



# BEDFORD SENIORS CLUB MINI NEWS

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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.

### April Meal: Chicken Salad, Chips & Pickle

Registration begins on Monday, March 4

#### Last Names A - L - Wednesday, April 13

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

Registration Deadline April 8

#### Last Names M - Z - Wednesday, April 27

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

Registration Deadline April 22



# IN MEMORIAM

## Paula R.A. Mizsak

1946 - 2022



(nee DelPizzo), beloved and devoted wife of 56 years of Andrew Patrick Mizsak; loving mother of Angela (David) Paulini, Melissa (Thomas) Sainclair, and Hon. Andrew C.M. (Dana) Mizsak; Proud grandmother of Anthony, Talia, and Larissa Sainclair. Daughter of the late-Charles and the late-Palma (Santoro) DelPizzo, and born in Naples, Italy, on January 11, 1946; entered into eternal rest on February 18, 2022. Known as a loyal friend to many, "Aunt Paula" to numerous family members and friends of her kids, and as a second mom to countless others. Longest-serving woman in the government of the City of Bedford, with over 26 years of service as the

Ward 4 City Council Representative from January 1, 1996 - February 18, 2022, where she was the Dean of the Council, and the Vice Mayor from 2016-2020, and a decade of service as a Member of the Board of Zoning Appeals (1984-1994); former Elections Judge, and Democratic County Central Committee Member until her passing; volunteer for various causes and organizations - you asked, she was happy to help. Friends were received at The Johnson-Romito Funeral Home. Contributions may be made to the Cole Eye Institute at the Cleveland Clinic care of Cleveland Clinic Foundation P.O. box 931517, Cleveland Ohio 44193. To honor Paula, everyone should do something to make someone else's day a little bit better.

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

## 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

## 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

## 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



# 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.

**Eggstravaganza Egg Decorating** – Wednesday, April 6, 2:00 pm - Ellenwood Ctr Room 3  
**Aromatherapy Dough** – Wednesday, May 4, 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 - March 25, April 29, May 27

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

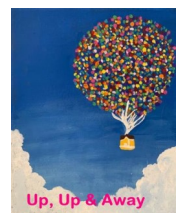
Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third Wednesday of the month

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

- **Shamrock** – Wednesday, March 16
- **Bunny Crossing** – Wednesday, April 20
- **Up, Up & Away** – Wednesday, May 18



# 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 *has one spot available*

### Session 2

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

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

## 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. No prior experience is needed and the cost is free. Come join us and get to get to know fellow members in this fun and exciting indoor activity. Call 440-735-6570 to register yourself/team.

Location: Ellenwood Center – Room 2

Dates: First & Third Wednesday of each month

Time: 9:30 am - 11:30 am

Beginning: April 6

Fee: Free to Bedford Resident Seniors



# 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.

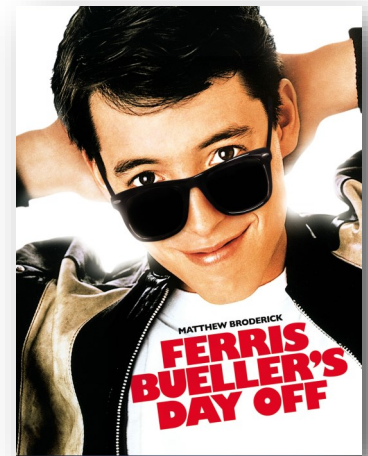
Movies start at 1:00 pm in Ellenwood Center – Room 2

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

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

### April 1: Ferris Bueller's Day Off (1986)

Ferris Bueller (Matthew Broderick) has an uncanny skill at cutting classes and getting away with it. Intending to make one last duck-out before graduation, Ferris calls in sick, "borrows" a Ferrari, and embarks on a one-day journey through the streets of Chicago. On Ferris' trail is high school principal Rooney (Jeffrey Jones), determined to catch him in the act.



### April 22: Jungle Cruise

Join fan favorites Dwayne Johnson and Emily Blunt for the adventure of a lifetime on Disney's JUNGLE CRUISE, a rollicking thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila--his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities--possessing the power to change the future of medicine. Thrust on this epic quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. But as the secrets of the lost tree unfold, the stakes reach even higher for Lily and Frank and their fate--and mankind's--hangs in the balance.



There is space still available for:

*3/11 Grumpy Old Men* \*Rescheduled date

*3/18 Dear Evan Hansen*

You can also register in advance for:

*5/6 Three Amigos*

*5/20 West Side Story*



# 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

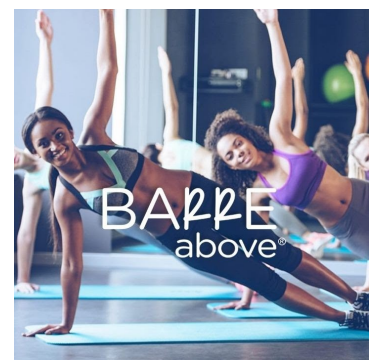
Dates: Thursdays, March 24, 31, April 7, 14

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



# Falls at Any Age: Prevention & Preparedness

University Hospitals Bedford Medical Center, a campus of UH Regional hospitals, invites you to join us for a free presentation on Falls Prevention and Preparedness.

**Wednesday, March 23 2022 | 1:30 p.m.**

## Ellenwood Recreation Center

124 Ellenwood Avenue  
Bedford, Ohio 44146

To pre-register, call Bedford Parks & Recreation Department 440-735-6570  
Or visit <https://bit.ly/2022Bedford-Falls>  
Walk-ins also welcome!



