <p>ATL = CBG RB</p>	<p>8</p> <p>2-2 oz. *Stuffed Shells</p> <p>*w/Sauce 2 oz</p> <p>*Zucchini ½ c</p> <p>*Lima Beans ½ c</p> <p>2 Whole Grain Wheat</p> <p>Applesauce ½ c</p> <p>ALT = CBG T</p>
<p>11</p> <p>*Beef Meatloaf 3 oz</p> <p>*Gravy 2 oz</p> <p>*Mashed Potatoes ½ c</p> <p>*Mixed Vegetables ½ c</p> <p>2 Whole Grain Wheat</p> <p>Applesauce ½ c</p> <p>ATL = CS TR</p>	<p>12</p> <p>* Chicken Cacciatore 3 oz</p> <p>*w/ Sauce 2 oz</p> <p>*WG Spaghetti ½ c</p> <p>*Zucchini ½ c, *Green Peas ½ c</p> <p>Dinner Roll, 1 oz</p> <p>Pineapple ½ c</p> <p>ATL = CBG RB</p>	<p>13</p> <p>*Roasted Turkey Breast 3 oz</p> <p>*Mashed Potatoes ½ c</p> <p>*Gravy 2 oz</p> <p>*Brussels Sprouts ½ c</p> <p>Whole Grain Dinner Roll, 2 oz</p> <p>Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>14</p> <p>*Sliced Ham 3 oz</p> <p>w/ Pineapple Glaze</p> <p>*Scalloped Potatoes ½ c</p> <p>*Carrots ½ c</p> <p>Whole Grain White</p> <p>Mixed Fruit ½ c</p> <p>ATL = CBG T</p>	<p>15</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC</p> <p>American cheese 1 slice</p> <p>Coleslaw ½ c</p> <p>*Seasoned Potato Wedges ½ c</p> <p>Whole Grain Bun</p> <p>Fresh Grapes 1 c</p> <p>ATL = CBG RB</p>
<p>18</p> <p>*Tomato Basil Chicken, 3 oz.</p> <p>W Sauce 2 oz *Fettuccini, ½ c</p> <p>*Capri Blend ½ c</p> <p>*Spinach ½ c 1 Lemon PC</p> <p>W.G. Dinner Roll, 1 oz</p> <p>Pears ½ c</p> <p>ATL = CS RB</p>	<p>19</p> <p>*BBQ Chicken Breast 3 oz</p> <p>*Macaroni and Cheese ½ c</p> <p>*Harvard Beets ½ c</p> <p>*Green Beans ½ c</p> <p>WG Corn Muffin 1 oz</p> <p>Sliced Peaches ½ c</p> <p>ATL = CBG TR</p>	<p>20</p> <p>*Hamburger 3 oz</p> <p>Mustard &amp; Ketchup 1 PC each</p> <p>*Baked Beans ½ c</p> <p>*Seasoned Potato Wedges ½ c</p> <p>Whole Grain Bun</p> <p>Grape Juice ½ c</p> <p>ATL = CBG T</p>	<p>21</p> <p>*Lemon Picatta Chicken 3 oz</p> <p>*Brown Rice Pilaf ½ c</p> <p>*Brussel Sprouts ½ c</p> <p>*Carrots ½ c</p> <p>Whole Grain White</p> <p>Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>22</p> <p>*Meatballs 3-1 oz</p> <p>* WG Spaghetti ½ c c w/ Sce 2 oz</p> <p>*California Blend ½ c</p> <p>Spinach ½ c /1 Lemon PC</p> <p>Whole Grain White</p> <p>Apricots, ½ c</p> <p>ATL = CBG TR</p>
<p>25</p> <p>*Salisbury Steak 3 oz</p> <p>*Gravy 2 oz</p> <p>*Mashed Potatoes ½ c</p> <p>*Carrots ½ c</p> <p>2 Whole Wheat Bread</p> <p>Fresh Orange, 1 ea</p> <p>ALT = CS RB</p>	<p>26</p> <p>*Stuffed Peppers 6 oz</p> <p>w/Tomato Sauce 2 oz</p> <p>*Mashed Potatoes ½ c</p> <p>*Zucchini ½</p> <p>2 Whole Wheat Bread c</p> <p>Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>27</p> <p>*Chicken Patty 3 oz</p> <p>Mayo 1 PC</p> <p>*Broccoli ½ c</p> <p>*Red Cabbage ½ c</p> <p>Whole Grain Bun</p> <p>Banana, 1 ea</p> <p>ALT = CBG RB</p>	<p>28</p> <p>*Roasted Turkey Breast 3 oz</p> <p>W.G. Stuffing ½ c</p> <p>*Sweet Potatoes ½ c</p> <p>*Cauliflower ½ c</p> <p>Whole Grain White</p> <p>Mandarin Oranges, ½ c</p> <p>ATL = CBG RB</p>	<p>29</p> <p>*Beef Sloppy Joe 4 oz</p> <p>*Seasoned Wedge Potatoes ½ c</p> <p>*Harvard Beets ½ c</p> <p>Whole Grain Bun</p> <p>Pears ½ c</p> <p>ALT=CBG T</p>

