

Seniors in Touch

August 2022



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

Serving persons 60 & over
in Old Brooklyn for 50 years

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



The City of Cleveland Department of Aging presents the 32nd Annual Senior Day! All seniors are invited to attend this FREE event which begins at 10 a.m. on Thursday, September 15 at Cleveland Public Hall. An information fair, program, lunch and entertainment are included. **The event is free, but pre-registration is required.** Call 216-664-6152 to sign up.



We are looking forward to celebrating SCR's 50th anniversary with you at a special celebration on **Thursday August 11** at the German Central Foundation. Tickets are \$60 each (\$30 for current SCR clients), and the evening will include a catered dinner, dessert, entertainment, raffle baskets, and more. Transportation is available.

Along with many raffle baskets, we will be featuring a special raffle item that evening that includes 4 tickets to see the hit Broadway musical "Frozen" at Playhouse Square, including parking, on Friday September 9. The package is worth over \$450! This special drawing won't be held until Aug 11, but tickets are available now.

See Cassie at the SCR front desk to purchase dinner tickets or Frozen raffle tickets - or purchase tickets online by going to **EventBrite.com** and searching for "SCR."

***** IMPORTANT *****
TRANSPORTATION INFORMATION

- ◆ Any cancellations for transportation need to be made **24 hours in advance**.
- ◆ All appointments need to be scheduled no later than **two weeks in advance**.

When you don't do this it creates issues with our drivers' schedules and ability to provide transportation for those who have scheduled and kept their appointments.

Thank you for your consideration



On August 1st. at 11:00, guest speaker Tom Strong will present, "UNDERSTANDING YOUR MEDICATIONS". It is important for all folks and especially seniors to understand the medications they may be taking. Tom will discuss how drugs work, what causes the side effects and how you can protect yourself as a consumer of medications.



**REMEMBER,
THERE'S A TWO (2) BAG
LIMIT ON YOUR SHOPPING
TRIPS.
SCR AND THE DRIVERS
THANK YOU.**



**An excursion to Crocker Park
Friday August 19th 9am**

Attractions there include a Summer Sidewalk Sale, the Bonjour Flower Truck, and a ride around Crocker Park on their Express Train at noon.



On August 18th @ 10:30,
Christine Terry from WRAAA
will be presenting
"Home Matters".

She will discuss home safety, hazards in the home, safety-proofing your home, carbon monoxide poisoning, fires, and scams.

AUGUST SHOPPING SCHEDULE

Mondays, every three weeks

WALMART BROOKPARK 8/1, 8/22
WALMART STEELYARD 8/8, 8/29
MIDTOWN 8/15

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.



Please search for
our NEW Facebook page:
"Senior Citizen Resources - Old Brooklyn"
and make sure to 'like' and 'follow' us!

Now that our dining room is up & running again, we welcome you to come in and join us for lunch! As of August 1, we will no longer be offering “takeout” meals. Lunch is served at the SCR kitchen window every weekday 11:30 a.m. – 12 noon. Reservations are preferred: signup on the lunchroom clipboard or talk to Cassie at the SCR Front Desk (216-749-5367). There is no charge for the meal, but donations are welcome. Transportation to & from SCR lunch / activities is available.



FREE PRODUCE GIVEAWAY
Monday, August 1st
10:00 to 11:30
in the DK Dining Room
please bring carts and shopping bags!



if you are interested in volunteering, call **Kim Susak** during our normal hours.



Our neighborhood Old Brooklyn Farmers Market continues through August, and includes fruit & vegetable vendors, musicians, chefs, and more! You can use your Seniors Farmers' Market

Nutrition Program coupons at this market each Saturday 9 a.m. – 1 p.m., located in front of Pearl Road United Methodist Church.

SCR is once again providing the free “Diamond Line” continuous bus route each market day throughout the community, stopping at the Farmers Market and many of our neighborhood’s local businesses.



Instructors from Simply Virtual will be at SCR on Monday, August 1 from **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!



