



BEDFORD SENIORS CLUB MINI NEWS

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Wednesday, April 14

Drive-thru time: 11:30 am - 12:00 pm

Chicken Salad Wrap, Pickle & Chips

UH Bedford Senior Network will participate with goodie bags while supplies last

**Registration Dates: April 5-9*

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!



NEW STAFF

Meet Dan

Dan Kramer is our new Building Maintenance Supervisor. You may have seen him recently distributing your lunches and food boxes. Dan comes to the Recreation Department as a transfer from the Service Department where he was the former City Carpenter for nearly 9 years. One of Dan's most recognizable accomplishments was updating the holiday light display at the Square by converting to energy-efficient, beautiful, bright LED lights. Dan synced the lights on the Square to flash and dance to the Christmas music. Dan also rescued and refurbished many of the classic displays that have been staple decorations for decades; such as, the carousel and giant snowman.

Dan is married and has three children. He enjoys camping, boating, building and shooting. He is a great worker and fun to work beside. We are excited to have him on the Recreation team!



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



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 July. Bedford Parks & Recreation would like to sponsor at least one team to compete this year, 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

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.



April Sunshine: Floral Water Painting & Paper Quilling

Drive-Thru Pick-up on Tuesday, April 13: 11:00-11:30 am (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 11:00-11:30am or 6:00-6:30 pm

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. Prizes are generously donated by Devoted Health.

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
Google Meet—video or telephone



RECREATION PROGRAMS

Easter Eve Egg Drop

Wake up to a front yard with candy and toy filled plastic eggs and a package from the Easter Bunny! Eggs will be dropped Saturday, April 3 after 8:00 pm. Eggs will be placed in front yards of residential homes in Bedford. Each registered child will receive 30 colorful eggs and a large envelope with a letter from the Easter Bunny and a fun swirl lollipop. Those residing in Bedford apartments may contact us to purchase a Bunny kit only. For Bedford resident children ages 12 and under. Space is limited.

Fee: Bedford Resident Child \$10 Each additional household child \$6

Bunny Kit only \$6

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



Egg'stra Special Grab & Go Bag

Register for a free bag of Easter goodies! Bags include age appropriate craft, treats, and additional activities to do at home. Limited supplies available.

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

If you cannot make a pickup time, please arrange a curbside appointment with Recreation staff.



RECREATION PROGRAMS

Take & Make: Furry Friends

Build your own furry animal friend at home! Each kit includes the unstuffed animal, polyester stuffing, and a shirt you can decorate for your furry friend. The kits are for hand stuffing, no sewing necessary. We also include a special heart and birth certificate for your new friend. All ages. Adult assistance recommended for ages 8 and under. Kits can be ordered at any time and scheduled for curbside pick-up.



Kit Choices: Brown Bunny, Turtle, Lion, Dolphin, Honey Bear, Tiger, Unicorn, Panda Bear, T-Rex
Live Zoom Class (optional): Tuesday, May 11 7:00-7:30 pm
Fee per kit: Bedford Resident \$10
Non-resident \$12

Kit Choices: Baseball, Football, Soccer Ball
Live Zoom Class (optional): Tuesday, May 11 7:00-7:30 pm

Fee per kit: Bedford Resident \$10
Non-resident \$12



Take & Make: Pillow Pals

New! Each kit includes the unstuffed ball, polyester stuffing, and a poster pennant to decorate. The kits are for hand stuffing, no sewing necessary. We also include a special heart and birth certificate for your new friend. Kits can be ordered at any time and scheduled for curbside pick-up.

Kit Choices: Baseball, Football, Soccer Ball

Fee per kit: Bedford Resident \$10
Non-resident \$12



Take & Make: Fleece Tied Pillows

Make your own no-sew, fleece throw pillow at home! These fun throw pillows are cozy for home or can make a great handmade gift. Each kit includes polyester stuffing and pre-cut fleece. All ages. Adult assistance recommended for ages 8 and under. Kits can be ordered at any time and scheduled for curbside pick-up.

Pillow Kit Choices: Flower, Superhero, Avocado, Football, Peace Sign

Fee per kit: Bedford Resident \$10
Non-resident \$12



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 pm.

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: March 15, April 5 & 19*

City Hall and Ellenwood will be closed on the following dates: April 2



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



CITY OF BEDFORD

2021 LANDSCAPE LIST FOR SENIORS

Last Revised 3/5/21

Auntie's Lawn Care	(440) 668-1093	Senior Discount Offered Price depends on lawn size Does not offer snow removal services
Chambers' Home Improvement	(216) 534-0912	Senior Discount Offered Price depends on lawn size Discounts with seasonal contracts
Anthony Coleman	(216) 205-8960	Senior Discount Offered Price depends on lawn size Fall and spring cleanup available
Just Like Mine Landscaping	440-622-4001	20% Senior Discount Offered Price depends on lawn size Bushes/shrub trimming available
Gales Landscaping	(216) 315-5216	Senior Discount Offered Price depends on lawn size
Lockett's Landscaping	(216) 357-8033	Senior Discount Offered Price depends on lawn size
Pro-Mow Landscaping & Tree Service	(440) 439-4456	Senior Discount Offered Price depends on lawn size
Jim Westfall	(440) 232-0544	Senior Discount Offered with one-time cuts and season contract Price depends on lawn size & difficulty

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 landscapers included on this list. This list is being provided as a courtesy. Landscapers 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 a few virtual Programs being offered....