Falls can happen at any age as accidents happen, but many can be prevented by being prepared. Learn more about balance training, safety in the home, who is at risk, exercises to improve balance, and how physical therapy can help train a person for the unexpected.

Join Roxanne Pell, Physical Therapist, at UH Rehabilitation Services, as she addresses these issues and answers your questions.



**University Hospitals**  
Bedford Medical Center  
*A Campus of UH Regional Hospitals*



# NEWS FROM THE CITY OF BEDFORD

## Tax Preparation Assistance

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. Earned Income Tax Credit Coalition strongly recommends scheduling appointments online at [refundohio.org](http://refundohio.org) or by calling 211. All tax sites require an appointment, there will be no walk-in appointments.

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).

## Power Outages

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

## Daylight Saving Time

Daylight saving time begins on Sunday, March 13, 2022 at 2:00 am On Saturday night, clocks are set forward one hour to spring forward. It is also a good time to check batteries in your smoke detectors.

## 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.

## 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: March 21, April 4, April 18

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

## Friendly Reminder No Leaf Collection

Please note that there will be NO leaf collection during the spring season. If you have leaves please bag them and put them out with your trash collection on your designated day.

## Computer Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 18-22 and April 25-29 Monday through Friday between 8:00 am and 3:00 pm (NO AFTER HOURS DROP OFF); CPU's, monitors, keyboards, tablets, software and cell phones. Bedford residents only, no businesses.

## Household Hazardous Waste Round-up

The following can be dropped off at the Service Garage, 100 Solon Road, April 18-22 and April 25-29 Monday through Friday between 8:00 am and 3:00 pm (NO AFTER HOURS DROP OFF); Sealers, primers, or coatings – Varnishes, polyurethanes, shellacs – Paint thinner, mineral spirits, turpentine – pesticides, herbicides, fungicides – caustic household cleaners – automotive fluids, motor oil, car batteries – adhesives, roof tar, driveway sealer – kerosene, gasoline, lighter fluid, mercury. CFL – Compact or tube fluorescent bulbs are not accepted in our round up. NO LATEX PAINT ACCEPTED, (Remove lid, add drying agent such as kitty litter, oil dry, or let completely air dry until contents are solid) then set out with your household trash. Bedford residents only, no businesses. There will be a Saturday drop off date for Household Hazardous Waste and the Computer Round-Up open to residents on Saturday, April 23 from 9:00 am to 12:00 pm.

## News from The Bedford Historical Society

Put your Irish on: Join us March 11 at 7:00 pm as we welcome Celtic Rush in the lower Community Hall at the Old Church on the Commons, 750 Broadway Ave. Cost is \$5 per person at the door. All proceeds benefit the Historical Society and Town Hall Museum. Celtic Rush is a traditional Irish band with a nontraditional twist. They are a group of friends who have enjoyed performing throughout Northeast Ohio. The group performs including fiddle, guitar, tin whistle, upright bass, mandolin, and Irish drum. Come out for some fun and entertainment! The Museum hours are Tuesday and Thursday 10:00 am - 4:00 pm and Wednesday and the second Saturday of the month 2:00 pm-8:00 pm The new Museum Store is open Tuesday - Saturday 10:00 am-2:00 pm Come see what's new for Spring and St. Paddy's Day!



# CITY OF BEDFORD

## 2022 LANDSCAPE LIST FOR SENIORS

*Last Revised 3/8/2022*

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

- Senior Discount Offered
- Price depends on lawn size
- Discounts with seasonal contracts

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**Anthony Coleman**  
**(216) 205-8960**

- Senior Discount Offered
- Price depends on lawn size
- Fall and spring cleanup available

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**Gales Landscaping**  
**(216) 315-5216**

- Senior Discount Offered
- Price depends on lawn size

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

- 20% Senior Discount Offered
- Price depends on lawn size
- Bushes/shrub trimming available

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

- Senior Discount Offered
- Price depends on lawn size

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**Pro-Mow Landscaping**  
**(440) 439-4456**  
**(216) 276-3399**

- Senior Discount Offered
- Price depends on lawn size

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**Jim Westfall**  
**(440) 232-0544**

- Senior Discount Offered
- Price depends on lawn size & difficulty
- One-time cuts and seasonal contracts
- Spring cleanup available

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

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



The Bedford Branch is located at 70 Columbus Road.  
For more information or to register for a program, 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, March 23, April 27, May 25 / 2 – 3:30 pm
- Brooklyn Branch** 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, March 8, April 12, May 10 / 10 am – 12 pm
- Parma Heights Branch** Wednesdays, March 16, April 20, May 18 / 10 am – 12 pm
- Parma-Snow Branch** Tuesdays, April 5, May 3 / 3:30 pm – 5 pm
- South Euclid-Lyndhurst Branch** Tuesdays, April 26, May 24 / 10 am – 1 pm
- Warrensville Heights Branch** Thursdays, March 10, April 14, May 12 / 1:30 – 3:30 pm

## Afternoon Book Discussion

**Bedford Branch (in-person) - Wednesday, March 30 2:00 pm - 3:00 pm**

Join us for a lively and thoughtful discussion of Faye, Faraway by Helen Fisher. "Faye's mother Jeanie died when she was only seven years old and she has never gotten over the intense pain of losing her. One day, her life is turned upside down when she finds herself in 1977, the year before her mother died. Suddenly, she has the chance to reconnect with her long-lost mother, and even meets her own younger self, a little girl she can barely remember. The two women become close friends, but Faye is terrified of revealing the truth about her identity. A moving, heartfelt debut novel for fans of *The Time Traveler's Wife* and *Outlander*, *Faye, Faraway* is a brilliant exploration of the grief associated with unimaginable loss and the magic of being healed by love. This event will be held in person.

