



BEDFORD SENIORS CLUB NEWSLETTER

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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

LAST CHANCE TO ORDER

Wednesday, September 28 Meatloaf & Mashed Potatoes

Registration deadline Friday, September 23

NEXT MONTH MEALS TO ORDER

Wednesday, October 12

Stuffed Shells & Meatballs

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

Registration begins on October 1. Registration deadline Friday, October 7.

Wednesday, October 26

Chicken Stir Fry with Rice

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






Registration begins on October 1. Registration deadline Friday, October 21.

A vegetarian option is available! Please indicate during registration if you prefer a veggie wrap substitution served with the listed side.





CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14  Senior Lunch 11:30am Bingo 1:00pm Book Club 2:00pm	15 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm	16 Friday Flick 1:00pm "The Rescue"
19 Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm	20 Strength & Balance 10:30am Coffee & Convo 1:00pm	21 Shuffleboard 9:30am  12:00pm Sparkling Portraits 2:00pm	22 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	23 Friday Flick 1:00pm "Tom & Jerry" <i>Deadline for 9/28 lunch</i>
26 Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm	27 Strength & Balance 10:30am Coffee & Convo 1:00pm	28  Senior Lunch 11:30am Cornhole 1:00pm	29 UH Walking Club 9:30am Reach w/ Rhythm 11:00am Pickleball Lesson 1:00pm Pickleball Lesson 2:30pm Barre Above 6:30pm	30 Chocolate & Coloring 11:00am Friday Flick 1:00pm "Dr. Strangelove" Tai Chi 5:50pm
		SATURDAYS <i>Gentle Yoga 9:00am September 24</i> <i>Creative Writing 10:00am September 24</i> <i>POUND Fitness 10:15am September 24</i>		



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm	4 Strength & Balance 10:30am Coffee & Convo 1:00pm	5 Shuffleboard 9:30am  12:00pm Get Crafty 2:00pm	6 Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	7 Friday Flick 1:00pm "The Addams Family" Tai Chi 5:50pm <i>Deadline for 10/12 lunch</i>
10 Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm	11 Dollars & Sense Lunch 11:00am & 1:30pm Coffee & Convo 1:00pm	12  Senior Lunch 11:30am 80's Musical Bingo 1:00pm Book Club 2:00pm	13 Reach w/ Rhythm 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:30pm	14 Friday Flick 1:00pm "The Witches" Tai Chi 5:50pm
17 Line Dancing 10:30am Puzzles & Games 1:00pm Dollars & Sense Dinner 6:30pm Local Motion 6:45pm	18 Coffee & Convo 1:00pm	19 Shuffleboard 9:30am Sparkling Portraits 2:00pm	20 Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	21 Friday Flick 1:00pm "Inside the Mind of Cats" <i>Deadline for 10/26 lunch</i>
24 Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm	25 Strength & Balance 10:30am Coffee & Convo 1:00pm	26  Senior Lunch 11:30am Halloween Costume Party 1:00pm	27 Reach w/ Rhythm 11:00am Pickleball Lesson 12:30pm Pickleball Lesson 2:00pm Barre Above 6:30pm	28 Chocolate & Coloring 11:00am Friday Flick 1:00pm "Hocus Pocus 2" Tai Chi 5:50pm
31  Line Dancing 10:30am Puzzles & Games 1:00pm Local Motion 6:45pm			SATURDAYS Gentle Yoga 9:00am October 8, 15, 29 Creative Writing 10:00am October 15 POUND Fitness 10:15am October 8, 15, 29	

NEW STAFF

Meet Bob

Bob Pliske is our new Parks & Recreation Assistant Director! Bob is a Bedford High School alum and graduate of Kent State University. Bob has spent the past 30 years working with the City of Brecksville Department of Recreation where he was the Aquatic and Facility Coordinator at the Community Center.

Bob has been a Bedford resident for the past 29 years with his wife Dana, a special education paraprofessional at Carylwood School. They have two children, Spencer and Olivia; both who have grown up participating in Bedford Recreation programming and even were seasonal staff. Some of you may even know Bob's mom, Dorothy Pliske, who was a career teacher at Central School where she taught 2nd and 3rd grade for many years.



Bob looks forward to bringing his experience and love for his hometown to Bedford's Parks and Recreation Department. He says he looks forward to joining the current Recreation Department Team and serving his hometown. WELCOME BOB!



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

NEW! Keep an eye on the calendar for special Stay & Play activities that will be held after our bi-monthly lunches. Activities will start at 1:00pm. Pre-registration preferred; drop-ins welcome if space permits.

Strength & Balance

NEW! Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from Ellenwood office. All other equipment will be provided.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Room 4

Time: 10:30 am – 11:30 am

Fall Session 1 Dates: Tuesdays, September 6, 13, 20, 27

Fee: Free to Bedford Senior Club Members/\$35 for non-members

Fall Session 2 Dates: Tuesdays, October 4, 25, November 1, 8, 15 (No class 10/11, 10/18)

Fee: Free to Bedford Senior Club Members/\$42 for non-members

Fall Session 3 Dates: November 29, December 6, 13, 20

Fee: Free to Bedford Senior Club Members/\$35 for non-members

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. Pre-registration preferred; drop-ins welcome if space permits. 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



RECREATION PROGRAMS

Gentle Yoga

NEW! This class incorporates yoga postures, gentle movement sequences, breath work, and guided relaxation to support increased awareness and mindfulness of the breath and body. Great for beginners, all levels welcome. Those with limited mobility can do yoga from a seated position and/or standing with chair support. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Dates: Saturdays— September 24, October 1, 8, 15

Time: 9:00 am - 10:00 am

Location: Ellenwood Center Room 4

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

Bedford Senior Club Members are free and must register in advance

Tai Chi

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

Instructor: Robert Fleming, Two Tigers Kung Fu Academy

Location: Ellenwood Center Gym

Time: 5:50 pm - 6:35 pm

Session 1

Dates: Fridays, September 30, October 7, 14, 28, November 4 (No class 10/21)

Fee: \$55 Bedford Resident/ \$65 Non-Resident

Bedford Senior Club Members are free and must register in advance

Session 2

Dates: Fridays, November 18, December 2, 9, 16 (No class 11/25)

Fee: \$44 Bedford Resident/ \$54 Non-Resident

Bedford Senior Club Members are free and must register in advance



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

Fall Session 1

Dates: Saturdays, September 24, October 1, 8, 15

Time: 10:15 am - 11:15 am

Location: Ellenwood Center Room 4

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

Bedford Senior Club Members are free and must register in advance



Fall Session 2

Dates: Saturdays, October 29, November 5, 12, 19

Time: 10:15 am - 11:15 am

Location: Ellenwood Center Room 4

Fee: \$36 Bedford Resident/\$44 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

Fall Session

Dates: Thursdays, September 22, 29, October 6, 13, 20, 27, November 3, 10, 17

Time: 6:30 pm - 7:30 pm

Location: Ellenwood Center Gymnasium

Fee: \$79 Bedford Resident/ \$89 Non-Resident

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. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Limited to 12 participants; registration required.



DIY Spa Body Scrub – Wednesday, October 5, 2:00 pm - Ellenwood Room 3

Fall Mason Jar Luminaries – Wednesday, November 2, 2:00 pm - Ellenwood Room 3

Craft TBD – Wednesday, December 7, 2:00 pm - Ellenwood Room 3

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

- **Fall Leaves**—Wednesday, September 21
- **Scary Eve**—Wednesday, October 19
- **Thankful Box**—Wednesday, November 16



Be sure to check out our Painting in the Park program with So-So Artsy on select evenings in early fall.

RECREATION PROGRAMS

Shelf Indulgence Book Club

NEW! Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Limited to 16 participants; registration preferred.

LIBRARY BOOK COPIES WILL BE AVAILABLE AT ELLENWOOD!

