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Grab & Go or Stay

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.



Once you receive your meal; if you wish to stay please find a parking spot and safely enter Ellenwood Center where you'll have the opportunity to eat and have great conversation with fellow Club members. Beverages will be served.

March Meal: Corned Beef Sandwich, Chips & Pickle

Registration begins on Monday, February 28

Last Names A - L - Wednesday, March 9

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

Registration Deadline March 4

Last Names M - Z - Wednesday, March 23

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

Registration Deadline March 18



IN MEMORIAM

SHARON LEE SIMMONS

(nee Ortman) age 75, of Bedford Hts. Loving mother of Michele (Wayne) Powell, Melissa (Dave) Moore, Maureen (Doug Norman) Easton, and Mindy (B.J.) Harvey; grandmother of Terri Powell, Brianna Ford, Brooklin Ford, Brittney Moore, Caleb Easton, Corinne Easton, Devin Norman, Dylan Norman, Caitlyn Biats, Douglas Norman III, and Logan Harvey; great-grandmother of 8; aunt of 2 nieces and 4 nephews; great-aunt of 2 great-nieces and 2 great-nephews; sister of Barbara (Jack) Hirko and Kevin Ortman. Sharon was very involved with her church. She was a member of the Bedford Seniors Club, holding the office of vice-president for several years. She loved being crafty and was an avid crocheter, making hundreds of blankets in her lifetime. Sharon liked going out to lunch with her friends as often as they could. Friends received at St. John Funeral Home and church services were at Our Lady of Hope followed by burial at Bedford Cemetery.



VICTORIA DOROTHY RUSHANAN

(nee Boccuzzi), age 92, of Bedford. Beloved wife of the late Joseph; loving mother of Alan (Wen-Wen), Joseph (Valerie) and Ann Marie; grandmother of Marguerite and Jared; sister of Ida Russo, Dominic Boccuzzi and the following deceased: Vito Boccuzzi, Rose Grossenbaugh, Joseph Boccuzzi and Marie Jablonski. Friends received and services held at St. John Funeral Home followed by burial at Bedford Cemetery.

CONDOLENCES



*Condolences to Club members Barb & Jack Hirko
for the passing of their sister, Sharon Simmons.*

*Condolences to the family and friends of Warner Batten.
Warner had a long history with the City of Bedford and the
Recreation Department as a councilman, coach and volunteer.*



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

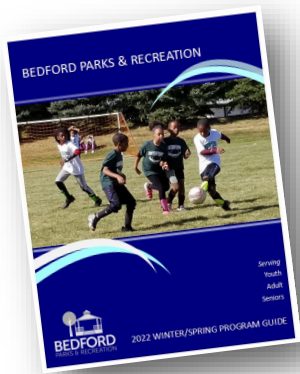
Play cards and socialize with other Club members. Playing cards can provide mental stimulation as well as improve hand and finger dexterity! Limited to 12 participants; registration preferred. Drop-ins welcome if space permits.

Location: Ellenwood Room Center 2
Dates: Weekly on Mondays
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! We have many programs for youth, adults and seniors.



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.



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

Eggstravaganza Egg Decorating – Wednesday, April 6, 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 - February 25, March 25, April 29

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

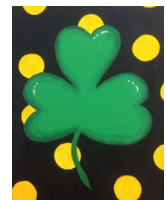
Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

Fee: Free to Bedford Senior Club members/\$15 for non-members

- **K-I-S-S-I-N-G** – Wednesday, February 16
- **Shamrock** – Wednesday, March 16
- **Bunny Crossing** – Wednesday, April 20



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

Spring Session 1

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

The **Salvation Army of Bedford** would like to help our neighbors in need. We are here to help with a variety of emergency services. Please call us at **216-623-7470**, to see how we can provide some assistance. We are looking forward to serving you!



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*

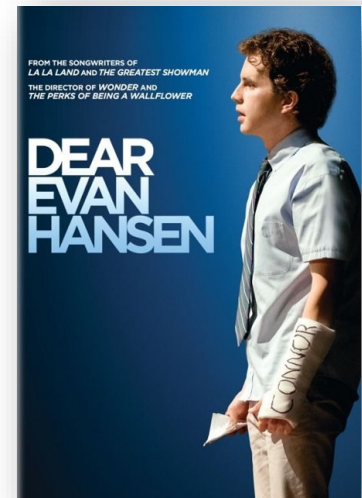
March 4: Grumpy Old Men

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.



March 18: Dear Evan Hansen

The breathtaking, generation-defining Broadway phenomenon becomes a soaring cinematic event as Tony, Grammy and Emmy Award winner Ben Platt reprises his role as Evan Hansen, an anxious, isolated high schooler and his journey of self-discovery and acceptance following the suicide of a fellow classmate. Evan is aching for understanding and belonging amid the chaos and cruelty of the social-media age.