Happening Now!

# POP-UP BOOK SALE

Fill a bag for only one dollar!  
All proceeds go to the Friends of the Library to support Bedford Branch programming!





# CUYAHOGA COUNTY PUBLIC LIBRARY

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

### **3D Design Basics**

Monday, March 14: 7:00 pm - 8:00 pm (Parma-Snow)  
Tuesday, March 15: 2:00 pm - 3:30 pm (Mayfield)

### **Pruning: When, Why, and How**

Tuesday, March 15: 7:00 pm - 8:00 pm (Beachwood)

### **Learn the Basics of Writing Fiction**

Tuesday, March 15: 7:00 pm - 8:30 pm  
Tuesday, April 12: 7:00 pm - 8:30 pm

### **Shut Up and Write!**

Wednesday, March 16: 1:30 pm - 3:30 pm  
Wednesday, March 23: 1:30 pm - 3:30 pm  
Wednesday, March 30: 1:30 pm - 3:30 pm  
Wednesday, April 06: 1:30 pm - 3:30 pm  
Wednesday, April 13: 1:30 pm - 3:30 pm

### **What is Knowledge?**

Monday, March 21: 6:30 pm - 8:00 pm (Orange)  
Monday, March 28: 6:30 pm - 8:00 pm (Orange)  
Monday, April 04: 6:30 pm - 8:00 pm (Orange)

### **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)  
Tuesday, April 05: 7:00 pm - 8:30 pm (Orange)

### **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)  
Tuesday, April 05: 7:00 pm - 8:30 pm (Berea)

### **Writing Life's Stories**

Thursday, March 17: 6:30 pm - 8:30 pm  
Thursday, March 24: 6:30 pm - 8:30 pm  
Thursday, March 31: 6:30 pm - 8:30 pm  
Thursday, April 07: 6:30 pm - 8:30 pm

### **Scout's Playlist**

Tuesday, March 22: 7:00 pm - 8:30 pm (Strongsville)  
Thursday, April 07: 7:00 pm - 8:30 pm (Independence)

### **Guided Chakra Meditation**

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

### **Genealogy Tracers**

Saturday, March 26: 10:00 am - 12:30 pm (Warrensville)

### **Plan your Walt Disney Vacation**

Tuesday, March 29: 7:00 pm - 8:00 pm (Berea)

### **Historical Women in Mathematics**

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

### **Coping With Cancer, COVID, and Other Illnesses**

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

### **Getting Started with Herb Gardening**

Saturday, April 02: 11:00 am - 12:00 pm (Bedford)

### **You Must Learn - A Discussion About Cleveland's Hip Hop**

Tuesday, April 05: 7:00 pm - 8:30 pm (Parma Hts)

### **Vegetable Gardening--All You Need to Know**

Thursday, April 07: 2:00 pm - 3:00 pm (Fairview Park)

### **80 Years of NASA: My History as a NASA Employee**

Saturday, April 09: 11:00 am - 12:00 pm (Brookpark)

### **Rust Belt Mall Walker**

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

### **Theodore Roosevelt: A Remarkable Conservationist**

Thursday, April 14: 2:00 pm - 3:00 pm (Middleburg)



# Library *2* *you*

## FREE DELIVERY SERVICE FOR THE HOMEBOUND

Cuyahoga County residents who are unable to visit Cuyahoga County Public Library due to permanent or temporary impairment or disability may be eligible for our free Library2You delivery service.

[CUYAHOGALIBRARY.ORG/LIBRARY2YOU](http://CUYAHOGALIBRARY.ORG/LIBRARY2YOU)

## ABOUT LIBRARY2YOU

Library2You is a FREE service that delivers library materials to homebound individuals through the United States Postal Service.

You must own a Cuyahoga County Public Library card to use our Library2You delivery service.

## WHO IS ELIGIBLE FOR LIBRARY2YOU?

- Frail older adults ages 60+
- Individuals who are physically, visually and/or mentally impaired
- Individuals who are temporarily homebound

## HOW TO APPLY

Visit [cuyahogalibrary.org/Library2You](http://cuyahogalibrary.org/Library2You) and complete our Library2You service application, or call our Adult Service Department at **216.749.9307**.



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. Call us at **216.749.9420** to make an appointment with one of our Digital Navigators.

Appointments slots are available at the Bedford Branch:

- Monday, March 21<sup>st</sup> 9:00 am—1:00 pm
- Tuesday, March 22<sup>nd</sup> 10:00 am—2:00 pm
- Wednesday, March 23<sup>rd</sup> 10:00 am—2:00 pm
- Thursday, March 24<sup>th</sup> 10:00 am—2:00 pm

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



# Connecting the Unconnected

## Free Computers for Eligible Seniors

Are you a Cuyahoga County resident age 60 or older without a computer? Are you low-income or receiving government assistance? You may be eligible for a free computer through this program, designed to help low-income residents bridge the digital divide.

### How It Works:

- 1** Visit [pcsforpeople.org/ohio](http://pcsforpeople.org/ohio) to check your eligibility and register for a computer. Check your email for follow-up instructions!
- 2** Pick up your computer at a participating local library near you
- 3** Read over the “resource card” that comes with your computer to learn how to obtain an internet connection, and where to find help in learning to use your computer.
- 4** Enjoy being connected!



