



# BEDFORD SENIORS CLUB NEWSLETTER

## IN THIS ISSUE

Calendar	2-3
Senior Health Fair	4-5
Rec Programs	6-18
Senior Day Trips	19
City News	20
Snow Plow List	21
Library Programs	22-23
Resources	24-27
Monthly Health	28-29
Monthly Recipe	30
Jokes & More	31-33
Puzzles	34-39
Member Highlights	40



*"Autumn leaves are falling, filling up the streets; golden colors on the lawn, nature's trick or treat!" — Rusty Fischer*

## Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November and December). Doors open at 11:30am. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change.

### Wednesday, October 25

Halloween Taco Party

Registration deadline Friday, October 20.

### Wednesday, November 8

Thanksgiving Themed Lunch

Registration deadline Friday, November 3

***A vegetarian option is available.***

*Please indicate during registration if you prefer a vegetarian substitution  
All program dates, times, fees, and menus are subject to change without notification.*

***November and December have only one Senior Club Lunch during the holiday months.***

**(440) 735-6570**



# October

## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 10/10/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>11</b>  Senior Lunch 12:00pm  Halloween Bingo 1:00pm Book Club 2:00pm (No Chair Yoga)	<b>12</b> UH Walking Club 9:30am Reach with Rhythm 11:00am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Barre Above 6:00pm	<b>13</b> Strength & Core 10:30am  Friday Flick 1:00pm "Haunted Mansion 2"  Tai Chi 5:50pm
<b>16</b> Westside Market Trip Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	<b>17</b> Strength & Balance 10:30am Binge Watchers 1:00pm  Stretch & Recovery 6:00pm	<b>18</b> Skeeball 9:30am  <b>Senior Health Fair</b> <b>10:00am-1:00pm</b>  Sparkling Portraits 2:00pm Chair Yoga 5:30pm	<b>19</b> UH Walking Club 9:30am Reach with Rhythm 11:00am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Barre Above 6:00pm	<b>20</b> Strength & Core 10:30am  Friday Flick 1:00pm "Big George Foreman"  Tai Chi 5:50pm <i>Deadline for 10/25 lunch</i>
<b>23</b> Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	<b>24</b> Strength & Balance 10:30am Binge Watchers 1:00pm  Stretch & Recovery 6:00pm	<b>25</b>  Senior Lunch 12:00pm  Halloween Costume Party 1:00pm  Chair Yoga 5:30pm	<b>26</b> UH Walking Club 9:30am Reach with Rhythm 11:00am  Digital Navigators 1:00pm Pickleball Open Play 12:30pm, 1:30pm, 2:30pm  Barre Above 6:00pm	<b>27</b> Strength & Core 10:30am  Friday Flick 1:00pm "Hubie Halloween"  <i>(No Tai Chi)</i>
<b>30</b> Line Dancing 10:30am  Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Knitting 1:00pm Local Motion 6:00pm	<b>31</b>  Strength & Balance 10:30am Binge Watchers 1:00pm			 <b>SATURDAYS</b> Gentle Yoga Oct 7, 28 9:00am (No class 10/14 & 10/21)



*A representative from University Hospitals will be present during senior lunches offering blood pressure checks and other health information.*



## CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 10/10/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>SATURDAYS</u></b>  <b>Gentle Yoga</b>  <b>Nov 4, 18</b>  <b>9:00am</b>  <i>(No class 11/11, 11/25)</i></p>		<p><b>1</b>            Skeeball 9:30am            Get Crafty 2:00pm            Chair Yoga 5:30pm</p>	<p><b>2</b>            UH Walking Club 9:30am            Reach with Rhythm 11:00am            Pickleball Lessons            12:30pm, 2:00pm            Barre Above 6:00pm</p>	<p><b>3</b>            Strength &amp; Core 10:30am            Friday Flick 1:00pm            "Big Fat Greek Wedding"            Tai Chi 5:50pm  <i>Deadline for 11/8 lunch</i></p>
<p><b>6</b>            Line Dancing 10:30am            Pickleball Open Play            12:30pm, 1:30pm, 2:30pm            Knitting 1:00pm  <i>(No Local Motion)</i></p>	<p><b>7</b>              Binge Watchers 1:00pm  <i>(No Strength &amp; Balance or Stretch &amp; Recovery)</i></p>	<p><b>8</b>            Stroke 101 10:30am   Senior Lunch            12:00pm            Bingo 1:00pm            Book Club 2:00pm            Chair Yoga 5:30pm</p>	<p><b>9</b>            UH Walking Club 9:30am            Reach with Rhythm 11:00am            Pickleball Lessons            12:30pm, 2:00pm            Flick 1:00pm            "Big Fat Greek Wedding 3"            Barre Above 6:00pm</p>	<p><b>10</b>            WE WILL BE CLOSED IN            OBSERVANCE OF            WE WILL BE CLOSED ON  <b>VETERANS DAY</b>  </p>
<p><b>13</b>            Line Dancing 10:30am            Pickleball Open Play            12:30pm, 1:30pm, 2:30pm            Knitting 1:00pm            Local Motion 6:00pm</p>	<p><b>14</b>            Strength &amp; Balance            10:30am            Binge Watchers 1:00pm            Stretch &amp; Recovery            6:00pm</p>	<p><b>15</b>            Skeeball 9:30am   12:00pm            Sparkling Portraits 2:00pm            Chair Yoga 5:30pm</p>	<p><b>16</b>            UH Walking Club 9:30am            Reach with Rhythm 11:00am            Pickleball Lessons            12:30pm, 2:00pm            Barre Above 6:00pm</p>	<p><b>17</b>            Strength &amp; Core 10:30am            Friday Flick 1:00pm            "Oppenheimer"</p>
<p><b>20</b>            Line Dancing 10:30am            Pickleball Open Play            12:30pm, 1:30pm, 2:30pm            Knitting 1:00pm            Local Motion 6:00pm</p>	<p><b>21</b>            Strength &amp; Balance            10:30am            Binge Watchers 1:00pm            Stretch &amp; Recovery            6:00pm</p>	<p><b>22</b>            Flick 1:00pm            "What's Love Got to Do"   6:00pm</p>	<p><b>23</b>  </p>	<p><b>24</b>  </p>
<p><b>27</b>            Line Dancing 10:30am            Pickleball Open Play            12:30pm, 1:30pm, 2:30pm            Knitting 1:00pm            Local Motion 6:00pm</p>	<p><b>28</b>            Strength &amp; Balance            10:30am            Binge Watchers 1:00pm            Stretch &amp; Recovery            6:00pm</p>	<p><b>29</b>            Skeeball 9:30am            Friendsgiving 11:30am            Chair Yoga 5:30pm</p>	<p><b>30</b>            UH Walking Club 9:30am            Reach with Rhythm 11:00am            Pickleball Lessons            12:30pm, 2:00pm            Barre Above 6:00pm</p>	<p>  <b>PLAYHOUSE SQUARE</b>            Saturday, Nov. 18            Board Bus at 10:15am</p>



# SENIOR HEALTH & WELLNESS FAIR

WEDNESDAY, OCTOBER 18  
10:00 AM - 1:00 PM  
ELLENWOOD CENTER

*124 Ellenwood Ave., Bedford / Located off Broadway Ave. or Center Rd.*

## Free Health Screenings

*Glucose, Cholesterol, Blood Pressure, Hearing and more!*

## Flu & Covid Shots

*Flu and Covid Shots/Boosters available by appointment.*

**Scheduled vaccine participants will receive a \$25 ALDI gift card!**

*Walk-ins permitted if space available and gift card giveaways while supplies last. Call 440-735-6570 to setup your appointment.*

*Shots will be administered by the Cuyahoga County Board of Health.*

## UH Mobile Health Unit - 3D Mammograms

*University Hospitals Mobile Health Unit will be in the west parking lot offering 3D Mammograms and Bone Density screenings.*

*To schedule an appointment, please call  
UH Mobile Coordinator directly at 216-896-1768.*

**Screening mammograms and vaccines are usually covered at 100% by most insurance providers.**

**Bring your ID and insurance card to your appointment.**

**Register online: [bedfordoh.myrec.com](https://bedfordoh.myrec.com)  
or call **440-735-6570**  
to setup your Flu/Covid shot appointment**

# LIST OF PARTICIPATING VENDORS

as of 10/10/23

## Cuyahoga County Board of Health

Flu & Covid vaccine provider

## Western Reserve Area Agency on Aging

Provider of gift cards through the Aging & Disability Vaccine Collaboration (ADVC) grant

## University Hospitals

Mobile Health Unit (3D mammograms & bone density)  
Biometric Screenings (glucose, blood pressure & cholesterol)  
Talk with a Pharmacist  
Talk with a Dietitian  
Homecare Services (resources for staying at home)  
Digital Health (MyChart activation and support, On-Demand  
Virtual Care & Affordable Connectivity Outreach Program)

Bedford Senior Club  
Cleveland Foot & Ankle Clinic  
Cleveland Sight Center  
Coleman Insurance LLC  
Cuyahoga County Public Library  
Dexcom  
Greater Cleveland Food Bank  
Hospice of the Western Reserve

Light of Hearts Villa  
Lucid Hearing Center  
Meals on Wheels  
Tailor Made Herbal Products  
The Medicare Shopper

*... and the list keeps growing!*

Screening mammograms and vaccines are usually covered at 100% by most insurance providers.