There is space still available for:

2/11 Sixteen Candles *Rescheduled date

2/18 Respect

You can also register in advance for:

4/1 Ferris Bueller's Day Off

4/22 Jungle Cruise



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

Spring Session I

Dates: Wednesdays, March 16, 23, 30, April 6, 13

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

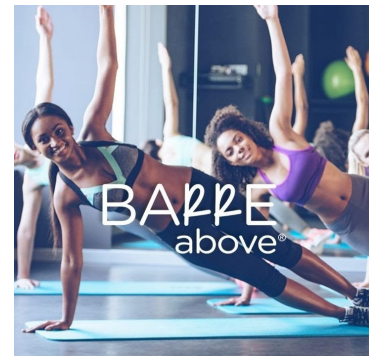
Dates: Thursdays, March 24, 31, April 7, 14

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



RECREATION PROGRAMS

Skeeball League

We are looking for new and veteran skeeballers to play in our spring/summer league starting in April. 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 experience is needed and the cost is free. Come join us and 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

Time: 9:30 am - 11:30 am

Beginning: April 6

Fee: Free to Bedford Resident Seniors

Ebay Buying & Selling

Get cash for your clutter, snap up a bargain, or find the perfect edition to your collection! Learn how to buy and sell using one of the world's premier e-commerce sites. This is an interactive lecture style class, but participants may choose to bring laptops or devices to follow along.

Instructor: Gigalearn IT

Location: Ellenwood Center Gymnasium

Date: Wednesday, February 23

Time: 7:15 pm - 8:15 pm

Fee: \$19 Bedford Resident/\$24 Non-Resident

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



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 - March 11

Time: 11:00 am - 12:15 pm

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

Bedford Food Pantry Program

The City of Bedford’s Food Pantry is a local program serving Bedford residents. To be eligible residents must submit a completed application along with proof of residency, income, and household size. Applications are available on-line at www.bedfordoh.gov or at the Bedford Parks & Recreation Department, located at 124 Ellenwood Avenue.

Completed applications along with proof of residency, income, and household size must be submitted to the Bedford Parks and Recreation Department, 124 Ellenwood Avenue. One application per household.

To be eligible; household income must be at or below the household eligibility as set forth by the Ohio Department of Job and Family Services within the Federal and State Funded Food Programs Eligibility To Take Food Home Guidelines as listed on the application.

Food is distributed at Ellenwood Center, 124 Ellenwood Avenue, the last Friday of each month from 10:00 am to 11:00 am; except November and December, in which food will be distributed the Friday prior to the holiday. Applicants may receive food service one time per month.



RECREATION PROGRAMS

Diabetes Education Class Series

Empower yourself with knowledge to prevent diabetes complications. Join us for weekly classes for discussions lead by a Registered Dietitian and Certified Diabetes Educator.

Classes will be held at: **Ellenwood Recreation Center**
124 Ellenwood Avenue
Bedford, Ohio 44146
Call 440-735-6570 to register. Space is limited



February 16, 2022 11 A.M. – 12 P.M.

Lifestyle Changes for Diabetes

We'll start our class series with the most popular topic for diabetes self-management: nutrition! We will also learn how to set goals.



February 23, 2022 11 A.M. – 12 P.M.

Lifestyle Changes part 2

We will talk about next steps for nutrition and discuss the importance of staying active.



March 2, 2022 11 A.M. – 12 P.M.

Diabetes ABCs

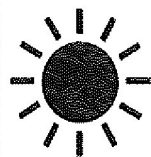
Blood sugar, blood pressure, A1c. What do all these numbers mean?



March 9, 2022 11 A.M. – 12 P.M.

Preventing Diabetes Complications

How do we prevent diabetes complications and what screenings do we need?



March 16, 2022 11 A.M. – 12 P.M.

Managing Stress and Staying Positive

We will discuss coping with stress and negative emotions as well as dealing with setbacks.



March 23, 2022 11 A.M. – 12 P.M.

Class Review

We'll play a review game to celebrate our last class and have a final Q&A.



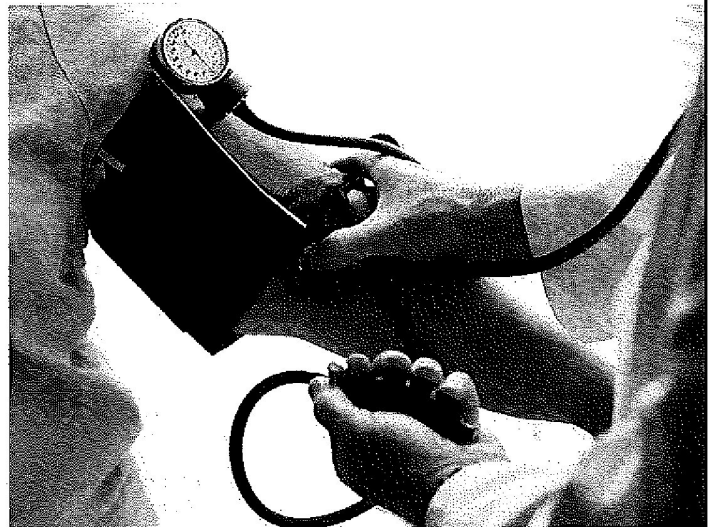
Free Blood Pressure Screenings

University Hospitals Bedford Medical Center, a campus of UH Regional hospitals, invites you to join us for free blood pressure screenings, giveaways and educational materials.

