



BEDFORD SENIORS CLUB MINI NEWS

IN THIS ISSUE

Condolences	2
Rec Programs	2-6
City News	7
Photos	8
Library Programs	9-10
Snow Plow List	11
Covid-19 Booster	12-14
Resources	15-18
Month Challenge	19-20
Monthly Recipe	21-22
Jokes & More	23-25
Puzzles	26-31
Member Highlights	32



DRIVE THRU TIME: 11:30 am - 12:00 pm
Thanksgiving Themed Menu

Last Names A - Z - Wednesday, November 10
Registration Deadline November 5

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

Registration begins on Monday, November 1



CONDOLENCES

Condolences to Club members who lost loved ones this past month:

- *Mary Burge for the passing of her younger brother*
- *Don & Karen Wertz for the passing of their brother*

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 1:00 pm
Ellenwood Center – Room 2

Friday, November 19th Flick: *Dream Horse*

“Experience the inspiring true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes (Toni Collette). With little money and no experience, Jan convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites, becoming a beacon of hope in their struggling community as he rises through the ranks. Also starring Damian Lewis.”



Upcoming flicks: 12/17 *Queen Bees*, 1/21 *The Father*

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.

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

Snowman Bath Bombs – Wednesday, December 1, 2:00 pm Ellenwood Ctr Room 3

Christmas Tree Book Folding – Wednesday, December 7, 2:00 pm Ellenwood Ctr Room 3



RECREATION PROGRAMS

Coffee, Cookies & Conversation

Join your fellow Club members in November for coffee, cookies and conversations in the Senior Room. Limit to 12 participants; registration encouraged. Drop-ins allowed if space permits.

Location: Ellenwood Room Center 2

Dates: Tuesdays—November 9, 16, 23, 30

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

White Elephant Bingo

Join us for a fast paced, fun-filled BINGO! We will play classic “5 in a Row” BINGO plus some other fun games like “Postage Stamp” and “Picture Frame”. Prizes are supplied by the participants! Each player brings one white elephant prize to contribute to a common pool. A white elephant prize is something secondhand from home that you no longer use or want. An example of a white elephant prize would be a DVD, a knick-knack, candle, vase or something of small value that is clean and still usable. No items larger than a shoebox please. Come and play and win something “new” to you! Limit to 16 participants; registration required.

Location: Ellenwood Center Room 4

Dates: First & Third Fridays—November 5, 19

Time: 11:00 am – 12:15 pm

Fee: Free to Bedford Senior Club Members. Bring white elephant prize for entry.

Wii Bowling

We are looking for new and veteran Wii bowlers to play in our winter league starting in November. Match-ups will be played mornings on the first and third Wednesday of the month at Ellenwood Center. We are accepting 2-person teams or individuals looking for a partner. No prior bowling experience is needed and the cost is free. Come join us and get to get to know fellow members in this fun and exciting indoor activity. Call 440-735-6570 to register yourself/team.

Location: Ellenwood Center Room 2

Dates: First & Third Wednesday of each month beginning November 3

Time: 9:30 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

Day After Halloween
Thursday, October 14
\$25 per person

Thankful Box
Thursday, October 21
\$25 per person

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
Time: 10:30 am – 11:30 am
Fee: Free to Bedford Resident Seniors

Tai Chi

Learn basic movements and techniques to increase energy level, improve balance and coordination, as well as build leg and core strength. Through training in these exercises you will be stronger, healthier, and safer.

Instructor: Robert Fleming, Two Tigers Kung Fu Academy
Location: Ellenwood Center Gymnasium
Dates: Fridays, October 29, November 5, 12, 19, December 3, 10 (no class 11/26)
Time: 5:00 pm – 5:40 pm
Fee: \$60 Bedford Resident/\$70 Non-Resident



RECREATION PROGRAMS

Painting with So-So Artsy

Join Melinda with So-So Artsy for canvas painting. Participants follow step-by-step instructions to recreate a painting. No experience required. All supplies included.

Instructor: Melinda, So-So Artsy

Time: 6:00 pm - 8:00 pm

Location: Ellenwood Center Room 3



Thanksgiving Eve

Thursday, October 28
Adults & Older Teens
\$25 per person



OUR FIRST TREE!

Thursday, November 18
Adults & Older Teens
\$25 per person



GNIGHT BEFORE CHRISTMAS!

Thursday, December 9
Adults & Older Teens
\$25 per person



Bubbly !!

Wednesday, December 29
Adults & Older Teens
\$25 per person



Snowman Porch Leaner

Thursday, December 16
Adults & Older Teens
\$50 per person



RECREATION PROGRAMS

Spooktacular Pumpkin Contest

Bedford residents - get ready to paint, carve, and decorate your pumpkins and email us a photo for judging.

We will choose winning pumpkins in the following categories: Most Creative, Scariest, Cutest, Funniest, Most Realistic. We will also choose additional group winners for Ages 3-5, Ages 6-8, Ages 9-12, Ages 13-17, Adults and Family. We will also give out a "Facebook Famous" award to the pumpkin with the most likes through October 30. Prizes vary by age group.



Deadline to register and submit a photo of your completed pumpkin is October 26. Submissions will be shared on Facebook on October 28 and voting will end on October 30 at 11:59 pm. Winners will be announced on Halloween!

Free. Participants provide their own pumpkin (real or plastic) to paint, carve and decorate. Bedford residents only.

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!



All-Occasions Greeting Card Collection Drive



The St. Jude's Ranch for Children recycles used greeting cards and creates new holiday and all-occasion greeting cards. Recycled cards are then sold to support programs and services for abused, neglected and homeless children, young adults and families. St. Jude's Ranch current effort is to provide teens with life and work skills.



