

Seniors in Touch

November 2024



**Senior Citizen
Resources**

Serving persons 60 & over
in Old Brooklyn
for 53 years

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

VOTE

November 5th is Election Day!
Your Vote Matters!

VOTE



A reminder that on **November 3** we “fall back” an hour to Daylight Standard Time. To acknowledge this day that most people dislike (who wants it dark at 5pm?) we have hidden 12 clocks throughout this newsletter. So turn on the lights and go find them!



SCR will make a trip to
Dave's Mercado
Ridge & Denison on
Wednesday

November 20 @ 10 a.m. This grocery store was launched in 2007 to serve the needs of Cleveland's Hispanic community, and offers expanded produce selections (plantains, guines verdes, cilantro and a complete variety of Hispanic roots). They also have edam cheeses, flan cakes, a large variety of bacala, and many other specialty foods. Mercado Ridge & Denison proudly boasts the largest selection of Hispanic Grocery in the area, including Goya, Vitarroz and Badia. Talk to the SCR Front Desk to get signed up for this special shopping trip!



SCR Friendsgiving will return on **Thursday November 21 @ 10 a.m.** We will enjoy some Thanksgiving fun, games, and crafts along with our holiday potluck. Feel free to bring a friend, family member to join in on the fun (please make sure to RSVP for yourself and any guests). Regular lunch will still be available in addition to the potluck. All other regular activities will be cancelled for this day.

Please note, SCR will be closed on *Monday November 11* in observance of Veterans Day, and *November 28 & 29* for Thanksgiving.



As a general guideline, activity times listed are when the activity will **start**. Pickups for most regular activities will usually start around **8:30 a.m.**



We will start offering transportation to the Seeds of Literacy program. This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills (along with GED test prep) on West 25th. Classes will be every **Tuesday & Thursday at 10 a.m., starting November 5**. Several of our seniors really enjoyed these classes last winter and we are looking forward to more learning!



NOVEMBER SHOPPING SCHEDULE

Mondays, every three weeks

| | |
|------------|-------------------|
| Mon Nov 4 | Walmart Brookpark |
| Mon Nov 18 | Walmart Steelyard |
| Mon Nov 25 | Midtown |

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI
DRUG MART
SAV A LOT



We will go the Rock & Roll Hall of Fame on *Tuesday November 26 @ 10 a.m.* The museum is free for Cleveland residents, but ID is required so make sure you bring proof of residence (driver's license, state ID, or City of Cleveland-addressed utility bill). Bring money for lunch at the museum cafe.

SCR Transportation Guidelines

Transportation is available to any resident of Old Brooklyn (and some surrounding areas) who is age 60+ and ambulatory.

Our vans are wheelchair accessible, but we do not provide escort service.

Great Northern MALL

If you're ready to start thinking about holiday shopping, we will be making a trip to Great Northern Mall on *Friday November 8 @ 11 a.m.* 12 person limit for this trip; bring money for lunch on your own at the mall.

VEGGIE BOX NEWS



Our next free Veggie Box Day will be **Monday November 4 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag.





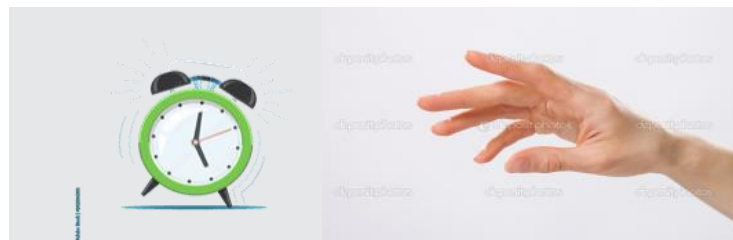
Since National Secondhand Day is on a Sunday when we're closed, we'll celebrate with a thrift store trip on **Monday November 25 @ 10 a.m.**, We will make a lunch stop (driver's choice). 12 person limit, talk to the SCR Front Desk to get signed up.

We offer several amazing exercise classes with JoAnn here at our center each week!

- **Tuesdays @ 12:30 p.m.:** Stability & Strength
- **Wednesdays @ 12:30 p.m.:** Gentle Yoga
- **Fridays @ 12:30 p.m.:** Tai Chi



While not required, we do appreciate donations to help cover the costs of these sessions. Hope you can join us – the classes are FUN and no experience necessary!



REPORTING ATM THEFT



CUYAHOGA COUNTY – The Cuyahoga County Department of Health and Human Services warns residents receiving Supplemental Nutrition Assistance Program benefits ([SNAP](#)) that electronic benefit or card “skimming” continues to be reported across the Country.

