

Seniors in Touch

JANUARY 2023



**Senior Citizen
Resources**

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

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

9 Unusual New Year's Resolutions

Resolutions are always about looking for stuff you don't like about yourself and changing them. It can all seem so negative, so why not mix it up a bit? Here are 9 suggestions for alternative resolutions that can be fun.

1. Get Your Photo Taken In Five Interesting Places

We go on fun trips all the time here at SCR. Take a selfie or have a friend take a photo of you sitting in an Amish buggy or sneak a picture of yourself at a slot machine at a casino. Unposed photos are also a lot more fun.

2. Learn A Decent Party Trick

Face it, we're all too old to fall for "I got your nose!" anymore. And it's fun to leave people asking, "how'd she do that?". There's lots of info on the internet or the library about card tricks or magic illusions, or get yourself a beginner's magic kit. More simply, give yourself a mental challenge and learn how to recite the alphabet backwards or all the states in order.

4. Make A New Friend A Month

Fact: friends are great for your health, and the more you have of them the better. So, why not make it a New Year's resolution to start collecting them? To expand your social circle, try to make one new friend a month by making a conscious effort to attend more social events, chat to

strangers and get introductions to friends of friends. Making friends with people with different personalities and interests from you can be particularly beneficial in helping you to broaden your horizons, explore different sides of your personality and find new ways to get the most out of life.

5. Develop A Good Relationship With Your Body

Many traditional New Year's resolutions center around improving our bodies in some way, whether by taking up a diet or joining a gym. Next year, make it your resolution to start to love the body you've got instead. While this doesn't mean you can't make changes to your diet and fitness regime if your health requires it, it does mean starting to love who you are in the process. Work on improving your body confidence by focusing on the things you do like rather than those you don't.

6. Learn Something You Never Learned As A Child

For this New Year's resolution it's time to nurture your inner child and learn that thing that you never learned to do. Whether it's the number of days in each month, how to spell 'necessary' correctly, how to ride a bike or swim, we all have something we never learned as a child that everyone else seems to know. Set this to rights and have some fun at the same time by redressing this gap in your knowledge. Your younger self would be proud!

(continued on page 4)

Thanks to all those that were able to donate to the SCR Annual Fund. We are so very grateful for your contributions. Your support will help keep our community's seniors healthy, safe, and thriving!



We are thinking ahead and want to gauge interest in putting together our next **Mind Challenge Trivia Teams!**

SCR had a Mind Challenge Team last year and had so much fun competing in trivia challenges with groups from other local senior centers. Mind Challenge is a team-oriented tournament that starts in early May, so it's time to start getting ready! Teams have 4 – 6 players each, and SCR can have more than one team. Come join us at our regular trivia time (Thursdays at 9 a.m.) to start forming a team and practicing & prepping with fun weekly trivia!

OUR RECEPTIONIST IS ON DUTY UNTIL 1pm DAILY.

For questions, appointment scheduling, or activity signup, please call in the morning.

Quality Produce

NEXT PRODUCE GIVEAWAY IS MONDAY, JANUARY 9
10am till 12pm

Bring your carts and shopping bags!



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.

Please note, SCR will be closed on **Monday Jan 2 (New Year)** and **Monday Jan 16 (MLK Day)**.

JANUARY SHOPPING SCHEDULE

Mondays, every three weeks

WALMART BROOKPARK	1/9
WALMART STEELYARD	1/23
MIDTOWN	1/30

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI'S
DRUG MART
SAV A LOT



SCR Transportation Guidelines

Just a transportation reminder: Please schedule your medical appointments early in the day (8am-2pm) if you require transportation. This will provide greatest availability for a ride, which is not guaranteed until you call and speak with our scheduler/receptionist.

- 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.

- Free will donations are accepted for transportation, but never required.



Join us for Casino Day at SCR on Tuesday January 24, 10 a.m. – 12 noon!

We will have a dealer from JACK Cleveland Casino here to lead some games of blackjack, roulette, and poker. There is no

charge – we will play for peanuts! Also make sure to join us for Open Studio on Tuesday, January 17, when we will make some special casino apparel to get ready for gambling fun!

Join us on Tuesday Jan 17 @ 10 a.m. for a trip to the wonderful **Cleveland Museum of Art** in University Circle. The museum was founded in 1913 and is one of the world's most distinguished comprehensive art museums. Admission is free; bring money for lunch or a snack from the Provenance Café inside the museum



Lunch Bunch: January 11 -TBD
Breakfast Bunch: Bob Evans on Brookpark, Friday Jan 20 @ 9 a.m.

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



Plan ahead: SCR will be making a trip to The Great Big Home & Garden Show at the I-X Center on Wednesday Feb 8 @ 10 a.m. Tickets are \$13 (includes a small donation towards gas), maximum of 12 people. Lunch will be on your own from on-site food vendors.

Signups for this trip will start on Monday Jan 9. No RSVPs will be taken before Jan 9.



