

Seniors in Touch

July 2022



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

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

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



To all our donors, big and small...
Thank you for your ongoing support. We couldn't keep things going without you. While we have strong support from various funders, we do rely on small donations, especially at a time when gas prices have gone up 40% and the cost of all goods continues to rise. We know you feel it too and it is why we want you to know how appreciative we are that you set aside what you can when you can to send our way. Donations are making a big difference in keeping our vehicles operating and our meals delivered. We are grateful for your contributions.



SCR is turning 50 and we are so excited to celebrate with you! We are hosting a special anniversary celebration on Thursday August 11 from 5:30 to 8 at the German Central Foundation, 7863 York Rd., Parma. Tickets are \$60 each (\$30 for current SCR clients), and the evening will include a catered dinner, dessert, entertainment, raffle baskets, and more. Transportation will be available. You can reserve your spot now. See Cassie at the SCR front desk to buy a ticket.

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! These special raffle tickets (\$10 each or 3 for \$20) are available now - see Cassie at the front desk to purchase, or look for the yellow "Donate" button on our website to pay with a credit card (make sure to specify "FROZEN RAFFLE TICKETS" in the Pay Pal notes section). Winner does not need to be present.



COMING SOON...

The SCR Creative Writing Workshop has been a huge success so far. Beginning in late June/early July the Workshop will be offering a free lecture series called "Analysis and Critique: How to Engage and Write about Anything." This series includes 24 lectures of approximately 30 minutes each. After viewing the lecture, the Workshop attendees will discuss it and talk about how to apply what we learned to our own writing. Even if you haven't participated in the Workshop so far, this will be a great way for all of us to start together on a new writing venture. Please call Cassie at our reception desk, 216-749-5367 to register. There will be a limit of 10 people for this series.

The Writing Workshop meets on Wednesdays from 12:00 – 1:30.



Our drumming group performed for us at their class finale in June. Not only did they impress us with their rhythms, but they also allowed any audience members who wanted to join in and try to keep up. It was a blast!



The Home Energy Assistance Summer Crisis Program provides a one-time benefit to eligible Ohioans with cooling assistance during the summer months. The focus of the Summer Crisis Program is to provide assistance with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. The program runs from July 1 - Sept 30, and households with a member who is 60+ may be eligible for assistance. If you need help with summer cooling expenses, get information from the Ohio Department of Development: <https://bit.ly/3GHhUSb>

JULY SHOPPING SCHEDULE

Mondays, every three weeks

- WALMART BROOKPARK** 7/11
- WALMART STEELYARD** 7/18
- MIDTOWN** 7/25

(closed 7/4)

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!



FREE PRODUCE GIVEAWAY
Monday, July 11th 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.



The Old Brooklyn Farmers Market continues all summer, Saturdays 9 a.m. – 1 p.m. through Sept 24. The market is held in the green space in front of Pearl Road United Methodist Church (4200 Pearl Road), and includes fruit &

vegetable vendors, musicians, chefs, and more! SCR provides the free “Diamond Line” continuous bus route each market day throughout Old Brooklyn, stopping at the Farmers Market and many of our neighborhood’s local businesses.

Also - Seniors Farmers' Market Nutrition Program coupons, distributed during the last week of June, can be used at the Old Brooklyn Farmers Market. Seniors 60+ in zip codes 44109, 44141, or 44144 that have a combined household income of 185% or less of the federal poverty level guidelines are eligible to apply for SFMNP at SCR.



A big shout out of thanks to the volunteers from Old Brooklyn Community Development, who show up every Produce Monday and, like a well-oiled machine, help prepare the boxes for distribution.



The next scheduled stop for the USPS mobile unit at SCR is **Thursday, July 7th around 10:15 a.m.**

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

MEDICARE DISCUSSION JULY 21 11am

Jakob Dorsey will be here to discuss Medicare: exactly what Medicare is, the different parts (parts A-D) of Medicare, eligibility for Medicare, enrollment periods for Medicare, Medicare supplement insurance, important things to know about Medicare Advantage plans, prescription drug coverage, and additional resources to help the process be as seamless as possible.

Afterwards he will take 30 minutes, or more if need be, to answer any questions you may have.



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



Congratulations to our inaugural 2022 Mind Challenge Trivia Team, who placed seventh out of 15 teams in the *2022 Mind Challenge Championship*. The winner was the team from Broadview Heights, champs for the second year in a row. Our congratulations to them. Our team used their first season to get a feel for how it all works—get ready, Broadview Heights, we’re coming prepared for you next year!