NEWS FROM THE CITY OF BEDFORD

City Council Meetings

Meetings are in-person and open to the public. First and third Monday evenings starting at 8:00 pm at Bedford City Hall.

Upcoming Council Meetings:

Monday, October 18

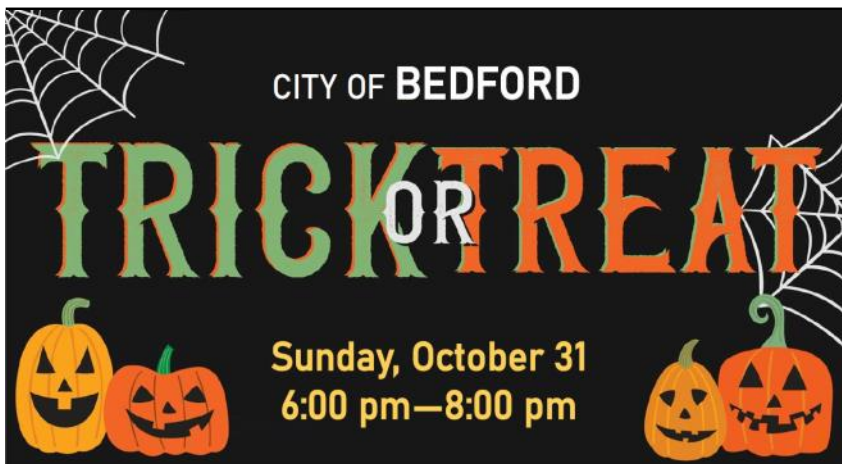
Monday, November 1

Monday, November 15

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>.

Leaf Collection

The Service Department begins leaf collection on or about the beginning of October every year and continues until all leaves are picked up. Leaf pick up is only done in the fall, there is no leaf pick up in the spring. The city is divided into four sections and continuous rounds of each section will be made. Rake leaves to the tree lawn, do not rake them into the street, this blocks our storm system. Do not call the Service Department for pick up, we will do continuous sweeps of the city until all leaves are picked up. Please be considerate of parking on the street during leaf season. Workers are not able to pick up leaves if there is a car parked in front of a pile.



Trick-or-Treat brings significant pedestrian traffic throughout Bedford's neighborhoods, so please be mindful of that fact and watch out for children.

Those that do not wish to participate in Trick-or-Treat, please turn your front light off.

Thank you to all who participate to make this event memorable for our children.

Happy Halloween!



PHOTOS OF OUR SENIORS

Photos from our Pumpkin Decoupage class. Register for the next Get Crafty class!



Email or text us a photo of you in your Halloween costume this year and we will include it in next month's Mini News!

Email: sgnoddie@bedfordoh.gov

Text: 216-282-4670

If you have a printed photo, you can mail it to:

Bedford Senior Club
124 Ellenwood Ave.
Bedford, OH 44146



Halloween Party 2019



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

Food Distribution

Wednesday, October 20th, 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 Tattooist of Auschwitz Book Discussion

Wednesday, October 27th, 2:00PM

Join us for a thoughtful discussion of *The Tattooist of Auschwitz* by Heather Morris. "This beautiful, illuminating tale of hope and courage is based on interviews that were conducted with Holocaust survivor and Auschwitz-Birkenau tattooist Ludwig (Lale) Sokolovan unforgettable love story in the midst of atrocity. A vivid, harrowing, and ultimately hopeful re-creation of Lale Sokolov's experiences as the man who tattooed the arms of thousands of prisoners with what would become one of the most potent symbols of the Holocaust, *The Tattooist of Auschwitz* is also a testament to the endurance of love and humanity under the darkest possible conditions." 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**

African American Authors Book Group

Thursday, October 28th, 7:00PM

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**



PROGRAMS AT THE SOUTHEAST BRANCH LIBRARY

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

Are You Hearing? Restoring the Sounds of Life

Wednesday, October 13: 7:00 pm - 8:00 pm (Solon)
Saturday, November 13: 10:00 am - 11:00 am (Southeast)

Retirement Planning Basics

Wednesday, October 13: 7:00 pm - 8:00 pm (Independence)
Thursday, November 04: 2:00 pm - 3:00 pm (Mayfield)

80 Years of NASA Glenn Speaker Series -

Robin Pertz, Library, History, and Records Supervisor

Thursday, October 14: 11:00 am - 12:00 pm (Brookpark)

Using the U.S. Census for Genealogy research

Thursday, October 14: 7:00 pm - 8:00 pm (Maple Hts)

Discover the Ohio Literary Trail

Saturday, October 16: 2:00 pm - 3:30 pm (Fairview Park)
Monday, November 08: 7:00 pm - 8:30 pm (Berea)

Declutter and Get Your Home Organized

Monday, October 18: 7:00 pm - 8:00 pm (Strongsville)
Tuesday, November 09: 11:00 am - 12:00 pm (Gates Mills)

Lost Department Stores of Cleveland

Tuesday, October 19: 11:00 am - 12:00 pm (Gates Mills)

SouthWest Health Talk: Vaccinations - The Facts You Need to Know

Wednesday, October 20: 10:00 am - 11:00 am (Strongsville)

Archives, Architecture, and Ancestry

Wednesday, October 20: 2:00 pm - 3:00 pm (North Olmsted)

Native American Nations of Ohio

Wednesday, October 20: 7:00 pm - 8:30 pm (Brooklyn)
Wednesday, November 03: 7:00 pm - 8:30 pm (Parma-Snow)

