

# Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor  
Community Services Department

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Michael S. Procuik, Mayor

## Editor's Message

Happy New Year! I know we are all hoping that 2021 brings back some normalcy in our lives and I'm hopeful that it will. No one, at least last year at this time, envisioned that we would still be under pandemic restrictions one whole year later. As difficult as this past year has been, I believe we have all done our best through this difficult journey and will continue to keep ourselves safe and our days filled with meaningful ways to pass the hours.

We are planning to bring ZOOM back in late February or early March. We will email all of you who already participated and anyone whose email we have on file. No prior ZOOM experience or computer knowledge (other than using email) is required!! If you would like to participate and are not sure if we have your email address, please email me at [tguilfoyle@brooklynhts.org](mailto:tguilfoyle@brooklynhts.org) and I'll add you to our list! Give it a try!

You should have all received the Village Master Plan survey in the mail. Please share your thoughts by completing the form and submit it as soon as possible!!

We now have many seniors receiving meals through our Meals on Wheels program and you are welcome to try it out. Meals are healthy, delicious and the price is great! Call us for more information!

Protective masks are still available if you need to replace yours and/or would like an extra one. Don't hesitate to call for one!

Stay well!

Thea M. Guilfoyle  
Director, Community Services

Life is about  
laughing and living  
in good and bad times.  
Getting through whatever  
comes our way.  
And looking back  
with a smile.



## COMMUNITY SERVICES DEPARTMENT

Office: 739-3702 ~ Email: [cmtyserve@brooklynhts.org](mailto:cmtyserve@brooklynhts.org)

Located in the Service Building, 233 Tuxedo Avenue

Hours: 8:00 a.m. to 4:30 p.m., Monday through Friday (call first! We're also working remotely!)

Be sure to leave messages in the General Mailbox, Ext. 0

## **MOST, BUT NOT ALL, AARP TAX ASSISTANCE PROGRAMS CANCELLED**

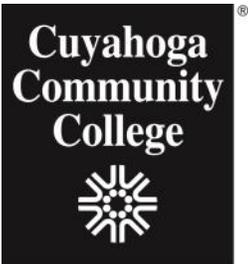


Most sites in our area, including Brooklyn Heights unfortunately, have been cancelled due to the pandemic. There are a couple sites that will begin taking appointments and non-residents are welcome. You can call the Fairview Park Senior Center at 440.356.4437 and the Westlake Senior Center at 440.899.3544 to see if you can secure a slot. With notice and availability Community Services drivers can offer transport service to your vaccination appointments.

The Strongsville Senior Center (440.580.3275) and Brook Park United Methodist Church (216.676.4738) *may* offer tax preparation. Details on these two facilities are pending and were unavailable at the time of this writing.

The AARP website ([www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide)) will be updating their website in early February with a list of locations that will be open. You simply enter your zip code and nearby locations will be listed.

These cancellations have created a very difficult situation for many seniors and I will continue to update you with any information that we receive. Please call us if you secure an appointment and need transportation.



## **TRI-C ENCORE 55+ LEARNING PROGRAMS**

Cuyahoga Community College offers a variety of virtual classes and registration is open for new registration.

**Encore On-the-Go** meets three times a week with new sessions beginning on March 16 and May 4. The cost is \$27 per six-week course. Courses cover a wide variety of subjects, including, finance, fitness, history, literature, music, philosophy, science and more.

Tri-C's **Neighborhood Scholars** program returns with virtual classes and includes online classes from the Cleveland Museum of Art and the Cleveland History Center. In-person tours of five historic Cleveland churches are planned in May and June. Most Neighborhood Scholars classes are one-day opportunities, with costs ranging from \$10-\$18 however the six-week Cleveland Museum of Art series cost is \$79.

Visit [tri-c.edu/encore](http://tri-c.edu/encore) to register and for a full listing of courses or call 216.987.2274

*Reprinted in part from the Gazette 12/16/20*



## **CONNECTING THE UNCONNECTED**

Cuyahoga County and sponsors such as the Cleveland Foundation, pc's for people, empower Cle+ and ASC3 Digital Learning, are offering free computers to eligible seniors.

