



BEDFORD SENIORS CLUB NEWSLETTER

Calendar	2-3
Rec Programs	4-17
Day Trips	18-19
City News	20
City Events	21
Library Programs	22
Resources	23-28
Monthly Recipe	29
Nutrition Facts	30-31
Jokes & More	32-34
Puzzles	35-41
Member Highlights	42



"The weather just went from 90 to 55 like it saw a state trooper." -Unknown

Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November and December). Doors open at 11:30am. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

Wednesday, August 28: Italian Wrap, Chips, Fruit

Registration deadline Friday, August 23.

Wednesday, September 11: Stuffed Shells with Meatballs and Side Salad

Registration deadline Friday, September 6.

Wednesday, September 25: Meatloaf, Mashed Potatoes, Seasonal Vegetable

Registration deadline Friday, September 20.

A vegetarian option is available.

*Please indicate during registration if you prefer a vegetarian substitution
All program dates, times, fees, and menus are subject to change without notification.*


(440) 735-6570





CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 8/13/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SATURDAYS Yoga in the Park August 17, 24 (No class 8/31) 9:00am		14  Senior Lunch 12:00pm Word Games 1:00pm Book Club 2:00pm	15 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	16 Fresh Fork 10:00am Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm “Iron Claw”	
	19 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	20 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open Play 2:00pm	21 Shuffleboard Playoffs & Potluck 10:00am Recipes w/ History 1:00pm Sparkling Portraits 2:00pm Bedford Library Ice Cream Social @Library 7:00pm-8:30pm	22 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	23 Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm “Ordinary Angels” <i>Deadline for 8/28 lunch</i>
	26 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	27 Strength & Balance 10:30am State of the City Lunch: 12:00pm Address: 12:30pm *Lunch must be registered and paid in advance Binge Watchers 1:00pm Billiards Open Play 2:00pm	28 Healthy Brain 10:30am  Senior Lunch 12:00pm Bingo 1:00pm Recipes w/ History 2:00pm	29 UH Walking Club 9:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Healthy Aging 1:00pm Barre Above 6:00pm	30 Strength & Core 10:45am Cardio Drumming 12:00pm Silver Screen 1:00pm “Godzilla x Kong”



University Hospitals
Center for Lifelong Health

AGE WELL.
Be Well.

A representative from University Hospitals will be present during senior lunches offering blood pressure checks and other health information.



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 8/13/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  CLOSED LABOR DAY	3 <u>No Strength & Balance</u> Pickleball Open Play 10:30am, 11:30am, 12:30pm Binge Watchers 1:00pm Billiards Open 2:00pm	4 Recipes w/ History 10:00am  LUNCH AND LEARN 12:00pm Get Crafty 2:00pm Chair Yoga 5:30pm	5 UH Walking Club 9:30am b.a. Sweeties Trip 10:00am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Healthy Aging 1:00pm	6 <u>No Strength & Core</u> Rec2Connect 12:00pm Silver Screen 1:00pm “News of the World” Deadline for 9/11 lunch
9 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	10 <u>No Strength & Balance</u> Binge Watchers 1:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	11  Senior Lunch 12:00pm Dice Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	12 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Healthy Aging 1:00pm Barre Above 6:00pm	13 Fresh Fork 10:00am Strength & Core 10:45am Rec2Connect Activity TBA 12:00pm Silver Screen 1:00pm “IF”
16 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	17 Strength & Balance 10:30am Binge Watchers 1:00pm Billiards Open 2:00pm Sunset Yoga 6:00pm	18 Wii Bowling 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	19 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Healthy Aging 1:00pm Price is Right Trip 3:45pm Barre Above 6:00pm	20 Strength & Core 10:45am Rec2Connect 12:00pm Silver Screen 1:00pm “Young Woman & Sea” Deadline for 9/25 lunch
23 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	24 Strength & Balance 10:30am <u>No Binge Watchers</u> Billiards Open 2:00pm Sunset Yoga 6:00pm <i>*Tentative date Patterson Farm trip—TBA*</i>	25 Price is Right 10:30am  Senior Lunch 12:00pm One Hit Wonders Musical Bingo 1:00pm Chair Yoga 5:30pm	26 UH Walking Club 9:30am Reach w/ Rhythm 11:00am ChatGPT 12:30pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	27 Strength & Core 10:45am Rec2Connect 12:00pm Silver Screen 1:00pm “Kingdom Planet of the Apes”
30 Line Dancing 10:30am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm		SATURDAYS Energizing Yoga Sept 14, 21, 28 9:00am		Guardians Game Outing Sat. Sept 28 Bus loads 4:15pm

RECREATION PROGRAMS

City of Bedford Health Needs Assessment

IMPORTANT! Dr. Steve Paciorek, Ph.D., Director of Human Services for the City of Brecksville, an adjunct faculty member for the College of Public Health at Kent State University, and the Director of the Kent State University Northeast Ohio Senior Center Research Consortium (KSUNOSCRC) will be at our luncheon on **Wednesday, September 11** to provide some information on a very important Community Health Needs Assessment survey targeted to older adults in our community.

The Consortium has been created to understand better the needs of older adults in Cuyahoga County and Northeast Ohio. This project is led by Dr. Paciorek and graduate students from Kent State University's College of Public Health. This assessment aims to describe the needs of the older adult population in Cuyahoga County and provide senior centers and aging services data that can help meet their short- and long-term goals of providing and maintaining services for our diverse older adult population.

Through evaluation and analysis, the Consortium will offer guidance to the community through a comprehensive analytical report that outlines current and long-term Senior Center facility needs specific to the county and its desire to achieve and maintain services and spaces that promote equity, inclusivity, and growth.

The feedback received from the assessment will help senior center directors and community stakeholders learn about Northeast Ohio residents. The survey will provide crucial information regarding the community's opinion of older adults' needs and priorities, an essential component of the Senior Center Needs Assessment.

Healthy Living for Brain and Body

NEW! This program is designed to offer you research-based recommendations about taking care of our brains and our bodies in order to age as well as possible. This program is intended for healthy individuals of any age who are looking for ways to age well.

Topics covered will include:

- Identify the reasons for taking care of yourself as you age.
- List strategies to age well in the following areas: Cognitive activity; Physical health and exercise; Diet and nutrition and Social engagement.
- Make your own plan for healthy aging using the Healthy Habits for a Healthier You workbook.

Presented by the Alzheimer's Association

Location: Ellenwood Center Room 4

Date: Wednesday, August 28

Time: 10:30 am - 11:30 am

Fee: Free, pre-registration required



RECREATION PROGRAMS

Timeless Tastes: Recipes with History

SPECIAL GRANT FUNDING! "Timeless Tastes" is a creative aging program designed to connect senior participants' family history and heritage stories with recipes that represent those memories.

Participants will gather for 1-2 group events to share the stories behind their favorite family recipes, recalling the loved ones who taught them their skills and techniques, and the cultural meaning of the food. They will submit one (or more) recipe in print, and indicate if they would like to have it videotaped, or included in a print collection.

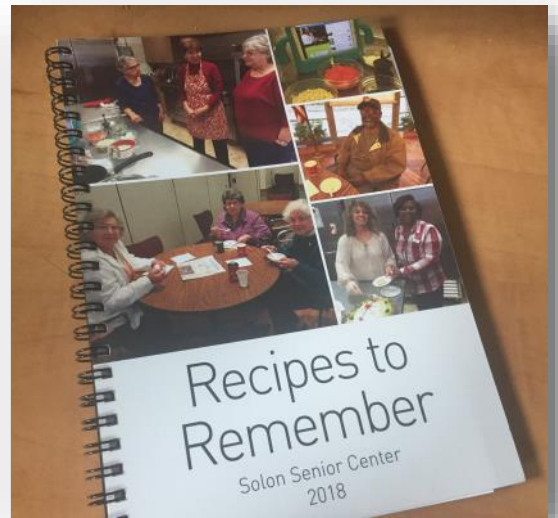
Project Part 1: Selected recipes and stories behind them will be videotaped in a kitchen setting, using a step-by-step method. The recipe videos will be edited into individual segments and posted on the Bedford Parks & Recreation YouTube page; the link can be public or private. Participants can choose to be part of the program by helping to prep the food for each session, helping to collect and manage the recipes, being the recipe storyteller for their on-camera, or just engaging in the group discussion.

