



BEDFORD SENIORS CLUB MINI NEWS



IN THIS ISSUE

In Memoriam	2
Condolences	2
Rec Programs	3-5
Mind Challenge	6
City News	7-8
Event Calendar	9
Concert Series	10
Library Programs	11-12
Resources	13-19
Monthly Challenge	20
Monthly Recipe	21
Jokes & More	22-25
Puzzles	26-31
Contact Info	32



DRIVE THRU TIME: 11:30 am - 12:00 pm

Meatloaf with Mashed Potatoes

Last Names A - L - Wednesday, September 8

Registration Deadline September 3

Last Names M - Z - Wednesday, September 22

Registration Deadline September 17

Grab your lunch from the drive-thru and join your friends outside at the Archibald Willard Park Pavilion at Ellenwood Center.

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.

Registration for both dates begins on Monday, August 30

IN MEMORIAM



Sandra Lea "Sandi" Gill

(nee Toth) age 68 of Bedford passed away peacefully, at home Sunday, July 25, 2021. She is preceded in death by her parents, John and Frances Rose (nee Kaurich) Toth. Sandi is survived by her beloved husband Gerald W. Gill; a brother Roger (Candice) Toth of Henderson, NV; a sister Pat Toth of Chesterland, OH; nieces and nephews, Dawn (Paul Sweet) Toth, Mike (Karen) Toth, Vicki Toth, Lori (Felix) Mercado and Stephen (Michele) Smith; great nieces and nephews, Nick, Olivia, Emily, Colin, Ryan, Nick and Ethan; a great-great nephew Cameron and a brother-in-law Larry (Donna) Gill. Sandi enjoyed being a foster mom for an English Springer Rescue, although she ended up becoming their permanent mom. She also loved old TV shows, John Grisham books and

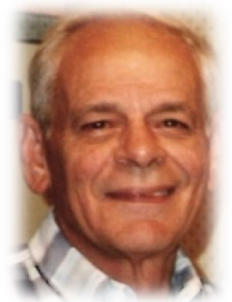
spending time with her family. She was active in the Bedford Garden Club and the Bedford Senior Center. Arrangements were done by Johnson-Romito Funeral Home. The family suggests making donations in her name to your local animal rescue or shelter.

CONDOLENCES

Condolences to Club members George and Rita Chimenti for the passing of their father:

George Chimenti

Age 94 of Bedford, passed away Thursday, July 22, 2021. George was the beloved husband of Rita (nee Hendricks); devoted father of George Joseph (Cindy) Chimenti and Susan Marie Chimenti; loving brother of the late Mary Giles, Nicholas Chimenti, John Chimenti and Santina Mullins; dear uncle and great uncle of many.



RECREATION PROGRAMS

Morning Senior Yoga

Join Instructor Dawn Rivers from Daybreak Yoga for this class created and priced especially for seniors! Please bring your own yoga mat. Pre-registration is required.

Instructor: Dawn Rivers

Location: Ellenwood Center Gymnasium or Room 4 (double classroom)

Session I

Dates: Tuesdays— September 14, 21, 28, October 5, 12

Time: 11:00 am-12:00 pm

Fee: \$15 resident/\$20 non-resident

Session II

Dates: Tuesdays—October 19, 26, November 2, 9, 16

Time: 11:00 am-12:00 pm

Fee: \$15 resident/\$20 non-resident

Post-Lunch Bingo in the Park

Registered lunch participants may join us for a fast paced, fun-filled BINGO game! We will play 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! Bingo is sponsored and hosted by Devoted Health. This program is weather permitting and subject to change.

Dates: Last Names A - L - Wednesday, September 8

Last Names M - Z - Wednesday, September 22

Location: Archibald Willard Park Pavilion (at Ellenwood Center)

Time: 1:00 pm-2:00 pm

Fee: Free to registered lunch participants

Senior Line Dancing

This lively group of seniors meets every Monday to get a little exercise and to socialize. This activity is free to all resident seniors. Space is limited to 30 participants.

Volunteer Instructor: Jeanne Stainbrook

Location: Ellenwood Center Gymnasium

Dates: Mondays starting on September 13, 2021

Time: 10:30 am – 11:30 am

Fee: Free to Bedford resident Seniors



RECREATION PROGRAMS

Painting in the Park

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

Location: Archibald Willard Park Pavilion (at Ellenwood Center)

Time: 6:00 pm - 8:00 pm



Guitar Sunset
Thursday, August 26
\$25 per person



Personalized Door Hanger
Thursday, September 9
\$40 per person



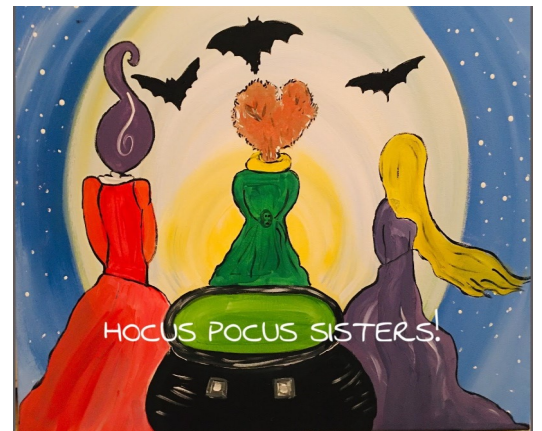
Sunflowers GROW!
Thursday, September 16
\$25 per person



Great Pumpkin
Thursday, September 23
\$25 per person



Scary Eve
Thursday, September 30
\$25 per person



Hocus Pocus Sisters
Thursday, October 7
\$25 per person

RECREATION PROGRAMS

Friday Flicks

Join us for a monthly film. Light snacks and refreshments included.

Limited seating, registration required. Free to Bedford resident Seniors.

Third Friday of each month. Movie starts at 1:00pm
Ellenwood Center – Room 4

Friday, September 17th Flick: *The War with Grandpa*

“Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.”

Upcoming flicks: 10/15 *In the Heights*,
11/19 *Dream Horse*, 12/17 *Queen Bees*



Get Crafty

A social and creative experience for older adults to experiment with various art materials to make fun and seasonal crafts. Bedford Senior Club members only. Registration Required.

Pumpkin Painting – Wednesday, October 6 2:00 pm
Ellenwood Center – Room 3

Day of the Dead Sugar Skull Painting – Wednesday, November 3 2:00 pm
Ellenwood Center – Room 3

Aluminum Tabs Collection

The Ronald McDonald House of Cleveland recycles aluminum pull tabs from any container (soda pop, soup, pet food, etc.). The proceeds from the recycling helps support the families that stay at RMH by providing meals and items for families, assistance in emergencies, and giving families special moments. Please drop off clean tabs to Sarah at Ellenwood Center. Thank you in advance for supporting our service project!



