



BEDFORD SENIORS CLUB MINI NEWS

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Wednesday, March 10

Drive-thru time: 11:30 am - 12:00 pm
Corned Beef Sandwich, Pickle & Chips

UH Bedford Senior Network will participate with goodie bags

**Registration Dates: March 1-5*

Boxed lunches will be available for drive-thru pickup at Ellenwood Center in the east parking lot (closest to Baseball Field). Please remain in your car. Reserve your meal online or call 440-735-6570 during the registration dates. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

FRIENDLY REMINDER

Be sure to call every month to reserve your lunch. We do not order extra meals and are unable to give members a reminder call about lunch. Please be sure to mark your calendars twice — a date to register and the date of the lunch. Thank you!

IN MEMORIAM



HARRY A. SNEDDEN

age 73, of Bedford. Beloved husband of Roberta "Bobbie" (nee Rodda); loving father of Bryan Snedden and Kyle (Amanda) Snedden; dearest grandfather of Nickolas, Natalie and Kylie; brother of Madeline Carlson and the late Sharon Karl. Active member of Bedford F.O.E. Aerie 2122. All services were private.

RETIREMENT

Frank Thome retired from the City of Bedford last month. Frank started working at Ellenwood in June 2000 and has been a staple to keeping our building safe and clean for over 20 years! Frank would setup/takedown the tables and chairs and serve lunches at Club meetings. On occasion, he would be a substitute driver for our senior van service. He was always a friendly face and team player. He has been an asset to our department and we wish him happiness and luck on his next adventure.

We asked Frank if he will be joining the Bedford Senior Club and he smiled and said "Not yet." Frank is currently taking it easy and spending his retirement with his wife Kelly, their children and grandchildren. Frank is starting his own business doing handyman work and painting. After the pandemic, Frank will use his extra spending money for travel and bowling tournaments.



If you wish to pass along well wishes or send Frank a card, you may mail it to the Ellenwood Office and we will be sure to pass it along.



TRAVEL NEWS

MICK GONGOS—TOUR DIRECTOR



SAVE THE DATE!

Cleveland Indians vs. Kansas City Royals Friday, July 9

Club seats. Details and price to follow.

Contact Mick to reserve your space.
Money will be collected Spring 2021.

MIND CHALLENGE

Last year, the City of Bedford entered one team into the Northeast Ohio Mind Challenge. Mind Challenge For The New Majority® is a trivia competition for the active 50 years and over community to compete for prizes, money for your Senior program and bragging rights. Last year our season was cut short due to the pandemic and not being prepared to compete in a virtual format.

The 2021 Mind Challenge For The New Majority® start dates for team formation rounds are tentatively scheduled for middle/end of May, date subject to change pending successful openings of area Senior Centers and Covid-19 vaccinations. Bedford Parks & Recreation would like to sponsor at least one team to compete this year in the “Central” division, competing against other communities like Bedford Heights, Maple Heights, Garfield Heights, Cleveland Heights and Shaker Heights.

We will virtually host some “Trivia Spring Training” sessions to learn about Mind Challenge and practice their trivia format. You can try it and play for fun and decide later if you want to compete regionally on our team. Should Mind Challenge be virtual again, we will be ready!

First Wednesday of the Month
March 3, April 7, May 5
1:00 pm
Zoom—video or call-in

Call the Bedford Parks & Recreation office at
440-735-6570 to reserve a space to play!



RECREATION PROGRAMS



Sunshine Grab & Go for Seniors

Register for a free bag of sunshine! Our Sunshine Bags will include a craft and instructions. Check the week for drive-thru pickup times. If you cannot make a pickup time, please arrange a curbside appointment with Recreation staff. These bags are free to Bedford Senior Club members; registration is required.

March Sunshine: Egg Cross Stitch & Bunny Bottom Sign

Drive-Thru Pick-up on Tuesday, March 9: 11:00-11:30am (no evening time) or at Grab & Go Lunch on Wednesday, March 10

April Sunshine: Floral Water Painting & Paper Quilling

Drive-Thru Pick-up on Tuesday, April 13: 11:00-11:30am (no evening time) or at Grab & Go Lunch on Wednesday, April 14

May Sunshine: Felt Flowers & 3D String Art Flowerpots

Drive-Thru Pick-up on Tuesday, May 11: 11:00-11:30am or 6:00-6:30pm



Virtual Bingo

Join us for a fast paced, fun-filled virtual BINGO game! We will play Four (4) classic “5 in a Row” BINGO plus one “Cover all” game. Prizes will be given to the winners of each game, and one grand prize for the winner will be crowned for the “Cover All” game! Come and have fun with your Bedford neighbors and Devoted Health!



Each player will receive a bingo kit with (2) Bingo Cards, chips for the gameboard, a Devoted Health thank you gift for playing, and a little something for a sweet tooth. Players will receive a flyer in the bingo kit with login information to join via Google Meets by telephone or video call.

Call the Bedford Parks & Recreation office at 440-735-6570 to reserve a space and setup a curbside appointment to receive your monthly Bingo bag of gameboards and treats.

Fourth Wednesday of the Month;

February 24, March 24, April 28

Time: 1:00 pm



RECREATION PROGRAMS

Virtual Painting with So-So Artsy

Join us for a live, interactive virtual Painting Class for beginners on Zoom! You have the option to register with or without the So-So Artsy Kit. The So-So Artsy Kit includes a water cup, paintbrushes, disposable apron, paper plate palette, 16" x 20" canvas, and paper towels.

Participant Fee without supply kit: \$10

Participant Fee with supply kit: \$20

Blue Blossoms

Thursday, February 18

6:00 – 8:00 pm

Zoom



Are you on Facebook?

Share information, photos, videos, jokes, and more in a private group for our Bedford Senior Club Members.

Request to join!

facebook.com/groups/bedfordseniorclub

Coming soon....

additional Virtual Painting classes

Egg'stra Special Grab & Go Bags for children

Take & Make Pillow Pals and Stuffed Animals



TAX PREPARATION ASSISTANCE

AARP

Due to COVID-19 AARP will not be offering in-person tax aide this year. Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please contact AARP at 888-687-2277 or email taxaide@aarp.org

EITC Coalition Tax Preparation Assistance

The Cuyahoga County Earned Income Tax Credit Coalition offers in-person drop off and virtual tax preparation assistance at no charge for households earning less than \$56,000 per year.

