

Brooklyn Heights on the Run

# The Breeze

**^** 

Saturday, October 11, 2014



Sponsored by Brooklyn Heights Service Clubs
Vol. 62 No. 13
September 13, 2014

### MESSAGE FROM THE POLICE CHIEF

In recent weeks there have been several instances of vehicles being entered and items stolen during the night in the Schaaf Road, Shady Ridge and Marko Lane area. In all of these cases, the vehicles had been left unlocked with valuables such as wallets & cell phones inside. The police department is following several leads but in the meantime, as the saying goes, "An ounce of prevention is worth a pound of cure". Please lock your vehicles at night & do not leave any valuables in your car. If you see anything or anyone suspicious, call the police department dispatch center at 216-741-2700 or dial 911. Do not call the office line of 216-741-1327 as it is not monitored after business hours.

Chief Dan Algeri

### MEN'S SERVICE CLUB

The next Brooklyn Heights Men's Service Club meeting is on September 23 at the Community Center, corner of Tuxedo & Schaaf Road. Doors open at 7:00 p.m. Meeting starts at 7:30 p.m. All village men over 21 years of age are invited to join. Call Tom Lahiff for details at 351-0331.

### THANK YOU NOTE

Thank you to Sienna Tepley for her generous donation to the V.F.W. at Home Days.

### **BREEZE DELIVERY**

We are compiling a list of names of young adults who are interested in delivering the Breeze once a month. Ages 14 & older, if interested, please call Carol Rucinski at 216-661-4449 to be put on the list. As openings become available you will be called and you can decide at that time if you are still interested. This is a paid position.

### WOMEN'S SERVICE CLUB

The next meeting of the Women's Service Club is on Monday September 22 at the Brooklyn Heights Community Center at 7:00 p.m. All women are invited to join us. Dues are just \$6.00 for the year.

### Congratulations to our Home Days Main Raffle Winners:

Ken Lasky . . \$1,000.00 Edna Flowers . . \$250.00

### W.S.C. 50/50 RAFFLE

Winners of this years 50/50 raffle are as follows: \$50 winners were Dave Neyman. Carol Siebert, Susan Carlin and Paul Tepley. Winners of \$125 were Dave Neyman and Phyllis Clymer. Winner of the \$10 board of \$250 was LaVerne Cowgill. Our last \$10 board was not completely sold out, but the winner of \$110 was Paul Tepley. Thanks to all for your support. Hope to see you again at our next Home Days.

W.S.C.

Phone: 661-4449

Carol Rucinski-Editor

382 Springbrook Drive, Brooklyn Heights, OH 44131

Founded by Leonard Reichelt

Ruth Gadus (Editor 1958 to 1989)

This paper is printed <u>primarily</u> to serve the residents of Brooklyn Heights Village. Whenever submitting news items, ads, articles, etc., please mail or deliver the same in WRITTEN FORM, <u>SUBJECT TO REVISION</u>, to the above address.

Business & Non-Emergency Calls Fire.....351-3542 Police.....741-2700

Ambulance..........351-3542 For Police & Ambulance EMERGENCY ONLY Call.....9-1-1

### THANK YOU NOTE

Many thanks to our Fire Department and Police for their prompt response in getting me to Marymount Hospital on August 5th.

Gloria Ashworth & family

**GET WELL WISHES TO** Dianne Toronski, Gloria Ashworth and Kathy Suchocki.

GET WELL WISHES TO Elsie Horesh who broke her hip & arm, would appreciate cards at 699 E. Smith Rd., Medina, OH 44256.

BREEZE DEADLINE OCT. 2 BY 4 P.M. NEXT ISSUE OF BREEZE OCTOBER 11

### **OBITUARY**

JOSEPH ZIEGLER, husband of Jeanne, father of Cindy VanAuken, Linda Kennison & Ronald Ziegler, passed away August 6. Arrangements were by Waite & Son Funeral Home where services were held on August 11. Joseph will be greatly missed by his many friends and neighbors in Brooklyn Heights.

The Breeze extends sympathy to our bereaved family.

OUR CONDOLENCES TO Jeanne DeFranco on the recent loss of her daughter Maria Ellen Risko and to Fred DeFranco (Wendy) on the loss of his sister.