Learn how to stay safe in your home! Join us on Mon January 30 @ 10a.m. for a fire safety talk from a Cleveland Firefighter. He will discuss cooking safety, smoke detectors, fall & trip hazards, and more.

(Ladies — Seniors in Touch cannot guarantee this will be the firefighter who visits.)



SCR Pottluck Lunch: Come in Friday Jan 27 @ 12 noon with a favorite dish to share with the group. Please sign-up with Cassie ahead of time so we can have a plan for lunch.



SENIORS SHOW TELL

Show & Tell at SCR: Friday Jan 6 @ 10 a.m. – bring in any favorite item and share some facts or stories about your object. We are looking forward to learning more about each other! We hope to continue Show & Tell each month going forward.

The SCR Writing Workshop is still going strong and looking forward to continuing in 2023. The Workshop will continue to meet every week, but the day/time has changed.



In 2023 we will meet on **Tuesdays instead of Wednesdays, at 12:30 instead of 12:00**, for 1 ½ hour. This new schedule will begin on January 3, 2023.

We have room for new participants so if you're interested in joining us please contact Edie, our Receptionist and let her know of your interest and also if you need transportation to SCR for the Workshop.

(RESOLUTIONS cont'd)

7. Try A New Food Each Week

Rather than cutting out foods from your diet as with so many New Year's resolutions, opt to add more foods into your diet next year instead (bonus points if they're green!). Many of us don't eat a varied enough diet, so ensure you are getting all the nutrients your body needs – as well as enhancing your enjoyment of food – by making a resolution to try a new food each week. Try hitting the fruit and vegetable aisle first to sample some exotic fruit and vegetables you may have yet to try, or go to an ethnic restaurant and try a cuisine you've never eaten before.

8. Make The Usual Unusual

It's easy to get into a rut where we do the same things day in, day out, with our days passing us by as a routine-filled blur. Next year, spice up your routine by vowing to do one small thing differently each day or week. Wear something you wouldn't normally wear, walk a different route, or order a different coffee perhaps. Also, don't fall into the trap of postponing your happiness by saving everything special "for best". Instead, brighten up a routine day every so often by donning your fancy earrings, swapping old comfortable pants for your favorite skirt, or eating those fancy chocolates while watching "Sister Wives".

9. Do Something Nice For Others Every Day

Many of our resolutions (these included) are inwardly focused, concentrating on ways to become thinner, healthier, wealthier people. However, while there is nothing wrong with improving yourself, it's worth remembering there's a whole world out there too. Next year, why not make a resolution to focus outwards instead and help make the world a better place. Plan to do one nice thing a day for someone else; whether it's something small like giving a compliment, or something potentially life-saving like donating blood or sponsoring a child in need. By knowing you are making a difference, you will also indirectly boost your own happiness and sense of achievement.

HAPPY NEW YEAR!



The logo for Cleveland CARE CALLS features the word "Cleveland" in a blue script font, "CARE" in a bold red sans-serif font, and "CALLS" in a bold blue sans-serif font. A blue telephone handset icon is positioned between "CARE" and "CALLS".

FOR CLEVELAND SENIOR CITIZENS 60 YEARS OF AGE AND OLDER OR ADULTS 18-59 WITH A DISABILITY

Cleveland Care Calls is an automated telephone reassurance system being offered to Cleveland Seniors 60 and over or adults 18-59 with a disability by the **Department of Aging and Public Safety**. Through this computerized system, the individual receives a call, on the days they request, Monday through Friday, to check on their well-being.

They can select a time to receive the call between **7 A.M. - 11 A.M.** If the individual does not respond to his/her call:

- System will make several additional attempts in a thirty (30) minute period.
- If no response within the thirty minute period, the Department of Aging will then contact any person that the senior has designated as an emergency contact.
- If the individual or any of his/her contacts cannot be reached, the Department of Public Safety may be asked to make a home check on the individual in question.

To participate in the **Cleveland Care Calls Program** an application must be completed.

Please tell your older neighbors and friends, especially those who are homebound, about this service.

For further information, please contact the **Cleveland Care Calls Project Director** at **216-664-6316** or **216-664-2833**.

*** Applications available at SCR front desk ***



SCR will be going to the Cleveland Public Library downtown for a special tour with Librarian Bill Spencer on Tuesday Jan 3 @ 10 a.m. Bill has been a librarian for 18 years and will show us some of the library's collections and artifacts (including the special Superman exhibit), teach us about the architecture of the building, and even demonstrate their 3D printer. This tour may include some walking and steps. We will stop at Wendy's on Lorain Ave. afterwards for lunch.