October 12: “Ellie and the Harp Maker” by Hazel Prior

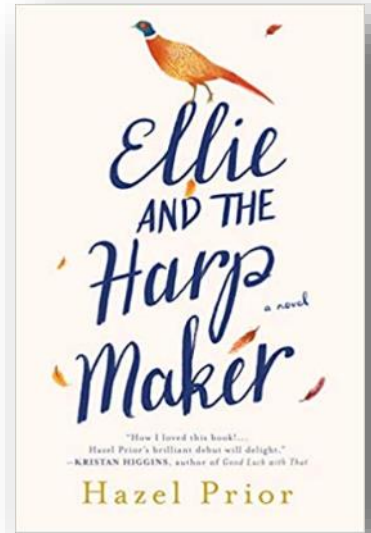
"In the rolling hills of beautiful Exmoor, there's a barn. And in that barn, you'll find Dan. He's a maker of exquisite harps - but not a great maker of conversation. He's content in his own company, quietly working and away from social situations that he doesn't always get right. But one day, a cherry-socked woman stumbles across his barn and the conversation flows a little more easily than usual. She says her name's Ellie, a housewife, alone, out on her daily walk and, though she doesn't say this, she looks sad. He wants to make her feel better, so he gives her one of his harps, made of cherry wood. And before they know it, this simple act of kindness puts them on the path to friendship, big secrets, pet pheasants and, most importantly, true love"

Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month

Time: 2:00 pm – 3:00 pm

Fee: Free



Coloring and Chocolate

Come 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. Pre-registration recommended. Drop-ins welcome if space permits.

Location: Ellenwood Center Room 2

Dates: select Fridays - see Senior Event Calendar

Time: 11:00 am – 12:00 pm

Fee: Free to Bedford Senior Club Members

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: 12:30 pm - 2:00 pm & 2:00 pm - 3:30 pm

Dates: Thursdays, October 20, 27, November 3, 10

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



Pickleball Open Play

Players register for a one-hour time slot and must rotate play with other players. Bring your own equipment or borrow from Ellenwood Office. Limit of 6 players per time slot. Check the Senior Event Calendar for Open Play days and times. *Instructor Rich Abston will drop-in on October 6 to help improve your game play.*

Location: Ellenwood Center Gymnasium

Fee: Free to Senior Club Members / \$3 per class for non-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

Location: Ellenwood Center Gymnasium

Time: 6:45 pm - 7:45 pm

Fall Session 1 Dates: Mondays, September 19, 26, October 3, 10, 17, 24

Fee: Bedford Resident \$35 / Non-Resident \$45

Bedford Senior Club Members are free and must register in advance

Fall Session 2 Dates: Mondays, November 7, 14, 21, 28, December 5, 12

Fee: Bedford Resident \$35 / Non-Resident \$45

Bedford Senior Club Members are free and must register in advance

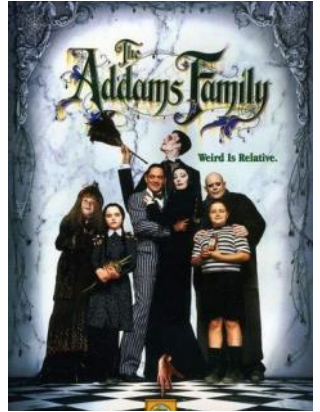
RECREATION PROGRAMS

Friday Flicks

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center – Room 2

October 7: The Addams Family (1991)

When a man (Christopher Lloyd) claiming to be Fester, the missing brother of Gomez Addams (Raul Julia), arrives at the Addams' home, the family is thrilled. However, Morticia (Anjelica Huston) begins to suspect the man is a fraud, since he cannot recall details of Fester's life. With the help of lawyer Tully Alford (Dan Hedaya), Fester manages to get the Addams clan evicted from their home. Gomez realizes the two men are conspiring to swindle the Addams fortune and that he must challenge Fester.



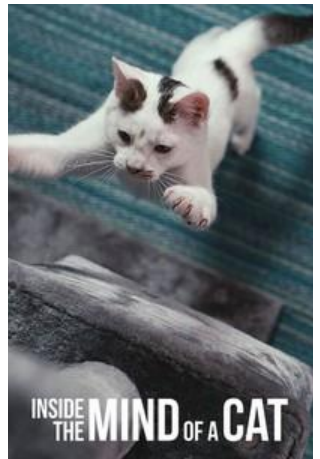
October 14: The Witches (2020)

In late 1967, a young orphaned boy goes to live with his loving grandma in the rural Alabama town of Demopolis. As the boy and his grandmother encounter some deceptively glamorous but thoroughly diabolical witches, she wisely whisks him away to a seaside resort. Regrettably, they arrive at precisely the same time that the world's Grand High Witch has gathered her fellow cronies from around the globe -- under cover -- to carry out her nefarious plans.



October 21: Inside the Mind of a Cat (2022)

Cat experts dive into the mind of the feline to reveal the true capabilities of the pouncing pet in this captivating and cuddly documentary.



October 28: Hocus Pocus 2 (2022)

It's been 29 years since someone lit the Black Flame Candle and resurrected the 17th-century sisters, and they are looking for revenge. Now it is up to three high-school students to stop the ravenous witches from wreaking a new kind of havoc on Salem before dawn on All Hallow's Eve.



There is still space available for these upcoming Friday Flicks

September 16: The Rescue

September 23: Tom & Jerry

September 30: Dr. Strangelove



RECREATION PROGRAMS

Reach with Rhythm Workout

Seniors wanting to sit up, shape up, and have fun while listening to great music will enjoy this low impact chair aerobics aiming to stretch, strengthen, and tone your muscles. Pre-registration required. Space is limited to 30 participants.

Instructor: Patty Haw

Location: Ellenwood Center Gymnasium

Dates: Weekly on Thursdays

Time: 11:00 am – 12:00 pm

Fee: Free to Senior Club Members and registered Cuyahoga County senior participants.

\$3 per class for non-members or register for the entire Fall session for \$35

UH Walking Club

NEW! Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Archibald Willard Pavilion (behind Ellenwood Center)

Dates: Thursdays, September 15, 22, 29

Time: 9:30 am – 10:30 am

Puzzles & Games

Play board games, cards, collaborate on puzzles and socialize with other Club members. Playing games can provide mental stimulation as well as improve hand and finger dexterity! Drop-ins welcome if space permits.

Location: Ellenwood Center Room 2

Dates: Mondays during summer months

Time: 1:00 pm – 3:00 pm

Fee: Free to Bedford Senior Club Members

RECREATION PROGRAMS

Creative Writing Workshop

Join creative writer, teacher, and director of Writing Blooms, Jamie Cole, to discover innovative and imaginative writing techniques. Ms. Cole infuses fun in her educational writing activities and is excited about the opportunity to share her creative writing strategies with writers of all levels. Beginners welcome! *Each class needs a minimum of 5 participants.*

Jamie C. Cole is an English Language Arts teacher with the Bedford City School District, creative writing coach, and a poetess. She has taught English for 18 years and was honored as District P.T.S.A. Teacher of the Year in 2006 & 2007. In 2017, Ms. Cole launched Writing Blooms. With Writing Blooms, she spreads the love of writing one word at a time, and grows businesses the WRITE way.

Location: Ellenwood Center Room 1 or 2

Fee per class: \$15 Bedford Resident/\$20 Non-Resident

Bedford Senior Club Members are free and must register in advance

Murder YOU Wrote

Benjamin Fitzgerald has lied. Benjamin Fitzgerald has cheated. Benjamin Fitzgerald has hurt many! SOMEONE has murdered Benjamin Fitzgerald and YOU are a suspect. During this workshop, you will use your creativity and writing skills to provide an alibi for your whereabouts at the time of Mr. Fitzgerald's death.

Date: Saturday, September 24

Time: 10:00 am - 12:00 pm

Building Character with Character

Having trouble creating a plot? Build your plot around a character. In this workshop, you will build a character using your imagination.

Date: Saturday, October 15

Time: 10:00 am - 12:00 pm

Show, Don't Tell

Good writers tell a story with words. Great writers show a story with words. Learn strategies that will enhance your ability to create pictures with words.

