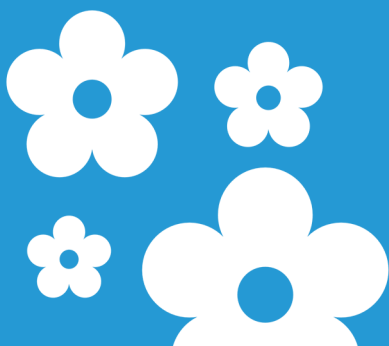




BEDFORD SENIORS CLUB MINI NEWS

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Wednesday, May 12

Drive-thru time: 11:30 am - 12:00 pm
Sirna Burger (cheese and fixings on the side)
& side of pasta salad

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

**Registration Dates: May 3-7*

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!

DEEPEST SYMPATHY

Condolences to Madeline Vartorella on the passing of her daughter Rose Vartorella.

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.

May Sunshine: Felt Flowers & 3D String Art Flowerpots

Drive-Thru Pick-up on Tuesday, May 11:00-11:30 am 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;
April 28 & May 26
Time: 1:00 pm
Google Meet—video or telephone



RECREATION PROGRAMS

Virtual Painting with So-So Artsy

For Adults & Older Teens. 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.

Kits can be picked up at Ellenwood Center or So-So-Artsy Paint Studio in Northfield Village, please indicate your preference during registration. Kit pickup details and Zoom information will be sent to registered participants.

Instructor: Melinda, So-So Artsy

FEE:

Participant Fee without supply kit: \$10

Participant Fee with supply kit: \$20



Miami Heat
Thursday, April 22
6:00 – 8:00 pm



Flamboyance
Thursday, May 6
6:00 – 8:00 pm



Caribbean Night
Thursday, May 13
6:00 – 8:00 pm



Dolphina
Thursday, May 20
6:00 – 8:00 pm



Wine Down Repeat
Thursday, May 27
6:00 – 8:00 pm



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



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

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: April 19, May 10 & 24

COVID-19 Vaccination Assistance

Parks & Recreation Department staff may be able to assist residents age 50 and over with COVID-19 vaccine appointments and transportation through a program with Cuyahoga County Division of Adult and Senior Services. For more information, call 440-735-6570. In addition, United Way's 2-1-1 HelpLink also provides resources and referrals regarding COVID-19 vaccinations.

Household Hazardous Waste Round-Up

April 19 – April 30 August 16 – August 27, 2021

**** NOTE NEW DATES FOR ROUND- UP** (Two weeks only)**

April 24 (Saturday 9:00 am – Noon)

The following can be dropped off at the Service Garage, 100 Solon Road, between 8:00 am and 3:00 pm. Monday through Friday (**NO AFTER HOURS DROP OFF**); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury.

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

No latex paint accepted, (Remove lid, add drying agent i.e. kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash.

Bedford residents only.

Computer Recycling Round-Up

****NOTE NEW DATES FOR ROUND-UP** (Two weeks only)**

April 19 – April 30 August 16 – August 27, 2021

April 24 (Saturday 9:00 am – Noon)

The following can be dropped off at the Service Garage, 100 Solon Road, between the hours of 8:00 a.m. and 3:00 pm. (**NO AFTER HOURS DROP OFF**); CPU's, monitors, keyboards, software and cell phones.

Bedford residents only, no businesses.



NEWS FROM THE CITY OF BEDFORD

Chipper Service

Chipper service will be the weeks of April 5, May 3, June 7, July 5, August 2, September 6 and October 4. All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month. Place branches on tree lawn with cut end facing the street.

Community Shred Days

The City of Bedford will be hosting two shred days this year, Saturday, June 12 and Saturday, September 25 from 9:00 am - 12:00 pm at Bedford City Hall. These free events will provide community members with a safe and secure resource to shred their confidential personal documents. Save the dates!

Exterior Residential Permit Fees Waived

During the month of June, the City's Building Department will be waiving the residential building permit fees associated with exterior improvements for owner occupied single family dwellings. Contact the Building Department at 440-735-6530 for further details.

"Flushable" Household Items Create Problems in Sewage Systems

Just because the package says "flushable" doesn't mean it's true. Many items marketed as flushable do not degrade like toilet paper, and they wind up clogging pipes, tangling pumps and have the potential of causing messy sewage backups into homes.

