

Seniors in Touch



NOVEMBER 2022



**Senior Citizen
Resources**

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

Serving persons 60 & over
in Old Brooklyn for
50 years

A reminder: our services do not require a donation. But every donation matters. We have seen increased costs this year, and donations certainly help us pay the bills.

An example is gas for the vans. Our monthly expense used to be about \$1000 per month to keep vans filled with gas. It is now \$1900 on average.

Transportation donations help us pay for gas, insurance, and much needed van maintenance. There are very few senior centers offering the transportation services that SCR is able to offer. We are proud of it and happy to be able to provide it. And every donation does matter.

Help if you can.

OCTOBER OPEN ART STUDIO!



SCR's Ukulele Group, led by Sam Hooper, put on a highly entertaining performance of songs for us on October 4th. Mae McFadden, pictured right, even sang a lovely song she composed herself.



Nov 11
Thurs

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



SCR is offering a new trial shopping route aimed at seniors in Ward 12 in conjunction with City Councilwoman Rebecca Maurer. It is free and will run continuously on Wednesdays between 8:30 a.m. – 2:30 p.m. Stops include Spring Hill Villa, Valley Road Villa, Foster Pointe, Broadway Place, Harvard Village; and Giant Eagle, Aldis, and Marcs. This trial route is running every Wednesday through Dec 14.



Do you need technology help? You can schedule a one-on-one appointment with a Digital Navigator through the Cuyahoga County Public Library system. Digital Navigators can help you connect to the internet, get a device, set up a telehealth appointment, and more. Digital Navigators can also help you find out if you are eligible to receive the Affordable Connectivity Program (an FCC program that helps families find reliable, affordable internet access). Call the CCPL at 216-749-9420 to make an appointment with a Digital Navigator.

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.**



**NEXT PRODUCE GIVEAWAY IS
MONDAY, November 7
Bring your carts and shopping bags!**

NOVEMBER SHOPPING SCHEDULE

Mondays, every three weeks

MIDTOWN	11/7, 11/28
WALMART BROOKPARK	11/14
WALMART STEELYARD	11/21

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI'S
DRUG MART
SAV A LOT

SCR Transportation Guidelines

Just a transportation reminder: We need to have 2 weeks notice for all rides, especially for medical appointments. We can sometimes try to fit you into the schedule on short notice, but it is not guaranteed. Our wonderful drivers generally work between 8:30 a.m. – 2 p.m., so rides need to be scheduled during those hours.

-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 Facebook page:
"Senior Citizen Resources - Old Brooklyn"
and make sure to 'like' and 'follow' us!



ART IN THE GARDEN



We now have “Community Connectors” from OBCDC here at SCR twice a week. They can be a resource for anyone who has questions about additional food resources, help with signing up for SNAP benefits, information on community meals, etc. They will be at SCR on Tuesdays 10:30 a.m. – 1 p.m. and Thursdays 11 a.m. – 1 p.m. (schedule subject to change)

The Cleveland Department of Aging has a program to help seniors with limited income with the extermination of bed bugs in their home. You must meet income guidelines, must own & live in the unit to be treated, and must reside in the City of Cleveland. For more information, call the Cleveland Department of Aging for an application: 216-664-2833.



THE HOMESTEAD DISCOUNT WATER RATE PROGRAM

The Homestead Discount Program offers a lower fixed charge and consumption rate on your water bill.

- To qualify, customers must meet the following criteria:
- Be 65 years or older, or totally and permanently disabled.
 - Own and live at the property; and
 - Meet income guidelines.
- Yearly 2022 income limit is \$36,300.

You can call at the Cleveland Department of Aging to learn more



Voting is a right and a privilege! Contact SCR if you need a ride to the polls, or if you need other voting assistance.

- Keep these important dates in mind:
- Sat Nov 5 @ 12 noon:** Deadline to request an absentee ballot
 - Mon Nov 7:** Mailed absentee ballots must be postmarked
 - Tues Nov 8:** Election Day (if not mailed, absentee ballots can be personally delivered to your county board of elections by 7:30 p.m. on Election Day)

-Breakfast Bunch:

Thurs Nov 17 @ 10 a.m.,
Steve's Doghouse on Pearl Rd.