Date: Saturday, November 12

Time: 10:00 am - 12:00 pm

People watch the WRITE way!

In this workshop, learn how people watching and eavesdropping can be the catalyst for a great story.

Date: Saturday, December 3

Time: 10:00 am - 12:00 pm

RECREATION PROGRAMS

Dollars & Sense: Legal & Financial Workshops with Baron Law

These workshops are presented by Baron Law LLC. Attorney Dan A. Baron focuses his practice in the areas of estate planning and elder law. Mr. Baron is a member of the Ohio Bar Association, Cleveland Metropolitan Bar Association and Elder Counsel. Dan is a published author and creator of Dollars and Sense® magazine. For 2019, 2020, and 2021 he was nominated by his professional peers as Ohio's Super Lawyer, rising star.

Avoiding a Medicaid Spend Down

NEW! Nationwide, nursing home costs are now \$9,328.00 per-month. Without proper planning, what you've spent a lifetime building could end up being part of a Medicaid spend down. During this one-hour workshop, we will explore the various options to protect your nest egg through trust planning strategies. Using real life examples and a hands-on approach, we will discuss the following topics:

- *Asset Protection Trusts
- *Irrevocable vs. Revocable Trusts
- *LTC Insurance – is it worth it?

Workshop includes lunch. Deadline to register is October 4.

Location: Ellenwood Center Gymnasium

Dates: Tuesday, October 11

Time: 11:00 am – 12:30 pm -OR- 1:30 pm - 3:00 pm

Fee: Free

Don't Go Broke In A Nursing Home

Medicare only covers the first 100 days and the average yearly cost of a nursing home is \$111,936.00. Learn the essential asset protection planning tools through this workshop to shield what you've spent a lifetime trying to build. Through various elder law planning strategies, attendees will learn about Medicaid Asset Protection Trusts, LTC insurance, Veterans benefits, and more. Workshop includes light dinner. Deadline to register is October 10.

Location: Ellenwood Center Room 1

Date: Monday, October 17

Time: 6:30 pm – 8:00 pm

Fee: Free

RECREATION PROGRAMS



Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

The Making of “Dr. Strangelove”

Learn of the many behind-the-scene stories to Stanley Kubrick’s 1964 masterpiece of black comedy satirizing the Cold War. Meal menu is the “ultimate salad bar” with 30+ topping options (build your own), pasta, and a dessert. Presentation by Carl Quatraro with Speaking on Q. **REGISTRATION NOW OPEN!**

Date: Wednesday, September 21, 2022

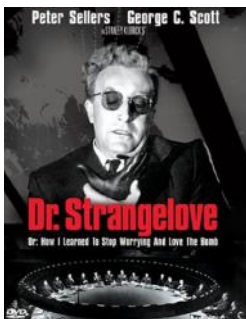
Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

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



WE WILL SHOW THIS FILM AS A FRIDAY FLICK ON SEPTEMBER 30 AT 1:00PM



Nominated for four Academy Awards® including Best Picture (1964), Stanley Kubrick’s black comedy about a group of paranoia-inspired, war-happy generals who manage to initiate an “accidental” nuclear apocalypse, is horribly frightening, delightfully funny and surprisingly relevant to this day. This is the saga of two psychotic generals: Joint Chief of Staff “Buck” Turgidson (George C. Scott) and Air Force Strategic Commander Jack Ripper (Sterling Hayden), who orders a bomber squadron to attack the USSR, triggering a Soviet secret weapon, the “Doomsday Machine”, a diabolical retaliatory missile system. Peter Sellers portrays a trio of men who attempt to avert this catastrophe.

RECREATION PROGRAMS



Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30 pm. Doors open at 11:30 am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

Eliot Ness and the Torso Murders

While acting as Cleveland's Safety Director, Eliot Ness made great improvements to the infrastructure that created a lasting legacy for the city. However, in these same years, Ness would come head-to-head with a series of heinous crimes – the Torso Murders. Explore the famous case that is still considered unsolved to this day, and learn about the Cleveland of Eliot Ness. Meal menu is stuffed cabbage, mashed potatoes and dessert. Presented by the Western Reserve Historical Society. Registration is now open. Deadline to register is September 30 or until all seats are sold.

Date: Wednesday, October 5, 2022

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

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



SAVE THE DATE... DETAILS & REGISTRATION FORTHCOMING:

The Triumph and Tragedy of Edgar Allan Poe —Wednesday, November 2

The Making of "A Christmas Story" —Wednesday, December 7

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: September 19, October 3, October 17

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>.

Community Shred Day

The City of Bedford will be hosting a shred day on Saturday, September 17 from 9:00 a.m.- 12:00 p.m. at Bedford City Hall. This free event will provide community members with a safe and secure resource to shred their documents. Grant funding for the shredding event provided by the Cuyahoga County Solid Waste Management District.

City of Bedford Community Garage Sale

The City of Bedford is having its first City-wide garage sale on Saturday, September 17 2022 from 9:00 a.m. to 4:00 p.m. If you are planning to have a garage sale, please contact the Building Department at 440-735-6533 to provide your address (there will be no fee or sale permit required to participate). A full list of participating addresses will be provided the Wednesday prior to the sale. Those participating, please do not leave unsold items on the curb. Items you wish to discard of should be included in your normal refuse / recycling collection as long as they adhere to the regular collection criteria. PLEASE comply with placing such items out the night before your refuse / recycling collection day. Any items left out earlier could be subject to a citation.

Chipper Service

Chipper service will be the week of October 3, 2022. All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month. Place branches on tree lawn with cut end facing the street. Branches cannot be larger than 10 inches in diameter. Leave limbs as long as possible for continuous feed into the chipper. Limbs exceeding 10 inches in diameter, or less than 3 feet in length will not be picked up. UNACCEPTABLE - rose bushes, grape vines, pricker bushes, firewood, fence post, wood pallets or wood with nails or screws (these items need to be placed in trash bag or bundled and put out for weekly trash collection). Railroad ties and stumps have to be hauled away at homeowner's expense.



Bedford T-Shirts are now available for purchase at Ellenwood Center during regular office hours

Shirts are \$20.00 and available in sizes S – 2XL.

Designed by CLE Clothing Company

HERE'S HOW YOU CAN HELP

SAVE BEDFORD HOSPITAL



Let our community's leaders know that the people of Bedford matter and we deserve equal access to healthcare. Write or call our elected officials, or let them know on social media, that this issue is important to you, and you are asking for their involvement and help.

Cuyahoga County Councilwoman Meredith M. Turner: email mturner02@cuyahogacounty.us; call 216-698-2023; Tweet to @CuyD9MereTurner

Congresswoman Shontel Brown: Look for the "contact us" tab on her Web site and fill out the online form at shontelbrown.house.gov; call (216) 522-4900; Tweet to @RepShontelBrown; contact her on Facebook, Rep. Shontel Brown

Cuyahoga County Executive Armond Budish- email abudish@cuyahogacounty.us or call 216-443-7178; Tweet to @ArmondBudish

Ohio State Sen. Kenny Yuko: email yuko@ohiosenate.gov; call 614-466-4583; Tweet to @KennyYuko

Ohio State Rep. Juanita Brent; email rep12@ohiohouse.gov or call 614-466-1408; Tweet to @Juanita_Brent

U.S. Senator Sherrod Brown: fill out the online contact form on his web site at www.brown.senate.gov or call 216-522-7272; Tweet to @SenSherrodBrown;

U.S. Senator Rob Portman: fill out the online contact form on his web site at www.portman.senate.gov or call 216-522-7095; Tweet to @senrobportman

The Bedford Branch is located at 70 Columbus Road.
For more information or to register for a program, please call (440) 439-4997

Afternoon Book Discussion—SEE PAGE 6 FOR DETAILS!

