



Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuik, Mayor
Issue 127 April, 2024

Editor's Message

Despite the intermittent snowflakes and temperatures varying 50+ degrees day-to-day, Spring is here! It was a long winter but we're moving on to sunnier, warmer days for sure! If you haven't yet signed up for the Senior Lawn Cutting program, please don't let a few snowflakes and cold temperatures hold you back! Sign up as soon as possible!

Spring is a time for growth, for new beginnings and time to take a new look at everyday things! Open your window and breathe in the warm fresh air! It's never too late to allow ourselves to grow and learn new things!

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, or if you know of a senior who is not receiving it, please let us know!!

I hope to see you all at the April 8th Solar Eclipse event and on April 9th for our senior luncheon!!

Thea M. Guilfoyle
Director, Community Services



SOLAR ECLIPSE EVENT

Please join us at our Solar Eclipse event at the Community Center on Monday, April 8th from 1:30 - 3:30 pm. See the article for details!!



MEMORIAL DAY PARADE

The Village is in the planning stages for the Memorial Day Parade. The event will take place on Monday, May 27th. Details coming soon!

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



THE SOLAR ECLIPSE!



We are offering a two-hour Solar Eclipse event at 1:30pm on **MONDAY, APRIL 8th** at the Community Center. We will be streaming the eclipse live on two flat screen TV's, and pass out safety glasses for outside viewing. Hot dogs, refreshments and transportation will be provided. Please call today and sign up! Let us know if you need transportation!



The next senior social is **TUESDAY, APRIL 9th** at Noon at the Community Center. Entertainment is The Golden Notes and a presentation by Brooklyn Heights Clerk/Treasurer Aaron Frank. All seniors and retirees are welcome and there is no charge. Transportation is available.

Register by Friday, April 5th
YOU MUST CALL TO SIGN UP
EVEN IF YOU DON'T NEED
TRANSPORTATION!

Our next Senior Social is scheduled for **TUESDAY, MAY 14th.**



This month's Lunch Bunch trip is to Creekside Restaurant on **WED., APRIL 17th.** Join your neighbors and friends for a relaxing lunch! Pick up will begin at 11:00 am! Lunch is on your own and transportation is provided! **Register no later than Friday, April 12th.** The next Lunch Bunch is on May 22nd.



EXERCISE CLASS!



Due to the popularity of the exercise class, we have scheduled Joanne again on **THURSDAY, APRIL 18th** at 12:00 pm. Instructor Joann Luecke will focus on building stability and strength, all of it can be done while sitting. Lunch will be served! **Sign up no later than Thursday, April 11th.**



We have our team in place for the Mind Challenge Trivia Game! If you would like to come and cheer our team on, please register as soon as possible!

The six week tournament begins on **MONDAY, APRIL 22nd.** The Southwest Region teams will compete on April 22, April 29 and May 6 at 1:00 pm at Cuyahoga Heights's Klima Gardens. There is no cost and all transportation will be provided.



We will be traveling to Senior Resources Inc. for a **Cooking with Cassie** class on **WEDNESDAY, APRIL 24th.** The class begins at 10:00 am.

Cassie will show us some simple, healthy, fun recipes. **Register no later than Friday, April 19th.**

PETITTI GARDEN TRIP!



We have scheduled a visit to Petitti Gardens for a presentation and to shop their beautiful store. Please join us on **THURSDAY, APRIL 25th** for a sneak peak into Spring! **The deadline to register is Friday, April 19th.**

GROCERY SHOP

Our next monthly trip for grocery shopping is on **WED., MAY 1st.** Pick up starts at 9:15 am to 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. Limit grocery shopping to your household! Sign up by **Friday, April 26th.**



BEACHWOOD BISTRO

Join us for a special Elderclass Lunch & Learn opportunity at the Beachwood Bistro on **THURSDAY, MAY 2nd.**

Enjoy a 3-course lunch followed by a musical presentation by with a violinist and accordionist. The cost is \$10 per senior and is non-refundable. The deadline to sign up (including payment) is **Monday, April 29th.** Sign up as soon as possible!

NEED A NAIL TRIM?