SCR ACTIVITIES - JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 SCR Closed: Happy New Year	3 9am Coffee & Open Studio 9am Crochet Group 10am Library Tour 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Work- shop	4 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	5 9am Coffee & Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	6 9am Coffee & Puzzles 10am Show & Tell 10:30am Movie 12pm SCR Lunch
9 9am Coffee & Convo 10am Free Produce 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	10 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Work- shop	11 9am Coffee & Music 10am Wii & Board Games 10am Lunch Bunch: Medina Career Cafe 12pm SCR Lunch 12:30pm Gentle Yoga	12 9am Coffee & Trivia 10am Chair Volleyball 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	13 9am Coffee & Puzzles 10:30am Movie 12pm SCR Lunch
16 SCR Closed: MLK Day	17 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Art Museum Trip 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Work- shop	18 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	19 9am Coffee & Trivia 10am Chair Volleyball 10:30am Blood Pressure Screenings 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	20 9am Coffee & Puzzles 9am Breakfast Bunch: Bob Evans 10:30am Movie 12pm SCR Lunch
23 9am Coffee & Convo 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	24 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Casino Day 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Work- shop	25 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	26 9am Coffee & Trivia 10am Chair Volleyball 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	27 9am Coffee & Puzzles 10:30am Movie 12pm Potluck / Lunch
30 9am Coffee & Convo 10am Fire Safety Talk 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	31 9am Coffee & Open Studio 9am Crochet & Plastic Matmaking 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Work- shop			

January 2023 WRAAA Menu

HAPPY NEW YEAR, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Observed</p> <p>Site Closed</p>	<p>3</p> <p>*Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Applesauce ½ c</p> <p>ALT=CS RB</p>	<p>4</p> <p>*Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT=CBG T</p>	<p>5</p> <p>*2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG TR</p>	<p>6</p> <p>* Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange</p> <p>ALT=CBG T</p>
<p>9</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c</p> <p>ALT=CS RB</p>	<p>10</p> <p>*Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>11</p> <p>*Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>12</p> <p>*Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana</p> <p>ALT=CBG T</p>	<p>13</p> <p>*Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz.</p> <p>ALT=CBG RB</p>
<p>16</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>17</p> <p>*Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz.</p> <p>ALT=CS RB</p>	<p>18</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>19</p> <p>*Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c</p> <p>ATL=CBG RB</p>	<p>20</p> <p>*Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC * Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>
<p>23</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Mandarin Oranges ½ c</p> <p>ALT=CS TR</p>	<p>24</p> <p>*Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG T</p>	<p>25</p> <p>*Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>26</p> <p>*BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c</p> <p>ALT=CBG RB</p>	<p>27</p> <p>*Breaded Fish 4 oz. Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c</p> <p>ALT=CBG TR</p>
<p>30</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c</p> <p>ALT=CS TR</p>	<p>31</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange</p> <p>ALT=CBG RB</p>	<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p> <p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>		

Western Reserve Area Agency on Aging - 2023

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



RON DIIONNO, THEN AND NOW



Who wants to be the next Then & Now?? Bring in your "Then" photo and we'll take your "Now" photo, or do like Ron and send both a "Then" and "Now" to Jim @jmason.scrinc.org. We can hardly wait for more!



Tom's Trivia!

1940s and 1950s Hit Songs

By Larry Sabiston

Complete the titles of these hit songs from the 1940s and '50s.

- | | |
|------------------------|--------------------|
| 1. Tennessee _____ | A. Hill |
| 2. Be My _____ | B. Lisa |
| 3. Rags _____ | C. Paradise |
| 4. Sixteen _____ | D. Mean a Lot |
| 5. Mockin' Bird _____ | E. Cries for You |
| 6. Mona _____ | F. Music! Music! |
| 7. Little Things _____ | G. to Tango |
| 8. It Takes Two _____ | H. Love |
| 9. Stranger in _____ | I. Tons |
| 10. Music! _____ | J. to Riches |
| 11. My Heart _____ | K. in the Fountain |
| 12. Three Coins _____ | L. Waltz |

Answers: 1-L; 2-H; 3-J; 4-I; 5-A; 6-B; 7-D; 8-G; 9-C; 10-F; 11-E; 12-K

GOTCHAS!



1. What word is spelled incorrectly in every dictionary?
2. If a plane crashes on the border between the U.S. and Canada, where do they bury the survivors?
3. Some months have 31 days, others have 30 days, but how many have 28 days?

1. "Incorrectly"! 2. They don't bury the survivors! 3. All 12 of them!

What do you see when you look at the images below? There are two possibilities for each image.



A man playing sax or a woman's face.

A tree or a man and woman facing each other.



"Hurry! Our New Year's resolutions start in ten minutes."



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**DATED MATERIAL
 PLEASE DO NOT DELAY**


**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 YEARS**



Next mobile post office:
 Thursday January 5 around 10:15 a.m.
Next blood pressure screening & glucose level monitoring:
 Thursday January 19 @ 10:15a.m.



We encourage participation in our activities and meals, but if you are sick, please stay home for all our sake. COVID, Flu, RSV are all making the rounds and can be spread easily. If you have any symptoms of cough, cold, fever, or any other symptom, please stay home.

 Please search for our Facebook page: **Senior Citizen Resources - Old Brooklyn** and make sure to 'like' and 'follow' us!

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.