Genealogy 101

Monday, March 15 / 7:00pm-8:00pm

Begin the journey to uncover your ancestors and their fascinating stories. In this two-part class, participants will learn how to begin their genealogy search and find ancestors among the vast amount of records available online.

Introduction to Excel, Part 1

Tuesday, March 16 / 10:00am-11:00am

Tips for Job Seeker's Over 40

Tuesday, March 16 / 6:00pm-7:30pm

The tip is....simply be yourself and focus on putting your best foot forward by showing that you are the best person for the job.

Catfish Scam

Tuesday, March 16 / 7:00pm-8:30pm

Tuesday, April 12 / 7:00pm-8:30pm

What is catfishing? How do you know if you are being catfished? Danelle from the Cuyahoga County Department of Consumer Affairs will provide answers to these questions plus share ways you can protect yourself from being catfished online.

Southwest General Health Talk—Decoding Nutrition

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

Join us for this virtual Zoom presentation! Join Wendy Zullo, Certified Fitness Nutrition Specialist from Southwest General Hospital, for an informative talk on how to read nutrition labels. Learn how to choose more nutritious foods based on the information that is found on nutrition labels.

Introduction to Excel, Part 2

Wednesday, March 17 / 1:00pm-2:00pm

Traditional Irish Music

Wednesday, March 17 / 7:00pm-8:00pm

Celebrate Irish culture with a traditional Irish music performance with Samantha McNamara, of the McNamara School of Irish Music. Enjoy an evening of toe-tapping tunes along with some history.



PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY

1,000 Book: Battle of the Books

Wednesday, March 18 / 7:00pm-8:00pm

Beginning Beekeeping Essentials

Wednesday, March 18 / 7:00pm-8:00pm

Skin, Hair and Nails: Myths, Misconceptions and More

Monday, March 22 / 7:00pm-8:00pm

Internet Basics

Tuesday, March 23 / 10:00am-11:00am

Introduction to Word

Wednesday, March 24 / 1:00pm-2:00pm

Organic Gardening

Wednesday, March 24 / 2:00pm-3:00pm

Saturday, April 10 / 2:00pm-3:00pm

There is Nothing to Fear but Fear Itself—A Portrait of Eleanor Roosevelt

Wednesday, March 24 / 7:00pm-8:00pm

Wednesday, April 7 / 7:00pm-8:00pm

Google Photos

Thursday, March 25 / 10:00am-11:00am

Cut Flower Gardening—Growing the best flowers for bouquets

Thursday, March 25 / 7:00pm-8:00pm

What You Need to Know About Sacroiliac Pain

Thursday, March 25 / 7:00pm-8:00pm

Basic Fly Tying

Monday, March 29 / 7:00pm-8:00pm

This Isn't a Road Show—The Divide between Antiques and Artifacts

Tuesday, April 6 / 7:00pm-8:30pm

Butterfly Gardening

Tuesday, April 6 / 7:00pm-8:00pm

Thursday, April 8 / 7:00pm-8:00pm

Sudoku for Beginners

Monday, April 12 / 7:00pm-8:30pm



Ohio's Vaccination Program

A Phased Approach

PHASE 2B



Phase 2B will open vaccinations based on age, beginning with age 50 and older, because the risk of more severe reactions and outcomes of COVID-19 increase with age.



MIKE DEWINE
GOVERNOR OF OHIO



Department
of Health

coronavirus.ohio.gov/vaccine

PHASE 1C VACCINATION ELIGIBILITY

In response to this significant increase in the amount of vaccine coming into Ohio, Governor DeWine outlined the individuals who are included in **Phase 1C and Phase 2 of Ohio's Vaccination Plan** which went into effect on **March 4**. Phase 1C includes approximately 246,000 eligible Ohioans with certain occupations and with certain medical conditions not addressed in previous phases.

- Type 1 Diabetes
- Pregnant women
- Bone marrow transplant recipients
- ALS (Lou Gehrig's Disease)
- Child Care Administrators, lead and assistant teachers, and substitutes
- Licensing specialists employed by Ohio Department of Job and Family Services
- Embalmers/morticians, funeral home directors, and crematory operators
- State Law Enforcement and Corrections Officers

PHASE 2 & 2B VACCINATION ELIGIBILITY

Because the risk of more severe reactions and outcomes of COVID-19 increase with age, Phase 2 will open vaccinations based on age, **beginning Thursday, March 11, Ohioans ages 50 and older**. Additionally, **older adults age 65 and over** and those with previously identified medical conditions are still eligible to receive vaccinations.

Beginning Thursday, March 11:



Ohio's Vaccination Program – A Phased Approach

During Phase 1
vaccine supply
will be limited.

Vaccine
administration will
be focused on
reaching the
following groups:

PHASE 1C



■ Individuals with:

- Type 2 diabetes
- End-stage renal disease

All available vaccines will be administered to those who choose to receive it.