JULY Activities

JULY TRIPS



7/20 International Women's Air and Space Museum/McDonald's
10am

7/22 Ohio City **10:30-1**



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!



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

Ice cream Thursdays at 12:30



7/7 and 7/21
7/14 and 7/28

Honey Hut
East Coast
Frozen Custard



Ohio City Business Tour

This will be a self-guided tour- we will visit the following places:

1. West Side Market
2. West Side Café
3. Horizontal Books
4. Glass Bubble Project
5. Mitchell's Ice Cream

There are still plots available at our Community Garden for some late season planting. Contact Tina Ribnicky at EXT 1121 if interested.



DALE'S ANNUAL TRIP! WEDNESDAY, JULY 13th



Join Dale for a trip to Marblehead!

The trip will start with lunch at the Galley Restaurant. We will then visit the gift shops before heading over to the Lighthouse and Museum. We'll then stop for ice cream at Toft's Dairy in Sandusky before heading home.

(Due to the high gas prices, we are charging a \$5 fee for gas.)

JULY Activities

Mon	Tue	Wed	Thu	Fri	S
				1 Garage sale 9-11 JULY CELEBRATION LUNCH 11:45 CORN HOLE 12:30	
4 Center is closed	5 9-12 Open Studio 9-11 Crochet/Mat 10 -11:00 Darts 10-12 walk at Lakewood Park 12:30-1:30 Stretch n Strength	6 9AM Chit Chat 9am Breakfast bunch at Canary's Restaurant 9AM Board Games 11AM High/Low 12:30-2:00 Movie	7 9-10 Coffee/Trivia 10-11 Chair Volleyball 12:30-1:30 honey hut 12:30-1:30 Bingo	8 9-11:30 Movie 9-11 Garage Sales 11:30-12:30 Tai Chi 12:30-1:30 Cornhole	
11 Free produce 9-10 Coffee and Conversation 10 AM Zoo Trip 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Bingo 1:30-2 Coloring	12 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Darts 10-12 walk at Tuxedo Park 12:30-1:30 Stretch n Strength	13 9AM Chit Chat 9AM Board Games 9am Dale's trip 11am Lunch Bunch at Steve's 11am Higher/Lower game 12:30 Movie	14 9-10 Coffee/Trivia 10-11 Chair Volleyball 10 Police Museum 12:30-1:30 East coast frozen custard 12:30-1:30 Bingo	15 9-11:30 Movie 11:30-12:30 Tai Chi 12:30-1:30 Cornhole	
18 9-10 Coffee and Conversation 10:30 Texas hold'em 10:30 Table bowling 12:30 bingo	19 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Darts 10-12 walk at Edgewater Beach 12:30-1:30 Stretch n Strength	20 9AM Chit Chat 9AM Board Games 10-trip to interna- tional women's air and space museum/ Mc Donald's 12:30-2:00 Movie	21 9-10 Coffee/Trivia 10-11 Chair Volleyball 11 Medicare Discussion 12:30-1:30 Honey Hut 12:30-1:30 Bingo	22 9-11:30 Movie 10:30-1 Ohio City Trip 11:30-12:30 Tai Chi 12:30-1:30 Cornhole	
25 9-10 Coffee and Conversation 10AM Zoo Trip 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Music Bingo	26 9 -12 Open Studio 9 -11 Crochet/Mat 10 -11:30 Darts 10-12 walk at Tuxedo Park 12:30-1:30 Stretch n Strength	27 9AM Chit Chat 9AM Board Games 11: Birthday Cele- bration 11AM High/Low 12:30-2:00 Movie	28 9-10 Coffee/Trivia 10-11 Chair Volleyball 12:30-1:30 East Coast Frozen custard 12:30-1:30 Bingo	29 9-11:30 Movie 10-Fire Museum 11:30 Tai Chi 12:30-1:30 Cornhole	

JULY MENU

SCR did not receive the menu for July in time for inclusion in this month's newsletter. When they do arrive, we will put them in every home delivered meal and have them available at the center when you come in to either pick up your meal or eat here. We will also be emailing them to our email subscribers.

NO WORRIES—LUNCH WILL STILL BE SERVED!

Sorry for the inconvenience.



We seniors grew up in a time when the benefits of sunscreen weren't widely known. Today we know more about the importance of sun safety. The need for protection is especially true for seniors who often have very fragile skin. Some seniors also take medications that have sun sensitivity as a side effect. Here are sunscreen basics that seniors and their caregivers should know in order to protect their skin from the summer sun.