**Bring your ID and insurance card to your appointment.**

## Call UH Mobile Coordinator

# 216-896-1768

## to setup your 3D Mammogram and Bone Density appointment

# RECREATION PROGRAMS

## Friendsgiving Potluck Lunch

**NEW!** Bring a dish to share and join other members for a casual meal and great conversation. Beverages provided. Eat, socialize and be thankful! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 1

Dates: Wednesday, November 29

Time: 11:30 am – 1:30 pm

Fee: Free to Bedford Senior Club Members

## Stroke 101

**NEW!** Attend a one-hour workshop on the essential knowledge of strokes. Gain a better understanding of strokes, their types, and underlying causes. Learn the FAST (Face, Arms, Speech, Time) method and other key symptoms to identify potential strokes promptly. Dive into the common risk factors associated with strokes and explore actionable steps for prevention.

Instructor: Dr. Craciun, Medical Director of Stroke at Marymount Hospital

Location: Ellenwood Center Room 4

Dates: Wednesday, November 8

Time: 10:30 am – 11:30 am

Fee: Free

## Knitting Connection

**NEW SERVICE PROJECT!** Connect with others and knit for a good cause! Beginners and experienced knitters are welcome. Learn tricks and tips from fellow knitters. Needles, yarn and patterns will be supplied to Bedford Senior Club members who participate. Accepting supply donations. **WE ARE GEARING UP FOR THE MITTEN FENCE AGAIN!**

Location: Ellenwood Center Room 1

Dates: Mondays

Time: 1:00 pm – 3:00 pm

Fee: Free

***Attention all Senior Club Members!  
We are looking for donations of yarn.***

***We will soon be making winter gear for the  
Mitten Fence in downtown Bedford.***



# RECREATION PROGRAMS

## Friendsgiving Potluck Lunch

**NEW!** Bring a dish to share and join other members for a casual meal and great conversation. Beverages provided. Eat, socialize and be thankful! Preregistration preferred; walk-ins available if space allows.

Location: Ellenwood Center Room 1  
Dates: Wednesday, November 29  
Time: 11:30 am – 1:30 pm  
Fee: Free to Bedford Senior Club Members

## Grandparent Class with UH

**NEW!** This course is designed to prepare grandparents for new baby's arrival! Grandparents can refresh their baby safety skills by learning newborn care, safe sleep, childproofing, child passenger safety, and infant hands-only CPR. By the end of the course, attendees will be updated on the latest trends in childcare, health, and safety.



Instructor: Briana Price, Childhood Injury Prevention Coordinator at UH Rainbow  
Location: Ellenwood Center Room 1  
Date: Saturday, December 2  
Time: 10:00am-12:00pm  
Fee: Free, pre-registration required



## Are you on Facebook?

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

*Request to join!*

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



# RECREATION PROGRAMS

## Stay & Play: Post-Lunch Activity

Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

## 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. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm

**Swirl Painting** — Wednesday, November 1

**Painted Wood Slice Ornaments** – Wednesday, December 6

**DIY Hot Cocoa Mixes** – Wednesday, January 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. 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

- **Magic Sugar Skull** —Wednesday, October 18
- **Holiday Gnome** —Wednesday, November 15
- **Bubbly** —Wednesday, December 20





# RECREATION PROGRAMS

## Strength & Balance

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 Gymnasium

Time: 10:30 am – 11:30 am

Dates: Tuesdays, October 3, 10, 17, 24, 31, November 14, 21, 28, December 5, 12, 19 (no class 11/7)

Fee: Free to Bedford Senior Club Members/\$80 for non-members

## Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use a variety of equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed. Space limited to 12 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Time: 10:30 am – 11:15 am

Dates: Fridays, October 6, 13, 20, 27, November 3, 17, December 1, 8, 15 (no class 11/10, 11/24)

Fee: Free to Bedford Senior Club Members/\$70 for non-members

## Chair Yoga

**NEW!** Chair yoga is the practice of yoga asana with the use of a chair. This practice can be seated or the chair can be used for balance and flexibility. The class is based on breathing, asanas and meditation. This practice can benefit all ages, people with or without mobility limitations. This class is relaxing and gives your strength and improves your balance and flexibility. Supplies

Needed: Yoga Mat, Blocks, and Yoga Strap

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Gymnasium

Time: 5:30 pm – 6:30 pm

Dates: October 4, 18, 25, November 1, 8, 15, 29, December 6, 13 (no class 10/11, 11/22)

Fee per class: \$9 Bedford Resident/\$10 Non-Resident or

Fee for entire session: \$80 Resident/\$95 Non-Resident / Bedford Senior Club Members are free and must register in advance



# RECREATION PROGRAMS

## Barre Above®

Barre Above® fuses the best of Pilates, yoga, 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! Bring a yoga mat or borrow from the instructor.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Dates: Thursdays, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14 (no class 11/23)

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Fee for entire session: \$109 Resident/\$134 Non-Resident

Bedford Senior Club Members are free and must register in advance



## Gentle Yoga

This class incorporates yoga postures, gentle movement sequences, breath work, meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body. 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

Location: Ellenwood Center Room 4

Dates: Saturdays, October 7, 28, November 4, 18, December 2, 9, 16 (no class 10/14, 10/21, 11/11, 11/25)

Time: 9:00 am - 10:00 am

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Fee for entire session: \$94 Resident/\$114 Non-Resident

Bedford Senior Club Members are free and must register in advance

## Local Motion with Jaki

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. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Gymnasium

Dates: Mondays, October 2, 9, 16, 23, 30, November 13, 20, 27, December 4, 11, 18 (no class 11/6)

Time: 6:00 pm - 6:45 pm **\*NOTE TIME CHANGE**

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Fee for entire session: \$70 Resident/\$84 Non-Resident

Bedford Senior Club Members are free and must register in advance

# RECREATION PROGRAMS

## Pickleball Lessons

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. Participants must register in advance.

Instructor: Rich Abston, certified Pickleball instructor

Location: Ellenwood Center Gymnasium

Fall Session Dates: Thursdays, November 2, 9, 16, 30 (no class on 11/23)

Beginner/Intermediate Time: 12:30 pm - 2:00 pm

Intermediate/Advance Time: 2:00 pm - 3:30 pm **SESSION IS FULL**

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

## 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.

**Be sure to check the Senior Event Calendar or online for our Open Play days and times.**

**Reservations are highly recommended.**

Location: Ellenwood Center Gymnasium

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

## 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. Space is limited to 30 participants.

Instructor: Patty Haw

Dates: Thursdays, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14

(No class 11/23)

Time: 11:00 am – 12:00 pm

Location: Ellenwood Gymnasium

Fee: Free to Senior Club Members

\$3 per class for non-members or register for the entire session for \$75



# RECREATION PROGRAMS

## Senior Volunteer Crew

**NEW!** Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for:

- **Monthly Preschool Art (Story & Seasonal Craft):** Mondays, October 23, November 20, December 11, 1:30pm-3:00pm in Ellenwood Room 3
- **Senior Health Fair:** Wednesday, October 18, 9:00am-1:00pm at Ellenwood Center
- **Toddler/Preschool Play Group:** Tuesdays beginning October 17 through December 12 (except 11/7) 11:45am-1:45pm in Ellenwood Gym
- **Trick or Treat Street:** Saturday, October 21, 9:30am-12:30pm in Ellenwood west parking lot (dress for the weather)
- **Breakfast with Santa:** Saturday, December 9, 9:00am-12:30pm in Ellenwood Gym
- **Winter Dance for Teens & Adults with Special Needs:** Friday, December 15, Time TBA in Ellenwood Gym and classrooms

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

## Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released just in time for our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.