Location: Ellenwood Center Room 2

Dates: Second Wednesday of the month Time: 2:00 pm – 3:00 pm

African American Authors Book Group— In-Person or Virtual

Thursday, September 29: 7:00pm - 8:30pm

Bedford Branch - Meeting Room (70), Bedford Branch Zoom 1

September Title: The Other Madisons: The Lost History of A Presidents Black Family/ Dr. Bettye Kears

Bedford Film Discussion Group - Red Dot on the Ocean: Sailing Alone Through the NW Passage

Saturday, October 08: 11:00am - 12:30pm

Bedford Branch - Bedford Branch Zoom 1, Meeting Room (84)

Join us for a discussion of the film "Red Dot on the Ocean: Sailing Alone Through the NW Passage". Watch the film before the program using the Kanopy streaming service FREE with your library card.

Computer Basics

Friday, October 14: 10:00am - 1:00pm

Bedford Branch - Meeting Room (84)

The Library offers FREE tech training classes that cover digital literacy basics, Windows, Microsoft Office programs, digital imaging and cloud computing.

Fall-Themed String Art

Saturday, October 15: 10:30am - 12:30pm

Bedford Branch - Meeting Room (84)

Make a cool and unique fall-themed string art craft.

Registration opens on Thursday, September 15 2022 at 9:00am

Mobile Pantry - Free, fresh produce distribution

Wednesday, September 21 & Wednesday, October 19: 1:30pm - 3:30pm

Bedford Branch Parking Lot

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need. First-come, first-served basis, while supplies last.

Bedford City Schools Foundation Night at the Races

1st October 2022

Winking Lizard

Bedford Hts.

6 - 10 PM

\$50/person

Heavy hors

d'oeuvres

Cash Bar



Sponsor a Race -

\$50

Buy & Name a
horse - \$10

Register to attend, sponsor or buy a horse:

<https://www.bedfordfoundation.net/events#NightAtTheRaces>

City of Bedford's Children's

fall festival

Bedford's annual Children's Fall Festival event will be held on Saturday, October 1, 2022 from 10:00 a.m. — 1:00 p.m. at the Bedford Commons, 730 Broadway Avenue.

Children and their families are invited to enjoy a variety of activities including: hunting for a pumpkin in the pumpkin patch, hay rides, arts and crafts, dancing and singing along to music and much more!

Come on out to the Bedford Commons and enjoy some fall family fun right here in Bedford!

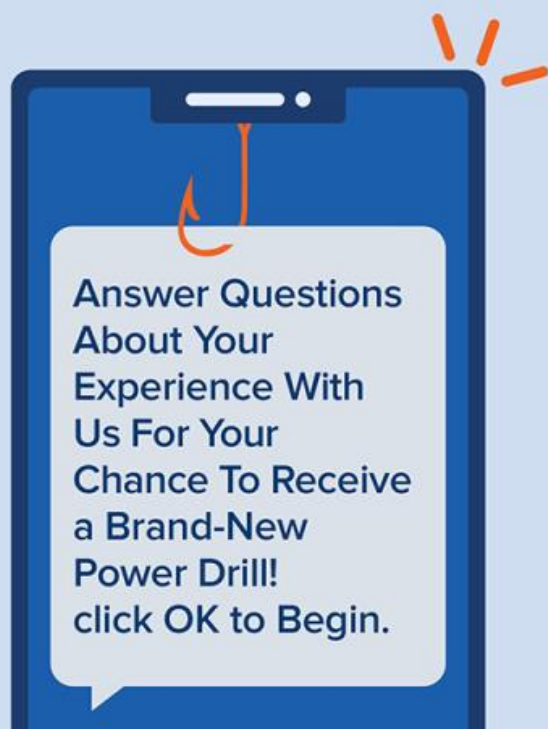


FEDERAL TRADE
COMMISSION

Got a text from Costco or Home Depot about a survey?

Don't click on the link!
It's a scam.

Learn more: ftc.gov/phishing



Sorry to burst your bubble. That unexpected text from the Postal Service (USPS), Costco, or The Home Depot telling you about an unclaimed package or a survey you can complete to claim a freebie is NOT from them. It's a scam.

The FTC has seen a spike in reports from people getting text messages that look like they're from well-known names like USPS, Costco, or The Home Depot and others. Spoiler alert: they're from impersonators. The details vary, but the scammers are after the same thing: your money and your personal information. You may get a text from scammers pretending to be USPS and asking you to confirm your debit card details so you can get an undelivered package. Or you might get texts about a chance to win a free gift card or a power tool. To claim your "reward," you're told to click on the link, answer some questions, and pay for shipping. Don't do it!

If you click on those links and submit your card information, you'll end up with nothing — but you'll find unauthorized charges posted to your account.

No matter what the unexpected text says, the advice is the same.

- **Don't click on links or respond to unexpected texts** — including ones asking you to fill out surveys to get free items. If you think it could be legit, contact the company using a website or phone number you know is real. Don't use the information in the text message.
- **Don't pay to get a package redelivered.** The real USPS won't contact you out of the blue about a delivery (unless you submitted a request first and give a tracking number) — and they'll never demand payment to redeliver a package.
- **Already paid or gave your information to a scammer?** Check out what to do by visiting: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>
- **Have you spotted an impersonation scam?** Report it at ReportFraud.ftc.gov

northeast ohio

Aging & disABILITY

s u m m i t 2 0 2 2

September 30 | 8:30 am-4:30 pm
Tri-C's Corporate College East Campus

From Hindsight to Foresight : The Evolution

Session Topics include:

- New ideas for post-pandemic aging
- Diversity, equity and inclusion in aging
- The power of developing great habits
- The evolution of aging
- Resiliency and aging
- Social determinants of health and aging

REGISTER
NOW



GO VIRTUAL
Online Options

NETWORK
Exhibitor Tables

EARN
6.5 CEUs or CPDUs
(approval pending)

HEAP
Home Energy Assistance Program



Do you need assistance with home energy costs?

**Ohio's Home Energy Assistance (HEAP)
Winter Crisis Program**
can help you manage your utility bills
to keep you safe and warm in winter

Call our intake line for application assistance

216-420-6700

Program runs through May 31, 2021

22

Ohio

Mike DeWine, Governor
Jon Husted, Lt. Governor

Development
Services Agency

Lynne E. Mihalik, Director



Western Reserve
Area Agency on Aging

This program is a grant from
the Ohio Department of Aging
Western Reserve Area Agency on Aging.



Cuyahoga County
Together We Thrive

Division of Senior and Adult Services

**Aging &
Disability**

RESOURCE NETWORK
Cuyahoga • Geauga • Lake • Lorain
Madison Counties

fall

Sweet Potato Fries

YIELD: 3 SERVINGS

SERVING SIZE: 8-10 FRIES

INGREDIENTS

2 medium sweet potatoes
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon paprika
⅛ teaspoon cayenne pepper (small pinch)
1 tablespoon vegetable oil
Non-stick cooking spray

DIRECTIONS

1. Preheat oven to 450° F
2. Scrub and rinse potatoes, pat dry
3. Leaving skin on, cut sweet potatoes into fry size strips, about ½ inch wide
4. In a large bowl, mix paprika, pepper, cayenne pepper, oil and blend with a fork
5. Add in sweet potato strips and toss until they are completely coated on all sides
6. Spray baking sheet with non-stick spray and place sweet potatoes in a single layer
7. Bake for 15 minutes then turn fries and bake for 10-15 more minutes
8. When fries are cooked to your desired crispiness, take them out of the oven and add your desired amount of salt. Adding salt before they cook draws out the water of the sweet potato, preventing them from getting crispy during cooking.



When you shop for sweet potatoes, choose firm potatoes with smooth skin. If you store them in a cool, dark place, sweet potatoes can last for 3-5 weeks.