Project Part 2: All submitted recipes will be compiled into a finished book, divided into sections like Appetizers, Side Dishes, Main Courses, Desserts, etc. There will be a final event where the book will be distributed and additional copies available for sale. Participants will make their own recipes and bring them in to be shared with the group. Videos will be played showing the recipes and stories.

Planning Dates with Natalie from Digital Mosaic at Ellenwood Center Room 1:

- Wednesday, August 21, 1:00 pm - 2:30 pm
- Wednesday, August 28, 2:00 pm - 3:30 pm
- Wednesday, September 4, 10:00 am - 11:30 am
- Additional dates for individual planning/video segments will be by appointments.

Free for Bedford Senior Club members! This amazing program is made possible through the Healthy Aging Grant from Cuyahoga County and Ohio Department of Aging. Don't miss out!



RECREATION PROGRAMS

Healthy Aging-in-Place Essentials Series

NEW! Join LEAP and their Healthy Aging-in-Place Essentials Series, a comprehensive workshop series designed to help older adults adapt their homes for safe and comfortable living as you age. Each session offers practical advice, hands-on tools, and valuable resources to make your home a safer, more accommodating place to live independently.



Part 1: Practical Home Modifications (Balance, Strength, and Grasp)

Learn about effective, low-cost home modifications that enhance balance, body strength, and grasp. Participants will receive a free aging-in-place tool kit!

Part 2: Practical Home Modifications (Cognition, Vision, and Hearing)

Building on Part 1, this session focuses on modifications to support cognitive function, vision, and hearing. Attendees will get additional items to add to their aging-in-place tool kit.

Safe at Home

Explore strategies for fall prevention and emergency preparedness. Participants will receive a free home safety kit.

Resources for Aging-in-Place

Discover local and state resources available for aging-in-place, and learn about comprehensive home assessments and accessibility solutions. Attendees will leave with a valuable kit of resources.

This presentation is hosted by Linking Employment, Abilities, and Potential (LEAP), supported by a Healthy Aging Grant from the Ohio Department of Aging.

Location: Ellenwood Center Room 1

Dates: Thursdays, August 29, September 5, 12, 19

Time: 1:00 pm - 2:00 pm

Fee: Free; Bedford residents only.

Space is limited to registered participants only due to toolkit supplies.

RECREATION PROGRAMS

Fresh Fork Market—Farmers' Market

SPECIAL GRANT FUNDING! Join us for a pop-up market from our local farmers, hosted by Fresh Fork Market. Registered participants will receive a pre-assembled bundle of seasonal veggies and eggs. Like the weather, we can't predict exactly what will be in the "farm share," but the way the season is trending we expect broccoli (or another cruciferous veggie), winter squash (such as spaghetti or butternut squash), apples, and grape tomatoes. In addition to the vegetable selection, participants can select from a mobile market featuring frozen meats, farmstead cheeses, dairy, grains and cereals, and extra fruits and veggies. Eat healthy and go on a culinary adventure with Fresh Fork Market and the City of Bedford! Bundles are valued over \$50. This pop-up program is made possible through the Healthy Aging Grant from Cuyahoga County and Ohio Department of Aging.



Location: Ellenwood Center West Parking Lot & Pavilion

Date: Friday, September 13 Time: 10:00am - 12:00pm

Free to Bedford Senior Club members only. Registration opens August 19 and closes on September 6. Must be registered; no extras will be ordered. One bundle per household. Limited to 100 registrants.

**Food bundles must be picked up during the 10am-12pm time slot, food will not be held or stored.*

Senior Volunteer Crew

Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for:

Friends of the Bedford Library Ice Cream Social: Wednesday, August 21

Meet at Bedford Library at 6:30pm. Social starts at 7:00pm.

Board of Developmental Disabilities Power-Up Event: Thursday, August 29

Meet at Ellenwood Center and take Senior Van to SAW Maple Heights to host activities for Adults with Special Needs and promote our Center and adaptive programming. Boarding van at 8:50am and leaving Ellenwood at 9:00am. Event ends at noon, return in afternoon.

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm



Stencil Art Canvas Tote — Wednesday, September 4

Pumpkin Art — Wednesday, October 2

Craft TBA — Wednesday, November 6

Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Registration required.



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third or Fourth Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members



- **Guitar Sunset** — Wednesday, August 21
- **Hello Fall Wagon** — Wednesday, September 18
- **Cat Tales** — Wednesday, October 16

RECREATION PROGRAMS

Intro to ChatGPT: Making Life Better with AI

NEW! Artificial Intelligence, known as AI, is like having a super-smart robotic friend capable of performing tasks that typically require a human brain. One of these smart robots is ChatGPT, developed by OpenAI. Participants will learn what ChatGPT is, how it operates, and the various ways it can be integrated into daily life, such as writing letters, making resumes or helping with homework. Witness ChatGPT in action with fun and practical demos and learn how AI can help you be more creative and productive. This program caters to both tech enthusiasts and those with a curiosity about AI. Bring your own smart device or laptop to use. We also have a limited amount of chromebooks to share.



Instructor: Heather Rhoades, Digital Content Extraordinaire

Location: Ellenwood Center Room 1

Daytime Class: Thursday, September 26, 12:30 pm - 2:00 pm

Evening Class: Wednesday, October 2, 6:30 pm - 8:00 pm

Fee: Free

Billiards Open Play

Gather for 2-hours of fun and friendly competition. Players must rotate play. Limited to 8 players. **Be sure to check the Senior Event Calendar or online for our Open Play days and times. Reservations are highly recommended.**

Location: Ellenwood Center Room 2

Fee: Free to Senior Club Members/\$3 per class for non-club members

**Instructor Tony Love will be visiting during our Open Play dates in August & September!*

UH Walking Club

Join neighbors for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Ellenwood Center Archibald Willard Pavilion (walking inside in inclement weather)

Dates: Thursdays

Time: 9:30 am – 10:30 am

Fee: Free

RECREATION PROGRAMS

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, August 15, 22, 29, September 12, 19, 26 (no class 9/5)

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

Energizing Morning Yoga

NEW! Invigorate your body and mind, setting a positive tone for the day ahead. Classes includes a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required; please register by Thursday evening.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4

Dates: Saturdays, September 14, 21, 28, October 5, 12, 26 (no class 10/19)

Time: 9:00 am - 10:00 am

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

Sunset Serenity Yoga

NEW! This program offers a calming and restorative practice designed to help you unwind and reflect as the day transitions into evening. It includes gentle, slow-paced poses and stretches that focus on releasing tension and promoting relaxation. The session concludes with deep relaxation and meditation to help you find inner peace, making it an ideal way to end your day. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Dates: Tuesdays, September 10, 17, 24, October 1, 8, 15, 22, 29

Time: 9:00 am - 10:00 am

Location: Ellenwood Center Room 4

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

RECREATION PROGRAMS

Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from instructor. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gym

Dates: Tuesdays, August 20, 27, September 17, 24, October 8, 15, 22, 29 (No class 9/3, 9/10, 10/1)

Time: 10:30 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Dates: Fridays, August 16, 23, 30, September 13, 20, 27, October 11, 18, 25 (No class 9/6, 10/4)

Time: 10:45 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Painting in the Park

Join Melinda with So-So Artsy for outdoor painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies and apron included. Outdoor Class only; will take place at Ellenwood Center Pavilion. Bring your own water bottle.

Instructor: Melinda, So-So Artsy

Tranquil Surf Date: Tuesday, August 20

Autumn Birch Date: Tuesday, Sept. 3

Pumpkin Splash Date: Tuesday, Sept. 17

Time: 6:00 pm – 8:00 pm

Location: Ellenwood Center Pavilion

Fee: \$25 per painter



RECREATION PROGRAMS

Local Motion with Jaki

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Dates: Mondays, August 19, 26, September 9, 16, 23, 30, October 7, 14, 21, 28 (No class 9/2)

Time: 6:00 pm - 6:45 pm

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Reach with Rhythm Workout

IT'S BACK! Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low-impact chair aerobics aiming to stretch, strengthen, and tone your muscles

Instructor: Patty Haw

Dates: Thursdays, September 5, 12, 19, 26, October 17, 24, 31 (No class 10/3, 10/10)

Time: 11:00 am – 12:00 pm

Location: Ellenwood Gymnasium

Fee: \$3 per class for non-members or register for the entire session for \$75

Bedford Senior Club Members are free and must register in advance

Cardio Drumming

Cardio Drumming is an engaging and low impact full body workout that focuses on movement and drumming to the rhythm of music that promotes cardiovascular health. The instructor will lead you through choreographed movements and drumming hits focusing on core stability, upper and lower body strengthening, endurance, and improved range of motion and balance.