## UH Walking Club

Join neighbors 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: Ellenwood Center Archibald Willard Pavilion (walking inside in inclement weather)

Dates: Thursdays

Time: 9:30 am – 10:30 am



# RECREATION PROGRAMS



## West Side Market Excursion Monday, October 16, 2023



Join us for a visit to the West Side Market! It's Cleveland's oldest public market and is home to 100 vendors offering meats, seafood, fruits, vegetables, baked goods, dairy, flowers, ready-to-eat foods, spices and nuts.

We will board the bus at 9:15am by the pavilion and leave Ellenwood Center at 9:30am. We will shop and have lunch nearby at TBA. Lunch details forthcoming. We will board the bus to leave at 1:30pm and depart at 1:45pm. Estimated return is 2:15pm. We will be riding a school bus provided by Bedford City Schools. Please contact the Parks & Recreation Department if you need special travel accommodations. Registration for Bedford Club Members is now open. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning October 1. Limit of 2 guests max. Space is limited.

Free for registered Bedford Senior Club members / \$10 for non-members

## Digital Navigators at Ellenwood Center Thursday, October 26: 1:00pm—3:00pm

Cuyahoga County Public Library's Digital Navigators service will be coming to Ellenwood Center to offer one-on-one technology assistance! **Call the Ellenwood Office at 440-735-6570 to make an appointment with a Digital Navigator on the afternoon of October 26.** If you are unable to come on the scheduled date, you can setup an appointment by calling the Digital Navigators directly at 216-749-9420 to meet at the library.



Navigators can help with:

- Becoming comfortable with your laptop, cellphone or tablet
- Using your mouse or keyboard
- Safely connecting and browsing the internet
- Creating and using an email address
- Basic understanding of apps and their usage
- Setting up a telehealth appointment

Digital Navigators can also help you find out if you are eligible to receive the Affordable Connectivity Program, an FCC program that helps families find reliable, affordable internet access.

# RECREATION PROGRAMS

## Stretch & Recovery

**NEW!** Stretch & Recovery is a fitness class that focuses on endurance building, core & muscle strengthening with relaxation. The benefits to this class are to increase range of motion, mobility, flexibility, coordination and focus.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Room 4                      Time: 6:00 pm - 7:00 pm

Dates: Tuesdays, October 3, 10, 17, 24, November 14, 21, 28, December 5, 12

(No class 10/31, 11/7)

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Fee for entire session: \$70 Bedford Resident/\$85 Non-Resident

Bedford Senior Club Members are free and must register in advance



## REGISTER YOUR GRANDKIDS! Saturday, October 21

Ellenwood Center      10am-12pm  
Parking Lot                      Time Slots Available

Children ages infant -12 will trick-or treat through various stations in our transformed west parking lot at Ellenwood Center. Registered children receive a pumpkin and a Halloween craft to go. Hay rides will be available!

Registration will not be accepted on the day of the event. Space is limited. Resident registration opens October 1. Non-Resident registration opens October 16.

New this year, we will offer special time slots starting at 12:00pm for teens and adults with special needs. Non-participating caregivers are welcome to attend and are not required to register. Space is limited.

Location: Ellenwood Center West Parking Lot

Date: Saturday, October 21

Time: Register for a specific time slot between 10:00 am-12:00 pm

Fee: \$5 Bedford resident child ages 0-12/\$8 Non-Resident child.

Adult supervision required.



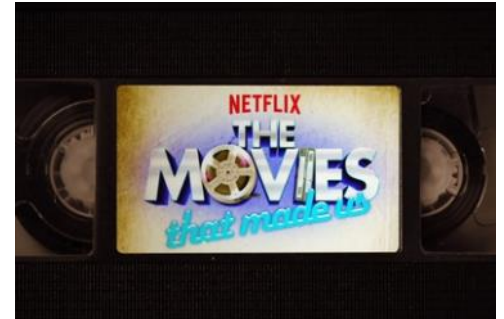
# RECREATION PROGRAMS

## Binge Watchers Club

**NEW!** Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

## *The Movies That Made Us*

*This docuseries takes you behind the scenes to show you how some classic films were made. Each episode focuses on a specific movie, telling the tale of how it was made from beginning to end. Each episode starts out discussing the origins of the featured film, moving on to talk about the actual production of the flick -- including obstacles and detours along the way -- before finishing with a discussion of the impact the movie had upon its eventual release.*



*These blockbusters brought us together and gave us the time of our lives. Each episode is roughly 45-50 minutes. Come one afternoon based on your favorite movie or attend all dates!*

Dates: Tuesdays

Time: 1:00 pm

Location: Ellenwood Center Room 1

October 17—Dirty Dancing & Home Alone

October 31—Halloween & Friday the 13th

November 14—Forrest Gump & Jurassic Park

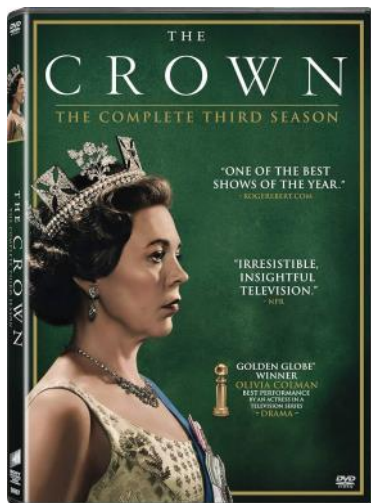
November 28—Aliens & Coming to America

October 24—Ghostbusters & Die Hard

November 7—Back to the Future & Pretty Woman

November 21—Nightmare on Elm Street & Robocop

December 5 —Nightmare Before Christmas & Elf



***The Crown Season 3 will begin  
Tuesday afternoons starting January 9***



# 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 1

### Friday, November 3: My Big Fat Greek Wedding (2002)

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian.



### Thursday, November 9: My Big Fat Greek Wedding 3 (2023)

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is coming back to theaters with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!



### Friday, November 17: Oppenheimer (2023)

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. **\*Please note, this movie is 3-hours long. The release date keeps getting pushed back due to its popularity and extension in theatres. Movie subject to be changed and rescheduled. This film is Rated R for some sexuality, nudity and language.**



### Wednesday, November 22: What's Love Got to Do With It? (2022)

How do you find lasting love in today's world? For documentary-maker and dating app addict Zoe (Lily James), swiping right has only delivered an endless stream of Mr. Wrongs, to her eccentric mother Cath's (Emma Thompson) dismay. For Zoe's childhood friend and neighbor Kaz (Shazad Latif), the answer is to follow his parents' example and opt for an arranged (or "assisted") marriage to a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a profoundly different approach to finding love.



