

# BEDFORD SENIORS CLUB NEWSLETTER

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### February Meal: Stuffed Cabbage & Mashed Potatoes

Registration begins on Monday, January 31

#### Last Names A - L - Wednesday, February 9

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

Registration Deadline February 4

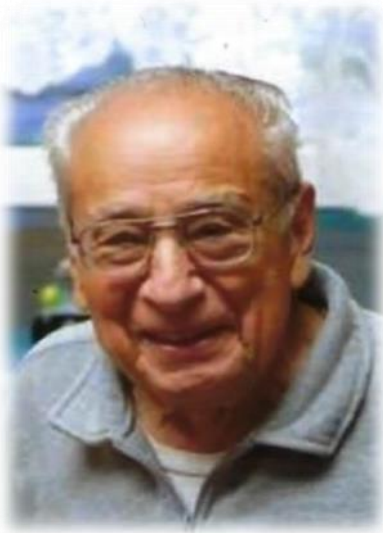
#### Last Names M - Z - Wednesday, February 23

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

Registration Deadline February 18

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.

## IN MEMORIAM



### THOMAS H. MINARDO

age 99, of Bedford. Born Jan. 2, 1922. Beloved husband of the late Marie (nee Bennici); loving father of Donna (Tom) Forkin, Carol Kirsch and Rosemarie (Fred) Smith; dearest grandfather of Marty Forkin, Chris Forkin, Danielle Kirsch, Carl Smith, Ashley Kirsch and Ryan Smith; great grandfather of Grace Camargo; dear brother of Sam Minardo, Rita Bennici and the following deceased: James, Johanna, Mary, Joseph, Josephine, Charles, and Carmella. Veteran, U.S. Army, World War II. Services were at St. John's Funeral Home and entombment at All Saints Cemetery.

### DONALD J. PETAK

age 85, of Bedford. Beloved husband of Rochelle (nee Rodovanic); loving father of Donald (Jackie), Andy (deceased) and Kim; dearest grandfather of David Jones, Casey (Amy) Petak, Brian (Courtney) Petak and Ian Jones; great grandfather of 6. A memorial service was held at The Gospel House Church.



## CONDOLENCES



*Condolences to Club members Mick and Amy Gongs  
for the passing of their brother, Donald Gongs.*



# RECREATION PROGRAMS

## 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: Weekly on Mondays

Time: 10:30 am – 11:30 am

Fee: Free to Bedford Resident Seniors

## Card Club Mondays

Play cards and socialize with other Club members. Playing cards can provide mental stimulation as well as improve hand and finger dexterity! Limited to 12 participants; registration preferred. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2

Dates: Weekly on Mondays starting January 31 (no club on 2/21)

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

## Coffee, Cookies & Conversation

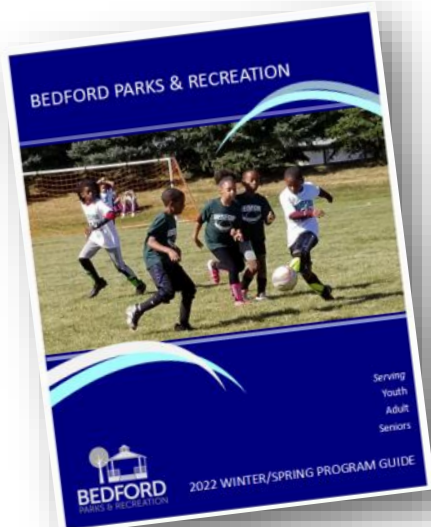
Join your fellow Club members for coffee, cookies and conversations in the Senior Room. Refreshments provided. Limited to 12 participants; registration encouraged. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2

Dates: Weekly on Tuesdays

Time: 1:00 pm - 3:00 pm

Fee: Free to Bedford Senior Club Members



***Keep an eye out for our new program guide coming in your mailbox later this month! We have many programs for youth, adults and seniors.***

### ***Upcoming programs for the grandkids...***

Chess ♦ Robotics ♦ Fencing ♦ Soccer ♦ Cheerleading  
Karate ♦ Hip Hop Dance ♦ Play Groups ♦ Camps... and more!



# RECREATION PROGRAMS

## Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Bedford Senior Club members only. Limited to 12 participants; registration required.



**Valentine Paper Quilling** – Wednesday, February 2, 2:00 pm  
Ellenwood Ctr Room 3

**Mason Jar Herb Garden** – Wednesday, March 2, 2:00 pm  
Ellenwood Ctr Room 3

## Coloring & Chocolate

Join us for a relaxing hour of coloring and chocolate snacks. Coloring reduces anxiety, creates focus, and fosters mindfulness. Color away stress and visit with friends. All materials and snacks are provided. Registration limited to 12 participants; pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2

Dates: Last Friday of the month - January 28, February 25, March 25

Time: 1:00 pm – 2:00 pm

Fee: Free to Bedford Senior Club Members

## Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Limited to 12 participants; registration required.

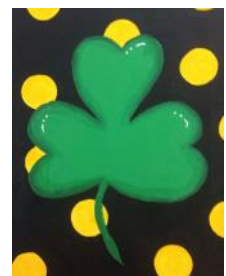
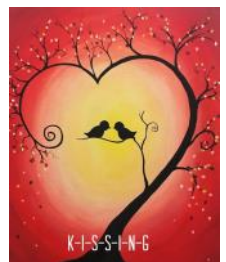
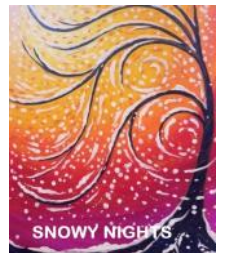
Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

Fee: Free to Bedford Senior Club members/\$10 for non-members



**Snowy Nights** – Wednesday, January 19

**K-I-S-S-I-N-G** – Wednesday, February 16

**Shamrock** – Wednesday, March 16



# RECREATION PROGRAMS

## Beginner Pickleball

Pickleball is a fun sport that combines traditional elements of tennis with a wiffle-style ball and paddle on a smaller court. Players will learn the fundamental rules, basic skills and court positioning for singles and doubles play. Paddles and balls are provided.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Time: 1:00 pm - 2:30 pm



### Session 1

Dates: Thursdays, March 3, 10, 17, 24

Fee: Free to Bedford Senior Club members / \$20 for non-members

### Session 2

Dates: Thursdays, April 21, 28, May 5, 12

Fee: Free to Bedford Senior Club members / \$20 for non-members

## Local Motion with Jaki: Aerobic Line Dancing

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers.

Instructor: Jaki Ward

### Winter Session

Dates: Mondays, January 31, February 7, 14, 28, March 7, 14 (no class 2/21)

Time: 6:45 pm - 7:45 pm

Location: Ellenwood Center Gymnasium

Fee: Bedford Resident \$38 / Non-Resident \$45

Bedford Senior Club Members are free and must register in advance

### Spring Session

Dates: Mondays, March 21, 28, April 4, 11, 18, 25

Time: 6:45 pm - 7:45 pm

Location: Ellenwood Center Gymnasium

Fee: Bedford Resident \$38 / Non-Resident \$45

Bedford Senior Club Members are free and must register in advance





# RECREATION PROGRAMS

## Friday Flicks

Join us for a monthly film. Light snacks and refreshments provided. Limited to 12 participants; registration required. Free to Bedford resident seniors.