To schedule an appointment visit www.refundohio.org or call 216-293-7200. EITC Coalition strongly recommends scheduling appointments online. The in-person drop off locations are listed below. The preferred location for Bedford Seniors is ESOP on Fairhill Rd in Cleveland. You can also call them directly at 216-361-0920. Please note that walk-ins are not permitted.

- ESOP located at 11890 Fairhill Rd, Cleveland, OH 44120
- Asian Services in Action located at 3631 Perkins Ave., #2AW, Cleveland, OH 44114
- Baldwin Wallace located at 275 Eastland Rd., Berea, OH 44017
- Burten Bell Carr located at 7201 Kinsman Rd., Cleveland, OH 44104
- CEOGC Central located at 1801 Superior Ave., Suite 400, Cleveland, OH 44114
***This site schedules its own appointments and has its own filing requirements.
Please call 216-858-1781*
- CEOGC Glenville located at 10529 St. Claire Ave., Cleveland, OH 44108
***This site schedules its own appointments and has its own filing requirements.
Please call 216-268-1600*
- CHN Broadway Office located at 5700 Broadway Ave., Cleveland, OH 44127
- Famicos located at 1325 Ansel Road, Cleveland, OH 44106
- Gordon Square located at 6516 Detroit Ave., Cleveland, OH 44102
- Lin Omni located at 3167 Fulton Rd., 3rd Floor, Cleveland, OH 44109



NEWS FROM THE CITY OF BEDFORD

RX Drug Drop Box Program

A drug Pill Drop Box, supplied by the County, has been permanently installed in the lobby of the Bedford Police Department. Anyone with expired or unused prescription pills can dispose of their medication in the Pill Drop Box 24/7. PILLS ONLY. No needles or liquids. Prescription opiates are often the gateway to heroin addiction. Prescription opiates are commonly found in many medicine cabinets. It is vital that old prescriptions be properly disposed to keep one's family safe. Pills left unattended in a bathroom or medicine cabinet can be easily taken and misused. Please utilize Cuyahoga County's Rx Drug Drop Box Program to keep your loved ones safe.

Code Red Sign Up

The City of Bedford is now a part of Cuyahoga County Office of Emergency Management (CCOEM) CodeRED service at no cost to the City. In order to receive emergency and general notifications via phone call, text or email, you will need to register through the Office of Emergency Management website at www.readynotify.us. A link to this website is on the City home page www.bedfordoh.gov.

If you do not have access to a computer, please call City Hall at 440-232-1600 for assistance.

Home Energy Assistance Program

County residents ages 60 and over (adults 18-59 with disabilities) are eligible for Ohio's Home Energy Assistance Program (HEAP). The program is currently accepting applications for help with winter energy bills.

For further information call 216-420-6700 or visit <https://hhs.cuyahogacounty.us/programs>

City Council Meetings

Due to the COVID-19 health emergency and the Governor's order prohibiting mass gatherings, the City Council meeting will be closed to the public. Council meetings are broadcasted live on the City's YouTube channel. The public is able to submit any questions, comments or concerns during the meeting to citymanager@bedfordoh.gov. First and third Monday evenings starting at 8:00 p.m.

To watch the meeting live or to view previous meetings, visit the City of Bedford City Council Meeting YouTube Channel. <https://www.youtube.com/CityofBedfordOH>

*Upcoming Meetings: February *16, March 1 & 15 *meeting on Tuesday due to holiday*

City Hall and Ellenwood will be closed on the following dates: February 15



CITY OF BEDFORD

2020-2021 SNOW PLOW LIST

Last Revised 1/19/2021

Chambers' Home Improvement	(216) 534-0912	Senior Discount Offered \$20.00 per push for seniors \$25.00 per push Salt additional fee Discounts with seasonal contracts
Anthony Coleman	(216) 205-8960	Senior Discount Offered \$20.00 and up per push for seniors \$25.00 and up per push Price depending on driveway length and snow height Salt additional fee
Dobbs Landscaping and Plowing	(216) 780-1346	Senior Discount Offered Price depending on driveway length and snow height
Just Like Mine Landscaping	(440) 662-4001	Senior Discount Offered \$25 per push for seniors Sidewalk additional fee
Lockett's Landscaping	(833) 562-5388 (216) 357-8033	Senior Discount Offered \$30.00 per push 10% off with contract
Pro-Mow Landscaping	(440) 439-4456	Senior Discount Offered \$17.00-\$20.00 per push Sidewalk additional fee
Jim Westfall	(440) 232-0544	Senior Discount Offered \$21.00 and up per push depending on driveway length Sidewalk additional fee
Shane Westfall	(216) 905-6578	Senior Discount Offered Price depending on driveway length and snow height
Robert Zipp	(216) 816-4941	Senior Discount Offered \$18.00 per push Sidewalk additional fee

Provider list and prices are subject to change during season – always confirm pricing with Provider

The City of Bedford is not recommending any of the snow plow contractors/companies included on this list. This list is being provided as a courtesy. Contractors can be added to this list by contacting the Bedford Parks & Recreation Department. Any action you take upon the information on this list is strictly at your own risk and the City of Bedford will not be liable for any losses or damages in connection with the use of this list.

PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY



Cuyahoga County
Public Library

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

Just few virtual Programs being offered....

Protecting Your Health in a Covid World

Wednesday, February 17 / 10:00am-11:00am

Dave Ferris, pharmD from Southwest General Health Center will lead an online game of BINGO as he discusses Covid treatments, vaccines, and how to protect your family health!

Retro TV

Wednesday, February 17 / 2:00pm-3:00pm

Whether they were award-winning, critically acclaimed series, programs that helped set a standard for the genre, or simply TV shows that struck a chord with the American public, these were some of the shows that TV viewers were talking about. See how many you remember as we take our walk down Memory Lane.

Relief Printing Basics

Thursday, February 18 / 7:00pm-8:00pm

Learn the fundamentals of relief printing! We'll walk you through how to use printmaking ink and a brayer, and make an image of a monstera leaf using ez-cut foam. Get an overview into the world of relief printing in this hands-on program with teaching artists from Zygote Press. This class is all about experimenting and having fun with materials to create original relief prints.

