

# Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor  
Community Services Department

Issue 95, April, 2021  
Michael S. Procuk, Mayor

## Editor's Message

We certainly welcome this early Spring weather and the warm sunshine! Open the windows and enjoy being outside!

Some of you are receiving this Golden Outlook issue for the first time! We have updated our list of senior residents and I hope you enjoy reading this monthly publication! If it has reached you by mistake, please call our office and let us know!

Although we're still under most COVID restrictions, we are seeing light at the end of the tunnel for activities to begin opening up again. We look forward to bringing back our senior socials, field trips, monthly dinners and monthly lunch & movie trips. We miss you and are anxious to resume to our normal activities! In the meantime, keep busy both mentally and physically! Call a neighbor and go for a walk!

Please see the reminder article on the Senior Essay Contest!! The deadline is April 16th and we hope many of you will participate!

Stay well!

Thea M. Guilfoyle  
Director, Community Services



## **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



## **APRIL ZOOM SESSION**

For any senior who has submitted their email address to us, we will include you in our next ZOOM session invitation. The April ZOOM session will be on April 27th at Noon.

This ZOOM session will be BINGO games and general conversation. You must sign up to participate so we can drop off game sheets to you! Please sign up no later than Thursday, April 22nd by calling (216) 739-3702.

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!



# *Repeats & Reminders*

## **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!

## **MEALS ON WHEELS PROGRAM**

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!





# Golfing Word Search



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

ALBATROSS  
 APPROACH  
 BACK NINE  
 BACKSPIN  
 BALL  
 BIRDIE  
 BOGEY  
 BUNKER  
 CADDIE  
 CART  
 CHIP  
 CLUBHOUSE  
 CLUBS  
 CONDOR  
 COURSE  
 DIVOT  
 DRIVER  
 DRIVING RANGE  
 EAGLE  
 FAIRWAY  
 FLAGSTICK  
 FORE

GREEN  
 GRIP  
 GROSS SCORE  
 HANDICAP  
 HOLE IN ONE  
 HOLES  
 HOOK  
 IRON  
 NET SCORE  
 PAR  
 PUTTER  
 ROUGH  
 RULES  
 SHOT  
 SLICE  
 STROKE  
 SWING  
 TEE OFF  
 TREES  
 WATER HAZARD  
 WEDGE  
 WOOD



## "HOW WAS YOUR GOLF GAME, DEAR?" ASKED A WIFE...

"Well, I was hitting pretty well, but my eyesight's gotten so bad I couldn't see where the ball went."

"But you're seventy-five years old, Jack!" admonished his wife, "Why don't you take my brother Scott along?"

"But he's eighty-five and doesn't even play golf anymore," protested Jack.

"But he's got perfect eyesight. He could watch your ball," Tracy pointed out.

The next day Jack teed off with Scott looking on. Jack swung, and the ball disappeared down the middle of the fairway.

"Do you see it?" asked Jack.

"Yup," Scott answered.

"Well, where is it?" yelled Jack, peering off into the distance.

"I forgot."

## **EASTER SENIOR DRIVE-THRU A SUCCESS!**

The Easter holiday Drive-Thru Event on Thursday, April 1st was again successful and we had over 50 seniors participate. Each received a huge bag of goodies with a spring plant, chocolate candies, a puzzle, a puzzle book and more!

Many thanks to our sponsors Daniel P. Seink Co., Ltd., Brooklyn Pointe and Senior Bridge for making this possible!!



# KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

## MEDICARE & CORONAVIRUS

Coronavirus/COVID 19 continues to be a serious health issue within our country and notably, among individuals 65+ years of age. Testing, vaccinations and treatment have had a substantial impact upon the virus. Still, many seniors have questions regarding Medicare coverage related to the virus.

For comprehensive information, refer to the official U.S. Government site for Medicare, Medicare.gov. Specifically, the web address for information on this topic is: <https://www.medicare.gov/medicare-coronavirus>. If you have a Medicare Advantage Plan, contact the provider for any questions you may have.

The good news is, that as most are aware, Medicare covers the cost of the vaccine. The bad news is, that there are numerous related scams. Scam calls are being received in which Seniors are being directed to provide their Medicare number and other personal information over the phone, so they can receive immediate access to the vaccine. Unless you have initiated the call, to a trusted source, do not provide your personal information. This is an opportunity for scammers to take advantage, do not allow yourself to be a victim.

As noted on medicare.gov website, Medicare covers the following COVID-19 related needs:

- Lab tests, you pay no out-of-pocket costs
- FDA authorized antibody test
- Monoclonal antibody treatments

Vaccines, you pay no out-of-pocket costs, you pay for any hospital deductibles, copays, or coinsurances that apply.

### Tips For the Doctor's Office

Making the most of your appointment with your physician is critically important. Here are some tips to make that valuable time with your physician to be the most productive.

- Make a list and prioritize your concerns - Prepare before you go to the office. For most of us, that means preparing notes or reminders in advance. These should be some of the key pieces of information that you want to share with your physician, in addition to questions you want answered. Put them in order of priority, in case your physician limits your time.
- Provide adequate detail - Be sure that the information is specific. For instance, if you are identifying symptoms describe them in detail, when they started and when they occur. Honesty is critical.
- Keep your doctor up to date - Have a copy of an updated list of all medications you are on, frequency and dosage. Also, include any over-the-counter products, vitamins and supplements.
- Consider bringing a family member - If you are able and willing to have someone accompany you to the appointment, having someone else listen to the information is beneficial.
- Reinforce that you have accurate information - Whatever is discussed with the physician, confirm your understanding. Ask questions and get additional information if needed.
- Ask questions as needed – Inquire as to what you can expect, from treatments, to side effects, to the progression of your condition.
- Inform the doctor if you have any visual or auditory impairments– Be sure you can see and hear as well as needed. Use any assistive devices you need such as eyeglasses or hearing aides.
- Request an interpreter if needed – Arrange this in advance.

---

## PRESCRIPTION DISPOSAL

Do you have prescriptions that are expired, don't need anymore? You can safely dispose of them by dropping them off at the Municipal Center in the Rx Bin on the main floor. It is located just outside the Police Department entrance and is a safe and secure way to dispose of unneeded prescription drugs and medications!

## MEDICAL EQUIPMENT

The Community Services Department maintains an inventory of assistive medical equipment for temporary loan to residents. Items include walkers, rollators, shower chairs, crutches and more. Call our office if you would like to inquire about equipment and our temporary loan program!



# Chair Yoga Exercises

Helicopter



Half-Forward Fold



Mountain



Side Bend



Knee Hug



Cow/Cat



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series