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. Bedford Parks & Recreation sponsored one team this season to compete in the “Central” division, competing against Bedford Heights and Maple Heights.

Our Bedford team did incredible in the first round with a score of 113, winning the Central division and earning the third highest score overall out of 48 teams in Northeast Ohio! Unfortunately, our team got knocked out in the second round by Maple Heights with a score of 197-164. We are super proud of our team!

The next season of Mind Challenge starts May 2022. We are able to enter multiple teams—who wants to join? Information will be available in early 2022.

Congrats to our Bedford team:

Captain Marilyn Trzeziak, Cindy Chimenti, Sharon Simmons, Bobbie Snedden, Steve Steffas, Laura Trzeciak and Jerry Turk.



NEWS FROM THE CITY OF BEDFORD

Ward Meetings

The City of Bedford will be hosting community ward meetings on September 13, September 27 and October 11. Each meeting will take place in Council Chambers at Bedford City Hall beginning at 7:00 pm. Present at the meetings will be Mayor Stan Koci, ward council representatives and City Manager, Michael Mallis.

The Schedule for the meetings are as follows:

Wards 1 & 4 Meeting - Monday, September 13, 2021 from 7:00 pm to 9:00 pm

Wards 3 & 6 Meeting - Monday, September 27, 2021 from 7:00 pm to 9:00 pm

Wards 2 & 5 Meeting - Monday, October 11, 2021 from 7:00 pm to 9:00 pm

If you are unsure which ward you live in, please call 440-232-1600.

Household Hazardous Waste Round-Up

August 16 – August 27, 2021 ** NOTE NEW DATES FOR ROUNDUP (Two weeks only)**

The following can be dropped off at the Service Garage, 100 Solon Road, between 8:00 a.m. and 3:00 p.m. 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, no businesses.

Computer Recycling Round-Up

August 16 – August 27, 2021 **NOTE NEW DATES FOR ROUNDUP (Two weeks only)**

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

Community Shred Day

The City of Bedford will be hosting a shred day on Saturday, September 25 from 9:00 am to 12:00 pm at Bedford City Hall. This free event will provide City of Bedford residents with a safe and secure resource to shred their documents. Proof of residency will be required. In order for us to limit personal contact and help keep the event safe, we ask that you please place your documents to be shredded in the trunk of your car and stay inside your vehicle during the drop-off of your documents.



NEWS FROM THE CITY OF BEDFORD

Labor Day Trash Delay

City Hall will be closed on Monday, September 6 in observance of Labor Day. Refuse collection will be delayed one day the week of September 6. If your trash pick up is scheduled for Tuesday, it will be picked up on Wednesday. If your trash pick up is scheduled for Wednesday, it will be picked up on Thursday.

Chipper Service

Chipper service will be the weeks of September 6 and October 4, 2021. 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 going the same direction (either facing the street or going with the flow of traffic). Branches cannot be larger than 10 inches in diameter. Leave limbs as long as possible for continuous feed into the chipper. Limbs exceeding 10 inches in diameter, or less than 3 feet in length will not be picked up. UNACCEPTABLE – rose bushes, grape vines, pricker bushes, firewood, fence post, wood pallets or wood with nails or screws (these items need to be placed in trash bag or bundled and put out for weekly trash collection). Railroad ties and stumps have to be hauled away at homeowner's expense.

Animal Control

Animal Control enforces laws regarding pets and wildlife. Contact the animal warden at the non-emergency police number 440-232-1234. If you do experience a nuisance animal problem, we will loan you a trap on a first come basis. We will tell you what bait to use and how and where to set the trap. If you do catch something, we will pick it up for removal. Contact the animal warden at the nonemergency police number 440-232-1234.

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.

Upcoming Events

Please visit our website and social media platforms for further details on upcoming events, concerts and gatherings.





CITY OF BEDFORD – 2021 EVENTS

May 31 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
July 23-25 Fri.-Sun.	Bedford Rotary Welcome Back Beer & Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
July 30 Fri.	Family Movie Night	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
August 14 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 27-29 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 216-544-4669 clevelandpaganpride@yahoo.com
September 10-12 Fri.-Sun	Bedford Historical Society Art & Artisans Family Fun	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com Sandy Spinks / 216-469-7640 xasize@ameritech.net
October 2 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-232-1600 azgrabik@bedfordoh.gov
November 24 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 440-232-1600
December 11 Sat.	Christmas in Bedford Falls	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

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

July 14 August 11 September 8
July 28 August 25 September 22

(Dates are subject to change)

Sponsored by Bedford Parks & Recreation
440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS

Saturdays June 12 & September 25
9:00 a.m. - 12:00 p.m.
Bedford City Hall Parking Lot

FIRST FRIDAYS

Downtown Bedford
6:00 p.m. - 8:00 p.m.

May 7 - Kickoff Party August 6 - Putt Around Downtown
June 4 - Hometown September 3 - Superheroes
Heroes
July 2 - Party in the USA October 1 - Fall Fun &
Pooch Parade

Sponsored by the Bedford Downtown Alliance
440-252-2972 or bda@bedforddowntown.org
www.bedforddowntown.org

CITY OF BEDFORD

★ *Summer* ★

CONCERT SERIES

FREE ADMISSION

BEDFORD COMMONS

25 AUGUST THE BIG 5 SHOW

★ **8 SEPTEMBER** BRIAN PAPESH PARTY BAND

**Food Truck - Barrio 6:30 pm*

15 SEPTEMBER BILLY MORRIS

AND THE SUNSET STRIP

**Food Truck - Smokin' Rock N Roll 6:30 pm*

22 SEPTEMBER POP TARTS

**Food Truck - Barrio 6:30 pm*

BANDS PLAY AT

7:00PM - 9:00PM

SPONSORED BY:

City of Bedford &
Bedford Parks & Recreation Department

All dates, times, bands, and food trucks are subject to change without notification



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

Food Distribution

Wednesday, August 18th, 1:30 pm-3:30pm

The Greater Cleveland Food Bank mobile pantry will distribute FREE, fresh produce -rain, snow or shine -on a first come, first served basis.