In a League of Their Own

Tuesday, March 2 / 7:00pm-8:00pm

Help celebrate the start of baseball as well as kickoff Women's History Month with a look back at the history of the All American Girls Professional Baseball League – the all-women's baseball league which inspired the hit 1992 movie A League of Their Own as well as the upcoming Amazon television series of the same name. Hosted by Margaret Reardon and historians from the International Women's Baseball Center.

Pysanky Art

Wednesday, March 3 / 7:00pm-8:00pm

In this virtual Zoom event, learn about Pysanky, or Ukrainian Easter eggs. Local artist Linda Hupert from www.planetegg.org will present a tutorial on how to get started and how to decorate the eggs while also sharing the rich history of the eggs.

Sounds of the Bagpipes

Tuesday, March 9 / 7:00pm-8:30pm

Get in the St. Patrick's Day spirit virtually with local bagpiper Colin Donahue!



PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY

Windows 10 Basics

Thursday, February 18 / 10:00am-11:00am

DIY Sock Snowman

Wednesday, February 24 / 3:00pm-4:00pm

Internet Basics

Wednesday, March 3 / 1:00pm-2:00pm

De-Stress with Meditation

Wednesday, March 3 / 7:00pm-8:00pm

Email Basics

Thursday, March 4 / 10:00am-11:00am

Genealogy 101

Monday, March 8 / 7:00pm-8:00pm

Make a Suncatcher

Wednesday, March 10 / 7:00pm-8:30pm

Make & Take Kits at Southeast Branch being offered....

Zen Doodle Snowflakes—Take & Make Kits

Learn how to draw Zen Doodles and create beautiful Zen Doodle snowflakes. Each kit contains step-by-step instructions and supplies to create several Zen Doodle snowflakes. Kits are for adults and teen.

Did you know? Cuyahoga County Public Library staff are trained benefits navigators who can help you access social services and work support.

Benefit Services:

- Aging Services
- Child Care
- Developmental Disabilities Services
- Food & Cash Assistance
- Housing & Utilities
- Medicaid
- Mental Health & Addiction Services
- Veterans Benefits



COVID-19 FAQ's

What to do if you're sick or suspect you're sick:

Keep in touch with your doctor.

Contact your doctor and be sure to call before you go in. Get care if you feel worse or believe there is an emergency.

Stay home except to get medical care.

People who are mildly ill with COVID-19 are able to recover at home but should not leave or visit public areas. Use CDC criteria to determine when you can stop isolating and leave home.

Don't be afraid to ask for help.

Ask a family member, friend, or neighbor to get your groceries, mail, and other essential needs and leave them outside your door.



MIKE DEWINE
GOVERNOR OF OHIO

Ohio

Department
of Health

coronavirus.ohio.gov

Ohio

Department
of Health

The Ohio Department of Health has set up a hotline for those with questions about the Coronavirus (COVID-19).



Coronavirus / COVID-19

Hotline: 1-833-427-5634

Live staff are available M-F: 9:00am-8:00pm



#MasksOn

Information about Coronavirus, how it is spread, prevention, and frequently asked questions can be found at:

CORONAVIRUS.OHIO.GOV

Information from the Cuyahoga County Division and Adult Services:

Vaccine demand is outpacing supply, please be vigilant in attempting to schedule your appointment. Patience and determination are key, as well as wearing a mask, practicing social distancing and good hygiene, and staying home if you are sick. If you have any questions, please do not hesitate to call **United Way's 2-1-1 Helplink**.

Find Covid-19 Vaccine Providers Near You:

The County Board of Health has launched an interactive vaccine provider locator map which can be found at cuyahogacounty.us/vax. The map is frequently updated with information on provider locations. Enter your location to find contact details for providers near you.

In addition to the map, the County's Vaccination page also lists eligibility details, myths and FAQs, and volunteer information. It's accessible via phone, tablet or computer.

You must directly contact the provider of your choice from this list to schedule a vaccine appointment.

BEDFORD

Giant Eagle Pharmacy

900 Northfield Road, 44146

440-439-1416

<https://www.gianteagle.com/covidvaccine>

GARFIELD HEIGHTS

Giant Eagle Pharmacy

5744 Transportation Boulevard, 44125

216-662-8466

<https://www.gianteagle.com/covidvaccine>

MAPLE HEIGHTS

Discount Drug Mart

6148 Dunham Road, 44137

216-663-4711

<https://discount-drugmart.com>

Marc's Pharmacy

12650 Rockside Road, 44125

216-475-2568

www.marcs.com

Giant Eagle Pharmacy

5321 Warrensville Center Road, 44137

216-332-9592

<https://www.gianteagle.com/covidvaccine>

BEACHWOOD

Beachwood Medical Center

25501 Chagrin Boulevard, 44122

440-375-8595

Signature Health

24200 Chagrin Boulevard, 44122

216-831-6466

Signature Health

21100 Southgate Park Boulevard, 44137

216-663-6100

<https://www.signaturehealthinc.org/locations/maple-heights>

SOLON

Giant Eagle Pharmacy

34310 Aurora Road, 44139

440-519-1028

<https://www.gianteagle.com/covidvaccine>

Marc's Pharmacy

6231 SOM Center Road, 44139

440248-9239

www.marcs.com

WARRENSVILLE HEIGHTS

University Hospitals—Home Care Services

4510 Richmond Road, 44128

216-767-8995

Uhhospitals.org/vaccine

The Cleveland Clinic, the MetroHealth System and University Hospitals are providing vaccines for their older patients through their internal patient dashboards. If you are affiliated with one of these hospitals, please contact them directly to schedule an appointment to be vaccinated.



COVID-19

Vaccines: Trust the Facts

- ▶ **1. COVID-19 vaccines are safe and effective.** COVID-19 vaccines currently available in the U.S. were rigorously tested and are more than 94% effective.
- ▶ **2. You can't get COVID-19 from a COVID-19 vaccine.** The vaccines do not contain a live virus, meaning they can't give you COVID-19 or cause a positive COVID-19 viral test.
- ▶ **3. COVID-19 vaccine trials were among the largest in history.** A typical vaccine study has about 5,000 participants – the Moderna COVID-19 trial had more than 30,000 participants, and the Pfizer-BioNTech study had more than 43,000.
- ▶ **4. COVID-19 vaccines have not been linked to infertility or miscarriage.** There is no evidence that COVID-19 vaccines cause infertility or increase the risk of miscarriage.
- ▶ **5. No serious safety concerns were observed in clinical trials.** The most common side effects, much like other vaccines, are fatigue, headache, soreness or redness at the injection site, and muscle or joint pain.
- ▶ **6. COVID-19 vaccines will not change your DNA or alter your genetic makeup.** It isn't possible for mRNA to alter or modify a person's genetic makeup.
- ▶ **7. Vaccine injections do NOT contain microchips or tracking devices.** Vaccines do not contain microchips, nanochips, RFID trackers, or devices that would track or control your body in any way.
- ▶ **8. Vaccines do not cause autism.** Studies conducted across the globe continue to show that there is no connection between autism and vaccines.



