

# Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor  
Community Services Department

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Michael S. Procuk, Mayor

## Editor's Message

Spring is in the air! The warmer temperatures feel good and bring hope that we'll be able to take walks outside or simply relax on the porch. It brings hope that we'll see one another again - soon!

Covid vaccinations are more abundant and that too is leading us to better days. If you still haven't received your vaccination and wish to, please call our office. We can assist with helping you set up an appointment and provide transportation.

In this issue, please note the important articles on the lawn cutting, zoom session, holiday drive thru and an essay contest. The lawn cutting applications have been mailed directly to you and we look forward to seeing you on zoom on March 9th! We have a nice group of sponsors for a fun drive thru and we're excited about the new essay contest! Please don't hesitate to call us with any questions!

I hope you are staying busy - both mentally by reading or interacting with family and friends and physically with simple, safe exercises and stretches!

Stay well!

Thea M. Guilfoyle  
Director, Community Services

"I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better."  
- Steve Southerland



## 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



## Leprechaun Laughs

Why did the leprechaun go outside?  
To sit on his paddy-o

What type of bow cannot be tied?  
A rainbow

What is a leprechaun's favorite type of music?  
Sham-rock 'n roll

What do ghosts drink on St. Patrick's Day?  
BOOs

What do you call an Irish spider?  
Paddy long legs

### **DAYLIGHT SAVING**

Spring your clocks ahead one hour on  
Sunday, March 14th!!



Time to  
Spring Ahead

## Discover Walks...

**VISIT EUROPE FROM HOME!**  
**Live. Interactive. Fun.**

There are several shows to choose from, all last about 30 minutes and are live directly from Europe! Through *Discover Walks Paris*, you can tour famous landmarks, see how Notre Dame is being rebuilt, see the hidden gems of Barcelona and much more.



You don't need any special computer software or computer knowledge - the only thing you need is curiosity and an email address! Simply log into [www.discoverwalks.com](http://www.discoverwalks.com) and choose virtual tours. Follow the prompts and choose which date and time you wish to participate. It's FREE!!



# St. Patrick's Day Word Search

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

BEER

BELFAST

BISHOP

CABBAGE

CELEBRATION

CELTIC CROSS

CHRISTIAN

CLOVER

CORK

CORNED BEEF

DANCING

DUBLIN

EVENTS

FEAST DAY

FESTIVAL

GREEN

GUINNESS

HERITAGE

HOLIDAY

HOLY DAY

IRELAND

IRISH

LEPRECHAUN

LIMERICK

MARCH

MISSIONARY

MUSIC

PARADE

PATRON SAINT

POTATOES

SEVENTEENTH

SHAMROCK

SNAKES

SODA BREAD

TRADITION

YEARLY

## **MARCH ZOOM SESSION**



For any senior who has submitted their email address to us, we will include you in our next ZOOM session invitation. We will hold a March ZOOM session on Tuesday, March 9th at 12:00 p.m.

This ZOOM session will be an **All About You** showcase. We would like you to share your hobbies, interests and/or talent. Maybe you paint, draw or crochet. Do you sing, play the piano or have an avid interest in a subject that others will find interesting? Other ideas can be a memorable trip abroad or to a unique destination. Each senior will have 5 minutes to share their craft or talent.

You will receive an email from us and you can just click on the link provided to join into the ZOOM session. If you haven't submitted your email, or are not sure if you did, please email [cmtyserve@brooklynhts.org](mailto:cmtyserve@brooklynhts.org) with your name, phone number and please note that it is for the Senior ZOOM Session!



## **EASTER DRIVE THRU**



We will be holding a holiday senior drive-thru on Thursday, April 1st beginning at Noon. Like the previous drive thru events, you'll receive a bag of holiday goodies and it will be held in the Community Center parking lot. All vehicles must enter from Schaaf Road,

drive to the front entrance of the Community Center building and exit onto Tuxedo Avenue. The event will wrap up no later than 12:30 p.m. No late-comers!

You **MUST** sign up by calling call 216.739.3713 and leave your name and for those who do not drive you may request delivery. Note that this phone number is only used for specific purposes and is not monitored for day-to-day department calls. Please continue to call 216.739.3702 for regular department business.

The **DEADLINE** to sign up is Friday, March 26th. We must abide by this deadline due to the number of people involved in the planning! Sign up today!



# Happy St. Patrick's Day!

## **SENIOR ESSAY CONTEST**

For some fun, we are holding an essay contest for all village resident seniors, age 65+. The topic is: **What it means to you to live in Brooklyn Heights**. Please note the rules below:



- If hand-written make sure it's legible! Do not directly identify yourself, your family, address or past relationships/employment with the village directly in the essay.
- Place your essay in an envelope and put your name, address and phone number on the envelope!
- Your essay must be received by Friday, April 16th.
- Mail your essay to Community Services, 233 Tuxedo Avenue, 44131 or drop it off at the Municipal Center, 345 Tuxedo Avenue (there will be a box marked "Senior Essays" in the lobby).