Safe at Home: For Seniors and People with Disabilities

Wednesday, October 20: 7:00 pm - 8:00 pm (Parma-Snow)
Thursday, November 04: 7:00 pm - 8:00 pm (Middleburg)

One Big Hoppy Family - IPAs with Great Lakes Brewing

Thursday, October 21: 7:00 pm - 8:00 pm (Brookpark)
Saturday, November 06: 2:00 pm - 3:00 pm (Bay Village)

Genealogy Tracers

Saturday, October 23: 10:00 am - 1:00 pm (Warrensville Hts)

Six Wives of Henry the VIII

Wednesday, November 03: 3:00 pm - 4:00 pm (Olmsted Falls)
Tuesday, November 16: 7:00pm - 8:00pm (Orange)

90's Trivia Night

Tuesday, November 09: 7:00 pm - 8:00 pm (Fairview Park)

Depression Awareness and Suicide Prevention

Saturday, November 13: 11:00 am - 12:00 pm (Brookpark)

Window of Indigenous People of the World

Wednesday, November 10: 7:00 pm - 8:00 pm (N. Olmsted)

Deconstruction of the Black Horror Trope

Tuesday, November 02: 7:00 pm - 8:00 pm (Southeast)

Southwest General Health Talk - Options for Hip & Knee Arthritis

Tuesday, November 16: 10:00 am - 11:00 am (Strongsville)

LinkedIn Basics for Beginner's

Monday, November 15: 6:00 pm - 8:00 pm

Genealogy 101

Tuesday, November 16: 7:00 pm - 8:00 pm (South Euclid)



Chambers' Home Improvement
(216) 534-0912
chim@contractor.net

- Senior Discount Offered
- \$20.00 per push for seniors
- \$25.00 per push
- Salt additional fee
- Discounts with seasonal contracts

Anthony Coleman
(216) 205-8960

- Senior Discount Offered
- \$20.00 and up per push for seniors
- \$25.00 and up per push
- Price depending on driveway length and snow height
- Salt additional fee
- V-plow truck for narrow driveway

Dobbs Landscaping and Plowing
(216) 780-1346

- Senior Discount Offered
- Price depending on driveway length and snow height

Just Like Mine Landscaping
(440) 622-4001
shaker329@gmail.com

- Senior Discount Offered
- \$25 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

Lockett's Landscaping
(833) 562-5388
(216) 357-8033
marc@lockettslandscaping.com

- Senior Discount Offered
- \$30.00 per push
- 10% off with contract

Pro-Mow Landscaping
(440) 439-4456

- Senior Discount Offered
- \$17.00-\$20.00 per push
- Sidewalk additional fee
- Smaller truck available for narrow driveway

Jim Westfall
(440) 232-0544

- Senior Discount Offered
- \$21.00 and up per push depending on driveway length
- Sidewalk additional fee

Shane Westfall
(216) 905-6578

- Senior Discount Offered
- Price depending on driveway length and snow height

Robert Zipp
(216) 816-4941

- Senior Discount Offered
- \$18.00 per push
- Sidewalk additional fee

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

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

Frequently Asked Questions

COVID-19 Vaccine Booster Doses

A booster dose of the Pfizer-BioNTech/Comirnaty COVID-19 vaccine can be given to a limited group of people at the highest risk for severe COVID-19 based on age or underlying medical conditions to maximize ongoing protection against COVID-19. Here are answers to some of the most frequently asked questions about COVID-19 vaccine booster doses.

Q: Who is eligible to receive a COVID-19 booster dose of the Pfizer vaccine?

A: Booster doses of the Pfizer/Comirnaty COVID-19 vaccine are now available for the following populations at least six months after completion of the primary Pfizer series, meaning at least six months after your second dose:

- **People 65 years and older or residents in long-term care settings SHOULD** receive a booster shot.
- **People ages 50 to 64 with [certain underlying medical conditions](#) SHOULD** receive a booster shot.
- **People ages 18 to 49 with [certain underlying medical conditions](#) MAY** receive a booster shot based on their individual benefits and risks. The CDC has indicated that this is a determination made by the vaccine recipient, but those eligible are encouraged to talk to their healthcare providers if they have any questions.
- **People age 18 and older who are at increased risk for COVID-19 exposure and transmission because of their job or living in an institutional setting MAY** receive a booster shot based on their individual benefits and risks. The CDC has indicated that this is a determination made by the vaccine recipient.

At this time, booster doses are authorized only for fully vaccinated Pfizer vaccine recipients who are at high-risk for exposure to COVID-19 or the complications from severe disease.

The U.S. Food and Drug Administration (FDA) will review data and determine if and when booster doses are needed by each COVID-19 vaccine product. In addition, the Centers for Disease Control and Prevention (CDC) will offer guidance for booster dose use. Right now, recipients of the Moderna and Johnson & Johnson vaccines do not need booster doses, but this could change based on ongoing evaluation.

Immunocompromised individuals who meet [certain, specific criteria](#) and received an mRNA vaccine (either Pfizer or Moderna), are [already eligible for a third dose](#) in their main primary series to strengthen their initial vaccine response. This additional dose should not be confused with a booster dose, which is used to strengthen waning immunity and bolster protection against serious outcomes including hospitalization and death.

Q: Why are booster doses available for only the Pfizer vaccine?