Household cleaning products flushed down the toilet do not smoothly pass-through pumps and can get caught up on the impellers of the pumps, creating maintenance and operational problems. These products can cause problems with the mechanical equipment at the sewage treatment plant and have to be removed during the treatment process.

You can help by not flushing these or similar items:

- Diapers – cloth, disposable or "flushable"
- Sanitary napkins, tampons, or pads
- Any item containing mercury
- Vitamins, dental floss or medications
- Wash cloths, towels, rags (any cloth item)
- Sheet plastic
- Baby wipes, disinfectant wipes, etc.
- Toilet bowl scrub pads
- Swiffer pads
- Napkins (paper or cloth), paper towels



Bedford Garden Club Annual Plant Sale

Looking for some unusual or inexpensive plants for your garden? Visit The Bedford Garden Club at their annual plant sale to find something a little extra for your garden.

Every year, the Bedford Garden Club holds a plant sale in order to raise money to help fund gardening projects all over the City of Bedford. The plants in the plant sale are supplied by local nurseries and from club members' gardens. There is always a large selection of perennials, annuals, vegetables and herbs. You don't want to miss it!



bedfordgardenclub.com

This year's sale will be held **online**, due to COVID-19 precautions. Dates include approximately May 10-15. There will be free delivery. Check out the website www.BedfordGardenClub.com in May for more information. BGC can also be found at facebook.com/groups/BedfordGardenClub/

New to gardening? Join the club and get advice from experienced gardeners and attend free classes and talks to help you learn more about gardening.

Been gardening for years? Join the club and find all kinds of people who share your passion for growing plants as well as many opportunities to expend your knowledge.

Not a gardener but you want to make Bedford & the world a better place? Join the club and find volunteer opportunities to help keep Bedford looking its very best and help make the world a greener place.

Bedford Garden Club is always happy to welcome new members. Annual dues are \$10 for a single membership and \$15 for family memberships. Visit www.BedfordGardenClub.com for details. If you would like more information about becoming a member, you can speak with Membership Director, Trish Karabowicz at 440-232-8111 or emailing tbgcmembership@gmail.com

Bedford Community Garden

Bedford Community Garden, located behind Central Primary School, is constantly growing. If you are interested in joining this group call Brenda Junkin at 440-724-6381 (leave a message if no answer) or email at junkin.brenda@gmail.com.



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
Gales Landscaping	(216) 315-5216	Senior Discount Offered Price depends on lawn size
Just Like Mine Landscaping	440-622-4001	20% Senior Discount Offered Price depends on lawn size Bushes/shrub trimming available
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.



VIRTUAL PROGRAMS AT CUYAHOGA COUNTY PUBLIC 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

Scam and Identity Theft

Saturday, April 17 2021, 11:00 am

This program will be held virtually. Rachel from Empowering and Strengthening Ohio's People will share how to recognize scams, fraud and exploitation. A meeting link will be emailed to registered participants approximately one hour prior to the start of the program. Staff will be available for help with connecting to Zoom and technical issues beginning 15 minutes prior to the program. You will need a device with audio and/or video and an internet connection to join. If you have questions about this program, please contact a librarian at the Southeast Branch at 440-439-4997.

Southeast Virtual Adult Book Discussion

Wednesday, April 28 2021, 2:00 pm

This event will be held virtually on Zoom. Join us for a thoughtful discussion on Something in the Water by Catherine Steadman. A meeting link will be emailed to registered participants approximately 1 hour prior to the start of the program. Staff will be available for help connecting to Zoom and with technical issues beginning 15 minutes prior to the program. You will need a device with audio and/or video and an internet connection to join. If you have questions about this program please contact a librarian at the Southeast Branch at 440-439-4997.

Other virtual programs being offered through-out CCPL....

Pysanky Art

Wednesday, April 14 / 7:00 pm-8:00 pm (Independence Branch)

Wednesday, May 12 / 7:00 pm-8:00 pm (Solon Branch)

Internet Basics

Thursday, April 15 / 10:00am-11:00am

What You Need to Know About Sacroiliac Pain

Monday, April 19 / 7:00 pm-8:00 pm (Middleburg Heights Branch)

Southwest General Health Talk—Stroke Prevention & Awareness

Tuesday, April 20 / 10:00 am-11:30 am (Strongsville Branch)



PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY

Other virtual programs being offered through-out CCPL....

