

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuk, Mayor
Issue 110, August, 2022

Editor's Message

I hope this newsletter finds you well and looking forward to our next senior social on Tuesday, August 16th!

It's hard to believe that school is starting soon and summer is coming to a close! Although the pages on the calendar are turning, the heat of summer continues. Please be mindful of your health during the days of high temperatures. Note the two info blocks in this newsletter on tips to beat the heat and the signs of heat stroke and heat exhaustion. Don't hesitate to call 911 if you experience any of the symptoms - best to be safe!

Open enrollment for Medicare Part D is October 15 - December 7th. There may have been changes to the formularies of what drugs the company covers and/or changes in your medications. If a more cost-effective drug plan is available, you could save money. We have included the form for you to complete and our social worker is available to review them and call you with her recommendations. Please hand them in at the senior social or mail them to Community Services, 233 Tuxedo Avenue, Brooklyn Hts., OH 44131, Attn: Medicare Part D.

Fall also is the time for the annual Flu Shot Clinic. Please see the article for details and you can call our office to sign up.

See you on August 16th! Stay well!

Thea M. Guilfoyle
Director, Community Services

impact

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.



School Starts August 18th
DRIVE CAREFULLY!

COMMUNITY SERVICES DEPARTMENT

Office: 739-3702 ~ Email: 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!)

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

THE RETIREMENT TRANSITION

For most people, the thought of retirement is unsettling. Whether you choose to enter this phase of post-work life, or are forced into it, through a job loss, retirement is a challenge for most. There are countless articles and websites that promote success in retirement. Following are just a few recommendations to assist with the retirement transition. Here are some keys to help:

INVEST IN SELF-REFLECTION – Take time to identify what you truly value and consider important in your life. What is it that you still want to learn about? How can you be useful in life? What have you always wanted to do, but never had the time or opportunity for? Do you have any interest in volunteer activities?

SIGN UP FOR A CLASS – Either in person or virtually. In-person attendance affords a much-needed element of socialization. However, in these pandemic times, an online interaction can be a welcomed alternative. This experience often leads to identification of an area where you have personal strengths and knowledge. In fact, you may actually decide to teach a class.

RESEARCH VOLUNTEER OPPORTUNITIES – A common mantra, when individuals retire, is that of wanting to make a difference. What better way to achieve this goal, than seeking out volunteer experiences? The array of options is broad. Yet, all allow you to extend outside of yourself to help individuals, agencies, or programs in need. These opportunities are extensive and generally can be found just by asking in an area of your interest.

INCREASE YOUR SOCIAL SPHERE – Isolation can be a significant issue when retirement removes you from the environment where you spent 8+ hours a day, 5 days a week. Since most individuals do not want to be isolated, it becomes necessary to find avenues of social interaction. This may be reaching out to a spouse, family member, friend or neighbor. Or, it can involve seeking out engagement in an entirely new venue.

PACE YOURSELF – As most people are wired for busyness and activity, the change of pace in retirement can be very disconcerting. Furthermore, as many equate their usefulness with their level of productivity, this timeframe can be downright upsetting. However, it is important that you pace yourself. Rather than forging quickly into the first opportunity or the first relationship, take some time for introspection (see #1 above). Get to know yourself, review your options and then gradually make the transition.

LET YOUR RETIREMENT MOTTO BE: TO MAKE THE REST OF YOUR LIFE, THE BEST OF YOUR LIFE



AUGUST SENIOR LUNCHEON

Our next Senior Social is scheduled for **Tuesday, August 16th** at Noon at the Community Center.

We have entertainment by Ron Papaleo, a versatile and experienced musician who has been performing in the Cleveland area for more than 50 years. He is equally comfortable laying down a back beat for a blues guitar solo, playing timpani with a symphony orchestra, singing a jazz standard from the Great American Songbook, or playing a lively polka on the accordion.

All seniors and retirees are welcome and there is no charge.
Enjoy lunch and entertainment with your neighbors and friends. Transportation is available.

REGISTER NO LATER THAN FRIDAY, AUGUST 12TH!

YOU MUST CALL TO SIGN UP ~ EVEN IF YOU DON'T NEED TRANSPORTATION!

EVERYONE IS WELCOME TO JOIN US!