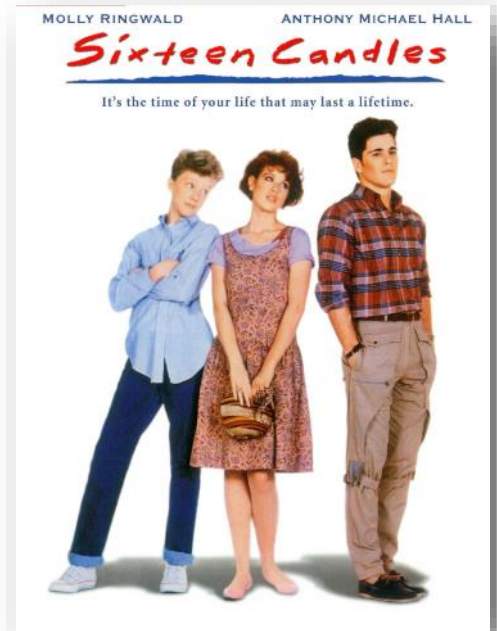
Movies start at 1:00 pm in Ellenwood Center – Room 2

**Throwback Theatre** — *First Friday of the month*

**New Releases** — *Third Friday of the month*

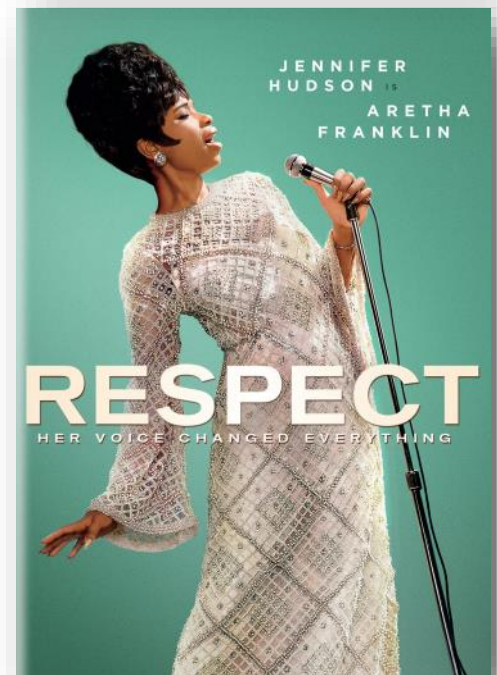
### February 4: **Sixteen Candles**

With the occasion all but overshadowed by her sister's upcoming wedding, angst-ridden Samantha (Molly Ringwald) faces her 16th birthday with typical adolescent dread. Samantha pines for studly older boy Jake (Michael Schoeffling), but worries that her chastity will be a turnoff for the popular senior. Meanwhile, Samantha must constantly rebuff the affections of nerdy Ted (Anthony Michael Hall), the only boy in the school, unfortunately, who seems to take an interest in her.



### February 18: **Respect**

Jennifer Hudson was Aretha Franklin's handpicked choice for a biopic portrayal, and she justified the faith with a knockout effort as the Queen of Soul. This compelling film focuses on Aretha's life from the early '60s to the early '70s, as she found her footing as a recording artist despite the successive heavy hands of her legendary minister father (Forest Whitaker), then first husband/manager Ted White (Marlon Wayans).



There is space still available for:

*1/21 The Father*

You can also register in advance for:

*3/4 Grumpy Old Men*

*3/18 Dear Evan Hansen*



# RECREATION PROGRAMS

## Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 60 years of age and older and disabled persons over the age of 18 and can be used for medical appointments and errands such as banking, grocery shopping, etc. Service is not available to residents in nursing, assisted living or retirement facilities. A wheelchair accessible van is available. Boundary lines for all trips are: north - South Pointe Hospital; south - Northfield Plaza; east - City of Solon; west - Marymount Hospital.

Transportation service provided by Senior Transportation Connection which operates: Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation Department prior to service.

## Puppet Building Workshop

Eight students in grades 3-5 and eight older adults ages 55+ will experience intergenerational puppet building and puppet show creation with Ohio Arts Council roster artist Sheela Das. All participants receive supplies to build colorful puppets and create a stage for the show. Each week, participants will learn new skills in the arts. Final performances take place in person (or via video) during the last class.

Location: Bedford Branch Library - 70 Columbus Rd., Bedford 44146

Dates: Wednesdays, February 9, 16, 23, March 2, 9, 16, 30, April 6 (no class on 3/23)

Time: 4:00 pm - 5:30pm

Fee: Free; pre-registration required

Older adults participants will register directly with Bedford Parks & Recreation.

Youth participants will register directly with Cuyahoga County Public Library. Please register by visiting the event page: <https://attend.cuyahogalibrary.org/event/5838359> or call the Bedford Branch at 440-439-4997.

This activity is administered under the Ohio Intensive Creative Aging Training Initiative, a project of the Ohio Arts Council made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies.



## RECREATION PROGRAMS

### **POUND® Fitness**

Instead of listening to music, become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, a lightweight drumstick specifically for exercising, POUND® fitness transforms drumming into an incredible workout. POUND® is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is easily modifiable; all abilities welcome. Bring your own Ripstix® or borrow from the instructor.



Instructor: Julionne Brown-Little, certified instructor

Winter Session Dates: Wednesdays, February 2, 9, 16, 23, March 2

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Room 4

Fee: \$45 Bedford Resident/ \$55 Non-Resident

Bedford Senior Club Members are free and must register in advance

### **Barre Above®**

Barre Above® is fusing the best of pilates, yoga, aerobics, and elements of dance strengthening exercises. Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and help you feel more confident in your fitness. Take your fitness to new heights!

Instructor: Julionne Brown-Little, certified instructor

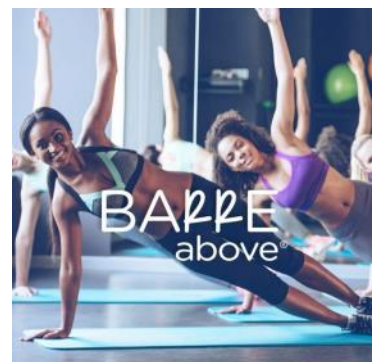
Spring Session I Dates: Thursdays, March 24, 31, April 7, 14

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$36 Bedford Resident/ \$44 Non-Resident

Bedford Senior Club Members are free and must register in advance



Spring Session II Dates: Thursdays, April 28, May 5, 12, 19

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$36 Bedford Resident/ \$44 Non-Resident

Bedford Senior Club Members are free and must register in advance





# RECREATION PROGRAMS

## 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 play and win something “new” to you! Limited to 12 participants; registration required. Refreshments provided.

Location: Ellenwood Center Room 2

Dates: Second Friday of the Month - February 11, March 11

Time: 11:00 am - 12:15 pm

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

## Social Media 101

Are your friends, kids or grandkids bugging you to get on social media? You've heard of Facebook, Twitter and Instagram, but maybe you're not quite sure how to get started or use them to their full potential. Which one(s) are right for you? How can you use them while retaining some privacy? Join an instructor from Gigalearn IT as we explore each platform. If you decide to dive in, we'll get you set up with your own account(s). Limited to 12 participants; registration required.