#### TIPS FOR HEALTHY LAWNS AND WATERWAYS INTO THE FALL

It is hard to believe that fall is right around the corner. Did you know that if you make preparations now to help cultivate a healthy lawn for next year, you will be helping to reduce the amount of chemicals you need for your lawn in the future? It's true! Follow these water-wise tips below:

Aerate to introduce oxygen & reduce the incidence of thatch in the lawn. Both mechanical (core) & biological (liquid) methods are effective. Compacted soils can act very much like hard surfaces, such as sidewalks, by reducing the ability of water to absorb into the ground. Aerating your lawn & reducing thatch will help reduce stormwater runoff by allowing more water to soak in, while creating a healthier lawn.

Continue mowing high at 3 to 4 inches & compost grass clippings in place. Allowing grass to grow taller helps the roots to grow deeper, which increases infiltration. This reduces stormwater runoff leaving your property & entering local waterways. Also, taller grass can shade out weeds, reducing the need for weed killers which can wash into local waterways during rain events. Composting grass, by letting clippings fall to the ground not bagging), helps to provide natural nutrients to your lawn. Also note that you should never sweep grass into storm drains, which lead directly to local streams. Make sure to sweep any grass left on driveways & sidewalks back on to the lawn.

Late summer/early fall is a great time to test our soil for nutrients & pH and add appropriate (if any) amendments. This is a good time to send your soil to a testing lab because you will have time to interpret the results & add amendments now, well before spring planting. Often this is also a "slow" time for labs, so your test won't have to stand in line. Knowing what your lawn needs will reduce the amount of chemicals needed to grow a healthy garden & lawn. This means you will have less waste & help reduce the amount of chemicals that reach our waterways.

### Rain Gardens and Bioretention Cells at Brooklyn Heights Village Park

West 4th Street, Brooklyn Heights, Ohio, 44131

The Village of Brooklyn Heights installed two rain gardens and two bioretention cells in November 2013. This project is part of an ongoing effort to restore and maintain the water quality of West Creek and Lake Erie.

### New Rain Gardens and Bioretention Cells in Brooklyn Heights

### What is a rain garden?

Rain gardens are shallow depressions where rainwater runoff can be routed from hard surfaces and allowed to collect and slowly filter through sandy soils planted deep-rooting plants. They have no outlet, so their primary function is to reduce runoff volume through infiltration. The roots of native plants, coupled with interaction of natural soil, increase infiltration and pollutants from remove stormwater runoff, thereby improving the quality of West Creek and Lake Erie.

### About this Project

There were two rain gardens installed at the Brooklyn Heights Village Park. The first, a 430 square foot garden,

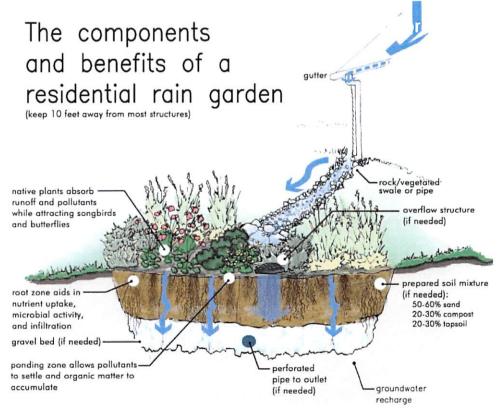


Maintenance Facility Rain Garden

collects runoff from the adjacent picnic pavilion. The second, a 650 square foot garden, was installed next to the existing restroom and maintenance facility. Stormwater runoff is conveyed to this garden from overland flow and from the drainage system that supports the upslope athletic field.



Pavilion Rain Garden



### What is a Bioretention Cells

Bioretention cells look and behave much like rain gardens. Their primary filter function to is out pollutants. The key difference is they are much deeper and drained through are underdrain, which allows them to treat a much larger

drainage area. Α bioretention cell captures stormwater runoff from an impervious surface and allows it to infiltrate through the sandy soil. As the water infiltrates, through the deep soil profile, pollutants are removed, including metals, nutrients,

sediment, and fecal coliform.

Although the cells have an underdrain, some of incoming runoff is temporarily held by the soil and later "leaves" the system through plant uptake or by infiltrating into the surrounding natural soil.

Along the back of the parking two bioretention cells, totaling 1050 square feet, were installed to collectively manage and filter stormwater runoff generated by the two main parking lots, which total 3/4-acre of impervious area.