MIKE DEWINE
GOVERNOR OF OHIO

Ohio

Department
of Health

coronavirus.ohio.gov/vaccine



**ROUND-TRIP RIDES TO GET THE VACCINE
SENIORS 60 AND OVER**


COVID-19
CORONA VIRUS

**VACCINATION RIDES
FREE FOR SENIORS**

BEGINNING JAN 25, 2021

CALL 216-466-6443 TO SCHEDULE PICK UP MONDAY-FRIDAY 8AM-4PM

 IF YOU NEED HELP REGISTERING ONLINE WITH YOUR HOSPITAL OR DRUG STORE,
OUR NAVIGATORS CAN HELP YOU.
CALL THE CLEVELAND CLERGY ALLIANCE AT 216-727-1020

**Buying a gift card to
pay someone? Stop!**
It's a scam.

Gift cards are for gifts,
not payments.



**HANG UP ON
Gift Card
Scams**



Report gift card scams at:

ReportFraud.ftc.gov

For more information, visit:

Ftc.gov/giftcards



FEDERAL TRADE
COMMISSION

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

ftc.gov/coronavirus/scams

consumerresources.org/beware-coronavirus-scams



FEDERAL TRADE
COMMISSION



NATIONAL
ASSOCIATION OF
ATTORNEYS GENERAL



Cuyahoga County
Together We Thrive

Office of Emergency Management

At-A-Glance Winter Storms & Extreme Cold

Winter Storm Watch: There is a possibility of a storm occurring.

Winter Storm Warning: A storm is already taking place or is expected.

Blizzard Warning - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

Before a winter storm or extreme cold...

- Listen to a NOAA Weather Radio or other local news broadcasts for critical information from the National Weather Service (NWS)
- Winterize your home to preserve heat and extend the life of your fuel supply by insulating walls and attics; clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm
- Maintain heating equipment and chimneys by having them cleaned and inspected every year
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing
- Keep vents clear
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them



Did You Know?

The worst winter storm in Ohio history struck on Thursday, January 26, 1978. Bitterly cold temperatures and winds up to 70 mph closed transportation, business, industry, and schools statewide for two days. Fifty-one Ohioans died as a result of the storm.

For additional information on blizzards, go to www.ready.gov.

Sources: Federal Emergency Management Agency (FEMA)

During a blizzard...

- To avoid hypothermia, stay hydrated, nourished, and keep your blood flowing
- Avoid overexertion when shoveling snow; overexertion can bring on a heart attack



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



@CuyahogaOEM
Facebook.com/CuyahogaOEM

Recipe of the Month

Kale, Arugula and Orange Salad

Ingredients

Kale Arugula Radicchio Orange Salad

4 cups kale shredded

2 cups baby arugula

2 cups radicchio shredded

1 apple chopped

2 oranges segmented (I used cara cara oranges)

1 cup grapes halved

6 Medjool dates chopped

2 tablespoons dried cranberries

1/4 cup toasted pistachios

1/4 cup + 2 tablespoons crumbled aged goat cheese optional

Orange Honey Dressing

1/4 cup fresh orange juice I squeezed excess juice from the orange membranes after segmented the oranges

4 tablespoons raw honey

2 tablespoons flax seed oil

sea salt and fresh ground pepper to taste



Instructions

- In a large bowl, toss together Kale Arugula Radicchio Orange Salad ingredients.
- In a small bowl, whisk together Orange Honey Dressing ingredients. Drizzle on top of salad and toss lightly.

<https://jeanetteshealthyliving.com/winter-kale-arugula-radicchio-orange-salad/>

Excerpt from Monthly Newsletter by The Fedeli Group

Know Your Risk

The three health topics below are directly linked to heart disease:

1. **High Blood Pressure.** High blood pressure or hypertension is a condition in which the force of the blood on the artery walls is consistently too high. This high pressure causes harm by straining the heart and blood vessels by making them work harder and less efficiently. Then, over time the forceful flow of the blood through the vessels and arteries chips away at very fragile cells that line these surfaces. LDL or bad cholesterol then forms plaque over these tiny tears. The more the damage and plaque increase, the higher your blood pressure gets and the smaller your arteries become.



Minimally, you should have your blood pressure taken once a year at your annual physical. If you have an increased risk for high blood pressure you may want to invest in a blood pressure cuff yourself. Ask your physician about your blood pressure at your next appointment.

2. **Cholesterol.** Cholesterol is a waxy, fat like substance that is either made by the liver or found in foods. In fact, your liver makes enough cholesterol for your body. Unfortunately

we often consume too much cholesterol in our foods which can have unhealthy side effects. If we do take in more cholesterol than our bodies can use, this cholesterol builds up in the walls of arteries and even our heart. This further narrows the walls of our arteries causing a decrease in blood flow

3. **Smoking.** Smoking tobacco products leads to an increase in bad cholesterol. This behavior also damages cells that line blood vessels. This increases the build up of fat and further narrows blood vessels.

Secondhand smoke, including smoke that has been breathed out or exhaled from the individual using tobacco products as well as the smoke that comes from burning the product itself can be dangerous as well. In fact, those who breathe in secondhand smoke are 25-30% more likely to develop heart disease than those who are not exposed. In addition secondhand smoke increases the risk of stroke by 20-30%.

If you are concerned about your risk for heart disease, talk to your doctor. In the mean time you can check out the American Heart Association's heart disease risk calculator, [here](#).

Sources: <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>

https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/

Excerpt from Monthly Newsletter by The Fedeli Group

Know the Signs

Stroke, and heart attack are some of the leading causes of death in the United States. Take a look at the list below to learn what signs and symptoms to look out for.