Location: Ellenwood Room 2

Dates: Wednesdays March 2, 9, 16, 23

Time: 1:00-2:00 pm

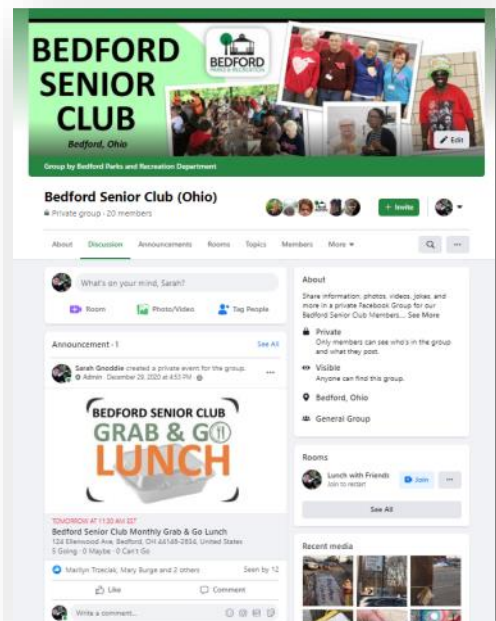
Fee: Free to Bedford Senior Club Members

## Are you on Facebook?

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

## Request to join!

[facebook.com/groups/bedfordseniorclub](https://facebook.com/groups/bedfordseniorclub)



# TAX PREPARATION ASSISTANCE

## AARP

Due to COVID-19 AARP will not be offering in-person tax aide this year. Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please contact AARP at 888-687-2277 or email [taxaide@aarp.org](mailto:taxaide@aarp.org). You can also visit the AARP Foundation Tax-Aide Online Tax Assistance website at [taxaideqa.aarp.org](http://taxaideqa.aarp.org)

## EITC Coalition Tax Preparation Assistance

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

To schedule an appointment visit [www.refundohio.org](http://www.refundohio.org) or call 216-293-7200. EITC Coalition strongly recommends scheduling appointments online. The in-person drop off locations are listed below. All tax sites require an appointment - there will be no walk-in appointments. The preferred location for Bedford Seniors is ESOP on Fairhill Rd in Cleveland. You can also call them directly at 216-361-0920.

- **ESOP** located at 11890 Fairhill Rd., Cleveland OH 44120
- **Warrensville Heights Library** located at 4415 Northfield Road, Cleveland OH 44128
- **Parma Snow Library** located at 2121 Snow Road, Parma OH 44134
- **Asian Services in Action** located at 3631 Perkins Ave., #2AW Cleveland OH 44114
- **Burten Bell Carr** located at 7201 Kinsman Rd., Cleveland OH 44104
- **Step Forward Central** (formerly CEOGC) located at 1801 Superior Ave., Suite 400, Cleveland, OH 44114 *\*\*This site schedules its own appointments and has its own filing requirements. Please call 216-858-1781*
- **Step Forward Glenville** (formerly CEOGC) located at 10529 St. Claire Ave., Cleveland, OH 44108 *\*\*This site schedules its own appointments and has its own filing requirements. Please call 216-268-1600*
- **CHN Housing Partners** located at 2999 Payne Ave, #306, Cleveland, OH 44114
- **Famicos Foundation** located at 1325 Ansel Road, Cleveland, OH 44106
- **Gordon Square** located at 6516 Detroit Ave., Cleveland OH 44102
- **Lin Omni** located at 3167 Fulton Rd., 3rd Floor, Cleveland OH 44109
- **Mt Pleasant** located at 13815 Kinsman Rd., Cleveland OH 44120
- **Notre Dame College** located at 1857 South Green Rd., Cleveland OH 44121
- **Stephanie Tubbs Jones Health Center** located at 13944 Euclid Avenue, East Cleveland, OH 44112



# NEWS FROM THE CITY OF BEDFORD

## Snow Removal

When snow accumulations exceed two inches, a parking ban is put into effect. No parking on any city streets. It is the property owner's responsibility to clear snow from the sidewalk. Additionally, we request that residents clear fire hydrants in front of their homes. When having your driveway and sidewalks cleared of snow, all snow is to remain on your property.

## Power Outages

When experiencing a loss of power call 1-888- 544-4877 (1-888-LIGHTSS) to report outages.

## Code Red Sign Up

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

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

## RX Drug Drop Box Program

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

## 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: January 18\*, February 7, February 22\*

*\*star denotes that the council meeting is on Tuesday due to holiday*

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>.



# NEWS FROM THE CITY OF BEDFORD

## Water Department Critical User

The City of Bedford defines critical water users as health care facilities, nursing homes, day care centers, and schools. Other businesses may be considered a critical water user based on the nature of their operations. Some residents may be considered a critical water user based on medical conditions and associated water needs. If you wish to be added to the City's critical water user list, please complete the critical water user form available online at [www.bedfordoh.gov](http://www.bedfordoh.gov). The City will reference this list when dealing with unplanned emergencies and/or scheduled service outages, and will make provisions to minimize the impact of such events on critical users. Please know that inclusion on this critical water user list is not a guarantee of notification – as some water emergencies may occur without warning. Unplanned water service disruptions can be caused by main breaks, valve failures, loss of water source, etc. Because some water service interruptions are unplanned, it is imperative that critical water users are adequately prepared for such emergencies. Please ensure that you keep a supply of water on hand to meet your facility needs in the event that water supplied by the City of Bedford is temporarily unavailable. For planning purposes, we recommend a 48-72 hour supply of water.

## Martin Luther King Jr. Day

City Hall will be closed on Monday, January 17 in observance of Martin Luther King Jr. Day. There will be no change in refuse pick -up.

## Refuse Collection and Recycling

Garbage can be placed out the evening prior to collection after 6:00 p.m., or the morning of collection before 7:00 a.m. All cans must be removed within 12 hours after collection. When disposing of box springs and mattresses, all items need to be wrapped in plastic and taped closed.

Recycle Items: Combine only these 5 core items in your recycle container. Keep them loose - do not bag.

- Cans: Empty and rinse.
- Cartons: Empty and rinse. Replace the cap – it's too small to be recycled by itself.
- Glass Bottles & Jars: Empty and rinse.
- Paper & Boxes: Flatten cardboard items and cereal boxes to save space.
- Plastic Bottles & Jugs: Empty and rinse. Replace the cap.



**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.*





Cuyahoga County Public Library is taking steps to ensure we can continue to operate safely and with sufficient staffing. All branches are currently closed to walk-in traffic. Curbside and drive-through service is available 7 days a week during normal operating hours. Virtual programs will continue as scheduled. All in-person programs are cancelled through January 31, 2022.

The Southeast Branch is now called the Bedford Branch! The CCPL Board of Trustees approved the renaming of Southeast and Parma (now Parma-Powers) to clearly specify the branch locations and to be consistent with the naming conventions of other CCPL branches.