A: The need for and timing of booster doses for the COVID-19 vaccines is determined by product, and there are multiple steps required for authorization and use of a booster dose. Before a booster dose can be given, the FDA and CDC must complete a rigorous review of applications from each manufacturer, including data on safety, effectiveness and immunity over time, to determine if and when booster doses are needed, and for which populations, following completion of a primary series. At this time, those steps are complete for the Pfizer/Comirnaty vaccine, with ongoing evaluation to possibly expand eligibility to more Pfizer recipients in the future.

Q: Can I get a Pfizer booster dose if I received another COVID-19 vaccine but meet the risk-based criteria?

A: No. A booster dose should be the same as the primary vaccine series. COVID-19 vaccine products are not interchangeable. Data on the safety and efficacy of a mixed-product series are limited. A booster dose should be given with the same product. The FDA and CDC will determine if and when booster doses are needed for the Moderna or the Johnson & Johnson COVID-19 vaccines.



Q: I received the Pfizer vaccine, but the list above says I'm not eligible. Why can't I get a booster dose, too?

A: At this time, booster doses of the Pfizer vaccine have been authorized only for individuals who are at high-risk for exposure to COVID-19 or the complications from severe disease. This authorization follows a rigorous review of available safety, effectiveness, and immunity data. Those eligible include Pfizer recipients either age 65 and older, ages 50-64 with underlying medical conditions, or ages 18-49 with underlying medical conditions based on individual benefits and risks, and those ages 18-64 who are in an occupational or institutional setting where the burden of COVID-19 infection and risk transmission are high. Booster doses are not recommended for any youth or adolescents at this time, with the exception of [immunocompromised individuals for whom a third dose of an mRNA vaccine is recommended](#) to complete the primary vaccine series.

Q: If we need booster doses, does this mean the COVID-19 vaccines are no longer effective?

A: No. The COVID-19 vaccines continue to be remarkably effective at reducing risk of severe disease, hospitalization, and death from COVID-19, and continue to offer protection against the widely circulating Delta variant. Protection against severe illness and death was the original goal of vaccines. A booster dose could help fully vaccinated people at greater risk maintain the highest protection over time and against variant strains, including the highly contagious Delta variant.

Q: Why have some people been getting a third COVID-19 dose early?

A: Both the Pfizer and Moderna messenger RNA (mRNA) vaccines require two doses for full effectiveness for most people. For a very small percentage of people (approximately 3% of Ohioans and the U.S. population) who are immunocompromised, a third dose of mRNA vaccine is now recommended. This recommendation applies to people who have moderately or severely weakened immune systems and may have insufficient response to a two-dose vaccine regimen. This is not a booster dose to address waning immunity. The additional dose is a three-dose primary series for people with conditions or undergoing treatments that may cause moderate to severe immune system compromise and therefore a weaker initial response. These conditions include, but are not limited to:

- Active treatment for a solid-tumor cancer or a blood, bone marrow, or lymph cancer.
- Receipt of a solid organ transplant and use of related immunosuppressive drugs.
- Receipt within the past two years of a CAR-T-cell transplant or taking related immunosuppressive drugs.
- Receipt within the past two years of a hematopoietic stem cell (bone marrow) transplant or taking related immunosuppressive drugs.
- Moderate or severe primary immunodeficiency.
- Advanced or untreated HIV.
- Active treatment with any of the following:
 - High-dose corticosteroids.
 - Alkylating agents.
 - Antimetabolites.
 - Transplant-related immunosuppressive drugs.
 - Chemotherapy treatments classified as severely immunosuppressive.
 - Tumor necrosis factor (TNF) blockers.
 - A biologic agent that is immunosuppressive or immunomodulatory.

At this time, those third doses are recommended for recipients of the messenger RNA (mRNA) vaccines (Pfizer/Comirnaty and Moderna). The recommendation for an additional dose does not apply to recipients of the single-dose viral vector Johnson & Johnson COVID-19 vaccine at this time; scientists are continuing to evaluate the vaccines effectiveness over time to determine if and when any additional doses might be needed.

Q: I'm eligible. Where can I get a booster dose?

A: Ohio's more than 3,500 enrolled COVID-19 vaccine providers are offering boosters to eligible Ohioans. There are many opportunities in Ohio to be vaccinated, including at pharmacies, federally qualified health centers, doctor's offices, community vaccination sites, and local health departments. There is ample supply of vaccine for boosters, as well as first and second doses, for Ohioans. Ohioans will be able to check gettheshot.coronavirus.ohio.gov for the latest eligibility information and to find a vaccine provider near them. Eligible booster recipients will be asked to attest they have one of the qualifying conditions, but specific proof will not be required. Specifically, eligible Ohioans will be able to visit the following types of providers to be vaccinated:

- **Long-term care facility or congregate living residents and staff** – Facilities will administer vaccines to residents and staff, specifically, nursing homes and assisted living facilities will utilize Ohio's COVID-19 Vaccine Maintenance Program, and state-owned institutional settings and veterans homes will vaccinate eligible staff and residents.



- **Other eligible Ohioans not listed above** – Eligible Ohioans can find a provider and schedule an appointment at gettheshot.coronavirus.ohio.gov.
 - Most pharmacies will offer either walk-in or scheduled appointments.
 - Local health departments in some of our largest cities will offer special community vaccination sites, and health departments in virtually every county are prepared to offer booster doses, including to homebound individuals.
 - Community health centers and participating primary care providers will also offer booster doses.

If you are eligible, please allow 2-3 weeks to get your booster dose. There will be many opportunities to be vaccinated in your community, whether you walk in to get your third dose or make an appointment with a nearby provider.

Q: Do I have to get my booster at the same place where I received the original vaccine series? What if it isn't open anymore?