"The Wife Between Us" by Greer Hendricks Book Discussion

Wednesday, August 25th, 2:00 pm

Join us for a thoughtful discussion of "The Wife Between Us" by Greer Hendricks and Sarah Pekkanen. 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. If you have any questions, please contact a librarian at Southeast Branch at 440-439-4997. **MUST REGISTER**

"A psychologically charged tale of suspense follows the unexpected twists that shape a divorce and second marriage that are anything but what they seem. When you read this book, you will make many assumptions. You will assume you are reading about a jealous ex-wife. You will assume she is obsessed with her replacement – a beautiful, younger woman who is about to marry the man they both love. You will assume you know the anatomy of this tangled love triangle. Assume nothing. Twisted and deliciously chilling, Greer Hendricks and Sarah Pekkanen's *The Wife Between Us* exposes the secret complexities of an enviable marriage - and the dangerous truths we ignore in the name of love."

African American Authors Book Group

Thursday, August 26th, 7:00 pm

Join us for a lively and thoughtful discussion on special news articles. Article links are available on the CCPL website on the Events page. 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. **MUST REGISTER**



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

Annuity Basics

Monday, August 16 / 7:00 pm—8:00 pm (Parma-Snow Branch)

Health Talk: Living with Parkinson's

Tuesday, August 17 / 10:00 am—11:00 am (Strongsville Branch)

Cleveland Cultural Gardens: Past and Present

Tuesday, August 17 / 7:00 pm—8:30 pm

Email Basics

Thursday, August 19 / 10:00 am—11:00 am

Eat With Your Head

Tuesday, August 24 / 7:00 pm—8:00 pm (Parma Branch)

Out of Rushmore's Shadow

Thursday, August 26 / 7:00 pm—8:00 pm (Bay Village Branch)

Ray Chapman and the 1920 Cleveland Indians

Monday, August 30 / 7:00 pm—8:00 pm (Independence Branch)

Introduction to Google Apps

Tuesday, August 31 / 1:00 pm—2:00 pm

Where's the Money?

Wednesday, September 1 / 7:00 pm—8:30 pm

Why Native American Sports Mascots Should be Eliminated (South Euclid-Lyndhurst Branch)

Wednesday, September 1 / 7:00 pm—8:30 pm

Lost Department Stores of Cleveland

Thursday, September 2 / 2:00 pm—3:00 pm (Mayfield Branch)

Wednesday, September 8 / 2:00 pm—3:00 pm (North Royalton Branch)

Introduction to Indian Classical Music

Thursday, September 2 / 7:00 pm—8:00 pm (Middleburg Hts Branch)

Discover the Ohio Literary Trail

Tuesday, September 7 / 2:00 pm—3:00 pm (Solon Branch)

Genealogy 101

Wednesday, September 8 / 7:00 pm—8:00 pm (North Olmsted Branch)





Chat Pals

Promote friendship through developing caring connections.

What is Chat Pals?

Chat Pals is a telephone-based or video-based (Facetime or Zoom) program designed to provide:

- Connection to community
- Emotional support
- Companionship
- Improved mental and physical well-being

How Chat Pals Works

- Participants and volunteers will be matched based on like-minded interests and experiences, so that a friendship can be formed remotely.
- Participants will receive a call from a background-checked volunteer on a weekly basis.

Participants aged 55+ and volunteers 18+.

Kirsten Riley

Kriley@greaterclevelandvolunteers.org
Phone: 216-391-9500 x 2124

Greater Cleveland Volunteers

4415 Euclid Avenue, Suite 200
Cleveland, Ohio 44103-3758
Phone: 216-391-9500
Fax: 216-391-9010

greaterclevelandvolunteers.org

MISSION STATEMENT

Greater Cleveland Volunteers enriches the community and individuals through volunteer service.

FOLLOW US ON:



@CLEvolunteers

Greater Cleveland Volunteers is a 501(c)(3) nonprofit organization



**AmeriCorps
Seniors**



Our RSVP program is funded in part by AmeriCorps Seniors

northeast ohio
Aging 
disABILITY
s u m m i t 2 0 2 1

September 17
8 am - 4 pm
ONLINE

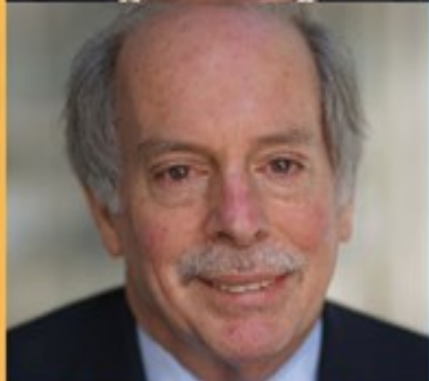
**Rita
Choula**

Director of Caregiving
AARP Public
Policy Institute



**Robert
Blancato**

Executive Director
National Association
of Nutrition and Aging
Services Programs



**Marc
Freedman**

Founder & CEO
Encore.org



**Building
Connections
Stronger
Together**

Virtual Sessions

- Living with Technology
- Diversity, Equity, Inclusion
- Aging and Public Policy
- Gerontological Research
- Resilient Caregiving
- Workforce Opportunities

Network

Virtual Exhibition Hall

Earn

Up to 6 CEU Credits

Reach

Sponsors & Exhibitors Welcome

Contact agingsummit@jfs.ohio.gov for details

Presented by



Cuyahoga County
Together We Thrive
Division of Senior and Adult Services



MetroHealth
metrohealth.org



Western Reserve
Area Agency on Aging



FREE INTERNET

DID YOU KNOW YOU CAN GET HIGH SPEED HOME INTERNET FOR FREE?

Due to Difficulties Caused by Covid 19 the Federal Government is providing subsidies that give qualified households FREE Internet. If you or anyone in your household currently qualifies for:

✔ **NO CONTRACT** ✔ **NO OUT OF POCKET EXPENSES** ✔ **FREE INTERNET SERVICE TO THOSE THAT QUALIFY**

- Lifeline
- Medicaid
- SNAP (Supplemental Nutrition Assistance Program)
- SSI (Supplemental Security Income)
- Free or Reduced Lunch
- Pell Grants

- Federal Public Housing Assistance
- Veterans and Survivors
- Pension Benefits
- Or other Covid-19 Relief programs you may qualify for FREE HIGH SPEED HOME INTERNET delivered via the World Class AT&T Network!

●●● For more information visit www.tmtelcomm.com/ebb-program/



CALL 844 - EBB - 1444 TO SEE IF YOU QUALIFY!
322

Get the facts.

Ask an expert at 1-833-4-ASK-ODH
(1-833-427-5634) 7 days a week from
9 a.m. to 8 p.m.

coronavirus.ohio.gov
mha.ohio.gov/coronavirus



Department of Health
Department of Mental Health and Addiction Services



Do you have a family member with Alzheimer's disease or dementia?