Coronavirus / COVID-19

Hotline: 1-833-427-5634

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

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

CORONAVIRUS.OHIO.GOV



#MasksOn

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>

MAPLE HEIGHTS

Discount Drug Mart

6148 Dunham Road, 44137

216-663-4711

<https://discount-drugmart.com>

Giant Eagle Pharmacy

5321 Warrensville Center Road, 44137

216-332-9592

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

Signature Health

21100 Southgate Park Boulevard, 44137

216-663-6100

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

WARRENSVILLE HEIGHTS

University Hospitals—Home Care Services

4510 Richmond Road, 44128

216-767-8995

Uhhospitals.org/vaccine

GARFIELD HEIGHTS

Giant Eagle Pharmacy

5744 Transportation Boulevard, 44125

216-662-8466

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

Marc's Pharmacy

12650 Rockside Road, 44125

216-475-2568

www.marcs.com

BEACHWOOD

Beachwood Medical Center

25501 Chagrin Boulevard, 44122

440-375-8595

Signature Health

24200 Chagrin Boulevard, 44122

216-831-6466

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

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.



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.





United States Department of Agriculture

Farmers to Families Food Box



FREE Boxes of food Open to the public

containing fresh produce, dairy items, meat/protein & fluid milk will be distributed on **Monday:**

March 22

Bedford Church of the Nazarene

365 Center Rd. | Bedford, OH 44146



3-7pm or until gone

Distribution is on a first come, first serve basis. .

Covid19 protocols followed.

Spread the Word!

www.bcn.org



Nearly one in four households in Cuyahoga County have no internet access. Cuyahoga County and our partners are working to bridge the digital divide.



Connecting the Unconnected

Free Computers for Eligible Seniors

Are you a Cuyahoga County resident age 60 or older without a computer? Are you low-income or receiving government assistance? You may be eligible for a free computer through this program, designed to help low-income residents bridge the digital divide.

How It Works:

- 1** Visit pcsforpeople.org/ohio to check your eligibility and register for a computer. Check your email for follow-up instructions!
- 2** Pick up your computer at a participating local library near you
- 3** Read over the "resource card" that comes with your computer to learn how to obtain an internet connection, and where to find help in learning to use your computer.
- 4** Enjoy being connected!



Click Here or Scan the QR Code for a Tutorial Video

Questions?

cuyahoga@pcsforpeople.org
or 216-777-4441 (leave a message)

Register for Your Free Computer Today!

Senior Eligibility Requirements

- Must be a Cuyahoga County resident, 60 years of age or older
- Must be 200% below the poverty line and / or receiving government assistance
- Must provide a copy of photo ID
- Must provide an income verifying document dated within the last 6 months with the recipient's name

Contact Information

Name: _____

Address: _____

City, State: _____

Zip: _____

Email (required): _____

Phone: _____

Choose Your Pick Up Location

- Cuyahoga County Public Library Maple Heights Branch**
5225 Library Ln, Maple Heights, OH 44137
- Cuyahoga County Public Library Fairview Branch**
21255 Lorain Rd, Cleveland, OH 44126
- Cuyahoga County Public Library Solon Branch**
34125 Portz Pkwy, Solon, OH 44139
- Cuyahoga County Public Library Parma Branch**
6996 Powers Blvd, Parma, OH 44129
- Cuyahoga County Public Library Warrensville Branch**
4415 Northfield Rd, Warrensville Heights, OH 44128
- Cleveland Public Library Woodland Branch**
5806 Woodland Ave, Cleveland, OH 44104
- Cleveland Public Library S. Brooklyn Branch**
4303 Pearl Rd, Cleveland, OH 44109
- Cleveland Public Library West Park Branch**
3805 W 157th St, Cleveland, OH 44111
- East Cleveland Public Library**
14101 Euclid Ave, Cleveland, OH 44112
- Euclid Public Library (laptops only)**
631 E 222nd St, Euclid, OH 44123

Select Your Device

- Desktop
- Laptop (may be delayed)

Mail Application and Documents

PCs for People
3126 St. Clair Avenue, NE
Cleveland, Ohio 44114

Questions?

cuyahoga@pcsforpeople.org
216-777-4441

Need Help Setting Up Your Email?

Contact Ashbury Senior Computer Community Center (ASC3) at 216-202-4292 or info@asc3.org or stop by the Center located at 11011 Ashbury Ave. Cleveland, OH 44106



Connecting  Unconnected
Free Computers for Eligible Seniors



pcsforpeople





CHN
Housing Capital

an affiliate of CHN Housing Partners.



Home Repair Loan

Up to **\$20,000**
for eligible homeowners

Home repair loan will be provided as a 0% deferred second mortgage payable upon resale of the home.

Eligible Homeowners

Eligible homeowners will have incomes at or below 120% AMI for the county, and will be current on their real estate taxes or currently in a payment plan with the county.

Eligible Homes

Eligible homes are located in communities within Cuyahoga County and are single-family and owner-occupied.

Eligible Repairs

Examples of repairs may include: roofs, porches, gutters, HVAC, plumbing, electrical, walks and driveways.