-Lunch Bunch:

Mon Nov 28 @ 11 a.m.,
Café Miami on State Rd.

* *Please* don't forget to **TIP** the hardworking restaurant staff when out to breakfast or lunch – we want to help keep these local restaurants in business, and also want them to welcome SCR groups back! Thank you!



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

Special Shopping Trips for November:

Salvage Yard Resale Shop on Lorain Rd. in Fairview,
Fri Nov 4 @ 9 a.m.

Salvation Army on Pearl Rd. in Strongsville,
Thurs Nov 10 @ 9 a.m.



NOV. 18
I-X CENTER



Join us for a trip the I-X Center for the Christmas Connection, Fri Nov 18 @ 9 a.m. Lots of shopping, entertainment, Christmas movies, and more. Tickets are \$12 each. This trip will include some walking.

Join us for some fall fun on Thurs Nov 3 as we take a trip to Royalton Farms in North Royalton. They carry apples, cider, pumpkins, fruit butters, baking mixes, local honey, and more! There is some walking involved with this trip. We will leave around 11 a.m. and will stop at Augie's Pizza for lunch on your own afterwards.

We have Open Art Studio Time each Tuesday at 9 a.m. Lately, some of our own seniors have started to lead a seasonal craft each week during this time! Join us for some fun – and talk to Tina if you would like to lead a simple art project or craft some time.



A group of Seniors and staff members had a fun day with the animals of the Cleveland Zoo in October. It was also educational—your *Seniors in Touch* editor, for instance, was surprised to see that bats hang rightside up. After watching awhile, though, he realized that they just do that when they're peeing.

SCR will be offering a new art class Wednesdays in November & December @ 10 a.m. called The Gift of Art. We will be working on several different projects each week (ceramics, printmaking, tea towels, jewelry, etc.) that could be holiday gifts! This class will include several different instructors from our friends at Broadway School of Music & the Arts. There will be no class on November 23. Give us a call to get signed up.

Every Tuesday 11am From Oct 11 until Dec 13



Choir Group
with Sam Hooper

Come learn Christmas songs and other classics!
Sign up with Cassie,

No class size limit, ALL ARE WELCOME!



Our SCR Writing Workshop is still going strong and is always welcoming new members! We will be meeting every other Wednesday @ 12 through the end of the year (Nov 9, Nov 23, Dec 7, Dec 21). Everyone writes an essay, and has the option to share it with the class for kind critiques. Our goal is to eventually compile something resembling a memoir. Come join us!

SCR ACTIVITIES - NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	2 9am Coffee & Music 10am Wii & Board Games 10am Gift of Art Class 11:30am SCR Lunch	3 9am Coffee & Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 11am Music Ball 11am Royalton Farms 11:30am SCR Lunch 12:30pm Bingo	4 9am Coffee & Puzzles 9am Salvage Yard 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga
7 9am Coffee & Convo 9am Tech Time 10am Free Produce 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Bingo	8 Election Day 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	9 9am Coffee & Music 10am Wii & Board Games 10am Gift of Art Class 11:30am SCR Lunch 12pm Writing Workshop	10 9am Coffee & Trivia 9am Salvation Army 10am Chair Volleyball 11am Music Ball 11:30am SCR Lunch 12:30pm Bingo	11 <i>Veterans Day: SCR Closed</i>
14 9am Coffee & Convo 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Bingo	15 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch &	16 9am Coffee & Music 10am Wii & Board Games 10am Gift of Art Class 11:30am SCR Lunch	17 9am Coffee & Trivia 10am Chair Volleyball 10am Breakfast Bunch: Steve's Doghouse 11am Music Ball 11:30am SCR Lunch 12:30pm Bingo	18 9am Coffee & Puzzles 9am IX Christmas Connect 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga
21 9am Coffee & Convo 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Bingo	22 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	23 9am Coffee & Music 10am Wii & Board Games 11am Nov Birthdays Party 11:30am SCR Lunch 12pm Writing Workshop	24 <i>Thanksgiving: SCR Closed</i>	25 <i>Thanksgiving: SCR Closed</i>
28 9am Coffee & Convo 10:30am Cards & Games 11am Lunch Bunch: Café Miami 11:30am SCR Lunch 12:30pm MUSIC Bingo	29 9am Coffee & Open Studio 9am Christmas Decorating 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	30 9am Coffee & Music 10am Wii & Board Games 10am Gift of Art Class 11:30am SCR Lunch		