Organic Gardening

Tuesday, April 20 / 7:00 pm-8:00 pm (Parma Branch)

Monday, May 17 / 7:00 pm-8:00 pm (Berea Branch)

Meaningful Life and Work After Retirement

Tuesday, April 27 / 2:30 pm-4:00 pm

The LatinX-Perience

Thursday, April 29 / 7:00 pm-8:00 pm

Introduction to Excel, Part 1

Saturday, May 1 / 10:00 am-11:00 am

Scam & Identity Theft

Monday, May 1 / 7:00 pm-8:00 pm (Brooklyn Branch)

Sign Language Basics

Tuesday, May 4 / 7:00 pm-8:00 pm (North Olmsted Branch)

Wednesday, May 19 / 2:00 pm-3:00 pm (Bay Village Branch)

Beginning Beekeeping Essentials

Wednesday, May 5 / 7:00 pm-8:30 pm (South Euclid-Lyndhurst Branch)

Daily Routine for a Balanced Life

Tuesday, May 11 / 7:00 pm-7:30 pm (Chagrin Falls Branch)

There is Nothing to Fear but Fear Itself: Portrait of Eleanor Roosevelt

Thursday, May 13 / 7:00 pm-8:00 pm (Independence Branch)

Butterfly Gardening

Thursday, May 13 / 7:00 pm-8:00 pm (Bay Village Branch)

Prostate Health

Tuesday, May 18 / 7:00 pm-8:00 pm





Mason Jar Gardening

Wednesday, May 19 / 7:00 pm-8:00 pm (Garfield Heights Branch)



Are you over 60 and struggling to pay for food?

YOU MAY BE ELIGIBLE FOR PUBLIC BENEFITS
YOU ARE NOT RECEIVING!

HOUSEHOLD SIZE	GROSS MONTHLY INCOME
	\$1,718*
	\$2,326*
	\$2,934*
	\$3,542*

*Effective 10/1/19-9/30/20

If you meet these guidelines, call our Help Center to apply for SNAP (food stamps). Other public benefits may have different income guidelines that determine eligibility.

Is your income over these guidelines?

We can help you find pantries and hot meals.

Did you know that limits are higher for those age 60 or older or disabled?

For example, a household with one person with \$800 monthly Social Security income who pays \$350 in rent, \$80 for heat and electric, and pays \$100 for monthly medical expenses is entitled to about \$170 in monthly food assistance.

CALL OUR HELP CENTER
216-738-2067
TOLL FREE: 855-738-2067

Se habla Español.



Greater Cleveland
Food Bank



15500 South Waterloo Road
Cleveland, OH 44110
GreaterClevelandFoodBank.org

In case you didn't know...



Southeast Clergy *Meals on Wheels* Program has been operating throughout this Pandemic, bringing a week's worth of meals each Tuesday to seniors in the Bedford area who are unable to shop, or prepare adequate meals for themselves.

If you are able, we request \$20/week for each delivery which includes 3-5 frozen and fresh meals, bread/butter, milk, juice, fresh and canned fruit, desserts. For those seniors who are financially unable to do so, we apply to our Meals on Wheels Angel Fund for assistance. We also serve those disabled, convalescent, handicapped, chronically or temporarily ill persons under age 60.

Our independent all-volunteer staff is headquartered at South Haven United Church of Christ at 415 Northfield Road (next door to Bedford High School). Our service enables clients to maintain or resume independent living in their own homes.

SE Clergy Meals on Wheels is an Ohio non-profit corporation designated a 501(c)3. We receive no federal funding or other government reimbursement.

Our service relies upon donations from the community, businesses, private donors, grants, and our own client donations to sustain us. All donations are tax deductible.

If you'd like more information on becoming a client of Meals on Wheels, or if you'd like to discuss becoming a volunteer, please call Dinah Mouat at 440-439-0302. Visit our new website: www.seclergymealsonwheels.org