To qualify you must:

- Be a Cuyahoga County resident
- Be 200% below the poverty line and/or receiving government assistance
- Provide a copy of your photo ID
- Provide an income verifying document dated with the last 6 months with recipient's name



Visit [pcsforspeople.org/ohio](http://pcsforspeople.org/ohio) to check your eligibility and register for a computer or call Community Services for a paper application. Once you apply, watch your email for follow-up instructions! If deemed eligible, you will be directed to pick up your computer at a participating local library near you. Included with the computer is a Resource Card to learn how to obtain an internet connection and where to find help in learning to use your computer.

If you have any questions, please call 216.777.4441 (leave a message) or visit [cuyahoga@pcsforspeople.org](mailto:cuyahoga@pcsforspeople.org).

**VA PROGRAM OF COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS**

The VA has announced the expansion of the Program of Comprehensive Assistance for Family Caregivers (PCAFC) in October 2020. This will enhance the health and well-being of Veterans by supporting their caregivers with financial planning and legal services. Such services include: workshops, self-care courses, a Caregiver Support Line, psychoeducational group calls, and Peer Support Mentoring.

Expansion opens the program to eligible WWII, Korean and Vietnam Veterans. Eligibility will change to eligible Veterans who have a single or combined VA service-connected disability rating of 70% or higher. This applies regardless of whether the disability is the result of an injury or illness. Currently, PCAFC is only available to family caregivers of eligible Veterans seriously injured in the line of duty on or after September 11, 2001.

**The program will expand in two phases:**

- In October of 2020, PCAFC will expand to eligible Veterans who incurred or aggravated a serious injury in the line of duty in the active military, naval or air service on or before May 7, 1975.
- Two years after the expansion, PCAFC will expand again. Access then will include eligible Veterans from all eras who have a serious injury – incurred or aggravated in the line of duty in the active military, naval or air service.

All caregivers who provide personal care services to Veterans enrolled in VA healthcare have access to PGCSS. Newly covered veterans should apply for PCAFC after the official launch date to be announced in mid-September.

Check the Caregiver Support Program at [www.caregiver.va.gov](http://www.caregiver.va.gov) for more information or call (216)791-3800 ext. 62150.

Source: *VHA Caregiver Support Program*

~ ❄️ ❄️ ~ *Winter Word Search* ~ ❄️ ❄️

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

- ANTIFREEZE
- BLACK ICE
- COLD
- FIREPLACE
- FOG
- FROST
- HIBERNATION
- HOLIDAYS
- ICE SCRAPER
- ICICLES
- MITTENS
- SCARF
- SKATES
- SKI PANTS
- SLEET
- SNOW PLOW
- SNOWBALL
- SNOWMAN
- SOUP
- STORM
- TOBOGGAN
- WINTER TIRES
- WOOL SOCKS



## MEALS ON WHEELS

Our Meals on Wheels program continues to grow as more and more seniors have signed up! The food comes from Lori's Custom Catering and are generous servings of delicious and senior-healthy meals! Dietary restrictions can be requested if needed. The cost is \$5 per day. You can sign up for 5x per week or 2x per week (M-TH).

If interested, please call our office and we'll get you signed up! You can't beat the quality or the price!!



