

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuk, Mayor
Issue 116, April, 2023

Editor's Message

I think Mother Nature has caught up with the calendar! Happy Spring weather!

Senior Lawn Cutting registration is well underway! If you haven't turned in your application, please do so as soon as possible! The cost remains at \$200 (\$80 if you are a HEAP recipient). Applications can be turned in to the Community Services or Municipal Center offices or mailed to 233 Tuxedo Avenue. Sign up today!

The Cuyahoga Heights School District is on spring break beginning on Friday, April 7th through Friday, April 14th. With the warm weather kids surely will enjoy the outdoors. Please drive carefully!

If any of you are golfers, the Men's Service Club is holding a Tournament of Champions Golf Tournament on Sunday, June 25th. It will be held at the Pine Brook Golf Links in Grafton and singles and foursome teams are welcome. The cost is \$100 and includes 18 holes, lunch, dinner and beer. For more information contact Rocky Schukert at (216) 906-9828.

For those who may correspond with Gladys Perozek, she currently resides near her son in the Cincinnati area. Unfortunately her health is deteriorating. If you would like her contact information, please call me.

Enjoy the warmth of Spring!!

Thea M. Guilfoyle
Director, Community Services



Computer tech support? Alright... I've removed all of my cookies... Now what?

Happy Easter! Happy Spring!



COMMUNITY SERVICES DEPARTMENT

Office: 739-3702 ~ Email: cmtyservice@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



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!

SPRING WORD SEARCH

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

ALLERGIES	EASTER	IRISES	SEASON
APRIL	EQUINOX	LILIES	SNOWMELT
BASEBALL	FLOWERS	MARCH	SOFTBALL
BEES	FROGS	MAY	SPRING BREAK
CROCUSES	GOLF	NEW LEAVES	SPRING CLEAN-
CYCLAMENS	GRASS	PLANTING	ING
DAFFODILS	GREEN	RAIN	TULIPS
DANDELIONS	GROWTH	RENEWAL	WARMER
		ROBINS	WET



KEEP MOVING!!

Exercise is an important part of everyone's health. This is true for older adults, too. Experts say seniors should aim to be as active as possible. If you are an older adult, exercise can help you live a longer, healthier life.

There are many benefits of exercising when you're a senior, including:

- ▶ It improves your strength. This helps you stay independent.
- ▶ It improves your balance. This prevents falls.
- ▶ It gives you more energy.
- ▶ It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- ▶ It can improve your mood and fight off depression.
- ▶ It may improve cognitive function (how your brain works).

It is safe for most adults older than 65 years of age to exercise. Even patients who have chronic illnesses can exercise safely. These include heart disease, high blood pressure, diabetes, and arthritis. In fact, many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.



SENIOR LUNCHEON

TUESDAY, APRIL 11th

Lunch is sponsored by Broadview Multi Care

REGISTER BY THURSDAY, APRIL 6th

Presentation by Dennis Sutcliffe on Danny Greene, the infamous Irish-American organized crime figure based in Cleveland.

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

Transportation is available. **EVERYONE IS WELCOME!**

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

DIGITAL NAVIGATION ASSISTANCE

TRYING TO UNDERSTAND THE USE OF YOUR CELL PHONE? WANT TO HAVE AN EMAIL ACCOUNT? HELP IS AVAILABLE!

Sponsored by the Cuyahoga County Library, Digital Navigators will help you get the most of your cell phone and/or tablet including

- Signing up for an email account
- Understanding how to use email
- How to text, call and use the camera on a cell phone
- Both flip phone and smart phone assistance
- Safely browsing the Internet and more!



We will schedule three people at a time, for one-on-one, 30-minute sessions on **THURSDAY, APRIL 20th** at the Community Center. The sessions will begin at 1:00 pm through 3:30 pm. There's only a few more spots available! Deadline to sign up is Friday, April 14th at Noon.



GROCERY SHOPPING

Our next weekly trip for grocery shopping is on

WEDNESDAY, MAY 3rd

Pick up will start at 9:00 a.m. and we will visit Drug Mart and one other store. You'll have ample time to shop and the driver will assist those in need getting the groceries into your home. We limit grocery shopping to your household and not purchasing for other families. Please call our office to sign up **no later than Friday, April 28th by Noon.**

VILLAGE SHRED IT EVENT



As a way to prevent identity theft, the Village is holding a Shred It Day event at the Municipal Center parking lot on **SATURDAY, MAY 20th**. A powerful mobile shredding truck will provide quick, confidential destruction and recycling of items to be shredded. The semi-annual Shred It Day will once again be held at the Municipal Center parking lot. It will run from 9:00 am to 12:00 pm. In the meantime, get all those old documents and papers ready! Note: Staples and paper clips are acceptable.