Stroke Symptoms:

- **Chest Discomfort**
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the Upper Body**
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of Breath**
with or without chest discomfort.
- **Other Signs**
may include breaking out in a cold sweat, nausea or lightheadedness.

Heart Attack Symptoms:

- **Chest Discomfort**
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in Other Areas of the Upper Body**
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of Breath**
with or without chest discomfort.
- **Other Signs**
may include breaking out in a cold sweat, nausea or lightheadedness.



If you or a loved one are experiencing any of these symptoms, seek medical care immediately.

Source: <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>

Excerpt from Monthly Newsletter by The Fedeli Group



Cuyahoga County
Public Library

FOOD DISTRIBUTION

The Greater Cleveland Food Bank mobile pantry will distribute free pantry packages – rain, snow or shine – on a first-come, first-served basis.

SOUTHEAST BRANCH

70 Columbus Road
Bedford, OH 44146

Wednesdays, January 20, February 17, March 17 & April 21
1:00 – 2:00 p.m.



Connect with us



20

cuyahogalibrary.org

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

INSPIRATIONAL QUOTE OF THE MONTH

Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.

-William James

THOUGHT FOR THE DAY

Whoever loves much, performs much, and can accomplish much, and what is done in love is done well.

-Vincent Van Gogh

THE MONTH OF FEBRUARY IS NOTED FOR...

American Heart Month

Black History Month

Creative Romance Month

National Bird Feeding Month

National Grapefruit Month

National Weddings Month

An Affair to Remember Month

Canned Food Month

Great American Pie Month

National Cherry Month

National Children's Dental Health Month

Spunky Old Broads Month

The third week is noted for: International Flirting Week



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

GROUND HOG HUMOR

What's the American settler's spirit animal? The groundhog.

What does it mean when a groundhog sees a maple leaf on Feb. 02? ...six more weeks of bad hockey!

Constipation is a bit like watching for groundhogs on Groundhog Day. You know spring is coming early, but that reclusive rodent is nowhere to be seen.

I watched Groundhog Day for the first time yesterday. And the day before, and the day before, and the day before...

Groundhog Day is a classic. It sure has great replay value.

What animal takes up the most land? a groundhog.

They should release Groundhog Day 2. And then just re-release the original

I celebrate my own version of Groundhog Day. If I see my abs, I'll go out during beach season

What did the groundhog say to his buddy about to jump off the rock? Just gopher it.

Have you ever eaten groundhog? How about sausages? That's ground hog.

Here we see the majestic Woodchuck, also known as a Groundhog which begs the question How much ground would a ground hog hog if a ground hog could hog ground?

I have finally watched Groundhog day. It's about time.

Does anybody know any good Groundhog Day jokes? I feel like I keep hearing the same ones over and over again

A groundhog tried to cross a well by burrowing under it. It didn't go over well.

What is a groundhog's favorite book? Holes

What do you call a groundhog's laundry? Hogwash





PRESIDENTS' DAY

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government.

Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

Presidents Day is a significant holiday for a number of reasons, the bulk of which correlate directly to concepts of American unity and nationalism. As already mentioned, the holiday shifted from being specifically about George Washington to celebrating all presidents, a decision made to create a broader celebration of the long list of American leaders. That said, some states, such as Virginia, still use the name 'Washington Day.' Often cited reasons as to why Presidents Day is a federally recognized holiday include paying respect to deceased Presidents, as well as to create a general sense of patriotism among American citizens.

One More President Joke

'You should be ashamed,' the father told his son, Andy, 'When Abraham Lincoln was your age, he used to walk ten miles every day to get to school.' 'Really?' Andy responded. 'Well, when he was your age, he was president.'

Librarians Uncover A Surprising Book Thief: George Washington

The first president of the United States of America borrowed two books from the New York Society Library in 1789 but failed to return them. Adjusted for inflation, he has since racked up \$300,000 USD in fines for being some 220 years late. The New York Society Library says it will not pursue the fine. It would simply like the books back.

On 5 October 1789, the first president borrowed two books from what was then the only library in Manhattan - "Law of Nations," a dissertation on international relations, and a volume of debate transcripts from Britain's House of Commons.

George Washington did not even bother to sign his name in the borrower's ledger. An aide simply scrawled "president" next to the title to show who had taken them out. The two books were due back a month later but were never returned and have been accruing late fees ever since. Librarians uncovered the misdemeanor as they were digitizing the library's ledger from that time.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

VALENTINE ONE-LINERS:

What do you write in a slug's Valentine's Day card?" Be my Valen-slime!
What did the paper clip say to the magnet? "I find you very attractive."
What did the stamp say to the envelope on Valentine's Day? "I'm stuck on you!"
Why didn't the skeleton want to send any Valentine's Day cards? His heart wasn't in it.
Why did the sheriff lock up their valentine? She stole their heart.
What do you call two birds in love? Tweethearts!
How can you tell when a squirrel is in love? It goes nuts!
What did the calculator say to the pencil? "You can count on me."
How did the telephone propose to his girlfriend? He gave her a ring!
What did one oar tell the other oar? "This is so row-mantic!"
What did the light bulb say to the other light bulb? "You light my world up."
How can you get arrested on Valentine's Day? "For stealing someone's heart."

6 THINGS YOU DIDN'T KNOW ABOUT VALENTINE'S DAY

Valentine's Day is more than just a Hallmark holiday. The celebration of love actually dates back to Ancient Rome. Here are 6 Valentine's Day facts worth sharing.

- 1) The heart shaped boxes of chocolates were introduced in 1861. They were created by Richard Cadbury. His father John founded the Cadbury Confectionery Company. Richard eventually started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates in 1861. Today, over 36 million are sold every year.
- 2) Conversation candy started out as medical lozenges. In 1847, Boston pharmacist, Oliver Chase, invented a machine that simplified the lozenge production process. It also resulted in the first candy-making machine. Oliver soon shifted his focus from making lozenges to candy. He founded the New England Confectionery Company or Necco. The lozenges became what we now call Necco wafers. In 1866, Oliver's brother started printing messages onto them. By 1902, Necco began manufacturing heart-shaped candies. That's when the conversation hearts were officially born. Today, about 8 billion are produced a year.
- 3) The holiday generates billions of dollars. Consumers spend an estimated \$19.6 billion for the holiday. \$1.8 billion is spent on candy alone, according to the National Retail Federation. It's no surprise that jewelry is the most popular Valentine gift. A whopping \$4.7 billion is spent on rings, necklaces and more.
- 4) Gifting your pet is normal. In 2020, Americans spent \$751.3 million on their furry friends. Research shows 27.6 million households gave Valentine's gifts to their dogs. Meanwhile, 17.1 million households purchased presents for their cats.
- 5) Galentine's day is a real thing. The made-up holiday first appeared on the TV show "Parks and Recreation." Since 2010, spending on Valentine's Day gifts for friends has tripled. It's gone from \$737 million to a whopping \$2.1 billion.
- 6) Millions of Valentine's cards are purchased every year. Americans exchange around 145 million of them according to Hallmark. The greeting card company introduced their first Valentine's Day card in 1913.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

Happy Valentine's Day



"My wife wants a perfume that'll make her irresistible. What have you got that smells like bourbon and cigars?"