**There is still space available for these upcoming Friday Flicks:**

**10/13 Haunted Mansion**

**10/20 Big George Foreman**

**10/27 Hubie Halloween**





# RECREATION PROGRAMS

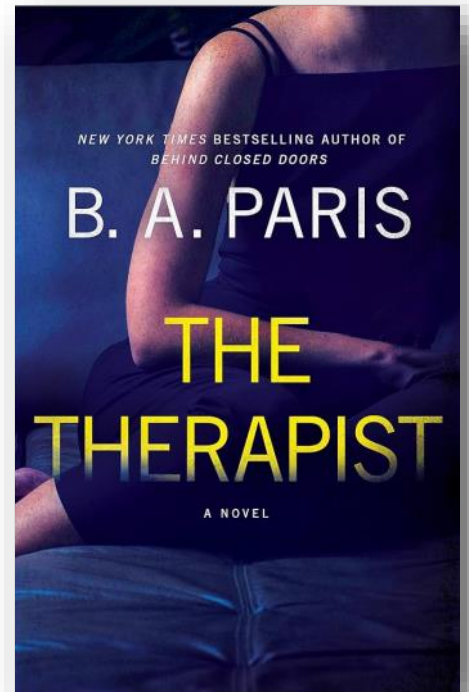
## Shelf Indulgence Book Club

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. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

### Wednesday, November 8: “The Therapist” by B. A. Paris

*"When Alice and Leo move into a newly renovated house in The Circle, a gated community of exclusive houses, it is everything they've dreamed of. But appearances can be deceptive... As Alice is getting to know her neighbors, she discovers a devastating secret about her new home, and begins to feel a strong connection with Nina, the therapist who lived there before. Alice becomes obsessed with trying to piece together what happened two years before. But no one wants to talk about it. Her neighbors are keeping secrets and things are not as perfect as they seem..."*

Location: Ellenwood Center Room 1  
Dates: Second Wednesday of the month  
Time: 2:00 pm – 3:00 pm  
Fee: Free



## It's here!



CCPL's new and improved library catalog experience powered by Aspen Discovery is here! Aspen Discovery features a powerful search engine that makes it easier than ever to discover physical and digital materials from a world class collection. It also offers exciting customization features and value-added content like reading recommendations, read-alikes, reviews, ratings and more!

Check it out yourself and learn more!  
<https://cuyahogalibrary.org/aspen>

# RECREATION PROGRAMS



**LUNCH**  
**AND**  
**LEARN**  
WITH **BEDFORD**  
PARKS & RECREATION

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 Holly & Ivy: Why Do We Do What We Do at Christmas

Learn the stories behind our Christmas traditions. Why do we bring greenery into our homes? Why do we exchange presents? How did Santa Claus get started? What is the story of the poinsettia? And what do animals have to do with Christmas? These stories and more, plus favorite Christmas songs! We will warm up the holiday season with a Christmas Brunch: breakfast casserole, biscuit and gravy, and warm, cinnamon rolls! Presentation by the Largely Literary Theater Company.

Date: Wednesday, November 15

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gymnasium

Fee: Free to Bedford Senior Club members

\$15 for non-members



***SAVE THE DATES! Details forthcoming...***

***The Making of It's a Wonderful Life — December 6***

***JFK Assassination: 60 Years Later — January 31***

***L-O-V-E Valentine Traditions — February 21***

# DAY TRIPS for SENIORS



Register online: [bedfordoh.myrec.com](http://bedfordoh.myrec.com)

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**  
124 Ellenwood Ave  
Bedford, OH 44146



## Castle Noel & Holiday Lights Friday, December 8

Start the holiday season with a 2-hour tour of Castle Noel, the home of the world's largest privately owned collection of Hollywood Christmas movie props and costumes from your favorite Christmas movies including "The Grinch", "Elf", "Fred Claus", "The Santa Clause 1, 2 & 3", "Jingle All The Way", "Christmas Carol", "Deck the Halls", and more. Castle Noel also features millions of dollars of animated New York City Christmas windows from Sak's Fifth Avenue, Bloomingdale's, Lord & Taylor and Macy's! Feel like a kid again in the "I Had That" toyland experience; filled with thousands of toys from 50's through the 80's. Sprinkled into the magic is the Blizzard Vortex, Santa's Chimney Squeeze and 25' animated Christmas tree. It snows inside and you'll even get to ride a slide, just like Ralphie. Guests who ride the slide over 80 years old become a part of the "Wall of Fame". Concluding the tour, we will have Christmas dinner: turkey, stuffing, potatoes, vegetable, roll, gravy, Christmas Cookie, coffee and water. On our way back home, we will drive through the Medina County Fairgrounds as it is transformed into a winter wonderland with a mile of holiday lights!

We will be riding a charter bus provided by Barons. Board the bus at 12:30pm by the pavilion and leave Ellenwood Center at 12:45pm. We will depart Castle Noel at 6:00pm and drive through Medina County Fairgrounds and then head back to Ellenwood. Estimated return is 8:00pm. Please contact the Parks & Recreation Department if you need special travel accommodations.

Registration for Bedford Club Members begins October 15. Non-Club members must be a registered guest of a Bedford Senior Club member and may only be registered by the Club member beginning November 15. Limit of 2 guests max. Registration deadline is November 30. Limited to 50 participants.

**Fee: \$75 Bedford Senior Club members / \$90 for non-members**

*Price includes tour ticket, dinner, fairgrounds admission, transportation and gratuity.*





Sign Up  
to receive your  
**BEDFORD NEWS**  
electronically!  
▶ [www.bedfordoh.gov](http://www.bedfordoh.gov)

# City of Bedford Newsletter

## October 2023

### Important Dates

- ◆ **Council Meeting**  
October 2  
7:00 p.m.
- ◆ **First Friday**  
October 6  
6:00 p.m. - 8:00 p.m.
- ◆ **Children's Fall Fest**  
October 7  
10:00 a.m. - 1:00 p.m.
- ◆ **Council Meeting**  
October 16  
7:00 p.m.
- ◆ **Senior Health & Wellness Fair**  
October 18  
10:00 a.m.-1:00 p.m.
- ◆ **Trick-or-Treat Street**  
October 21  
10:00 a.m.-12:00 p.m.  
\*MUST PRE-REGISTER
- ◆ **Trick-or-Treat**  
October 31  
6:00 p.m.-8:00 p.m.



### Chipper Service

Chipper service will be the week of October 2, 2023. **This will be the last pick up for the year.**

**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.

### Children's Fall Festival



Bedford's annual Children's Fall Festival event will be held on Saturday, October 7 from 10:00 a.m. - 1:00 p.m. at the Bedford Square, 730 Broadway Ave. Children and their families are invited to enjoy a variety of fall activities including: games, hunting for a pumpkin in the pumpkin patch, dancing and singing along to music and much more!

Come on out and enjoy some family fun right here in Bedford! Details and events are subject to change.

### RX Drug Drop Box Program

A drug Pill Drop Box, supplied by the County, has been permanently installed in the lobby of the Bedford Police Department. Anyone with expired or unused prescription pills can dispose of their medication in the Pill Drop Box 24/7. **PILLS ONLY.** No needles or liquids.

### Animal Warden

The Animal Warden can be contacted by calling the non-emergency police number 440-232-1234.

### Power Outages

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

### Trick-or-Treating

Trick-or-Treating will be held on Tuesday, October 31 from 6:00 p.m. - 8:00 p.m. in the City of Bedford. Those that do not wish to participate in Trick-or-Treat, please turn your front light off. Trick-or-Treat brings significant pedestrian traffic throughout Bedford's neighborhoods, so please be mindful of that fact and watch out for children.



The Police Department requests to not drive next to your children as they are trick or treating. It impedes the flow of traffic and makes it more dangerous for the children.

### Leaf Collection



The Service Department begins leaf collection the middle of October every year and continues until all leaves are picked up. Leaf pick up is only done in the fall, there is no leaf pick up in the spring. The city is divided into four sections and continuous rounds of each section will be made. Rake leaves to the tree lawn, do not rake them into the street, this blocks our storm system.

**Do not call the Service Department for pick up, we will do continuous sweeps of the city until all leaves are picked up.** Please be considerate of parking on the street during leaf season. Workers are not able to pick up leaves if there is a car parked in front of a pile.

### Friendly Reminders

- Parking is not allowed on Bedford streets between the hours of 3:00 a.m. and 6:00 a.m. If you must park in the street, call the Police Department non-emergency number at 440-232-1234.
- Do not cut your grass or operate loud machinery before 7:00 a.m. or after 9:00 p.m.
- Garbage can be placed out the evening prior to collection after 6:00 p.m., or the morning of collection before 7:00 a.m. All cans must be removed within 12 hours after collection.