1st Prize: \$50 gift certificate to Giant Eagle

2nd Prize: \$30 gift certificate to Giant Eagle

3rd Prize: \$20 gift certificate to Giant Eagle

All essays will be blindly judged our Village Council. The winner will be notified by phone no later than June 1st and the winning essays will be shared with the community via social media.

We look forward to your participation and reading your wonderful stories! If you have any questions, please call us at 216.739.3502.



## **LAWN CUTTING PROGRAM**



We are happy to have this program in place and equally as happy to have our service department cutting the lawns. Their work is top notch! The cost is the same as last year, \$275 for the season.

Applications were mailed directly to each senior household but please call if you did not receive one!

Please get your application in as soon as possible! They can be dropped off at the Municipal Center, mailed to 233 Tuxedo Avenue or dropped off at our office in the clearly marked plastic bin on our office door.



## **MEALS ON WHEELS PROGRAM**

We have been utilizing Lori's Custom Catering for our Meals on Wheels program for at least two years. We also often have Lori cook the meals at our senior socials especially at our Thanksgiving and Christmas holiday lunches and at our annual May Senior Recognition luncheon. They're delicious!



This lunch time meal is delivered daily Monday through Friday between 11:00 a.m. and Noon by our dedicated team of drivers. The meal will be left in a cooler you provide. This is especially important as the weather gets warmer. The cost of each meal is \$5. If you show current year proof of participation in the HEAP program, your cost will be \$3 per meal. Payment for the meal should be left in your cooler weekly to avoid person-to-person contact.

To sign up please call us for an application or print one from the village website and mail it to us. We will begin your meal delivery on the next Monday after receiving the application.

I encourage you to take advantage of this program as it can help you to eat well, limit the need to leave the house and purchase groceries less often. The food is great too!

# *Welcome Spring!*



**KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER**

## **MEDICARE-AUTHORIZATION TO DISCLOSE INFORMATION**

It may be beneficial to allow someone to have access to your medical information. For instance, there may be times when you are unable to manage your own medical affairs due to health issues. This may be a temporary situation, such as after medical procedure, or a more permanent one, as when dementia develops.

However, Medicare can't just give your personal health information to anyone. There are very stringent federal privacy regulations (often referred to as HIPPA) by which Medicare must abide. By law, Medicare must have your written permission (an "authorization") to use or give out your personal medical information for any purpose that isn't set out in the privacy notice contained in the Medicare & You Handbook. You may take back ("revoke") your written permission at any time, except if Medicare has already acted based on your permission.

If you want to have someone act on your behalf with medical matters, in the future, then you must act now. You need to authorize a person to have this legal ability to act on your behalf with Medicare. There are 2 ways to give permission:

(1) Print and fill out form **CMS-10106: "Authorization to Disclose Personal Health Information"**. It can be found at: <https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-Forms-Items/CMS1193148>.

Once this form is completed, make a copy for yourself & mail original to:  
Medicare BCC, Written Authorization Dept. PO Box 1270 Lawrence, KS 66044

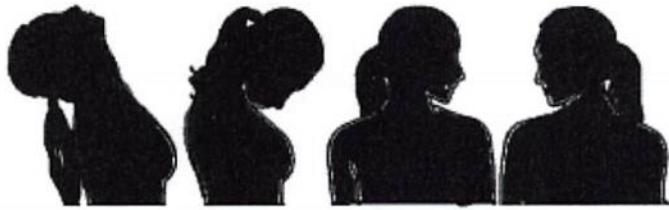
(2) Login to your **Medicare account**, at Medicare.gov, to fill this form out and submit online. Don't have a Medicare account? Creating an account is easy and gives you electronic access to your health information. Go to medicare.gov. Select "Create account." Follow instructions and submit. You can get additional information by calling (800) MEDICARE Customer Service Representative.

You have the right to take back ("revoke") your authorization. To revoke authorization, send a written request to: Medicare BCC, Written Authorization Dept. PO Box 1270 Lawrence, KS 66044.

**Tip:** A Durable Power of Attorney Form can work in place of an Authorization to Disclose Personal Health Information Form. That means you don't have to fill out this form, as having a Durable Power of Attorney, covers medical care matters.