### MOBILE FOOD PANTRY @ THE LIBRARY

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free food to those in need on select dates — rain, snow or shine — on a first-come, first-served basis, while supplies last.

**Brook Park Branch** Wednesdays, January 26, February 23 / 2:00 pm – 4:00 pm

**Brooklyn Branch** Monday, February 14 / 11:00 am – 1:00 pm

**Maple Heights Branch** Tuesday, February 8 / 10:00 am – 12:00 pm

**Parma Heights Branch** Wednesdays, January 19, February 16 / 10:00 am – 12:00 pm

**Warrensville Heights Branch** Thursdays, January 13, February 10 / 1:30 pm – 3:30 pm

### COVID-19 AT-HOME TESTING KITS—UPDATE

During the cold weather months of January and February, COVID-19 test kits will only be distributed through drive-up windows. Closest branches to Bedford with windows:

- **Garfield Heights Branch** 216-475-8178
- **Warrensville Heights Branch** 216-464-5280
- **Parma-Snow Branch** 216-661-4240
- **Orange Branch** 216-831-4282
- **Beachwood Branch** 216-831-6868
- **South Euclid-Lyndhurst Branch** 216-382-4880
- **Mayfield Branch** 440-473-0350



At-home COVID-19 testing kits are available on a first come, first served basis — while supplies last. Limit of 6 kits per household, per day. Call the individual branches before heading out; the answering system will tell you if there is availability at that branch location.



# CUYAHOGA COUNTY PUBLIC LIBRARY PROGRAMS

***Virtual programs being offered through-out CCPL...***

## **African Masks**

Thursday, January 13: 7:00 pm - 8:00 pm (Bedford)

Tuesday, February 08: 7:00 pm - 8:00 pm (Orange)

## **Retirement Savings Challenges for Women**

Thursday, January 13: 7:00 pm - 8:00 pm (Berea)

## **Going There and Knowing There: - The Rev. Dr. Martin Luther King, Jr in Cleveland, Ohio**

Monday, January 17: 7:00 pm - 8:30 pm (Warrensville)

Friday, January 21: 11:00am - 12:30pm (Brooklyn)

Tuesday, February 01: 7:00 pm - 8:30 pm (Orange)

## **Quantum Mechanics - Stranger than Fiction**

Monday, January 17: 7:00 pm - 8:00 pm (Brooklyn)

Tuesday, February 01: 7:00 pm - 8:00 pm (Brecksville)

## **Valentine's Day in Cleveland**

Tuesday, January 18: 11:00 am - 12:00 pm (Gates Mills)

## **This is How We Brew It**

Tuesday, January 18: 7:00 pm - 8:00 pm (Mayfield)

Tuesday, January 25: 7:00 pm - 8:00 pm (North Royalton)

## **Gratitude Journaling 101**

Wednesday, January 19: 7:00 pm - 8:30 pm (North Olmsted)

## **Clear Your Clutter with Feng Shui**

Wednesday, January 19: 7:00 pm - 8:00 pm (Chagrin Falls)

## **A conversation with Kathryn Schulz and Andy Borowitz**

Thursday, January 20: 7:00 pm - 8:00 pm

## **The Darkest Evening: A Library Murder Mystery**

Thursday, January 20: 7:00 pm - 8:30 pm (Brecksville)

## **Genealogy Tracers**

Saturday, January 22: 10:00 am - 1:00 pm (Warrensville)

## **Emotional Intelligence 101**

Monday, January 24: 7:00 pm - 8:00 pm (Parma-Power)

## **Music of the Civil Rights Movement**

Monday, January 24: 7:00 pm - 8:00 pm (Richmond Hts)

## **Parks & Rec Trivia Night**

Monday, January 24: 7:00 pm - 8:00 pm (Olmsted Falls)

## **Poetic Power**

Monday, January 24: 7:00 pm - 8:00 pm (Warrensville)

Monday, January 31: 7:00 pm - 8:00 pm (Warrensville)

## **80 years of NASA Glenn - Conceptual Spacecraft Design**

Tuesday, January 25: 7:00 pm - 8:00 pm (Brookpark)

## **A conversation with Fiona Davis & Jillian Cantor**

Wednesday, January 26: 7:00 pm - 8:00 pm

## **The Secret Letter: A Virtual Escape Room**

Saturday, January 29: 2:00 pm - 3:30 pm (Independence)

## **Future Proof Your Photo Memories**

Monday, January 31: 7:00 pm - 8:00 pm (Parma-Powers)

Saturday, February 05: 2:00 pm - 3:00 pm (Chagrin Falls)

## **Iditarod Trail Talks**

Monday, January 31: 7:00 pm - 8:00 pm (Olmsted Falls)

## **A conversation with James Ponti**

Tuesday, February 01: 7:00 pm - 8:00 pm

## **Medicare 101**

Thursday, February 03: 7:00 pm - 8:00 pm (North Olmsted)

Tuesday, February 08: 7:00 pm - 8:00 pm (Brooklyn)

## **Meet Cleveland's Parafine Press - A Hybrid Self-Publishing Service**

Thursday, February 03: 7:00 pm - 8:30 pm (South Euclid)

## **Investing 101**

Saturday, February 05: 10:00 am - 11:00 am (Bedford)

## **Totally Awesome 80s Trivia**

Monday, February 07: 7:00 pm - 8:00 pm (Parma-Powers)

## **Introduction to Word**

Friday, February 11: 10:00 am - 11:00 am





## DIGITAL NAVIGATORS CAN HELP YOU WITH YOUR TECHNOLOGY NEEDS

Cuyahoga County Public Library's new Digital Navigators service offers one-on-one assistance to help you – or someone you know – connect to the internet, get a device, set up a telehealth appointment and more.

Digital Navigators can also help you find out if you are eligible to receive the **Emergency Broadband Benefit**, a temporary FCC program that helps families find reliable, affordable internet access. The benefit provides:

- Up to \$30/month discount for broadband internet service
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider

Call CCPL at **216.749.9420** to make an appointment with one of the Digital Navigators at a Cuyahoga County Public Library branch.



# RECIPE OF THE MONTH



## *Tuscan Vegetable Soup*

**01** Mash half of the beans: In a small bowl, mash half of the beans with the back of a spoon and set aside.

**02** Cook the vegetables: Heat the oil in a large soup pot over medium-high heat. Add the onions, carrots, celery, zucchini, garlic, thyme, sage, salt, and pepper. Cook and stir occasionally until the vegetables are tender, about 5 minutes.

**03** Make the soup: Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes or more.

**04** To Serve: Top with Parmesan, if desired.



Scan for Nutritional Information  
and more!

### **Ingredients:**

- 1 (15-oz) can low-sodium cannellini beans, drained and rinsed
- 1 Tbsp. olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cup)
- 1 clove garlic, minced
- 1 Tbsp. chopped fresh thyme leaves (or 1 tsp. dried)
- 2 tsp chopped fresh sage leaves (or 1/2 tsp dried)
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 32 oz. low-sodium chicken broth or vegetable broth
- 1 (14.5-oz) can no-salt-added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

Excerpt from Monthly Newsletter by The Fedeli Group







## Advocacy Update—Esther's Law

With the passage of Esther's Law, Ohio families will have more peace of mind knowing their loved ones in nursing homes are safe and free of abuse. Esther's Law allows a resident of a long-term facility to have electronic monitoring of their room. Passed in the Ohio Senate in April and the House in November this year, the bill was signed by Governor DeWine December 22.

