



**SCOPE**

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

**Mayor Patrick J. Cooney**

June 2021 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437



We are back and would like to introduce our New Director, Laura Brondos and our new Social Worker, Sandy Milos. Cathy is the old standby, so I won't introduce her again. It sure has been a long time since we have all been together. So here we go! Ready or not.

Governor DeWine's Amended order for social distancing, facial coverings and non-congregating says fully vaccinated persons may safely do most activities without a facial covering and without socially distancing so we feel comfortable resuming activities at the Senior Center. If you are not vaccinated, please mask and socially distance.

We will host for the following small group activities: Silver Sneakers exercise classes, weekly movies, art class, card playing/game playing, billiards, socializing, lectures, computer room, book discussion and social services. We have plexiglass shields available to place on tables if the seniors request them. Card players will be spaced out in separate rooms in small groups. We will be providing coffee and tea for a small fee as we did in the past.

We will not be serving congregate meals until a later date. We will continue with meal home delivery to Fairview Park residents age 60 and older.

On **Monday, June 28 (National Bingo day)** we will resume in person Bingo play. Plexiglass dividers will also be provided if requested. Seniors will also be advised they can eat and drink while seated.

During our "lunch and learn" lecture series, the seniors will be asked to take their lunch home rather than eat inside the senior center.

All seniors will be scanning into My Senior Center for each activity. The system will ask them Covid-19 screening questions and contact tracing will be available in the event of a positive case of Covid-19 at the Center.

### **Holy Family Hospice and Emerald Village**

All over the world people are grieving in different ways due to COVID-19. People are grieving from the loss of a loved one, adjusting to the lack of social interaction, changes at work, or even the new normal that has affected different areas of our lives. Join us to discuss the effects of grief during COVID-19. Learn ways to help yourself or someone you know cope with grief during this challenging time. Please join **Holy Family Hospice** at the Fairview Park Senior Center on **Friday, June 4 at 11:30am** for this presentation. After the presentation there will be lunch provided by **Emerald Village**. This **Learn and Lunch** will be limited to 15 people, so please sign up as soon as possible, by calling **440-356-4437**.

### **Nutrition for Diabetes**

**Thursday, June 17 from 11am to Noon**, please join Victoria Yannie, MS, Community Outreach Coordinator from **Devoted Health Plans** for a 1-hour presentation to cover a very basic overview of Diabetes and its warning signs. Most of our time will be spent on how to manage Diabetes and ways to prevent it by using exercise and nutrition. This information is applicable for anyone who wants to enhance their health! Amy from **Hanson Services, Inc.** will provide a box lunch after the presentation. This **Lunch and Learn** will be limited to 15 people, so please sign up no later than June 14 by calling 440-356-4437.

### **Fun with Carleen**

Need a break from your everyday routine? Sound familiar? We are hosting a **rescheduled** event on **Friday, June 18** at 1:00pm at the Fairview Park Senior Center. Come and enjoy the outdoors and have some nostalgic fun with jokes, trivia and other fun surprises. Carleen is from Rae-Ann Skilled Nursing and Rehabilitation Center and she will lead us in an afternoon of good times. Give us a call to let us know if you will be able to attend at 440-356-4437.



## FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
June 8	Grey Hound /PG13 / 92 minutes	Tom Hanks/ Elizabeth Shue	Action
15	Palmer / R / 111 minutes	Justin Timberlake/Juno Temple	Drama
22	News of the World /PG13/ 118 minutes	Tom Hanks/Elizabeth Marvel	Drama
29	The Secret: Dare to Dream/PG/107 min.	Katie Holmes/ Josh Lucas	Romance

## Recurring Programs and Events

**Book Club:** Gathers for discussion on the last Friday of the month **June 25** at 1:00pm. Books sponsored by O'Neill Healthcare, led by Laura Brondos.

**Mixed Media – Art Class:** Classes meet on Wednesdays at 9:30am. Classes run for 8 weeks. Please check with the front desk for start dates of new classes.

**SilverSneakers:** We offer SilverSneakers on Fridays at 11:45am. (No Class on Friday June 18)

**Walking Warriors:** Come walk with the Walking Warriors of the Fairview Senior Center. We meet at different parks on Tuesdays at 10:30am for exercise and socializing.

## Attention Homebound Individuals

The City of Cleveland and Cuyahoga County are partnering with local entities to vaccinate homebound individuals. The Western Reserve Area Agency on Aging is screening individuals for eligibility. Homebound persons include those who need the help of another person or medical equipment such as crutches, a walker, or a wheelchair to leave their home, or their medical provider believes that their health or illness could get worse if they leave their home, therefore they typically do not leave their home. Please be prepared to provide the individual's name, demographic information, DOB, phone number, and address. Referrals can be made by contacting Western Reserve Area Agency on Aging at **(216) 621-0303**.

# BOOK CLUB

The book discussion will take place **Friday, June 25th at 1:00pm in person** at the Fairview Park Senior Center. This month's book is **Code Name Helene by Ariel Lawton**. Participants can pick up a copy of the book at the center courtesy of [O'Neill Healthcare](#). Space is limited in this program, so please call to reserve your spot and book as soon as possible.

## Van Service

The Fairview Park Senior Center provides curb to curb transportation, Monday through Friday, 8:30 to 1:30pm to Fairview residents 55 and older and disabled residents. We can transport to grocery shopping, banking and prescription pick up. *Please note*, if the schools are closed, the van service will not be available. Our senior Van will also be available for trips to hair salons and barbers. Masks on the van are still mandatory. A Transportation Registration form **MUST** be completed and on file in the Senior Center before a reservation can be scheduled. Please call the Senior Center at 440-356-4439 to make your appointment.

## Ohio Senior Farmers' Market Vouchers

We will again be a distribution site for the Ohio Senior Farmers' Vouchers for zip codes 44126, 44116, 44140 and 44145. Vouchers are limited to seniors 60 years and older and household income must be 185% or less below the Federal poverty level. This program is funded by the USDA, ODA and WRAAA. Please call 440356-4437 after June 4<sup>th</sup> for more information and to learn the coupon distribution date.



## One Day Trips

We hope to start trips with JKL Tours in August of 2021 partnering with Avon Senior Center. Please look for information in the July/August Newsletter for more information.

## West Shore Meals On Wheels

West Shore Meals On Wheels is available to any Fairview Park resident, regardless of age or income level, who find it difficult to purchase or prepare food. Our Fairview Park Kitchen prepares and delivers 2 healthy, balanced meals per day, using quality ingredients, fresh produce, homemade baked goods, and fresh from scratch soups. We are excited to announce we have initiated a limited number of scholarships for Fairview Park so more of our residents can receive our meals. Meals normally cost \$8 per day (for 2 meals) but residents who qualify for a scholarship would only pay \$4 per day. If you or someone you know- friend, relative, neighbor – needs our service or could benefit from our scholarship program, please contact us at (440) 331-3842.

## Thank you, AARP

A HUGE Thank You to our AARP Tax Preparation Team for working so very hard on tax returns for our seniors. This year was a very challenging year, and they still managed to process many returns. We are fortunate to have so many dedicated volunteers help us at the Senior Center.