A: No, you do not need to visit the same vaccine provider for your booster dose. Some providers, such as the Wolstein Center mass vaccination site, will not be in operation for booster doses. Eligible Ohioans who are not being vaccinated in a long-term care or work setting can choose to receive their COVID-19 at any vaccine provider statewide. To find a provider near you, visit gettheshot.coronavirus.ohio.gov or call 1-833-427-5634.

Q: Do I need to bring my COVID-19 vaccine card to my appointment? What if I lost it?

A: Ohioans are encouraged to bring their existing COVID-19 vaccine card to be updated. If you cannot find your vaccine card, you should first contact your original vaccine provider to see if they can locate your records. If they are unable to assist, please contact your local health department. If they are unable to assist, please review this information on [how to mail a request for your vaccination records to the Ohio Department of Health](#). You will not be able to obtain a new vaccine card by request, but will be able to access your vaccination records. If you do not have your card, you can still get your booster dose.

Q: Are booster doses for the Pfizer or the Comirnaty vaccine?

A: Comirnaty is another name for the fully approved Pfizer vaccine. They are two names for the same product.

Created Sept. 24, 2021.

For additional information, visit coronavirus.ohio.gov. For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

For more information, visit: coronavirus.ohio.gov





Have you suffered a hardship and need a little assistance? DSAS' Emergency Assistance Program can help!



**Up to \$500 in
emergency assistance
available!**

Get help today

- Gather your documents (income or unemployment verification, proof of illness, receipts, etc.)
 - Call DSAS at 216-420-6700
 - Get established as a DSAS client
- We'll help you apply for the benefit

**Eligible households can
receive a one-time benefit to
assist with utility bills,
housing or moving expenses,
food and basic necessities.**

**Household must meet income
requirements, along with the
following eligibility criteria:**

- Cuyahoga County adult age 60 or older, or age 18–59 with a disability
- A hardship impacting income (illness, unemployment, death expenses for a loved one, etc.)
- Must become DSAS client to receive the benefit

Utility Assistance



Housing Assistance



Food Assistance



Call today! 216-420-6700 or dsas.cuyahogacounty.us





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



Mental Health and Mental Illness

Although often used interchangeably, mental health and mental illness are two completely different topics. A person can have poor mental health without being diagnosed with a mental illness. In addition, a person diagnosed with a mental illness can experience periods of time with great mental health.

How common are mental illnesses?

Mental illnesses are one of the most common health disorders in the U.S..

- More than 50% of those in the United States will be diagnosed with a mental illness in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently have or have had a serious mental illness.
- 1 in 25 Americans are living with a mental illness, including schizophrenia, bipolar disorder, or depression.

Source: [Learn About Mental Health - Mental Health - CDC](#)

What causes mental illness?

There is no single cause for mental illness. Below is a known list of risk factors for mental illness.

- Early traumatic life experiences
- Ongoing chronic medical conditions
- Biologic factors
- Social isolation

If you are concerned with your mental health or mental illness, try utilizing the free resources below:

1. 911
2. National Suicide Prevention Lifeline: 1-800-273-8255
3. National Alliance on Mental Illness (NAMI) Helpline: 1-800-662-4357
4. Substance Abuse and Mental Health Services Administration National Helpline: (1-800-662-4357)



Breast Cancer Awareness

October is **Breast Cancer Awareness Month**

According to the World Health Organization (WHO), breast cancer is the most common form of cancer in women worldwide. It also causes the highest number of cancer related deaths among women. While much of the focus during this month is on women, it is important to keep in mind that breast cancer occurs in men as well. While 1 out of every 8 women develop breast cancer, 1 out of every 1000 men develop this type of cancer too.



Check out the list of risk factors for breast cancer below. Be sure to speak to your physician if you believe you are at risk.

Risk Factors:

Age. The risk for developing breast cancer increases as you age. Eighty percent (80%) of breast cancer is diagnosed in women over the age of 50.

Personal history. A woman who has breast cancer in one breast is at a higher risk for developing breast cancer in the other.

Family history. A woman is at a higher risk for breast cancer if her mother, sister, or daughter was diagnosed with breast cancer. Having other family members diagnosed with breast cancer may add to the risk as well.

Genetic factors. Some genes, including BRCA1 and BRCA2 contribute to a greater risk of developing breast cancer.

Childbearing age. The older a woman is when she has her first child, the higher her chances of developing breast cancer are.

Source: <https://www.nationalbreastcancer.org/>



Excerpt from Monthly Newsletter
by The Fedeli Group

October Challenge



Floss Your Teeth

Here is the truth, only 30% of us actually floss everyday and about 1/3 of us say we **never** floss at all.

Flossing is essential for taking care of your teeth and gums. There is a reason that your dentist gives you free floss after every appointment – it's great for your oral health! Brushing will not remove all of the plaque and bacteria between your teeth, you must use an interdental tool such as floss to remove this bacteria.

Proper flossing technique from the American Dental Hygienists' Association (ADHA)

1. Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1"- 2" length in between. Use thumbs to direct floss between upper teeth.
2. Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.
3. Gently guide floss between the teeth by using a zig-zag motion. Gently wrap floss around the side of the tooth.
4. Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

SMART GOAL: Take 5 minutes each day to stretch.

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"/>
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Excerpt from Monthly Newsletter
by The Fedeli Group



Is flossing awkward or difficult for you? There are many other tools for holding floss, and additional interdental cleaning devices as well. Ask your dentist what other tools you may be able to use.