**Do-It Right Landscaping & Design**  
**(216) 218-1340**

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

**Dobbs Landscaping and Plowing**  
**(216) 780-1346**  
**(216) 906-7003**

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

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

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Salt additional fee

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

- Senior Discount Offered
- \$30 per push for seniors
- Sidewalk additional fee
- Price increase for 4" or more snow in driveway

**Pro-Mow Landscaping**  
**(216) 276-3399** \*call this phone first  
**(440) 439-4456**

- Senior Discount Offered
- Price depending on driveway length and snow height
- Sidewalk additional fee
- Smaller truck available for narrow driveway

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

- Senior Discount Offered
- \$25.00 and up per push depending on driveway length/width
- Sidewalk additional fee

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

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

***Please note: We anticipate adding more providers on this list.***

***These providers confirmed by our print deadline.***

***A revised list will be included in next month's newsletter.***



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 17 FOR DETAILS!**

Location: Ellenwood Center Room 1

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

**African American Authors Book Group— In-Person or Virtual**

Thursday, October 26: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

October Title: Midnight Hour : A Chilling Anthology of Crime Fiction From 20 Authors of Color

**Windows 11 Lecture**

Friday, November 03: 10:00am - 11:00am                      Bedford Branch Meeting Room

Learn how to use the newest operating system for PCs and tablets in this lecture-style class. Explore new features, including the redesigned Start menu, system requirements and updated interface. Classes start promptly! We cannot hold seats for attendees who arrive after an in-person class has started. Anyone not on the registration list will be given an available seat on a first-come, first-served basis.

**Libby, Kanopy and Hoopla, Oh My! *Streaming and Downloading eBooks, Music & Movies for Free***

Saturday, November 04: 2:00pm - 4:00pm                      Bedford Branch Meeting Room

Heard about streaming and downloading books, audiobooks, music and movies from the library? Bring your smartphone, laptop or tablet and find out how to download the apps for Kanopy, Hoopla and Libby.

**Learn to Make Paper Airplanes**

Monday, November 06: 7:00pm - 8:00pm                      Bedford Branch Meeting Room

Learn to fold paper airplanes in a variety of styles! From the classic paper airplane to some lesser-known builds we'll be making all types of paper airplanes.

**Board Game Night**

Monday, November 13: 7:00pm - 8:30pm                      Bedford Branch Meeting Room

Did you know November is International Games Month? Come celebrate at the Bedford Branch by playing board games. We'll have a variety of old favorites and newer options to play, with something for everyone. If you have a favorite board game at home feel free to bring it to play as well. Light refreshments will be provided.

**Registration coming soon... African Dance Fusion**

Saturday, December 02: 2:00pm - 3:30pm    (Registration opens on Monday, October 30 2023 at 9:00am)

# Food Distribution

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



## Dates & Locations

### Bedford Branch

Wednesday, September 20  
1:30 – 3:30 PM

### Brook Park Branch

Wednesdays, September 27,  
October 25 / 2 – 3:30 PM

### Brooklyn Branch

Mondays, September 11,  
October 16 / 12 – 1:30 PM

### Garfield Heights Branch

Wednesdays, September 6,  
October 4 / 11 AM – 1 PM

### Maple Heights Branch

Tuesdays, September 12,  
October 10 / 10 AM – 12 PM

### Parma Heights Branch

Wednesdays, September 20,  
October 18 / 10 AM – 12 PM

### Parma-Snow Branch

Tuesdays, September 5, October 3,  
November 7 / 3:30 – 5 PM

### South Euclid-Lyndhurst Branch

Tuesdays, September 26,  
October 24 / 12 – 2 PM

### Warrensville Heights Branch

Thursdays, September 14,  
October 12 / 1:30 – 3 PM

Cuyahoga  
County  
Public  
Library



Greater Cleveland  
Food Bank

23

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





## FEDERAL TRADE COMMISSION CONSUMER ADVICE

### Selling stuff online? Here's how to avoid a scam

Selling stuff online can be a great way to make some extra cash. Craigslist, Facebook Marketplace, and other sites attract a lot of buyers — and scammers. Here are some ways scammers try to cheat you and what to do about it.

#### Fake payments and bogus refund requests

A scammer posing as a buyer says they want to buy the thing you have for sale. When it comes time to pay, they insist on paying through a mobile payment app. They send you a fake payment notification and hope you send the item before you realize it's a scam. Or they say there was an issue with the payment they sent. For example, they might say they accidentally paid you twice and ask you to refund one of the payments.

### How a Fake Check Overpayment Scam Works



You're selling an item for **\$200**



A buyer sends you a check for **\$500**



You deposit the check, return the difference of **\$300**, and ship your item



#### **A few weeks later...**

The bank tells you the check was fake and takes **\$500** out of your account.

**You've lost \$300 in cash — plus the item you were selling.**



## Fake check overpayment

The scammer offers to give you a check for more than the selling price. They tell you to deposit the check and send the difference back to them. The check is fake, but if you deposit it, it'll appear in your account balance. That's because banks must make your money available quickly, usually within two days.

When a bank says the check cleared, that doesn't mean it was a good check. It can take weeks for the bank to figure out the check was fake. By that time, the scammer has the item you sold and the money you sent back. And the bank takes the money from the fake check out of your account.

## Fake verification codes

A scammer posing as a buyer says they've heard about fake online listings and wants to verify that you're a real person. They send you a text message with a Google Voice verification code and ask you for that code. If you give it to them, they'll use it to create a Google Voice number linked to your phone number. Then the scammer could use the Google Voice number to rip off other people. If someone tracks the Google Voice number, it'll be linked to your real phone number. That's how the scammers conceal their identity.

## Advice for selling things online

Many sites recommend selling your stuff to a local buyer you can meet in person and only accepting cash payments. If you're not selling locally, see what seller protections the site offers.

### Selling stuff online?

To avoid a scam

- **Don't accept** a mobile payment from someone you don't know
- **Don't deposit** a check for more than your selling price
- **Don't share** any verification codes

Report scams at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)



FEDERAL TRADE  
COMMISSION



# Your Official Election Information November 7, 2023 General Election

## Important Election Information

### General Election

- The Secretary of State is not mailing Vote-by-Mail applications to voters for this election. A new application is needed for each election.
- If you choose to Vote-by-Mail for this election, check the "November General Election" box on the application.
- For important election updates, follow us on social media @CuyahogaBoE.

Please review the most current election law changes at [www.443vote.us](http://www.443vote.us)



## Voting Before Election Day

### Vote-by-Mail

#### All voters can vote from home!

Avoid the lines, take your time to research what is on your ballot, and vote from the comfort of your home.



#### Voting from home is easy!

- 1 Submit a ballot application to vote from home. You can print or request a ballot application online at [www.443vote.us](http://www.443vote.us) or by calling **216-443-VOTE (8683)**.
  - 2 We will mail your ballot to you with a return envelope.
  - 3 Vote and return your signed ballot envelope before Election Day.
- \* Use the **Track Your Vote-by-Mail Ballot** tool on our website to track your ballot throughout the process!

### Voting at the Board of Elections

We are located at 2925 Euclid Avenue in Cleveland. Voting dates and hours below:



<b>Weekdays*</b>	<b>October 11-27</b>	<b>8:00 a.m. to 5:00 p.m.</b>
<b>Monday</b>	<b>October 30</b>	<b>7:30 a.m. to 7:30 p.m.</b>
<b>Tuesday</b>	<b>October 31</b>	<b>7:30 a.m. to 8:30 p.m.</b>
<b>Weekdays*</b>	<b>November 1-3</b>	<b>7:30 a.m. to 7:30 p.m.</b>
<b>Saturday</b>	<b>November 4</b>	<b>8:00 a.m. to 4:00 p.m.</b>
<b>Sunday</b>	<b>November 5</b>	<b>1:00 p.m. to 5:00 p.m.</b>

\*Weekdays denotes Monday through Friday\*



## Dates, Deadlines and New Rules for Voting

**October 11th:** The Board of Elections will begin mailing ballots to voters who have submitted Vote-by-Mail ballot applications.

**New Rule:** the deadline to submit Vote-by-Mail ballot applications has changed. Vote-by-Mail ballot applications must be received by the Board of Elections on or before **October 31st**.

Vote-by-Mail ballots must be postmarked on or before **November 6th**. Hand delivered ballots may be dropped off at the Board of Elections until 7:30 p.m. on Election Day.

**Voting Location Changes:** Your voting location may have been changed for the November 7, 2023 General Election. Voters are encouraged to confirm their voting location when making their voting plans. Confirm your voting location at [www.443vote.us](http://www.443vote.us) or by calling **216-443-VOTE (8683)**.

**New Rules for Early In-Person Voting:** Photo identification is required when Early In-Person Voting. The identification requirements for Early In-Person Voting are now the same as when voting on Election Day.