Apply Now

chnhousingcapital.org/homerepair

2999 Payne Ave. Ste 134
Cleveland, Ohio 44114

855-764-LOAN (5626)
NMLS #1798137





Recovering from unemployment insurance fraud

Scammers have exploited pandemic unemployment insurance programs by filing for benefits using stolen names and Social Security numbers. Tens of thousands of Ohioans are believed to have been impacted.

Signs you are a victim of this type of fraud include:

- You received a 1099G tax form from the Ohio Department of Job and Family Services but never received unemployment benefits.
- You got a state benefits card in the mail you weren't expecting.
- Your employer got a letter from ODJFS wrongly claiming you filed for unemployment.
- You received an unemployment insurance fraud notification letter from ODJFS.

If you suspect your identity was misused by scammers, take the following steps:

- 1) Report the fraud to ODJFS at unemploymenthelp.ohio.gov or call 833-658-0394 (The toll-free line is staffed from 8 a.m.-5 p.m. weekdays.) ODJFS will flag the claim as fraudulent. (The ODJFS site has details on filing tax returns if you wrongfully received a Form 1099G.)
- 2) Alert your employer, which should use the employer portal at unemploymenthelp.ohio.gov to report fraudulent claims to ODJFS.
- 3) File a complaint with your local police and/or notify federal authorities through ic3.gov.
- 4) File an identity theft report at identitytheft.gov to get a step-by-step ID theft recovery plan tailored to you. Taking the steps on the plan can prevent scammers from using your information in other frauds.

Need extra help? Cuyahoga County residents can call Scam Squad at 216-443-SCAM (7226) to speak to an investigator.

Scam Squad is a multiagency task force organized by the Cuyahoga County Department of Consumer Affairs. Our members are committed to combatting fraud and assisting scam victims.



Nutrition Tips

Nutrition choices can be very difficult. It seems like every package, box and can has some sort of health claim on it. So, how can we make sure that what we are eating is actually healthy? Try some of these tips below to help you chose healthy and nutritious foods.

1. **Eat Local.** By shopping at your local farmers market or co-op you will not only support your community, but also reduce greenhouse gas emissions. In addition foods like fruits and vegetables may slowly lose nutrient value as they travel. The fresher they are, the better they are for you (and the better they taste).
2. **Eat real food.** If you can't pronounce the words on the ingredients list, don't buy it. Look for fresh food when possible. And when you do have to buy pre-packaged food, always read the ingredients.
3. **Cook.** The more you practice, the better you will get. The more you cook, the less likely you are to get fast food options that are full of calories and lacking in flavor.
4. **Enjoy your food.** This tip is about mindfulness. Way to often, we eat our meals while seated in front of a screen. Instead, try to set aside time to truly enjoy your meal. You're less likely to overeat and more likely to actually taste what you made.
5. **Value quality over quantity.** Don't always feel the need to fill your entire plate. A smaller portion of a calorie dense food may be all you need to fill up.
6. **Moderation.** Just because you want to eat healthy, it doesn't mean you have to give up all of your favorite foods. Instead be sure to enjoy your favorites in moderation.
7. **Break the Rules.** Give yourself the flexibility to break the rules every once in awhile. If you've been craving a sweet treat, have one. Just keep tip number 6 in mind.



Source: <https://www.gomacro.com/national-nutrition-month-tips/>

Excerpt from Monthly Newsletter by The Fedeli Group



Meatless Monday

What is Meatless Monday?

Meatless Monday is a movement that encourages people to reduce the amount of meat in their diet (by not eating meat on Monday) for their health and for the environment. Take a look at the reasons you may want to limit your meat intake, below: .

The environment: Livestock alone account for around 37% of global greenhouse emissions. That is more than all of the fossil fuels burned to power planes, cars, busses, trains and other motorized vehicles combined. In addition, with over 1 trillion aquatic animals, and over 82 billion land animals used each year for consumption, we also must think about the land used to raise these animals. On top of that, the waste they create, water and grain used to feed them and the transportation resources used to move them all play into climate change. Look at it this way, if the entire U.S. population refrained from eating meat or cheese for one day that would be equal to not driving 91 billion miles or taking 7.6 million cars off of the road. As a more granular level, if you simply skip one pound of beef, you would save 1799 gallons of water (or 514 toilet flushes).

Sources: thebeet.com, www.ncronline.org

Your health: Studies show that people who do not eat meat actually eat fewer calories, less fat, weigh less, and have a lower risk of heart disease than those who consume meat. Fortunately, even just reducing your meat intake has proven to be beneficial. People who consume red meat or processed meats have an increased risk of dying from heart disease, stroke and or diabetes. Further, diets that are low in nuts, seeds, seafood and fresh produce also increase the risk of death. So start small and give up meat just one day a week.

Sources: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193>



Excerpt from Monthly Newsletter by The Fedeli Group



Recipe of the Month

Avocado Egg Salad

Ingredients:

- 1/2 a ripe avocado
- 1 1/2 tsp lemon juice
- 1 tsp avocado oil
- 3 large hard boiled eggs, chopped
- 1/4 cup finely chopped celery
- 1 Tbsp fresh chives
- 1/4 tsp salt
- 1/8 tsp ground pepper
- 4 slices whole wheat bread
- 2 leaves lettuce



Directions:

Scoop the flesh from the avocado half into a medium bowl. Add lemon juice and oil; mash until mostly smooth. Add chopped eggs, celery, chives, salt and pepper and stir to combine. Divide the mixture between 2 slices of toast. Top each with a piece of lettuce and another slice of toast.