Take Care of Your Teeth and Mouth

A healthy mouth is important for good nutrition

A healthy mouth and gums can help you eat a balanced diet while still enjoying the food you like. Weak or missing teeth and mouth pain can make it hard to eat certain foods. This can also increase your risk of choking. Eating healthy foods can help to prevent mouth problems.

Common Mouth Problems

Oral health problems, such as loose or missing teeth, gum disease, cavities, and chronic health conditions, can affect many older adults. Mouth problems can make it hard to eat certain foods.

COMMON MOUTH PROBLEMS CAN CAUSE:

Sensitivity to temperatures (hot or cold foods)

Difficulty chewing foods, especially fresh fruits and vegetables

Pain or soreness when you chew and swallow, especially hard or sticky foods

Dry mouth

Practice Good Oral Hygiene!

- 1 BRUSH YOUR TEETH TWICE A DAY.
- 2 USE TOOTHPASTE WITH FLUORIDE IN IT.
- 3 FLOSS DAILY BETWEEN YOUR TEETH.
- 4 CHOOSE WATER FIRST FOR THIRST.
- 5 SEE A DENTIST OFTEN.
- 6 DO NOT SMOKE OR USE TOBACCO.



Protect Your Mouth



- ✓ Visit your dentist one time every 6 months, or more often if directed.
- ✓ Practice good oral hygiene.
- ✓ Eat a variety of food, including low-fat protein, fruits, and vegetables.
- ✓ Do not use tobacco products. If you smoke, quit.
- ✓ Limit alcohol, carbonated beverages, and other sugar-sweetened beverages.
- ✓ Manage any health conditions you have.
- ✓ Talk to your dentist, health care provider, or dietitian to learn more ways to keep your mouth healthy.

Recipe of the Month

Veggie Quinoa Soup

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion diced
- 1 carrots chopped
- 2 celery stalks thinly sliced
- 3 cloves garlic minced
- 1 large sweet potato peeled and chopped
- 2 cups chopped butternut squash
- 3 bay leaves
- 4 cans 14 ½ oz each reduced-sodium vegetable broth
- 2 cans 15 oz each diced tomatoes
- 1 can 15 oz chickpeas, rinsed and drained
- 1 cup quinoa
- 1 tablespoon minced fresh rosemary
- 2 teaspoons minced fresh thyme
- 2 cups chopped kale ribs and stems removed
- Salt and black pepper to taste



Instructions

1. Heat olive oil in a large stockpot over medium heat. Add onion, carrot, and celery and cook until onions are translucent, about 5 minutes. Add the garlic, sweet potato, butternut squash, and bay leaves. Cook until vegetables are tender, about 10 minutes. Stir occasionally so they don't stick to the bottom of the pan.
2. Add the vegetable broth, tomatoes, and chickpeas. Stir in the quinoa and season with fresh rosemary and thyme. Cook for 15 minutes or until quinoa is soft. Stir in the kale and cook for an additional 5 minutes. Season with salt and black pepper, to taste. Serve warm.
3. Note - this soup freezes well. To freeze, cool completely and pour into a freezer container. When ready to eat, defrost and reheat on the stove or in the microwave.

Source: <https://www.ambitiouskitchen.com/black-bean-sweet-potato-and-quinoa-chili-with-smoked-chipotle/>





Snack Healthy

Eating a snack between meals can be a part of a healthy diet.

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.

Make Snacking a Healthy Event!

- **Snack only when you are hungry.**
Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.**
Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories** or less and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables.**
Choose brightly colored fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!**
Eat a snack with a friend or neighbor.
- **Drink plenty of water** with your snacks.

RECIPE

Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

DIRECTIONS: Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

Healthy Snack Ideas

Low-fat/no-fat yogurt with fresh berries

Low-fat cottage cheese with pineapple or peaches

Whole grain crackers with mashed avocado

Small side salad topped with nuts or seeds

Whole grain toast topped with nut butter



SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

TRICK OR TREATING JOKES FOR HALLOWEEN:

What do hockey players say on Halloween? Hat trick or treat!

What do you call a lycanthrope who gets lost while trick or treating? A where-wolf.

Why is Superman's costume so tight fitting? Because it's a size "S"

What do ghosts give out to trick or treaters? Booberries.

Where do werewolves store the candy they get from trick or treating? In a were-house

What do witches put on to go trick or treating? Mas-scare-a

When do ghosts like to go trick or treating? In the moaning.

How do you stop vampires from trick or treating at your house? Play the song "You Are My Sunshine" on the stereo.

Which monster dances when he goes trick or treating? The boogieman

What do owls say when they go trick or treating? Happy Owl-ween!

Why didn't the skeleton go trick or treating? Because he had no "body" to go with.

Which type of pants do ghosts wear to trick or treat? Boo-Jeans.

What do you give a trick or treating skeleton? Spare ribs

Where do you find the spookiest Halloween candy to give trick or treaters? At the ghost-ery store