The next scheduled stop for the USPS mobile unit at SCR is **Thursday, August 4 around 10:15 a.m.**

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



Big thanks to **Matthew Johnson** from **Dedicated Health** for bringing a birthday cake in to help us celebrate our July birthdays!



FREE ADULT DIAPERS AND PADS ARE AVAILABLE IN THE SOCIAL SERVICES OFFICE ANYTIME.



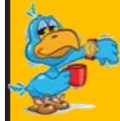
Long-time SCR regular **Bonnie Robertson** is once again selling tickets for the 50/50 drawing that takes place once a month. As always, find her around the program to buy some or **Bonnie will find you!**



AUGUST Activities



**HONEY HUT
THURSDAYS
AUGUST 11 and 25**



The start time listed for trips and shopping indicates when we will arrive at the destination. **Please arrive at SCR a half-hour before that time.** Thanks!



BATTER UP!
Saturday, August 6, 7pm
Tickets are \$12 for the ballgame, fireworks, and transportation. There will be a lottery for this trip. See Cassandra at the front desk for the sign up sheet

Ukulele with Sam Hooper

Tuesdays, 11-12,
August 2, 9, 16, 23, 30,
September 6

There will then be a live performance scheduled after the last class!



No experience necessary, but Sam needs a commitment from you to attend all 6 sessions!
Class limit of 8! Ukuleles provided!

Summer Art Sampler
Wednesdays, 10-12
August 3, 10, 17, 24, 31



- August 3-** Ceramics I with Mark Yasenchak
- August 10-** Ceramics II with Mark Yasenchak
- August 17:** Upcycled Jewelry Making with Linda Zolten Wood
- August 24:** Collage Revised with Christine Hill
- August 31:** Mixed Media Art with Bernadette Glorioso

All art classes will be limited to 15 participants.

J·A·C·K
CLEVELAND CASINO

**THURSDAY
AUGUST 4**



A reminder from Tina that the Ben Franklin garden is still growing strong and all seniors are welcome to come visit or help in any way you can.

Tina is always there on Wednesday mornings, and is usually flexible if you would want to go on another day.

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.



AUGUST Activities

Mon	Tue	Wed	Thu	Fri
1 Free Produce 9-10 Coffee and music 10-12 Tech Time 10:30 play cards 10:30 Table Bowling 11 Understanding Meds presentation 12:30-1:30 Bingo	2 9-10 Coffee and music 9-11 Crochet / Mat making 10-11 Plinko Game 11-12 ukulele class 12:30-1:30 Stretch n Strength	3 9 Chit Chat 9 Board games 9:30 OBC walk 10am Breakfast Bunch at Demetrio's & shop Goodwill 10-12 art class	4 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Core Fitness 12:30-1:30 Bingo TRIP TO JACK CASINO	5 9-11:30 Movie 9-11 Garage Sale 11:30-12:30 Tai Chi 12:30-1:30 Chair yoga
8 9-10 Coffee and Conversation 10:30 play cards 10:30 Table Bowling 12:30-1:30 Bingo 1:30-2 Coloring	9 9-10 Coffee and music 9-11 crochet / mat making 10-11 Plinko Game 11-12 ukulele class 12:30-1:30 Stretch n Strength	10 9 Chit Chat 9 Board Games 10-12 art class	11 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Core Fitness 12:30 Honey Hut 12:30-1:30 Bingo 5:30 SCR 50th ANNI-VERSARY PARTY	12 9-11:30 Movie 9-11 Garage Sales 11:30-12:30 Tai Chi 12:30-1:30 Chair yoga
15 CENTER CLOSED FOR STAFF IN-SERVICE DAY	16 9-12 Open Studio 9-11 Crochet/Mat 10-11 Plinko game 11-12 ukulele class 12:30-1:30 Stretch n Strength	17 9 Chit Chat 9 Board Games 10-12 art class 11 Lunch Bunch Baker's Square	18 9-10 Coffee/Trivia 10-11 Chair Volleyball 10:30 Home Matters presentation 11-11:45 Core Fitness 12:30-1:30 Bingo	19 9 Crocker Park Trip 9-11 movie 11:30-12:30 Tai Chi 12:30-1:30 Chair yoga
22 9-11 Coffee and Conversation 10:30 play cards 10:30 Table Bowling 12:30-1:30 Music Bingo	23 9-12 Open Studio 9-11 Crochet/Mat 10-11 Plinko game 11-12 ukulele class 11-1 SCR and Donna Smallwood Center cookout	24 9AM Chit Chat 9AM Board Games 10-12 art class	25 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Core Fitness 12:30-1:30 Bingo 12:30 Honey Hut	26 9-11:30 Movie 10:30 Rock Hall Trip 11:30 Tai Chi 12:30-1:30 Chair yoga
29 9-10 Coffee and Conversation 10:30 play cards 10:30 Table Bowling 12:30-1:30 bingo	30 BIRTHDAY CELEBRATION 9-12 Open Studio 9-11 Crochet/Mat 10-11 Plinko game 11-12 ukulele 12:30-1:30 Stretch n Strength	31 9AM Chit Chat 9AM Board Games 10-12 Edgewater Walk 10-12 art class	**LAKE ERIE CAPTAINS GAME SATURDAY the 6th at 7pm **	