Source: <http://www.eatingwell.com/recipe/262658/avocado-egg-salad-sandwiches/>

Excerpt from Monthly Newsletter by The Fedeli Group



NOTABLE DATES

SOME NOTABLE & WACKY MARCH 2021 DATES - *obtained from the internet*

3/1 – Zero Discrimination Day
3/2 – Read Across America Day
3/3 – World Wildlife Day
3/5 – Employee Appreciation Day
3/6 – National Oreo Day
3/7 – National Cereal Day
3/8 – International Women’s Day
3/11 – World Kidney Day
3/12 – World Sleep Day
3/14 – National Pi Day, Daylight Savings Begins
3/15 – Consumer Rights Day
3/16 – Freedom of Information Day
3/17 – St. Patrick’s Day
3/19 – St. Joseph Day, Red Nose Day
3/20 – First Day of Spring, International Day of Happiness
3/21 – World Poetry Day
3/22 – World Water Day
3/23 – World Meteorology Day, National Puppy Day
3/24 – World Tuberculosis Day
3/25 – International Waffle Day
3/27 – Passover Begins, World Theatre Day
3/28 – Palm Sunday
3/29 – Vietnam War Veterans Day
3/30 – National Doctor Day, World Bipolar Day
3/31 – International Transgender Day of Visibility

DID YOU KNOW?

The entire month of March is designated for these causes:

Women's History Month	Expanding Girls' Horizons in Science and Engineering
Deaf History Month	Bleeding Disorders Awareness Month
National Craft Month	National Cheerleader Safety Month
Optimism Month	National Kidney Month
Honor Society Awareness Month	National Nutrition Month
National Foreign Language Month	National Colorectal Cancer Awareness Month
Irish American Heritage Month	Save Your Vision & Workplace Eye Wellness Month
National Ethics Month	Problem Gambling Awareness Month

The spotlight is on these causes for a single week in March:

Read an E-Book Week (second week)	World Folklore Tales and Fables Week (fourth week)
National Bubble Week (second week)	National Poison Prevention Week (fourth week)
Celebrate Your Name Week (second week)	Tsunami Preparedness Week (fourth week)
Act Happy Week (starts on third Monday)	Act Happy Week (starts on third Monday)
International Brain Awareness Week (third week)	

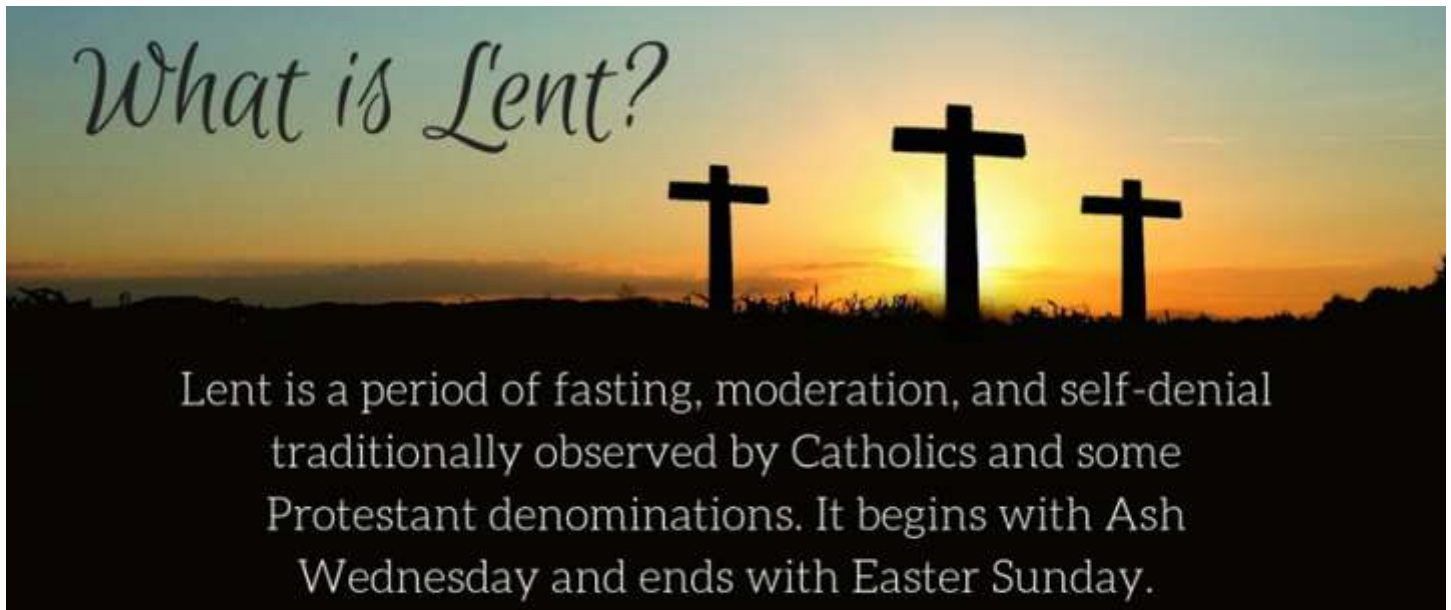


INSPIRATIONAL THOUGHT

You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth. -William W. Purkey

THOUGHTS TO PONDER

The only person you are destined to become is the person you decide to be. -Ralph Waldo Emerson



LENTEN LAUGHS

Why can't muggers catch Catholics during Lent? They fast.