Our next session with the Podiatrist, is on **MONDAY, MAY 13th.**

These sessions are for basic foot care including nail trimming. Prior to your first visit, you will need to stop in our office and bring your medical insurance card, a photo ID and sign his consent form. This only needs to be done once prior to your first appointment.



TUESDAY, MAY 14th
Senior Luncheon Celebrating
Older Americans Month

WEDNESDAY, MAY 22
Lunch Bunch to Joe's Deli

WEDNESDAY, MAY 29
Self care class with Cassie @ SCR

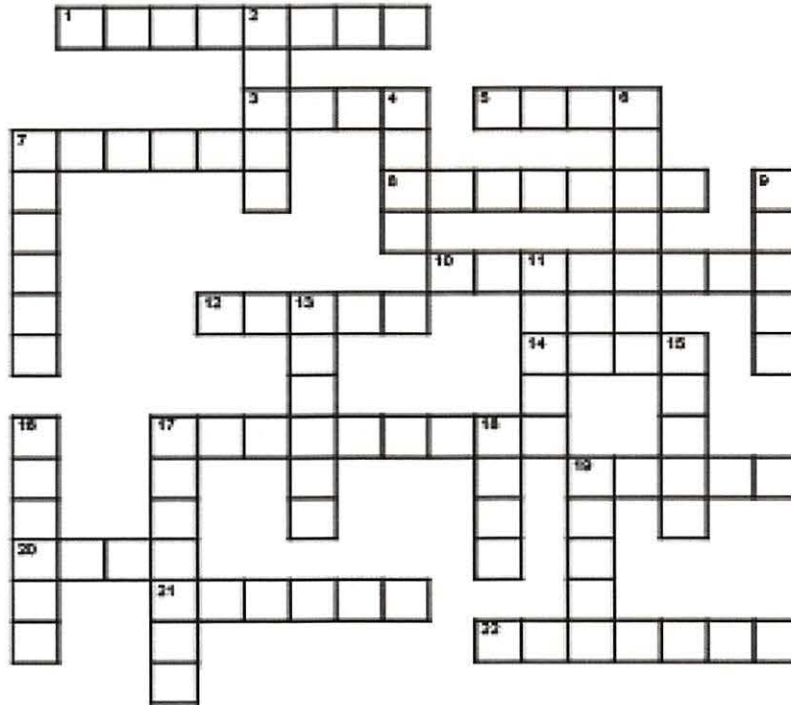
SPRING CROSSWORD PUZZLE

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



WORD BANK

- Bees
- Blossom
- Breeze
- Bunny
- Butterfly
- Chick
- Cloud
- Easter
- Eggs
- Grass
- Green
- Hatch
- Ladybug
- Leaf
- Nest
- Picnic
- Puddle
- Rainbow
- Showers
- Spring
- Sunshine
- Thaw
- Tulip
- Umbrella
- Worm



SPRING WORD SEARCH AND PLANT MAZE

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



KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

WELCOME TO MEDICARE VISIT & WELLNESS VISITS

INITIAL PREVENTIVE PHYSICAL EXAMINATION (IPPE) ~ ALSO CALLED THE "WELCOME TO MEDICARE" PREVENTIVE VISIT

Provided once within first 12 months of getting Part B Service includes:

- Review medical and social history related to patient's health
- Take blood pressure, height, weight, and body mass index (BMI)
- Perform a simple vision test
- Review risk factors for depression
- Review functional ability and safety
- Educate and counsel patient to help stay well
- Referrals for additional screenings if needed
- Patient pays nothing if provider accepts assignment
- Lab tests aren't included
- Coinsurance may apply for additional testing, like an electrocardiogram (EKG)

Annual Wellness Visit (AWV):

- Not allowed within 12 months of the "Welcome to Medicare" preventive visit
- Focus is on "wellness"
- It's not a "routine physical checkup"
- Available once every 12 months after patient has had Part B for longer than 12 months
- Patient pays nothing if provider accepts assignment
- Coinsurance may apply for additional testing, like an EKG

Initial Annual Well Visit Providing Personalized Prevention Plan Services Includes:

- Personalized prevention plan
- Health risk assessment
- Blood pressure, height, weight, and BMI measurements
- Review of potential risk factors for depression
- Review of functional ability and level of safety
- Written screening schedule
- Personalized health advice
- Referrals for health education and preventive counseling to help patient stay well
- Detection of cognitive impairments

Subsequent Annual Wellness Visit Includes:

- Updates to medical/family history
- Routine measurements of weight, blood pressure, and more
- Updates to list of medical providers
- Detection of cognitive impairments
- Updates to written screening schedule as provided in the initial yearly "Wellness" visit with updates to risk factors and conditions
- Discussion of personalized health advice
- Referrals for health education and preventive counseling to help patient stay well
- Updated health risk assessment

Next month the focus will be upon making the most of these medical appointments. How you can be prepared.

SEWER BACKED UP?

If you experience a sewer back up, call the Village Service Department. They will call the county, have them come, check the situation and, in many cases, handle the repair. Please call during business hours, Monday thru Friday, 7 a.m. - 3:30 p.m. at 216-351-0131. After hours or on weekends, Please leave a message and they will call you back to you asap.

SNOW REMOVAL WRAP-UP

The contractor has removed all driveway stakes. If you feel you were missed, please call Community Services and we will address any issues. These are property of the contractor so please don't remove and dispose of them! Any turf damage should be reported no later than Tuesday, April 30. No damage reports will be accepted after this date.

LAWN CUTTING PROGRAM

Sign up is well underway! Applications can be dropped off at the Municipal Center, mailed to 233 Tuxedo Avenue or dropped off at the Community Services office. Please get your application in as soon as possible so you are on the list when cutting begins. Weather permitting, the lawn cutting will begin soon! Keep in mind they won't cut if the ground is saturated from rain.



PRESCRIPTION DISPOSAL

Do you have prescriptions that are expired or 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!

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

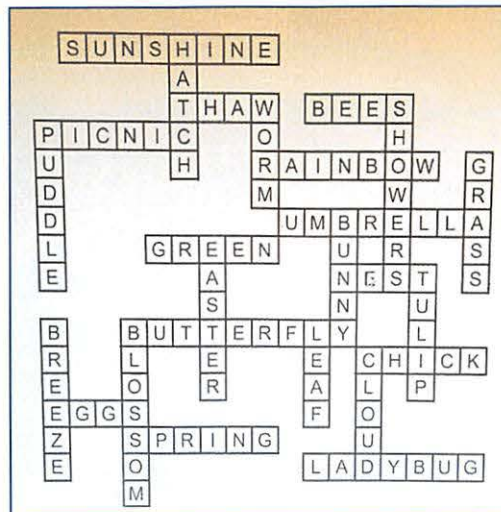
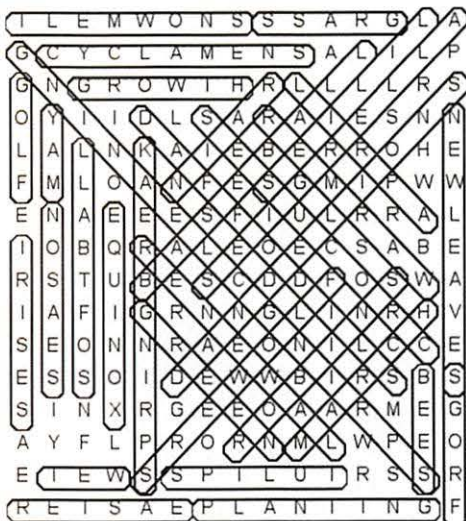
The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible customers with a one-time benefit applied directly to your utility bill. Customers must have gross income below 175% of federal poverty guidelines. Call the Ohio Development Service Agency at 1-800-282-0880 or visit www.energyhelp.ohio.gov for more information. The enrollment period is July, 2023 through May, 2024. Participation in HEAP will give you a 60% discount on the village senior lawn cutting and snow removal programs.