Instructor: Kim Fennell, Rec2Connect

Location: Ellenwood Center Gym or Room 4

Dates: August 16, 23, 30

Time: 12:00 pm—1:00 pm

Fee: \$20 Bedford Resident/\$25 Non-Resident

Bedford Senior Club Members are free and must register in advance

FULL CLASS
Join the waitlist!

**Rec2Connect will be checking with participants in August on how they want to alternate between cardio drumming and modified peddling — It will either be one activity per month or alternating activities every Friday.*

RECREATION PROGRAMS

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released at our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.

Chair Yoga Serenity

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Dates: Wednesdays, September 4, 11, 18, 25

Time: 5:30 pm - 6:30 pm

Fee per class: \$9 Bedford Resident/\$10 Non-Resident

Bedford Senior Club Members are free and must register in advance

TENTATIVE
Pending Confirmation

Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot.

Be sure to check the Senior Event Calendar or online for our Open Play days and times.

Reservations are highly recommended.

Location: Ellenwood Center Gymnasium

Fee: Free to Senior Club Members / \$3 per class for non-club members

**Instructor Rich Abston will be visiting our Open Play dates on Thursdays in August & September!*

Price is Right with John Phillips

NEW! Come play the classic game show "The Price is Right" where our senior players will have challenges of guessing prices of various products and play games. Participants are eligible to win small prizes! Facilitated by John Phillips, independent broker with Humana, United Healthcare, Anthem, Aetna, and Devoted.

Location: Ellenwood Center Room 4

Date: Wednesday, September 25

Time: 10:30am - 11:30am

Fee: Free

**Concluding the program, John will have a table available to visit at the Senior Luncheon.*

RECREATION PROGRAMS

Wii Bowling League

We are looking for new and veteran Wii bowlers to play in our fall/winter league. Match-ups will be played mornings on odd Wednesday of the month at Ellenwood Center. We are accepting 2-person teams or individuals looking for a partner. No prior bowling experience is needed.

Location: Ellenwood Center Room 1

Dates: First, Third & Fifth Wednesdays of each month

Starting September 18 (No bowling on 10/2, 1/1, 2/5) *season length depends on number of teams

Time: 9:30 am - 11:30 am

Fee: Free to Bedford Senior Club members

Knitting & Crochet Connection

Connect with others and knit for a good cause! Beginners and experienced knitters are welcome. Learn tricks and tips from fellow knitters. Needles, yarn and patterns will be supplied to Bedford Senior Club members who participate. Accepting supply donations.

Location: Ellenwood Center Room 1

Dates: Mondays (No class on 9/2, 11/11)

Time: 1:00 pm – 3:00 pm

Fee: Free



Senior Health & Wellness Fair
Wednesday, October 2
Ellenwood Center
10:00am-1:00pm

Free Health Screenings - Glucose, Cholesterol, Blood Pressure, Vision, Hearing and more! Flu and Covid Shots/Boosters available by appointment. Walk-ins are permitted if space and supplies are available. Details forthcoming.

RECREATION PROGRAMS

Silver Screen Seniors

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center – Room 1

Friday, September 6: News of the World (2020)

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn -- both human and natural. Starring Tom Hanks. Rated PG-13. 1 hour, 58 mins.



Friday, September 13: IF (2024)

From writer and director John Krasinski, IF is about a girl who discovers that she can see everyone's imaginary friends -- and what she does with that superpower -- as she embarks on a magical adventure to reconnect forgotten IFs with their kids. Rated PG. 1 hour, 44 mins.



Friday, September 20: Young Woman and the Sea (2024)

Daisy Ridley stars as the accomplished swimmer who was born to immigrant parents in New York City in 1905. Through the steadfast support of her older sister and supportive trainers, she overcame adversity and the animosity of a patriarchal society to rise through the ranks of the Olympic swimming team and complete the staggering achievement -- a 21-mile trek from France to England. Rated PG. 2 hours, 9 mins.



Friday, September 27: Kingdom of the Planet of the Apes (2024)

Director Wes Ball breathes new life into the global, epic franchise set several generations in the future following Caesar's reign, in which apes are the dominant species living harmoniously and humans have been reduced to living in the shadows. As a new tyrannical ape leader builds his empire, one young ape undertakes a harrowing journey that will cause him to question all that he has known about the past and to make choices that will define a future for apes and humans alike. Rated PG-13. 2 hours, 25 mins.



Space is still available for these upcoming flicks:

8/16 The Iron Claw

8/23 Ordinary Angels

8/30 Godzilla x Kong: The New Empire

RECREATION PROGRAMS

Shelf Indulgence Book Club

Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

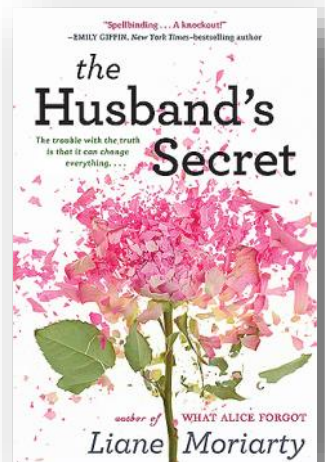
Wednesday, September 11: *The Husband's Secret* by Liane Moriarty

At the heart of *The Husband's Secret* is a letter that's not meant to be read
My darling Cecilia, if you're reading this, then I've died...

Imagine that your husband wrote you a letter, to be opened after his death. Imagine, too, that the letter contains his deepest, darkest secret—something with the potential to destroy not just the life you built together, but the lives of others as well. Imagine, then, that you stumble across that letter while your husband is still very much alive. . . .

Cecilia Fitzpatrick has achieved it all—she's an incredibly successful businesswoman, a pillar of her small community, and a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything, and not just for her: Rachel and Tess barely know Cecilia—or each other—but they too are about to feel the earth-shattering repercussions of her husband's secret.

Acclaimed author Liane Moriarty has written a gripping, thought-provoking novel about how well it is really possible to know our spouses—and, ultimately, ourselves.



Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month Time: 2:00 pm – 3:30 pm

Binge Watchers

Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

Location: Ellenwood Center Room 1

Dates: Tuesdays Time: 1:00 pm

The Crown—Season 6

The sixth and final season is set from 1997 to 2005, during the premiership of Tony Blair. Events depicted include the death of Diana, Princess of Wales, the Golden Jubilee of Elizabeth II, the deaths of Princess Margaret and Queen Elizabeth The Queen Mother, the early relationship of Prince William and Kate Middleton, and the wedding of Prince Charles and Camilla Parker Bowles.

August 20 — Episodes 1 & 2
August 27 — Episodes 3, & 4
September 3 — Episodes 5 & 6

September 10 — Episodes 7 & 8
September 17 — Episodes 9 & 10



Coming up next...

All the Light We Cannot See mini-series

RECREATION PROGRAMS



Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30pm. Doors open at 11:30am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

Discovering Katharine Hepburn: Life of a Movie Icon

Discover the fascinating story behind the legendary actress whose talent, charisma, and uncompromising spirit captivated audiences for decades. From her early struggles to her rise to stardom, we uncover the triumphs and tribulations that shaped Hepburn's extraordinary career and personal life. Katharine's favorite food was brownies. In fact, she was known for her homemade brownie recipe, which she often shared with friends and family. Katharine Hepburn enjoyed classic and uncomplicated dishes; one of her favorites is grilled cheese sandwiches paired with tomato soup! A classic, timeless taste! Presented by Susan Cannavino with Presentations with Pizzazz.



Date: Wednesday, September 4

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members/\$15 for non-members

America's Electoral College: What Were They Thinking?



Explore the full story of the Electoral College system: discover why it was created to elect the President of the United States and how it functions. Understand the historical context, the intentions of the Founding Fathers, and the ongoing debates about its relevance today. Learn how this unique mechanism influences presidential elections, shapes campaign strategies, and impacts the balance of power in American politics. For lunch, we will eat Left/Ring Wings (barbecue wings), the universally loved taste

of Bipartisan Mac N Cheese, coleslaw and dessert. Presented by Carl Quatraro with Speaking on Q.