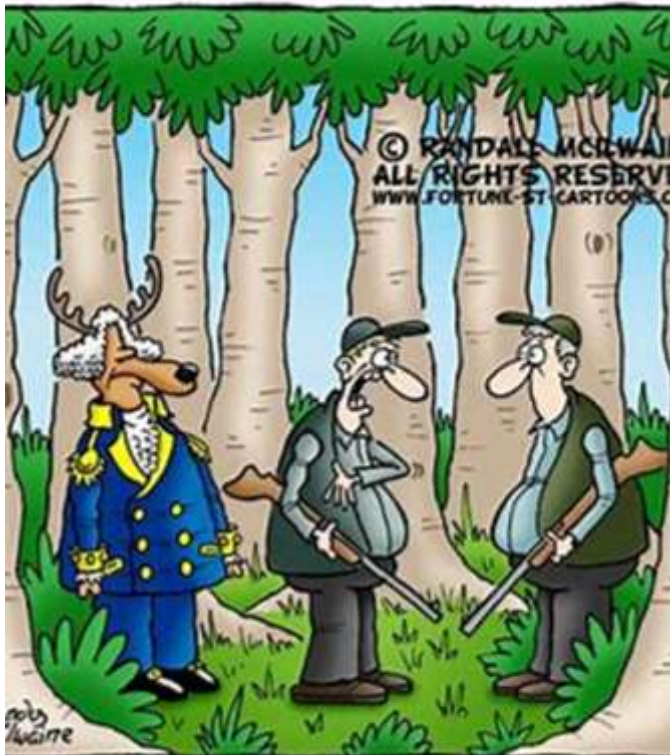
Crabby Road

2-17-1

Does the president go around saying "Happy Me Day" today?



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WWW.FORTUNE-ST.CARTOONS.COM

We can't shoot him, Frank! It's President's Day!



RESIDENTS
OUR NAMES
MEMBERED...

AS A CITY
OF POLITICAL
GRIDLOCK

AS A 1980s
TV SITCOM

AS A
TEDDY BEAR

AS A
TOWN CAR...

25

GRANLUND © www.davegranlund.com

What did one light bulb say to the other?



I love you a whole watt!

Do skunks celebrate Valentine's Day?



Sure! They are very scent-imental.

What kind of flowers do you never give on Valentine's Day?



Cauliflowers!

What do you call two birds in love?



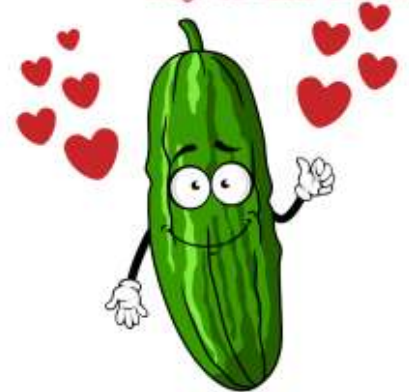
Tweethearts!

What do you call a very small valentine?



A valentiny!

What did one pickle say to the other?



You mean a great dill to me!

What happens when you fall in love with a French chef?



You get all buttered up!

What do you call a vampire's sweetheart?



His ghoul-friend.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

WACKY LAUNDRY FACTS - *submitted by Rich Moore*

- * In a typical household, more than 6,000 articles of clothing are machine-washed each year. The average wash load contains 16 items.
- * Men throw in a few loads now and then, but women do 88 percent of the laundry.
- * People in the southern part of the U.S. wash the most often, while those on the East Coast wash the least.
- * About 16 percent of all indoor water is used doing laundry.
- * A dripping faucet can waste more than 528 gallons a month. That's 6,336 gallons a year – more than an average household uses in a month.

A LAUNDRY JOKE

One day my housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, "What setting do I use on the washing machine?" "It depends," I replied. "What does it say on your shirt?" He yelled back, "University of Oklahoma".

BIZARRE FACTS ABOUT THE 1500's – *submitted by Rich Moore*

- * Most people got married in June because they took their yearly bath in May and still smelled pretty good in June. However, they were starting to smell, which is why brides carried a bouquet of flowers to hide their body odor.
- * Baths consisted of a big tub of hot water. The man of the house had the nice clean water, then all the other sons and men, then the women and finally the children. By then the water was so dirty you could actually lose someone in it – hence the saying, "Don't throw the baby out with the bathwater!"
- * Houses had thatched roofs – thick straw, piled high with wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals lived on the roof. When it rained, it became slippery and sometimes the animals would slide off the roof. Hence the saying, "It's raining cats and dogs."
- * Sometimes folks could obtain pork, which made them feel quite special. When visitors came over, they would hand up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon."
- * Those with money had plates made of pewter. Food with a high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.
- * Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top or "upper crust."
- * Lead cups were used to drink ale or whiskey. The combination would sometimes knock people out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. The person would be laid out on the kitchen table for a couple of days and the family would gather around and wait to see if he or she would wake up – hence the custom of holding a "wake".