## Voting On Election Day

**Voting hours:** Your polling location will be open on Election Day from 6:30 a.m. to 7:30 p.m.

### What ID should I bring?

Acceptable forms of unexpired photo ID include:

- ✓ An Ohio Driver License
- ✓ An Ohio State ID Card
- ✓ An Ohio Interim ID form issued by the Bureau of Motor Vehicles
- ✓ A U.S. passport or passport card
- ✓ A U.S. Military ID card, Ohio National Guard ID card, or U.S. Department of Veterans Affairs ID card (that includes the voter's name and photograph)



### Become an Election Day Poll Worker!

Earn between **\$220 - \$250** while serving your community and seeing democracy in action. Learn more and sign up today at our website, [www.443vote.us](http://www.443vote.us)

# Journey of a Vote-by-Mail Ballot

## **Request your application**

The first step in the process is initiated by the voter. Voters will print their own or request to have a Vote-by-Mail application mailed to them.

## **Return your application**

After fully completing all required fields on the application (Name, Address, Date of Birth, ID, Election Info, Political Party, and Signature), voters can either mail their application back or return it to our 24/7 Drop Box.

*In Ohio, all registered voters are eligible to Vote-by-Mail with no excuses needed.*

*During the November 2020 General Election, 49.94% of ballots counted were Vote-by-Mail.*

## **We verify your application**

Once the Board of Elections receives the application, a bipartisan team hand-verifies its accuracy against the voter's registration record. If any errors are found, we will notify the voter to make necessary corrections.

## **Your ballot is in the mail**

The ballots are mailed with the Vote-by-Mail ballot pack, which includes the return envelope, the ID envelope, and important Vote-by-Mail information such as deadlines, postage requirements, and other instructions.

## **Vote and return your ballot**

Voters will then insert their voted ballot into the completed ID Envelope. Ballots must be postmarked by the day before the election or returned in-person to our 24/7 Drop Box by 7:30 p.m. on Election Day.

*Voters can follow their Absentee Ballot with our 'Track My Ballot' tool at [www.443vote.us](http://www.443vote.us)*

*Vote-by-Mail ballots returned before Election Day are some of the first ballots counted on Election Night.*

## **We verify your ID Envelope**

After the completed ballot is received by the Board of Elections, a bipartisan team of Election Officials will verify the information on the ID Envelope matches the voter's registration record.

## **We count your ballot**

Once the voter's information has been verified, their ballot will be removed from the ID Envelope and inserted into a scanner to be tabulated by the Board of Elections.

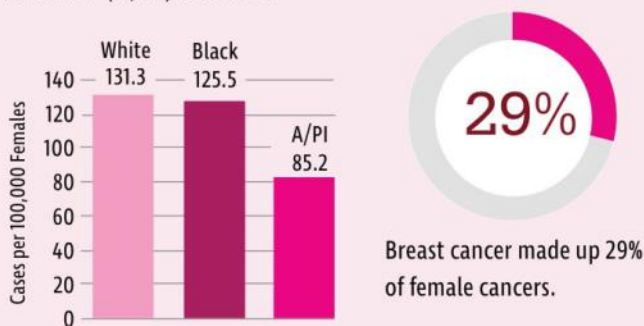
# Cancer **STATS & FACTS** for Ohio **BREAST CANCER**

October 2022

## Who Gets Breast Cancer?

On average, **9,871** invasive and **2,079** *in situ* cases of breast cancer were diagnosed among Ohio women each year in 2015-2019.

Breast cancer incidence rates were highest for **white women**, followed by Black women and Asian/Pacific Islander (A/PI) women.



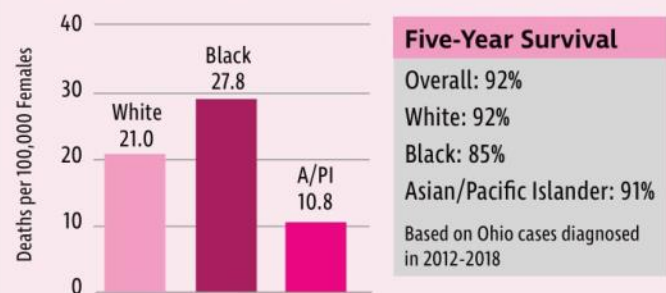
On average, **78** men were also diagnosed with breast cancer each year in Ohio in 2015-2019.

## Breast Cancer Deaths and Survival

An average of **1,743** women died from breast cancer each year in Ohio in 2015-2019.

Ohio breast cancer death rates decreased **37%** for both **white and Black women** from 1996 to 2019. Breast cancer death rates were highest for **Black women**, followed by white women and Asian/Pacific Islander women.

Five-year relative survival was lower among **Black women** (85%), compared with white women (92%) and Asian/Pacific Islander women (91%).

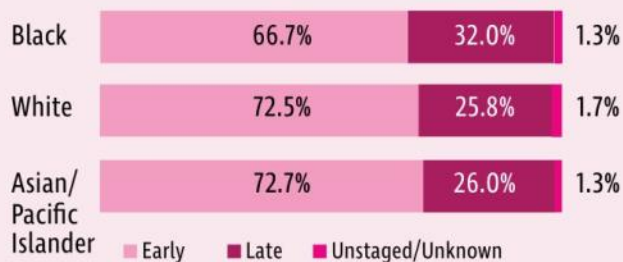


## Early Detection Is Important

Staging describes the extent or spread of cancer at the time of diagnosis and is an important determinant of survival.

About **72%** of female breast cancers in Ohio were diagnosed at an early stage in 2015-2019.

**Black women** in Ohio were more likely to be diagnosed with breast cancer at a late stage than other races and to be diagnosed with triple-negative breast cancer.



## Get Screened for Breast Cancer

Regular mammograms can help find breast cancer early.

- The U.S. Preventive Services Task Force (USPSTF) recommends mammogram screening every two years for women ages **50-74** who are at average risk.
- Women with a parent, sibling, or child with breast cancer are at higher risk for breast cancer and may benefit more than average-risk women from beginning screening in their 40s.
- In 2020, **78.3%** of Ohio women ages 50-74 years reported having a mammogram in the past two years.

The **Breast and Cervical Cancer Project** offers no-cost breast and cervical cancer screenings and diagnostic testing to qualified participants. Call 1-844-430-BCCP for more information.

For more information, see *Breast Cancer in Ohio 2022* on the ODH [Cancer Data and Statistics](#) page.

Source: Ohio Cancer Incidence Surveillance System, Bureau of Vital Statistics, Ohio Behavioral Risk Factor Surveillance System, Ohio Department of Health, 2022; U.S. Preventive Services Task Force.



# Take Care of Your Teeth and Mouth

## A healthy mouth is important for good nutrition

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

### Common Mouth Problems

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

#### COMMON MOUTH PROBLEMS CAN CAUSE:

Sensitivity to temperatures (hot or cold foods)

Difficulty chewing foods, especially fresh fruits and vegetables

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

Dry mouth

## Practice Good Oral Hygiene!

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



## Protect Your Mouth



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

# fall

## Baked Fall Apple

YIELD: 1 SERVING

### INGREDIENTS

- 1 medium red apple (such as Gala or Braeburn)
- 2 tablespoons finely chopped pecans (or substitute walnuts)
- 1 tablespoon uncooked quick oats
- 1 tablespoon brown sugar
- 2 teaspoon dried cranberries
- ½ tablespoon butter
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

### DIRECTIONS

1. Preheat oven to 350° F
2. Cut apple in half (horizontally) and remove core
3. In a small bowl mix nuts, oats, brown sugar, cranberries, butter, cinnamon, and salt
4. Fill each apple half with about 2 tablespoons of oat mixture
5. Place apples in an 8-inch baking dish and cover with aluminum foil
6. Bake for 30 minutes and carefully remove foil
7. Bake an additional 10 minutes



Smart  
Tip



Baking time will vary depending on the variety, size, and ripeness of the apple.

