

# SCOPE

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

**Eileen A. Patton, Mayor**

March & April 2016 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

### Income Tax Preparation

The Fairview Senior Life Office is sponsoring tax-aid assistance through AARP's Community Service Program. This program assists people with filing their Federal and State tax returns. Volunteers are IRS-trained and certified and will be available each Tuesday through April 12th from 11:45am – 2:00 pm. Call 440-356-4437 to schedule an appointment. Bring last year's return.



We're having a party for **St. Patrick's Day**. Please sign up at the front desk or call 440-356-4437 to enjoy an Irish dinner of hot corned beef, cabbage, parsley potatoes and glazed carrots prepared by Life Care Centers of Westlake. A yummy dessert will be furnished by O'Neill Healthcare. We will then have entertainment from Tim Whalen, so be ready to jig!. There will be no blarney, just fun times at the senior center on **Thursday, March 17** at 12:00!  
**Cost is s \$3. Come join us!**



### The Funsters



Please join us and invite all your family and friends to the 15<sup>th</sup> Annual Spring Concert on **Tuesday, March 15<sup>th</sup> at 11:00 am** when the Fairview Park Senior Center Chorus, "**THE FUNSTERS**", will present **Remember the 60's**. Refreshments will be served following the performance. Come and be entertained. The members have worked really hard for this performance so let's show our support.

### CHC Physical Therapy

Michael Pekar from CHC Physical Therapy (a Fairview Park business) will be at the Senior Center on **Thursday, April 7<sup>th</sup> at 11:00am** to give an informative presentation on common balance issues, signs of balance loss and strategies for improving balance through simple exercise.

### AARP Driver Training

AARP will once again offer a driver training class on **Thursday, April 14<sup>th</sup>**, from 9am to 1pm at the Fairview Park Senior Center. Cost is \$15.00 for AARP members and \$20.00 for non-members, payable the day of class. Please register in advance by calling 356-4437.

### Save the date

*Wednesday, May 11<sup>th</sup>*

**14th Annual All Seniors Prom**  
**SENIOR LIFE OFFICE** *along with*  
**FAIRVIEW HIGH SCHOOL SENIORS**

**D.J. Scott Brotherton**

**3:00 – 6:00 pm**

*Tickets will be available at the  
Front desk in April.*

### Celebrate Older Americans Month Breakfast with the Mayor!

SAVE THE DATE! Mayor Eileen Patton would like to celebrate with you on **Wednesday, May 18<sup>th</sup> at 9:30 a.m.** We will be serving complimentary scrambled eggs, sausage, hash browns & orange juice. Come help us celebrate! Sign up at the front desk.



Saturday, April 9

Fairview High School presents

Spring Luncheon (12:30) & Play (1:30)

The 25<sup>th</sup> Annual Putnam County Spelling Bee

Please call 440-356-4437 for information



## FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
<b>March 1</b>	The Age of Adaline/PG13/112 minutes	Blake Lively/Harrison Ford	Drama
<b>8</b>	The Triplets of Belleville/PG13/81 minutes	Jean-Claude Donada/Michel Robin	Animation
<b>15</b>	Niagara / NR / 89 minutes	Marilyn Monroe/Joseph Cotten	Thriller
<b>22</b>	Ricki and the Flash/PG13/101 minutes	Meryl Streep/Rick Springfield	Comedy
<b>29</b>	The Train/ NR/ 133minutes	Burt Lancaster/Jeanne Moreau	Drama
<b>April 5</b>	The Bride Came C.O.D./NR/ 91 minutes	James Cagney/Bette Davis	Classic
<b>12</b>	The Intern / PG13 / 121 minutes	Robert DeNiro / Anne Hathaway	Comedy
<b>19</b>	Bobby Jones/Stroke of Genius/PG/128 min	Jim Caviezel/Claire Forlani	Drama
<b>26</b>	Shall We Dance / PG13 / 95 minutes	Richard Gere/Jennifer Lopez	Romance



## Goodtimers Lunch

The Goodtimers meet the **first Monday** of the month at **11:30**. Make your reservations at the front desk.