Eleven years ago, concerned with changes to how his mother, Esther, looked and was acting, Steven Piskor captured on a hidden camera his mother being abused – hit and shoved into a wheelchair. His continued advocacy with legislators -- including bill sponsor Senator Nickie J. Antonio -- resulted in families being allowed to monitor their loved ones using video cameras placed in individual rooms. Ohio joins ten states that allow cameras in resident's rooms.

Residents of long-term facilities deserve to be free of neglect and abuse, just as those living in their own homes are. Families deserve to know and have an additional tool to use to keep their loved ones safe.

Please use the links below to send Governor DeWine and Senator Antonio a thank you for supporting older adults' well-being in Ohio and preventing older adult abuse and neglect.

## SNAP Update

SNAP (Supplemental Nutrition Assistance Program) benefits -- formerly known as 'food stamps' -- were initially increased during the pandemic to the maximum amount for older adults and families to help with the ravages of the pandemic and unprecedented food insecurity. In October of this year, a permanent increase to benefits was made after the USDA updated, for the first time in many years to reflect the current costs and diet of the American people. It's important to remember that older adults can increase their monthly benefit even more by making sure to claim all of their medical expenses, which reduces their household income and can allow for a larger SNAP benefit.

Additionally, Ohio will begin participating in a federal demonstration project - The Elderly Simplified Application -- that will lessen reporting requirements for older adults, making it easier to apply, stay enrolled and receive benefits. For older adults and persons with disabilities with no changes in income, in-person certification will be reduced from every two to every three years, and the recertification interview every 6 months will be eliminated. Included in the last Ohio budget bill, the Ohio Department of Job and Family Services is requesting the waiver from the USDA for implementation in the upcoming months.

**How to Apply for SNAP?** Call 844-640-6446, Monday – Friday 8:00am to 4:00pm or visit an in-person at a Neighborhood Family Service Center.







## Cuyahoga County Consumer Affairs

### Recovering from unemployment insurance fraud

Scammers have exploited state unemployment insurance programs nationwide by filing for benefits using stolen names and Social Security numbers.

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

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

#### What to do?

Report the fraud to ODJFS at [unemploymenthelp.ohio.gov](https://unemploymenthelp.ohio.gov) or call 833-658-0394 (The toll-free line is staffed from 8 a.m.-5 p.m. weekdays.) ODJFS will flag the claim as fraudulent. (The ODJFS site has details on filing tax returns if you wrongfully received a Form 1099G.)

Alert your employer, which should use the employer portal at [unemploymenthelp.ohio.gov](https://unemploymenthelp.ohio.gov) to report fraudulent claims to ODJFS.

File a complaint with your local police and/or notify federal authorities through Internet Crime Complaint Center at [ic3.gov](https://ic3.gov).

Visit [identitytheft.gov](https://identitytheft.gov) to get a step-by-step ID theft recovery plan tailored to you. Taking the steps on the plan can prevent scammers from using your information in other frauds.

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





## Over 60? Struggling to meet basic needs?



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

### HOUSEHOLD SIZE



### GROSS MONTHLY INCOME

\$1,771\*



\$2,396\*



\$3,020\*



\$3,644\*

Is your income over these guidelines?  
We can help you find pantries and hot meals.

\*Effective 10/01/2021 - 09/30/2022

Ohio

Direction Card

5150 0123 4501 2345

OHIO CARDHOLDER



CALL OUR HELP CENTER

**216-738-2067**

7 AM - 6 PM M - F

15500 South Waterloo Road  
Cleveland, OH 44110

SE HABLA ESPAÑOL.

Serving Ashland, Ashtabula, Cuyahoga, Geauga, Lake, and Richland Counties

# 216-738-2067

— TEXT "FOOD" to 63566 —

for information regarding SNAP (food stamps) applications, food pantries, free produce and hot meals.



Greater Cleveland  
Food Bank

[GreaterClevelandFoodBank.org](http://GreaterClevelandFoodBank.org)

*This project has been funded at least in part with Federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.*



# Get to Know the Nutrition Food Label

The information below will help you understand the nutrition label:

## Servings per Container

- This is the total number of servings within the entire package or container.
- One package may contain more than one serving.
- The entire nutrition label is based off one serving.

## Serving Size

- This is based on the amount of food that is usually eaten at one time.
- Serving size is not a recommendation on how much you should eat.
- The entire nutrition label is based on this serving size.

## Calories

- This is the number of calories in one serving.
- Calories give your body energy, but may lead to weight gain if you eat or drink too much.
- To maintain your body weight, it is important to balance the number of calories you eat and stay active.
- 2,000 calories a day is the general guide for nutrition advice. Your needs may be different. Talk to your health care provider or dietitian to determine how many calories you need each day.

## % Daily Value (%DV)

- This shows how much a nutrient in one serving contributes to your daily diet.
- Use the %DV to determine if a serving is high or low in a certain nutrient.
  - 5% DV or less of a nutrient is low.
  - 20% DV or more of a nutrient is high.

Making healthy diet choices are important to help you feel your best and stay active. It can also help to lower your risk of health conditions and manage chronic health conditions you may already have.

The nutrition food label can help you to identify healthy foods and determine foods you should limit or avoid. The nutrition food label has a lot of important information that you can use to select foods you want to eat.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CHOOSE  
FOODS  
LOWER IN



SODIUM (SALT),  
SATURATED FATS  
ADDED SUGARS

CHOOSE  
FOODS  
HIGHER IN:



DIETARY FIBER  
VITAMIN A  
VITAMIN D  
CALCIUM  
POTASSIUM



# BUILDING RESILIENCE

You might be wondering what it means to be resilient. Well, resilience is the ability to harness your inner strength and rebound from setbacks. It gives you the strength to overcome stress or life challenges. Of course, resilience can't make your problems disappear, but it can help you move forward. With practice, resilience can help you cope with stressful situations. Try these three tasks:

“

*Life doesn't have to have a road map, and you cannot predict when negative things will happen. Just remember that overcoming twists and turns along the way is a great opportunity for growth.*

**Find purpose in each day.** This may motivate you to deal with your stress. When you wake up in the morning, tell yourself that you are engaged in something that matters. Foster self-worth and garner a sense of purpose through helping others.

**Be kind to yourself.** Remind yourself that your journey does not stop at your current roadblock, and you are doing whatever you can to find a detour. It may take time, but you will find it.

**Develop realistic goals.** This enables you to move forward even when you feel like giving up. Set one to two small goals each day that you know you can accomplish, even it is just making your bed and brushing your teeth.

Life doesn't have to have a road map, and you cannot predict when negative things will happen. Just remember that overcoming twists and turns along the way is a great opportunity for growth. Once you face hardship, you can learn to adapt and emerge even stronger than before.

If your stress is creating a lasting impact on your well-being, contact your EAP or a health professional for more guidance.