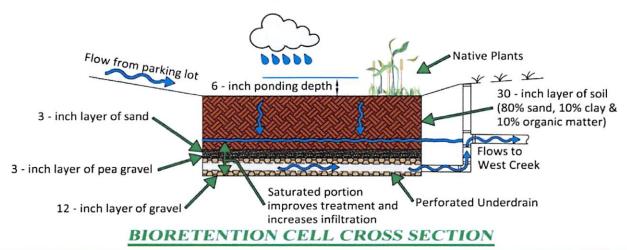
#### Why were these installed?

Stormwater runoff collects pollutants that have accumulated on impervious surfaces such as parking lots,

> roads, and roofs. The polluted runoff flows into natural waterways harming the ecosystems of streams and lakes in our communities. decreasing the runoff that flows directly into these natural systems, we can improve the quality of streams and lakes and our drinking water sources.



West Parking Lot Bioretention Cell













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# Second . Ammunt Y THE RUN





### Registration:

- \$15 Pre-Registration, \$20 Day of Race
- On-line at www.brooklynhts.org/5K (On-line registration add a \$1 processing fee)
- Mail to 345 Tuxedo Avenue, Brooklyn Hts., OH 44131. Deadline, Wednesday, October 8, 2014
- Day of the race, in community center at 225 Tuxedo at 7:30 am until race time. Cash or check only. Checks payable to Brooklyn Heights Park Board.

### Optional Packet Pick Up:

Friday, October 10th, 5-7:00 p.m. Brooklyn Hts. Municipal Center, 2nd Floor, 345 Tuxedo Ave

#### Proceeds:

Proceeds donated to Brooklyn Hts. Park Board

### Location / Course:

Begin at 225 Tuxedo Avenue (corner of Schaaf Road). Both races begin and end at the corner of Schaaf Rd. and Tuxedo Ave. through a residential, mostly flat area, down Schaaf Road and through Marko Lane

#### Features:

Water stops, timers, refreshments, raffle and t-shirts to all entrants

#### Awards:

- Overall Male and Female finisher
- Top three male and female finishers in the following age groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49. 50-54, 55-59, 60-64, 65 & Over



T-Shirt Size: YM YL AS AM AL AXL AXXL



I am participating in the: 5K Run 1 Mile Walk

Name: Gender: M F Age on Race Day: \_\_\_\_\_ Phone: \_(\_\_\_\_\_\_ Email: \_\_\_\_\_

I hereby declare that I am physically fit to run and complete this race and hold harmless the Village of Brooklyn Heights, Brooklyn Heights Park Board, sponsors, volunteers, or any public entity for any illness, injury, medical problems, or other problems as a result of my participating in the Brooklyn Heights On The Run Race.

Signature	Date	Parent Signature
		(If Under 18)

### VILLAGE OF BROOKLYN HEIGHTS IS SPONSORING A

### PAPER SHREDDING DAY

Saturday, September 27, 2014 - - 9:00 a.m. to NOON Brooklyn Heights Municipal Center

As a way to prevent identity theft, we will be offering a personal shredding service for our residents and businesses! On Saturday, September 27<sup>th</sup> from 9:00 a.m. to noon, any Brooklyn Hts. resident or business will have the opportunity to dispose of old financial statements. tax forms, bills, medical records and other paper without worrying about identify theft or the effect of dumping paper into the environment!



A powerful, mobile shredding truck will provide quick, confidential destruction and recycling of items to be shredded. Staples and paper clips are acceptable. The shredder and bin will be located at the Municipal Center parking lot at 345 Tuxedo Ave. The program will proceed rain or shine.



We'll have the village van on premises to take donations for our food pantry. We are in need of paper products, laundry products, cleaning products, personal hygiene / feminine hygiene products and toiletries. Cash/Check donations are also accepted payable to "Project Hope".

### DO BRING

Bank statements Books Brochures

Letters Magazines

Ledgers

Cancelled checks

Medical records

Computer printouts Pamphlets Copy paper

Phone books

Envelopes

Tax forms

Greeting cards





### DON'T BRING

3-ring binders Banding wire Candy wrappers Carbon paper Cups Food wrappers

**Napkins** 

Newspapers Non-paper items Pendalex folders Plastic materials Restroom paper Waxed paper



# Brooklyn Heights Service Clubs Golf Outing



# September 28, 2014 Cossette Creek Golf Club

(Formerly the Brunswick Hills Golf Club)

4900 Center Rd, Brunswick, OH 44212

Tee times begin at 9:00 \$50.00 per person

includes 18 holes with cart, lunch, beverages and door prizes

Prepaid reservations required by 9/15/13
Call Joe Kocab at 216-973-7752

This event is supported by the Brooklyn Heights Service Clubs with funds raised during Home Days and our hole sponsors.