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



cuyahogalibrary.org



Cuyahoga County Consumer Affairs

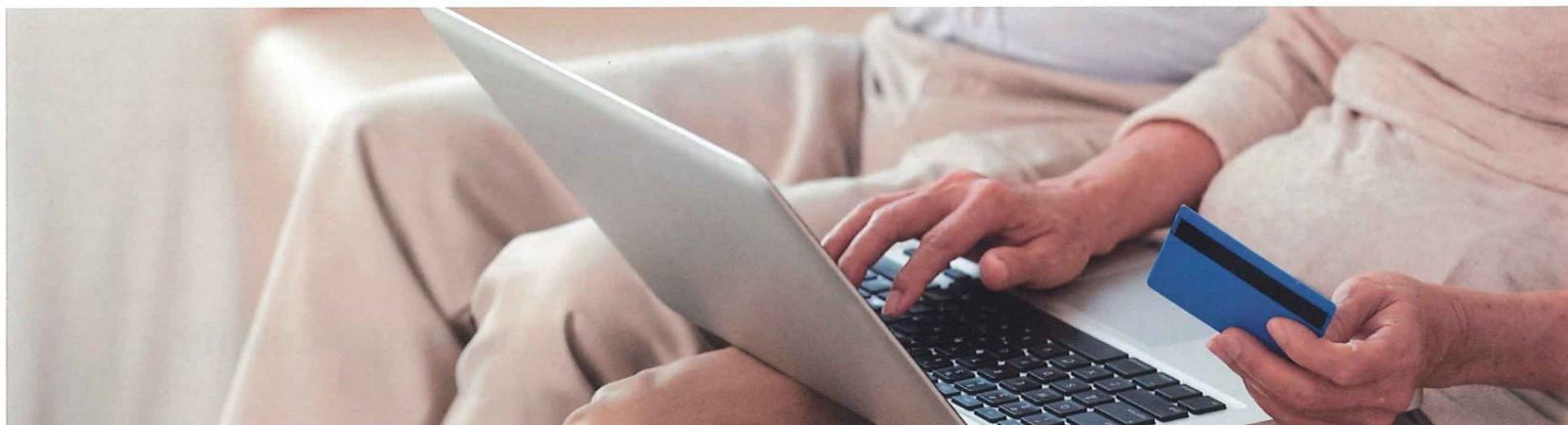
consumeraffairs.cuyahogacounty.us

SCAM SQUAD

216-443-SCAM(7226)



PROTECT YOURSELF FROM CORONAVIRUS SCAMS



3 PAYMENT METHODS TO AVOID

Only imposter scammers will demand that you pay debts, fines or fees with:

- Money wires
- E-currencies such as Bitcoin
- Retail or e-tail gift cards



Government agencies, tech companies and utilities do not accept these payments.

WATCH OUT FOR THESE SCAMS

Scammers usually want money or your personal information. Watch for scams disguised as:

- Offers to help you get stimulus payments or grants
- Threats to arrest you or seize your accounts
- Offers to help you get Coronavirus tests, cures or vaccines
- Calls or emails from sheriff, IRS or any government agency

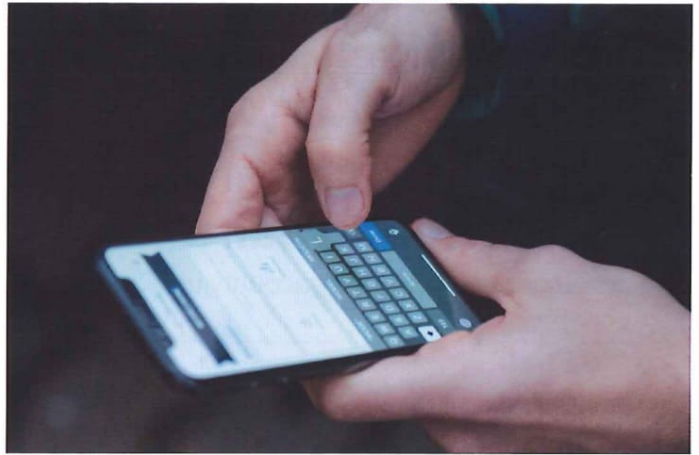
Never pay or reveal private info (your Social Security or account numbers) to someone who contacts you!



4 SIGNS A JOB OFFER IS A SCAM

A job is a scam if your new employer tells you to:

- Deposit a check and then send funds -- in any form -- to someone else.
- Create a bank or e-currency account for the company.
- Accept or make payments by money wire, retail gift cards or e-currency.
- Accept and reship mail or packages.



Consumer Affairs And Its Scam Squad Partners Fight Fraud.

We're Here To Help You!

216-443-SCAM (7226) • consumeraffairs.cuyahogacounty.us

Connect with us!