Card skimming occurs when a device is placed over a card reader to copy information contained on the card. Once the card information is copied, benefits can be taken electronically from the card by criminals. There has been a significant increase in electronically stolen SNAP benefits reported recently. Cuyahoga Job and Family Services encourages customers to take proactive measures to protect SNAP benefits from skimming.

Protecting Your Benefits—Below are some suggested tips for protecting your benefits from being stolen.

Change your SNAP EBT Card PIN just prior to your load date by logging into your online account at connectebt.com or by calling 1-866-386-3071. Carefully inspect any card reader before using your card. Theft devices are sometimes placed over the card reader, if a device doesn't look secure or sticks out, it may be a skimming device.

Download the ConnectEBT app to your phone to easily lock and unlock your benefits card and keep it locked when not in use. For more information on how to use the app, visit the **EBT Card Lock and Unlock Tips** provided by the Ohio Department of Job and Family Services. Please review and share our **SNAP EBT and Cash Cards Safety Tips flyer** for more information on keeping your benefits safe.

If you believe you are a victim of electronic benefits skimming, it's important to make a report to HHS so the crime can be investigated. To report theft, you can contact the Cuyahoga County Public Assistance Fraud Hotline at 216-987-6950, or **report suspected public assistance fraud online**





Carmen Comber caught this large-mouthed bass when we went to Lake Farmpark in September!



Bernadette from Broadway School of Music & the Arts will be back at SCR for Watercolor Wednesdays!

Starting **November 13** join us **Wednesdays 10 a.m. – 12 noon** for a series of watercolor classes that will continue until **January 29**. 15 person limit, and we ask that you commit to the **entire series** of classes.



We will be hosting a special Show & Tell @ SCR on **Friday November 1 @ 10 a.m.: Career Day!** Feel free to share your first job, stories about previous occupation or your career path. We will limit each speaker to about 5 – 7 minutes so that everyone has time to share. Anyone is welcome to join in on Show & Tell - we love to learn more about each other, especially when we get to learn about your life before SCR!

-Breakfast Bunch:
Southside Diner in Parma,
Friday November 15
@ 10 a.m. –
12 person limit

-Lunch Bunch:
Café 17 on Granger Road,
Friday November 22
@ 10 a.m. –
12 person limit



Join us on *Tuesday*
November 12 @ 10
a.m. for a FREE
informative
Medicare
education talk with
Beverly Davis.

Cooking with Cassie classes and Self Care with Cassie classes continue this month!



Join us Tuesdays (instead of Wednesdays) at 10 a.m. – check the calendar for specific dates.
(No Self Care on 11/12 and 11/26)




Get in the holiday spirit - we will be attending a free wreath making class at the South Brooklyn branch of the Cleveland Public Library on **Wednesday November 6 @ 10:15 a.m.** Talk to the SCR Front Desk to get signed up.


SCR will be going to the Medina County Career Center Café Restaurant for lunch on **Thursday November 14 @ 11 a.m.** 12 person limit for this trip.



NOVEMBER 2024 SCR ACTIVITIES

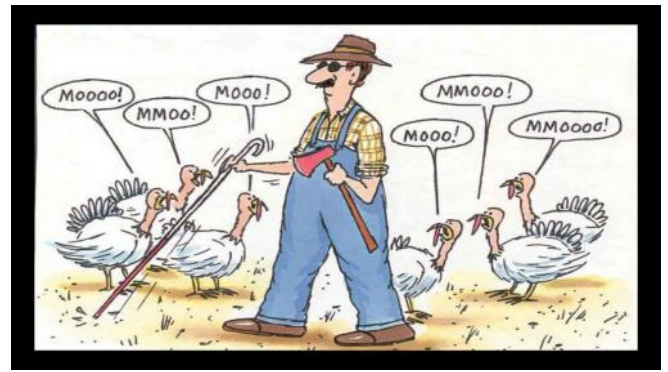
| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|--|
| |  | | | 1 9am Weekend Wind Down 10am Show & Tell: Career Day! 12pm SCR Lunch |
| 4 9am Gametime 10am Veggie Box Day 10am Gametime 12pm SCR Lunch 12:30pm Bingo | 5 Election Day 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Open Activities 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength | 6 9am Coffee & Music 10am Open Discussion 10:15am Wreath Making 12pm SCR Lunch 12:30pm Gentle Yoga | 7 9am Coffee Social 10am Seeds of Literacy 10am Depression and Anxiety Presentation 10:45am Mobile Post Office 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo | 8 9am Weekend Wind Down 11am GN Mall Shopping 12pm SCR Lunch 12:30pm Tai Chi |
| 11 Veterans Day: SCR Closed | 12 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Open Activities 10am Medicare Talk 12pm SCR Lunch 12:30pm Stability & Strength | 13 9am Coffee & Music 10am Open Discussion 10am Watercolor Wed 12pm SCR Lunch 12:30pm Gentle Yoga | 14 9am Coffee Social 10am Seeds of Literacy 10am Trivia 11am Medina CCC Café 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo | 15 9am Weekend Wind Down 10am Breakfast Bunch: Southside Diner 12pm SCR Lunch 12:30pm Tai Chi |
| 18 9am Meditation Mondays 10am Gametime 12pm SCR Lunch 12:30pm MUSIC Bingo | 19 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Open Activities 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength | 20 9am Coffee & Music 10am Open Discussion 10am Watercolor Wed 10am Dave's Mercado 12pm SCR Lunch 12:30pm Gentle Yoga | 21 10am SCR Friendsgiving! 10:30am Blood Pressure Screenings | 22 9am Weekend Wind Down 10am Lunch Bunch: Café 17 12pm SCR Lunch 12:30pm Tai Chi |
| 25 9am Gametime 10am Thrift Trip 12pm SCR Lunch 12:30pm Bingo | 26 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Open Activities 10am Rock Hall Trip 12pm SCR Lunch 12:30pm Stability & Strength | 27 9am Coffee & Music 10am Open Discussion 10am Watercolor Wed 12pm SCR Lunch 12:30pm Gentle Yoga | 28 Thanksgiving: SCR Closed | 29 Thanksgiving: SCR Closed |