# **Brooklyn Heights Bonfire & Picnic**

Saturday, October 18, 2014 6:30 P.M. - 9:30 P.M.

FOOD, FUN & MORE

Brooklyn Heights Park Pavilions #1 & #2

**All Residents Are Welcome** 

**FUNDED BY HOMEDAYS PROCEEDS** 









# CALLING ALL BAKERS: ENTER YOUR FAVORITE PIE AT THE BONFIRE & PICNIC \$25 GIFT CARD FOR 1ST PLACE JUDGING BEGINS AT 7:30 P.M. @ PAVILION 2 IN THE BROOKLYN HEIGHTS PARK SATURDAY, OCTOBER 18, 2014

To Enter:

**CALL Eileen Pech: 216-741-4972** 







### **BROOKLYN HEIGHTS POLICE BLOTTER**

8/1/14	Report of intoxicated driver traveling I-480 W/B. Unable to locate.
8/2/14	Report of suspicious male in woods on North Street. Found to be resident.
8/3/14	Party turned herself in on active warrant. Posted bond and issued citation for contempt of court. Resident reported burglary on Schaaf Road. Report of domestic dispute at a company on Lancaster. Advised male not to return to area.
8/4/14	Resident complaining of barking dog on South Street.
8/5/14	Assisted Fire Department with fire in basement on Tuxedo Avenue. Resident reporting gas odor in residence on Little Creek. Fire Department on scene.
8/6/14	Dominion East Ohio Gas out in Tuxedo area checking residences for gas problems. Report of former employee trespassing at local business. Party advised to leave and complied only to return later in the day. Transported by squad to Marymount for evaluation. Two-foot python located in park. Captured and resident will keep overnight. Pet store to pick up in the morning.
8/7/14	Customer dispute at local business. Advised civil matter. Verbal dispute on West 7 <sup>th</sup> . Let parties vent. Female and children left the residence and advised not to return.
8/8/14	Report of possible jumper on I-480 bridge. Located unoccupied vehicle and driver walking near 98 <sup>th</sup> Street exit. Transported same to gas station and back to vehicle. Complaint of recycle truck leaving debris all over Park Drive. Located driver who stated mechanical problem with truck.
8/9/14	Report of three individuals in park smoking marijuana. Located same and one party issued citation for drug abuse. Marijuana confiscated.
8/10/14	Call from Parma PD reporting suicidal male possibly heading to our park. Unable to locate.
8/11/14	Report of two males with backpacks setting off car alarms in Shady Ridge area. Area checked. Unable to locate. Two residents on Marko reporting vehicles entered. Items taken from one vehicle. iPhone taken from vehicle sending signal from Cleveland. Responded to area in Cleveland and located three males. Consent given to search home. Unable to locate any of the items taken.
8/13/14	Report of a hit/skip on Tuxedo and West 6 <sup>th</sup> . Located suspect vehicle Granger / Tuxedo. Driver charged with ACDA and stopping after accident.
8/14/14	Resident on West 6 <sup>th</sup> advised about riding motorbike on sidewalk.
8/16/14	Checked West 5 <sup>th</sup> and West 6 <sup>th</sup> for noise complaint. All quiet on arrival.