Source: NIH.gov, MayoClinic.org

Excerpt from Monthly Newsletter by The Fedeli Group





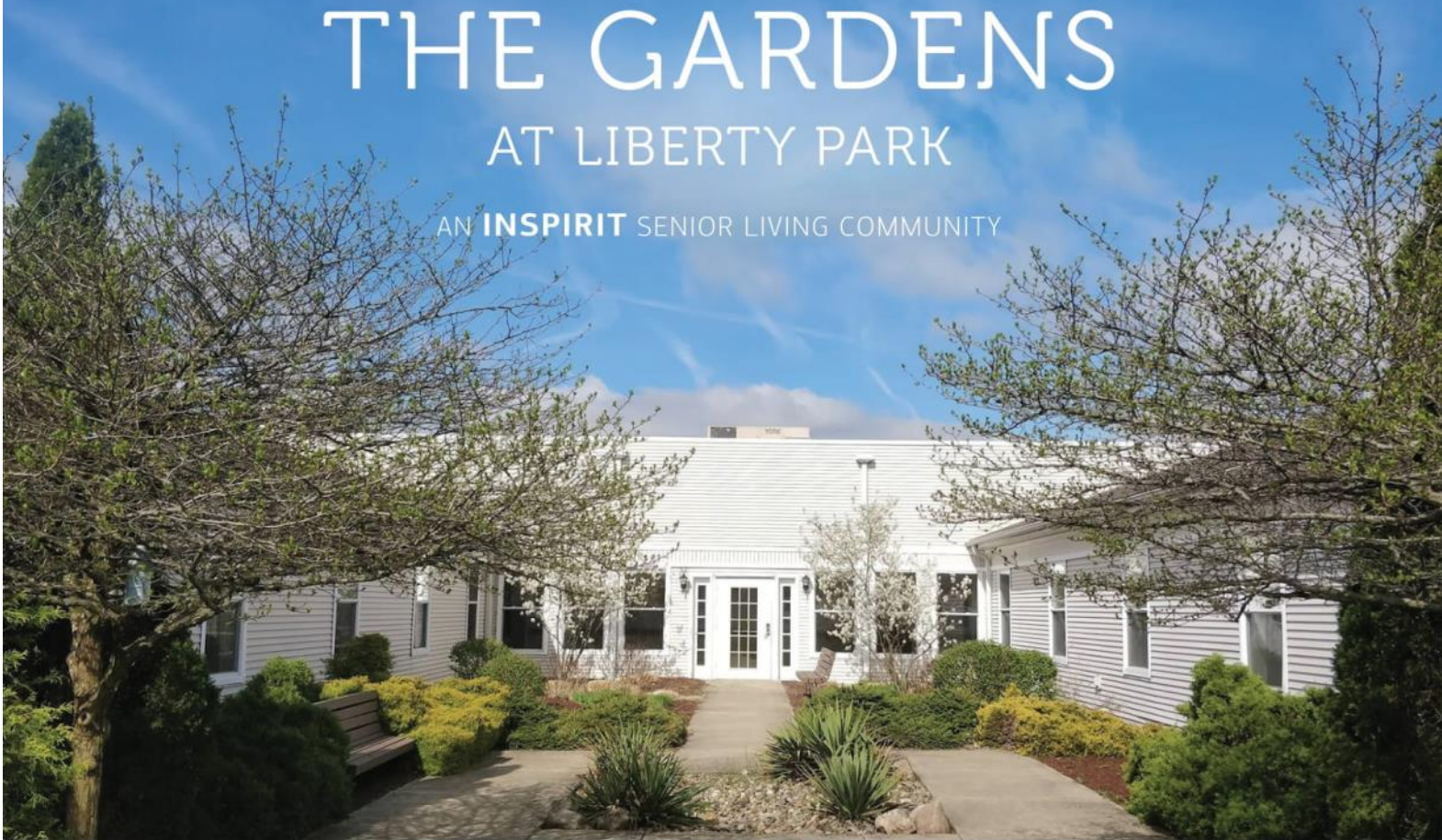
ASSISTED LIVING | MEMORY CARE | RESPITE CARE | SHORT-TERM CARE



# THE GARDENS

## AT LIBERTY PARK

AN **INSPIRIT** SENIOR LIVING COMMUNITY



LIVING YOUR  
*best*

Take advantage of our customized pricing with services provided by our dedicated staff. All residents enjoy companionship, socialization and activities in our beautiful surroundings. **To schedule a tour today** contact Molly Baker, *Community Relations Director*, at 330-342-9100.

The Gardens at Liberty Park | 9975 Greentree PKWK | Streetsboro, Ohio 4424

 [INSPIRITSENIORLIVING.COM/GARDENSLP](https://inspiritseiniorliving.com/gardenslp)



# Five Myths About Aging

## Myth 1

### The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



## Myth 2

### Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



## Myth 3

### Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



## Myth 4

### Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



## Myth 5

### Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



## INSPIRATIONAL THOUGHT

New Year. New beginnings. New resolutions. As you embrace a whole new year, be grateful for what you have achieved and set new goals for yet another year. Every year, people set resolutions but very few follow through with them. This year, remember to set realistic long-term, short-term goals that you can easily follow without taking a step back. Continue to follow your dreams and ambitions, discover new things and meet new people.

## IT'S JANUARY

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour."

"January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rainfall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come."



"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

"Ruler of new beginnings, gates and doors, the first hour of the day, the first day of the month, and the first month of the year, the Roman god Janus gave January its name. He was pictured as two-headed (both heads bearded) and situated so that one head looked forward into the new year while the other took a retrospective view. Janus also presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged, just as the New Year is a time for new objectives and renewed commitments to long-term goals."



## WINTER ONE-LINERS

What do you get from sitting on the ice too long? Polaroids!

What did one snowman say to the other snowman? Can you smell carrot?

What often falls at the North Pole but never gets hurt? Snow

What's an ig? A snow house without a loo!

Why did Frosty the snowman want a divorce? Because he thought his wife was a flake.

What time is it when little white flakes fall past the classroom window? Snow and Tell.

What is a mountains favorite type of candy? Snow caps.

What is it called when a snowman has a temper tantrum? A meltdown!

What do you call a snowman with a six pack? An abdominal snowman.

What do you call a snowman that tells tall tales? A snow-fake!

What do you get when you cross a snowman and a vampire? Frostbite.

Why do seals swim in saltwater? Because pepper water makes them sneeze!

What do you call a snowman party? A snowball.

What did the snowman eat? Icebergs with chilifce sauce.

What eight letters can you find in water from the Arctic Ocean? H to O! (H2O)

What do you call a gangster snowman? Froze-T

Which side of an Arctic Tern has the most feathers? The outside!

What do snowmen eat for breakfast? Frosted Flakes!

How does a snowman get around? He rides an icicle!

Who is Frosty's favorite Aunt? Aunt Artica!

What do you call a penguin in the Sahara desert? Lost.

What vegetable was forbidden on the ships of Arctic explorers? Leeks!

What did the snowman and his wife put over their baby's crib? A snowmobile!