ALLOWABLE ITEMS

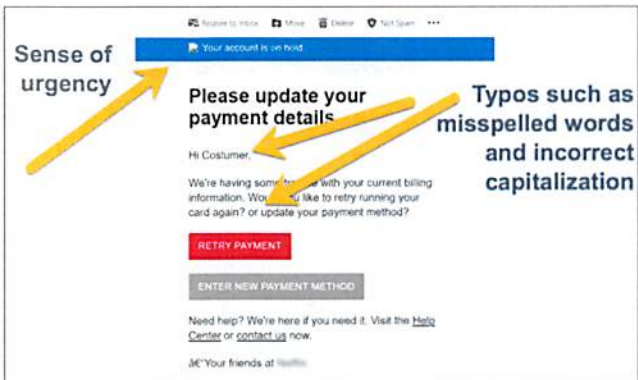
Books	Letters	Brochures
Magazines	Cancelled checks	Medical records
Computer printouts	Pamphlets	Copy paper
Phone books	Envelopes	Tax forms
Greeting cards	Ledgers	Bank Statements

DON'T BRING

3-ring binders	Newspapers	Banding wire
Non-paper items	Candy wrappers	Pendaflex folders
Carbon paper	Plastic materials	Cups
Food wrappers	Waxed paper	Napkins

WAYS TO SPOT EMAIL SCAMS

- **RECOGNIZE COMMON TACTICS.** Phishing emails generally use the same tactics over and over to trick victims. Scare tactics and emails that produce a sense of urgency are quite common in phishing scams, as are promises of rewards that sound too good to be true. For example, if an email says there is a problem with your credit card or your account is about to be deleted if you don't click a link immediately, it's probably a phishing threat. If you get an email asking you to click a link or log into an account to get a surprisingly good prize, offer or even a government grant, think twice.



trust email addresses with company names in them either. An email may come to you from an address that ends in @my.netflix.work, which is a far cry from an official email ending like @netflix.com.

- **TAKE A CLOSER LOOK AT THE SENDER AND RECIPIENTS.**

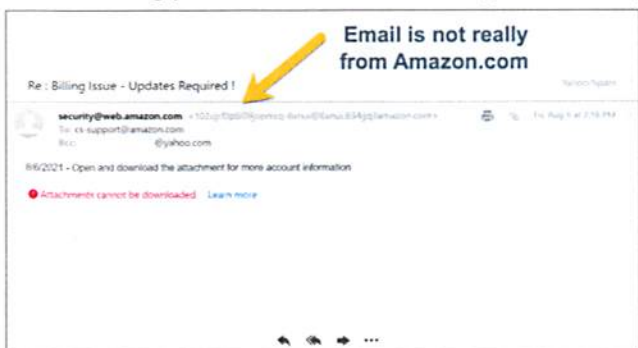
An email may come to you in the name of a reputable company but look closely at the sender's email address. If the address is unrecognizable, perhaps a long string of letters and numbers that don't make sense, it's probably an impostor. Don't be too quick to

- **DOUBLE CHECK HYPERLINKS BEFORE YOU CLICK ON THEM.** Roll over any links in an email you receive before you click to see where the link really leads. Suspicious links are one of the main giveaways of email scams. Sometimes, the links are shortened using bit.ly or a similar service so you can't tell exactly where they lead at first glance. Other times, when you roll over what looks like a real link, you'll find the address doesn't correspond with what's stated in the blue link text. Another red flag is if the link looks familiar but contains slight misspellings. Always check that a link is legitimate before you click on it, otherwise it could lead you to a dangerous website or download malware onto your computer.



- **DON'T BE QUICK TO CONFIRM PERSONAL INFORMATION.** Most scam emails are designed to look just like emails you receive from a business you trust, but with unusual requests. For example, if your bank suddenly sends you an email asking to confirm personal information, such as your account number and address, don't reply and delete the message. If any company sends you an email asking you to provide your login credentials via email, this too is a big red flag. If you think that an email could be legitimate, it's always a good idea to contact the company directly – not via any link or contact information in the email – to inquire.

- **BE ALERT TO POORLY WRITTEN EMAILS.** Many scam emails are full of grammatical errors, poor spelling, and strange sounding phrases. Remember that legitimate companies have their email messages written by professionals, edited and revised so they never come across as unprofessional. If you get a poorly written email from a reputable business, it's probably a phishing scam.



If you get a poorly written email from a reputable business, it's probably a phishing scam.

- **BE WARY OF ATTACHMENTS, EVEN IF THEY ARE SENT BY A FRIEND.** If you receive an email with an unexpected attachment, don't be too quick to open it. If you click on a malicious attachment, it could download a virus or malware onto your PC or network. Even if it looks like you know the person or company who sent the message, check with them first to make sure the attachment is safe.