**Monday, March 7**      **Minerva's Restaurant**      **21087 Center Ridge Road, Rocky River**

**Monday, April 4**      **Mahle's Restaurant**      **24945 Detroit Road, Westlake**

## Supportive Services

**BLOOD GLUCOSE TESTING:** This testing will be available at the Senior Center on **March 21 (Fairview Hospital)** from 9:00-12:00 am., so please make an appointment. You must fast 2 hours prior to test.

**BLOOD PRESSURES:** Blood pressures will be taken on **April 18 (O'Neill Healthcare)**, 9:00 – 11:00a.m.

**Legal Consultation:** Harold Hom, local attorney, offers legal consultations at **no charge** on the last Friday of each month from 9:30-11:00 am. Because Easter is early this year, he will be here Friday, **March 18 & April 29**. Appointments will be arranged every 15 minutes until 11:00. Please make an appointment at the front desk 356-4437

## Computer Classes

We are in our 13<sup>th</sup> year of providing FREE computer instructions. You need not have any knowledge of computers – or you may need a refresher of certain more advanced software – we may have just what you need in our curriculum. Everyone must attend an "Orientation" meeting to determine the classes you wish to be invited to. If you would like to repeat any classes that's OK – you merely attend one of the monthly Orientation Meetings (fourth Wednesday of the month at 10:00am) and determine which classes you want to do over. Keep in mind that these classes are FREE as a benefit provided by volunteer instructors – all members of either: the Northeast Ohio PC Club or the Computer Assisted Genealogy Group.



## Hearing Testing

There was such a great response to the hearing screening from Connect Hearing of Fairview Park we are scheduling another testing time in order to enable everyone a chance to be tested. Audiologist Mary Potts will again be here on **Thursday, March 10<sup>th</sup> from 11:00am – 1:00 pm** to conduct the testing. Please make an appointment at the front desk.

## Lunch and Learn Life Care Centers

Please join Life Care Centers of Westlake for a three part series of talks.

**April 20: What if I have to go to a Skilled Nursing Facility.** You go to the hospital and then find out you have to go to a Rehabilitation center before going home. Come learn what happens next. We will explain the process that occurs to get you to the Skilled Nursing Facility and the process that occurs at the Skilled Nursing Facility to get you back home as soon as possible. This way you will be well prepared if ever the need arises.

**June 15: The Differences between your Medicare and Managed Care Insurance.** Join us as we review the differences between your Medicare benefits and your Managed Care benefits. They are not the same, but we will help you sort through the facts to better understand your insurance.

**August 24: The Ins and Outs of Medicaid.** Understanding Medicaid is no easy task so join the Financial Director of Life Care Center of Westlake to explain if you qualify, the benefits of assistance and your benefits as a spouse. Learn the differences between community Medicaid and Nursing Home Medicaid. Many people get confused between Medicare and Medicaid. They are not the same. This promises to be an information packed session, you don't want to miss this!

**Please sign up. All sessions begin at 11:30 a.m.**

## Senior Financial Safety

Anyone can be the victim of financial exploitation. Though it crosses all social, educational, age and economic boundaries, there are some groups who remain more vulnerable than others. As the number of seniors in the United States grows, characters focus on taking advantage of this population. Come hear Anthony Daiuto and Shirley Ehlert from Ohio Savings Bank educate us on the prevention and recovery of this financial abuse. They will be here **Thursday, April 28 at 11:00am** to speak to us. Please sign up at the front desk.



**DAYLIGHT SAVINGS TIME BEGINS  
MARCH 13<sup>th</sup>! Don't forget to change your  
clocks!**

## Multi-Day Trips

### 2016 TOURS

#### Springtime down South Savannah and Charleston

**7 Days – April 23-29**

Golden Isles of Georgia, Millionaire's Village, Historic Waterfront District, Charleston Harbor Queen Cruise, Jekyll Island Club, Magnolia Plantation & Gardens, Fort Sumter, Beauford, Charlotte North Carolina, Atlantic Ocean, and more.