Nutrition Facts

Amount Per Serving

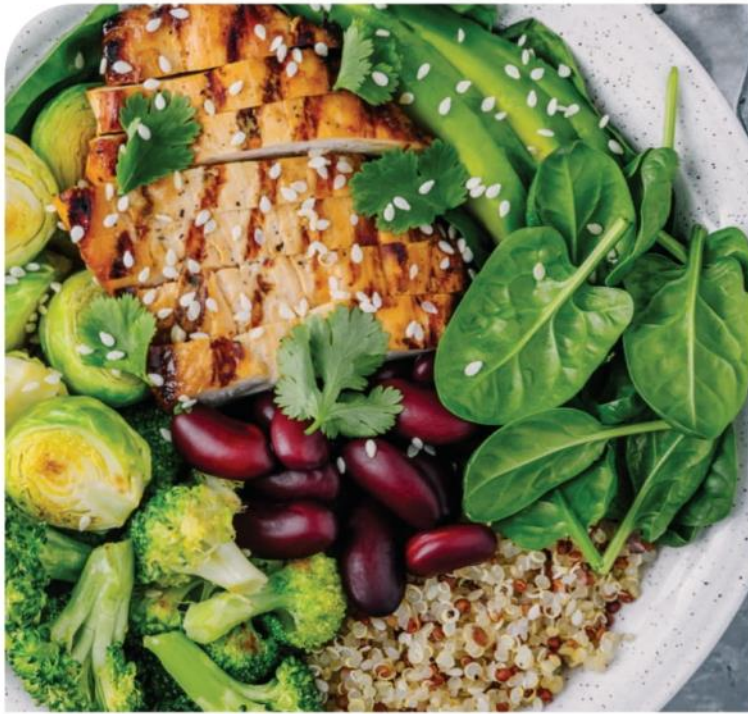
Calories

117

% Daily Value*

Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 214 mg	9 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 3 g	11 %
Total Sugars 4 g	
Includes - Added Sugars	
Protein 1 g	3 %
Vitamin D 0 µg	0 %
Calcium 27 mg	3 %
Iron 1 mg	3 %
Potassium 303 mg	6 %

*Percent Daily Values are based on a 2,000 calorie diet.



The Importance of Protein

Protein is the building block of your body.

You need protein from the food you eat to build bones, muscles, and skin and keep them strong. Protein helps your body recover and heal from injuries too. It is important to every system of your body.

Protein as You Age

Natural changes with aging may cause a decrease in appetite. You may eat less food than you once did. This can also mean that you are eating lower amounts of protein-rich foods. Aging can also change how your body digests and absorbs food. This can also impact how your body uses the protein that you eat.

Go Lean with Protein

Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

While some fats are healthy, many animal-based protein sources can be higher in bad fats (saturated fat). It is important to choose lean (low-fat) sources of protein in your diet.

Lean protein food provides your body with a rich source of protein without all the bad fats.

Lean (low-fat) protein foods are foods that have less than 10 percent of fat and less than 4 percent saturated fat per serving.

Limiting the amount of fat you eat helps maintain your weight and can help manage chronic conditions you may have.



Lean Meat



Poultry



Fish



Shellfish



Peas



Nuts



Eggs



What are Protein-Rich Foods?

SEAFOOD
MEAT
POULTRY
EGGS
BEANS

PEAS
LENTILS
NUTS
SEEDS
SOY

It is important to choose a variety of protein in your diet and look for lean (low-fat) options.

Choose Protein that's Right for You



Age 60+

Need 5-6 ounces of protein daily



Palm of your hand or deck of cards equals about 3 ounces of meat or fish protein

The amount of dietary protein a person needs varies. Talk with your health care provider or dietitian to determine what is best for you.

Tips to Add Protein in Your Day

- Eat a variety of protein in your diet.
- Try to eat at least two servings of seafood each week. Seafood contains healthy fats.
- Include a protein source in your snacks. Nuts and seeds are perfect snacks if you are on-the-go.
- Include protein in your salad by adding grilled chicken or chickpeas.
- Choose lean cuts of beef. Try to select cuts with less marbling.

Lean beef has less marbled fat.



Back to School Humor

Teacher: How old is your father?

Kid: He is 6 years old.

Teacher: What? How is that possible?

Kid: He became a father only when I was born.

Teacher: Maria, go to the map and find North America

Maria: Here it is.

Teacher: Correct. Now class, who discovered America?

Class: Maria

Teacher: Glenn, how do you spell crocodile?

Glenn: K-R-O-K-O-D-I-A-L.

Teacher: No, that's wrong.

Glenn: Maybe it is wrong, but you asked me how I spell it.

Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O

Teacher: What are you talking about?

Donald: Yesterday you said it was H to O.

Teacher: Clyde, your composition on "My Dog" is exactly the same as your brothers. Did you copy his?

Clyde: No, sir; it's the same dog.

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?

Harold: A teacher.

Holidays Are Over

The summer holiday was over and young Jack returned to grade school. Only two days later his teacher phoned his mother to tell her that Jack was misbehaving. 'Wait a minute,' mother said. 'I had Jack with me for six weeks and I never called you once when he misbehaved!'

School Learning

Nathan comes home from his first day at school. Mother asks, 'What did you learn today?' He replies, 'Not enough. I have to go back tomorrow.'

Fall One-Liners

What do farmers wear under their shirt when they're cold? A har-vest.

How do trees get on the Internet? They just log on.

Why shouldn't you tell a secret in a cornfield? Because the corn has ears.

How do you fix a broken pumpkin? With a pumpkin patch!

What is it called when a tree takes some time off? Paid leaf.

Why does Humpty Dumpty love autumn so much? Because he had a great fall.

Why did the pumpkin lose the boxing match? He let his gourd down.

What do lumberjacks shout at the start of fall? Sep-timberrrrrr!

Why do trees hate going to school in the fall? Because they're easily stumped.

What's the best band to listen to in autumn? The Spice Girls

What did the leaf say to the other leaf? I'm falling for you.

Why do birds fly south for the fall? Because it's quicker than walking.

Why did the tree decide to start taking art classes? She wanted to branch out.

What's the biggest fall phenomenon in Australia? The Great Barrier Leaf.

Why are trees so carefree and easy going? Because every fall, they let loose.

Why did the scarecrow win a Nobel Prize? He was outstanding in his field.

What do the leaves say before they hibernate? Rake me up when September ends.

What happens when winter arrives? Autumn leaves.

Why did the Jack-o'-lantern look after the pie? They were pump-kin.

What is it called when a tree doesn't think it's autumn? Disbe-leaf.

Why is autumn the proudest season? It's fall of it.

Why are apples so bad in interrogations? They always crumble.

How do leaves get from place to place? Autumn-mobiles.

What is worse than finding a worm in your apple? Finding half of a worm!

What is the cutest season? Aww-tumn.

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

How are you supposed to talk in the apple library? With your in-cider voice.

What's an elephant's favorite vegetable? Squash.

Who helps the little pumpkins cross the road when they go to school? The traffic gourd!

Why did the apple pie cry? Its peelings were hurt!

Why did the lions move at the end of summer? Because the pride goeth before the fall!

What is a scarecrow's favorite fruit? Straw-berries.

What's James Bond's favorite hot drink? Pumpkin spy-ce latte.

What room are ghosts not allowed to enter? The living room.

What did the ground say when fall came? Well that's a re-leaf.

What time of year do people get injured the most? In the fall.

SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

New Teacher?

Mia: I think we need a new teacher.

Mum: Why is that?

Mia: Our teacher doesn't know anything, she keeps asking us for the answers.

Doing Their Homework!

When Dad came home he was astonished to see Vic sitting on a horse, writing something.

'What on earth are you doing there?' he asked.

'Well, the teacher told us to write an essay on our favorite animal.' Answered Vic, 'That's why I'm here and that's why Sara's sitting in the goldfish bowl.'

Farmer's Names

George, the farmer, had so many children that he ran out of names. So he started calling his kids after something around his farm.

It was the first day of September and the first day the children had gone to their new school. The teacher greeted the children and asked each child their name. When he got to one of the farmer George's sons, the boy replied, 'Wagon Wheel.'

The teacher said, 'I need your real name boy, to which the lad replied, 'It's Wagon Wheel, sir....Really.' The teacher, rather annoyed rejoined, 'All right young man, take yourself right down to the Principal's office this minute.' The youngster pushed himself out of his chair, turned to his sister and said, 'C'mon, 'Chicken Feed', he ain't gonna believe you, either.'