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Studies, please call us at **216.368.8848** or email caregiver@case.edu.



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY



Western Reserve Area Agency on Aging will administer the Senior Farmers' Market Nutrition Program (SFMNP). Applicants can only apply for the coupons in the county in which they live and at a location specified by their zip code.

44146 Location:

Rose Center for Aging Well in Oakwood Village

Applications will be taken over the telephone

Contact: Melissa Winberry

(216) 373-1680

Available on a first-come, first-serve basis. Proof of address will be requested from each consumer. Participants must be 60 years of age or older and have a combined household income of 185% or less of the federal poverty level guidelines.

For more information: <https://www.areaagingsolutions.org/programs-services/farmers-market/>



Your mental health is just as
important as your physical health.

COVID CareLine: 1-800-720-9616

Help is available 24 hours a day,
seven days a week



#IN THIS
TOGETHER
Ohio



Cuyahoga County Consumer Affairs

consumeraffairs.cuyahogacounty.us



216-443-SCAM(7226)

Scams that Take Aim at Seniors

The telephone and mail are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. Here are some scams you should beware of:

Grandparent scam. Telephone call from a con artist posing as your grandchild or family member in trouble and asks you to wire money, use pre-paid call or other method of getting cash out of you. **DO NOT SEND MONEY** it is a scam. Call a family member to verify if someone is in trouble.

Sweepstakes/Foreign Lotteries. Telephone call or mailing telling you won money for being a shopper at local store, good taxpayer, or it was a lottery winning. The catch, you have to pay to collect any winnings. **DO NOT SEND MONEY** it is a scam. Legitimate sweepstakes are free and require **NO** up-front money. Foreign lotteries are illegal so if you want to win a lottery, go to your local store and buy a ticket.

Phony Charities. Telephone call or mailing asking for your donation. Before you give, check the charity out to see if registered. Many fraudulent organizations will use similar sounding names or send mailing making it appear you agreed to a donation amount.

Free Meal Solicitations. Receive a mailing telling you stop by for a free meal, that's great but remember it is to get you there to buy their product or service, it is a sales pitch. **DO NOT FEEL OBLIGATED TO BUY** just because you ate. Collect the information and tell them you will research before agreeing to any purchase, a free lunch or dinner is not the place to make financial decisions.

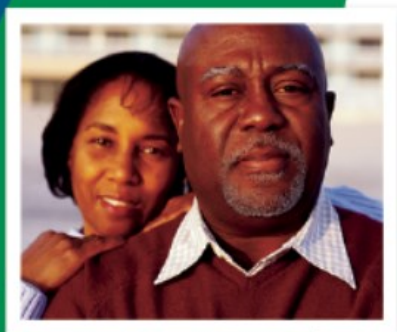
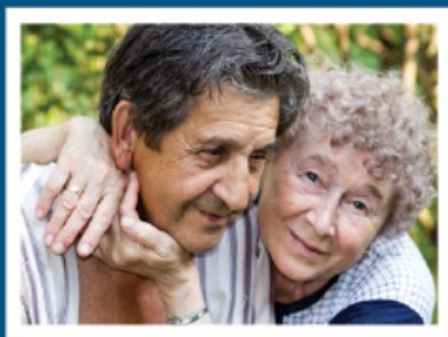
Fake Debt Collectors. Telephone call from a phony debt collector who will use scare tactics such as telling you will be arrest for not paying the debt, your accounts will be frozen or shut off, or they will take your car and other possessions. **NEVER** provide or confirm any bank or credit account information or other personal information over the telephone unless you initiated the call. Ask the caller for the company name, address and telephone number and you will call them back after researching it. If they refuse, hang up and report it.

Health Care Scams. Telephone call or mailing telling you about free trial offer services or products that claim to prevent, treat or cure diseases or other health conditions, but are not proven safe and effective for those uses. If not cancelled, will automatically bill you monthly. Other scams have been callers claiming to be from Medicare or Social Security asking to verify your personal information and social security number.



Our Mission:

To empower seniors and adults with disabilities to age successfully by providing resources and support that preserve their independence.



- Adult Protective Services
- Home Support Services
- Information Services
- Options for Independent Living
- Senior Center Programming

**Call to learn how
we can help today
216-420-6700**



Cuyahoga County
Together We Thrive
Division of Senior and Adult Services

dsas.cuyahogacounty.us



Monthly Challenge

Hydration

For the month of August, our goal is to drink 8, 8oz glasses of water each day. Keep in mind we are not including coffee, tea, juice, milk, or any other liquids in our water challenge. Take a few moments at the end of each week to reflect on this challenge using the questions that are provided.

***Keep in mind** if you exercise or are outside in the sun/heat for prolonged periods of time, you will probably need more than the recommended amount of water. As a rule of thumb, if you are thirsty, drink.



Water Basics

Every cell, organ and tissue in your body relies on water to function. In fact, about 60% of your body is made up of water. With so much water present in your body it is no wonder hydration is so important to our health.

1. Water helps you remove wastes from your body
2. Helps to regulate your temperature
3. Lubricates and cushions your joints
4. Helps to protect sensitive tissues

*If you have heart, lung or kidney problems you may have fluid restrictions. Talk to your doctor about how much water you should be consuming per day.

SMART GOAL: Drink 8, 8oz glasses of water each day.

M	T	W	T	F	S	S
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Recipe of the Month

Grilled Fish Tacos

Ingredients

- 12 large ears sweet corn, husked
- 1 teaspoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 haddock fillet (8 ounces)
- 2 teaspoons chili powder, divided
- 2 cups shredded lettuce
- 2 medium tomatoes, seeded and chopped
- 1 medium sweet red pepper, chopped
- 1 medium ripe avocado, peeled and chopped
- 3 tablespoons taco sauce
- 2 tablespoons lime juice, divided
- 1 tablespoon minced fresh cilantro
- 1-1/2 teaspoons grated lime zest
- Flour or Corn tortillas



Instructions

1. Drizzle corn with oil and sprinkle with salt and pepper. Grill, covered, over medium heat until tender, 10-12 minutes, turning occasionally.
2. Sprinkle fish with 1 teaspoon chili powder. On a lightly oiled grill rack, grill fish, covered, over medium heat until fish flakes easily with a fork, 7-9 minutes.
3. Cool corn slightly; remove kernels from cobs. Place in a large bowl. Add the lettuce, tomatoes, red pepper, avocado, taco sauce, 1 tablespoon lime juice, cilantro, lime zest and the remaining chili powder.
4. Drizzle remaining lime juice over fish; cut into 1/2-in. cubes.
5. Add to corn mixture. Spoon 1/2 cup mixture over each tortilla. Serve immediately.