Click Here or Scan the QR Code for a Tutorial Video

Questions?  
[cuyahoga@pcsforpeople.org](mailto:cuyahoga@pcsforpeople.org)  
or 216-777-4441 (leave a message)

# Register for Your Free Computer Today!

## Senior Eligibility Requirements

- Must be a Cuyahoga County resident, 60 years of age or older
- Must be 200% below the poverty line and / or receiving government assistance
- Must provide a copy of photo ID
- Must provide an income verifying document dated within the last 6 months with the recipient's name

## Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Zip: \_\_\_\_\_

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_

## Choose Your Pick Up Location

- Cuyahoga County Public Library Maple Heights Branch**  
5225 Library Ln, Maple Heights, OH 44137
- Cuyahoga County Public Library Fairview Branch**  
21255 Lorain Rd, Cleveland, OH 44126
- Cuyahoga County Public Library Solon Branch**  
34125 Portz Pkwy, Solon, OH 44139
- Cuyahoga County Public Library Parma Branch**  
6996 Powers Blvd, Parma, OH 44129
- Cuyahoga County Public Library Warrensville Branch**  
4415 Northfield Rd, Warrensville Heights, OH 44128
- Cleveland Public Library Woodland Branch**  
5806 Woodland Ave, Cleveland, OH 44104
- Cleveland Public Library S. Brooklyn Branch**  
4303 Pearl Rd, Cleveland, OH 44109
- Cleveland Public Library West Park Branch**  
3805 W 157th St, Cleveland, OH 44111
- East Cleveland Public Library**  
14101 Euclid Ave, Cleveland, OH 44112
- Euclid Public Library (laptops only)**  
631 E 222nd St, Euclid, OH 44123

## Select Your Device

- Desktop
- Laptop (may be delayed)

## Mail Application and Documents

PCs for People

3126 St. Clair Avenue, NE

Cleveland, Ohio 44114

## Questions?

[cuyahoga@pcsforpeople.org](mailto:cuyahoga@pcsforpeople.org)

216-777-4441

## Need Help Setting Up Your Email?

Contact Ashbury Senior Computer Community Center (ASC3) at 216-202-4292 or [info@asc3.org](mailto:info@asc3.org) or stop by the Center located at 11011 Ashbury Ave. Cleveland, OH 44106



Connecting  Unconnected  
Free Computers for Eligible Seniors



Cuyahoga County  
Division of Senior  
and Adult Services



pcsforpeople







**CHN**  
**Housing Capital**

*an affiliate of CHN Housing Partners. SM*



# Home Repair Loan

Up to **\$20,000**  
for eligible homeowners

Home repair loan will be provided as a 0% deferred second mortgage payable upon resale of the home.

## Eligible Homeowners

Eligible homeowners will have incomes at or below 120% AMI for the county, and will be current on their real estate taxes or currently in a payment plan with the county.

## Eligible Homes

Eligible homes are located in communities within Cuyahoga County and are single-family and owner-occupied.

## Eligible Repairs

Examples of repairs may include: roofs, porches, gutters, HVAC, plumbing, electrical, walks and driveways.

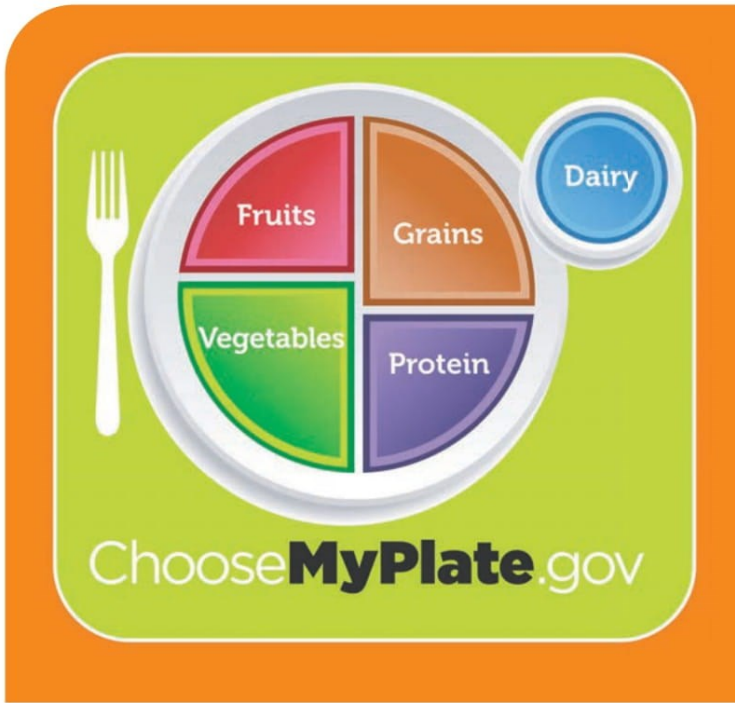
# Apply Now

[chnhousingcapital.org/homerepair](http://chnhousingcapital.org/homerepair)

2999 Payne Ave. Ste 134  
Cleveland, Ohio 44114

855-764-LOAN (5626)  
NMLS #1798137





# Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



## Fruits

### FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



## Vegetables

### VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



## Protein

### VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



## Grains

### MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



## Dairy

### MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1½ ounces of hard cheese.





# RECIPE OF THE MONTH



## Southwestern Quinoa and Egg Breakfast Bowl

- 01** Cook the quinoa: Cook the quinoa according to the package directions. Remove from the heat.
- 02** Prep the bowls: Spoon the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro.
- 03** Cook the egg: Lightly spray a large skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs. Cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny.
- 04** To serve: Using a spatula, carefully transfer one egg sunny side up into each of the bowls. Sprinkle with the hot sauce.