November 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk Or Buttermilk	1 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c ALT=CBG T	2 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG TR	3 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	4 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T
7 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	8 *White Chicken Chili 8 oz *Corn w Red Bell Peppers ½ c *Broccoli ½ c Corn Bread, 2 oz Orange, 1 ea ALT=CBG T	9 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c ALT=CBG RB	10 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CBG RB	11 Veteran's Day Site Closed
14 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS T	15 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Cauliflower ½ c Whole Grain Wheat Banana, 1 ea ALT=CBG TR	16 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz ALT=CBG RB	17 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea ALT=CBG T	18 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c ALT=CBG RB
21 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	22 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	23 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CBG RB	24 Thanksgiving Day Site Closed	25 *Breaded Fish 3 oz Tartar Sauce 1 PC *Rice Pilaf ½ c *Cape Cod Blend 1 c Whole Grain Wheat Peaches ½ c ALT=CBG TR
28 *Vegetable Lasagna, 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS T	29 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG TR	30 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB	*take temperature of Milk and all food proceeded by an asterisk.	
				Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

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



Western Reserve
Area Agency on Aging



An English professor wrote the words “**Woman without her man is a savage**” on the blackboard and directed his students to punctuate it correctly.

The men wrote, “**Woman, without her man, is a savage.**”

The women wrote: “**Woman! Without her, man is a savage.**”

(thanks Tom and Bev)

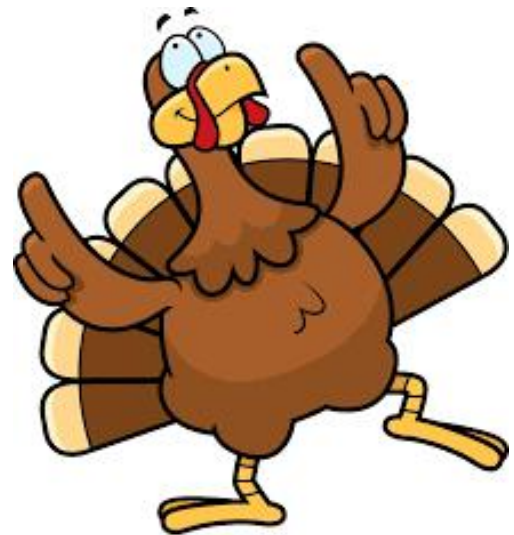
November 1 is Cinnamon Day! Cinnamon is full of antioxidants, has anti-inflammatory properties, and can help balance insulin. Let’s celebrate one of the world’s favorite spices - bring in a cinnamon snack (and recipe) to share on Tues Nov 1: apple pie, cinnamon rolls, coffee cake, snickerdoodles... get creative!

Help make SCR feel festive this season – help us decorate our Christmas tree, enjoy some cocoa and holiday music, join in on some seasonal crafts, and more: Tues Nov 29 @ 9 a.m.

Hola! Ana Garcia Snider from United Healthcare will be here on December 1 @ 11:00 to answer all your questions during open enrollment. She also speaks ESPANOL!!!



In 2017, A Czech artist named Jan Langer asked seniors to bring him an old photo of themselves, then pose for him in the same position for a photograph of them now. We thought this was great, and wondered if any of our Seniors would like to give it a try. You can bring in an old picture of yourself and we can take one of you now, or you can take you own current one yourself and bring that in with the old photo. If you’re happy how they turn out, we’ll be publishing one or two a month right here in your *Seniors in Touch* newsletter. Who wants to give it a try?





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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 next scheduled stop for the USPS mobile unit at SCR is **Thursday, November 3 around 10:15am**

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



Cleveland EMS is back to check blood pressure

November 17th
 10:30

That just never gets old!

Coming up in December: SCR is planning trips to the **Christmas Story House & Museum** in Cleveland (\$14), and Castle Noel in Medina (\$27 / minimum of six people required for Castle Noel trip). Save the date: SCR Holiday Party, Fri Dec 16. Details to follow!



Bonnie Robertson is 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!**

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.