#### Treasures of Ottawa by Rail

**5 Days – August 24-28**

VIA Rail Canada, St. Lawrence Seaway, Parliament tour, Ottawa River Cruise, Rideau Falls, Byward Market, Chateau Laurier, Changing of the Guards Ceremony, Embassy Row, Notre Dame Cathedral, Sights & Sound Show, Pink Lac Quebec Provincial Park, Canadian Museum of Civilizations Quebec, Lake Ontario, Mama Theresa's, Thousand Islands and more.

#### Nova Scotia and Prince Edward Island

##### Fall Foliage

**7 Days – October 1-7**

Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Bras d'or Lakes, Alexander Graham Bell Museum, Margaree Valley, Saint Ann's Gaelic College, Citadel, Charlottetown, Green Gables, New Brunswick, Summerside, Prince Edward Island National Park, Atlantic Ocean and more.

**Detailed Brochures available at the  
Fairview Park Senior Center**

**Travel Preview/Presentation Wednesday,  
March 16<sup>th</sup> at 11am.**



## Take me out to the Ballgame!!

Join us at the Senior Center on **Thursday, April 21st** at NOON, for the first home **weekday Cleveland Indians Game!** We will serve beef hot dog with bun, baked beans, orange juice and mixed fruit cup! Cost is \$1. Sign up at the front desk by April 14th! Let's all watch the game together. First pitch is at 12:05. Go Tribe!



## Regular Programs and Events

**Bingo:** We will have **BINGO Thursday, March 3** at **1:30p.m.**, There will be no Bingo March 17 or 18. There will be **BINGO Friday, April 1** and **April 15 at 1:30pm.**

**Book Club:** Gathers for discussion on the first Thursday of the month **March 3** and **April 7** at 1:30 p.m.

**Bridge:** The Bridge group begins play at 12:30.

**Chorus – The “Funsters”:** Practice every Tuesday morning at 10:00. **Always looking for new members!!**

**Discussion Group:** Meets every Monday at 1:00. Always something new to discuss! **Awe, come on!** It is fun.

**Exercise with Dee:** Meets Tuesdays, Thursdays and Fridays at 1:30 pm. The fee is \$2.00. This class is pay as you go, no reservations necessary.

**Knitters:** Meet every Tuesday at 10:00 a.m. Bring your portable craft and meet with the group.

**Mixed Media – Art Class:** Classes, instructed by Liz Galloway, meet on Wednesdays at 9:30 a.m. Classes run for 8 weeks. Please check with the front desk for start dates of new classes.

**Medicare Counsel:** OSHIP (Ohio Senior Health Insurance Information Program) here the second Wednesday of the month. They will be here **March 9** and **April 13**, please schedule your appointment at the front desk.

**Senior Social & Bingo:** Takes place the second and fourth Monday at Noon **March 14 & 28 (Bite B4)** and **April 11 & 25 (Bite B4).**



**Lunches are served Thursdays & Fridays at Noon. Donation is \$1.00. This program is made possible by the Older Americans Act through a grant from the Ohio Dept. on Aging and administered by the WRAAA. Reservations may be made in person or by calling 440-356-4437.**