What do Snowmen call their offspring? Chill-dren.

What do you call an old snowman? Water.

Why didn't the tourist in the Arctic get any sleep? He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!

If the sun shines while it's snowing, what should you look for? Snowbows.

What did one Greenland Shark say to the other? "Say, good lookin'... didn't I meet you last night at the feeding frenzy?"

Why did the farmer only wear one boot to town? He heard there would be a 50% chance of snow!





## ...WINTER ONE-LINERS *continued*

What sort of cakes do snowmen like? The ones with thick icing!  
How do you find Will Smith in the snow? You look for Fresh Prints!  
What is the favorite Mexican food of snowman? Brrrr – itos.  
What kind of money snowmen use in the North Pole? Cold cash!  
What did the snowman order at Wendy's? A Frosty.  
What did the seal say when it swam into a concrete wall? "Dam!"  
What do women use to stay young looking in the Arctic? Cold cream.  
Why was the snowman sad? Cause he had a meltdown.  
What happened when the snowgirl had a fight with the snowboy? She gave him the cold shoulder.  
How do you prevent a Summer cold? Catch it in the Winter!  
How do snowmen greet each other? Ice to meet you!  
What do you sing at a snowman's birthday party? Freeze a jolly good fellow!  
Who are Frosty's parents? Mom and Pop-Sicle!  
What sort of ball doesn't bounce? A snowball!  
What do you call a slow skier? A slopepoke!  
What did the snowman order at the fast food restaurant? An ice burger extra cheese.  
What's a good winter tip? Never catch snowflakes on your tongue until all the birds have flown south for the winter.  
What can you catch in the winter with your eyes closed? A cold.  
What do you call a reindeer with no eyes? I have no eye deer.  
What does a Snowman take when he gets sick? A chill pill.  
What did the detective in the Arctic say to the suspect? "Where were you on the night of September to March?"  
What noise wakes you up at the North Pole around March 18? The crack of dawn!

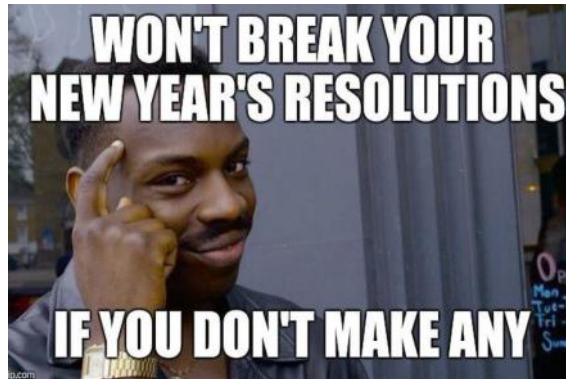


If you live in an igloo, what's the worst thing about global warming? No privacy!  
What do you call a snowman in July? A puddle.  
What did the walrus say when it was late? "I would have been here sooner, but my iceberg hit a ship."  
What did the icy Arctic road say to the truck? "Want to go for a spin?"  
What do you use to catch an Arctic hare? A hare net!  
What did the tree say after a long winter? What a re-leaf.

## SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

An **Internet meme**, more commonly known simply as a **meme** (/meem/ rhymes with team), is an idea, behavior, or style of imitation that is spread via the Internet, often through social media platforms like Facebook. Popular memes are shared for humorous purposes.

# WHAT DO YOU MEME?





## PUZZLES

### Happy New Year

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

Baby New Year  
Father Time  
Champagne  
New York City  
Party  
Dick Clark  
January  
December  
Auld Lang Syne  
Times Square

first  
noise  
kiss  
bubbly  
music  
fireworks  
clock  
horns  
celebration

countdown  
ball drop  
midnight  
first  
wristwatch  
resolutions  
confetti  
silly hats  
remembering



## WINTER BOGGLE WORD PUZZLE

B	O	S	C	A
D	L	O	T	H
F	R	U	A	P
E	I	R	Y	E
C	S	K	A	T

Directions: Link the letters together to make words. Each word must be at least 3 letters. You can link letters across, down, backwards and diagonally. There are at least 8 words that are associated with the Winter season. Write your words below. Score each word as follows:

- 3 letter word - 1 point
- 4 letter word - 2 points
- 5 letter word - 3 points
- 6 letters or more - 5 points

Winter words - 2 bonus points each

### Word List







# PUZZLES


## Winter Linkword Code

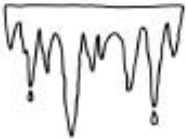
In each pair of words, the first word ends with the same letter as starts the second word. Fill in all the linked word pairs using the picture clues, then use the numbers above the boxes to fill in the coded word at the bottom of the page.



11      4


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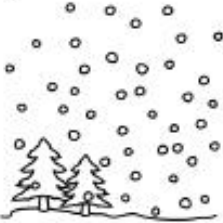




10      6


--	--	--	--	--	--	--	--	--	--






2


--	--	--	--	--	--	--






13      7

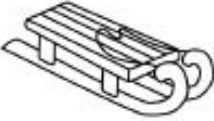
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5      8


--	--	--	--	--	--	--	--






9      1


--	--	--	--	--	--	--	--	--	--






3      12


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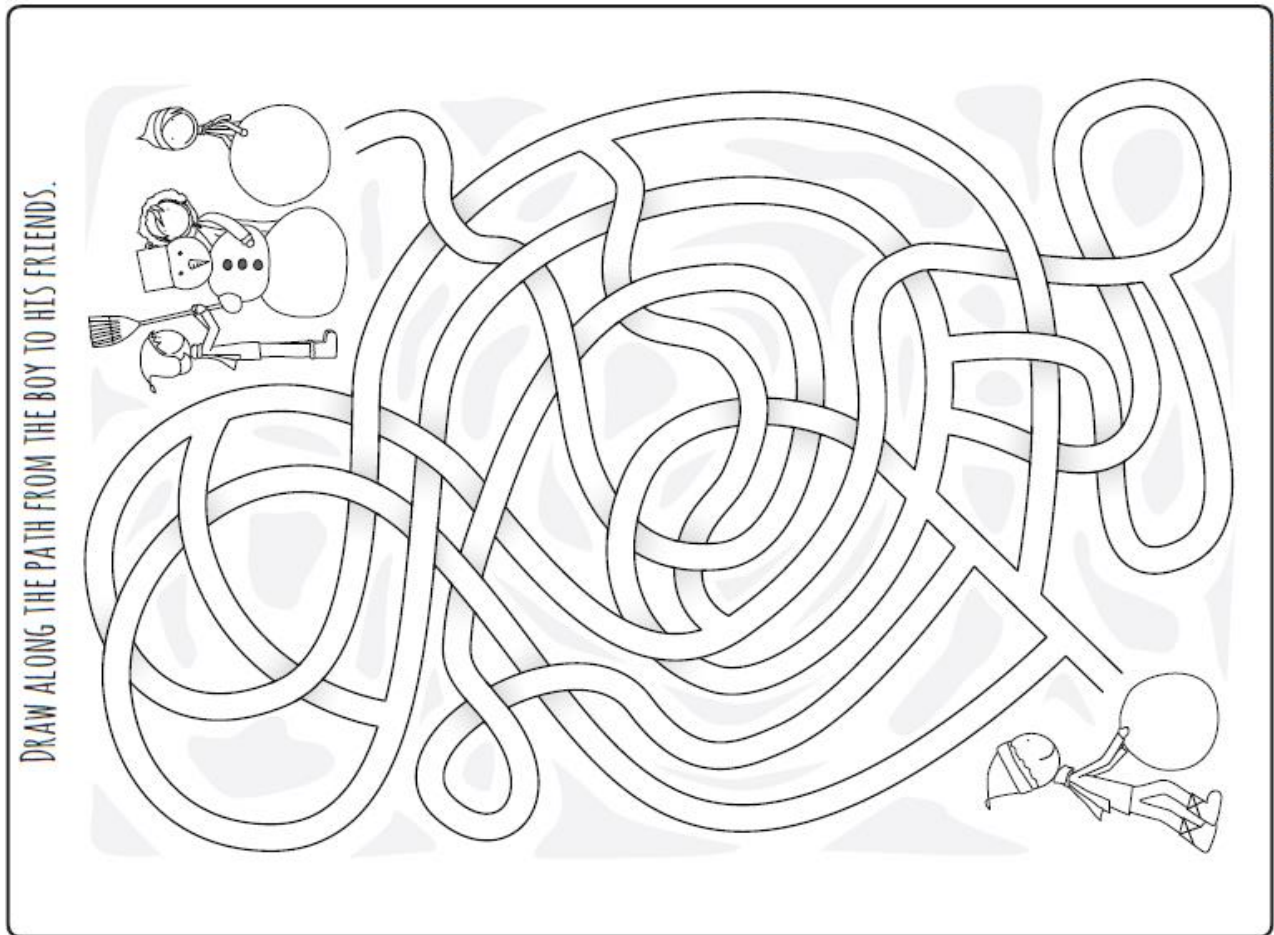
1   2   3   4   5   6   7   8      9   10   11   12   13