HOW MANY WORDS CAN YOU MAKE FROM

VALENTINE'S DAY



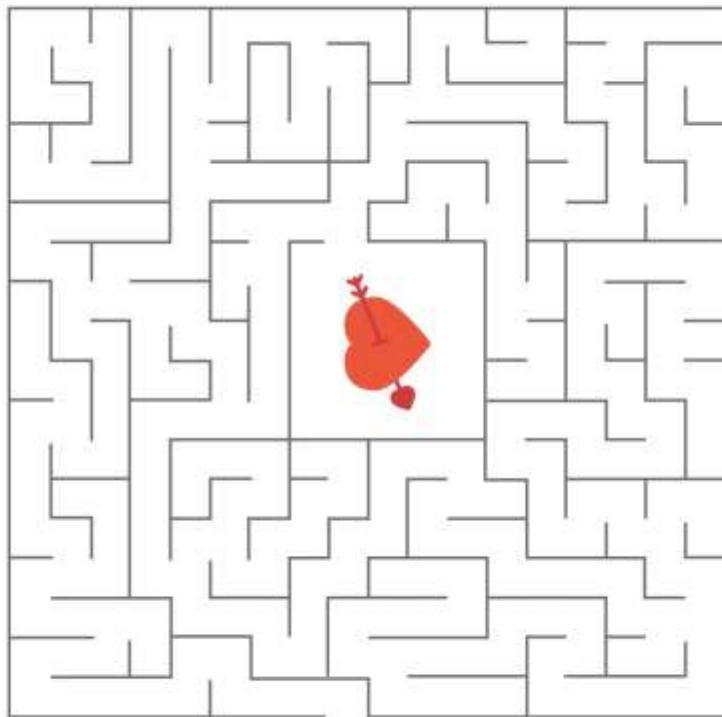
Using each letter only once, see how many different words you can make out of "VALENTINE'S DAY." Write down as many words as you can on the lines below.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____
- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!



START
HERE

VALENTINE'S DAY

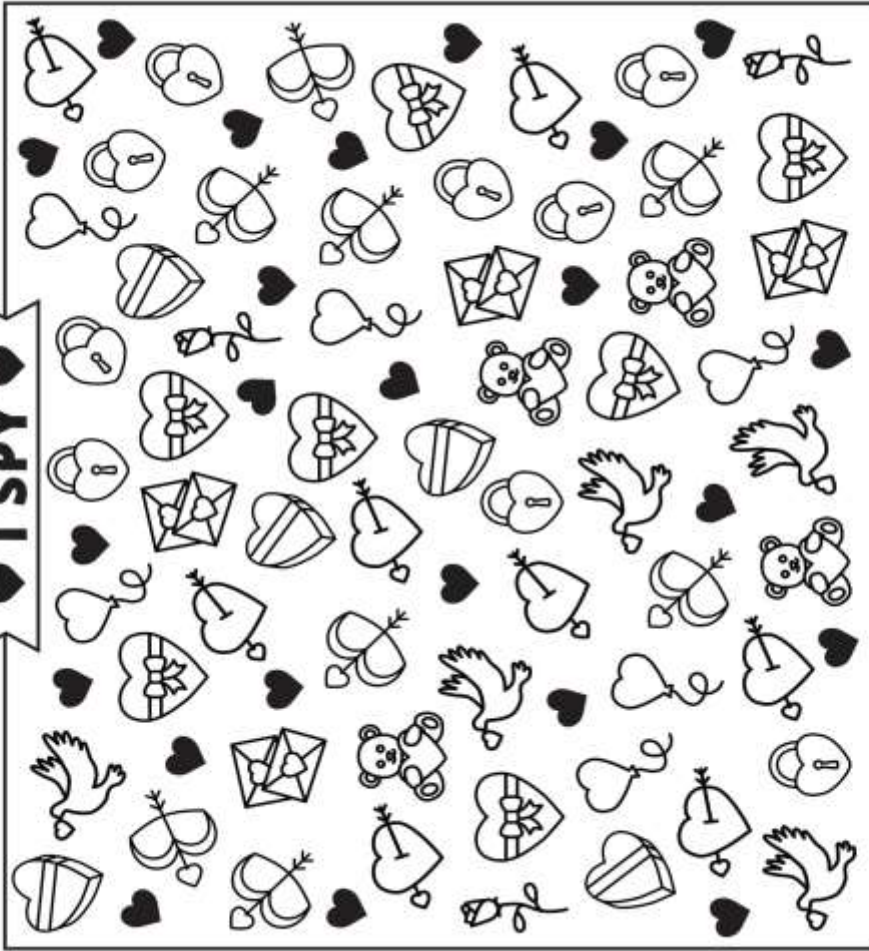
WORD SCRAMBLE










1. MARDIER _____
2. QUTBOUE _____
3. OOLTCCHEA _____
4. PDUICI _____
5. WRSLEFO _____
6. AETRH _____
7. NORMCEA _____
8. WREHTTESAE _____
9. ELVNATEIN _____
10. OESRS _____
11. GHU _____
12. LEVO _____



VALENTINE'S DAY

I SPY



- | | | | | | |
|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------|
|  | _____ |  | _____ |  | _____ |
|  | _____ |  | _____ |  | _____ |
|  | _____ |  | _____ |  | _____ |

