

# Seniors in Touch

October 2022



**Senior Citizen  
Resources**

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

Serving persons 60 & over  
in Old Brooklyn for  
50 years

## Cheers from our Nautica trip!



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



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.

## 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.

## 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.



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

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

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, 10/3

## OCTOBER SHOPPING SCHEDULE

### Mondays, every three weeks

**WALMART BROOKPARK** 10/3  
**MIDTOWN** 10/17  
**WALMART STEELYARD** 10/31

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

## WANT TO LESSEN YOUR RISK OF DEMENTIA BY 23%?



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

**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!



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!

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!

 Mon Oct 31 @ 10 a.m. SCR Halloween Party & Crockpot Chili Cookoff!  
 Bring your favorite chili in a crockpot (make sure you provide a list of ingredients for any allergy issues). We will have a hot dog lunch that day to enjoy with chili, and will also be painting pumpkins and playing Halloween Bingo. Costumes are encouraged! Please bring your own pumpkin for painting (feel free to bring an extra pumpkin to share with others). Pre-registration required.




 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.

 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.

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

Snacks will be served.

# OCTOBER Activities

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9am Coffee & Convo 10am Produce Giveaway 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Bingo	<b>4</b> 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Uke Performance 10am Floor Games 11:30am SCR Lunch 12:30pm Stretch & Strength	<b>5</b> 9am Coffee & Music 9:30am Breakfast Bunch: Perk Cup Café 10am Farmers Market 10am MM Art Class 10am Wii & Board Games 11:30am SCR Lunch 12pm Writing Workshop	<b>6</b> 9am Coffee & Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 11am Core Fitness 11:30am SCR Lunch 12:30pm Bingo	<b>7</b> 9am Coffee & Puzzles 9am Savers Trip 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga
<b>10</b> Columbus Day / Indigenous Peoples' Day:  SCR Closed	<b>11</b> 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	<b>12</b> 9am Coffee & Music 10am Wii & Board Games 10am MM Art Class 11am Historic Garfield Trip 11:30am SCR Lunch 12pm Writing Workshop	<b>13</b> 9am Coffee & Trivia 10am Chair Volleyball 11am Core Fitness 11:30am SCR Lunch 12:30pm Bingo	<b>14</b> 9am Coffee & Puzzles 10am Good Friends Trip 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga
<b>17</b> 9am Coffee & Convo 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Bingo	<b>18</b> 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	<b>19</b> 9am Coffee & Music 10am MM Art Class 10am Wii & Board Games 11am Lunch Bunch: Famous Dave's 11:30am SCR Lunch 12pm Writing Workshop	<b>20</b> 9am Coffee & Trivia 10am Chair Volleyball 11am Core Fitness 11:30am SCR Lunch 12:30pm Bingo	<b>21</b> 9am Coffee & Puzzles 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga
<b>24</b> 9am Coffee & Convo 10:30am Cards & Games 11:30am SCR Lunch 12:30pm MUSIC Bingo	<b>25</b> 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 11am Choir 11:30am SCR Lunch 12:30pm Stretch & Strength	<b>26</b> 8:30am Amish Trip 9am Coffee & Music 10am MM Art Class 10am Wii & Board Games 11:30am SCR Lunch 12pm Writing Workshop	<b>27</b> 9am Coffee & Trivia 10am Chair Volleyball 11am Core Fitness 11:30am SCR Lunch 12:30pm Bingo	<b>28</b> 9am Coffee & Puzzles 10:30am Movie 11:30am Tai Chi 11:30am SCR Lunch 12:30pm Chair Yoga 7:30pm Evening Halloween Movie Fun
<b>31</b> 9am Coffee & Convo 10am Halloween Party 10:30am Cards & Games 11:30am SCR Lunch 12:30pm Holiday Bingo				

# October 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Sliced Peaches ½ c ALT=CS	4 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c TR ALT=CBG	5 *Chicken, 3 oz and Dumplings ½ c *Carrot Coins ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG	6 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Garlic Toast 2 oz Red Grapes 1 c RB ALT=CBG	7 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c T ALT=CBG
10 <p style="text-align: center;"><b>Columbus Day</b></p> <p style="text-align: center;"><b>Site Closed</b></p>	11 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CS	12 *Roasted Turkey Breast 3 oz *Gravy 2 oz /WG Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Applesauce ½ c ALT=CBG	13 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange T ALT=CBG	14 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c RB ALT=CBG
17 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS	18 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c RB ALT=CBG	19 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Brussels Sprouts ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CBG	20 *Breaded Fish 4 oz, Tartar Sce 1 PC W.G. Hamburger Bun Glazed Baby Carrots ½ c Banana Cranberry Juice 4 oz T ALT=CBG	21 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c RB ALT=CBG
24 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Pears ALT=CS	25 *Meatball Sub 3 – 1 oz W.G. Sub Bun *Marinara Sauce 2 oz *Zucchini ½ c Applesauce ½ Grape Juice 4 oz RB ALT=CBG	26 *Chicken 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 ALT=CBG	27 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c RB ALT=CBG	28 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Banana T ALT=CBG
31 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS	Menu Approved By:  <i>Ann Stahlheber MS, RDN, LD</i>		* =take temperature of Milk and all food proceeded by an asterisk  Choice of 1% Milk or Buttermilk	

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



## 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**

**CHOOSE FROM ONLY THESE LETTERS:**

A B C D E F G H I L M N O P R S T U V

**EXAMPLE: C \_ N \_ D \_ ANSWER: CANADA**

- |                          |                         |
|--------------------------|-------------------------|
| 1. S N _ _ Z _           | 11. A R T _ F _ C _ A L |
| 2. B _ K _ N _           | 12. P A R A _ _ E _     |
| 3. H O _ T E _ _         | 13. _ U M _ L E _ E E   |
| 4. _ O _ _ O N           | 14. P A R A _ _ E _     |
| 5. B _ L I _ V _         | 15. _ E _ _ E R M I N T |
| 6. _ A X I _ U _         | 16. S U _ _ E N D E _   |
| 7. _ N _ S _ A L         | 17. _ I V I _ E _       |
| 8. A _ T E _ _ A         | 18. _ O _ K R O A _ H   |
| 9. C _ R P _ R A T I _ N | 19. _ I G _ L I G _ T   |
| 10. A _ _ E M P _        | 20. _ R E A _ M E N _   |



# TRIPS, EXCURSIONS, ADVENTURES!



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.

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

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 Cleveland, OH  
 Permit NO. 2841

**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, 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

*That just never gets old!*

**HAPPY HALLOWEEN!**



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



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](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.