Resident on West 8th reporting juveniles threw dead snake on porch. Spoke with 8/17/14 juveniles' parents and juveniles apologized and were advised to stay away from residence. 8/18/14 Report of threating phone call made to resident on Tuxedo Avenue. 8/19/14 Report by resident of male going through residents' cars on Shady Ridge. Area checked with assistance from Cuyahoga Hts., Independence and Newburg Hts. police departments. Unable to locate. Multiple reports of vehicles entered and items missing on Schaaf Road, Marko 8/19/14 Lane and Shady Ridge areas. Report of solicitor on West 6th and North Street. Located and advised permit needed. Will comply. 8/20/14 Disturbance reported at local business. Employer / ex-employee dispute. 8/21/14 Suspicious vehicle reported on Hilltop Lane. Area checked. Unable to locate. Special attention given to area. Assisted driver on I-480 E/B who went off the roadway to avoid an accident and ended up in grass. Report of garbage pickers Tuxedo / West 5th area. Unable to locate. Assisted 8/22/14 Seven Hills PD with search for two males going in unlocked cars. Unable to locate. Out on Dorset for parking complaint. Advised resident car is legally parked and 8/23/14 not a police matter. Complaint of motorcycles parked on sidewalk on Tuxedo / West 6th. Advised. Owner will remove. Report of barking dog on West 8th. Owner advised and complied. Report of 8/24/14 female driving on I-480 W/B with infant on her lap. Unable to locate. Located driver traveling E/B in W/B lanes on Granger Road. Driver advised and sent on his way. 8/25/14 Report of motorcycle speeding in Tuxedo area. Unable to locate. 8/26/14 Theft reported by resident on East Schaaf. Resident reporting harassing phone calls. Contacted caller who apologized and stated he dialed wrong number. Cited vehicles on Lancaster for driving on closed road. Numerous reports of solicitors in Tuxedo area. All parties advised and sent on way. Assisted Cuyahoga Heights PD with report of shots fired on East 71st Street. 8/28/14 Located party who knows shooter. Information turned over to Cleveland PD. 8/29/14 Resident reporting snake stuck in side door. Snake freed and sent on its way. Mutual aid Garfield Heights PD to assist with large fight at end of football game. Assisted with crowd control. Noise complaint on West 5th / North Street. Located party in backyard. 8/30/14

Residents advised and will comply. Sink hole located on West 7th and North.

Advised service department and cones placed in area.

# September 2014 ~ Community Services Department ~ Bus Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFFICES CLOSED  LABOR DAY	2 11:15a Senior Social Birthdays, Mayor Mike, Kathleen Kapusta, LISW, Mr. Chicken lunch, Trip to Honey Hut for Free Ice Cream Cone	<b>3</b> 8:00a Senior Walking Group	4 9:00a Grocery / Acme / Aldi's	5	6 3:15p St. Leo Mass
7	8 8:00a Senior Walking Group	9	<b>10</b> 10:45a Wii Games	9:00a Grocery / Bank / Marc's	12	13 3:15p St. Leo Mass
14	8:00a Senior Walking Group	8:00a Annual Trip to Amish Country for Lunch & Shopping	8:00a Senior Walking Group  CHS Welcome Back Dinner for Seniors	<b>18</b> 9:00a Grocery / Bank / Drug Mart	19	<b>20</b> 3:15p St. Leo Mass
21	<b>22</b> 8:00a Senior Walking Group	23	<b>24</b> 10:45a Wii Games	25 9:00a Grocery / Bank / Marc's	26	3:15p St. Leo Mass COMMUNITY SHRED DAY 9:00a.m 12:00p.m
28	<b>29</b> 8:00a Senior Walking Group		Call 739-3702 to make please call early! If you do not receive a	p times if you are riding your reservation. Trips confirmation call by 2: call our office to sign u	s may be cancelled d	orior to the trip you are

# OCTOBER 2014 ~ Community Services Department ~ Bus Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call 739-3702 to mak due to low enrollmen If you do not receive of prior to the trip, you	up times if you are ridir e your reservation. Trip t - please call early! a confirmation call by 2 are not on our list! Plea aday are made on Frida	es may be cancelled 1:00 p.m. on the day use call our office to	<b>1</b> 8:00a Senior Walking Group	9:00a Grocery / Acme / Aldi's	3	<b>4</b> 3:15p St. Leo Mass
5	<b>6</b> 8:00a Senior Walking Group	7 11:15a Senior Social Birthdays, Mayor Mike, Entertainment by Wally Maxim, Chili & Hot Dogs	8 8:00a Senior Walking Group	9 9:00a Grocery / Bank / Drug Mart	10 10:00a Flu Shots at Community Center	<b>11</b> 3:15p St. Leo Mass
12	COLUMBUS DAY OFFICES CLOSED	14	<b>15</b> 10:45a Wii Games	16 9:00a Grocery / Bank / Marc's	17	18 3:15p St. Leo Mass
19	<b>20</b> 8:00a Senior Walking Group	21 10:15a Annual Trip to Boyert's Farm, Lunch at Bob Evans	<b>22</b> 8:00a Senior Walking Group	23 9:00a Grocery / Bank / Drug Mart	24	25 3:15p St. Leo Mass
26	<b>27</b> 8:00a Senior Walking Group	28	<b>29</b> 10:45a Wii Games	<b>30</b> 9:00a Grocery / Bank / Marc's	31 HALLOWEEN	

