



SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen Ann Patton

July & August 2019 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437



90 + Luncheon

Mayor Eileen Patton and the Senior Life Office will honor Fairview Park residents that are 90 years of age or older on **Wednesday, July 17, at 12:00 Noon** at the Senior Center. A complimentary catered lunch will be served for our honored residents along with a special violin performance by Mary Beth Ions. We will be serving chicken Marsala, rice pilaf, vegetables, roll/butter and dessert. Guest tickets may be purchased for \$10.00 each at the front desk. Please notify the Senior Center if you know of someone 90+ to whom we can extend an invitation.

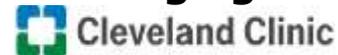
19th Annual Picnic

Mark your calendars now and plan to attend the Senior Center's Annual Picnic on **Friday, August 30, at Noon**. Menu will be BBQ rib patty, sweet potatoes, vegetables, bread and apricots. O'Neill Healthcare will be providing us with yummy root beer floats! Cost is only \$1. Music will be provided by one of our favorites, Jim Riley. Be ready to kick off your shoes and cut a rug! Make your reservations at the front desk the week of August 19th. **DON'T MISS OUT!**

Volunteer Recognition Luncheon

The Senior Life Office will honor the many volunteers who freely give their time to the many programs at the Senior Center. This special luncheon, will take place on **Wednesday, August 14, at Noon**. All volunteers are asked to register at the front desk. We really appreciate all you do for our great Senior Center. Please attend so that we can acknowledge your generosity. We will be serving yummy fried chicken, cole slaw, baked beans, roll & butter and dessert. The entertainment will be announced. **Hope to see you there!**

Successful Aging Program



Cleveland Clinic's Center for Geriatric Medicine is pleased to offer you access to our innovative Successful Aging Program to help adults age 50 and older achieve their health and life goals. This program provides a comprehensive and personalized annual visit with one of our board-certified specialists. Your hour-long visit includes:

- A memory assessment and preventive measures to promote long-term brain health.
- Age-appropriate screenings, including hearing and vision.
- Frailty screenings and fall risk assessment.
- Medication review

Please join **Dr. Ardeshir Hashmi** for a complete explanation of the program presented on **Wednesday, August 7 at 11:30 at the Senior Center**. This Lunch & Learn is being sponsored by



Please sign up at the front desk.

WRAAA Senior Farmers Market Nutrition Program

We will again be the distribution site for the Ohio Senior Farmers' Market Vouchers for zip codes 44126, 44116, 44145 and 44140. The purpose of the program is to improve the nutritional health of low income seniors and to increase business for local farmers. The program is funded by the USDA, ODA and WRAAA.

- Must be 60 yrs. or older at time of application.
- Annual income of 185% of poverty level. Chart of income requirements available at the Senior Center.
- Limited number of vouchers available.
- Distribution the first week of July until supply is exhausted. A waiting list will be kept for the possibility of a second round of vouchers.



FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
July 2	Stan & Ollie/PG/102 minutes	Steve Coogan/John C. Reilly	Drama/Comedy
9	Lady Bird/R/93 minutes	Saoirse Ronan/Laurie Metcalf	Drama
16	A Dog's Way Home/PG/96 minutes	Ashley Judd/ Edward James Olmos	Family
23	Holmes & Watson/PG13/ 90 minutes	Will Ferrell/John C. Reilly	Comedy
30	Arctic/PG13/98 minutes	Mads/Mikkelsen/Maria T. Smaradottir	Drama
Aug. 6	The Upside/PG13/126 minutes	Bryan Cranston/Kevin Hart	Comedy/Drama
13	The Mule/R/116 minutes	Clint Eastwood/Laurence Fishburne	Thriller
20	Five Feet Apart/PG13/120 minutes	Haley Lu Richardson/Cole Sprouse	Drama
27	Dumbo/PG/112minutes	Colin Farrell/Danny DeVito	Adventure

Goodtimers Lunch

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

Monday, July 1 **Gene's Place** **3730 Rocky River Drive, Cleveland**

Monday, August 5 **Applebee's** **20705 Center Ridge Road, Rocky River**

Educational Offerings

Cognivue Screening presented by



Did you know that memory loss can be prevented and that the brain is an organ that can be optimized? Many symptoms related to memory, thinking, language, judgements and other thought processes can be treated and often eliminated. Kemper Cognitive Wellness is using science to identify, prevent and improve cognitive decline. The key is recognizing it and getting ahead of it as early as possible! Valerie Hurst will be joining us on **August 8, at 10:00am** to tell us about the ways that we can improve our cognitive function and will be providing Cognivue screenings. Each test takes approximately 10 minutes, please sign up for a test time.

Is Clutter Holding You Back?



Is the "stuff" you are holding onto bringing value to your life? Learn tips and tricks for clearing your clutter on **Thursday, August 15, at 11am** when Karen Ramba from Caring Transitions will give you a unique presentation. Please sign up at the front desk or call 440-356-4437.

Technical Assistance

Do you need help understanding your cell phone, laptop, tablet, etc? Our friend, Marianne Frogner, is willing to help you! There are no stupid questions, except the ones unasked! She will be at the Senior Center on **Monday, July 22, at 1:00pm** in the computer lab.

Medicare Made Simple

Learn the ins and outs of Medicare with presentation by Summa Care on **Friday, August 16, at 11:00**. Light refreshments will be served. Sign up at the front desk.