Wednesday, February 16, 2022 | 9:30 a.m. – 11 a.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, Ohio 44146



TAX PREPARATION ASSISTANCE

AARP

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. You can also visit the AARP Foundation Tax-Aide Online Tax Assistance website at 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 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

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@lockettlandscaping.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.

This year marks Cuyahoga County Public Library's 100th anniversary, and to kick-off the year-long centennial celebration, we are delighted to announce that our Board of Trustees has approved a new policy — no more daily overdue fines! And, just this once, we will forgive every cardholder any fines or fees currently on their account. It's a fresh start for everyone!

Why are we going fine free? Well, we understand that life happens, and most of us have found ourselves late at some point returning a library item. For our most vulnerable customers, those overdue fines can sometimes mean the difference between accessing important library materials or having to go without. We don't want anyone to face a financial barrier to using the library.

Why change the policy? Doesn't the Library rely on fines for its funding?

We are making this change because overdue fines are a barrier for many residents who simply cannot afford to pay if they are a few days late returning an item. Fines are a penalty, not a library reimbursement, that residents are charged even when they return an overdue item. When fines accrue over time, they represent a financial barrier that disproportionately affects low-income families and children.

Fines historically represent less than 1% of the Library's annual revenue. The value of eliminating fines and opening access far exceeds the cost.

Without a fine, what's the incentive to return material?

Having a fine on your library account is not a moral failing – it's more often an indication that we all lead busy lives, and sometimes we miss a library due date! With the new fine free policy, any library items that are not returned more than 21 days after their due date will be considered "lost." When an item is lost, borrowers are charged a replacement fee. When a lost item is returned, the replacement fee is cleared – that's a strong incentive to bring items back to the Library.

What if I don't return an item?

Borrowers with items more than 21 days past their due date will be charged a fee to replace those items. If a borrower owes between \$10 and \$99, their account will automatically convert to Opportunity Card status, which limits them to three (3) physical items checked out at a time. Accounts with more than \$100 will be blocked.

** The only exceptions to the fine free policy are bookable kits and materials checked out through OhioLink and SearchOhio, as they are items that do not belong to Cuyahoga County Public Library.*

*** The CCPL Board does not have the authority to waive fines and fees associated materials on loan from OhioLink and SearchOhio.*

CUYAHOGA COUNTY PUBLIC LIBRARY PROGRAMS

Cuyahoga County Public Library is open to walk-in traffic. Curbside and drive-through service is still available during normal operating hours.

The Bedford Branch is located at 70 Columbus Road. For more information on library services and programs, please call (440) 439-4997

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.

Bedford Branch Wednesdays, April 20, May 18/1:30 – 3:30 pm

Brook Park Branch Wednesdays, January 26, February 23, March 23, April 27, May 25/2 – 4 pm

Brooklyn Branch Monday, Feb 14/11 am– 1 pm & Mondays, March 14, April 11, May 9/11 am – 12:30 pm

Garfield Heights Branch Wednesdays, April 6, May 4 / 11 am – 1 pm

Maple Heights Branch Tuesdays, February 8, March 8, April 12, May 10 / 10 am – 12 pm

Parma Heights Branch Wednesdays, January 19, February 16, March 16, April 20, May 18 / 10 am – 12 pm

Warrensville Heights Branch Thursdays, February 10 / 1:30 – 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...

Future Proof Your Photo Memories

Tuesday, February 15: 7:00 pm - 8:00 pm (Strongsville)
Thursday, February 24: 2:00 pm - 3:00 pm (Independence)

Clear Your Clutter with Feng Shui

Tuesday, February 15: 7:00 pm - 8:00 pm (Parma-Powers)

iPhone Photography Basics

Tuesday, February 15: 7:00 pm - 8:00 pm (Maple Hts)

Power of Vision

Wednesday, February 16: 2:00 pm - 3:00 pm (Mayfield)

Jack the Ripper and Social Reform

Wednesday, February 16: 7:00 pm - 8:00 pm (Brookpark)

Gardening

Wednesday, February 16: 7:00 pm - 8:00 pm (North Olmsted)

Medieval Mirrors

Wednesday, February 16: 7:00 pm - 8:00 pm (Gates Mills)

The Personal Life of Abraham Lincoln

Thursday, February 17: 7:00 pm - 8:00 pm (Bay Village)

Find the Right Houseplant For You

Thursday, February 17: 7:00 pm - 8:00 pm (Brecksville)