Learn more

consumeraffairs.cuyahogacounty.us

Ask a question

216-443-7035 (main)

Report a scam or talk to an investigator

216-443-SCAM (7226)

Follow us on Facebook and Twitter

@CuyCoConsumers



Helpful Cuyahoga County Resources:

Cuyahoga Job and Family Services

844-640-OHIO (6446) or www.benefits.ohio.gov

Division of Senior and Adult Services

216-420-6700 or hhs.cuyahogacounty.us

County Board of Health

(contact tracing, report health violations)

216-201-2000 or www.ccbh.net

MetroHealth 24/7 COVID-19 hotline

440-59-COVID/440-592-6843

United Way First Call for Help

Dial 211 to connect with trusted free services



Cuyahoga County
Together We Thrive

SAVE THE DATE



DAVE YOST
OHIO ATTORNEY GENERAL

The Ohio Attorney General's Elder Abuse Commission presents

STAYING SAFE: Thriving Through the Pandemic

a free virtual public forum for older adults.

Monday, May 17, 2021 | 10 a.m.-noon

In this virtual event, Ohio experts, including members of the Elder Abuse Commission, will provide information to empower and protect older Ohioans.

Log in early: Registration opens at 9:30 a.m.

Pre-registration is required here

**Staying Safe:
Thriving Through
the Pandemic**
is presented
in partnership
with the Ohio
Association of
Senior Centers,
the Ohio
Association of
Area Agencies
on Aging and
the Department
of Aging.



For more information, call 614-728-8461 or visit this webpage:
Attorney General Dave Yost's Elder Abuse Commission

Register online at: <https://tinyurl.com/phkjj34w>



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

Free Risk Assessments

At UH Bedford Medical Center we have made it our mission to have every patient screened on time, every time. We have implemented comprehensive, convenient and effective programs to screen patients who meet recommended guidelines. Our team follows established protocols and advocates for regular screenings to help to prevent or detect diseases and treat patients early to save lives.

Each patient is assessed for risk factors so that the appropriate screening recommendations can be made.

Available screenings include:

- Breast cancer
- Cardiovascular disease
- Cervical cancer
- Colon cancer
- Lung cancer
- Osteoporosis
- Sleep apnea
- Stroke risk

To schedule your free risk assessment, call **440-735-2559**.

Multi-Specialty Clinic
UH Bedford
Medical Office Building
88 Center Road, Suite 210
Bedford, Ohio 44146



Do you want to Age Well and Be Well? Join the Club

Club Benefits

- Education and Support Groups
- Social Opportunities
- Access to online or emailed monthly calendar
- University Hospitals cafeteria discounts

If you are age 55 or older and would like to join the club, register online at www.uhhospitals.org/agewell or call **1-844-312-LIFE (5433)**



Understanding Medicare Preventive Benefits

Do you know the services you are entitled to under your Medicare benefits?

- “Welcome to Medicare” Visit
- Preventive & screening services
- Yearly Wellness Visit
- Routine physical exam checkups
- Other Covered Preventive Services

For more information, or to receive the Understanding Preventive Care for Medicare brochure, call **440-735-2550**





Age Successfully. We Can Help.

Options for Independent Living

- Case Management
- Home Delivered Meals
- Chore Services
- Homemaking Services
- Emergency Response Devices
- Medical Transportation
- Grab Bar Installation
- Personal Care

Cuyahoga County Division of Senior and Adult Services Keeps Older Adults Supported

DSAS' mission is to provide support to older adults so they can age successfully. One way we accomplish this is through our **Option for Independent Living Program**. Most people prefer to continue living in their home as they age. However, many find it challenging to complete those simple tasks that keep them independent.

DSAS is here to help with daily activities like personal care, homemaking, transportation and more. In fact, in 2020 we served close to 2,000 clients and provided nearly 75,000 hours of homemaking services, close to 13,000 hours of personal care, and over 7,000 transportation trips. We love providing options that help older adults live independently!



Cuyahoga County
Together We Thrive
Division of Senior & Adult Services

Safe. Supported. Independent.

216.420.6700 | dsas.cuyahogacounty.us





COVID-19 One Year Later: How Elders of Color are Faring

A Facebook Live Event presented by the
Cuyahoga County Division of Senior and Adult Services



David Smith, Jr., RN
Director of Nursing
Division of Senior and Adult Services



Lynn Milliner, MD
Director
MetroHealth Express Care

April 16 at 1 pm | Watch Here

[https://www.facebook.com/
Cuyahoga-County-Division-of-Senior-and-Adult-Services-112169590541348/](https://www.facebook.com/Cuyahoga-County-Division-of-Senior-and-Adult-Services-112169590541348/)



Cuyahoga County
Together We Thrive

Division of Senior and Adult Services

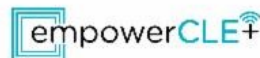


Nearly one in four households in Cuyahoga County have no internet access. Cuyahoga County and our partners are working to bridge the digital divide.