Valentine's Day WORD SEARCH

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

BOUQUET
 FEBRUARY
 LETTER
 POEM

BOW
 FRIENDS
 LOVE
 ROMANCE
 SWEET

ST VALENTINE

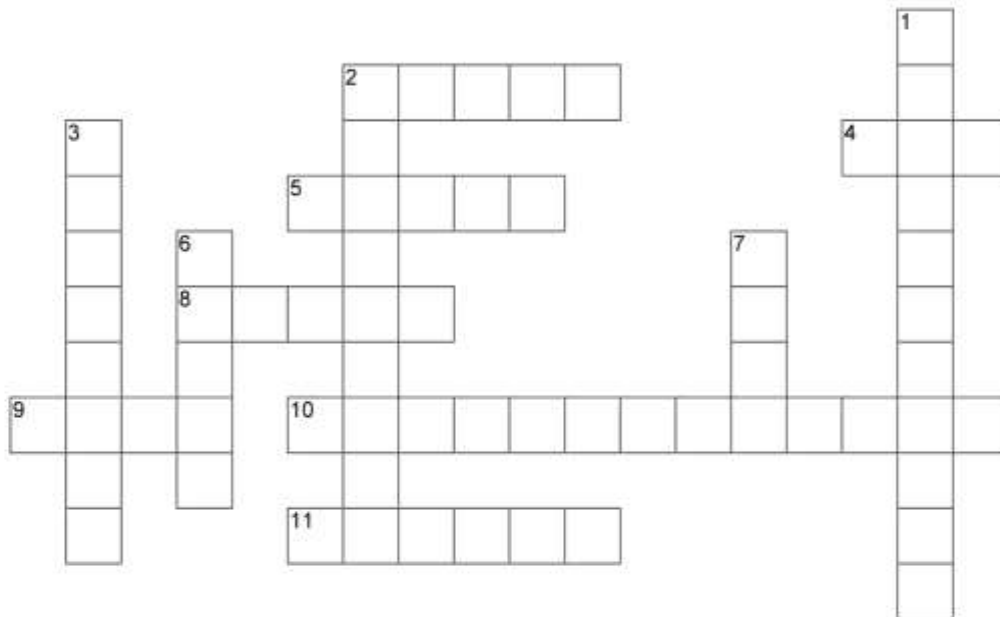
CANDLE
 GIFT
 LOVEBIRDS
 ROSES
 TREATS

TEDDY BEAR

CUDDLE
 HUGS
 MAILBOX
 SMOOCH



Valentine's Day Crossword



ACROSS

- 2. Shoots arrows at people.
- 4. Favorite Valentine's Day color.
- 5. Favorite flower for Valentine's Day.
- 8. Cupid shoot this and people fall in love.
- 9. Many people send one to a friend on Valentine's Day.
- 10. The name of this holiday is
- 11. Expression often said on Valentine's Day "Be _____"

DOWN

- 1. Heart shaped candy with words
- 2. "Kisses" is one kind of this type of candy.
- 3. The month of Valentine's Day.
- 6. Kids love Valentine's Day because they want to eat a lot of
- 7. Valentine's Day is the day of

SWEETHEARTS	BE MINE	CHOCOLATE	FEBRUARY
LOVE	ARROW	VALENTINE'S DAY	ROSES
CUPID	CANDY	CARD	RED

FEBRUARY BIRTHDAYS

Marchell Adams
Annette Black
Joy Freda
Barb Hirko

Robert Johnson
Carolyn Kucia
Dorothy Mulh
Joe Onders

Rochelle Petak
Dale Praznik
Barb Spencer
Gemma Telling

ANNIVERSARIES

No anniversaries this month

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 Karen Wertz if you wish to have your anniversary date recognized in the Mini News.

NEW MEMBERS

Queola Brooks
Cynthia Gainer
Joan & Mike Garvin
Terri Green
Carolyn & Kenneth Kucia

Erin Lucas
Joan Marks
Kathryn & Daniel Orchard
Debbie & John Pacanovsky
Arlene Pellillo

Barb & Dale Praznik
Barbara Shellko
Barb Spencer
Patricia & Jerry Steward

CONTACT YOUR OFFICERS

PRESIDENT	MARY BURGE	(440) 232-8868
VICE PRESIDENT	MARILYN TRZECIAK	(216) 548-8283
SECRETARY	KARLA MAHONEY	(440) 439-5388
TRAVEL	MICK GONGOS	(216) 587-5935
HOSPITALITY	CAROL KINDLE/LORETTA NAVRATIL	(440) 439-6964
TREASURER	BOBBIE SNEDDEN	(440) 232-2241
REFRESHMENT	JOANN HARWOOD	(440) 781-8350
BIRTHDAY NAME TAGS	AMY GONGOS/MARILYN TRZECIAK	
CHAPLAIN	VIVIAN FREEMAN	
SUNSHINE	ROSANNE MANDICH	(216) 256-4966
PHOTOGRAPHER	JACK HIRKO	(440) 786-2555
SENIOR MINI NEWS	KAREN WERTZ	(440) 552-4183
RECREATION DEPARTMENT		(440) 735-6570



The Parks & Recreation Department has created a directory of senior club members who have chosen to participate to have their contact information published. Members were contacted via phone and given the choice to opt into the directory. All are encouraged to reach out to one another during this difficult time, as a way of staying in touch, keeping spirits up, and ensuring each other are safe. If you are not listed on the directory and would like to be added, please reach out to Mike Callahan at 440-735-6570 or via email at mcallahan@bedfordoh.gov. Please also reach out to the Parks & Recreation Department if you attempt to contact someone and are unsuccessful after several attempts.

Sharon	Adams	440-476-5554
John	Bartko	440-439-3920
Rhonda	Benford-Elliott	216-773-5273
Bruce & Joan	Berger	440-439-3931
Rosemarie	Bobbs	440-232-3066
Susie	Brown	216-703-2897
Ellie	Camma	216-662-5114
Cindy	Chimienti	440-317-0627
Jeff & Karol	Demartine	216-280-1732
Carl	Femc	440-232-3667
Charlotte	Fleming	440-232-8125
Vivian	Freeman	216-510-6238
Ann	Frick	216-534-6007
Alice	Furmanek	440-439-6527
Amy & Mick	Gongos	216-587-5935
Lynn	Grabowski	440-232-5716
George & Judith	Green	440-232-9136
Barbara	Hanzl	440-221-3995
Joann	Harwood	440-781-8350
Barb & Jack	Hirko	440-786-2555
Betty	Howard	216-561-3457
Robert & Debbie	Johnson	440-439-7081
Fran	Kern	440-786-2831
Roseann	Kisner	440-439-4983
Charlotte	Kotmel	440-232-0190

Rosanne	Mandich	216-256-4966
Richard	Moore	440-317-3014
Edwina	Moore-Jones	440-439-6847
Dorothy	Mulh	440-232-5742
Don & Loretta	Navratil	440-232-4436
Betty	Pauley	216-534-6034
Denise	Planinsek	216-663-2290
Joan	Pletka	440-439-1189
Geneva & Thomas	Sheppard	440-232-2791
Hermia	Shifflette	216-288-6269
Sharon	Simmons	440-786-7536
Preston	Smith	440-871-7475
Bobbie	Snedden	440-232-2241
Carol	Stover	330-963-0072
Lee	Szymkowski	440-232-8395
Gemma	Telling	440-232-1239
Joanna	Telzrow	440-232-0319
Marilyn	Trzeciak	216-662-3607
Pat	Tyukodi	216-663-1489
Charlotte & Michael	Umbower	216-663-8155
Marilyn	Urban	440-232-1779
Madeline	Vartorella	440-232-3519
Jean	Vasquez	440-336-3094
Don & Karen	Wertz	440-232-6127
Dorothy	Whye	440-945-6724
Frances	Zelenak	440-232-3248

Updated 2/9/21

To be included in future updates, call 440-735-6570