MUSICALS WORD SEARCH

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

A CHORUS LINE
ALL THAT JAZZ
ANNIE
BLUE HAWAII
BRIGADOON
BUGSY MALONE
CABARET
CALAMITY JANE
CAMELOT
CARMEN
CAROUSEL
CHICAGO
EVITA
FAME
FANTASIA
FUNNY FACE
FUNNY GIRL
GIGI
GODSPELL
GREASE
GYPSY
HAIR

HELLO, DOLLY!
HIGH SOCIETY
HOLIDAY INN
JAILHOUSE ROCK
LA TRAVIATA
MARY POPPINS
MOULIN ROUGE
MY FAIR LADY
NEWSIES
OKLAHOMA!
OLIVER!
PAL JOEY
SHOW BOAT
SILK STOCKINGS
SOUTH PACIFIC
STATE FAIR
SWEET CHARITY
SWING TIME
THE MUSIC MAN
TOMMY
TOP HAT
WEST SIDE STORY

TIPS TO BEAT THE HEAT!

Heat illness is preventable. Too much heat can make you sick, and lead to serious health problems or even death. Know the early symptoms of heat related illnesses including dizziness, feeling sick, having a headache or feeling very thirsty. In very hot or humid weather:

STAY HYDRATED

Drink lots of water even before you feel thirsty.



CHECK ON OTHERS

Call or visit family, friends & neighbours (especially older adults living alone) to make sure they're staying hydrated & keeping cool.



KEEP COOL

Find a cool space near you at toronto.ca/keepcool. Go to an air-conditioned place like a library or community centre.



USE A FAN

Use a fan near an open window to bring in cooler air from outside.



AVOID THE SUN

Stay in the shade or use an umbrella.



BLOCK THE SUN

Keep blinds or curtains closed during the day.



PROTECT PEOPLE & PETS

Never leave a person or pet inside a parked car.



AVOID USING THE OVEN

Limit the use of the oven or stove, they make your space hotter.



NEWS FROM THE BUILDING DEPARTMENT

The Building Department will be scanning the original plans (blueprints) over the next several months of homes built in the village. Once scanned, the original plans will be discarded and the Building Department will maintain the scanned/digital version only. They estimate they will have this project done in late spring of 2023. Homeowners may request the original documents by calling the Municipal Center at (216) 749-4300 and be put on a list for retrieval at a later date.



This year I will...



FALL PREVENTION FOR SENIORS

Injuries from falls and car crashes are more common as we age and can have devastating effects. But they can be prevented so you can stay healthy and independent longer.

PREVENTING A FALL

More than 1 in 4 older adults report falling each year - this results in about 36 million falls. Falls can cause serious injuries such as broken bones or a head or brain injury. But falls are not a normal part of aging - they can be prevented. There are simple steps you can take to keep yourself from falling and to stay healthy and independent longer.

SPEAK UP

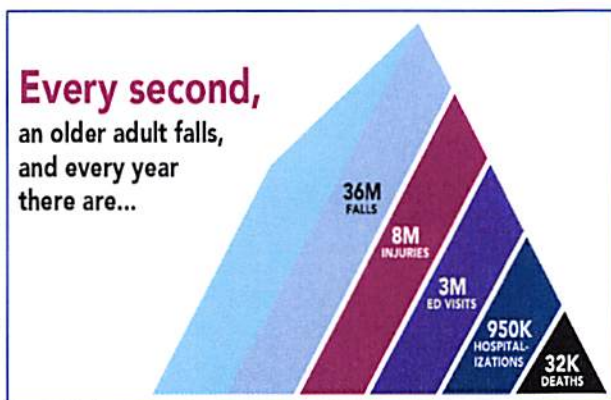
- ◆ Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.
- ◆ Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.
- ◆ Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.
- ◆ Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.
- ◆ Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

STAY ACTIVE

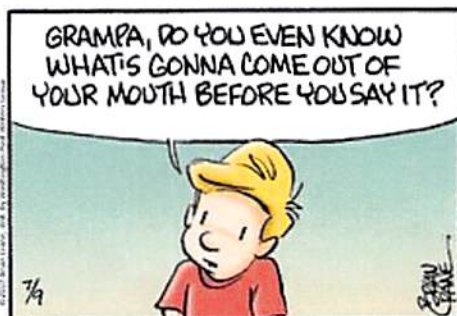
- ◆ Do exercises that make your legs stronger and improve your balance.

MAKE YOUR HOME SAFER

- ◆ Get rid of trip hazards like throw rugs, and keep floors clutter free.
- ◆ Brighten your home with extra lighting or brighter light bulbs.
- ◆ Install grab bars in the bathrooms - next to the toilet and inside and outside of your bathtub or shower.
- ◆ Install handrails on both sides of staircases.