AUGUST 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> *Turkey Tetrassini 4oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Pears ½ c <p>ALT=CS RB</p>	<p>2</p> <ul style="list-style-type: none"> *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c <p>ALT=CBG T</p>	<p>3</p> <ul style="list-style-type: none"> *Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Green Beans ½ c W.G. Bun 2 oz *Scalloped Apples ½ c <p>ALT=CBG RB</p>	<p>4</p> <ul style="list-style-type: none"> * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana <p>ALT=CBG TR</p>	<p>5</p> <ul style="list-style-type: none"> *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Apricots ½ c <p>ALT=CBG T</p>
<p>8</p> <ul style="list-style-type: none"> *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange <p>ALT=CS TR</p>	<p>9</p> <ul style="list-style-type: none"> *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Diced Pears ½ c <p>ALT=CBG RB</p>	<p>10</p> <ul style="list-style-type: none"> *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c <p>ALT=CBG TR</p>	<p>11</p> <ul style="list-style-type: none"> *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c 2 Whole Grain Rye Cranberry Juice ½ c <p>ALT=CBG RB</p>	<p>12</p> <ul style="list-style-type: none"> *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c <p>ALT=CBG T</p>
<p>15</p> <p style="text-align: center;">CENTER CLOSED FOR STAFF IN-SERVICE DAY</p> <p>ALT=CS TR</p>	<p>16</p> <ul style="list-style-type: none"> *Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G Roll 1 oz Sliced Pears ½ c <p>ALT=CBG RB</p>	<p>17</p> <ul style="list-style-type: none"> *Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c <p>ALT=CBG RB</p>	<p>18</p> <ul style="list-style-type: none"> *Stuffed Cabbage 6 oz *Wide Noodles ½ c Sauce 2 oz *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c <p>ALT=CBG T</p>	<p>19</p> <ul style="list-style-type: none"> *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c <p>ALT=CBG TR</p>
<p>22</p> <ul style="list-style-type: none"> *BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c *Green Beans ½ c W.G. Corn Bread 2 oz Apricots ½ c <p>ALT=CS RB</p>	<p>23</p> <ul style="list-style-type: none"> *Stuffed Pepper 6 oz W.G. Pasta ½ c w/2 oz Sauce *Zucchini ½ c W.G. Wheat Grape Juice ½ c Banana <p>ALT=CBG TR</p>	<p>24</p> <ul style="list-style-type: none"> *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c <p>ALT=CBG T</p>	<p>25</p> <ul style="list-style-type: none"> *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit, 2 oz Fresh Grapes 1 c <p>ALT=CBG TR</p>	<p>26</p> <ul style="list-style-type: none"> * BLT with 2 oz Turkey Bacon Sliced Tomato, Lettuce ½ c Mayo 1 PC, *Cucumber Salad ½ c 2 Whole Wheat Mixed Fruit ½ c Cranberry Juice ½ c <p>ALT=CBG RB</p>
<p>29</p> <ul style="list-style-type: none"> Chicken Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Vanilla wafers 1 oz Mandarin Oranges ½ c <p>ALT=CS RB</p>	<p>30</p> <ul style="list-style-type: none"> *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana <p>ALT=CBG TR</p>	<p>31</p> <ul style="list-style-type: none"> *Breaded Chicken Patty 3 oz Mayo 1 PC *Buttered Baby Carrots ½ c *Baked Beans ½ c Whole Grain Bun Pineapple Chunks ½ c <p>ALT=CBG TR</p>	<p style="text-align: center;">Menu Approved By:</p> <p style="text-align: center;"><i>Ann Stahlheber MS, RDN, LD</i></p>	<p style="text-align: center;">Choice of 1% Milk or Buttermilk * =take temperature of Milk and all food proceeded by an asterisk.</p>