Office Phone ~ 739-3702

Information Line ~ 739-3713

Office Fax ~ 661-9328

233 Tuxedo Avenue (in Service Building), 8:00 a.m. - 4:30 p.m., Monday - Friday Applications can be found at the Municipal Center & Community Services offices and at <a href="https://www.brooklynhts.org">www.brooklynhts.org</a>

SEPTEMBER, 2014



### FLU SHOTS

We will be running a flu shot clinic at the Community Center on Friday, October 10<sup>th</sup> at 10:00 a.m. Walgreens will be administering the immunizations and they accept Medicare and most insurance company plans. They do not, however, accept HealthSpan (formerly Kaiser) plans. There will be no cost if you have the Medicare B coverage. If you have no insurance coverage the cost is \$25.99. Call 739-3702 to sign up!



### SENIORS, 65+ INVITED TO BI-MONTHLY SENIOR SOCIALS

The Community Services Department holds a senior social on the first and third Tuesday, monthly. The socials are from Noon to 2:00 p.m. and offer lunch and various activities. Please register for all socials by calling (216) 739-3702. See below for the upcoming schedule.



### BLOOD DRIVE FOLLOW UP

Thank you to everyone who donated at the August 28th blood drive! We collected 21 pints of very much needed blood.



### FALL FOOD DRIVE - WEDNESDAY, OCTOBER 22ND

Once again we are planning to collect much needed donations for the Project Hope Food Pantry. The food drive will be held one day, on Wednesday, October 22nd, during business hours. We will pick up donations from front porches throughout the day. Please see the attached flyer for details outlining the most-needed items. Your assistance is greatly appreciated!



### SAVE THE DATE! SCOUT TROOPS & VOLUNTEERS

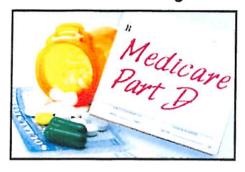
We have scheduled the leaf raking project for Saturday, November 8th. We are hoping that you'll note it on your calendar and plan on assisting with this important program. We will have more information for our volunteers and our seniors in next month. Sign up will begin in October for seniors wishing to receive this leaf raking service and volunteer groups can sign up any time!!

### Senior Socials

Community Services holds a senior social twice-monthly at the Community Center. All seniors are welcome and encouraged to attend! Socials are from Noon to 2:00 p.m. unless otherwise noted. Please RSVP by calling 739-3702!

Tuesday, September 16th	Trip to Amish Country *All Day Trip*	Amish Door Restaurant
Tuesday, October 7th	Birthdays, Mayor Mike, Entertainment : Wally Maxima	Chili, Hot Dogs, Dessert
Tuesday, October 21st	Trip to Boyert's Farm & Greenhouse in Medina	Bob Evans Restaurant

## Community Services Continued...



### **PRESCRIPTION COVERAGE**

Medicare Part D, remember D for Drugs, is the Prescription Coverage portion of Medicare; which began in 2006. It is not something you receive automatically, you must apply for Part D coverage.

Just as important, you need to review your Part D coverage on an annual basis!

Each year, between October 15<sup>th</sup> and December 7<sup>th</sup>, there is open enrollment for Medicare Part D. What does this mean to you?

- Complete the Sheet, information needed to review the available Part D plans
- Turn this in to Community Services as soon as possible
- · It will be evaluated in the program on the Medicare.gov website
- · You will be advised of your options



### VILLAGE FACEBOOK PAGE!

"Friend" us on Facebook for the latest in the village! You can link to it from our village website or look for "The Village of Brooklyn Heights Ohio" (Government Organization). We are aware that a resident created a page with some of the same goals in mind. We respectfully request that the owner of the non-official Brooklyn Heights page contact the Mayor's Office.



### MILITARY APPRECIATION

The Village of Brooklyn Heights is proud to honor those that have served, or are currently serving, in our military forces. A display will be set up at the Municipal Center to honor and remember loved ones of our residents. Please see the attached flyer and application form with details on submitting military information on your family member or loved one.



### FOOD PANTRY AVAILABLE TO QUALIFYING RESIDENTS

The Project Hope Food Pantry, located at the Community Services Office, is available per these eligibility requirements: \$23,339 for a one-person household; \$31,459 for a two-person household; \$39,579 for a three-person household. The Pantry contains poultry, meat, dairy items, canned goods, paper products, and personal hygiene items. If you meet these requirements you can shop our pantry for free groceries. Pantry visits are by appointment only.