### Quick Tips:

- For a quicker breakfast, substitute hard-boiled eggs that have been made in advance for the sunny side up eggs.
- Keep it Healthy: The sodium content of hot sauce varies among products so compare Nutrition Facts labels and choose the option with the lowest sodium.
- Because cooked quinoa freezes well, consider making a double batch and storing the remaining portion in an airtight freezer container. When ready to eat, transfer the quinoa to a microwavable bowl, add a few teaspoons of water, and microwave it. Or let the frozen quinoa thaw in the refrigerator and enjoy it in a salad.

### Ingredients:

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- Red hot-pepper sauce to taste (optional)



Scan for  
Nutritional  
Information  
and more!

Excerpt from Monthly Newsletter by The Fedeli Group



# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## SOME NOTABLE & WACKY MARCH DATES

- 3/1 – Zero Discrimination Day
- 3/2 – Read Across America Day
- 3/3 – World Wildlife Day
- 3/5 – Employee Appreciation Day
- 3/6 – National Oreo Day
- 3/7 – National Cereal Day
- 3/8 – International Women’s Day
- 3/11 – World Kidney Day
- 3/12 – World Sleep Day
- 3/14 – National Pi Day, Daylight Savings Begins
- 3/15 – Consumer Rights Day
- 3/16 – Freedom of Information Day
- 3/17 – St. Patrick’s Day
- 3/19 – St. Joseph Day, Red Nose Day
- 3/20 – First Day of Spring, International Day of Happiness
- 3/21 – World Poetry Day
- 3/22 – World Water Day
- 3/23 – World Meteorology Day, National Puppy Day
- 3/24 – World Tuberculosis Day
- 3/25 – International Waffle Day
- 3/27 – Passover Begins, World Theatre Day
- 3/28 – Palm Sunday
- 3/29 – Vietnam War Veterans Day
- 3/30 – National Doctor Day, World Bipolar Day
- 3/31 – International Transgender Day of Visibility

## DID YOU KNOW?

The entire month of March is designated for these causes:

- Women's History Month
- Deaf History Month
- National Craft Month
- Optimism Month
- Honor Society Awareness Month
- National Foreign Language Month
- Irish American Heritage Month
- National Ethics Month
- Expanding Girls' Horizons in Science and Engineering
- Bleeding Disorders Awareness Month
- National Cheerleader Safety Month
- National Kidney Month
- National Nutrition Month
- National Colorectal Cancer Awareness Month
- Save Your Vision & Workplace Eye Wellness Month
- Problem Gambling Awareness Month

The spotlight is on these causes for a single week in March:

- Read an E-Book Week (second week)
- National Bubble Week (second week)
- Celebrate Your Name Week (second week)
- Act Happy Week (starts on third Monday)
- International Brain Awareness Week (third week)
- World Folklore Tales and Fables Week (fourth week)
- National Poison Prevention Week (fourth week)
- Tsunami Preparedness Week (fourth week)
- Act Happy Week (starts on third Monday)

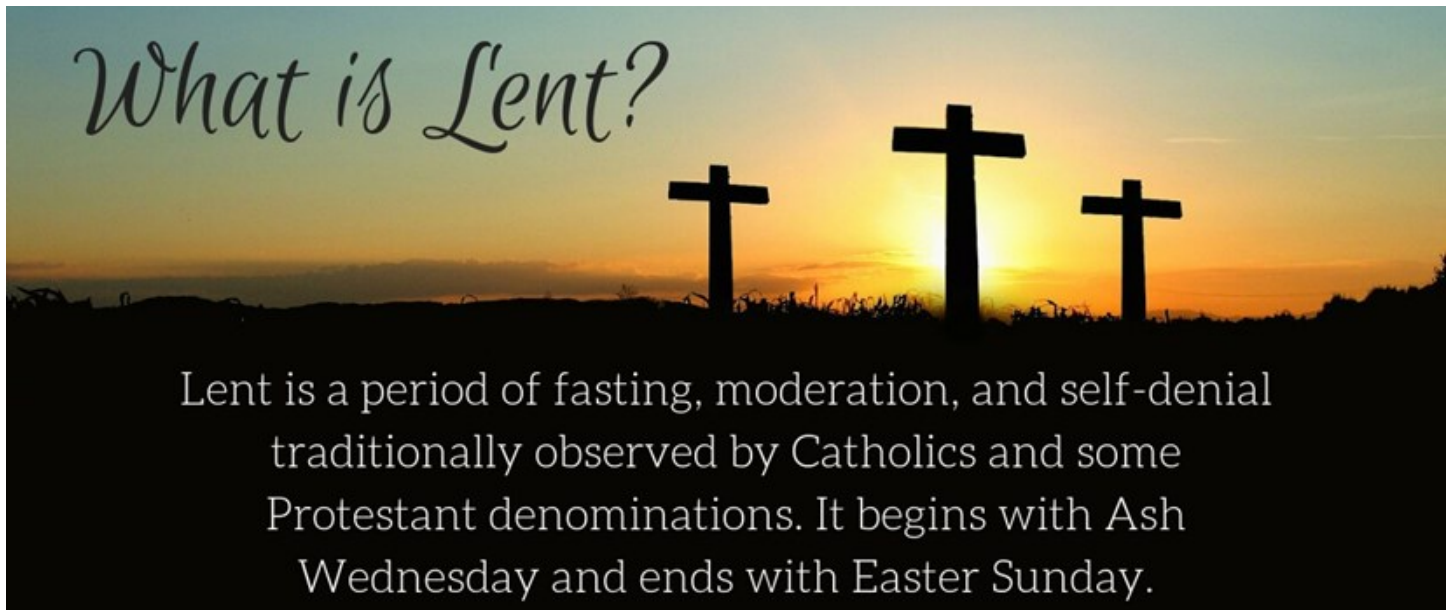


## INSPIRATIONAL THOUGHT

*You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth.* -William W. Purkey

## THOUGHTS TO PONDER

*The only person you are destined to become is the person you decide to be.* -Ralph Waldo Emerson



## LENTEN LAUGHS

Why can't muggers catch Catholics during Lent? They fast.