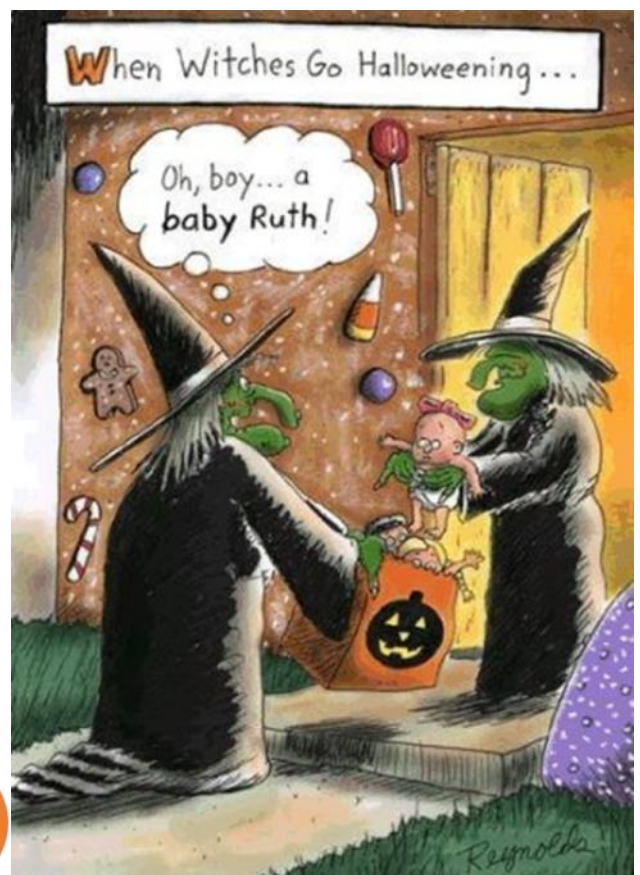
In which U.S. city do werewolves like to go trick or treating? Howllywood, California

Which candy do vampire's hope for when trick or treating? Suckers!

What does Tweety Bird say on Halloween? Twick or Tweet

What makes trick or treating with twin witches so challenging? You never know which witch is which!

Who did Frankenstein go trick or treating with? His ghoul friend



FUN FACTS ABOUT CANDY CORN

reprinted from Country Living Magazine – October, 2019

Per the National Confectioners Association, the sugary corn kernels – popular with the agrarian-minded society- were invented in the 1880s by George Fenninger of Philadelphia's Wunderle Candy Co. In 1898, Illinois-based Goelitz Confectionery Co. (now the Jelly Belly Candy Co.) brought it to the masses with a rooster logo. Brach's, now the nation's biggest candy corn distributor, got into the game in 1904.

When the Goelitz Confectionery Company first produced candy corn, it was called "Chicken Feed". The boxes were illustrated with a colorful rooster logo and a tag line that read, "Something Worth Crowing For."

As wartime sugar rations lifted and the suburbs expanded in the 1950's, trick-or-treating became a true national pastime. Goelitz swapped its bulk-quantity distribution for more manageable individual bags. The 1940's a wooden bucket with handle held up to 30 pounds of candy.

You don't have to wait for Halloween to indulge in the mellow crème candies. Celebrate National Candy Corn Day on October 30th. More than 17,000 tons of candy corn are produced each year. Candy corn is one of the better-for-you-candies of the Halloween season. It contains roughly 28 grams of sugar and only 140 calories per heaping handful – and it's fat free!!

In 1950, the price of candy corn was just 25 cents per pound and is made primarily from sugar, corn syrup, confectioner's wax, artificial coloring and binders.

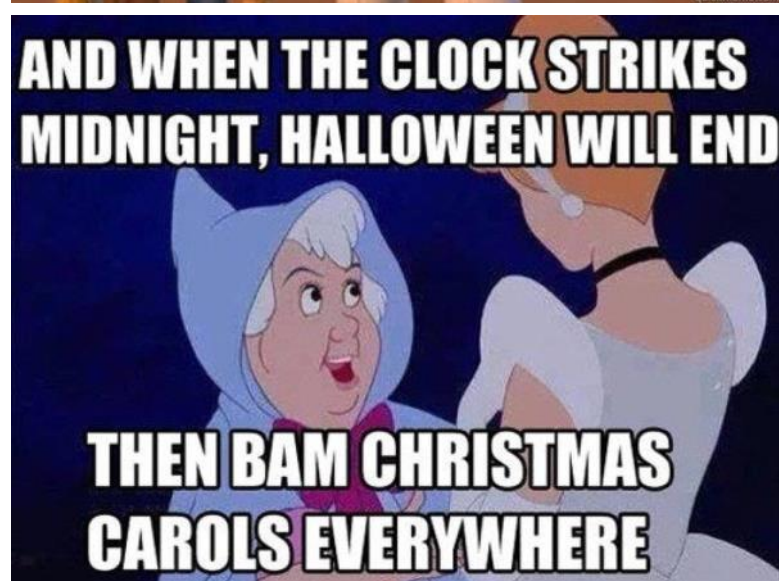
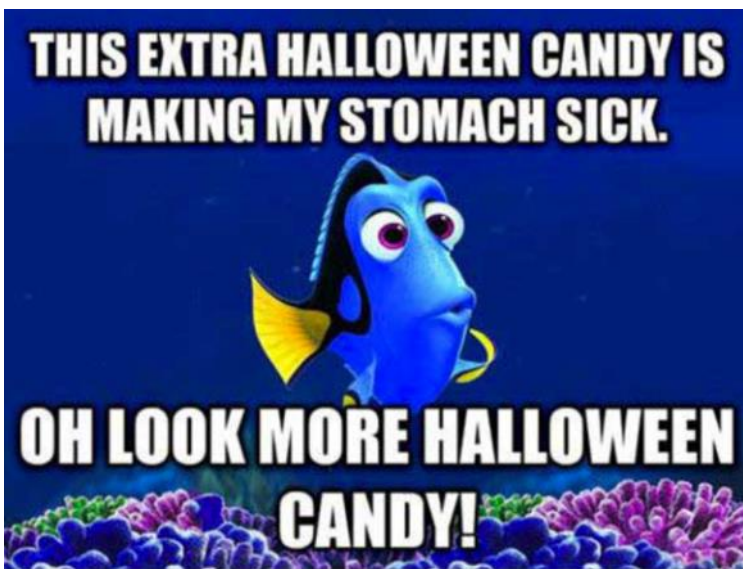
It has a long shelf life. Once the package is opened, store candy corn in a covered container away from heat and light at room temperature; it should last 6 months. If unopened, packaged candy corn could last 9 months.