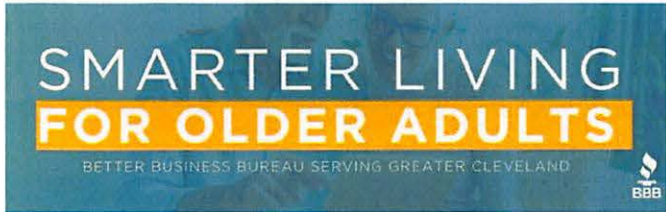
NEW 436 AREA CODE

To ensure a continuing supply of telephone numbers, the Public Utilities Commission of Ohio has approved an all-services overlay for the 440 area code. An overlay is the addition of another area code (436) to the same geographic region as an existing area code (440). The overlay does not require you to change your existing area code or phone number, or how you dial your calls. You will continue to dial the area code and phone number for all local calls, as you do today, within and between the 440 and 436 area codes.

SPRING PUZZLE SOLUTIONS



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SHINING A LIGHT ON ECLIPSE SAFETY

Ohioians are readying for a once-in-a-lifetime opportunity this spring. On April 8th, the Greater Cleveland area will be in the path of totality - meaning total darkness - for the solar eclipse. According to the National Aeronautics and Space

Administration (NASA), this will be the last eclipse visible in the contiguous United States for the next 20 years. Stores are already stocking eclipse-related merchandise and online vacation rental owners have reported that they have experienced an uptick in inquiries for their units. With the anticipation for the event growing each day, Better Business Bureau® (BBB®) Serving Greater Cleveland is providing the following advice so consumers can protect themselves from getting burned by an eclipse-related scam:

Fake Merchandise and Events

Consumers should be on the lookout for fake or poor-quality merchandise or “watch party events” advertised online ahead of the eclipse. Research companies before you purchase at BBB.org. Check to make sure websites list a physical address, read other customers’ experiences, and pay with a credit card for added protection. Use a web service such as WhoIs.net or Lookup.ICANN.org to see where a website is registered. Sites registered recently or located overseas may be red flags that the webpage is fraudulent.

Eclipse Glasses

Watchers who want to view the eclipse as it’s happening will need to purchase special sunglasses since normal sunglasses will not provide adequate protection. NASA and their partner the American Astronomical Society (AAS) recommend that consumers use a pinhole projector or specialty-made eclipse glasses that comply with the international ISO 12312-2 quality standard. Appropriate welding glasses with a filter shade of 12 or higher may also work, but those are an uncommon variety and will tint the eclipse green. Furthermore, the AAS has cited they’ve “heard reports of people ordering “Shade 14” welding goggles from random online stores and receiving much lighter filters than they were promised.” Consumers should do their due diligence to protect their vision.

Vacation Rentals

Both short-term vacation rental owners and consumers should be careful of scams and unscrupulous practices. The Cleveland area is not the only major city in the path of totality. Dallas, Little Rock, Indianapolis, and Buffalo will also be able to experience total darkness. Owners of potential renter properties should always understand what their homeowner’s insurance will cover if their property is rented. Renters should be on the lookout for fake rental websites and red flags such as an owner listing a property on a short-term rental website only to ask that a renter wire them money outside of the platform.

If you’ve spotted a scam (whether or not you’ve lost money), report it to BBB.org/ScamTracker. Your report can help others avoid falling victim to scams. You can also visit Scam Tracker to view the latest reported scams.

CUYAHOGA COUNTY SCAM SQUAD

Scam Squad is a multi-disciplinary financial fraud task force led by the Cuyahoga County Department of Consumer Affairs. Sign up today to receive free Scam Squad alerts by phone, text or email. Scam Squad alerts are delivered through Cuyahoga County’s Ready Notify emergency management system.



When you sign up, you’ll get periodic information to help you spot and avoid scams. Scam Squad alerts are great for people who:

- Receive suspicious offers or robocalls,
- Have paid or revealed personal information to a scammer, or
- Want information on current scam threats

Sign Up Online

Visit readynotify.us and click on “Register or Login.” Create a managed account and add “Scam Squad Alerts.”

Sign Up Via Phone

Call Consumer Affairs at 216-443-7035 or the Office of Emergency Management at 216-443-5700.