Did you know Sean Connery used to save the egg shells from pancake day and paint them to use for egg hunts at Easter? It was an egg shell lent idea

I gave up cleaning the dryer filter... ...for lent.

It's almost Lent again - The time when 9 out of 10 Catholics go "Ok, it's time to pretend I'm fully committed to this whole 'being Catholic' thing."

There's a joke in there somewhere about keeping the Lent in VaLENTine's... ...but I gave up trying to find it.

I lent a friend of mine \$10,000 for plastic surgery Now I don't know what he looks like.

I'm giving up negativity for lent. We'll see how long that lasts.

I'm giving up self control for lent. It's going to be so hard!

I asked my friend what he gave up for lent... He said Christianity.

Moderation is a very good thing! It's so good, in fact, that I've given it up for Lent.

When is the best time to run a marathon? During Lent. That's when you fast.



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

FISH 'N' CHIPS

It is February 22, the third Friday of Lent, and the faithful parishioner stumbles through pouring rain past hamburger huts and steak houses into the monastery at Mount Angel and requests shelter. He's just in time for dinner and was treated to the best fish and chips he's ever had.

After dinner, he goes into the kitchen to thank the chefs. He's met by two brothers, "Hello, I'm Brother Michael, and this is Brother Francis."

"I'm very pleased to meet you. I just wanted to thank you for a wonderful dinner. The fish and chips were the best I've ever tasted. Out of curiosity, who cooked what?"

Brother Michael replies, "Well, I'm the fish friar." The man turns to the other brother and says, "Then you must be . . ." "Yes, I'm afraid I'm the chip monk."



MARDI GRAS HUMOR

What is the difference between Fat Tuesday and Mardi Gras? Mardi Gras is an all-night party in New Orleans, Fat Tuesday is who you wake up with the morning after!

What's the problem with jogging during Mardi Gras? The ice falls out of your drinks!

How do you start a Mardi Gras parade on bourbon street? Roll a 40 down the street.

I love Mardi Gras with every bead of my heart.

What do you call a hamburger covered in beads? A French Quarter pounder.



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

WHO WAS ST. PATRICK ANYWAY?



St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all of his prevalence in culture, namely the holiday is held on the day of his death that bears his name. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling.

St. Patrick was born in Britain—not Ireland—to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. At the age of 16, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity.

During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. He escaped and returned to Britain, but began to dream of converting the Irish people to Christianity. After his ordination as a priest, he was sent to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

IRISH HUMOR

What did Saint Patrick say when he drove all the snakes out of Ireland? "Everyone got seat belts on back there?"

Why do people wear shamrocks on St. Patrick's Day? 'Cause real rocks are too heavy!

What's big and purple and lies next to Ireland? Grape Britain!

Why did St. Patrick drive all the snakes out of Ireland? Airplanes weren't invented yet.

How can you tell if a potato is not from Ireland? When it's a French fry.

How can you tell if a leprechaun likes your joke? He's Dublin over with laughter!



The Priest & The Bus Driver

A priest and a bus driver both died and went to Heaven at the same time. They get to the pearly gates where Pope St. Peter greets them. He motions to the priest, and they both hop in a jeep and go out the back door. There are about 50 acres of rolling hills with a little cottage on the knoll.

St. Peter turns to the priest and says "This will be yours for eternity. A perfect little cottage, right next to lovely pond, a lush little garden, and a library full of books."

The priest says, "Thank you so much. This I shall enjoy!" St. Peter drops off the priest, goes back to the pearly gates and motions to the bus driver.

They hop in a stretch limo and go out the front door. There are about 500 acres of land, with mountains and lakes and rivers. There is a huge 200-room castle on one of the mountains, and a wishing well that makes wishes come true. St. Peter says "This will be yours for eternity. You can live in that castle with servants to wait on you hand and foot, and you can have everything you want."

The bus driver looks at St. Peter and says "Well, now, don't think I'm not grateful, but why am I getting so much more than the priest?"

St. Peter just laughs and says "You brought more souls to Heaven! When the priest preached, everyone fell asleep. When you drove your bus, people prayed!"

Water Into Wine

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water," says the priest, fingers crossed. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"



What`s your LEPRECHAUN name?

The first letter of your name:

- | | | | |
|--------------|-------------|--------------|-------------------|
| A - Adorable | H - Helpful | O - Outgoing | V - Vibrant |
| B - Bubbly | I - Itchy | P - Playful | W - Witty |
| C - Cheerful | J - Jolly | Q - Quiet | X - X-tra Special |
| D - Dreamy | K - Kind | R - Restless | Y - Youthful |
| E - Eager | L - Lucky | S - Silly | Z - Zany |
| F - Fussy | M - Musical | T - Timid | |
| G - Grouchy | N - Noisy | U - Useful | |

The month you were born:

- | | | |
|------------------|------------------|-------------------|
| Jan. - McCheesy | May - McWiggles | Sept. - McBlarney |
| Feb. - O`Gratin | June - O`Lucky | Oct. - O`Doodles |
| March - McMuffin | July - McNoodles | Nov. - McWobbles |
| April - O`Really | Aug. - O`Wacky | Dec. - O`Goofy |



"I'm giving up Google for Lent."