Did you know Sean Connery used to save the egg shells from pancake day and paint them to use for egg hunts at Easter? It was an egg shell lent idea

I gave up cleaning the dryer filter... ...for lent.

It's almost Lent again - The time when 9 out of 10 Catholics go "Ok, it's time to pretend I'm fully committed to this whole 'being Catholic' thing."

There's a joke in there somewhere about keeping the Lent in VaLENTine's... ...but I gave up trying to find it.

I lent a friend of mine \$10,000 for plastic surgery Now I don't know what he looks like.

I'm giving up negativity for lent. We'll see how long that lasts.

I'm giving up self control for lent. It's going to be so hard!

I asked my friend what he gave up for lent... He said Christianity.

Moderation is a very good thing! It's so good, in fact, that I've given it up for Lent.

When is the best time to run a marathon? During Lent. That's when you fast.



# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## MARDI GRAS HUMOR

What is the difference between Fat Tuesday and Mardi Gras? Mardi Gras is an all-night party in New Orleans, Fat Tuesday is who you wake up with the morning after!

What's the problem with jogging during Mardi Gras? The ice falls out of your drinks!

How do you start a Mardi Gras parade on bourbon street? Roll a 40 down the street.

I love Mardi Gras with every bead of my heart.

What do you call a hamburger covered in beads?  
A French Quarter pounder.



**WHAT DO YOU  
MEME?**



# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## WHO WAS ST. PATRICK ANYWAY?



St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all of his prevalence in culture, namely the holiday is held on the day of his death that bears his name. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling.

St. Patrick was born in Britain—not Ireland—to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. At the age of 16, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity.

During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. He escaped and returned to Britain, but began to dream of converting the Irish people to Christianity. After his ordination as a priest, he was sent to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

## IRISH HUMOR

What did Saint Patrick say when he drove all the snakes out of Ireland? "Everyone got seat belts on back there?"

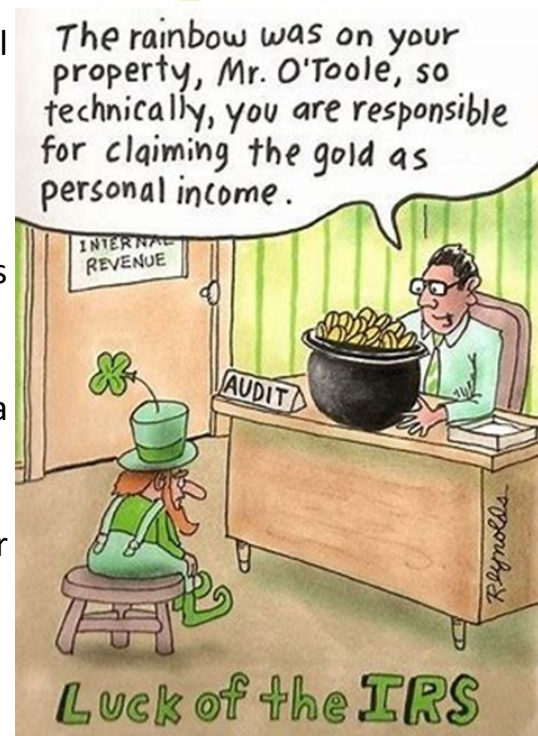
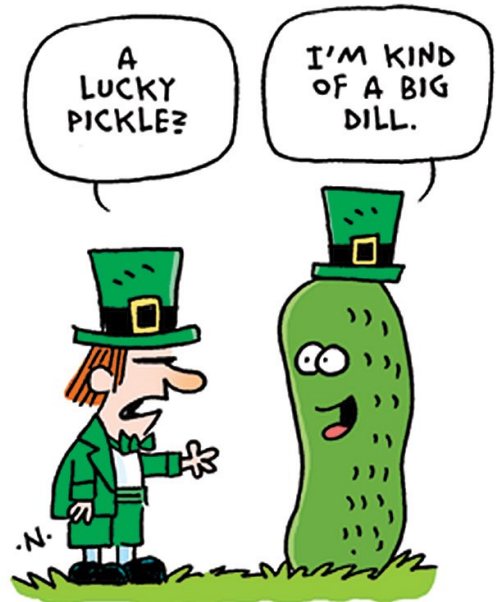
Why do people wear shamrocks on St. Patrick's Day? 'Cause real rocks are too heavy!

What's big and purple and lies next to Ireland? Grape Britain!

Why did St. Patrick drive all the snakes out of Ireland? Airplanes weren't invented yet.

How can you tell if a potato is not from Ireland? When it's a French fry.

How can you tell if a leprechaun likes your joke? He's Dublin over with laughter!





## The Priest & The Bus Driver

A priest and a bus driver both died and went to Heaven at the same time. They get to the pearly gates where Pope St. Peter greets them. He motions to the priest, and they both hop in a jeep and go out the back door. There are about 50 acres of rolling hills with a little cottage on the knoll.

St. Peter turns to the priest and says "This will be yours for eternity. A perfect little cottage, right next to lovely pond, a lush little garden, and a library full of books."

The priest says, "Thank you so much. This I shall enjoy!" St. Peter drops off the priest, goes back to the pearly gates and motions to the bus driver.

They hop in a stretch limo and go out the front door. There are about 500 acres of land, with mountains and lakes and rivers. There is a huge 200-room castle on one of the mountains, and a wishing well that makes wishes come true. St. Peter says "This will be yours for eternity. You can live in that castle with servants to wait on you hand and foot, and you can have everything you want."