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?



Me on August 31 vs. me on September 1:



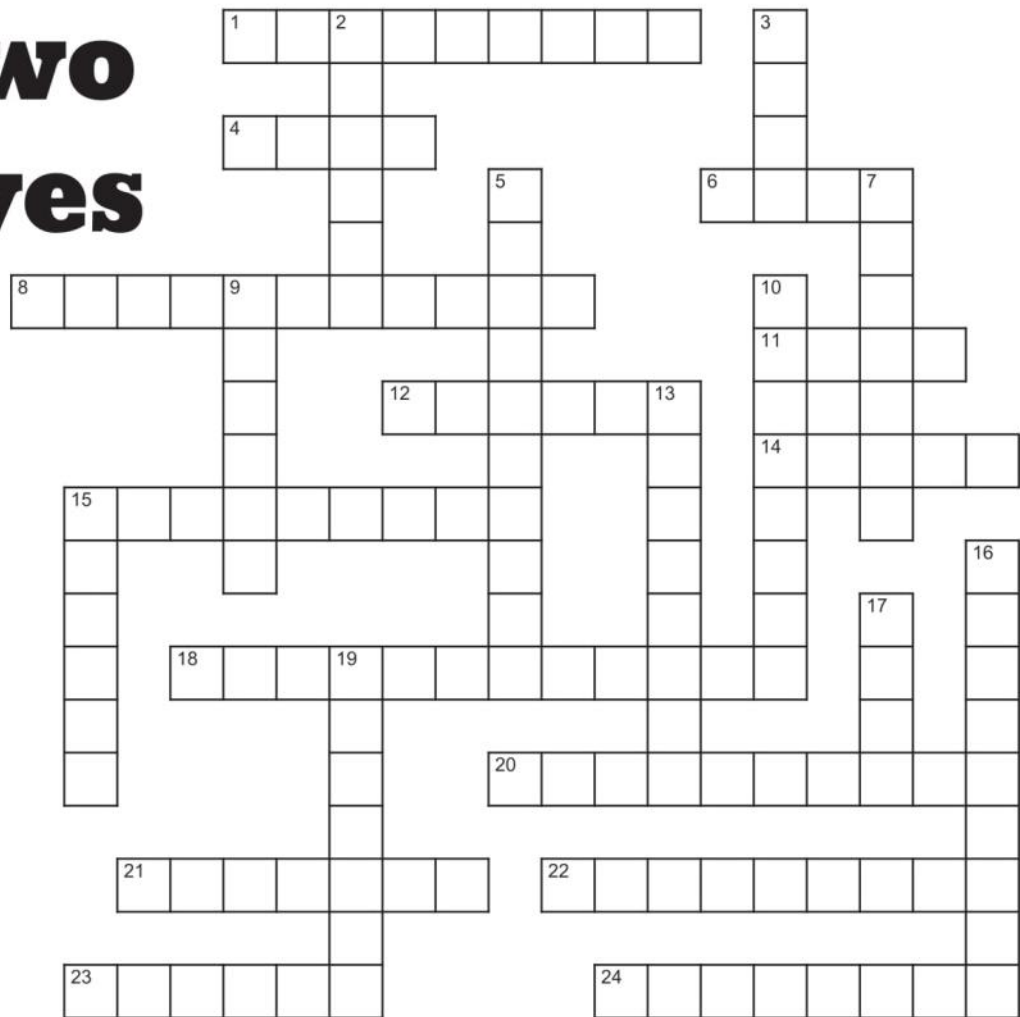
A Game of Two Halves

ACROSS

1. Area of play behind the line of scrimmage.
4. Drop kick used to relinquish possession.
6. Hike.
8. Tom Brady's position.
11. Any offensive play that does not involve a forward pass.
12. Broadway Joe.
14. An offensive series of plays.
15. Three point play.
18. Results in a turnover.
20. Defensive player.
21. Game opener.
22. Number of teams in the NFL.
23. Team gathering.
24. Site of annual college game played on January 1st.

DOWN

2. He snaps the ball.
3. A team gets four of these each time they have possession.
5. Pass that hits the ground before possession.
7. Nickname for a football.
9. Take a player to the ground.
10. Field of play in American football.
13. Intermission with entertainment.
15. When a player loses the ball during a play.
16. Championship game.
17. Tackling the quarterback.
19. Area past the goal line.





Football Word Scramble

DIRECTIONS: Unscramble the letters to form American football vocabulary terms. Watch out! A few have more than one word in the term.

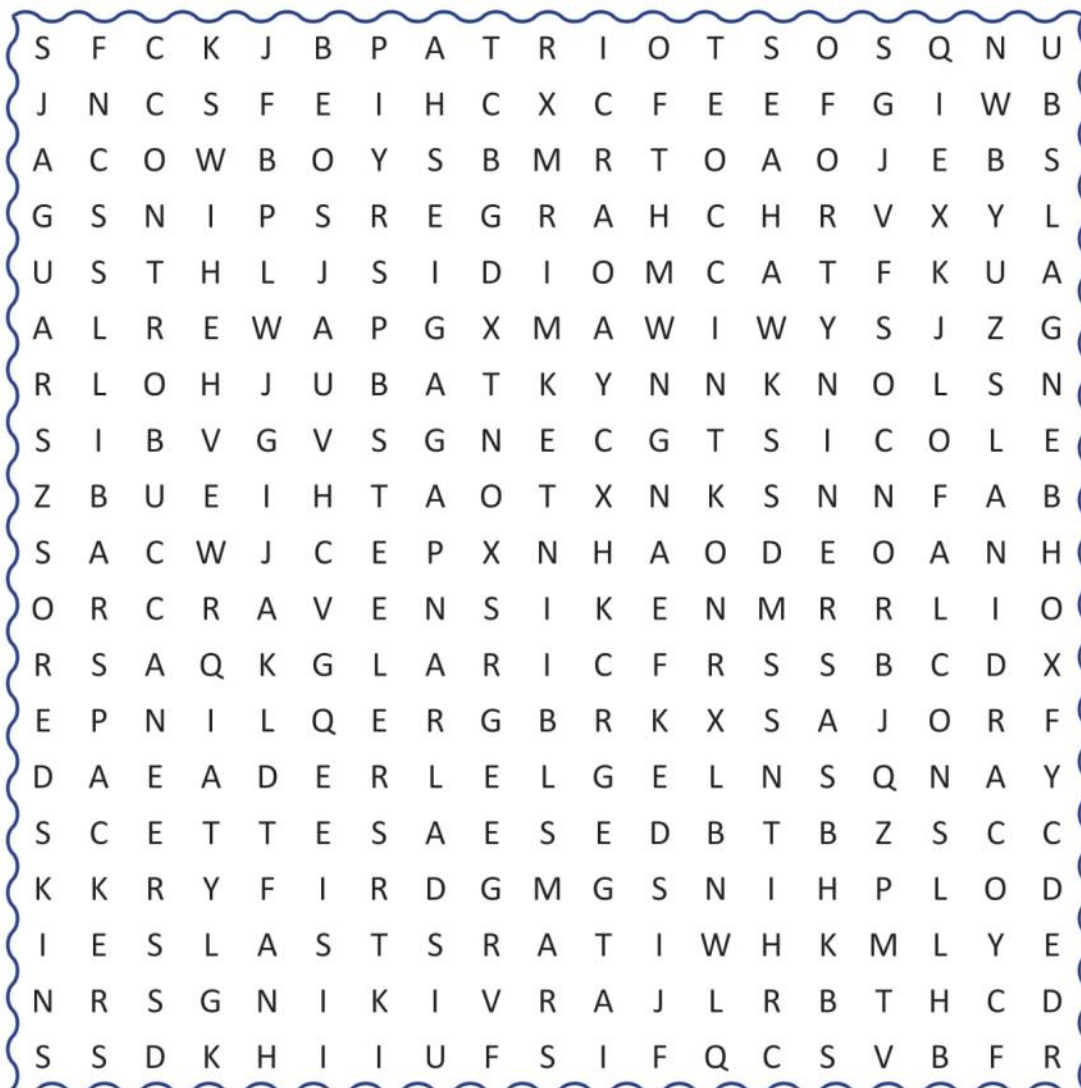
1. GURAD _____
2. ULHDED _____
3. CREENT _____
4. ILETMHAF _____
5. UNPT _____
6. NALICBEKRE _____
7. AUACRETQBKR _____
8. WODN _____
9. ECORS _____
10. IVDER _____
11. DAOHNFF _____
12. TLACKE _____
13. UMLFBE _____
14. CKSA _____
15. ODNNZEE _____
16. OPCINNIRTEET _____
17. FAIGEODLL _____
18. IKKOFCE _____
19. ITHNDGE _____
20. SPAS _____