Source: <https://www.tasteofhome.com/recipes/martha-s-fish-tacos/>



JOKES & MORE! SUBMITTED BY OUR SENIORS

PROCLAMATION 5847 - NATIONAL SENIOR CITIZENS DAY

On August 19, 1988, President Ronald Reagan issued Proclamation 5847 creating National Senior Citizens Day to be August 21. National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older.”

FRIENDSHIP DAY

National Friendship Day was founded by Hallmark in 1919. This day is dedicated to friends and companions as a time when you can let them know you care. In 1935, U.S. Congress announced the first Sunday of August as National Friendship Day. In 1997, Winnie the Pooh was appointed as the world’s Ambassador of Friendship.

HOUSEWIFE APPRECIATION

A man came home from work and found his three children outside, still in their pajamas, playing in the mud, with empty food boxes and wrappers strewn all over the yard. The door to his wife’s car was open, as was the front door of the house and there was no sign of the dog. Proceeding into the entry, he found an even bigger mess. A lamp had been knocked over, and the throw rug was wadded up against one wall. In the front room, the TV was loudly blaring a cartoon channel, and the family room was strewn with toys and various articles of clothing. In the kitchen, dishes filled the sink, breakfast food was spilled on the counter, the fridge door was open wide, dog food was spilled on the floor, a broken glass lay under the table, and a small pile of sand was spread by the back door. He quickly headed up the stairs, stepping over more toys and piles of clothes, looking for his wife. He was worried that she might be ill, or that something serious had happened.

He was met with a small trickle of water as it made its way out the bathroom door. As he peered inside, he found wet towels, scummy soap, and more toys strewn over the floor. Miles of toilet paper lay in a heap and toothpaste had been smeared over the mirror and walls.

As he rushed into the bedroom, he found his wife still curled up in the bed in her pajamas, reading a novel. She looked up him and smiled, and asked how his day went. He looked at her bewildered and asked: “What happened here today?” She smiled again and answered, “You know every day when you come home from work and ask me what in the world I do all day?” “Yes” was his incredulous reply. She answered, “Well, today I didn’t do it.



JOKES & MORE! SUBMITTED BY OUR SENIORS

MORE SUMMER ONE-LINERS

1. Why does a seagull fly over the sea? Because if it flew over the bay, it would be a baygull.
2. What kind of water cannot freeze? Hot water.
3. What kind of tree fits in your hand? A palm tree!
4. What did the little corn say to the mama corn? Where is pop corn?
5. What animal is always at a baseball game? A bat
6. How do we know that the ocean is friendly? It waves!
7. What do ghosts like to eat in the summer? I Scream.
8. Where do sharks go on vacation? Finland!
9. What part of the fish weighs the most? The scales.
10. What did the reporter say to the ice cream? "What's the scoop?"
11. What do you call seagulls that live near the bay? Bagels.
12. What happens if you throw a red sun hat in the water? It gets wet!
13. Why does ice cream always get invited to the party? It's cool.
14. What did the beach say to the tide when it came in? Long time, no sea.

20 YEARS TO LIFE

A woman wakes in the middle of the night to find her husband not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a cup of hot cocoa in front of him. He appears to be deep in thought, just staring at the wall. She watches as he wipes a tear from his eye. "What's the matter dear?" she whispers as she steps into the room. "Why are you down here in the middle of the night?" The husband looks up from his drink and says, "It's the 20th anniversary of the day we met." She can't believe he has remembered and starts to tear up. The husband continues, "Do you remember 20 years ago when we started dating? I was 18 and you were only 15," he said solemnly. Once again, the wife is touched to tears thinking that her husband is so caring and sensitive. "Yes, I do" she replies. The husband pauses The words were not coming easily. "Do you remember when your father caught us in the back seat of my car?" "Yes, I remember" said the wife, lowering herself into a chair beside him. The husband continued. "Do you remember when he shoved a shotgun in my face and said, 'Either you marry my daughter or I will make sure you spend the next 20 years in prison?'" "I remember that too," she replied softly. He sighed and wiped another tear away from his cheek and said, "I would have gotten out today."



NEVER UNDERESTIMATE A MOTHER'S INTUITION

A mom visits her son for dinner who lives with a girl as a roommate. During the meal, the mom couldn't help but notice how pretty the roommate was. She had long been suspicious of a relationship between the two and this only made her more curious. Over the course of the evening while watching the two interact, she started to wonder if there was more between her son and his roommate. Reading his mother's thoughts, the son volunteered, "I know what you must be thinking, but I assure you, we're just roommates." About a week later, the roommate came to the son saying, "Ever since your mother came to dinner, I've been unable to find the silver plate. You don't suppose your mother took it, do you?" The son replied, "Well I doubt it, but I'll email her just to be sure." The son sat down and wrote this email: "Dear mom, After your visit with me, our silver plate has been missing from my house. I'm not saying that you took it, but the fact remains that it has been missing ever since you were here for dinner. Love, your son". Several days later, the son received an email response from his mother which read: "Dear son, I'm not saying that you do sleep with your roommate, and I'm not saying that you don't sleep with her; but the fact remains that if she was sleeping in her OWN bed, she would have found the silver plate by now, under her pillow. Love, mom."



JOKES & MORE! SUBMITTED BY OUR SENIORS

THE YEAR IS 1950

- *The population of the U.S. was reported by the U.S. Census Bureau is 150,697,361.
- *The population of the world was approximately 2.5 billion.
- *64% of Americans lived in cities.
- *There were 1,667,231 marriages compared to 385,144 divorces (23%).
- *The median age for first marriages was 22.8 years old for men and 20.3 years for women.
- *Walt Disney's "Cinderella" opened in theaters.
- *Sugar Pops cereal, Silly Putty and Kraft Deluxe processed cheese slices are introduced.
- *Albert Einstein warned against the hydrogen bomb which President Truman okay'd to build.
- *The U.S.S.R. announced they developed the atomic bomb.
- *Hopalong Cassidy, starring William Boyd, debuted on TV and 600,000 Hoppy lunch boxes were sold that year.
- *Guys & Dolls opened on Broadway.
- *Paul Harvey begins his national radio broadcast.
- *There were 2,200 drive-in movie theaters, twice as many as there were in 1949.
- *Cartoonist Hank Ketcham created one of the most enduringly irresistible imps in the world, "Dennis the Menace". By the year 2000, the comic panel appeared in more than 1,200 newspapers in 48 countries.
- *There are 10,500,000 TV sets in 10,400,000 homes.
- *Mother Theresa founded the first Mission of Charity in Calcutta, India.
- *Diner's Club becomes the first credit card.