The bus driver looks at St. Peter and says "Well, now, don't think I'm not grateful, but why am I getting so much more than the priest?"

St. Peter just laughs and says "You brought more souls to Heaven! When the priest preached, everyone fell asleep. When you drove your bus, people prayed!"

## Water Into Wine

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water," says the priest, fingers crossed. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"



 ST. PATRICK'S DAY WORD SEARCH 

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish  
Emerald  
Clover  
Lucky'  
Ireland

Parade  
Leprechaun  
Patrick  
Gold  
Rainbow

Pot  
Shamrock  
Green  
Saint  
March

# Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O



SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L		
		K	S	L		U		
U		N				I		
						K	C	
L					K	I		
K		U					S	
					C	L		I
C	U	I	K		L	S		
			G		N		U	

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
	I			L	S





# St. Patrick's Day

## Fit the Word Crossword Puzzle

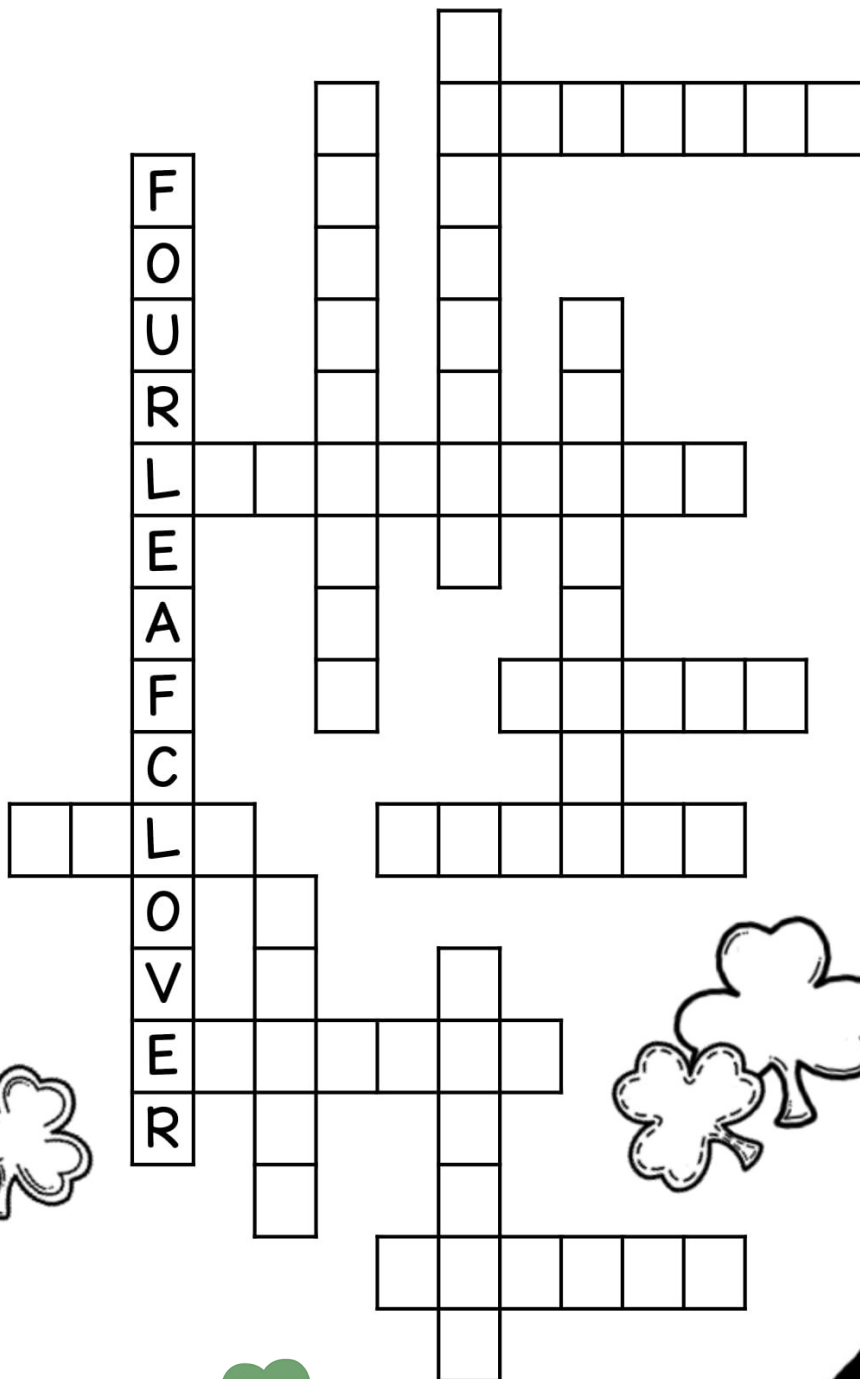
Fit each word on the left in the puzzle below. There is only one correct place for each word.