 ST. PATRICK'S DAY WORD SEARCH 

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

March Word Search



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



- | | | |
|-----------------|------------|---------------|
| MARCH | PISCES | IDES OF MARCH |
| AUTUMN | ARIES | SPRING |
| ST PATRICKS DAY | GOD OF WAR | KITE |
| EASTER | DAFFODIL | WINDY |
| PASSOVER | BLOODSTONE | LAMB |



Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S				T
		O		S
	T	R	P	
	P			U
				O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L		
		K	S	L		U		
U		N				I		
						K	C	
L					K	I		
K		U					S	
					C	L		I
C	U	I	K		L	S		
			G		N		U	

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
I				L	S





St. Patrick's Day

Fit the Word Crossword Puzzle

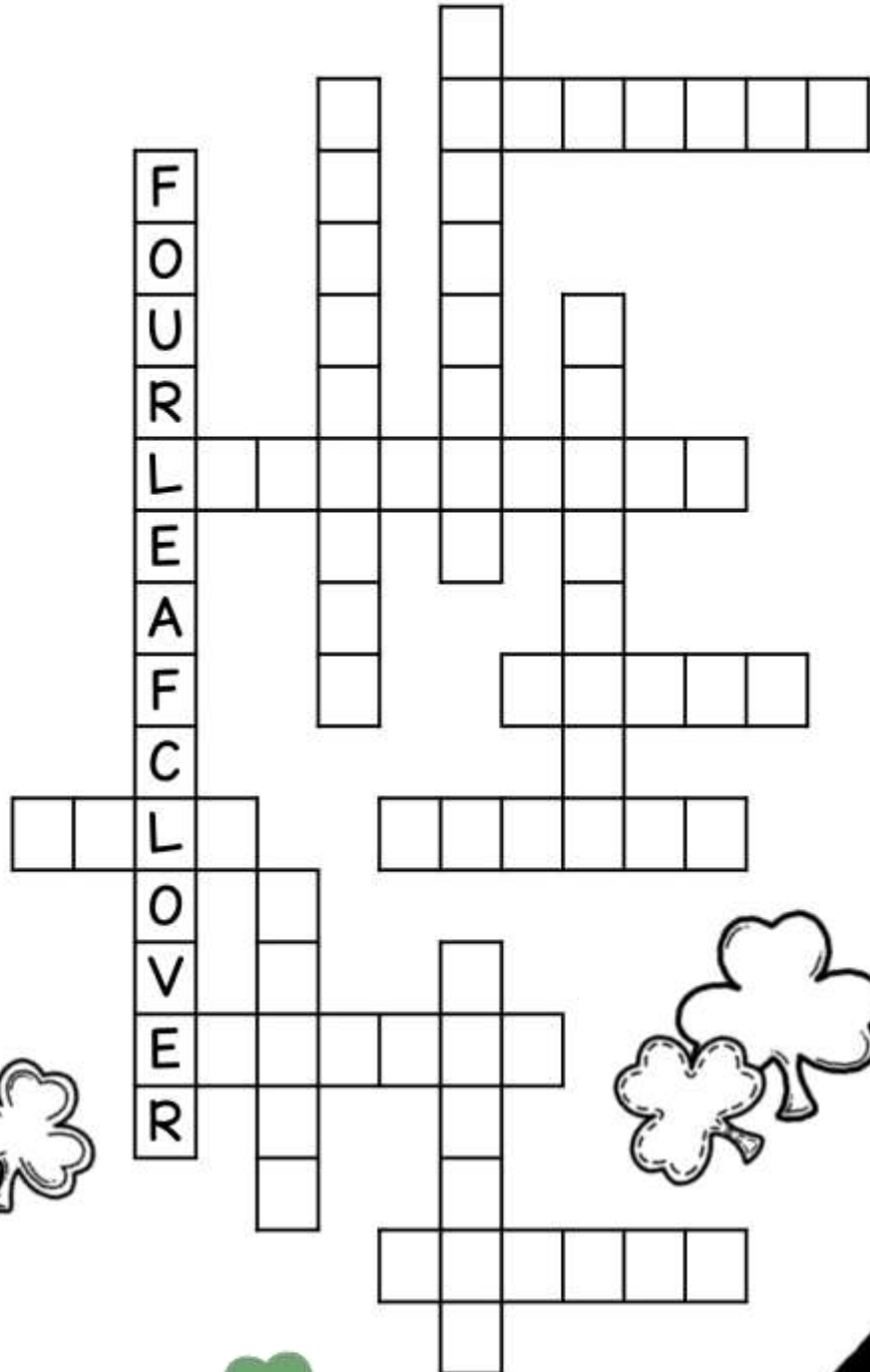
Fit each word on the left in the puzzle below. There is only one correct place for each word.