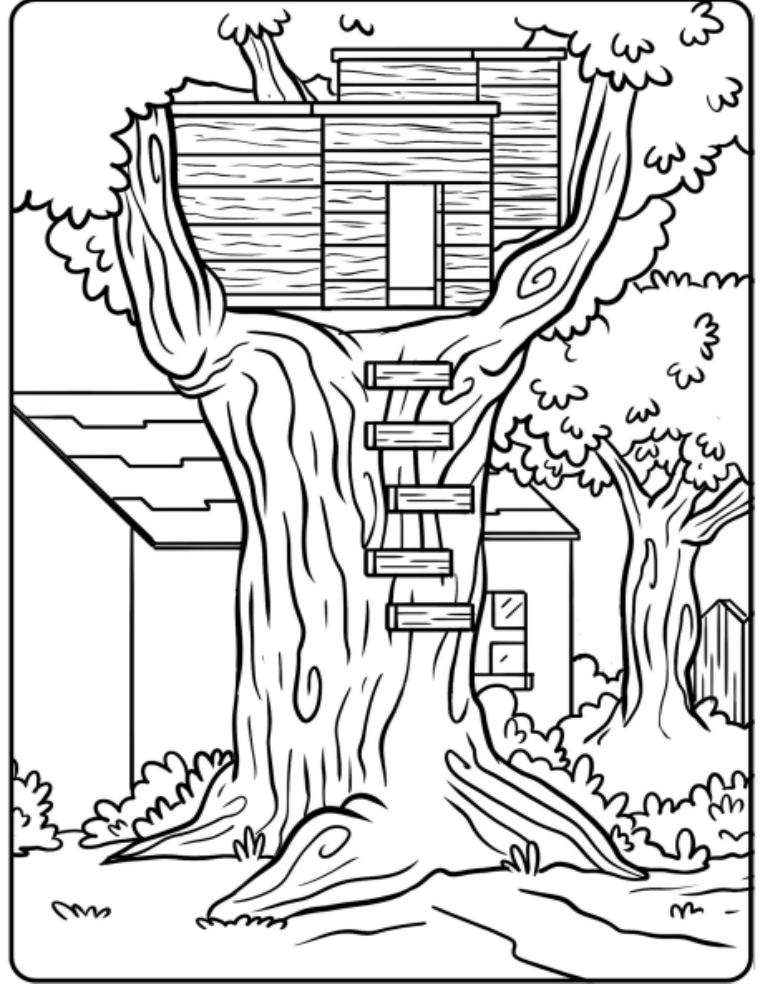
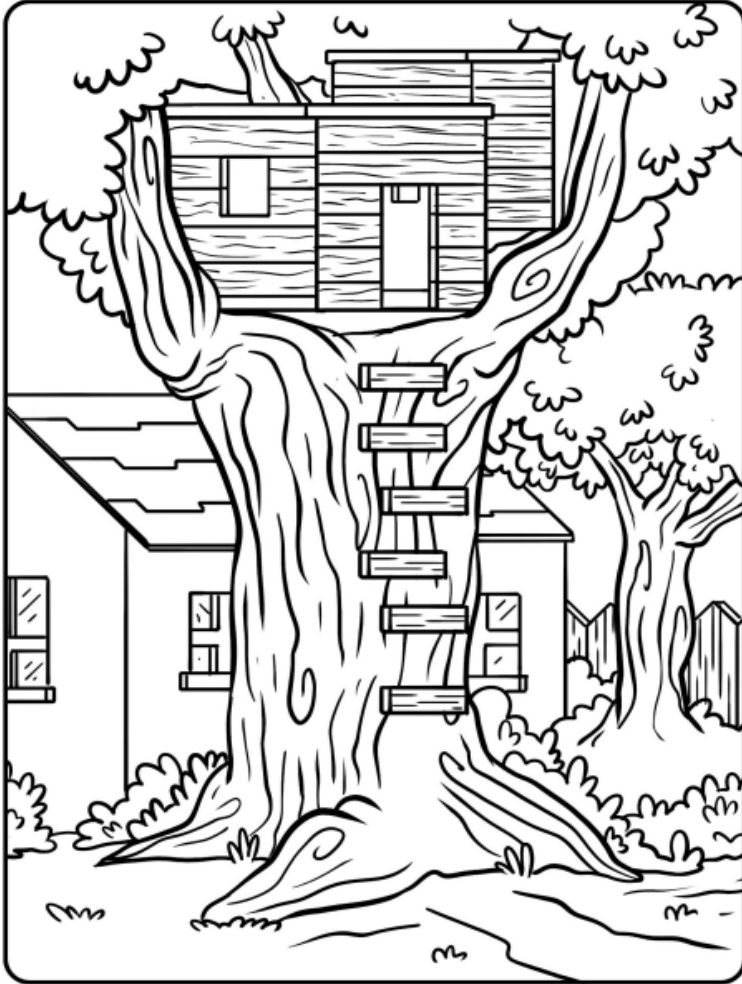
"At Survival Camp, I learned how to make an iPod from mud and twigs!"



"Someplace hot enough to melt fat the moment I step on to the beach!"

SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



Sudoku 5

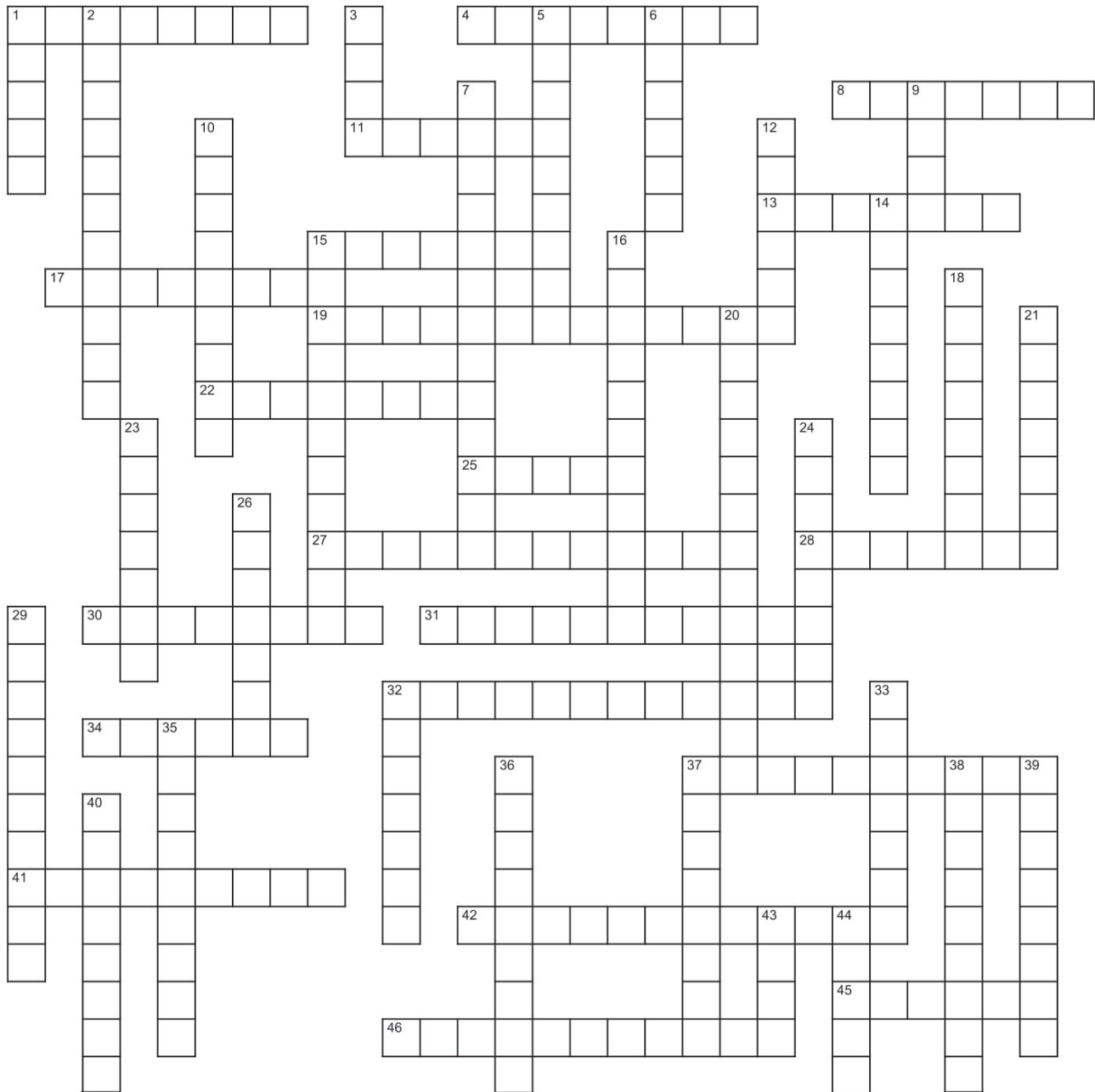
		2				7		
		3		1		2	8	
	6		3					
					9		5	
4			2			8		
2		6						1
1	4		8			5		
5			4			3		
		9		2				

Sudoku 6

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

PUZZLES

US State Nicknames



Across

- 1. Great Lakes State
- 4. Sooner State
- 8. Equality or Cowboy State
- 11. Aloha State
- 13. Green Mountain State
- 15. Treasure State
- 17. Show Me State
- 19. Palmetto State
- 22. Prairie State
- 25. Lone Star State
- 27. Keystone State
- 28. Yellowhammer State
- 30. Old Dominion State

Down

- 31. Peace Garden State
- 32. Granite State
- 34. Sunflower State
- 37. Golden State
- 41. Volunteer State
- 42. Mountain State
- 45. Last Frontier
- 46. Mount Rushmore State
- 1. Pine Tree State
- 2. Constitution State
- 3. Beehive State
- 5. Pelican State

Across

- 6. Beaver State
- 7. Bay State
- 9. Buckeye State
- 10. Badger State
- 12. Silver State
- 14. Old Line State
- 15. Magnolia State
- 16. Ocean State
- 18. Cornhusker State
- 20. Tar Heel State
- 21. Grand Canyon State
- 23. Peach State
- 24. First State
- 26. Hoosier State

Down

- 29. Evergreen State
- 32. Empire State
- 33. Sunshine State
- 35. Land of Enchantment
- 36. North Star State
- 37. Centennial State
- 38. Garden State
- 39. Natural State
- 40. Bluegrass State
- 43. Hawkeye State
- 44. Gem State



"Row Row Row Your Boat"

Rowing was on the program for the first modern Olympics in 1896, but the race was cancelled due to bad weather. 1900 was the first year men competed in Olympic rowing events, but women's Olympic rowing competitions didn't begin until 1976. In 2012, the women's Olympic eight person rowing team rowed their way to the finish on Dorney Lake in London, England. Canada, Romania, the USA, Romania, and the Netherlands teams were the top five teams to finished. Use the clues below to discover the order in which the teams finished.

Clues:

- The Netherlands team finished sometime after USA's team but sometime before Romania.
- Great Britain finished last.
- Canada finished sometime after USA but sometime before The Netherlands.

	1st	2nd	3rd	4th	5th
USA					
Netherlands					
Canada					
Great Britain					
Romania					