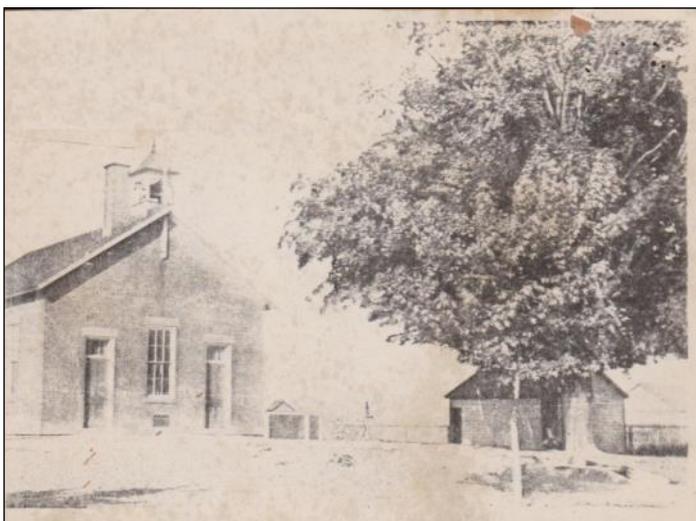
## VILLAGE MASTER PLAN SURVEY

The Village of Brooklyn Heights has partnered with the Cuyahoga County Planning Commission due to being awarded professional Planning Services through a grant.

A survey was mailed to each household and is your opportunity to voice your opinion for the future of our village. Details on virtual public meetings will be publicized as part of the information gathering process. You may visit the Cuyahoga County Planning Commission' website at [www.CountyPlanning.us/BrooklynHeights](http://www.CountyPlanning.us/BrooklynHeights) for updates.

You can return your survey online, by mail, through email or drop it off in the Village Hall drop box on the south side of the building.

Any paper submissions must be received no later than February 7th, 2021 to be included in the planning. Thank you for your anticipated contribution to our community!



Old School House on Schaaf Road where the police tower once was

## SOCIAL SECURITY PHONE SCAMS



The Inspector General for Social Security, Gail S. Ennis, is again warning the public about widespread Social Security-related telephone scams. These scams may use sophisticated tactics to deceive them into providing sensitive information or money.

The Office of the Inspector General (OIG) has recently received reports of telephone scammers using real Social Security and OIG officials' names — many of which are publicly available on our websites or through an online search. Other common tactics to lend legitimacy to scams are citing "badge numbers" of law enforcement officers. Some request that people send email attachments containing personal information about an "investigation," or text links to click on to "learn more" about a Social Security-related problem.

Inspector General Ennis wants you to know Social Security will **never**:

- Suspend your Social Security number because someone else has used it in a crime.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or mailing cash.
- Promise a benefit increase or other assistance in exchange for payment.
- Send official letters or reports containing your personal information via email.

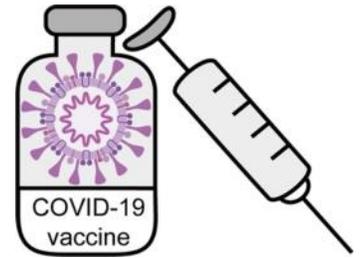
**"Don't believe anyone who calls you unsolicited from a government agency and threatens you — just hang up,"** Inspector General Ennis said. "They may use real names or badge numbers to sound more official, but they are not. We will keep updating you as scam tactics evolve — because public awareness is the best weapon we have against them."

If you owe money to Social Security, we will mail you a letter with payment options and appeal rights. If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, **hang up or do not respond.**

Reprinted from <https://blog.ssa.gov/>

## COVID-19 VACCINATION INFORMATION

Ohio is beginning to distribute safe, effective COVID-19 vaccines statewide for those who choose to be vaccinated. You can and should register to get a vaccine at multiple places if you haven't already. Once you receive a call to schedule your appointment, you can simply decline any future callbacks.



Some places we know that you can register:

- Your primary physician
- If you are a Cleveland Clinic patient, call 216.986.4000 or sign up on My Chart
- Drug Mart in Independence by calling 216.524.1835 or online at <https://clinic.discount-drugmart.com/covid/>
- Giant Eagle (limited locations) - visit their website at <https://gianteaglesched.rxtouch.com/gesched/program/immunizations/Patient/Advisory>
- Marc's (limited locations) - visit their website at <https://www.marcs.com/>
- Cuyahoga County Board of Health (may be a longer wait than local retailers) - visit their website at [www.ccbh.net/vax](http://www.ccbh.net/vax)

With notice and availability Community Services drivers can offer transport service to your vaccination appointments.