- **KEEP YOUR SECURITY SOFTWARE UP TO DATE AND RUNNING.** The FTC recommends protecting your computer and mobile devices with security software that can help you recognize threats before it's too late. Keep any software you install up to date so it can protect you against new threats. In addition, if you think you clicked on a dangerous link by accident, you can open up your security software and run a scan right away to identify and potentially contain the threat.

KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

LEGAL AID SOCIETY

The Legal Aid Society is a resource for legal services, for low-income individuals. Founded in 1905, it is the 5th oldest legal aid association in the country.

People with income less than 125% of the federal poverty guidelines are eligible and may qualify for assistance. Sometimes people with less than 200% of the federal poverty guidelines can qualify. Because of their limited staff, everyone is not able to receive help from Legal Aid.

Legal Aid focuses upon cases that relate to basic needs such as health, housing, safety, finances, and education. Low-income clients are represented in court and in administrative hearings, as well as being provided advice and brief assistance. Cleveland Legal Aid's lawyers practice in the areas of consumer rights, domestic violence, education, employment, family law, health, housing, foreclosure, immigration, public benefits, utilities and tax.

The Legal Aid Society is located at 1223 W. 6th St. Cleveland. A request for service can be made by phone Monday, Wednesday, Friday from 9 a.m. to 4 p.m.; Tuesday, Thursday from 9 a.m. to 2 p.m. at (888) 817-3777 or (216) 586-3190. Or online, at their website, <https://laslev.org>. If you are already a client of the agency, you can contact them at (216) 861-5500.

We are fortunate to have this invaluable resource, within our County.

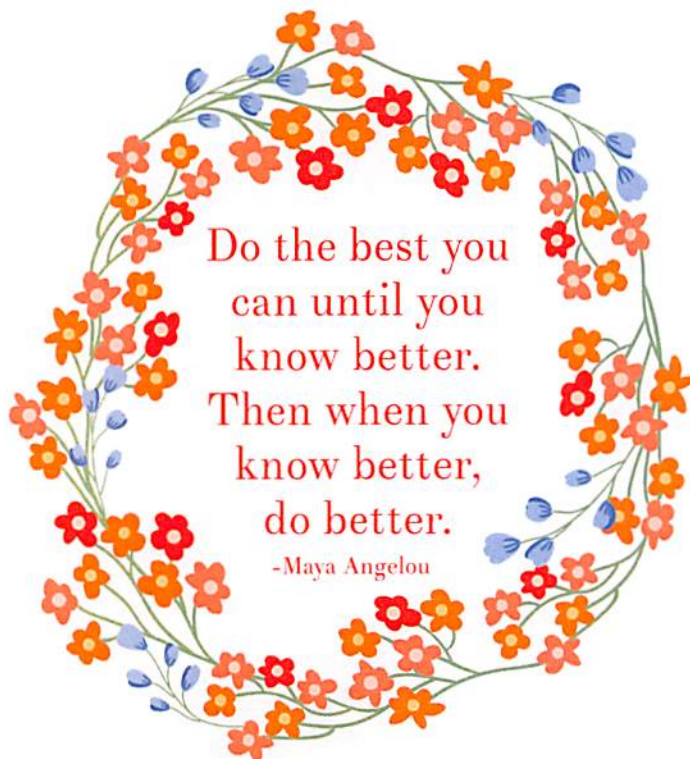


SNOW REMOVAL WRAP-UP

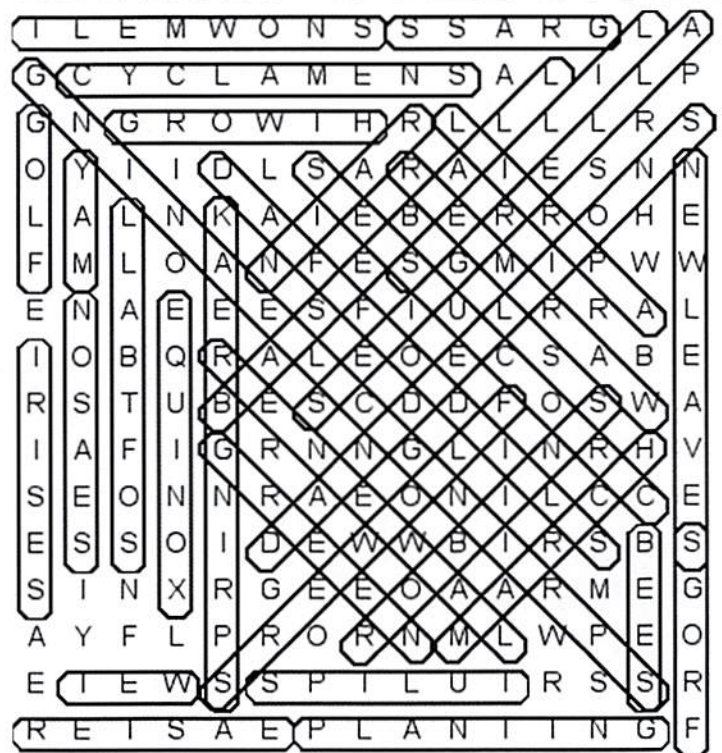
Call the Community Services office if your lawn was turfed from the snow plows during this past winter. The contractor will begin to repair any damage in the Spring.