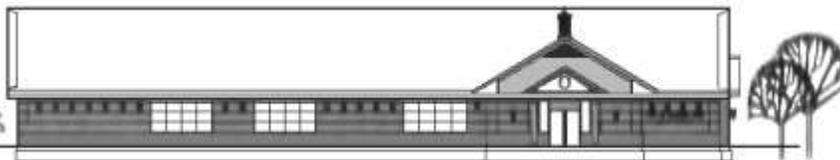
March			
Thursday		Friday	
3	Sweet & Sour Meatballs* Sauce/Brown Rice* Corn/Capri Vegetables Whole Grain Wheat Tropical Fruit	4	Breaded Fish* Tartar Sauce Tater Tots*/Broccoli 2 Whole Grain Wheat Sliced Peaches
10	Stuffed Cabbage*w/sauce Mashed Potatoes* Corn w/ Red Peppers 2 Whole Grain Wheat Banana	11	Vegetable Lasagna* Green Peas/Buttered Beets Whole Grain Wheat Chunky Applesauce Graham Crackers
17	Hot Corned Beef/ Cabbage Potatoes/Carrots   Dessert <b>Provided by Life</b> <b>Care Centers</b>	18	2 Stuffed Shells*/Sauce Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears
24	Swedish Meatballs* w/ Gravy/Noodles* Peas/Carrots Whole Grain White Sliced Peaches	25	<b>Good Friday</b> <b>NO LUNCH</b> 
31	BBQ Rib Patty* Sweet Potatoes* Brussel Sprouts Whole Grain Bun Chunky Applesauce	1	<i>April Fool</i>

### Hunger Center

Anyone interested in volunteering at the Fairview Park Hunger Center may stop in during open hours, which are 1:00 to 3:00 on Tuesdays and Fridays. The Center is located in the rear of **New Hope Church**, 22974 Lorain Road. We do appreciate what the Hunger Center does and hope you can give them some of your time. Any food donations would also be appreciated. You can also bring any donations to the Senior Center and we will make sure the Hunger Center gets your donations. Thanks!

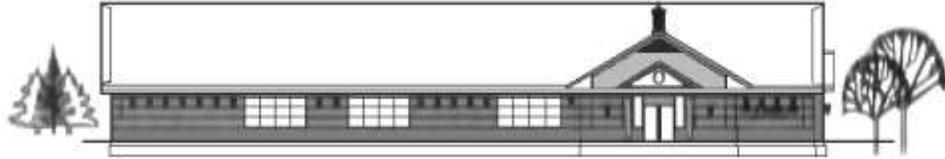


# MARCH 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 Chorus Practice 10:00 Knitting 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Age of Adaline</i> 1:30 Exercise with Dee	<b>2</b> 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	<b>3</b> 9:30 NEOPC meeting <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion <b>1:30 BINGO (In place of Tomorrow due to Fish Fry)</b>	<b>4</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:15 BINGO 1:30 Exercise with Dee <b>4:00-7:00 Fish Fry</b>
<b>7</b> <b>Senior Center Closed</b> 11:30 Goodtimer's Lunch <i>Minerva's</i>	<b>8</b> 9:30 Computer Fundamental 10:00 Chorus Practice 10:00 Knitting 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Triplets of Belleville</i> 1:30 Exercise with Dee	<b>9</b> 9:00 Medicare Counsel 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	<b>10</b> <b>11:00-1:00 Connect Hearing Screening</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>11</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee <b>4:00-7:00 Fish Fry</b>
<b>14</b> 10:00 Computer Class 10:30 SilverSneakers 12:00 Senior Social/Bingo 12:30 Card Playing 1:00 Discussion Group	<b>15</b> 10:00 Knitting <b>11:00 FUNSTERS</b>  <i>Remembering the 60's</i> 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Niagra</i> 1:30 Exercise with Dee <b>Election Day</b>	<b>16</b> 9:30 Art Class starts <b>11:00 Wendt Tour Presentation</b> 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	<b>17</b> <b>12:00 St. Patrick's Day Luncheon</b> <b>Music by Tim Whalen</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>18</b> <b>9:30 Legal Consult (note date)</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee <b>NO BINGO</b> <b>4:00-7:00 Fish Fry</b>
<b>21</b> 10:00 Computer Class 10:30 SilverSneakers 1:00 Discussion Group	<b>22</b> 10:00 Knitting 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Ricki &amp; the Flash</i> 1:30 Exercise with Dee	<b>23</b> 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:30 Card Playing 1:30 SilverSneakers	<b>24</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>25</b> <b>Good Friday Close At 12:00</b>
<b>28</b> 10:00 Computer Class 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 Senior Social/Bingo 1:00 Discussion Group	<b>29</b> 10:00 Knitting 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Train</i> 1:30 Exercise with Dee	<b>30</b> 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	<b>31</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>We are Open Monday thru Friday 8:30am till 4:30pm</b> <b>We are closed the first Friday of the month</b>