Date: Wednesday, September 18

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members/\$15 for non-members

DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**
124 Ellenwood Ave
Bedford, OH 44146

Price is Right Live at Playhouse Square Thursday, September 19

The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the chance to hear their names called and "Come On Down" to win. Prizes may include appliances, vacations, and possibly a new car! Play classic games just like on television's longest-running and most popular gameshow...from Plinko™ to Cliffhangers™ to The Big Wheel™ and even the fabulous Showcase. Playing to near-sold-out audiences for over 20 years, the Price Is Right Live™ has entertained millions of guests and given away more than 15 million dollars in cash and prizes. If you're a fan of The Price Is Right™ on TV, you'll no doubt love this exciting, live (non-televised), on-stage version of the show!

WANT TO PLAY? To register for the chance to be a contestant, visit the registration area at or near the venue box office up to 3 hours prior to show time. For complete rules & regulations, including eligibility requirements, visit or call the box office.

We will be riding a school bus provided by Bedford City Schools. Board the school bus at 3:45pm by the pavilion and leave Ellenwood Center at 4:00pm. Dinner on your own at TownHall. Followed by show starting at 7:00pm. Runtime is 90-minutes. We will depart immediately after show and head back to Ellenwood. Estimated return is 9:30pm. Please contact the Parks & Recreation Department if you need special travel accommodations. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.

Fee: \$60 Bedford Senior Club member/\$70 for non-member

Registration for Bedford Club Members begins July 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 2 guests max. Registration deadline August 16. No refunds after the deadline.



DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**
124 Ellenwood Ave
Bedford, OH 44146

Pending Senior Trip: Patterson Fruit Farm

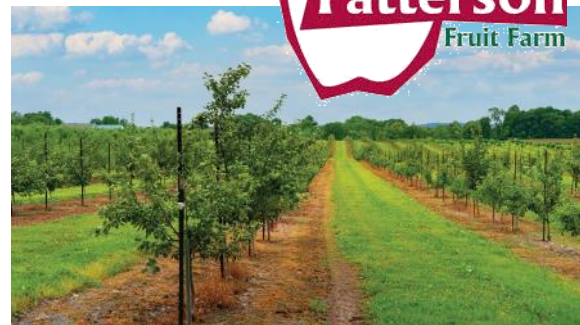
Bring back memories of days on the farm and in the country. Visit the cozy sugarhouse and learn about Patterson's farm and family. Enjoy sampling different varieties of scrumptious apples, apple butter and tasting apple cider. We will load on a wagon and take a ride around the orchards and even make a stop along the way to pick an apple or two. We will stop at the little apple barn and shop. Enjoy an outdoor picnic (pack your own lunch) and finish the day with a piece of our apple pie! Additional details forthcoming...

Tentative date that we requested: Tuesday, September 24

**Date subject to change*

Time: TBA— Leave Ellenwood around 10:00am and return around 2:30pm.

Once this trip is fully confirmed, registration will start September 1 for Bedford Senior Club members and September 15 for guests. Keep an eye out for a flyer of details later this month!



Status of Upcoming Trips:

9/5 B.A. Sweeties and Malley's Chocolates Excursion... 4 bus spots left!

9/19 Price is Right Live at Playhouse Square... We need to sell at least 5 more tickets or we will have to cancel this outing.

9/28 Cleveland Guardians Baseball Game... 5 tickets left!

10/17 Beautiful Noise Neil Diamond at Playhouse Square... 4 tickets left!



Important Dates

- ◆ **Council Meeting**
August 5
7:00 p.m.
- ◆ **Summer Concert Series– Jul Big Green**
August 7
7:00 p.m. - 9:00 p.m.
- ◆ **Bedford Historical Society Flea Market**
August 10
- ◆ **Cleveland Pagan Pride**
August 16-18
- ◆ **Summer Concert Series– Risk Factor**
August 21
7:00 p.m. - 9:00 p.m.
- ◆ **Saturday Drop off for Round-ups**
August 24
9:00 a.m. - 12:00 p.m.
- ◆ **State of the City Address**
August 27
11:30 a.m.

City of Bedford Newsletter

August 2024

City of Bedford State of the City Address Chipper Service

That State of the City Address will take place on Tuesday, August 27, 2024 at Ellenwood Center, 124 Ellenwood Avenue. Doors will open at 11:30 a.m. with lunch being served at noon. Mayor Stan Koci and City Manager Michael S. Mallis will be giving the address at 12:30 p.m.

Lunch includes breaded chicken, roasted pork, pasta with marinara sauce, mashed potatoes, green beans, salad, dessert coffee and iced tea for \$16 per person with reservations. However, those wishing to attend the State of the City Address without lunch can do so free of charge. To make reservation for lunch, please RSVP by Wednesday, August 21 at <https://bit.ly/3xDFvml> or by scanning the QR code below. Questions call 440-735-6514.



Community Garage Sale

The City of Bedford is once again having a City-wide garage sale on Saturday, September 14 2024 from 9:00 a.m. to 4:00 p.m. If you are planning to have a garage sale, please visit the City of Bedford Building Department during the hours of 8:00 a.m. – 4:00 p.m. Monday through Friday to fill out an application or visit www.bedfordoh.gov to fill out the application online. A full list of participating addresses will be provided the Wednesday prior to the sale.

Those participating, please do not leave unsold items on the curb. Items you wish to discard should be included in your normal refuse/recycling collection as long as they adhere to the regular collection criteria. PLEASE comply with placing such items out the night before your refuse/recycling collection day. Any items left out earlier could be subject to a citation. recycling collection as long as they adhere to the regular collection criteria.



Chipper service will be the weeks of August 5, September 3 and October 7, 2024.

All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month.

Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, **August 19 - 23 and August 26 – August 30**, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**no after hours drop off**); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury. **NO LATEX PAINT ACCEPTED.**

CFL – Compact or tube fluorescent bulbs are **not accepted** in our round up.

Bedford residents only, no businesses.

Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, **August 19 - 23 and August 26 – August 30**, Monday through Friday between 8:00 a.m. and 3:00 p.m. (**no after hours drop off**) CPU's, monitors, keyboards, tablets, software and cell phones.

Bedford residents only, no businesses.

There will be a Saturday drop off date for Household Hazardous Waste and the Computer Round-Up open to residents on Saturday, August 24, from 9:00 a.m. to 12:00 p.m.

Community Shred Day



The City of Bedford will be hosting a shred day on Saturday, September 7 from 9:00 a.m. to 12:00 p.m. at Bedford City Hall.

Grant funding provided by the Cuyahoga County Solid Waste District.



CITY OF BEDFORD – 2024 EVENTS

May 27 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
June 2 Sunday	Ice Cream Social 1:00 p.m. - 5:00 p.m. Car Show	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
June 7-9 Fri.-Sun.	Bedford Historical Society Strawberry Festival.	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
July 4 Thursday	4th of July Parade 10:00 a.m. - Columbus Road	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
July 12 Fri.	Family Movie Night at Bedford Commons	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
July 19-21 Fri.-Sun.	Bedford Rotary Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
August 10 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 16-18 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 440-439-4372 clevelandpaganpride@yahoo.com
September 28 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
November 27 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 440-232-1600

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

Bedford Commons
Wednesday Evenings
7:00 p.m. - 9:00 p.m.

June 12 July 10 August 7
June 26 July 24 August 21
(Dates are subject to change)

440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS
Saturday, May 18 & September 7
9:00 a.m.—12:00 p.m.
Bedford City Hall Parking Lot

COMMUNITY GARAGE SALE
September 14th
9:00 a.m.—4:00 p.m.

The Bedford Branch is located at 70 Columbus Road.
For more information or to register for a program, please call (440) 439-4997

Afternoon Book Discussion—SEE PAGE 16 FOR DETAILS!

Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month Time: 2:00 pm – 3:30 pm

African American Authors Book Group— In-Person or Virtual

Thursday, September 26: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

September Title: The First Ladies by Marie Benedict & Victoria Christopher Murray

Mobile Pantry - Free, fresh produce distribution

Wednesday, August 21: 1:30pm - 3:30pm

Bedford Branch—Parking Lot

Wednesday, September 18: 1:30pm - 3:30pm

CCPL is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need. This event will be held rain or shine. Each family will receive 3 pre-packaged boxes of dairy, meat, and/or produce for free, loaded into their vehicle trunk. First come, first-served basis, adults of any age, zip code, income level. Each vehicle can have up to 4 “families” (such as if single seniors are riding together). Vehicles preferred over walk-ups, for safety reasons. While supplies last.