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



This and That and Then Some



Tom's Trivia is back this month with some blue questions. Most of the blue in nature, like the sky and water and blue birds, are not really blue but an illusion because of how sunlight is reflected. Use these clues to unscramble the words as you think of some other things in nature that look blue.

W
O
R
D

U
N
S
C
R
A
M
B
L
E

- REULBYREB a small blue fruit _____
- OEHNR a large bird that nests high up in trees in a colony called a rookery _____
- AULBJEY a jay bird commonly found in our backyards _____
- RISI the colored part of the eye, also a wildflower _____
- NEOCA most of Earth is covered by this _____
- TGFERO-EM-TNO a small bluish flower to remember you by _____
- KWRPIELENI a pretty light purple-blue color, also a wildflower _____
- GRFNDAYLO a species of this insect is called a Blue Dasher _____
- DNOIGI the name for the deep blue-purple color in the rainbow _____
- RZAEU a light purple-blue color found in the name of a butterfly _____
- TFREUBYLT an insect named a Red-spotted Purple with blue wings _____
- HRASPEIP a deep blue precious gemstone _____
- CAKPOEC the body of this large male bird is bright blue and its tail feathers spread like a giant fan _____
- LSBELLUBE wildflowers that look like little bells _____
- PNUENTE the last planet in our solar system, which looks blue because of the methane gas in its atmosphere _____
- UOTRQSIEU an aqua color, also an opaque mineral and gemstone _____

INDIGO, AZURE, BUTTERFLY, SAPPHIRE, PEACOCK, BLUEBELLS, NEPTUNE, TURQUOISE, BLUEBERRY, HERON, BLUEJAY, IRIS, OCEAN, FORGET-ME-NOT, PERIWINKLE, DRAGONFLY



Lots of patriots here honoring the flag at our Fourth of July Celebration!



DANNY THE DRIVER'S JOKE OF THE MONTH

Q: Why do watermelons get married in a church?
A: Because they cantaloupe.



"Age is a case of mind over matter. If you don't mind, it don't matter." — Satchel Paige, baseball player



COOK-OUT

AUGUST 23

It's a cookout with our new friends from the Donna Smallwood Senior Center! Right here at SCR! 11am-1pm!



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**



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



The Cleveland Department of Aging is continuing weekly summer senior walks. Join "Walk on Wednesdays" to explore parks and neighborhoods throughout Cleveland. The walks are free and you can walk at your own pace (but with the support of others) – it's a great way to get active, meet new friends, and have fun.

The walks will start at 9:30 a.m. each week, weather permitting (look for the Department of Aging Staff in green t-shirts at each location). All participants will receive a Senior Walk t-shirt and a resource bag. Passport to the Parks is also back: attend five or more walks this summer and you will be entered into a raffle!

To register call 216-664-4383 or e-mail aging@clevelandohio.gov.

- August 3: Zone Resource Rec Center, 6301 Lorain Ave. (gazebo)
 - August 10: Cudell Resource Rec Center, 1910 West Blvd.
- August 17: Mohican Park, 13103 Triskett Rd. (Triskett parking lot)
- August 24: West Side Market, 1979 West 25th St. (produce alley)
- August 31: Impett Park, 3207 West 153rd St.

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 & appreciate donations towards our printing, processing, and mailing costs.