**MENU SUBJECT TO CHANGE**





# Mr. Mystery Man's Mystery Corner

Mr. Mystery Man has mysteriously taken Tom's corner for this month for very mysterious reasons. Hurry and enjoy the page before Tom comes back to reclaim his trivia throne!



Jack is placed in a cell with a dirt floor and only one barless window positioned so high no one could reach it. The cell is empty except for a shovel. It's dry and hot in there, but Jack won't get any food or drink anytime soon. He has only 2 days to break out of the jail. If not – he'll die.

**Digging a tunnel is not an option because it'll take more than 2 days. How should Jack escape the cell?**

ANSWER —>

Jack has to use the shovel to create a pile of dirt under the window so he can climb up onto it and escape from the cell.

## 3 CREATURES WHO LOOK MYSTERIOUSLY HUMAN



A blobfish



Yogi (on left), a Shih-poo puppy

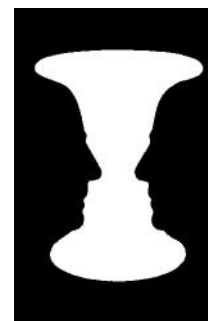


A Pacu fish



A group of SCR folks mysteriously showed up on March 17th all wearing green!

What do you see here?  
A vase or two people facing each other?



If you study it closely enough, you should be able to see both!

**Mysterious!**



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

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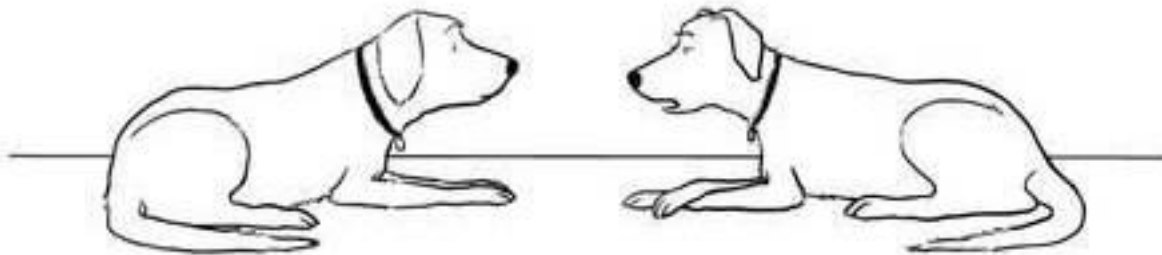
**DATED MATERIAL  
PLEASE DO NOT DELAY**

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## SENIOR CITIZENS RESOURCES, INC.

HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY  
MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR **50 YEARS**

There is FREE tax help available for people over 60.  
Call 800-906-9887 or visit IRS.gov for nearest IRS **VITA**  
(volunteer income tax assistance) site. Or, **call 888-227-7669 or go to AARP.org to find a AARP Tax Aide.**



GREGORY

*I would not be opposed to a cat tax.*

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.