Digital Navigator at Bedford

Mon-Wed, August 19-21: 9:30am - 6:00pm

Bedford Branch

Mon-Wed, August October 7-9: 9:30am - 6:00pm

Cuyahoga County Public Library’s Digital Navigators service offers one-on-one assistance to help you – or someone you know – connect to the internet, get a device, set up a telehealth appointment and more.

Czech Potato Soup

Saturday, September 28: 2:00pm - 4:00pm

Bedford Branch - Meeting Room

Learn to make this traditional potato soup loaded with root vegetables, mushrooms, and other healthy ingredients. It is vegetarian and contains no milk, cheese or cream. We will demonstrate and sample the recipe.

Registration opens on Monday, August 26 2024 at 9:00am

Introduction to Reiki

Saturday, October 05: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Learn about the healing technique Reiki, including its benefits, how it is being used locally, and current research findings. Reiki Master & Aromatherapist, Maggie Kimble will be presenting.

Registration opens on Thursday, September 5 2024 at 9:00am



Utility Shutoff Scams

Scammers posing as electric company employees are calling, texting, and even going door to door threatening County residents with immediate utilities shutoffs if they don't pay. Scammers also may claim people are eligible for discounts and refunds.

How to protect yourself:

- **Don't panic.** Utilities don't make surprise calls about shut offs. They will always mail or email formal disconnection notices.
- **Be skeptical** of the Caller ID. Scammers may spoof their numbers or use the name of your utility company.
- **Disconnections** are not scheduled at night, weekends, or without a written warning.
- **Know that scammers** ask you to pay with retail gift cards, Bitcoin, or reloadable cards (like MoneyPak). Utilities don't accept these payments, but scammers use them because they're hard to trace. Retail gift cards can be quickly laundered by scammers once numbers are provided, and Bitcoin payments can't be reversed.
- **Never give** any account or personal information to someone who calls or knocks on your door. Do not show your bill to solicitors. Utility companies will not offer you discounts and then ask for personal information.
- **If you're worried about your account**, contact your utility using the number from your bill.

Report suspicious calls and emails to Scam Squad at **216-443-SCAM (7226)** or online at cuyahogacounty.gov/scamsquad.



Sign up to receive free Scam Squad Alerts by phone, text or email.

Visit readynotify.us or call **216-443-7035** to get help signing up.

TOPIC 1

Highlights

01

There are multiple ways to register to vote.

Individuals can register to vote online, in person, and by mail.

02

Signatures prevent voter fraud.

Every time you vote in person or by mail, sign a petition, or complete a provisional ballot, officials at the BOE use your signature to confirm your identity.

03

Voter registration information is thoroughly verified.

The BOE checks a voter's registration information against secure BMV, SSA, and Ohio Secretary of State databases to confirm their identity.

04

One person, one vote.

No matter how many registration forms an individual fills out, they will only be permitted to vote once.

Election Integrity Series

Topic 2 Highlights



1. Vote-by-Mail ballots are an option for all voters. Voters must request a Vote-by-Mail ballot. In Ohio, ballots are not sent automatically to voters.



2. You can apply for a Vote-by-Mail ballot for the Nov. 5th General Election on our website until Oct. 29th, 2024.



3. Vote-by-Mail applications, ballots, and return ID envelopes are cross-checked against a voter's registration information to confirm their identity.



4. If a voter's registration information does not match exactly, they will be notified by the BOE and given the chance to correct their ballot.



5. Vote-by-Mail ballots cannot be returned to polling locations.



6. Vote-by-Mail ballots must be postmarked on or before Nov. 4th, the day before Election Day.



7. Vote-by-Mail ballots can be returned to the drop box located at 2929 Euclid Ave., until 7:30pm on Election Day.



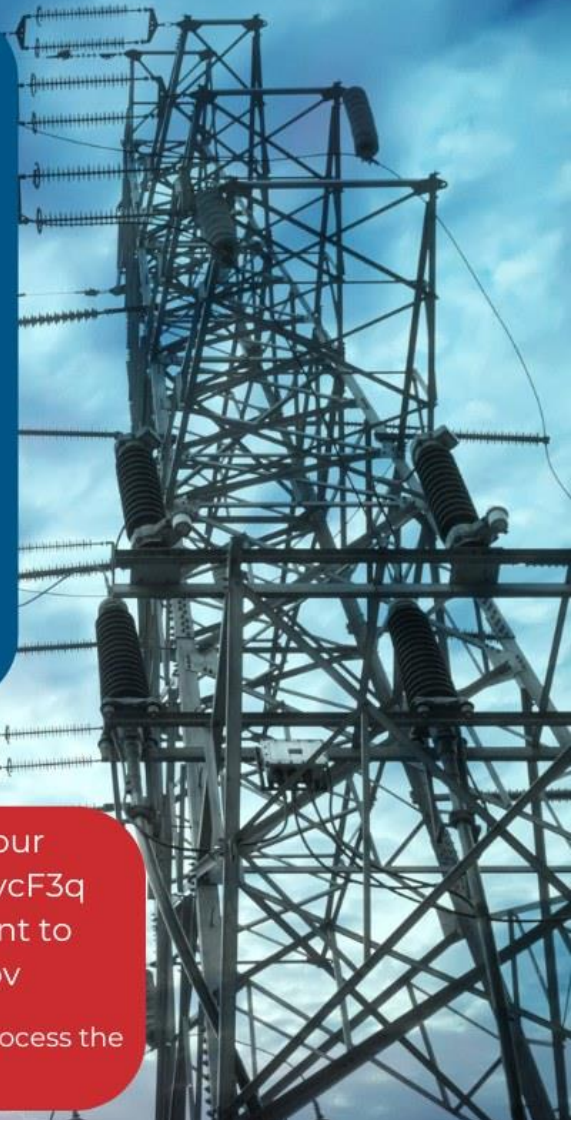
8. Ballot Harvesting is prohibited in Ohio.

216-433-8683 (VOTE)
@CuyahogaCountyBOE
boe.cuyahogacounty.gov

Were you affected by the power outages?

In order to request replacement SNAP benefits due to a power outage, please complete and submit the JFS 0722 to the agency

- Customers must have been without power for 4 hours or more.
- Customers must report the loss to the county agency within 10 days from when the food was destroyed and must submit a JFS 0722 SNAP benefit replacement form.
- SNAP replacement benefits are not prorated from the date of misfortune. The replacement is based on the actual amount of food lost that was purchased with SNAP benefits as reported by the assistance group on the JFS 07222.
- The replacement cannot exceed one month's allotment.



Department of Job & Family Services

STATEMENT REQUESTING REPLACEMENT OF SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) BENEFITS

Step 1: Fill out this information in this box

Name (Print, include initial last) _____ Date Received or Issued _____

Address _____ City, State, Zip Code _____ Phone Number _____

For County JFS Office Use Only: Date Reported Received from the Assistance Group _____ State of Food Loss _____

Step 2: Please fill in the replacement amount

I am requesting the replacement of \$ _____ worth of food purchased with SNAP benefits that was destroyed in a disaster or misfortune.

Note: You may be required to provide verification of this disaster or misfortune.

Step 3: Please explain what happened

Please use the space below to explain how the loss occurred and to mention to obtain your proof. If you need more space, write your answers on an extra piece of paper and attach it to this form.

Step 4: Please review and sign

I acknowledge that if this statement is not signed and returned to the county JFS office within 10 days of the Food Loss date reported above, the county JFS office shall not replace the loss of SNAP benefits. I certify that I am aware of the penalties for intentional misrepresentation of facts, and agree that I intend to certify for a false claim. I understand that

Download the form on our website at <https://bit.ly/45vcF3q> and send as an attachment to CJFSDocs@jfs.ohio.gov

Note: It will take up to 10 days to process the request

Do you need help with home energy costs?

Ohio's Home Energy Assistance Summer Crisis Program (SCP) may be able to assist in paying your summer utility bills.

We can provide application assistance to eligible households.



Call our Connection Center for Assistance 216-420-6700



Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance Build A Kit

One of the cornerstones of Preparedness is having the supplies you need when you need them. FEMA recommends a basic kit, but a personal preparedness kit can include anything you want or need. Keep it portable and only essential items. Below are suggestions and recommendations.

A Good Preparedness Kit for your home should contain....

- Water: one gallon per day per person
- Food: Non-Perishable
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First Aid Kit
- Prescription Medications and glasses
- Signal Whistle
- Dust Mask
- Personal Sanitation Items
- Wrench or pliers to turn off utilities
- Can Opener for food (if kit contains canned food)
- Local Maps

*Extra batteries for your kit are recommended

A Good Preparedness Kit for your automobile should contain....

