Cheers from our Nautica trip!

Our own Bonnie Robertson receiving her Ward 13 Senior of the Year Award from (l-r) Council Member Kris Harsh, Sonya Pryor-Jones, and Council President Blaine A. Griffin.

Please note, SCR will be closed on Monday Oct 10 in observance of Columbus Day / Indigenous Peoples’ Day.

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

3100 Devonshire Rd
Cleveland, OH 44109
Office: 216-749-5367
**THE SHOPPE AT SCR**

SCR thanks the volunteers and customers who have supported the shop. Because of donations, the shelves are filling up. Please donate if you can, but remember we cannot accept clothing. Beginning in October, pricing will change — everything in the shop will be $1.00 unless otherwise priced. We hope this makes things easier for both volunteers and customers.

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**Special Shopping Trips for October:**

**Savers Thrift Store** on Brookpark Rd., Fri Oct 7 @ 9 a.m. (back before lunchtime)

**Good Friends Thrift Store** on Pearl Rd., Fri Oct 14 @ 10 a.m.

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**OCTOBER SHOPPING SCHEDULE**

Mondays, every three weeks

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<th>Store</th>
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<td>Walmart Brookpark</td>
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<td>Walmart Steelyard</td>
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Tuesdays/Thursdays

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<td>Giant Eagle</td>
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Fridays

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<td>Drug Mart</td>
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<td>Sav A Lot</td>
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**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.

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**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.

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**NEXT PRODUCE GIVEAWAY IS MONDAY, 10/3**
Doing crafts, playing an instrument, or reading a book might help lower your risk of dementia by a significant margin, according to new research. The meta-analysis reviewed available studies on two million people, comparing the effects of cognitive activities, physical activities, and social activities, to the risk of getting dementia. The research published in the journal Neurology—the medical journal of the American Academy of Neurology—widely defined leisure pastimes as things people engaged in for enjoyment.

After adjusting for factors such as age, sex and education, researchers found that leisure activities overall were linked to a reduced risk of dementia—especially mental activities.

• **Mental activities** consisted of intellectual pursuits like reading or writing for pleasure, watching television, listening to the radio, playing games or musical instruments, using a computer and making crafts. Researchers found that people who participated in these activities had a 23% lower risk of dementia.

• **Physical activities** included walking, running, swimming, bicycling, using exercise machines, playing sports, yoga, and dancing. Researchers found that people who participated in these activities had a 17% lower risk of dementia.

• **Social activities** mainly referred to activities that involved communication with others and included attending a class, joining a social club, volunteering, visiting with relatives or friends, or attending religious activities. Researchers found that people who participated in these activities had a 7% lower risk of dementia.

“Previous studies have shown that leisure activities were associated with various health benefits, such as a lower cancer risk, a reduction of atrial fibrillation, and a person’s perception of their own well-being,” said study author Lin Lu, PhD, of Peking University Sixth Hospital in Beijing, China. “However, there is conflicting evidence of the role of leisure activities in the prevention of dementia.”

“Our research found that leisure activities like making crafts, playing sports, or volunteering were linked to a reduced risk of dementia.”

The team reviewed 38 studies from around the world, which together looked at over two million people who did not have dementia and followed them for at least three years. During the study, 74,700 developed the disease.

“This meta-analysis suggests that being active has benefits, and there are plenty of activities that are easy to incorporate into daily life that may be beneficial to the brain,” said Lu.

“Leisure activities may reduce the risk of dementia. Future studies should include larger sample sizes and longer follow-up time to reveal more links between leisure activities and dementia.”

This study can’t prove that these activities actually cause the lower risk for dementia, only that there may be a connection. A limitation of the study was that activity, so they may not have reported the activities correctly.

Voting is a right and a privilege! Make sure to mark these important voting dates on your calendar:

- **Tues Oct 11:** Deadline to register to vote
- **Wed Oct 12:** Early in-person voting & absentee voting by mail begins
- **Saturday Nov 5 @12pm** Deadline to request an absentee ballot
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!

**Breakfast Bunch:**
Wed Oct 5 @ 9:30 a.m.
*Perk-UP Café* on Rockside Rd. in Independence

**Lunch Bunch:**
Wed Oct 19 @ 11 a.m.
*Famous Dave’s* on Great Northern Blvd. in North Olmsted – we will have time for shopping at the mall afterwards.

The *Old Brooklyn Farmers Market* has finished for the season, but we have one more Farmers Market here at SCR on Wed Oct 5 around 10 a.m. This is a great opportunity to use those Senior Farmers Market Nutrition Program coupons!

Join us for **Halloween Movie Night** here at SCR, Fri Oct 28 @ 7:30 p.m. Transportation is available; popcorn, snacks and drinks will be provided. Please be advised, this will be an R-rated Halloween movie!

We are starting a new art class Wednesdays in October (10 a.m. – 12 noon):

**Mixed Media with Bernadette.** This class will combine a variety of tools & techniques. Build on the skills you’ve learned in previous classes, or discover new skills while working on printmaking, drawing, painting, collage, and more. We will be using famous artists as inspiration. Your art pieces may take more than one week to complete, so we strongly encourage you to plan to come every week. No experience necessary! 12 person max.

We will be celebrating National Homemade Cookies Day on Monday Oct 3 – bring in some of your favorite homemade cookies to share! (Your Seniors In Touch editor would be happy to help take any extras off of your hands. You’re welcome!)

**Open Art Studio**

We have **Open Art Studio Time** each Tuesday at 9am. This month, some of our own seniors will be leading seasonal crafts each week during this time! Join us – and talk to Tina if you would like to lead a simple art project or craft some time.

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!

Join us here at SCR on Tuesday Oct 4 @ 10am for a special Performance from our Ukulele Class!