1. Older adults need sunscreen.

A popular myth is that sun damage that leads to skin cancer occurs during childhood. If a senior grew up not using sunscreen, they might not think they need it now either. **According to the Skin Cancer Foundation**, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing or dying from skin cancer rises each year, everyone needs to use sunscreen.

2. Sun damage can happen fast.

Ultraviolet (UV) rays can cause skin damage in as little as 15 minutes. So even if you are only running outside to water plants quickly or pick a few flowers, apply sunscreen. Some UV rays can even penetrate glass. That means if you will be sitting inside near a large window or riding in a car, you likely need sunscreen. Finally, don't let cloudy days fool you. The sun's rays can still affect you. Layer on the sunscreen before going out.

3. Choose a sunscreen with an SPF 30 or higher.

A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin.

4. Protect skin from UVA and UVB rays.

When you are purchasing sunscreen, look for one that offers broad-spectrum protection. That will help you stay safe from both UVA and UVB rays. UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

5. Utilize different sunscreen formats.

Research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears.

More walking!



7/5 Lakewood Park
7/12 Tuxedo Park
7/19 Edgewater Beach
7/26 Tuxedo Park

Wear comfortable shoes!

All walks are from 10 till 12

All book lovers, bookworms, and bibliophiles!



Don't forget we have a lending library located right inside the door of the Crafts Room.

The books are calling you!

This and That and Then Some



STUNNING RESULTS FROM OUR “IS A HOT DOG A SANDWICH?” POLL!

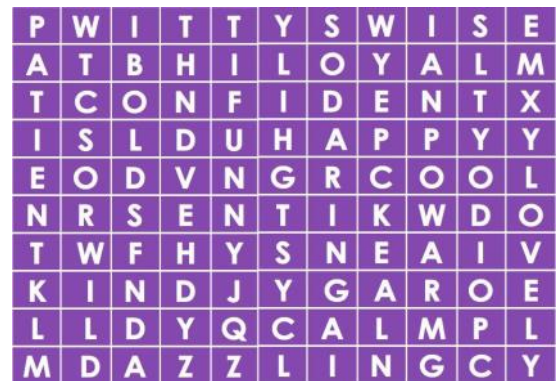
Unbelievably, after a thorough count and recount, the final results of our poll are in:

11 people voted
“yes, of course a hot dog is a sandwich” and
11 people voted
“no, there is no way a hot dog is a sandwich.”
It was A TIE!

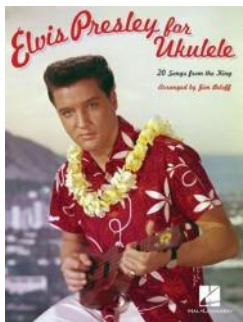
It was a very heated poll. Many people added exclamation points to emphasize their certainty on the matter, while others just wrote “NO! NO! NO!” or “YES! YES! YES!” as many times on the ballot as they could fit it. The editor of *Seniors in Touch* has declined to act as the tiebreaking vote. Please do not storm our offices claiming voter fraud or looking for him. He just comes up with the questions. Thanks for voting!



They say the first three words you find describe your personality. What's yours?



UKULELE LESSONS!



Interested in learning a musical instrument and having some fun? If we have more than 8 people interested in coming weekly for a group lesson, we can get this going.

Call us and let us know.

Will start in August or September. We need to hear from you to get this on our calendar.

Long-time SCR regular Bonnie Robertson is once again selling tickets for the 50/50 drawing that takes place once a month. Last month's winner took home \$250! As always, find her around the program to buy some or **Bonnie will find you!**



The Chair Volleyball Team wants YOU to come join them on Thursday mornings from 10 till 11. Just show up and they'll find you a chair - it's all good fun.



Senior Citizen Resources, Inc.
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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 sponsoring weekly summer senior walks this summer. 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, explore our parks and have fun.

The walks will be outside and 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 (by registering ahead of time, you will be notified if the walk is cancelled due to weather)

- July 6: Euclid Beach Park, 16301 Lakeshore Blvd. (meet near the pier)
- July 13: Frederick Douglas Resource & Rec Center, 15401 Miles Ave.
- July 20: League Park, 6601 Lexington Ave.
- July 27: Track at Tri-C Metro, 3409 Woodland Ave. (meet at the track)
- August 3: Zone Resource & Rec Center, 6301 Lorain Ave. (meet at the gazebo)

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.