Google Docs and Sheets

Wednesday, February 23: 1:00 pm - 2:00 pm

Guided Chakra Meditation

Wednesday, February 23: 7:00 pm - 8:00 pm (Chagrin Falls)
Wednesday, March 23: 7:00 pm - 8:00 pm (Chagrin Falls)

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

Thursday, February 24: 7:00 pm - 8:30 pm (Fairview Park)

African Masks

Thursday, February 24: 7:00 pm - 8:00 pm (Garfield Hts)

Five Who Chose Freedom

Thursday, February 24: 7:00 pm - 8:00 pm (Middleburg)

Starting seeds indoors - Growing plants under lights

Thursday, February 24: 7:00 pm - 8:00 pm (Maple Heights)

Seed Collections

Thursday, March 03: 7:00 pm - 8:30 pm (Garfield Hts)

Scout's Playlist

Monday, March 07: 7:15 pm - 8:45 pm (Parma-Snow)
Tuesday, March 22: 7:00 pm - 8:30 pm (Strongsville)

Plan your Walt Disney Vacation

Tuesday, March 08: 7:00 pm - 8:00 pm (Berea)

Edible Springtime Mushrooms and Plants of Northeast Ohio

Thursday, March 10: 7:00 pm - 8:30 pm (Brooklyn)
Tuesday, March 22: 7:00 pm - 8:30 pm (Bedford)

Pruning: When, Why, and How

Tuesday, March 15: 7:00 pm - 8:00 pm

Age of Disinformation

Wednesday, March 16: 7:00 pm - 8:30 pm (Chagrin Falls)

The best cut flowers for your garden - Growing great flowers for bouquets

Thursday, March 17: 6:30 pm - 7:30 pm (Maple Hts)

What is Knowledge?

Monday, March 21: 6:30 pm - 8:00 pm (Orange)
Monday, March 28: 6:30 pm - 8:00 pm (Orange)

Historical Women in Mathematics

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

Coping With Cancer, COVID, and Other Illnesses

Wednesday, March 30: 7:00 pm - 8:00 pm





DSAS' Emergency Assistance For Hardships

Have you suffered a hardship and need a little assistance? DSAS' Emergency Assistance Program can help! Eligible households can receive a one-time benefit of up to \$500 to assist with utility bills, housing or moving expenses, food and basic necessities. The 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, etc.)
- Must become a DSAS client to receive the benefit

It's easy to get started. Simply gather your documents (income or unemployment verification, proof of illness, receipts, etc.) and call DSAS at 216-420-6700. We'll establish you as a client and help you apply for the benefit.

Home Energy Assistance Program (HEAP)

The Ohio Department of Development and the Division of Senior and Adult Services want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.



Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact the DSAS Information Services Unit, at 216-420-6700. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

Staying CONNECTED

The Ohio Department of Aging (ODA) is offering a **FREE**, daily check-in by phone for Ohioans age 60 or older. This service can also connect you with aging network information and support.



Register online at www.aging.ohio.gov (preferred, if able)

-or-

Call **1-833-ODA-CHAT** (1-833-632-2428)

Get **free** COVID test kits at
COVIDtests.gov or
1-800-232-0233

- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

Anyone who asks for more information than that is a scammer.

Report them to the FTC at
ReportFraud.ftc.gov or your attorney
general at **ConsumerResources.org**.



Office of Emergency Management



Cuyahoga County
Together We Thrive

At-A-Glance Winter Storms & Extreme Cold

Winter Storm Watch: There is a possibility of a storm occurring.

Winter Storm Warning: A storm is already taking place or is expected.

Blizzard Warning - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

Before a winter storm or extreme cold...

- Listen to a NOAA Weather Radio or other local news broadcasts for critical information from the National Weather Service (NWS)
- Winterize your home to preserve heat and extend the life of your fuel supply by insulating walls and attics; clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm
- Maintain heating equipment and chimneys by having them cleaned and inspected every year
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing
- Keep vents clear
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them



Did You Know?
The worst winter storm in Ohio history struck on Thursday, January 26, 1978. Bitterly cold temperatures and winds up to 70 mph closed transportation, business, industry, and schools statewide for two days. Fifty-one Ohioans died as a result of the storm.

For additional information on blizzards, go to www.ready.gov.

During a blizzard...

- To avoid hypothermia, stay hydrated, nourished, and keep your blood flowing
- Avoid overexertion when shoveling snow; overexertion can bring on a heart attack

Sources: Federal Emergency Management Agency (FEMA)



A Preparedness Resource from
Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us
Ready.cuyahogacounty.us


[@CuyahogaOEM](https://twitter.com/CuyahogaOEM)
Facebook.com/CuyahogaOEM



COVID-19 Vaccines for Homebound Individuals

The City of Cleveland and Cuyahoga County are partnering with local entities to vaccinate homebound individuals. The Western Reserve Area Agency on Aging is screening individuals for eligibility.

Referrals can be made by contacting Western Reserve Area Agency on Aging at (216) 621-0303. When making a referral, please be prepared to provide the individual's name, demographic information, DOB, phone number, and address.