ACROSS

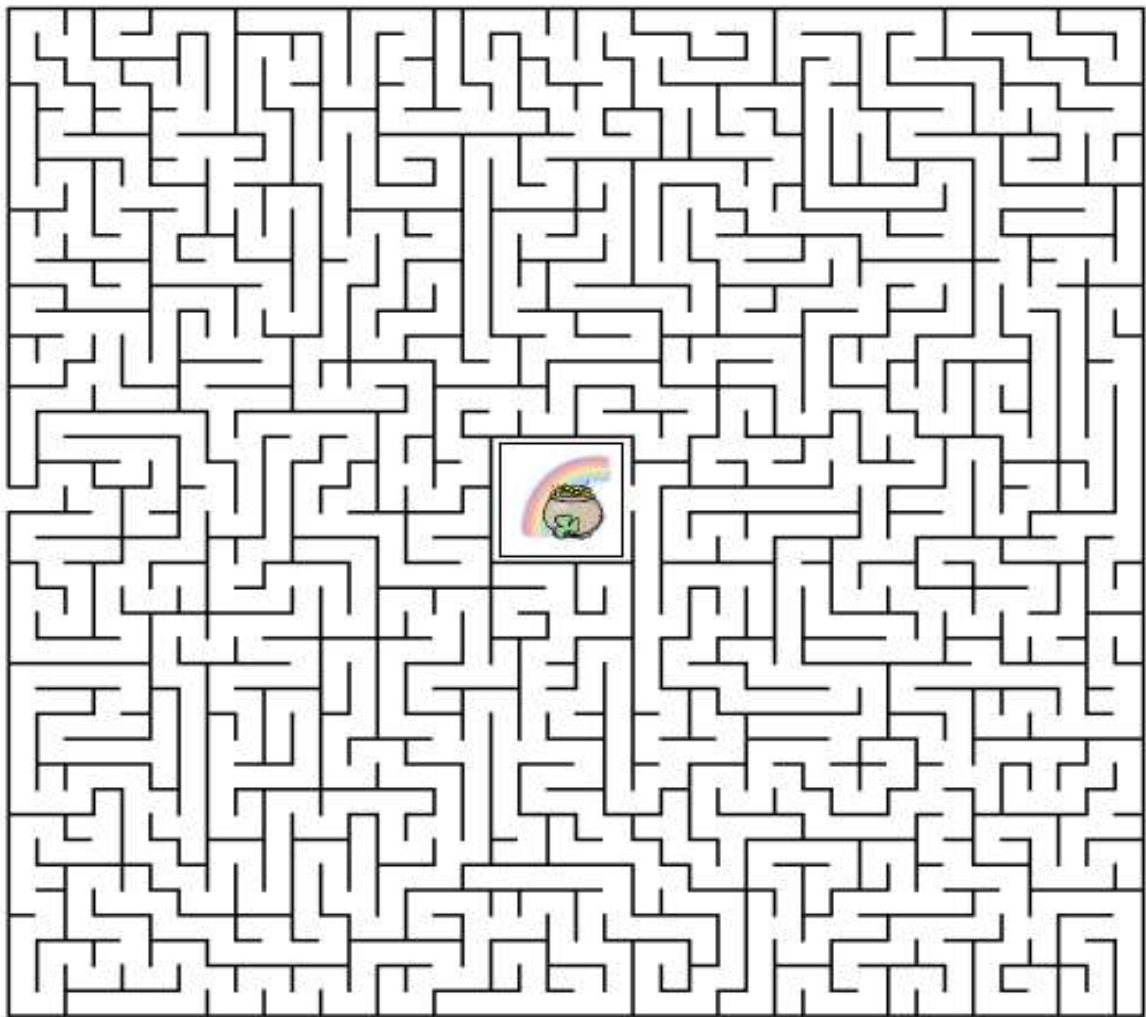
- LEPRECHAUN
- EMERALD
- COINS
- SNAKES
- IRELAND
- GOLD
- LEGEND

DOWN

- CELEBRATE
- SHAMROCK
- LIMERICK
- GREEN
- CLOVER



PUZZLES



Find the Pot o' Gold



PUZZLES

MARCH



comes in like a lion



goes out like a lamb

ANSWER KEY

Easter Sudoku

SOLUTIONS

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
O	P	T	S	R	U
R	S	U	T	P	O

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
T	S	L	I	U	P
P	I	U	T	L	S

MARCH BIRTHDAYS

Sharon Adams
Margaret Bigler
Willie Brown
Charlotte Fleming

Grace Gockowski
Amy Gongos
Betty Pauley
Jeannie Srodek

Chuck St. John
Marcia Turpin
Karen Wertz
Carol Worgull

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

Joan Berger
John Besozzi
Kathy Brokos
Raymond Camma
Bernie & Kathy Chmura
Janice Churak

Carol Foss
Becki Gisser
Stephanie Hoey
Ralph Jackson
Joseph Kensicki
Mary Lini

John Moore
Don & Dina Mouat
Laura Mulh
Pamela Pack-Pappas
Jeannie Srodek
Ceola Travis-McDowell

Marcia Turpin
Jay Watson
Ralph Waugh

CONTACT YOUR OFFICERS

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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
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