Distribution Schedule (subject to change)

**The week of Jan. 19:** 80 years of age and older

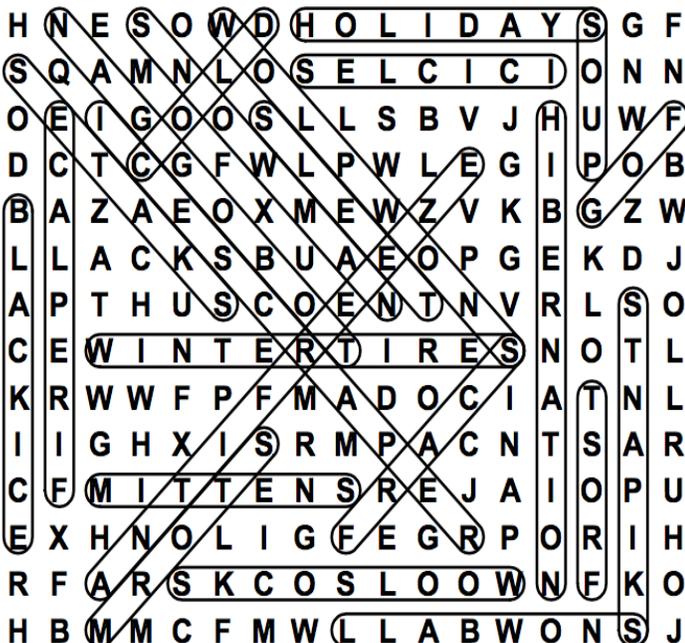
**The week of Jan. 25:** 75 years of age and older; and those with severe congenital or developmental disorders

**The week of Feb. 1:** 70 years of age and older

**The week of Feb. 8:** 65 years of age and older



## Winter Word Search Solution



## COMMUNITY SERVICES

### TRANSPORTATION



We continue to provide medical transportation and want to ensure that we take precautions to keep ourselves - and you - safe. Each driver takes their temperature upon arriving to the office, wears a mask, washes their hands and uses hand sanitizer prior to the trip.

During the transport everyone must wear a mask and hand-sanitize when entering the vehicle. Vehicles are sanitized between every run.

We will do an over-the-phone COVID-screening during the confirmation/reminder call on the day before your appointment,.

I want to remind everyone that it is *absolutely imperative* that you cancel any appointment you may have scheduled with us if you do not feel well and/or think you may have been exposed. We want to stay safe , keep our families safe and be well to serve you!



### OVERHEAD BEND & REACH

1. Raise both arms above your head.
2. Lower your right arm and lean to the right. Feel the stretch in your left side.
3. Hold for at least 15 second.
4. Return to your original position with your arms over your head.
5. Drop your left arm and lean to the left.
6. Repeat 2 to 4 times toward each side.



### SHOULDER BLADE SQUEEZE

1. Lift your arms near the level of your shoulders with your elbows pointed straight out.
2. Bring your elbows back while you squeeze your shoulder blades together. Don't lift or shrug your shoulders as you are squeezing.
3. Hold 6 seconds.
4. Repeat 8 to 12 times.



### KNEE EXTENSION

1. Straighten and lift one leg and hold while you slowly count to 5. Be sure you don't lock your knee.
2. Slowly lower your leg back down.
3. Repeat 8 to 12 times.
4. Do the exercise with the other leg.



### NECK ROTATION

1. Keeping your chin level, turn your head to the left, and hold for at least 15 seconds.
2. Turn your head to the right and hold for at least 15 seconds.
3. Repeat 2 to 4 times to each side.



### MARCHING IN PLACE

1. Sit with your feet slightly apart, and keep your hands at the edge of your chair or on the armrests.
2. March in place, lifting your knees high toward the ceiling. Remember to breathe normally.
3. Keep marching in a smooth rhythm for 1 minute. Work up to marching 5 minutes or longer.



### CHAIR PUSH-UPS

1. Sit with your feet flat on the floor and spread comfortably apart.
2. Grip the armrests, and take a deep breath in.
3. Breathe out as you use your arms (not your legs) to push your body off the chair. Straighten your arms as much as you can.
4. Hold for about 1 second, and then lower yourself back to the chair.
5. Repeat 8 to 12 times.