Connecting Unconnected

**Free Computers for Eligible Seniors
Learn More Today!**

www.pcsforpeople.org/cuyahoga-county
cuyahoga@pcsforpeople.org
216-777-4441 (leave a message)



April Monthly Challenge

Get Outside

It is no secret that during the past year, stress levels have increased across the nation. Couple an increase in stress levels with being physically distanced from loved ones and cold winter weather and you have a recipe for doom and gloom. The good news is that as spring time approaches, we all have one resource for exercise available- our own neighborhoods.


As the weather starts to warm up, try to spend time outside 3 days a week. Did you know spending time in green spaces has been linked to a reduced risk for:

- type II diabetes
- stress
- high blood pressure
- premature death
- cardiovascular disease
- preterm birth

Get Outside

SMART GOAL: Spend time outside 3 times each week

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 Spending time outside (if exercising) can help boost your physical health as well. Try walking, biking, skating or outdoor yoga or tai chi.

Excerpt from Monthly Newsletter by The Fedeli Group

Recipe of the Month

Garlic Herb Chicken and Sweet Potato Sheet Pan

INGREDIENTS

- 1 large sweet potato , peeled and diced into 1/2-inch wide pieces
- 1/4 cup olive oil , divided
- 4 cloves garlic , crushed or finely chopped, divided
- 2 teaspoons dried oregano , divided
- 2 teaspoons basil , divided
- 2 teaspoons parsley , divided
- Salt and freshly ground black pepper
- 21 ounces (600 g) boneless skinless chicken breasts , diced into 1 1/4-inch pieces
- 1 large head of broccoli cut into florets (about 3 cups of florets)
- 1 red pepper (capsicum), deseeded and cut into wedges
- 1 medium red onion , cut into wedges



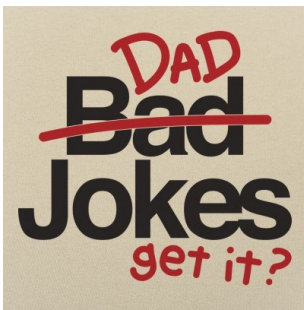
Instructions

1. Preheat oven to 400°F.
2. Line a large, rimmed baking sheet / tray with parchment paper or aluminum foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil, 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer. Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables.
3. The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside). Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil. Season with extra salt and pepper to taste.
4. Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through.
5. Serve immediately OR allow to cool and refrigerate.

Excerpt from Monthly Newsletter by The Fedeli Group



JOKES & MORE! SUBMITTED BY OUR SENIORS



What is a Dad Joke?

A "Dad Joke" is a short, one-liner joke or pun that is usually corny and predictable. These inoffensive jokes are stereotypically told by fathers among family. Some of the jokes are actually funny; and some are only funny because they are just simply cheesy.

Did you hear about the restaurant on the moon? Great food, no atmosphere.

What does a house wear? Address.

Why aren't Greeks morning people? Because dawn is tough on Greece.

Where do you learn to make a banana split? Sundae School.

What kind of music do balloons hate? Pop!

What do you call an alligator in a vest? An investigator.

How does a computer get drunk? It takes screenshots.

What do you call a pony with a sore throat? A little hoarse.

Why do melons have weddings? Because they cantaloupe.

Parallel lines have so much in common. It's really too bad they'll never meet

What do you call a cow in an earthquake? A milkshake.

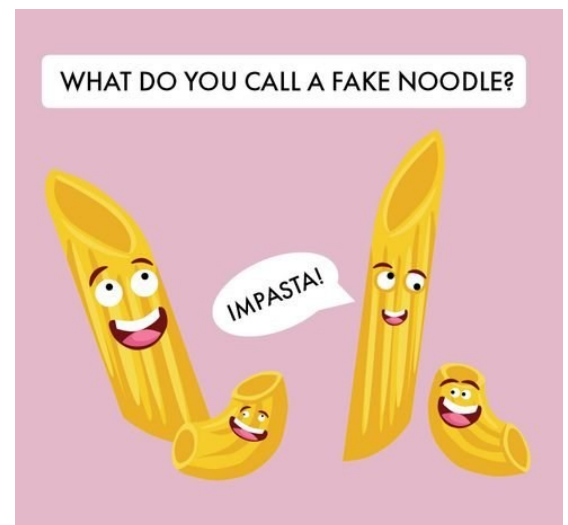
Imagine if you walked into a bar and there was a long line of people waiting to take a swing at you. That's the punch line.