PUZZLES

NFL Teams

Word Search

NOTE: LOOK FOR TEAM NAME
IN ALL CAPS, NOT CITY



Baltimore RAVENS
Arizona CARDINALS
Buffalo BILLS
Atlanta FALCONS
Cincinnati BENGALS
Carolina PANTHERS
Cleveland BROWNS
Chicago BEARS
Denver BRONCOS
Dallas COWBOYS
Houston TEXANS

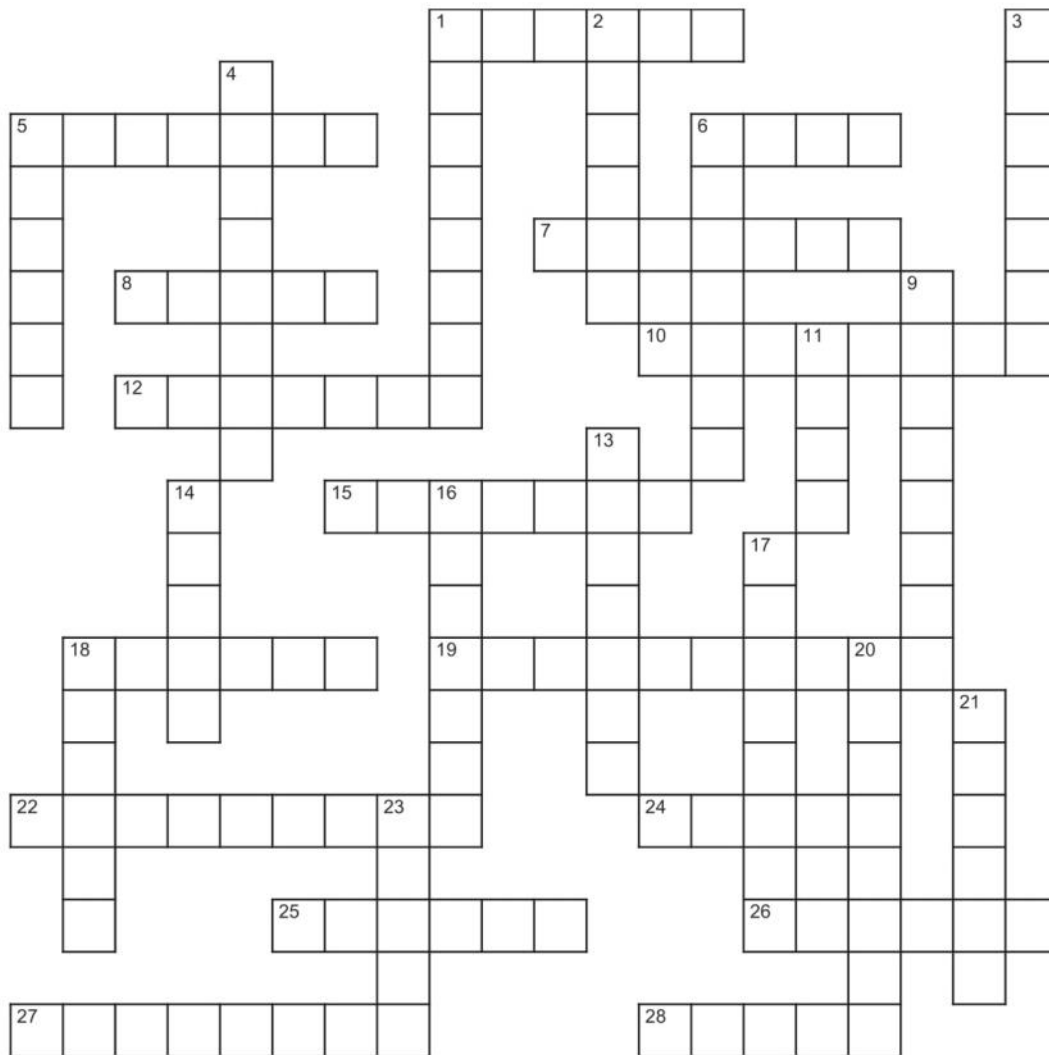
Detroit LIONS
Indianapolis COLTS
Green Bay PACKERS
Jacksonville JAGUARS
Minnesota VIKINGS
Kansas City CHIEFS
New Orleans SAINTS
Miami DOLPHINS
New York GIANTS
New England PATRIOTS
Philadelphia EAGLES

New York JETS
Los Angeles RAMS
Oakland RAIDERS
San Francisco FORTY NINERS
Pittsburgh STEELERS
Seattle SEAHAWKS
San Diego CHARGERS
Tampa Bay BUCCANEERS
Tennessee TITANS
Washington REDSKINS

PUZZLES

NFL Teams

CROSSWORD DIRECTIONS: We have given you the location of the team for the clue. Fill in the crossword grid with the name of the team.



ACROSS

- 1. Kansas City
- 5. Oakland
- 6. New York
- 7. Cincinnati
- 8. Chicago
- 10. New England
- 12. Minnesota
- 15. Green Bay
- 18. Tennessee
- 19. Tampa Bay

- 22. Arizona
- 24. San Francisco
- 25. Cleveland
- 26. New Orleans
- 27. Carolina
- 28. Buffalo

DOWN

- 1. San Diego
- 2. Philadelphia
- 3. Atlanta
- 4. Seattle
- 5. Baltimore
- 6. Jacksonville
- 9. Miami
- 11. Los Angeles
- 13. Denver
- 14. Indianapolis

- 16. Dallas
- 17. Pittsburgh
- 18. Houston
- 20. Washington
- 21. New York
- 23. Detroit

PUZZLES

23	6	6	11	19	18	3	3



Fall Codebreaker 1

© Leebling 2018

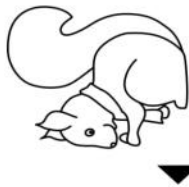
Each letter of the alphabet has been replaced by a number.
Use the key to fill in the boxes and reveal the words.
Then draw a line from each word to the right picture.

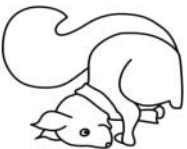


18	19	20	21	22	23	24	25	26	1	2	3	4
A	B	C	D	E	F	G	H	I	J	K	L	M
5	6	7	8	9	10	11	12	13	14	15	16	17
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Fall Word Path

© Leebling 2018

Help Squirrel find her store of nuts by drawing a path through the letter grid, spelling out the words for the pictures shown on the left, in the order given. You can move up, down or sideways but not diagonally. The first letter of each word is shown in bold.



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



ANSWER KEY

GUARD

HUDDLE

CENTER

HALFTIME

PUNT

LINEBACKER

QUARTERBACK

DOWN

SCORE

DRIVE

HANDOFF

TACKLE

FUMBLE

SACK

ENDZONE

INTERCEPTION

FIELDGOAL

KICKOFF

TIGHTEND

PASS

Fall Codebreaker 2 - Answer Key © Leebing 2018

Each letter of the alphabet has been replaced by a number. You have been given five letters. Use them and the images to work out the code and so all the words (not all letters of the alphabet are used). Then draw a line from each word to the right picture.