- Jumper cables
- Flashlights and extra batteries.
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel and ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags

A Good Preparedness Kit for your pet should contain...

- Food: 3 days in an adequate container
- Water: 3 days worth
- Medicines and Medical Records
- First Aid Kit: Talk to your veterinarian about what your pet needs
- Collar with ID tag, harness, or leash
- Crate or other Pet Carrier
- Sanitation: Litter, newspaper, and items to clean up messes
- A picture of you and your pet together:
 - A picture of both of you can help with the reunification process
- Familiar items, such as toys. These can help reduce stress

Also consider...

- A fully-charged cell phone and phone charger
- Important family documents
- Flares or reflective triangle
- Baby formula and diapers if you have a small child
- Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us



@CuyahogaOEM
Facebook.com/CuyahogaOEM



Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance

ReadyNotify

ReadyNotify is a mass notification system used to notify citizens, residents and businesses of emergency situations, non-emergency events and provide information about necessary actions.

What is ReadyNotify?

ReadyNotify is a mass notification system used by Cuyahoga County and participating municipalities to issue emergency notifications to the public.

ReadyNotify is primarily used for emergency notifications when rapid and accurate information is essential for your immediate safety; however you may choose to be notified of general Cuyahoga County Government News as well.

What Type of Information is Required to Register?

Participation in the ReadyNotify Program is **voluntary**. A valid email and phone number will be needed to sign-up. During the registration process we will ask you to give us information about yourself such as your address, your primary language, and if you require any special assistance during an emergency event.

Register Now for
ReadyNotify



How Do I Register?

To register go to: readynotify.us

What Type of Notifications Will I receive?

You can expect to receive notifications about:

- Emergency Events
- Cuyahoga County Government News
- Cuyahoga County Building Closures
- Water Boil Alerts
- Safety Messages
- Other Information

How Will I Receive Messages?

When you sign-up in the system, you will receive emails as well as have the opportunity to choose how you want to receive additional messages. Additional messages can be delivered in the following ways:

- Cell Phone (Voice)
- Home Phone (Voice)
- Work Phone (Voice)
- SMS/Text Messaging
- Email
- Mobile App
- TDD Transmission

Did You Know?

Having redundant sources of emergency notifications on mobile devices will ensure you get the right message during an emergency,



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | em@cuyahogacounty.us
Ready. cuyahogacounty.us

28



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[Facebook.com/CuyahogaOEM](https://www.facebook.com/CuyahogaOEM)

fall

Baked Fall Apple

YIELD: 1 SERVING

INGREDIENTS

- 1 medium red apple (such as Gala or Braeburn)
- 2 tablespoons finely chopped pecans (or substitute walnuts)
- 1 tablespoon uncooked quick oats
- 1 tablespoon brown sugar
- 2 teaspoon dried cranberries
- ½ tablespoon butter
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

DIRECTIONS

1. Preheat oven to 350° F
2. Cut apple in half (horizontally) and remove core
3. In a small bowl mix nuts, oats, brown sugar, cranberries, butter, cinnamon, and salt
4. Fill each apple half with about 2 tablespoons of oat mixture
5. Place apples in an 8-inch baking dish and cover with aluminum foil
6. Bake for 30 minutes and carefully remove foil
7. Bake an additional 10 minutes



Smart Tip



Baking time will vary depending on the variety, size, and ripeness of the apple.

Nutrition Facts

Amount Per Serving

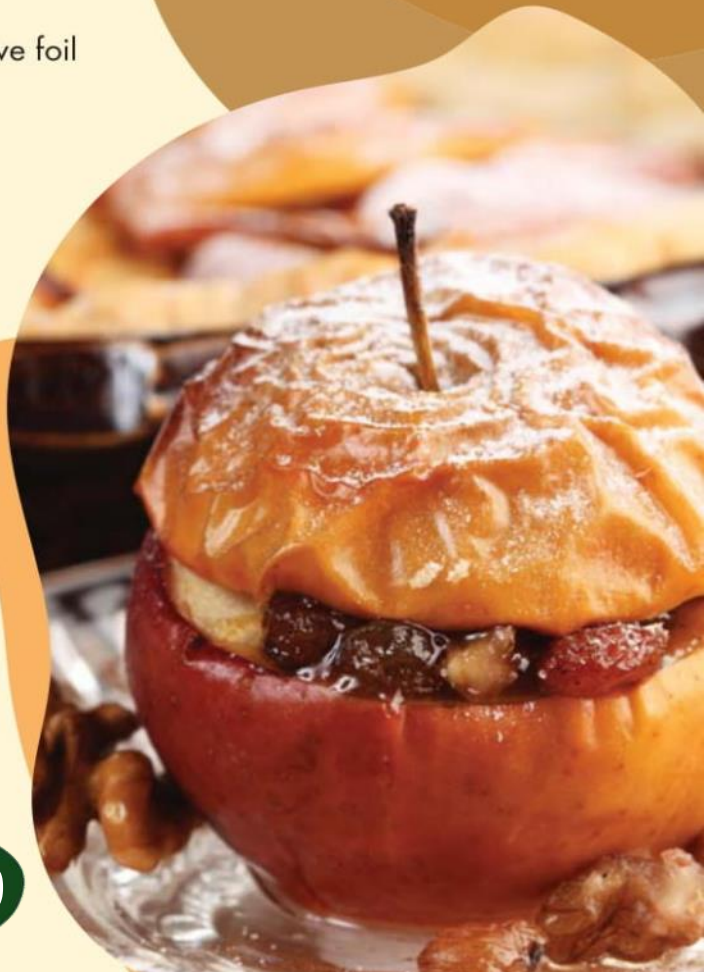
Calories

301

% Daily Value*

Total Fat 15 g	24 %
Saturated Fat 5 g	23 %
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 514 mg	21 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 7 g	27 %
Total Sugars 32 g	
Includes 9 g Added Sugars	
Protein 2 g	5 %
Vitamin D 0 µg	1 %
Calcium 38 mg	4 %
Iron 1 mg	5 %
Potassium 282 mg	6 %

*Percent Daily Values are based on a 2,000 calorie diet.





The Importance of Protein

Protein is the building block of your body.

You need protein from the food you eat to build bones, muscles, and skin and keep them strong. Protein helps your body recover and heal from injuries too. It is important to every system of your body.

Protein as You Age

Natural changes with aging may cause a decrease in appetite. You may eat less food than you once did. This can also mean that you are eating lower amounts of protein-rich foods. Aging can also change how your body digests and absorbs food. This can also impact how your body uses the protein that you eat.

Go Lean with Protein

Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

While some fats are healthy, many animal-based protein sources can be higher in bad fats (saturated fat). It is important to choose lean (low-fat) sources of protein in your diet.

Lean protein food provides your body with a rich source of protein without all the bad fats.

Lean (low-fat) protein foods are foods that have less than 10 percent of fat and less than 4 percent saturated fat per serving.

Limiting the amount of fat you eat helps maintains your weight and can help manage chronic conditions you may have.



Lean Meat



Poultry



Fish



Shellfish



Peas



Nuts



Eggs



What are Protein-Rich Foods?

SEAFOOD
MEAT
POULTRY
EGGS
BEANS

PEAS
LENTILS
NUTS
SEEDS
SOY

It is important to choose a variety of protein in your diet and look for lean (low-fat) options.

Choose Protein that's Right for You



Age 60+

Need 5-6 ounces of protein daily



Palm of your hand or deck of cards equals about 3 ounces of meat or fish protein

The amount of dietary protein a person needs varies. Talk with your health care provider or dietitian to determine what is best for you.

Tips to Add Protein in Your Day

- Eat a variety of protein in your diet.
- Try to eat at least two servings of seafood each week. Seafood contains healthy fats.
- Include a protein source in your snacks. Nuts and seeds are perfect snacks if you are on-the-go.
- Include protein in your salad by adding grilled chicken or chickpeas.
- Choose lean cuts of beef. Try to select cuts with less marbling.

Lean beef has less marbled fat.



JOKES & MORE! SUBMITTED BY OUR SENIORS

Fall One-Liners

What do farmers wear under their shirt when they're cold? A har-vest.

How do trees get on the Internet? They just log on.

Why shouldn't you tell a secret in a cornfield? Because the corn has ears.