### Nutrition Facts

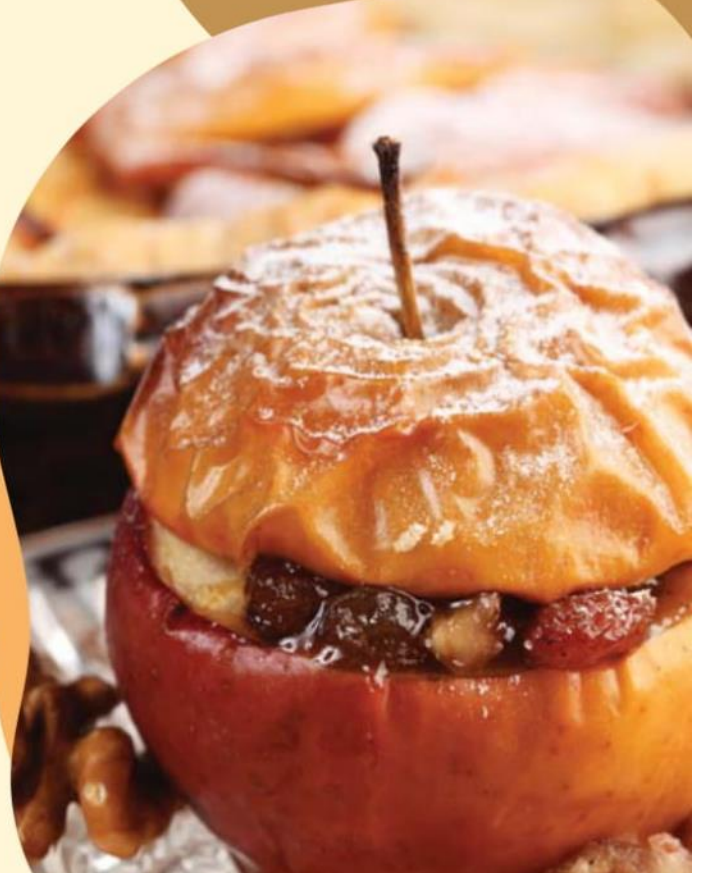
Amount Per Serving

**Calories** 301

% Daily Value\*

<b>Total Fat</b> 15 g	24 %
Saturated Fat 5 g	23 %
Trans Fat 0 g	
<b>Cholesterol</b> 15 mg	5 %
<b>Sodium</b> 514 mg	21 %
<b>Total Carbohydrate</b> 44 g	15 %
Dietary Fiber 7 g	27 %
Total Sugars 32 g	
Includes 9 g Added Sugars	
<b>Protein</b> 2 g	5 %
Vitamin D 0 µg	1 %
Calcium 38 mg	4 %
Iron 1 mg	5 %
Potassium 282 mg	6 %

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



# SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS

## TRICK OR TREATING JOKES FOR HALLOWEEN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

What does Tweety Bird say on Halloween? Twick or Tweet

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

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

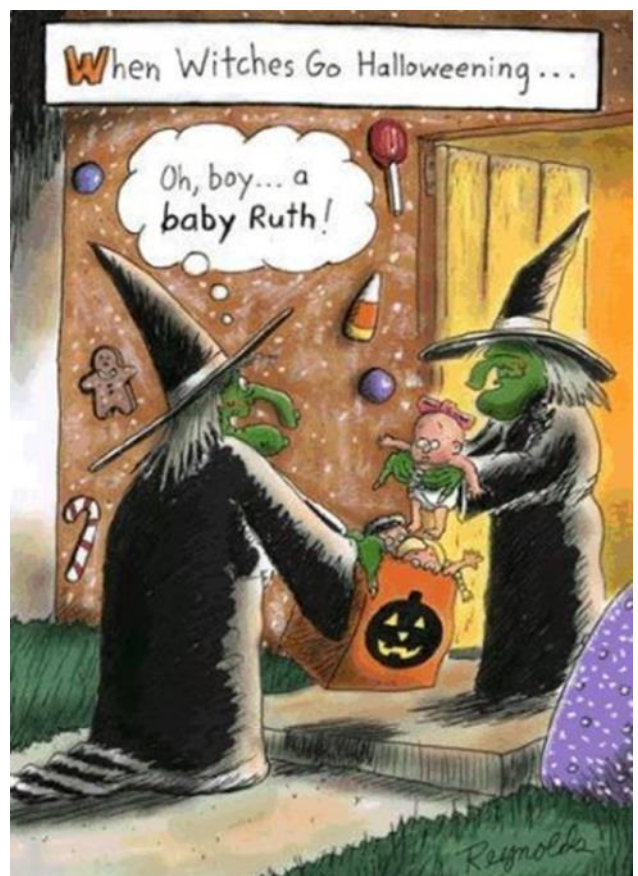
Crabby Road

10-27-06



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## Candy Corn – A Unique Treat

Every Halloween, thousands of children dressed in costumes walk door to door to collect candy and sweet treats. One particular treat, candy corn, has been a Halloween favorite for over 100 years! In fact, candy corn has its own special day, National Candy Corn Day, on October 30<sup>th</sup>.

In the 1800's, candy-maker George Renninger, who worked for the Wunderlee Candy Company invented the unique, or one of a kind, corn-shaped candy. It was an instant hit. In fact, it was very popular among farmers.

Candy corn today is much like the candy corn of the late 1800's, although the process of making it is quite different. Long ago, workers mixed sugar, water, and corn syrup in large kettles and then added fondant (a smooth, sugary, creamy icing) and marshmallows. After cooking for the correct amount of time, they then poured the mixture by hand into molds, one color at a time. First they poured yellow, then orange, and finally white. After hardening, workers would remove the candy from each mold and package it for sale. Because the process was so incredibly time-consuming, candy corn was only sold from March to November.

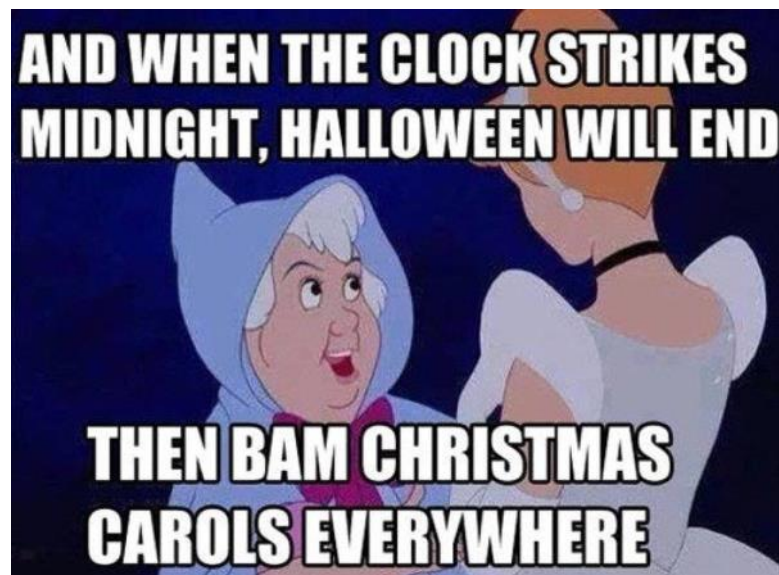
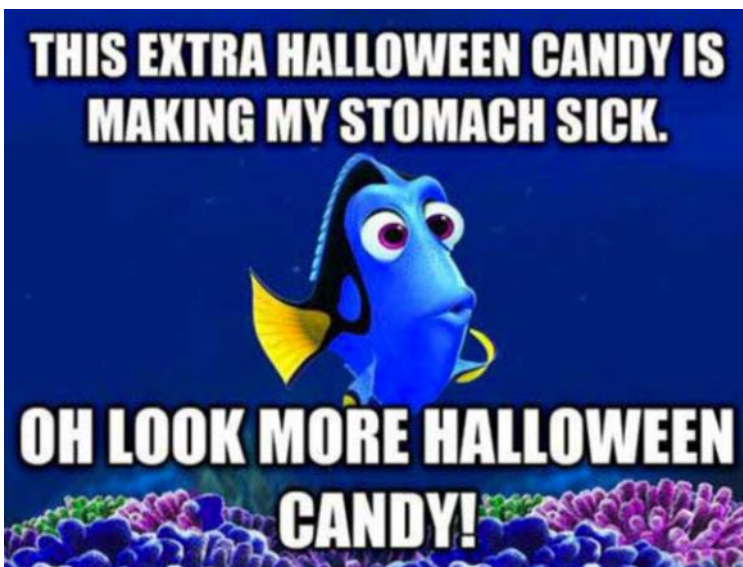
Today, the process is much simpler because of machines. The “corn starch molding process” helps create thousands of candy corn pieces much more quickly than the hand-made process. A machine fills molds with cornstarch. The molds are designed so the candy corn is standing upright as it is being made. Each hole is then machine-filled partway with a sweet white syrup, followed by a layer of orange syrup, and finally a layer of yellow syrup. After the molds are filled, they cool and the candy hardens for 24 hours. After the cooling period, another machine empties the trays, and the kernels are pushed into **chutes**, or tubes or slides. The extra cornstarch on the sides of the candies is shaken loose, and the candy is given a coating of sugary glaze to make it shiny and appealing. Workers then package the candies for sale in stores.