### Join Us For Wil Bowling Exercise & Fun

Join us for Wii Bowling Exercise at the Community Center. We provide Wii, a light lunch, snacks, and a drink. All resident retirees and seniors are welcome! Don't want to bowl - no problem - join us for lunch and socialize with your friends and neighbors! Our next scheduled Wii Exercise Days are September 10th and 24th. Doors open at 11:00 a.m. Please call us at 739-3702 to let us know you're coming!



# Medicare Part D ~ Prescription Coverage

### **Complete the Sheet**

It is time for the annual review of your Medicare Part D prescription drug coverage. This is not for those receiving coverage through an employer. The open enrollment period is October 15 through December 7. If you need assistance with this process, complete the attached sheet (please print) and submit it to Community Services no later than October 15.

Name: Last, First, MI			
Current Drug Plan Name	_ Preferred Drug Stores		
Phone #			
List below ONLY the prescriptions you are currently taking	, their dosage and frequency	(do not state PRN or "as needed"):	
DRUG	DSAGE	FREQUENCY	

Please list any additional medication on a separate sheet.

### TALKING WITH YOUR KIDS ABOUT DRUGS

Don't put off talking to your children about alcohol & other drugs. As early as fourth grade, kids worry about pressures to try drugs. School programs alone aren't enough. Parents must become involved, but most parents aren't sure how to tell their children about drugs. Open communication is one of the most effective tools you can use in helping your child avoid drug use. Talking freely and really listening shows children that they mean a great deal to you.

### WHAT DO YOU SAY?

- Tell them that you love them & you want them to be healthy & happy.
- Say you do not find alcohol & other illegal drug use acceptable. Many parents never state this simple principle.
- Explain how this use hurts people. Physical harm for example. AIDS, slowed growth, impaired coordination, accidents. Emotional harm sense of not belonging, isolation, paranoia. Educational harm difficulties remembering & paying attention.
- Discuss the legal issues. A conviction for a drug offense can lead to time in prison or cost someone a job, driver's license, or college loan.
- Talk about positive, drug-free alternatives, how you can explore them together. Some ideas include sports, reading, movies, bike rides, hikes, camping, cooking, games, & concert. Involve your kids' friends.

### HOW DO YOU SAY IT?

- Calmly & openly don't exaggerate. The facts speak for themselves.
- Face to face—exchange information & try to understand each other's point of view. Be an active listener & let your child talk about fears & concerns. Don't interrupt & don't preach.
- Though "teachable moments" in contrast to a formal lecture, use a variety of situations television news, TV dramas, books, newspapers.
- Establish an ongoing conversation rather than giving a one-time speech.
- Remember that you set the example. Avoid contradictions between your words & your actions. And don't use illegal drugs, period.
- Be creative. You & your child might act out various situations in which one person tries to pressure another to take a drug. Figure out two or three ways to handle each situation & talk about which works best.
- Exchange ideas with other parents.

### **HOW CAN I TELL IF A CHILD IS USING DRUGS?**

Identifying illegal drug use may help prevent further abuse. Possible signs include:

- Change in moods more irritable, secretive, withdrawn, overly sensitive, inappropriately angry, euphoric.
- Less responsible late coming home, late for school or class, dishonest.
- Changing friends or changing lifestyles new interests, unexplained cash.
- Physical deterioration difficulty in concentration, loss of coordination, loss of weight, unhealthy appearance.
- Refuses to talk or be around family.

### WHY DO PEOPLE USE DRUGS?

Young people say they turn to alcohol & other drugs for one or more of these reasons:

- To do what their friends are doing.
- To escape pain in their lives.
- To fit in.
- Boredom.
- For fun.
- Curiosity.
- To take risks.

### TAKE A STAND

- Educate yourself about the facts surrounding alcohol & other drug use. You will lose credibility with your child if your information is not correct.
- Establish clear family rules against drug use & enforce them consistently.
- Develop your parenting skills through seminars, net-working with other parents, reading, counseling, & support groups.
- Work with other parents to set community standards you don't raise a child alone.
- Volunteer at schools, youth centers, Boys & Girls Clubs, or other activities in your community. Reprinted from the National Crime Prevention Tips.

Call Dennis Derbin at our Brooklyn Heights Police Department at 216-741-1327 with any questions.