NOVEMBER 2024 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *=take temperature of Milk and all food proceeded by an asterisk. | Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i> |  | | 1 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Japanese Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c |
| 4 *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c 2 oz Marinara Sauce *Buttered Beets ½ c 2 Whole Grain White Mixed Fruit ½ c | 5 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c | 6 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea | 7 *Tomato Basil Chicken 3oz *W.G. Pasta ½ c w/ Sce 2 oz *Mixed Vegetables ½ c Breadstick, 1 oz Peaches ½ c Grape Juice 4 oz | 8 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c |
| ALT=CS TR | ALT=CBG T | ALT = CF RB | ALT=CBG V | ALT=CF T |
| 11 Veteran's Day Site Closed | 12 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c | 13 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz | 14 *Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange | 15 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c |
| | ALT=CS TR | ALT=CF RB | ALT=CBG T | ALT=CF V |
| 18 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c | 19 *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 | 20 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Green Peas ½ c 2 Whole Grain White Apricots ½ c | 21 *Breaded Fish 3 oz Tartar Sauce 1 PC *Rice Pilaf ½ c *Cape Cod Blend 1 c Whole Grain Wheat Grapes, 1 c | 22 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c W.G. Biscuit 2 oz Orange |
| ALT=CS TR | ALT=CBG T | ALT=CF RB | ALT=CBG V | ALT=CF RB |
| 25 *Vegetable Lasagna 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c | 26 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange | 27 *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 | Thanksgiving: Site Closed | |
| ALT=CS RB | ALT=CBG TR | ALT=CF V | | |

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese



NAME YOUR PRESIDENTS

Draw a line from each president's name to his photograph.



- A. Herbert Hoover
- B. Richard M. Nixon
- D. Franklin Delano Roosevelt
- E. Ulysses S. Grant
- F. Lydon Baines Johnson
- G. Teddy Roosevelt
- H. Harry S. Truman
- I. Grover Cleveland
- J. George H. W. Bush
- K. Thomas Jefferson

ANSWERS ON BACK PAGE





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 www.seniorcitizenresources.org

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**DATED MATERIAL
 PLEASE DO NOT DELAY**

**Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 2:00 p.m.
 For questions, appointment scheduling, or activity signup,
 please call during these hours.**

Next blood pressure screening & glucose level monitoring:
Thursday November 21 @ 10:30 a.m.
 Next Post Office on Wheels @ SCR:
Thursday November 7 around 10:45 a.m.

- PUZZLE ANSWERS**
1. D
 2. G
 3. F
 4. A
 5. K
 6. I
 7. .B
 8. .H
 9. E
 10. J



Looking ahead
 - Holiday fun at SCR,
 including a Christmas light
 trip & Christmas movie night
(It's A Wonderful Life),
 along with our
 Christmas party!

If you receive a newsletter while you are at the center, or with a meal delivery, please let us know if you are willing to be removed from our mailing list. It is expensive to create, print, process, and mail our newsletters each month! Also keep in mind, you can always access the newsletter early via e-mail, on our website (seniorcitizenresources.org), or Facebook page (Senior Citizen Resources - Old Brooklyn).

**Editor in Chief: James P. Mason
 Chief Editor: Leslie E. Brown**



**HAPPY
 VETERANS
 DAY**