

# Seniors in Touch

May 2022

April showers bring...



happy  
May!!



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  
APPOINTMENT SCHEDULING,  
PLEASE CALL IN THE MORNING.

## MASK POLICY REMINDER

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.



Save the date: We will be hosting a 50<sup>th</sup> Anniversary Celebration on the evening of **Thursday August 11**. Details to follow - we can't wait to celebrate with you! (SCR was founded in 1971, but we had to postpone our festivities due to the pandemic)



Did you know that right beneath addressing our ever-present health concerns, **building relationships with others in your communities** is extremely important as you get older. According to many senior advocates, *"they can do this by participating in group activities and themed events or going on outings. The opportunity to socialize improves their well-being, as well as their mental health."* That sounds **exactly** like what we offer here at SCR! We're open again, with precautions, after that long spell of Covid, and things are feeling fun and lively around here. Come on in and join us and forget about your troubles for awhile!



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



Did you know you can get allergies when you're older even if you never had them before? For seniors, there are a number of factors that may trigger an allergy (or disguise it) that they need to be aware of – ones that make it harder

to diagnose and relieve senior allergy pains.

According to Randy Robinson, MD, Co-Founder and CMO of R-Health:

"In seniors, many doctors misdiagnose allergy symptoms *as something much greater*, or may consider them to be part of a condition they are already battling. If misdiagnosed, allergies' inflammatory responses can lead to greater issues for seniors, like chronic illness. That's why it's important to treat allergies quickly and effectively in seniors."

And it's important to tell your doctor if you have allergy symptoms even if you've never experienced allergies before. You're not alone; many older adults develop allergies for the first time in their later years. Tell him/her you would like an allergy test. It's important to keep in mind that the most common allergy-relief prescription is not recommended for people over 65. Antihistamines can increase blood pressure and interact with other medications to cause severe side effects. As with any medication, you should always consult with your doctors to find a safe allergy solution.

## MAY SHOPPING SCHEDULE

Mondays, every three weeks

<b>MIDTOWN</b>	<b>5/2, 5/23</b>
<b>WALMART BROOKPARK</b>	<b>5/9</b>
<b>WALMART STEELYARD</b>	<b>5/16</b>

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.



Your help is invaluable.  
 And we have plenty of opportunities here  
 if you're interested in volunteering.

Call **Kim Susak**  
 during our normal hours.



## **FREE PRODUCE GIVEAWAY**

**Monday, MAY 2, 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**



We started a new art class this week at SCR — **Neurographic Art.** Neurographica as an art form is relatively new and is created

by scribbling loosely on a page to make large circles and a variety of shapes. It's essentially a tangled line drawing method. It is a drawing technique that links the conscience with the subconscious and has ties to meditative practices, focus, mindfulness, and stress relief. Neurographic Art focuses more on the process of art-making, and not the end product. For more details contact Christine Suma at x1116.



The Cleveland Food Bank will have a cooking demonstration during the Free Produce Giveaway at **10:30 on May 2<sup>nd</sup>.**

In addition, at **10:30 on May 23**, The Cleveland Food Bank will conduct a class on **NUTRITION.** See you there!



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.



Instructors from Simply Virtual will be at SCR on Monday, May 2 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 Post Office on Wheels** provides stamps, money orders, package

supplies, and letter/package mailing. Other special mail services are also available. The next scheduled stop at SCR is **Thursday May 6 around 10:15 a.m.**

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



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

**SCR AND**  
**THE DRIVERS**  
**THANK YOU.**

# MAY 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.



Book Club  
with Cleveland Public Library  
Tuesdays in May 12:30- 1:30  
Formation meeting Tuesday May 3rd

Garage Sale Hopping 9AM –11AM  
Friday May 6th limited to 12



HEARTS ON WHEELS  
Fridays 12:30-1:30 notes of encouragement  
Are inserted in Meals on Wheels lunches

**Core fitness classes**  
**Tuesdays 12:30-1:30**



**Kentucky Derby Fun**  
**May 5th 10:30 am**  
**Horse race game**  
**Best outfit contest**  
**Horse movies, racing trivia**  
**Call to register for event and lunch**