Homebound persons include those who need the help of another person or medical equipment such as crutches, a walker, or a wheelchair to leave their home, or their medical provider believes that their health or illness could get worse if they leave their home, therefore they typically do not leave their home.



CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



To check your eligibility or receive more information call or visit us at:

 **(216) 621-0303**

 **www.areaagingsolutions.org**





The Facts On Fiber

Fiber that you eat is called “dietary fiber”. Dietary fiber includes parts of plant-based foods that your body is unable to break down or absorb, but can still use.

Two Types of Fiber

Soluble Fiber

- ✔ Helps to absorb water from your food and slows down your digestion, which can help you feel fuller longer.
- ✔ Controls blood sugar.
- ✔ Removes bad fats (cholesterol).
- ✔ Maintains weight
- ✔ May reduce risk for diabetes and heart disease.



Insoluble Fiber

- ✔ Good for colon health. Helps to form the bulk of your stool. It is easy for your body to move stool that is bulky.
- ✔ Helps prevent constipation or strain when you have a bowel movement.



Tips to Increase Your Fiber:



Take a slow approach when you increase the amount of fiber you eat. This can help to prevent digestion upset, such as gas and bloating.



Drink plenty of water during the day. It is important to increase your fluid intake when you increase the amount of fiber you eat.



Look at the nutrition label. The nutrition label lists the fiber content of your food. “Dietary Fiber” will be listed in grams (“g”), under the “Carbohydrate” section.

Find out if your food has fiber in it.

Look on the label here!

Nutrition Facts	
5 servings per container	
Serving size	1/3 cup (27g)
Amount per serving	
Calories	340
% Daily Value	
Total Fat 47g	67%
Saturated Fat 19g	45%
Trans Fat 8g	34%
Cholesterol 2g	7%
Sodium 7g	18%
Total Carbohydrate 3g	8%
Dietary Fiber 3g	8%
Total Sugars 0g	0%
Added Sugars 0g	0%
Protein 22g	47%
Vitamin D 5mcg	34%
Calcium 16mg	41%
Iron 9mg	19%
Potassium 3mg	23%

Check out some great fibers to add to your next meal >>>



Slowly try
to reach your
fiber goal

WOMEN (age 51+)
at least
22 grams daily

MEN (age 51+)
at least
28 grams daily



Fiber Friendly Foods:

There are many fiber-rich foods you may enjoy. Try to increase your intake of whole grain food products (bread, cereal, and pasta), fruits, and vegetables. Fiber friendly foods include:

VEGETABLES

ARTICHOKE
BEANS
BROCCOLI
BRUSSEL
SPROUTS
CARROTS
LENTILS
LEAFY GREENS

FRUITS

AVOCADO
APPLES
BERRIES
PEACHES
PEARS
PLUMS

WHOLE GRAINS

BREADS
CEREALS
OATS
PASTAS

NUTS & SEEDS

PUMPKIN SEEDS
CHIA SEEDS
ALMONDS
PISTACHIOS

Mix it Up! Add a variety of fibers at each meal!

RECIPE OF THE MONTH



Szechuan Chicken Stir Fry

- 01** Prep the chicken: Spray a medium skillet with cooking spray. Toss chicken, corn starch, soy sauce, ginger, garlic and red pepper flakes in skillet.
- 02** Cook the chicken: Cook chicken over medium-high heat for 5 minutes, until no longer pink.
- 03** Add the vegetables: Add vegetables and broth to skillet, reduce heat to medium, cover and cook 20 minutes, stirring occasionally.
- 04** To Serve: Top with peanuts and serve over brown rice.



Scan for Nutritional Information and more!

Ingredients:

- 1 lb. boneless, skinless chicken breasts or tenderloins (can substitute lean pork or beef), all visible fat discarded, cut into 1 inch cubes
- 2 tsp. cornstarch
- 1 Tbsp. low-sodium soy sauce
- 1 tsp. jarred, minced garlic
- 1/4 tsp. red pepper flakes
- 1/4 tsp. ground ginger
- 16 oz. frozen, packaged stir-fry vegetables
- 1/4 cup low-sodium chicken broth
- 2 Tbsp. chopped, unsalted, unoiled peanuts
- 1 1/2 cup brown rice (cooked to package instructions)