Candy corn stacked looks like corn on the cob!?!

Wow! Mind Blown!





Fall Word Search



ACORN
 APPLE
 AUTUMN
 CHESTNUTS
 CHILLY
 CIDER
 COBWEB
 FALL
 FOOTBALL
 GOURD

HALLOWEEN
 HARVEST
 HAY BALE
 HAYRIDE
 LEAVES
 MAIZE
 NOVEMBER
 NUTS
 OCTOBER
 PUMPKIN

QUILT
 RAKE
 SCARECROW
 SEPTEMBER
 SLEET
 THANKSGIVING



Halloween Scrambled Letters

1. mpinpku _____

11. ymmmu _____

2. mgltiohno _____

12. Hewallnoe _____

3. cdanrseioot _____

13. nekteosl _____

4. wzirad _____

14. ntuahed _____

5. laucndro _____

15. idpser _____

6. soutcme _____

16. mierapv _____

7. tbosmetson _____

17. okrmtsicob _____

8. avnrcgi _____

18. filfuhgrt _____

9. ertnsom _____










19. onpiot _____

10. bcOtreo _____






20. hougl _____









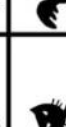
Mystery Grids

In these grids, the sum of each row and column are given. Using those clues, can you figure out the value of each picture? The values range from 1 to 9.

			= 16
			= 24
			= 3

= 8 = 19 = 16

			= 18
			= 13
			= 10

= 13 = 16 = 12

Word Search

In this word search, you will find a bunch of Halloween decorations. Search across, down, forwards, backwards, and diagonally. Circle carefully! When you are done, the remaining letters finish up the decorating idea below!

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

Word Bank
 banner
 bat
 black cat
 candles
 cobweb
 fog machine
 ghost
 lights
 pumpkin
 scarecrow
 skeleton
 skull
 spiders
 tombstone

Create a creepy display in your front yard. Make a _____ using loose soil and stones.

Then trace your hand onto cardboard, cut it out and place it sticking out of the grave. It will look like a _____ reaching out! A cardboard head stone will finish the effect!



Sudoku 7

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

Sudoku 8

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

Haunted Maze

Help this lost ghost find his way home! Don't cross paths with any spiders!

start

end

The Puzzle Den © 2013 Leslie Vrolyk

ANSWER KEY

Hidden Word

Unscramble these mixed up Halloween words and enter them into the grid. When you are done, you will find a word hidden in the shaded squares reading down.



1. ELOWANEHL
2. NYACD
3. LUKLS
4. GHINT
5. HITCW
6. KEELNOTS
7. REDIPS
8. HOTSG
9. TOOBERC
10. PINKPUM
11. MOSTTBONE
12. BOBEWC



Word Compass

Discover an interesting fact about crows! Start with the letter 'I' and travel clockwise, crossing out every other letter. Then transfer the remaining letters to the blanks below to complete the fact.



Interesting Fact:
A group of crows is
c a l l e d a
m u r d e r !

Mystery Grids

In these grids, the sum of each row and column are given. Using those clues, can you figure out the value of each picture? The values range from 1 to 9.

The Puzzle Den © 2013 Leslie Voth

The Puzzle Den © 2013 Leslie Voth

Word Search

In this word search, you will find a bunch of Halloween decorations. Search across, down, forwards, backwards, and diagonally. Circle carefully! When you are done, the remaining letters finish up the decorating idea below!



- Word Bank
- banner
 - bat
 - black cat
 - candles
 - cobweb
 - fog machine
 - ghost
 - lights
 - pumpkin
 - scarecrow
 - skeleton
 - skull
 - spiders
 - tombstone

Create a creepy display in your front yard. Make a g r a v e using loose soil and stones. Then trace your hand onto cardboard, cut it out and place it sticking out of the grave. It will look like a z o m b i e h a n d reaching out! A cardboard headstone will finish the effect!



The Puzzle Den © 2013 Leslie Voth

Sudoku 7 Solution

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

Sudoku 8 Solution

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

Halloween Scrambled Letters

1. mpinku pumpkin
2. mgltiohno moonlight
3. cdanrseioot decorations
4. wzirad wizard
5. laucndro cauldron
6. soutcme costume
7. tbosmetson tombstones
8. avnrcgi carving
9. ertnsom monster
10. bcOtreo October
11. ymmmu mummy
12. Hewallnoe Halloween
13. nekteosl skeleton
14. ntuahed haunted
15. idpser spider
16. mierapv vampire
17. okrmtsicob broomstick
18. filfuhgrt frightful
19. onpiot potion
20. hougl ghoul

OCTOBER BIRTHDAYS

Queola Brooks
Mary Burge
Judith Green
Terri Green
Betty Howard

Joan Kallos
Fran Kern
James Kindle
Lois Lowe
Frank Lucas

Loretta Navratil
Denise Planisek
Marilyn Trzeciak

ANNIVERSARIES

Jack & Barb Hirko 49 years on October 16th
George & Cindy Chimenti 40 years on October 18th
Don & Karen Wertz 36 years on October 26th

*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

Kathleen Churak
Kathy Harris

Mary Martin
Jean Rusher

Dot Schwende

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
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RECREATION DEPARTMENT		(440) 735-6570