PICKLES



BY BRIAN CRANE

ANNUAL VILLAGE FLU CLINIC

BROOKLYN HEIGHTS COMMUNITY CENTER

THURSDAY, OCTOBER 6TH, 9-11:00 A.M.

RESIDENT FAMILY & FRIENDS WELCOME!



Walgreen's will be offering the following vaccines at our clinic:

- ▶ Influenza Standard (Adult)
- ▶ Influenza High Dose (Age 65+)
- ▶ Covid - 19
- A Walgreens pharmacist will be administering the immunizations
- **Everyone must pre-register by calling 216.739.3702 no later than Friday, September 23rd**
- Transportation will be provided upon request
- Most insurance plans are accepted - **be sure to bring your insurance card!!**

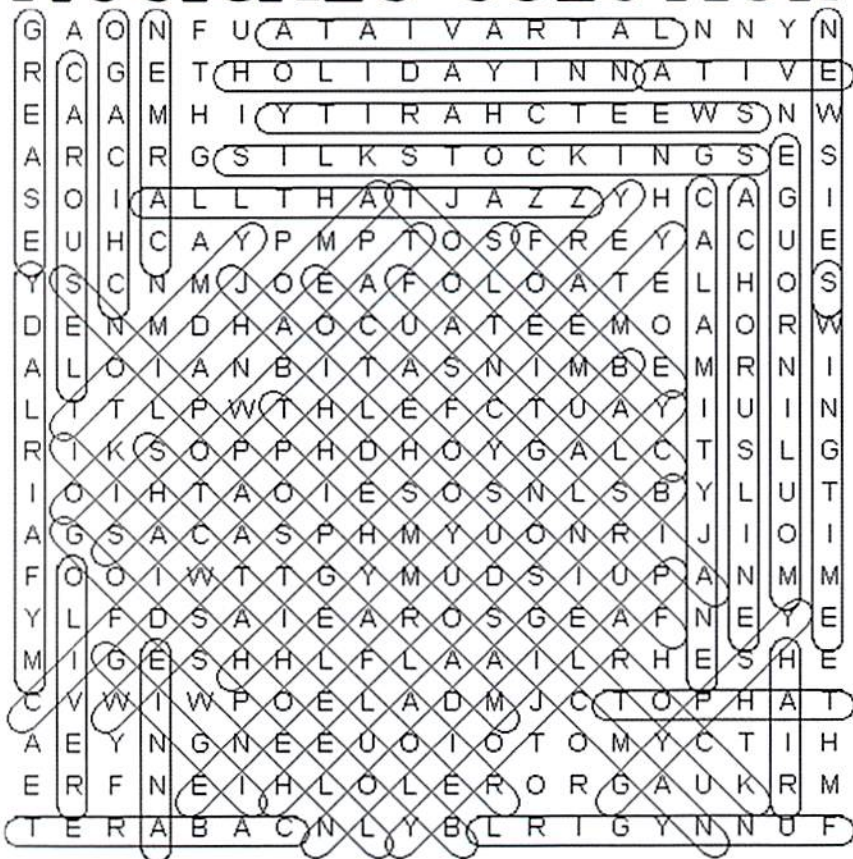


VILLAGE FOOD PANTRY



The Community Services Department maintains a food pantry for any resident who may need assistance, whether it be temporary or on-going. The pantry contains canned food, poultry, meat, dairy items, paper products, and personal hygiene items. It is run as a "client choice" pantry meaning that you shop for what you need versus receiving pre-packed bags. The pantry is located next to the Community Services office, in a separate room. Eligibility is dependent upon proper residency documentation and this is free to all residents needing assistance. Call 739-3702 for an appointment!

MUSICALS SOLUTION



Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness Thirst Heavy Sweating Nausea Weakness</p>	<p>Confusion Dizziness Becomes Unconscious</p>
<p>Heat exhaustion can lead to heat stroke.</p> <p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

SENIORS TEXTING CODE:

ATD: At The Doctors
BFF: Best Friend Fell,
BTW: Bring the Wheelchair,
BYOT: Bring Your Own Teeth,
FWIW: Forgot Where I WAS,
GGPBL: Gotta Go Pacemaker Battery Low,
GHA: Got Heartburn Again,
IMHO: Is My Hearing-Aid On,
LMDO: Laughing My Dentures Out,
OMMR: On My Message Recliner,
OMSG: Oh My! Sorry, Gas,
ROFLACGU: Rolling On Floor Laughing And Can't Get Up
TTYL: Talk To You Louder.



Hidden Picture Puzzles