How much candy corn is sold each year? The number is staggering. According to the National Confectioners Association, various candy companies and candy makers will produce nearly 35 million pounds of the sweet candy this year. That's about 9 billion individual kernels of corn. Now, that's a lot of corn!





SENIOR HUMOR & MORE — SUBMITTED BY OUR SENIORS



# Halloween Scrambled Letters

1. mpinpku \_\_\_\_\_

11. ymmmu \_\_\_\_\_

2. mgltiohno \_\_\_\_\_

12. Hewallnoe \_\_\_\_\_

3. cdanrseioot \_\_\_\_\_

13. nekteosl \_\_\_\_\_

4. wzirad \_\_\_\_\_

14. ntuahed \_\_\_\_\_

5. laucndro \_\_\_\_\_

15. idpser \_\_\_\_\_

6. soutcme \_\_\_\_\_

16. mierapv \_\_\_\_\_

7. tbosmetson \_\_\_\_\_

17. okrmtsicob \_\_\_\_\_

8. avnrcgi \_\_\_\_\_

18. filfuhgrt \_\_\_\_\_

9. ertnsom \_\_\_\_\_

19. onpiot \_\_\_\_\_

10. bcOtreo \_\_\_\_\_

20. hougl \_\_\_\_\_

# PUZZLES



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD










HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING















# Mystery Grids

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

			= 16
			= 24
			= 3

= 8   = 19   = 16



			=
			= 18
			= 13
			= 10

= 13   = 16   = 12

# Word Search

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

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

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

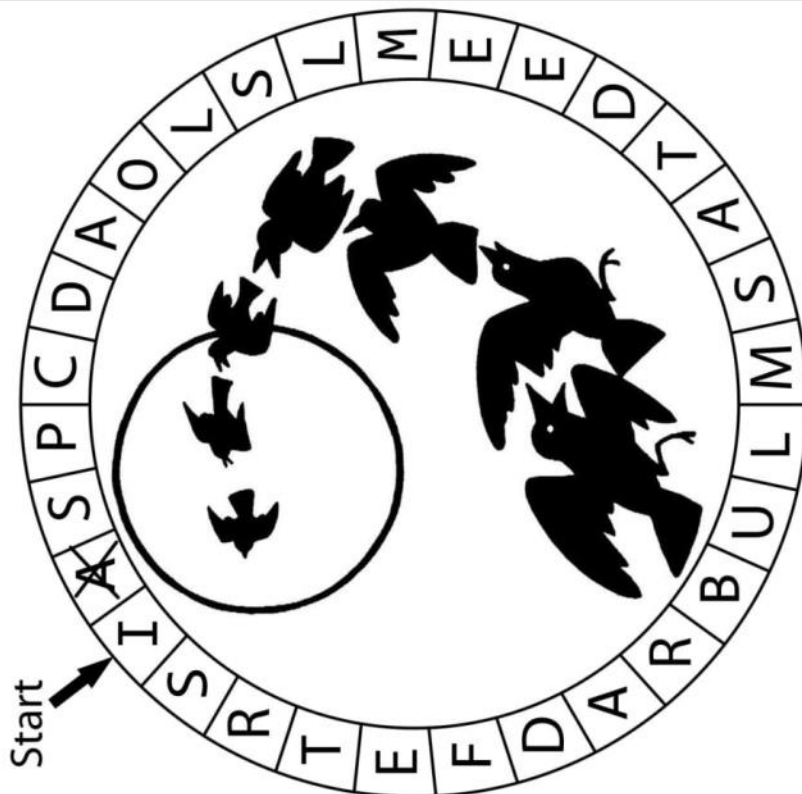
Create a creepy display in your front yard. Make a \_\_\_\_\_ using loose soil and stones.



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

# Word Compass

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

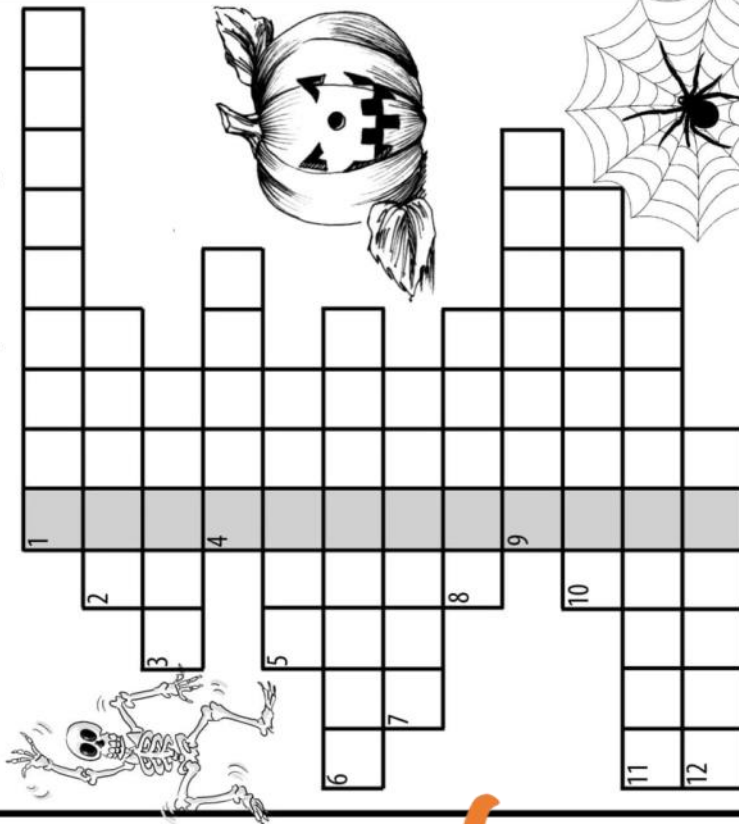


Interesting Fact:

A group of crows \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_!

# Hidden Word

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



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

# PUZZLES

## Sudoku 7

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

## Sudoku 8

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

## Haunted Maze

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



Candy corn stacked looks like corn on the cob!?!  
Wow! Mind Blown!





## OCTOBER BIRTHDAYS

Suzanne Acevedo

Cassandra Marie Alexander

Leslie Ballachino

Gregory Barnett

Queola Brooks

Calvin Brown

Mary Burge

Jeff Capps

Ida Douglas

Deborah Gierlicki

Terri Green

Marion Grier

Wayne Halterman

James Hammons

Betty Howard

Joan Kallos

Fran Kern

David Kilby

Jim Kindle

Lois Lowe

Frank Lucas

Linda Macgillivray

Cheryl Maxey-Yates

Loretta Navratil

Sarah Pillar

Denise Planinsek

Frank Smith

Marilyn Spiewak

Barbara Tapocsi

Beverly Taylor

Gwendolyn Taylor

Thomas Taylor

Marilyn Trzeciak

David Yarish

## ANNIVERSARIES

Jack & Barb Hirko

51 years on October 16<sup>th</sup>

George & Cindy Chimenti

42 years on October 18<sup>th</sup>

Don & Karen Wertz

38 years on October 26<sup>th</sup>

*We publish and celebrate anniversary dates with members who have previously given that information.*

*If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.*

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

## NEW MEMBERS

Kathy Adler

Jami Bell

Calvin Brown

Susan Chimenti

Karen DeVaughn

Marie Dixon

Linda Embry

Patricia Herron

Kenneth Hudak

Verna Hudak

Denise Jones

Janet Jones

Harvelin Roberts

Ken Ropar

Lois Ropar

Carolyn Watts

## CONTACT BEDFORD PARKS & RECREATION

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recreation@bedfordoh.gov