1 2 3 4 5 6 7 8 9 10 11 12 13
O G N Y L T X Q W B X E R
14 15 16 17 18 19 20 21 22 23 24 25 26
I S F X A U X H P C M V D

SEPTEMBER BIRTHDAYS

Barbara Allen
John Besozzi
Betsy Bott
Kathy Brokos
Janice Churak
Carole Corrao
Leroy Daugherty
William Francis
Deborah Francis
Alice Furmanek

George Green
Kathy Harris
Joann Harwood
Debbie Johnson
Rebecca Johnson
Bob Kundla
Allison Lathan
Kathy Lovano
Rosanne Mandich
Mary Martin

Menka Oldenburg
Kathryn Orchard
John Pacanovsky
Pamela Pack-Pappas
Elaine Pearson
Carole Pittis
Diane Simpson
Madeline Vartorella

ANNIVERSARIES

No anniversaries this month

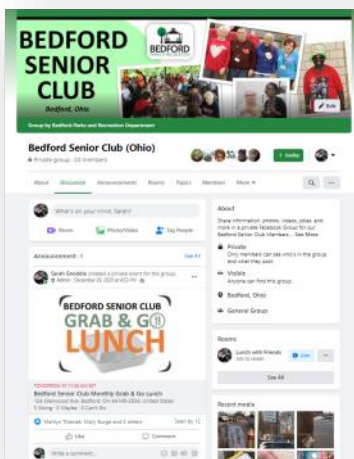
*We publish and celebrate anniversary dates with members who have previously given that information.
If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.
Please contact the Recreation Office if you wish to have your anniversary date recognized in the Mini News.*

NEW MEMBERS

Mary Baldwin
Gregory Barnett
Abraham Douglas
Ida Douglas
Gloria Griffin

James Hammons
Michael Ikner
Jeraldine Kee-Dean
Linda MacGillivray
John Powers

Deborah Preston-Ikner
Grace Vana



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

City of Bedford Water / Sewer Discount

2023

<i>To Qualify</i>	<i>What is included as income?</i>	<i>Is the discount retroactive? NO</i>
<p>1. Age 65 any time during calendar year or 100% totally and permanently disabled. (DOCTORS CERTIFICATE OF DISABILITY REQUIRED)</p> <p>2. Own and occupy your home (having name on the deed or a Life Estate) at the time of filing. <u>Residents residing in rental property do not qualify for this discount.</u></p> <p>3. Have a combined income for applicant, spouse and ALL household members 18 years and older that is \$35,734 or less.</p> <p>- A surviving spouse age 59-64 of a qualifying water / sewer discount recipient may retain the discount benefits if the income guidelines allow.</p>	<p>Your combined household income cannot exceed \$35,734. Income of both applicant, spouse and ALL household members 18 years and older must be included. If you file an income tax return, include your adjusted gross income from your 1040 form plus your combined Social Security income.</p> <p>Total Income includes household income (any person living in the home 18 years and older.)</p> <p>Interest/Dividend household income cannot exceed \$3,000.00 per year.</p> <p>All applicants must provide documentation of all sources of income. The following are examples of sources of income.:</p> <ul style="list-style-type: none"> • Social Security • Pension • IRA Withdrawals • Interest • Wages • Alimony • Annuities • Rental Income • Gambling Winnings • Insurance Contracts • Unemployment compensation • Gain from property sale (other than primary residence) 	<p><i>Do I need to apply for the Water/Sewer discount every year? YES</i></p> <p>All applicants must apply for discounts for 2023. The application needs to be filed by the last Friday in September of 2022. *Income is based on the year 2021</p>
<p><i>TO APPLY</i></p> <p>Applications for water/sewer discount are accepted in the Income Tax Department. If you are eligible, you will receive a reduction on your 2023 water/sewer bill.</p>	<p>NOTICE!</p> <p>Applicant and/or their spouse must not be delinquent on municipal income taxes owed to the City of Bedford and further must not be behind or delinquent more than three months on their City of Bedford water/sewer bill in order to keep their eligibility for the water/sewer discount. Accordingly, once the delinquency is paid in full by the applicant and their spouse, the discount will be reinstated (not retroactively). (Reference ORD 9900-21)</p> <p>Questions?????</p> <p>Please call our office, we will be glad to help you.</p> <p>440.735.6505</p>	<p><i>Do I include my Social Security Income before or after Medicare is deducted?</i></p> <p>Include Social Security after Medicare is taken out. Change amounts when a spouse's Social Security income is added. Railroad Retirement income is treated the same as Social Security.</p>

***DISCOUNT IS CALCULATED USING 2021 INCOME TAX DOCUMENTS**

2022 filing for Calendar Year 2023 Discount

PERMANENT PARCEL NUMBER

**CITY OF BEDFORD
Application for Water / Sewer Discount****APPLICATION DEADLINE 09/30/2022**

Name of Applicant		Name of Spouse	
Address	City BEDFORD	Zip 44146	Phone Number ()
Social Security Number - Applicant		Social Security Number - Spouse	
Birth Date - Applicant	Age of Applicant	Birth Date - Spouse	Age of Spouse

Are you delinquent on your City of Bedford municipal income taxes or water/sewer Bill? ☐ YES ☐ NO

If you answered yes, you do not qualify for the 2023 water discount at this time. Please see the highlighted section on the back of this application or refer to Ordinance NO. 99900-21 for more information. If you answered no, continue with section A, B, C & D for approval.

TOTAL 2021 SOCIAL SECURITY AND / OR RAILROAD RETIREMENT INCOME: ATTACH PROOF**A.** \$ _____ Total year's Social Security and / or Railroad Retirement benefits of applicant in 2021.**B.** \$ _____ Total year's Social Security and / or Railroad Retirement benefits for spouse in 2021.**C.** \$ _____ Adjusted gross income of ALL other household members over the age of 18 in 2021.**ALL OTHER 2021 INCOME; TAXABLE & NON - TAXABLE: ATTACH PROOF**

D. \$ _____ Adjusted Gross Income of applicant & spouse as reported on 2021 Federal Income Tax Return. Or if you do not file income tax, include wages, interest, pensions, unemployment compensation, rents, etc for 2021. Do not include benefits paid by the Veterans Administration or a branch of the Armed Services. Disability applicants deduct up to \$5,200 on the employer's portion of disability pension and should not include Workers Compensation, Veterans or Welfare Benefits.

Interest/Dividend household income cannot exceed \$3,000.00 per year.

\$ **TOTAL HOUSEHOLD GROSS (Add A, B, C and D): NOT TO EXCEED \$ 35,734** (Reference ORD 9900-21) Provide proof: Copies of annual Social Security statements, Federal Income Tax Return, bank statements, and rents etc., must accompany this application.

PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW.

I authorize the Finance Director to examine any financial records that relate to my income. Willfully falsifying information revokes the right to a reduction for 3 years. I declare under penalty of perjury that I have examined this return, and to the best of my knowledge and belief, this return is true and complete.

Signature of Applicant _____ **Date** _____**FOR DISABLED APPLICANTS UNDER AGE 65 ONLY - DOCTOR'S CERTIFICATE OF DISABILITY**

"Permanently and totally disabled means a person who has, on the first day of January of the year of application for water/sewer discount some impairment in body or mind that makes one unfit to work at any substantially remunerative employment which the person is reasonably able to perform and which will, with reasonable probability, continue for an indefinite period of at least twelve months without any present indication of recovery therefrom or has been certified as permanently and totally disabled by a state or federal agency having the function of so classifying persons." (O.R.C. 323.151). Please attach proof (Social Security or State Pension award of disability certification letter).

I (we) hereby certify that _____ was, as of January 1, 2022 and is now totally and permanently disabled by virtue of physical disability ☐ or mental disability ☐

Physician / Psychologist (signature) _____ Date _____ Print Name of Person Signing _____

License No. _____

Address - Street - City - Zip _____ Phone Number _____

DISABILITY APPLICANT: APPROVAL CONTINGENT UPON DOCTOR'S COMPLETION OF THIS PORTION.