ATTENTION!

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

Are you behind on your gas or electric bills? Don’t get left out in the cold!

The Home Energy Assistance (HEAP) Winter Crisis Program helps income-eligible Ohioans that are threatened with disconnection, or have already been disconnected, maintain their utility service. The program runs November 1 - March 31. To apply, applicants must make a phone appointment with an energy assistance office by calling 216-350-8008, or signing up online at www.stepforward.itfrontdesk.com.

Did you know that Cleveland residents are eligible to receive a free smoke detector for your home? Call 216-361-5535 to have a Cleveland Firefighter come by and install it for you! Smoke detectors can save lives.

Chore Services

This program provides free home maintenance for moderate to low income Clevelanders 60 years of age and older and adults with disabilities. It helps residents live independent lifestyles while improving and maintaining the City’s appearance.

Chore workers are City employees who provide services including indoor and outdoor home maintenance tasks such as: general house cleaning, installation of smoke detectors, lawn mowing, leaf raking, and snow shoveling.

Enrollment for outdoor services is conducted annually in early spring. It is recommended that residents call prior to February 1st to request an application.

Call 216.664.2833 - Weekdays 7:30 am -4:30 pm
75 Erieview Plaza, Cleveland OH 44114

The Ohio Department of Aging

Happy Valentine’s Day from SCR!
to all who send in donations of any kind—for meals, the newsletter, transportation; every little bit helps! YOU ARE THE BEST!!!

..AND thank you to every volunteer who helped us here at SCR this year. Your help is invaluable. And with the new year will be coming even more volunteer opportunities.

If you’re interested in volunteering, call Kim Susak during our normal hours.

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!

Don’t forget to visit our Book Nook located in the Crafts Room! Lots and lots of books of every kind waiting for you to borrow and take home as you while away these cold winter months.

FEBRUARY SHOPPING SCHEDULE

Mondays, every three weeks

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
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<tbody>
<tr>
<td>MIDTOWN</td>
<td>2/7, 2/28</td>
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<tr>
<td>WALMART BROOK PARK</td>
<td>2/14</td>
</tr>
</tbody>
</table>

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.

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

SCR AND THE DRIVERS THANK YOU.
Superfoods for a Cancer-Fighting Diet

Regularly filling your plate with foods that protect your immune system, support a healthy weight, reduce inflammation, and promote gut health can help reduce your risk for cancer. No single food will prevent the disease, but a few stand out for their cancer-combating properties:

1. **Beans**
   Beans, peas, and lentils are low in fat and high in protein. They’re also high in insoluble fiber, which aids in digestion and an overall healthy gut.

2. **Broccoli**
   Broccoli, cauliflower, cabbage, brussels sprouts, kale and collard greens have long been associated with a reduced risk of cancer thanks to a molecule in each of these veggies that inactivates a gene that plays a role in a variety of cancers. This family of vegetables is also packed with other health-boosting nutrients.

3. **Mushrooms**
   Mushrooms contain antioxidants that protect cells, and help the immune system do their job in an optimal way.

4. **Walnuts**
   Walnuts can slow the growth of certain cancers, and studies show that people who eat nuts daily have a lower overall cancer risk than those who don’t. All nuts have fiber, protein, and healthy fat.

5. **Oatmeal**
   Whole grains like oats, bulgur, brown rice, barley, corn, quinoa and whole wheat couscous are loaded with fiber, antioxidants, and compounds that have health benefits - all of which help protect against cancer.

6. **Berries**
   All berries are packed with cancer-fighting plant compounds that help fend off chronic diseases like cancer.

7. **Tomatoes**
   Tomatoes are packed with lycopene, a cancer-fighting carotenoid.

The Cleveland Care Calls Program is an automated telephone reassurance system offered to seniors 60+ in Cleveland. The individual receives a call on days they request to check in on their well-being (calls can be scheduled Monday – Friday between 7 – 11 a.m.). If the individual doesn’t respond to the call, the system will make several additional attempts, and if there is no response, the Cleveland Department of Aging will then contact the senior’s pre-designated emergency contact. For more information, contact the Cleveland Care Calls Project: 216-664-6316.
February 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.

Senior Citizen Resources and Broadway School of Music and Arts present

SCR ART SHOW
highlighting works of art created by our Seniors
Wednesday February 2 at 10am

10am. Art exhibit open for you to enjoy with coffee and refreshments
10:45 Learn about our upcoming art class with Bernadette and sign up
11:00 Join in on our World Drumming demonstration class

Art classes with Bernadette will be on Wednesdays from 10-12noon beginning February 9th.