Snacks will be served.
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<td><strong>3</strong> 9am Coffee &amp; Convo</td>
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<td>9am Coffee &amp; Music 9:30am Breakfast Bunch: Perk Cup Café</td>
<td>9am Coffee &amp; Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR</td>
<td>9am Coffee &amp; Puzzles 9am Savers Trip 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga</td>
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<td>10am Produce Giveaway</td>
<td>9am Crochet &amp; Plastic Matmaking</td>
<td>10am Farmers Market 10am MM Art Class 10am Wii &amp; Board Games</td>
<td>11am Core Fitness 11:30am SCR Lunch 12:30pm Bingo</td>
<td>9am Coffee &amp; Puzzles 9am Savers Trip 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga</td>
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<td>10:30am Cards &amp; Games</td>
<td>10am Floor Games</td>
<td>11am Historic Garfield Trip 11:30am SCR Lunch</td>
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# October 2022 WRAAA MENU

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<td>3</td>
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<tr>
<td>*Beef Meatloaf 3 oz</td>
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<tr>
<td>*Gravy 2 oz</td>
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<tr>
<td>*Mashed Potatoes ½ c</td>
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<tr>
<td>*Green Beans ½ c</td>
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<tr>
<td>W.G. Dinner Roll, 2 oz</td>
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<tr>
<td>Sliced Peaches ½ c</td>
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<td>ALT-CS</td>
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**Columbus Day**

Site Closed

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**Stuffed Pepper 6 oz w/ 2 oz Sauce**

*Beef Sloppy Joe 4 oz

*Roasted Potatoes 4 oz

*Broccoli ½ c

W.G. Hamburger Bun 2 oz

Scalloped Apples ½ c

**Roasted Turkey Breast 3 oz**

*Gravy 2 oz /WG Stuffing ½ c

*Mashed Potatoes ½ c

*Green Beans½ c

Tropical Fruit ½ c

W.G. Vanilla Wafers 1 oz

**Sliced Ham 3 oz**

w/ Pineapple Glaze

*Scalloped Potatoes ½ c

Green Peas ½ c

Whole Grain White

Mixed Fruit ½ c

ALT-CS          | RB                       | ALT-CBG                   | T                         | ALT-CBG                   |

**Salisbury Steak 3 oz**

*Gravy 2 oz

*Roasted Turkey 3 oz

*Gravy 2 oz

*Butternut Squash ½ c

Green Beans ½ c

W.G. Biscuit 2 oz

Pears

**Celery 1 oz**

W.G. Sub Bun

Marinara Sauce 2 oz

*Zucchini ½ c

Applesauce ½

Grape Juice 4 oz

**Beef Cacciatore 3 oz**

*WG Pasta ½ c W *Sauce 2 oz.

*Mixed Vegetables ½ c

California Blend ½ c

Whole Grain Wheat

Tropical Fruit ½ c

**Tuna 1 oz**

*Brussel Sprouts ½ c

*Buttered Sliced Carrots ½ c

WG Dinner Roll 2 oz

Apricots ½ c

*Chicken Alfredo 4 oz

*WG. Pasta ½ c

*Broccoli ½ c

*Cauliflower ½ c

Whole Grain White

Banana

ALT-CS          | RB                       | ALT-CBG                   | T                         | ALT-CBG                   |

Menu Approved By:

Ann Stahlheber MS, RDN, LD

* = take temperature of Milk and all food proceed by an asterisk

Choice of 1% Milk or Buttermilk

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day. T = Tuna, TB = Turkey, RB = Roast Beef

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

WESTERN RESERVE AREA AGENCY ON AGING - 2022

PAGE 6

OCTOBER 2022
THREE’S A CHARM

Each word has three missing letters which are all the same letter. See how you do with this clever fill-in-the-blank puzzle.

TOM’S TRIVIA CORNER

SCR is making a trip to the James A. Garfield National Historic Site in Mentor on Wed Oct 12 @ 11 a.m. (we will leave around 10 a.m.). We can visit the home, visitor center, and farm. The program is free, but we are requesting a donation of $5 to cover transportation / gas. Boxed lunch will be included. 12 person max.

1. SN__Z__
2. B_K_N_
3. HO_T_E__
4. O__ON
5. B_L_I_V_
6. __A_X_I_U__
7. __N_S_AL
8. A_TE__A
9. C__R_P_RATI_N
10. A__EMP_
11. ART_F_C_AL
12. PARA__E_
13. __U_M_LE_EE
14. PARA_E_
15. __E__ERMINT
16. SU__ENDE_
17. __IVI_E_
18. __O_KROA_H
19. __G_LIG_T
20. __RE_A_MEN_

TRIPS, EXCURSIONS, ADVENTURES!

Join us for a trip to Amish Country (Middlefield) on Wed Oct 26. We will be leaving around 8:30 a.m. and making six stops (Cheese Chalet, Fig Tree Bulk Foods, Nauvoo Family Market, Yoder’s Amish Kitchen, Yoder Bargains, and Commons General Store). Plan to bring money for lunch together at Yoder’s. Please be advised, this trip requires some leisurely walking, including some uneven steps. We are requesting a donation of $5 to cover transportation / gas. 12 person max.

We have been invited to a Halloween Party on Thurs Oct 27 at The Parma Smallwood Senior Center. We will provide free transportation around 12:30 p.m., but there is a $7 party fee that includes lunch & entertainment. Costumes are encouraged but optional. 20 person max.
Senior Citizen Resources

3100 Devonshire Road
Cleveland, Ohio 44109
216-749-5367
www.seniorcitizenresources.org

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, October 6 around 10:15am

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

Cleveland EMS is back to check blood pressure

Thursday, October 20th at 11:30

HAPPY HALLOWEEN!

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

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.