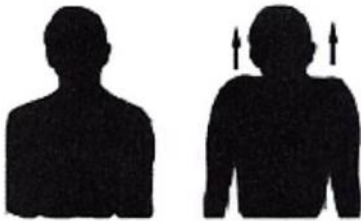
# Seated Exercises for Seniors



1. Neck stretch (up, down, side to side)



2. Neck rotation



3. Shoulder shrug



4. Seated arm raise



5. Lower back stretch



6. Arms forward and back stretch



7. Side stretch



8. Seated crunches



9. Arm curls



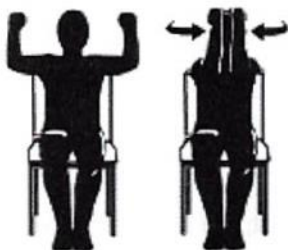
10. Punches



(Right punch)



(Left punch)



11. Chest fly



12. Hamstring stretch



13. Ankle stretch



14. Ankle circles



15. Progressive marching



16. Knee lifts

## **DEPARTMENT OF CONSUMER AFFAIRS - SCAM SQUAD**

*What would you pay for a COVID vaccine? Scammers are betting it's a lot  
Some only lose money, but you could potentially lose much more.*

The next group for vaccinations will open up next week, but since supplies are limited, some folks might be tempted to look for other ways to get the shot. Just remember, scammers know this too, and with so many desperate to get vaccinated, thieves have begun texting, emailing, and even calling pretending to help.

"These are the bad guys posing as someone, usually a government agency, although sometimes they have posed as the vaccine makers themselves, trying to trick consumers to give either money or to give sensitive information," Jon Steiger from the Federal Trade Commission told 3News.

RELATED: Here's where to find information on COVID-19 vaccine providers in Northeast Ohio

They'll claim to get you on the short list for the shot, offer the vaccine if you take part in a clinical trial, or just sell a fake one outright. European law enforcers found an online ad selling a fake Pfizer vaccine for 06882 Bitcoin, or about \$1,300.

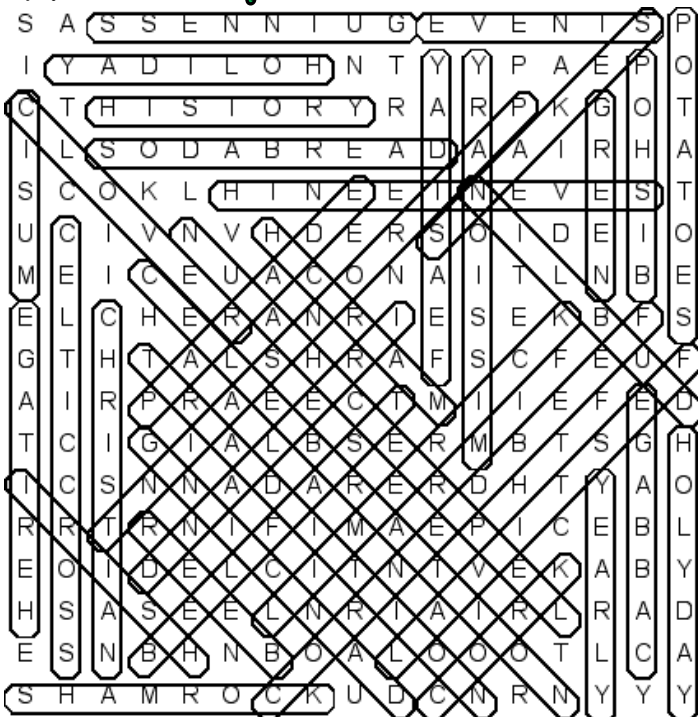
The best case scenario is you'll lose some money, but Archer News Network cyber security and tech journalist Kerry Tomlinson says it could be much worse.

"[Let's say] the liquid they give you doesn't work," she explained. "You think you're protected, [then] you get exposed to the virus. You end up with nothing, or they give you a liquid that is harmful, can make you sick or even kill you." But even mistakes by government officials are setting people up to get scammed. People like Pat Dimitroff, who tried to get through on the vaccine reservation line set up by her county in Florida. "I kept hitting redial," she explained. "Redial on one. I get a busy, redial on the other." After 40 attempts, she finally got through, but instead of getting a spot in line, she says, "The call is answered by someone that tells me I could get a \$100 gift certificate from Walmart if I give them my credit card, and they charge \$5 for delivery."

Turns out, the County outsourced the calls, and it seems a rogue employee was running the scam. Then there's what happened last month, when a link from Cuyahoga County was shared on social media, letting people who weren't eligible sign up for the vaccine. It wasn't a scam, and the appointments just had to be cancelled.

But how do you know what's for real? The Better Business Bureau gives the following advice: Fact check any information you receive with the Centers for Disease Control and Prevention and the Food and Drug Administration.

## **Word Search Solution**



- Speak with your doctor if you're looking to get the vaccine.
- Make sure that any email purporting to be official ends with ".gov"
- Make sure the URL of any email you respond to begins in "https"
- Look for typos in communications, which is often a tell-tale sign

"You're not going to have to pay in order to get a spot to get your vaccine," Steiger adds. "You're not going to have to pay to get on any sort of list. If they ask for your Social Security number, that's a scam." And seniors: You certainly don't have to pay for the vaccine. Medicare and Medicaid are covering the costs. If someone contacts you claiming to be with them, don't give out any information.

Source: Cuyahoga County Scam Squad

Author: Danielle Serino