Why is it a bad idea to iron your four-leaf clover? Cause you shouldn't press your luck.

What rock group has four men that don't sing? Mount Rushmore.

When I was a kid, my mother told me I could be anyone I wanted to be. Turns out, identity theft is a crime.

Why did the invisible man turn down the job offer? He couldn't see himself doing it!



JOKES & MORE! SUBMITTED BY OUR SENIORS

EASTER ON-LINERS (you've probably heard before)

Why did the Easter Bunny hide the egg? Because it was a little chicken.

How do you catch the Easter Bunny? Hide in the bushes and make a noise like a carrot.

What do you call a dumb bunny? A hare brain.

What's the best way to catch a unique rabbit? You 'nique up on him.

How many hairs in a rabbit's tail? None, they're all on the outside.

What do you call a line of rabbits walking backwards? A receding hareline.

How do you know carrots are good for your eyes? Have you ever seen a rabbit with glasses?

How are rabbits like calculators? They both multiply really fast.

How can you tell which rabbits are the oldest in a group? Just look for the gray hares.

What do you call a rabbit who tells good jokes? A funny bunny.

What is a rabbit's favorite dance? The Bunny Hop of course.

What would you call the Easter Bunny if he married a chicken? The first Rabbit to lay an egg.

What do you get when you pour hot water down a rabbit hole? A Hot Cross bunny.

How does the Easter Bunny stay fit? EGG-xercise and HARE-robics!

Where does the Easter bunny get his eggs? From an egg-plant.

Six Things About Life I Learned from the Easter Bunny:

Don't put all of your eggs in one basket.

Everyone needs a friend who is all ears.

There's no such thing as too much candy.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.



Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

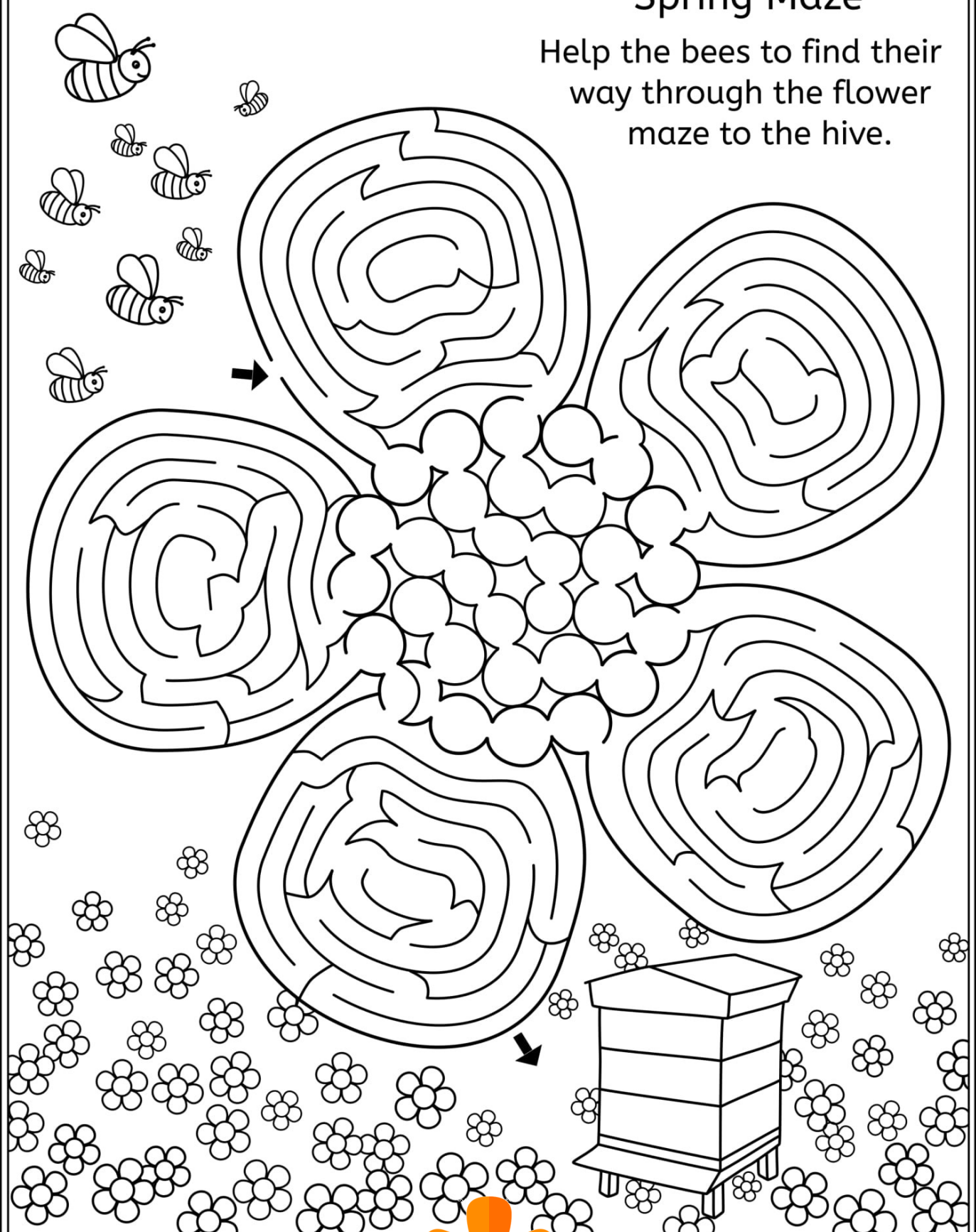
FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