The last date to report damage caused by the snow removal program is Friday, May 5th, 2023. Reports after this date will not be accepted.

All stakes from driveways should have been removed. Please call our office if they missed you!

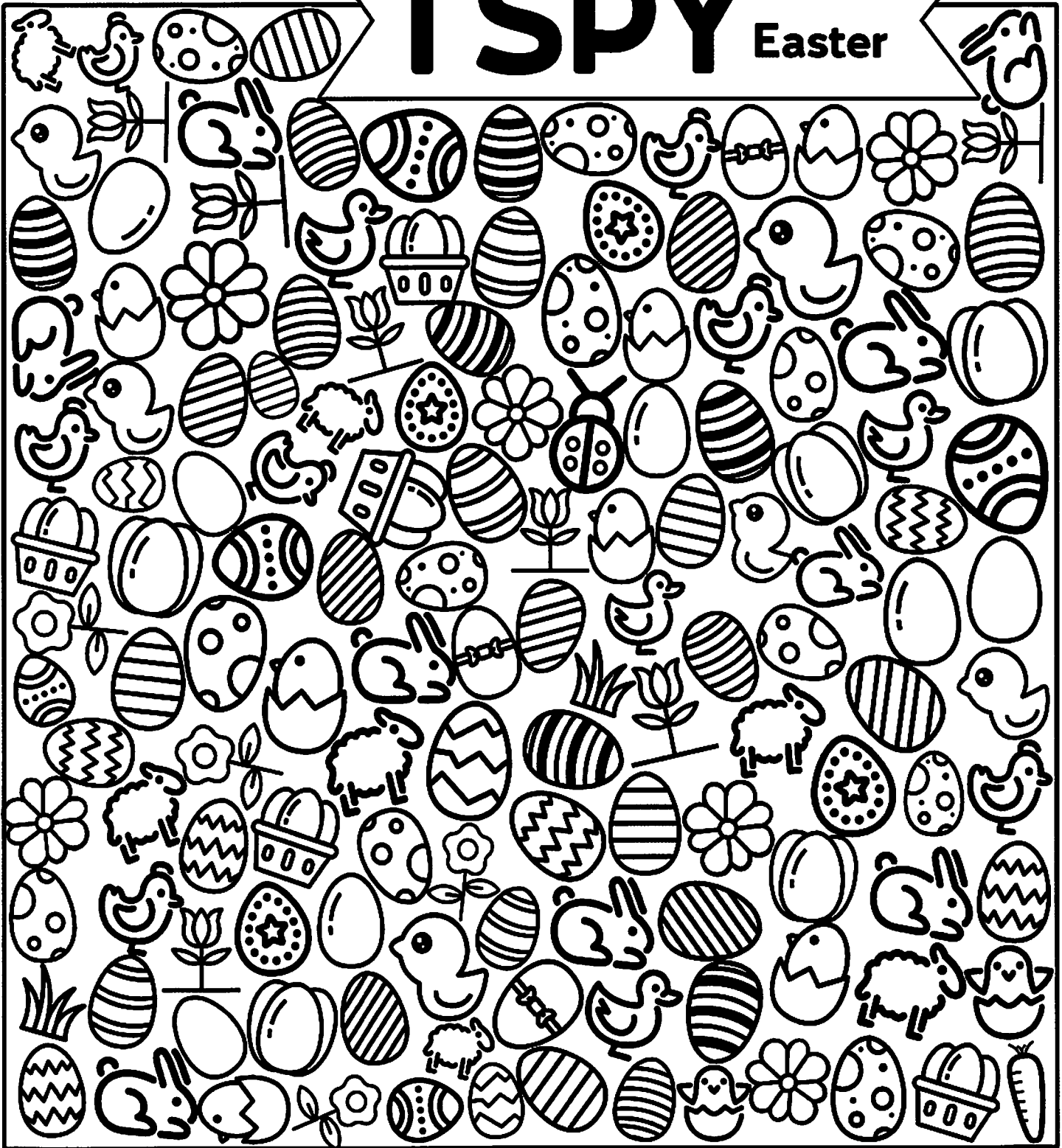


SPRING SOLUTION



I SPY

Easter



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| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
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