One Day Trips

Summer Day in the Steel City, Pittsburgh Friday, August 9

Cost: \$89.00 (moderate walking)

Beat the dog days of August with a trip to our neighbor, Pittsburgh, for a luncheon cruise aboard the Gateway Clipper Paddlewheel. We'll cruise the Three Rivers enjoying a wonderful lunch with sightseeing. After lunch, we'll be entertained by a tribute artist and the classic songs of PATSY CLINE. We'll hear all the memorable tunes that made her a country legend. After the cruise, we will have the chance for a mini-tour of Pittsburgh on our bus or a mini-visit to the Rivers Casino. Arrangements by JKL Tours.

Rivers Casino in Pittsburgh Tuesday, August 20

Cost: \$45

Casino features over 3,000 slots, video poker, exciting progressives, virtual blackjack & roulette games. Departs Fairview Giant Eagle at 8am, arrives back home at 7pm.

Bonus: \$30 per person

Arrangements by Great Day! Tours

Autumn Adventures in the Country Friday, September 20

Cost: \$75 (moderate walking)

History and nature combine to create a charming experience in Chagrin Falls. We'll start with a guided tour learning all the history and secrets of the area. We'll browse the boutiques, visit the Popcorn Shop and of course, the scenic falls. We will then head to Geauga County for lunch at the Welshfield Inn. After lunch, we will go to the Maple Sugar Shack in Burton. We will then head to Patterson's Family Apple Farm.

Multi-Day Trips

OFFERED BY



Treasures of Ottawa by Rail Canada's National Capital 5 days – August 21-25, 2019

Ottawa is one of the great underrated gems of Canada. Enjoy the first class tour features as we travel thru Canada on VIA Rail's sleek and modern LRC train.

Coastal New England Fall Foliage: Maine and Vermont

7 days - October 5–11, 2019

Fall foliage should provide a spectrum of brilliant colors and spectacular vistas on this customized tour focusing on the rugged Atlantic Coast of Maine and northern New England during primetime. Two nights in Acadia National Park/Bar Harbor area and two nights in Portland/Ogunquit right on the ocean.

New York City Christmastime

4 Days – December 5-8, 2019

Enjoy all the must see sights and sounds that New York City has to offer. Get into the Christmas spirit on this unforgettable vacation.

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

Brainercize

On **Thursday, August 22, at 11:00am** we will continue our program to challenge participants with exercises for their brains with Lisa Anthony.



Please register with the front desk.



July 26-28, 2019

Senior Bingo will be offered again this year.

BINGO on Saturday July 27, 3:30-5:00pm

CHAIR VOLLEYBALL ANYONE?
NOW FORMING OUR SUMMER LEAGUE.
SIGN UP AT THE FRONT DESK
GUARANTEED TO BE A BLAST!



Special thanks to our friends at:



For blood pressure screenings on Mondays from 11am-Noon. Thank you Patty!

Westbrook Place

For blood glucose monitoring on the third Monday of month on a quarterly basis from 10:30-11:30am

Regular Programs and Events

BINGO: Every Monday, except the first Monday of the Month at NOON.

BOOK CLUB: Meets the first Thursday of each month at 1:30pm at the Senior Center.

BLOOD PRESSURE: Berkshire Home Health Care will be here to take Blood Pressures 11:00am to 12:00.

BLOOD GLUCOSE: Westbrook Place conducts quarterly glucose testing the third Monday at 11:00am

BRIDGE: Bridge group begins play at 12:30pm every Wednesday.

CHAIR MASSAGE: Fairview Park resident and massage therapist Kait offers free structured massage therapy on third Monday of the Month beginning at 10:00am. Make an appointment at the front desk.

CHORUS: The "Funsters" practice every Tuesday morning at 10:00am. They have a concert every quarter.

CRAFTERS: Meet every Tuesday at 10:00am.

DISCUSSION GROUP: Meets every Monday at 1:00pm. Always something new to discuss! Join in!

LEGAL CONSULTATION: Harold Hom, local attorney, offers legal consultations at no charge on the last Friday of each month from 9:30-11:00am. Please make an appointment at the front desk.

MEDICARE COUNSELING: OSHIIP counselors are available on the second Friday of the month starting at 9am to answer your questions about Medicare. Please make an appointment

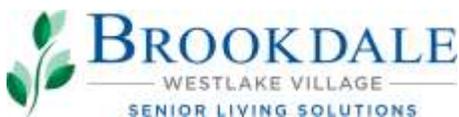
MIXED MEDIA – ART CLASS: Classes meet on Wednesday at 9:30am. Classes run for 8 weeks. Please check with the front desk for start dates of new classes. There is a fee for this class instructed by Liz Galloway.

SILVERSNEAKERS: Meets Mondays at 10:30am and Wednesdays at 12:15pm.

May your choices reflect your hopes, not your fears
— Nelson Mandela



Lunch & Learns



Can I afford a senior living solution?

Wednesday, July 31, at 11:30am

Increase your knowledge and confidence about what senior living options exist. We will cover costs, funding options, and how to determine the next step of what is right for you.



Home is Where the Heart Is.

Wednesday, August 28, at 11:30am

Sustainawell

Your home is where your heart is. Our heart is to help seniors understand how to live well and stay in their home as long as they can. We can equip you with resources to keep you independent.