Table bowling May 9,16,21 10:30 to 11:30

“Easy Walking” Thurs in May 11:00- 11:45  
weather permitting

Birthday Celebrations return  
Tuesday May 24th  
Cake will be served at 11:30  
for all of our May Birthdays



Social Time : Wednesday mornings at 9am

**Breakfast at Bob Evans**  
**Wed May 4th 10 am**  
Call to register Limited to 12 persons per trip  
**Lunch at Quaker Steak and Lube**  
**Wed May 11th at 11am**  
**We will be eating in the restaurants**  
**so make sure to tip and be considerate to**  
**short staffed establishments**

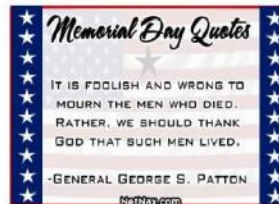
**Support Ukraine**  
**Rally Day**  
**Thursday May 12th**  
**9:45AM**



**Parade our downtown**  
**Old Brooklyn Area**  
**then return to center**  
**for 11:45 lunch and music**  
**Need to preregister for lunch**  
**Monetary Donations for Ukraine accepted**



Music Bingo Mon May 23rd  
12:30 -1:30



Memorial Day event  
Thurs. May 26 10-12:15  
Taylor Lamborn  
mini concert 10-11  
Hot dogs chips and pop  
Call to register for event

**Jack Cleveland Casino**

Friday May 13th 10am to 1:30pm  
All costs to include lunch are on your own  
Limited to 12

Movies twice a week  
includes freshly popped popcorn  
Movie listings posted in lunch room bulletin board

**Cleveland Zoo Monday Mornings**

10am –12:30 May 9th and 23rd -limited to 12  
We will give you a ride to the zoo and pick you up at main gate  
**FREE ADMISSION ...BUT REMEMBER TO BRING AN ID**  
**SHOWING YOU ARE A CLEVELAND RESIDENT**

**Coming in June**

- ♦ Shopping at Southland Liquidations Bin Store and Goodwill
- ♦ Shoppes at Parmatown

**Coming in July**

- ♦ Trips to Police Museum and Fire Museum

# MAY Activities

Mon	Tue	Wed	Thu	Fri	S
<b>2</b> <b>FOOD BANK</b> 9-10 Coffee and Conversation 10-noon Tech Help 10:30 Texas Hold'em 12:30-1:30 Bingo 1:30-2 Coloring	<b>3</b> 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Drums 12:30-1:30 Core Fitness 12:30-1:30 Book Club	<b>4</b> 9am Social Time 10am Breakfast Bunch 10-12 Art Class 11am High/Low 12:30-2:00 Movie 12:30 -1:30 Creative Writing	<b>5</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 10:30 Kentucky Derby Fun 11-11:45 Walking 12:30-1:30 Bingo	<b>6</b> 9-11:30 Movie 9-11 Garage Sales 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels	
<b>9</b> 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	<b>10</b> 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Drums 12:30-1:30 Core Fitness 12:30-1:30 Book Club	<b>11</b> 9am Social Time 9am Board Games 10-12 Art Class 11am Lunch Bunch 11am High/Low 12:30-2:00 Movie 12:30 -1:30 Creative Writing	<b>12</b> 9-10 Coffee/Trivia 9:45 Ukraine Day 10-11 Chair Volleyball 11-11:45 Walking 12:30-1:30 Bingo	<b>13</b> 9-11:30 Movie 10am Jack's Trip 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels	
<b>16</b> 9-10 Coffee and Conversation 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Bingo 1:30-2 Coloring	<b>17</b> 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Drums 12:30-1:30 Core Fitness 12:30-1:30 Book Club	<b>18</b> 9am Social Time 9am Board Games 11am High/Low 12:30-2:00 Movie	<b>19</b> 9-10 Coffee/Trivia 10-11 Chair Volleyball 11-11:45 Walking 12:30-1:30 Bingo	<b>20</b> 9-11:30 Movie 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels	
<b>23</b> 9-10 Coffee and Conversation 10 am Zoo trip 10:30 Texas Hold'em 10:30 Table Bowling 12:30-1:30 Music Bingo	<b>24 Birthday Cake</b> 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 Drums 12:30-1:30 Core Fitness 12:30-1:30 Book Club	<b>25</b> 9am Social Time 9am Board Games 11am High/Low 12:30-2:00 Movie	<b>26</b> 9-10 Coffee/Trivia 10 Memorial Day Event 10-11 Chair Volleyball 11-11:1-45 Walking 12:30-1:30 Bingo	<b>27</b> 9-11:30 Movie 11:30-12:30 Tai Chi 12:30-1:30 Hearts On Wheels	
<b>30</b> <b>SCR CLOSED FOR MEMORIAL DAY</b>	<b>31</b> 9 -12 Open Studio 9 -11 Crochet/Mat 10 -11:30 Drums 12:30-1:30 Core Fitness 12:30-1:30 Book Club				