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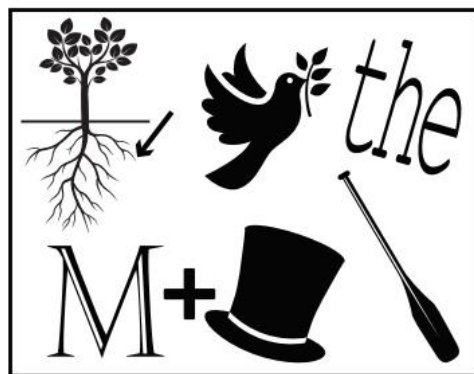


# PUZZLES

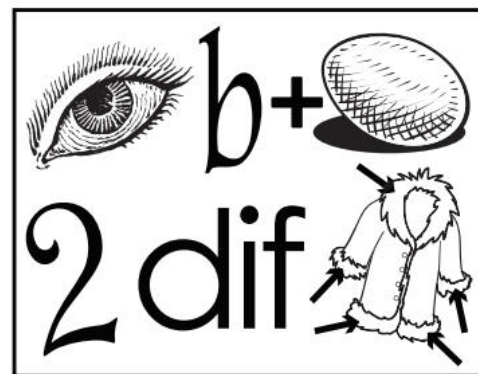


## Concentration Puzzles

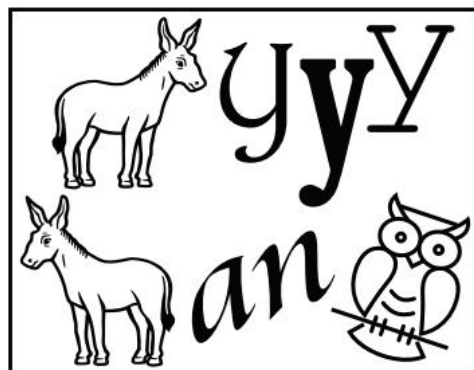
Use the visual clues in the puzzle to figure out what it says.



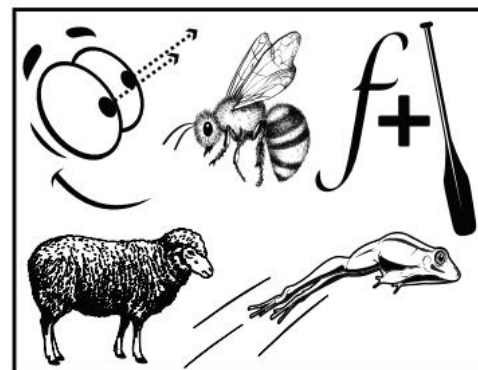
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4





## Winter Word Search

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

hotchocolate

snowflake

snowball

freezing

blizzard

skating

snowman

shovel

icicle

boots

chilly

scarf

snow

icy

toboggan

mittens

Winter

cold

plow

ski



# ANSWER KEY

**Winter Linkword Code**

**Answer Key**

11. IGLOO 4. OWL

10. ICICLE 6. SCARF

2. SNOW 7. WIND

13. SKATING 7. GLOVES

5. BOOTS 8. LED

9. FIRE 1. ARM 1. MUFFS

3. SOCK 12. SHOVEL

1. SNOW 2. BALL 3. FIGHT

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**Winter Cross Scramble**

**Across**

- KSCOS
- DINELSGD
- SISK
- REETAWS
- FAMFURES
- TIKSCESA
- DINRERE (3,6)
- GRUNCIL
- RIFE
- LUQIT
- CHOCATOO (3,5)

**Down**

- SCOS
- DINELSGD
- SISK
- REETAWS
- FAMFURES
- TIKSCESA
- DINRERE (3,6)
- GRUNCIL
- RIFE
- LUQIT
- CHOCATOO (3,5)

**Answer Key**

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## Concentration Puzzle

(solutions)

Puzzle #1 Root of the matter

Puzzle #2 I beg to differ.

Puzzle #3 As wise as an owl

Puzzle #4 Look before you leap.



## JANUARY BIRTHDAYS

Rhonda Benford-Elliott	Cynthia Gainer	Jean Rusher	Michael Umbower
Bruce Berger	Becki Gisser	Jerry Steward	Valerie Warren
Kristen Boyesen	Barbara Hanzel	Patricia Steward	Ted Wonderly
Kathy Chmura	Roseann Kisner	Carol Stover	Stella Witowski
Jeff Demartine	Karen Kundla	Frank Thome	
Carl Femc	Carole Mazanec	Pat Tyukodi	

## 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 the Recreation Office if you wish to have your anniversary date recognized in the Mini News.*

## NEW MEMBERS

Dolores Cale	Brenda Flask	Vivian Husband
Fredrick Cale	Beatrice Harris	Sherry Levy

## 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



# Medication Safety for Older Adults

Use this form to record your prescription and non-prescription medicines, vitamins and supplements. Bring it to every doctor appointment. Share the location of this with a trusted family member or friend.

Medicine I take	Why I take it	How much I take	How often I take	When I take it	Who told me to take it and when
Ex: Lisinopril	Ex: Blood Pressure	Ex: 20 mg	Ex: Daily	Ex: Bedtime	Ex: Dr. Davis, 9-1-17



Department of  
Aging

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