World Drumming classes will be on Tuesdays from 10-11:30.

Senior Citizen Resources is becoming home to a strong, vibrant, and thriving Senior Arts community in Old Brooklyn

“Texas Hold ‘em Mondays”
10:30 am—11:30am
No money will be used but fun will be had.

“Test the Waters” Watercolor Sessions
experiment with different watercolor techniques
10-11am
Tuesday 8th
Tuesday 15th
Call to register 10 persons per session

Danish Heart Craft
The oldest known pleated hearts were made by Danish author Hans Christian Andersen in 1860. Learn how to make this simple item for St. Valentine’s Day
Thursday February 10 10am to 11am
Monday February 14 11am-12noon

Music Near the Market 11:30—1pm
with world-famous Beckerath Organ
Music to inspire and lift the spirit at Ohio City’s Trinity Evangelical Lutheran Church
Followed by quick “buy your own lunch” at Wendy’s
Friday February 25th

Let’s shop at the Cleveland Baseball Team Store at Progressive Field
Wednesday Feb 23rd at 10am
Get your “Cleveland Guardians” fan gear
We will also stop at a hotdog stand for a self purchased hot dog limited to 10

Open Studio Tuesdays 9-12
We provide the space for you to be creative

Lunch Bunch to Go—We drive....You buy
Self purchase a carryout lunch to enjoy at home.
11:30am 10 seats available