1st: _____

2nd: _____

3rd: _____

4th: _____

5th: _____



PUZZLES



Summer Olympic Sports I



ARCHERY
BADMINTON
BASKETBALL
CANOE
CYCLING
DIVING

EQUESTRIAN
GOLF
GYMNASTICS
ROWING
RUGBY
TAEKWONDO

TRACK AND FIELD
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

PUZZLES



Summer Olympic Sports II



BEACH VOLLEYBALL

FENCING

FIELD HOCKEY

HANDBALL

JUDO

WATER POLO

SAILING

SHOOTING

SOCCER

SWIMMING

TABLE TENNIS

WRESTLING

PENTATHLON

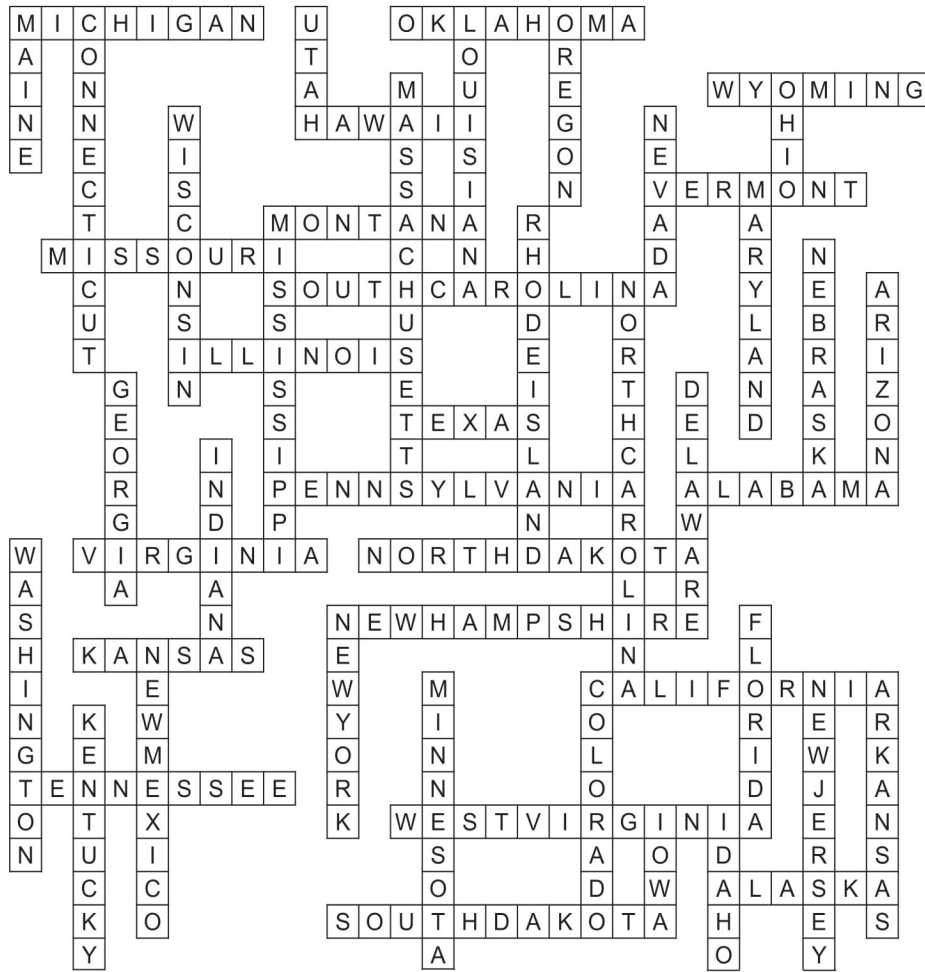
TENNIS

TRAMPOLINE

TRIATHLON



ANSWER KEY



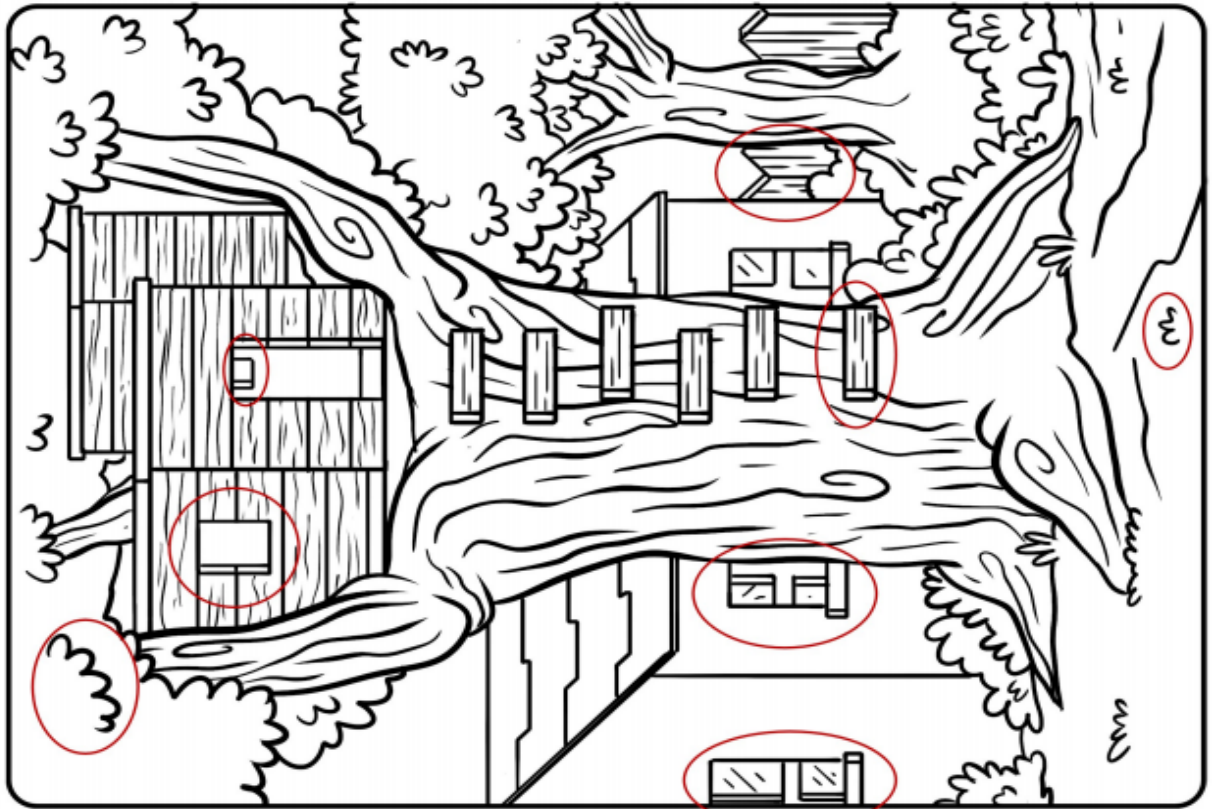
Sudoku 5 Solution

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

Sudoku 6 Solution

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

- 1st: **USA**
- 2nd: **Canada**
- 3rd: **Netherlands**
- 4th: **Romania**
- 5th: **Great Britain**



BIRTHDAYS

Cindy Chimenti
Virginia Dvorak
Shirley Grays
Rita Hudia
Ralph Kobus
Eva Labuski
Mary Lemire
Georgian Lenchak

James Metzgar
Edwina Moore-Jones
Elaine Morris
Joyce Moore
Cathy Parker
Don Petak
Joan Pletka
Geneva Sheppard

Thomas Sheppard
Preston Smith
Ceola Travis-McDowell
Linda Walker
Tim Walker
Jay Watson
Paula Yorkievitz
Denise Zingale

ANNIVERSARIES

Ted & Kathy Wonderly

50 years on August 6th

*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

**Eva Carter
Laverne Raimer**

**Linda Walker
Tim Walker**

Denise Zingale

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) 364-1409
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