Spring Maze

Help the bees to find their way through the flower maze to the hive.



Spring Acrostic Scramble

It's an acrostic and a word scramble all in one puzzle! Solve the scrambled letters on the right and fill in the boxes across the page on the left to reveal the spring words written downwards.

					←	KHICC		
							←	SNUESNIH
							←	FALE
							←	TRUPSO
							←	TORO
					←	YABB		
							←	BIRTAB
							←	GINDCULK
							←	STOMPOC
							←	NOESSA
							←	SARGS
							←	MOLOB
					←	MALB		

The hidden words are _____

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Spring Crossword

- ACROSS**
1. Slug with a shell
 3. Baby cat
 5. Plant growing where it is not wanted
 7. Fourth month of the year
 8. Plant seeds
 9. Gentle winds
 11. Head gear for wet weather
 12. Bird with a red breast
 14. Brightly colored arc in the sky
 16. Baby birds hatch out of these
 17. Hen
 19. A home built by birds from twigs
 21. Outdoor meal
 23. Annoying insect
 24. Woolly farm animal
 26. Grassy field, often with 26 across
 27. Bloom
- DOWN**
1. Juicy red fruit
 2. Green part of a tree
 4. Melt (of snow)
 5. Container with a spout used to give liquid to plants in dry weather (8,3)
 6. Putting in the ground to grow
 10. Light falls of rain
 13. Third month of the year
 15. Rabbit
 18. A toy flown in the air on windy days at the end of a long string
 20. Tall woody plant
 22. Farm animal that gives milk
 23. Young horse
 24. Small grain that germinates to grow into a plant
 25. Container to grow a plant in

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

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PUZZLES & MORE

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









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

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

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

ANSWER KEYS

Spring Crossword - Answer Key

1	S	N	A	I	L													
	T				2	L	3	K	I	4	T	T	E	N				
	R	5			W	E	E	D		H	6			P				
	A	A				A			7	A	P	R	I	L				
	W	T				V		8	S	O	W			A				
9	B	R	E	E	Z	E	S						10	S	N			
	E	R				S		11	R	A	I	N	H	A	T			
12	R	O	B	I	N		13	M					O		I			
	R	N				14	R	A	I	N	15	B	O	W		N		
	Y					G		R	U				16	E	G	G	S	
		17			C	H	I	C	K	E	N		R					
		18	K	A				H	19			N	E	S	20	T		
21	P	I	C	N	I	22	C		23	F	L	Y				R		
		T			O				O		24	S	H	E	E	25	P	
26	M	E	A	D	O	W						A		E		E		O
										27	F	L	O	W	E	R		T
											D							

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SOLUTIONS

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

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

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

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

APRIL BIRTHDAYS

Bud Barna
Karol Demartine
Vivian Freeman
Sani Gill
Trish Karabowicz

Erin Lucas
Joan Marks
Arlene Pellillo
Bobbie Snedden
Charlotte Umbower

Marilyn Urban
Kathleen Wonderly
Dorothy Whye

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

Barbara Allen

Susan Bordeaux

Treavie Wimbush

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