Excerpt from Monthly Newsletter by The Fedeli Group

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

INSPIRATIONAL QUOTE OF THE MONTH

Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.
-William James

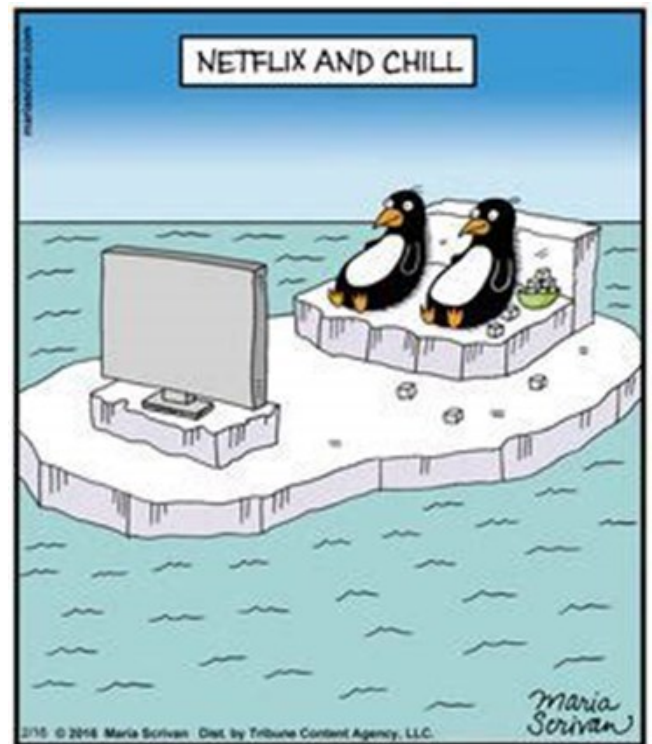
THOUGHT FOR THE DAY

Whoever loves much, performs much, and can accomplish much, and what is done in love is done well.
-Vincent Van Gogh

THE MONTH OF FEBRUARY IS NOTED FOR...

American Heart Month	An Affair to Remember Month
Black History Month	Canned Food Month
Creative Romance Month	Great American Pie Month
National Bird Feeding Month	National Cherry Month
National Grapefruit Month	National Children's Dental Health Month
National Weddings Month	Spunky Old Broads Month

The third week is noted for: International Flirting Week



VALENTINE ONE-LINERS:

What do you write in a slug's Valentine's Day card?" Be my Valen-slime!

What did the paper clip say to the magnet? "I find you very attractive."

What did the stamp say to the envelope on Valentine's Day? "I'm stuck on you!"

Why didn't the skeleton want to send any Valentine's Day cards? His heart wasn't in it.

Why did the sheriff lock up their valentine? She stole their heart.

What do you call two birds in love? Tweethearts!

How can you tell when a squirrel is in love? It goes nuts!

What did the calculator say to the pencil? "You can count on me."

How did the telephone propose to his girlfriend? He gave her a ring!

What did one oar tell the other oar? "This is so row-mantic!"

What did the light bulb say to the other light bulb? "You light my world up."

How can you get arrested on Valentine's Day? "For stealing someone's heart."

6 THINGS YOU DIDN'T KNOW ABOUT VALENTINE'S DAY

Valentine's Day is more than just a Hallmark holiday. The celebration of love actually dates back to Ancient Rome. Here are 6 Valentine's Day facts worth sharing.

1) The heart shaped boxes of chocolates were introduced in 1861. They were created by Richard Cadbury. His father John founded the Cadbury Confectionery Company. Richard eventually started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates in 1861. Today, over 36 million are sold every year.

2) Conversation candy started out as medical lozenges. In 1847, Boston pharmacist, Oliver Chase, invented a machine that simplified the lozenge production process. It also resulted in the first candy-making machine. Oliver soon shifted his focus from making lozenges to candy. He founded the New England Confectionery Company or Necco. The lozenges became what we now call Necco wafers. In 1866, Oliver's brother started printing messages onto them. By 1902, Necco began manufacturing heart-shaped candies. That's when the conversation hearts were officially born. Today, about 8 billion are produced a year.

3) The holiday generates billions of dollars. Consumers spend an estimated \$19.6 billion for the holiday. \$1.8 billion is spent on candy alone, according to the National Retail Federation. It's no surprise that jewelry is the most popular Valentine gift. A whopping \$4.7 billion is spent on rings, necklaces and more.

4) Gifting your pet is normal. In 2020, Americans spent \$751.3 million on their furry friends. Research shows 27.6 million households gave Valentine's gifts to their dogs. Meanwhile, 17.1 million households purchased presents for their cats.

5) Galentine's day is a real thing. The made-up holiday first appeared on the TV show "Parks and Recreation." Since 2010, spending on Valentine's Day gifts for friends has tripled. It's gone from \$737 million to a whopping \$2.1 billion.