### ACROSS

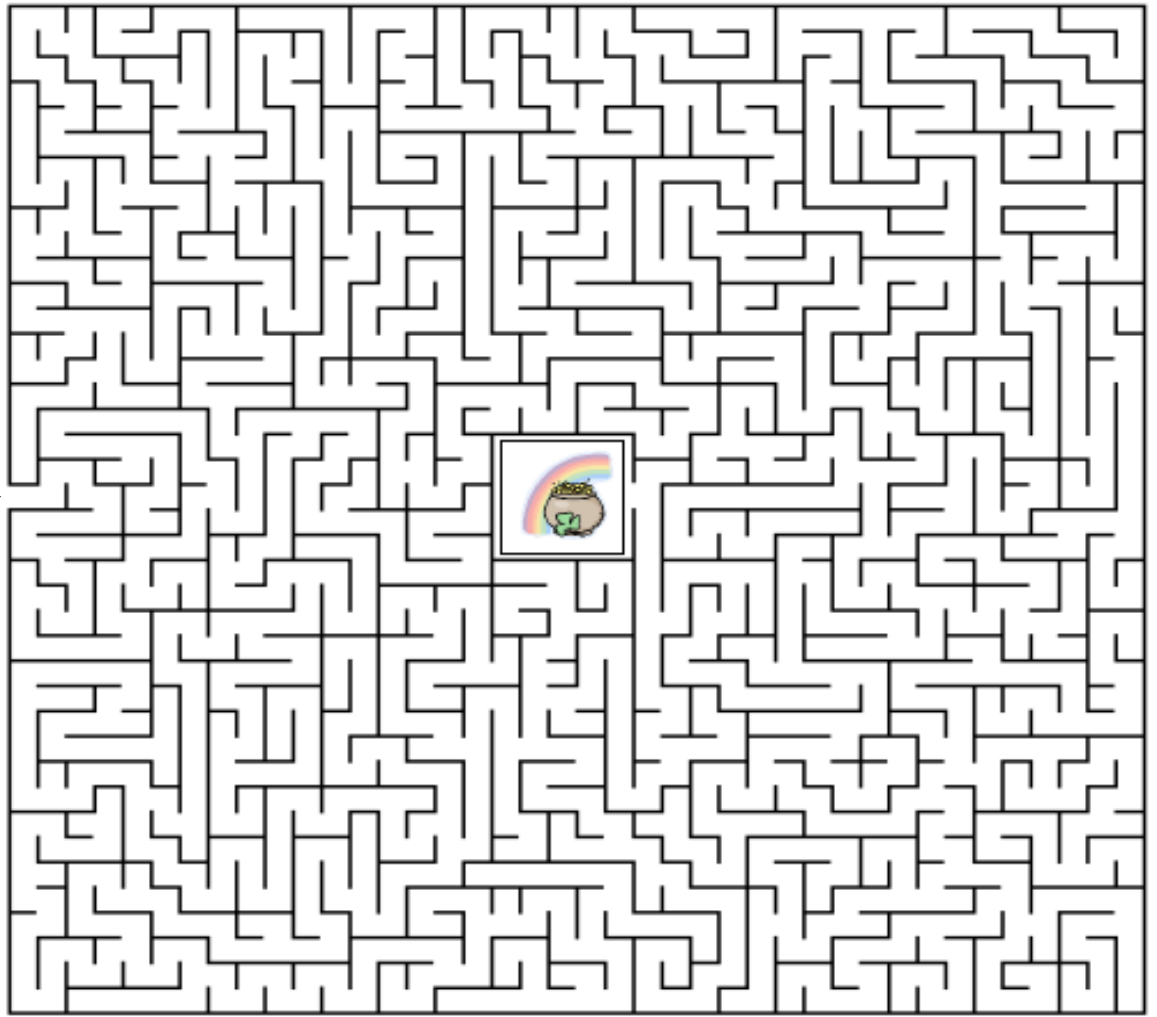
- LEPRECHAUN
- EMERALD
- COINS
- SNAKES
- IRELAND
- GOLD
- LEGEND

### DOWN

- CELEBRATE
- SHAMROCK
- LIMERICK
- GREEN
- CLOVER



# PUZZLES



## ANSWER KEY

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

## MARCH BIRTHDAYS

Sharon Adams  
Margaret Bigler  
Willie Brown  
Charlotte Fleming

Caroljean Foss  
Grace Gockowski  
Amy Gongos  
Kenneth Kucia

Sandra Mansell  
Betty Pauley  
Wilbur Simpson  
Chuck St. John

Pat Taylor  
Marcia Turpin  
Wayne Urban  
Karen Wertz

## 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

Suzanne Acevedo  
William Joyce

Dale Hendricks  
Michael Kado

Jeannette McCarthy  
Louise Novak

## CONTACT YOUR OFFICERS

<b>PRESIDENT</b>	<b>MARY BURGE</b>	<b>(440) 232-8868</b>
<b>VICE PRESIDENT</b>	<b>MARILYN TRZECIAK</b>	<b>(216) 548-8283</b>
<b>SECRETARY</b>	<b>KARLA MAHONEY</b>	<b>(440) 439-5388</b>
<b>TRAVEL</b>	<b>MICK GONGOS</b>	<b>(216) 587-5935</b>
<b>HOSPITALITY</b>	<b>CAROL KINDLE/LORETTA NAVRATIL</b>	<b>(440) 439-6964</b>
<b>TREASURER</b>	<b>BOBBIE SNEDDEN</b>	<b>(440) 232-2241</b>
<b>REFRESHMENT</b>	<b>JOANN HARWOOD</b>	<b>(440) 781-8350</b>
<b>BIRTHDAY NAME TAGS</b>	<b>AMY GONGOS/MARILYN TRZECIAK</b>	
<b>CHAPLAIN</b>	<b>VIVIAN FREEMAN</b>	
<b>SUNSHINE</b>	<b>ROSANNE MANDICH</b>	<b>(216) 256-4966</b>
<b>PHOTOGRAPHER</b>	<b>JACK HIRKO</b>	<b>(440) 786-2555</b>
<b>SENIOR MINI NEWS</b>	<b>KAREN WERTZ</b>	<b>(440) 552-4183</b>
<b>RECREATION DEPARTMENT</b>		<b>(440) 735-6570</b>