# May Menu - Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CS TR	3 2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG TR	4 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG RB	5 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Sliced Peaches ½ c Grape Juice 4 oz ALT = CBG RB	6 *Fish 4 oz/Tartar Sauce 1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR
9 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CS TR	10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2oz Pineapple Chunks ½ c ALT = CBG RB	11 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Orange ALT = CBG T	12 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ATL = CBG T	13 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG RB
16 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Spinach ½ c / 1 PC lemon 1 Whole Grain Wheat Applesauce ½ c ALT = CS RB	17 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Apricots ½ c ALT = CBG RB	18 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB	19 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ATL = CBG T	20 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Buttered Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Grapes 1 c ALT = CBG TR
23 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ALT = CS TR	24 *Chicken Cordon Bleu 6 oz *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot coins ½ c 2 Whole Grain White Pears ½ c ALT = CBG RB	25 *Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	26 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c / 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T	27 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Apple Juice 4 oz ALT = CBG RB
30  <b>Memorial Day</b>  <b>Site Closed</b>		Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk  *=Take Temperature of Milk and all food proceeded by an asterisk.	

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  
 ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



# This and That and Then Some



*Seniors in Touch* has declared **Jonathan** of the South Atlantic island of St. Helen's the unofficial mascot of SCR, because he is aging as beautifully as we are! He is 190 years old! He is shown on the left when he first arrived on the island in 1882 at the age of 50, and on the right how he looks today. Looks pretty great, right?

**YOU LEAVE HOME, MAKE THREE LEFT  
TURNS. YOU ARE BACK AT HOME AND SEE  
TWO MEN WEARING MASKS.  
WHO ARE THESE MEN?**

**ANSWER**

The catcher and the umpire.  
You are a baseball player!

FOR SCR'S KNITTERS AND MAT MAKERS



## This Is My Walker

An Amended Poem by Kelly Roper

(A parody of the *Rifleman's Creed*)

This is my walker.  
There are many like it, but this one is mine.  
I must cling to it as I walk through the senior center.  
My walker, without me, becomes a place to hang my clothes.  
Without my walker, I will fall down. Really, no kidding.  
I must use my walker carefully.  
I must aim it true and walk straighter than my fellow seniors  
Who are trying to beat me to the coffee table.  
I must get there and grab that last cup of coffee before they do. I will.



Did you know that just a straight shot down I-90, at the **Friendship APL in Elyria**, if you are aged 60 or older you can adopt any cat 8 years and older from the shelter **for free!** It's a win-win for everyone! You give love to an older cat that is lonely, and you get love and companionship in return!



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

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**PAID**  
Cleveland, OH  
Permit NO. 2841

**DATED MATERIAL  
PLEASE DO NOT DELAY**

## SENIOR CITIZENS RESOURCES, INC.



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

We have a lively chair volleyball group that plays at SCR on Thursdays @ 10 a.m. - come join us sometime! You can enjoy lunch here at the center afterwards, then even stay for bingo at 12:30 p.m. Call our front desk to get signed up - 216-749-5367. Programs are free and transportation is available.



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.