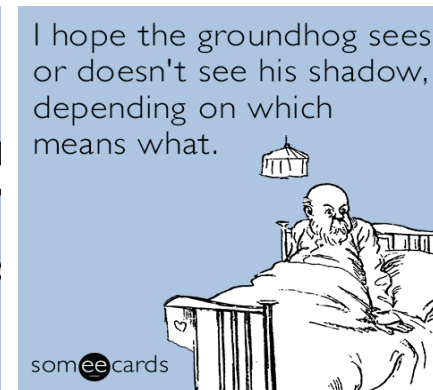
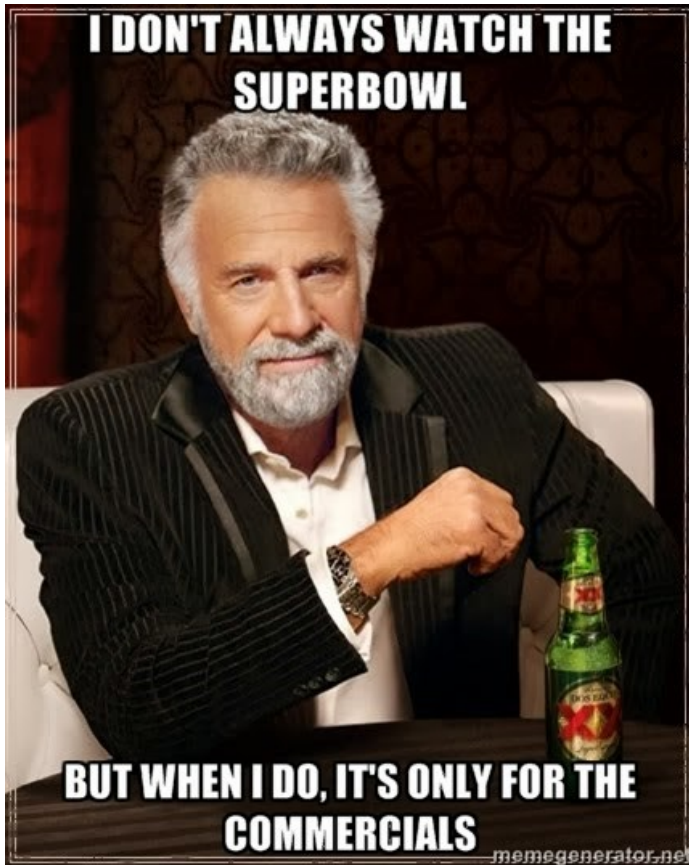
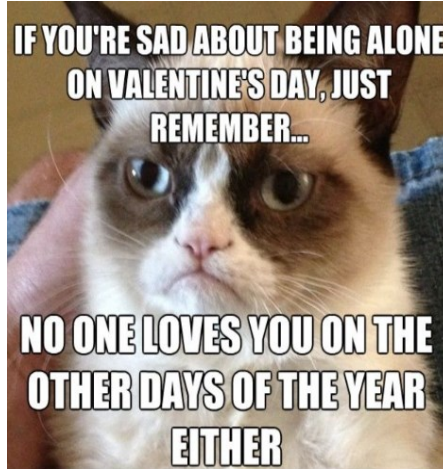
6) Millions of Valentine's cards are purchased every year. Americans exchange around 145 million of them according to Hallmark. The greeting card company introduced their first Valentine's Day card in 1913.



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?



HOW MANY WORDS CAN YOU MAKE FROM

VALENTINE'S DAY



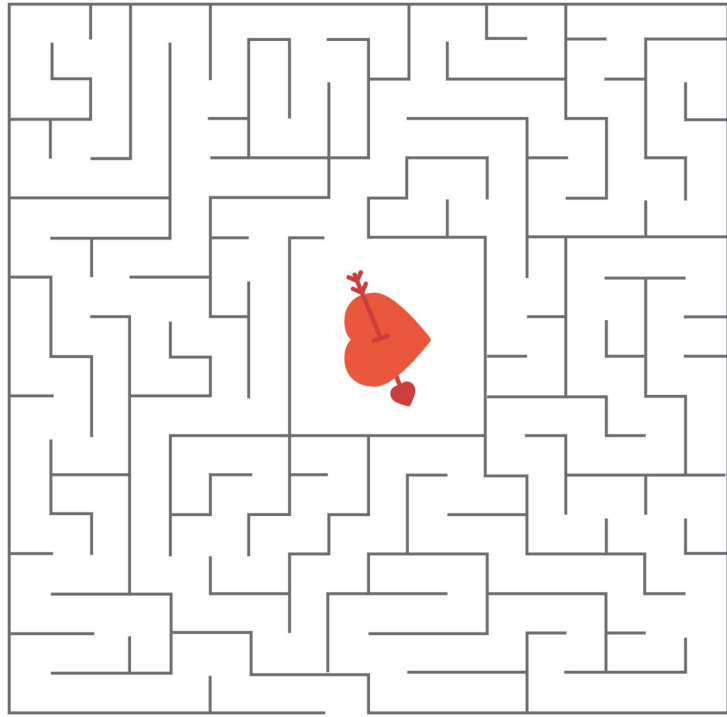
Using each letter only once, see how many different words you can make out of "VALENTINE'S DAY." Write down as many words as you can on the lines below.

- 1. _____ 16. _____
- 2. _____ 17. _____
- 3. _____ 18. _____
- 4. _____ 19. _____
- 5. _____ 20. _____
- 6. _____ 21. _____
- 7. _____ 22. _____
- 8. _____ 23. _____
- 9. _____ 24. _____
- 10. _____ 25. _____
- 11. _____ 26. _____
- 12. _____ 27. _____
- 13. _____ 28. _____
- 14. _____ 29. _____
- 15. _____ 30. _____

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!

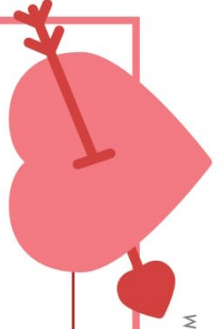


START
HERE

VALENTINE'S DAY

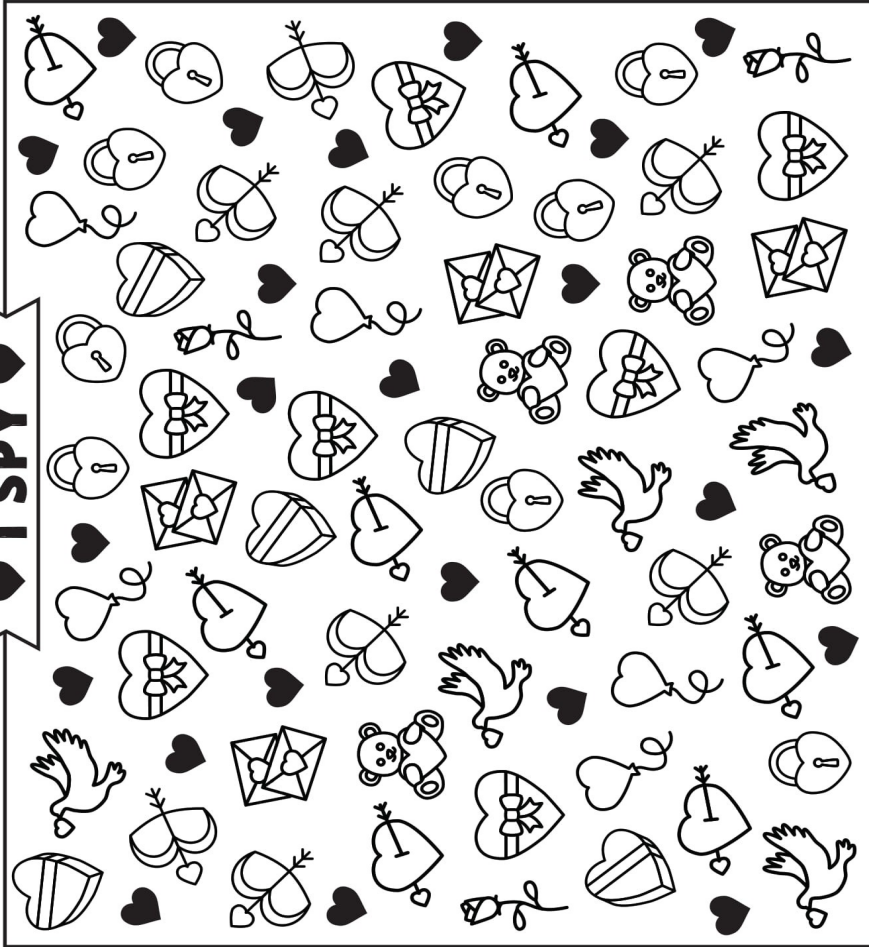
WORD SCRAMBLE

1. MARDIER _____
2. QUTBOUE _____
3. OOLTCHEA _____
4. PDU CI _____
5. WRSLEFO _____
6. AETRH _____
7. NORMCEA _____
8. WREHTTESAE _____
9. ELVNATEIN _____
10. OESRS _____
11. GHU _____
12. LEVO _____



VALENTINE'S DAY

I SPY



- | | | | |
|-------|-------|-------|-------|
| | _____ | | _____ |
| _____ | _____ | _____ | _____ |
| | _____ | | _____ |
| _____ | _____ | _____ | _____ |
| | _____ | | _____ |
| _____ | _____ | _____ | _____ |

Valentine's Day WORD SEARCH

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

BOUQUET
 FEBRUARY
 LETTER
 POEM

BOW
 FRIENDS
 LOVE
 ROMANCE
 SWEET

ST VALENTINE

CANDLE
 GIFT
 LOVEBIRDS
 ROSES
 TREATS

TEDDY BEAR

CUDDLE
 HUGS
 MAILBOX
 SMOOCH



FEBRUARY BIRTHDAYS

Marchell Adams
Joan Berger
Annette Black
Bernie Chmura
Claudette Cole

Joy Freda
Barb Hirko
Robert Johnson
Joseph Kensicki
Judith Kobus

Carolyn Kucia
Dorothy Mulh
Joe Onders
Rochelle Petak
Dale Praznik

Sandy Spinks
Barb Spencer
Gemma Telling

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

Kathy Brown
Bernadette Grant
Gloria Kado

Sarah Pillar
Brenda Ross
Tim Schwab

Chris Schwab
Edward Wetzel
Rosemarie Wetzel

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