Mr. Hero’s Kentucky Fried Chicken
Wednesday February 9
Wednesday February 16

Bonnie Robertson won the last bingo game for the year 2021
Don’t worry, we are still playing bingo two times a week in 2022
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>1 9-12 Open Studio 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength</td>
<td>2 Art Event 12:30—1:30 Line dancing</td>
<td>3 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo</td>
<td>4 9am Movie 11:30-12:30 Tai Chi 12:30 Wii Bowling</td>
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<tr>
<td>7 Food Bank Distribution day No activities</td>
<td>8 9-12 Open Studio 10-11 Watercolor 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength</td>
<td>9 9am Games 10-11 YouTube Travel 11:30 Lunch Bunch To Go 12:30—1:30 Line dancing</td>
<td>10 9am Coffee/Trivia 10-11 Chair Volleyball 10-11 Danish Craft 12:30 Bingo</td>
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</tr>
<tr>
<td>14 9-10 Coffee and Conversation 11-12 Danish Craft 10:30 Texas Hold ‘em 12:30 Bingo</td>
<td>15 9-12 Open Studio 10-11 Watercolor 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength</td>
<td>16 9am Games 10-11 YouTube Travel 11:30 Lunch Bunch To Go 12:30—1:30 Line dancing</td>
<td>17 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo</td>
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</tr>
<tr>
<td>21 9-10 Coffee and Conversation 10:30 Texas Hold ‘em 12:30 Bingo</td>
<td>22 9-12 Open Studio 9-11 Crochet and Mat Making 12:30-1:30 Stretch and Strength</td>
<td>23 9am Games 10-11 YouTube Travel 10am Guardian shopping 12:30—1:30 Line dancing</td>
<td>24 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo</td>
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<tr>
<td>28 9-10 Coffee and Conversation 10:30 Texas Hold ‘em 12:30 Bingo</td>
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<td></td>
<td>25 9am Movie 11:30 Music near Market 11:30-12:30 Tai Chi 12:30 Wii Bowling</td>
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# February Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>1</td>
<td>2</td>
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</tr>
<tr>
<td>*Chicken Cordon Bleu 6 oz.</td>
<td>*Beef Sloppy Joe 4 oz.</td>
<td>*Chicken Stir Fry 3 oz.</td>
<td>*Sliced Ham 3 oz. w/ Pineapple Glaze</td>
<td></td>
</tr>
<tr>
<td>*Mashed Potatoes ½ c</td>
<td>*Green Peas ½ c</td>
<td>*Green Peas 2 oz.</td>
<td>*W.G. Dinner Roll 2 oz.</td>
<td>*Sliced Ham 3 oz. w/ Pineapple Glaze</td>
</tr>
<tr>
<td>*Buttered Buns ½ c</td>
<td>*Cauliflower ½ c</td>
<td>*Green Peas 1 oz.</td>
<td>W.G. Dinner Roll 2 oz.</td>
<td>*Sliced Ham 3 oz. w/ Pineapple Glaze</td>
</tr>
<tr>
<td>W.G. Dinner Roll 2 oz.</td>
<td>Whole Grain Bun</td>
<td>White Rice ½ c</td>
<td>2 Whole Grain White</td>
<td>2 Whole Grain White</td>
</tr>
<tr>
<td>Apple Juice 4 oz.</td>
<td>Sliced Peaches ½ c</td>
<td>2 Whole Grain White</td>
<td>Chunky Applesauce ½ c</td>
<td>2 Whole Grain White</td>
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<th>11</th>
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<tbody>
<tr>
<td>*Antigua Blend ½ c</td>
<td>*Butternut Squash ½ c</td>
<td>w/Gravy 2 oz.</td>
<td>Tartar Sauce 1 PC</td>
<td>*Seasoned Potato Wedges ½ c</td>
</tr>
<tr>
<td>*Baby Lima Beans ½ c</td>
<td>*Green Beans ½ c</td>
<td>*Noodles ½ c</td>
<td>*Maceroni and Cheese ½ c</td>
<td>*Baked Beans ½ c</td>
</tr>
<tr>
<td>Whole Grain Breadsticks 2 oz.</td>
<td>*Cauliflower ½ c</td>
<td>*Peas ½ c</td>
<td>*Carrots ½ c</td>
<td>Whole Grain Bun 2 oz.</td>
</tr>
<tr>
<td>Mandarin Oranges ½ c</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
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<tbody>
<tr>
<td>w/ Sauce 2 oz. W.G. Pasta ½ c</td>
<td>w/Sauce 2 oz.</td>
<td>*Carrots ½ c</td>
<td>*Gravy 2 oz.</td>
<td>*Sweet Potatoes ½ c</td>
</tr>
<tr>
<td>*Spinach ½ c Lemon ½ c</td>
<td>*Mashed Potatoes ½ c</td>
<td>*Broccoli ½ c</td>
<td>*W.G. Stuffing ½ c</td>
<td>*Brussels Sprouts ½ c</td>
</tr>
<tr>
<td>*Capri Blend ½ c</td>
<td>*Green Beans ½ c</td>
<td>Whole Grain White</td>
<td>*Mixed Vegetables ½ c</td>
<td>Whole Grain White 2 oz.</td>
</tr>
<tr>
<td>Whole Grain White</td>
<td>*Corn ½ c w/ Red Peppers ½ c</td>
<td>Pineapple Chunks ½ c</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
</tr>
<tr>
<td>Sliced Peas ½ c</td>
<td>2 Whole Grain White</td>
<td>W.G. Vanilla Wafers 1 oz.</td>
<td>Cranberry Sauce 1 oz.</td>
<td>Apple Spinach ½ c</td>
</tr>
<tr>
<td>ALT = CS</td>
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<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
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<tbody>
<tr>
<td>President's Day</td>
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<tr>
<td>Site Closed</td>
<td></td>
<td></td>
<td></td>
<td>Menu Approved by:</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave Stockhorn, MS, RDN, LD</td>
</tr>
</tbody>
</table>

## Menu Subject to Change
Tom teamed up with Beverly this month to create their own original Valentine’s Day puzzle for you. We left it in Bev’s lovely print to show the effort and originality of this month’s offering — nothing but the best for our readers! Happy puzzling!

ANSWERS

13. NUMBER NINE 14. CHAPEL
12. I WANT TO HOLD TENDER
11. LOVE ME TENDER
10. IT HAD TO BE TIME
9. SOMEbody 6. And A PeaR 7. SEcret 8. TiME

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

DATED MATERIAL
PLEASE DO NOT DELAY

SENIOR CITIZEN RESOURCES, INC.

You can reach our main office by calling 216-749-5367:

Liz Kilroy Hernandez, Executive Director - x1113; LHernandez@SCRinc.org

Christine Maslar, Social Services
x1126 CMaslar@SCRinc.org

Kim Susak, Activities/Volunteer Services
x1119; KSusak@SCRinc.org

Christine Suma, Activities
x1116; CSuma@SCRinc.org

Tabatha Gonzalez, Receptionist/Scheduling
x1110; TGonzalez@SCRinc.org

Linda Toney, Pet Pantry/Special Projects
x1114; LToney@SCRinc.org

Tina Ribnicky, Data/Reporting
x1121; TRibnicky@SCRinc.org

Jim Mason, Newsletter Editor/Kitchen
x1115; JMason@SCRinc.org

Leslie Brown, Development
x1123; LBrown@SCRinc.org

We love our art classes!

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.