# APRIL 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;"><b>Senior Life Office</b>  <b>Regina Sillasen, Director 440-356-4436</b>  <b>Cathy Eble, Site Coordinator 440-356-4437</b>  <b>Melody Grabo, Social Worker 440-356-4463</b>  <b>Sharon Kaiser, Van Scheduler 440-356-4439</b></p>		
<p><b>4</b></p> <p><b>Senior Center Closed</b></p> <p>11:30 Goodtimers Lunch: <i>Mahle's</i></p>	<p><b>5</b></p> <p>10:00 Chorus Practice            10:00 Knitting            12:00 Card Playing            11:45 Income Tax Assistance            1:00 Movie: <i>The Bride Came COD</i>            1:30 Exercise with Dee</p>	<p><b>6</b></p> <p>9:30 Art Class            10:00 Bridge            12:30 Card Playing            1:30 SilverSneakers</p>	<p><b>7</b></p> <p><b>11:00 CHC Physical Therapy Balance</b></p> <p><b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>	<p><b>8</b></p> <p>11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>
<p><b>11</b></p> <p>10:00 Computer Class            10:30 SilverSneakers            12:00 Senior Social/Bingo            1:00 Discussion Group</p>	<p><b>12</b></p> <p>9:30 Computer Fundamentals            10:00 Chorus Practice            10:00 Knitting            12:00 Card Playing            1:00 Movie: <i>The Intern</i>            1:30 Exercise with Dee</p>	<p><b>13</b></p> <p>9:00 Medicare Counsel            9:30 Art Class            10:00 Bridge            12:30 Card Playing            1:30 SilverSneakers</p>	<p><b>14</b></p> <p><b>9:00-1:00 AARP Driver Training</b></p> <p><b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>	<p><b>15</b></p> <p>11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing            1:15 BINGO            1:30 Exercise with Dee</p>
<p><b>18</b></p> <p>9:00-11:00 Blood Pressure            10:00 Computer Class            10:30 SilverSneakers            1:00 Discussion Group</p>	<p><b>19</b></p> <p>10:00 Knitting            10:00 Chorus Practice            12:00 Card Playing            1:00 Movie: <i>Bobby Jones</i>            1:30 Exercise with Dee</p>	<p><b>20</b></p> <p>9:30 Art Class            10:00 Bridge  <b>11:30 Lunch N Learn LCCW: Part 1</b>            12:30 Card Playing            1:30 SilverSneakers</p>	<p><b>21</b></p> <p><b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>	<p><b>22</b></p> <p>11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>
<p><b>25</b></p> <p>10:00 Computer Class            10:30 SilverSneakers            11:00 Bite B4 Bingo            12:00 Senior Social/Bingo            1:00 Discussion Group</p>	<p><b>26</b></p> <p>10:00 Chorus Practice            10:00 Knitting            12:00 Card Playing            1:00 Movie: <i>Shall We Dance</i>            1:30 Exercise with Dee</p>	<p><b>27</b></p> <p>9:30 Art Class            10:00 Bridge            10:00 Computer Orientation            12:30 Card Playing            1:30 SilverSneakers</p>	<p><b>28</b></p> <p><b>11:00 Ohio Savings Bank Senior Financial Safety</b></p> <p><b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>	<p><b>29</b></p> <p>9:30 Legal Consult            11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing            1:30 Exercise with Dee</p>