How do you fix a broken pumpkin? With a pumpkin patch!

What is it called when a tree takes some time off? Paid leaf.

Why does Humpty Dumpty love autumn so much? Because he had a great fall.

Why did the pumpkin lose the boxing match? He let his gourd down.

What do lumberjacks shout at the start of fall? Sep-timberrrrrr!

Why do trees hate going to school in the fall? Because they're easily stumped.

What's the best band to listen to in autumn? The Spice Girls

What did the leaf say to the other leaf? I'm falling for you.

Why do birds fly south for the fall? Because it's quicker than walking.

Why did the tree decide to start taking art classes? She wanted to branch out.

What's the biggest fall phenomenon in Australia? The Great Barrier Leaf.

Why are trees so carefree and easy going? Because every fall, they let loose.

Why did the scarecrow win a Nobel Prize? He was outstanding in his field.

What do the leaves say before they hibernate? Rake me up when September ends.

What happens when winter arrives? Autumn leaves.

Why did the Jack-o'-lantern look after the pie? They were pump-kin.

What is it called when a tree doesn't think it's autumn? Disbe-leaf.

Why is autumn the proudest season? It's fall of it.

Why are apples so bad in interrogations? They always crumble.

How do leaves get from place to place? Autumn-mobiles.

What is worse than finding a worm in your apple? Finding half of a worm!

What is the cutest season? Aww-tumn.

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

How are you supposed to talk in the apple library? With your in-cider voice.

What's an elephant's favorite vegetable? Squash.

Who helps the little pumpkins cross the road when they go to school? The traffic gourd!

Why did the apple pie cry? Its peelings were hurt!

Why did the lions move at the end of summer? Because the pride goeth before the fall!

What is a scarecrow's favorite fruit? Straw-berries.

What's James Bond's favorite hot drink? Pumpkin spy-ce latte.

What room are ghosts not allowed to enter? The living room.

What did the ground say when fall came? Well that's a re-leaf.

What time of year do people get injured the most? In the fall.

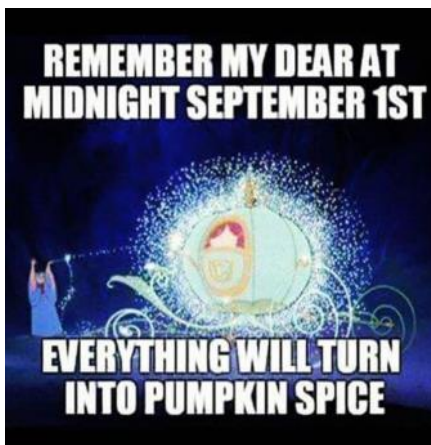
JOKES & MORE! SUBMITTED BY OUR SENIORS

An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

WHAT DO YOU MEME?



Me on August 31 vs. me on September 1:



SEPTEMBER HOLIDAYS

DATE

HOLIDAY

- | | |
|----|-----------------------------|
| 1 | American Chess Day |
| 2 | World Coconut Day |
| 3 | International Bacon Day |
| 4 | Eat an Extra Dessert Day |
| 5 | National Cheese Pizza Day |
| 6 | National Read a Book Day |
| 7 | Buy a Book Day |
| 8 | Star Trek Day |
| 9 | Teddy Bear Day |
| 10 | National TV Dinner Day |
| 11 | Hug Your Hound Day |
| 12 | National Video Games Day |
| 13 | International Chocolate Day |
| 14 | National Coloring Day |
| 15 | National Cheese Toast Day |

DATE

HOLIDAY

- | | |
|----|-----------------------------------|
| 16 | Collect Rocks Day |
| 17 | Constitution Day |
| 18 | National Respect Day |
| 19 | Talk Like a Pirate Day |
| 20 | National String Cheese Day |
| 21 | International Day of Peace |
| 22 | Hobbit Day |
| 23 | Redhead Appreciation Day |
| 24 | National Punctuation Day |
| 25 | National Lobster Day |
| 26 | National Chimichanga Day |
| 27 | National Scarf Day |
| 28 | National Strawberry Cream Pie Day |
| 29 | National Coffee Day |
| 30 | Save the Koala Day |

PUZZLES & MORE



Solve each Sudoku puzzle!

8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

	1		2		5			8
	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
2		7	1			3		9
		1	5		8	2	6	
		2	6		7	8		
8				1		5		2
		9		2	3		1	

	2				9		7	6
	7		6	2		8	9	
	4	6		8	5		3	
	8	2	9				6	
5	6				8		2	
7				6	2	9		8
	5	8	2		6	7	4	
	3	4	8		7	5		2
	9	7	5				8	

		7	1	2		8		
	4			8				6
	6			9		7	1	
		2		6		1		
6	8		7			4	2	
	1				5		8	
7				5	1		6	8
5		8		7		2		1
1			8		2		7	5

AN APPLE A DAY! WORD SEARCH



September 17th is "Eat an Apple Day". There are more than 60 types of apples grown today! Can you find some of those types hidden below?

WORD BANK

Empire
Fuji
Cripps
Macintosh
Granny
Smith
Gala
Honeycrisp
Red
Delicious
Jonagold
Braeburn
Envy
Jazz
Rome
Cortland
Rave



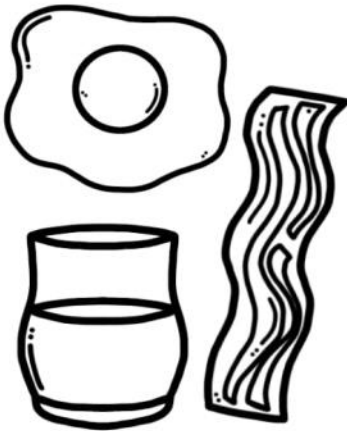
D	N	Y	V	Z	F	W	K	H	W	B	R
N	N	J	B	U	U	C	M	O	C	E	N
A	X	X	J	F	J	V	X	N	D	L	E
L	B	Q	E	E	I	C	M	E	S	I	N
T	V	O	V	P	R	B	F	Y	U	A	V
R	C	A	A	I	P	Y	T	C	O	A	Y
O	R	L	P	L	B	H	M	R	I	F	B
C	A	P	H	S	O	T	N	I	C	A	M
G	S	N	B	O	N	I	Z	S	I	I	M
L	E	M	O	R	C	M	S	P	L	I	B
Y	A	M	J	R	A	S	D	P	E	K	K
P	N	A	P	V	F	E	E	N	D	V	Q
O	Z	N	J	I	F	D	B	P	L	N	I
Z	G	N	A	X	R	G	Y	U	H	V	J
J	O	F	I	R	U	E	H	R	R	C	X
W	J	O	N	A	G	O	L	D	O	N	R

BREAKFAST DAY!

FIND THE WORDS 3



September 26th is Better Breakfast Day! What delicious breakfast foods will you find hidden below? Find the hidden words in the puzzle (horizontally, vertically, and diagonally) using the clues. Check off or fill in a circle when you find a word that fits that category.



FIND AND CIRCLE:

4 breakfast meats

4 ways to cook eggs

4 breakfast juices

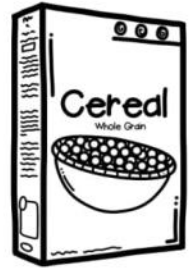
3 fruits

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

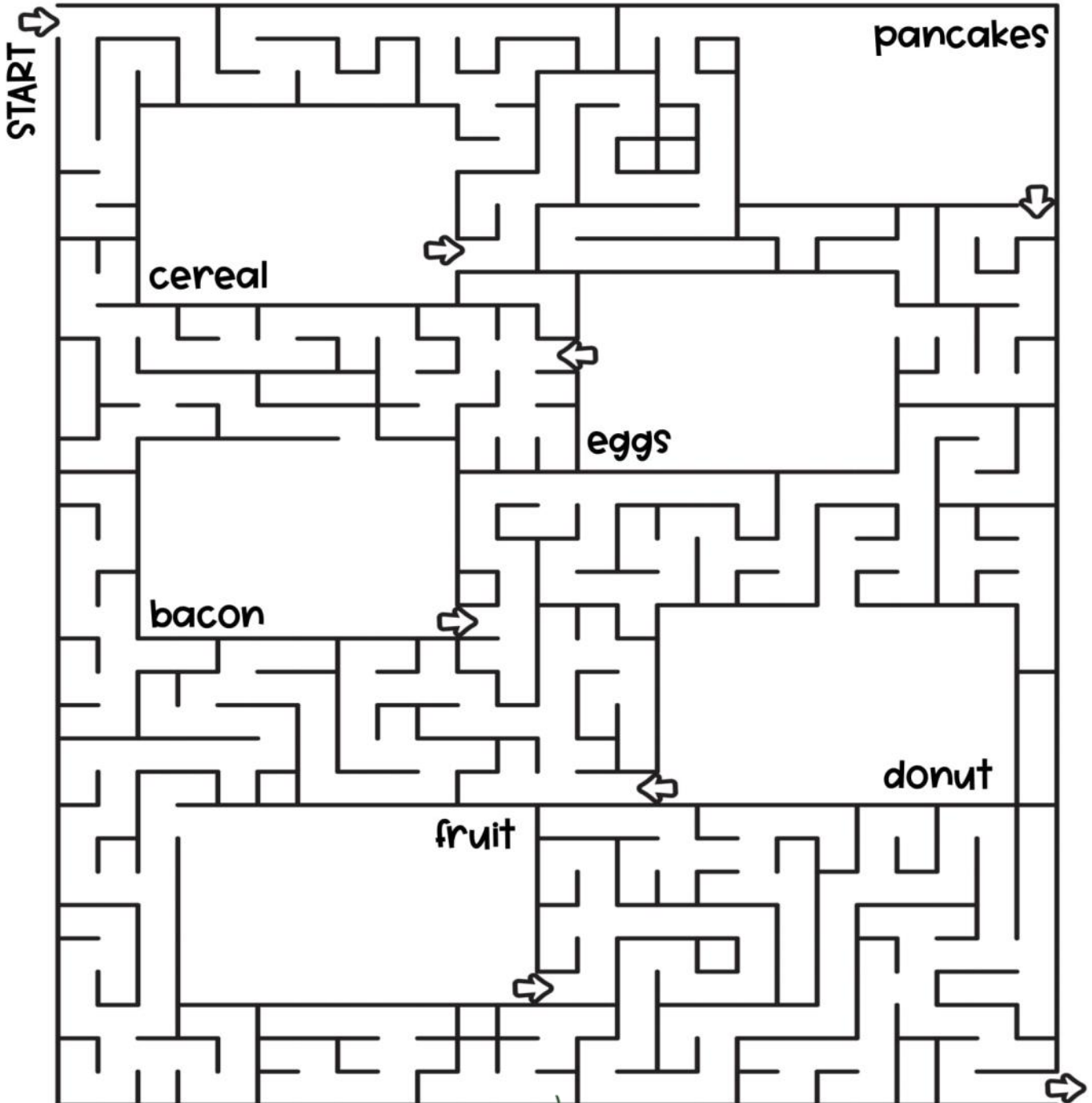
E	D	C	D	M	K	P	P	N	S	S	N	C	F	B
S	P	E	V	A	F	V	O	P	C	O	W	W	C	O
E	T	L	H	H	I	L	J	R	C	H	W	I	O	I
I	A	E	P	C	E	G	A	A	D	E	I	R	F	L
R	O	P	A	M	A	M	B	A	N	A	N	A	S	E
R	R	E	P	K	B	O	S	A	U	S	A	G	E	D
E	A	V	P	L	M	G	P	I	M	D	J	Z	K	H
B	N	Y	E	A	E	Y	R	R	E	B	N	A	R	C
F	G	D	L	G	R	U	B	M	H	O	L	S	W	W
C	E	X	I	S	S	G	D	V	W	D	Y	F	J	L

BREAKFAST TIME!

SOLVE AND DRAW



Directions: Start at the beginning and solve the maze. Stop each time you come to a box and draw the item written there. Continue until the entire maze is solved.



CONSTITUTION DAY!

UNSCRAMBLE THE WORDS

September 17th is Constitution Day! We celebrate this day because the Constitution is such an important document for the citizens of our country. It explains how our government is set up. All the scrambled words below have something to do with this important document. After you've unscrambled them, write each circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!



1. alsw _ _ _
2. mepruse _ _ _ _ _
3. medoerfs _ _ _ _ _ _
4. lactisroh _ _ _ _ _ _
5. nervogentm _ _ _ _ _ _ _
6. libl fo trisgh _ _ _ _ _ _ _
7. amberpel _ _ _ _ _
8. morpatint _ _ _ _ _
9. manndemest _ _ _ _ _ _
10. ew het opplee _ _ _ _ _ _ _
11. ticlarse _ _ _ _ _

What dance was very popular in 1776?

_ _ _ _ _ - _ _ _ _ _ !
 6 8 3 10 7 2 8 9 1 5 4 11

YUMMY DESSERTS!

WORD SEARCH



Did you know that September 4th is "Eat an Extra Dessert Day"? Find all the different desserts hidden word search below!

WORD BANK

ice cream
brownies
fudge
cake
cheesecake
pudding
apple pie
toffee
cookies
s'mores
candy
donuts
eclairs
macaroons
popsicles
strudel
gingerbread



ANSWERS

BREAKFAST DAY! FIND THE WORDS 3



ANSWER KEY



FIND AND CIRCLE:

- 4 breakfast meats: **HAM, BACON, SAUSAGE, STEAK**
 4 ways to cook eggs: **BOILED, SCRAMBLED, FRIED, POACHED**
 4 breakfast juices: **APPLE, ORANGE, GRAPE, CRANBERRY**
 3 fruits: **BERRIES, MELON, BANANAS**



CONSTITUTION DAY! UNSCRAMBLE THE WORDS

ANSWER KEY



- alsw **L A W S**
- mepruse **S U P R E M E**
- medoerfs **F R E E D O M S**
- lactisroh **H I S T O R I C A L**
- nervogentm **G O V E R N M E N T**
- libl fo trisgh **B I L L O F R I G H T S**
- amberpel **P R E A M B L E**
- morpatint **I M P O R T A N T**
- manndemest **A M E N D M E N T S**
- ew het opplee **W E T H E P E O P L E**
- ticlarse **A R T I C L E S**

What dance was very popular in 1776?

I N D E P E N - D A N C E !
 6 8 3 10 7 2 8 9 1 5 4 11

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6

9	1	6	2	3	5	7	4	8
7	2	4	9	8	6	1	3	5
3	5	8	7	4	1	9	2	6
6	9	5	3	7	2	4	8	1
2	8	7	1	6	4	3	5	9
4	3	1	5	9	8	2	6	7
1	4	2	6	5	7	8	9	3
8	6	3	4	1	9	5	7	2
5	7	9	8	2	3	6	1	4

8	2	5	3	1	9	4	7	6
3	7	1	6	2	4	8	9	5
9	4	6	7	8	5	2	3	1
4	8	2	9	5	3	1	6	7
5	6	9	1	7	8	3	2	4
7	1	3	4	6	2	9	5	8
1	5	8	2	3	6	7	4	9
6	3	4	8	9	7	5	1	2
2	9	7	5	4	1	6	8	3

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5

AUGUST BIRTHDAYS

Tina Addison
Tonia Bardlabon
Alvin Battaglia
Cindy Chimienti
Sherida Collins
Karen DeVaughn
Diana Dorko
Vic Fluharty
Sandra Frazer
Karen Gilliam
Grace Gockowski
Shirley Grays
Gloria Griffin
George Hanus
Bernadette Hayes
Rita Hudia
Pollyann Johnson
Robert W. Johnson

Nancy Jones-Brown
Charlotte Kimble
Ralph Kobus
Jeraldine Kee-Dean
Ralph Kobus
Stan Koci
Eva Labuski
Reva Latten
Terron Lee
Mary Lemire
Georgian Lenchak
Kathy Lipowski
Nancy Lograsso
David McCandless
Edwina Moore-Jones
Elaine Morris
Joyce Moore
Marilyn Nicolo

Gail Oden
Cathy Parker
Paul Perry
Joan Pletka
Marilyn Schroeter
Geneva Sheppard
Thomas Sheppard
Esther Steckle
Ceola Travis-McDowell
Leisa Vassar Warner
Linda Walker
Tim Walker
Jay Watson
Paula Yorkievitz
Denise Zingale

AUGUST ANNIVERSARIES

Jeff & Therese Capps celebrated 31 years on August 6th

We publish and celebrate anniversary dates with members who have previously given that information.

If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.

Please contact the Recreation Office if you wish to have your anniversary date recognized in the monthly Newsletter.

NEW MEMBERS

Rachel Chew

Emmett Jones

CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov