

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuk, Mayor
Issue 114, February, 2023

Editor's Message

We're halfway through February and have been very fortunate this winter with very little snowfall. Punxsutawney Phil, the prognosticating groundhog, crawled out of his tree stump on Thursday, February 2nd, looked around, saw his shadow and predicted six more weeks of winter. But, this winter season has been a roller coaster of record-breaking warm temperatures and cold, snowy weather. Have to love living in Northeast Ohio!!

Please watch for information on the 2023 Senior Lawn Cutting Program! Sign up will begin March 1st and thankfully, our Service Department will continue providing the service.

February is National Heart Health Month and it's a good time to review the signs of a heart attack, stroke and cardiac arrest. Please see the article and NEVER think twice about calling 911. Our Brooklyn Heights First Responders are some of the best to be found and their number one compassion is to help you!

Please welcome Dawn Marie Puleo and Bonnie Stock to our Community Services staff! Dawn Marie was a driver for over three years and is now on our administration staff and Bonnie joined us in October as a member of our driving team! We are lucky to have them both!

Our next Senior Social Luncheon is on Tuesday, March 14th. We have a very captivating speaker scheduled and will have a corned beef dinner with all the trimmings! Sign up today!

Thea M. Guilfoyle
Director, Community Services



The vacant seat on council was filled as Council appointed Shane Tommer on Tuesday, January 17th. Welcome Shane! Our current Council members are: Ray Berzins, Mark Lasky, Jennifer Presot (Pres Pro Tem), Shane Tommer and Matt Walsh.



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

MARCH SENIOR LUNCHEON



The Senior Social is scheduled for
TUESDAY, MARCH 14TH
at Noon at the Community Center.

Presentation will be by Doug Kusak from Metro Parks.
His talk will be on the history of bridges in the Flats.

We'll enjoy a Corned Beef Lunch with all the trimmings!
WEAR YOUR GREEN!!

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

REGISTER BY WEDNESDAY, MARCH 8TH
EVERYONE IS WELCOME TO JOIN US!

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



JOIN US FOR A FISH FRY

We will be taking seniors on
FRIDAY, FEBRUARY 24TH AND ON FRIDAY, MARCH 24TH
to St. Michael's Church in Independence to enjoy a Fish
Fry dinner.



Dinners are \$15 each and you can choose from:

- ◆ Baked Fish Dinner
- ◆ Shrimp Dinner
- ◆ Combination Plate Dinner
- ◆ Fried Fish Dinner
- ◆ Pierogi Dinner

All Dinners Include:

- ◆ French Fries or Baked Potato (while available)
- ◆ Fresh-made Cole Slaw, Applesauce or Fruit Cup
- ◆ Rolls & Butter, Beverage & Condiments

New item choose this year:

Fish Sandwich or Fish Sticks with Fries & Beverage... \$6.00

Homemade Desserts available to purchase

The deadline to sign up is Wednesday, February 24th and
Wednesday, March 22nd.



GROCERY SHOPPING

Our next weekly trip for grocery shopping is on
WEDNESDAY, MARCH 1st



Pick up will start at 8:30 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,**
February 24th by Noon.



AARP TAX PREPARATION

After years of not doing in-person tax
preparation, AARP is now offering their
services again. We tried to host an event
but were unable to get it scheduled.



The nearest places they are offering the
service are:

Brecksville Library, 9089 Brecksville Road 44141
440-526-1102

Parma Library, 6996 Powers Blvd. 44129
440-668-3502

Open dates: April 5th, 11th & 12th

Middleburg Hts. Library, 15600 Bagley Road 44130
440-558-6012

Essential Documents to Bring:

- Government-issued photo ID for the taxpayer(s) on the return
- Social Security cards or ITIN documentation for all
- Copy of 2021 tax return
- Income documents for wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits and self-employment
- Brokerage statements – sale of stocks or bonds
- Healthcare – Forms 1095 A if have marketplace insurance
- Mortgage interest, medical/dental expenses, charitable donations, sales, income or property taxes
- Records of federal and state income taxes paid
- Educational expenses – Form 1098-T, student's detailed financial school account; other education expenses
- Checking or savings account info for direct deposit of refund or direct debit of balance due
- IRS letters showing Economic Impact Payments (EIPs) and Advanced Child Tax Credit payments received
- Any other recent IRS or state tax department correspondence

1950's Songs... Word Search

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

BLUEBERRY HILL	HOUND DOG	MONA LISA	SEARCHIN'
BO DIDDLEY	JAILHOUSE ROCK	MOVE IT	SHOUT
BYE BYE LOVE	KANSAS CITY	MYSTERY TRAIN	SIXTEEN TONS
CRAZY ARMS	LA BAMBA	NIGHT TRAIN	SPEEDO
DJANGO	LONELY TEARDROPS	ONLY YOU	SUZIE Q
DONNA	LONG TALL SALLY	PEGGY SUE	TAKE FIVE
EVERYDAY	MACK THE KNIFE	RAVE ON	TEQUILA
FEVER	MANNISH BOY	RED HOT	TUTTI FRUTTI
HEARTBREAK HOTEL	MAYBELLENE	RIP IT UP	YAKETY YAK
HONKY TONK	MISTY	RUMBLE	YOU SEND ME



CHECK-OUT ROMANCE

"I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. 'Since I couldn't find the right engagement ring,' he said, 'this will have to do,' and he firmly stamped my hand. Across my knuckles, in capital letters, it read NOT FOR CIRCULATION." — Contributed by Ruth E. Chodrow

CELL PHONE SENIOR DISCOUNTS

Many internet providers recognize that seniors are one of the fastest-growing segments of new internet users.

There are a few cell phone plans with incentives and discounts for older adults.

Unfortunately, Verizon and AT&T only have senior discount plans in Florida :(

CONSUMER CELLULAR:

Consumer Cellular's Unlimited Talk with Text and Data plan starts at \$20 per month for 1 GB of data. Consumer Cellular also offers discounts to AARP members, including a five percent discount on monthly service and usage charges and 30 percent on accessories.

LIVELY: Lively service not only has some of the best no-contract prices, but they arguably have the best senior-friendly phones on the market. AARP members can now save \$60 per year on select Health & Safety Packages.

T-MOBILE: Adults ages 55 and over have three Unlimited 55+ plans to choose from with unlimited talk, text, and smartphone data: the Essentials (starting at \$27.50 per line), the Magenta (starting at \$35 per line), and the Magenta MAX (starting at \$45 per line). T-Mobile's 55+ plans are available in all 50 states, Washington D.C., and Puerto Rico.

Information from seniorliving.org

FEBRUARY IS AMERICAN HEART MONTH

Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- ◇ Be more physically active
- ◇ Maintain a healthy weight
- ◇ Eat a nutritious diet
- ◇ Quit smoking
- ◇ Reduce stress
- ◇ Get 7-9 hours of quality sleep
- ◇ Track your heart health stats



IF THESE WARNING SIGNS ARE PRESENT CALL 911



HEART ATTACK SYMPTOMS

- ▶ **CHEST DISCOMFORT**
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ▶ **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY**
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ▶ **SHORTNESS OF BREATH**
It can be with or without chest discomfort.
- ▶ **OTHER SIGNS**
Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

STROKE SYMPTOMS (SPOT A STROKE F.A.S.T.)

- ▶ **FACE DROOPING**
Does one side of the face droop or is it numb? Ask the person to smile.
- ▶ **ARM WEAKNESS**
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- ▶ **SPEECH DIFFICULTY**
Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- ▶ **TIME TO CALL 911**
If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

CARDIAC ARREST SYMPTOMS

- ▶ **SUDDEN LOSS OF RESPONSIVENESS**
No response to tapping on shoulders.
- ▶ **NO NORMAL BREATHING**
The victim does not take a normal breath when you tilt the head up and check for at least five seconds.



VALENTINE JOKES!

What do you call sweets that can keep a beat? Candy rappers!

What do you call a romance that starts at the aquarium? Guppy love!

How did the squirrel get his Valentine's attention? He acted like a nut!

Why shouldn't you trust a pastry chef on Valentine's Day? Because he'll dessert you!

What do you give your Valentine in France? A big quiche!

What did the stamp say to the envelope on Valentine's Day? I'm stuck on you!



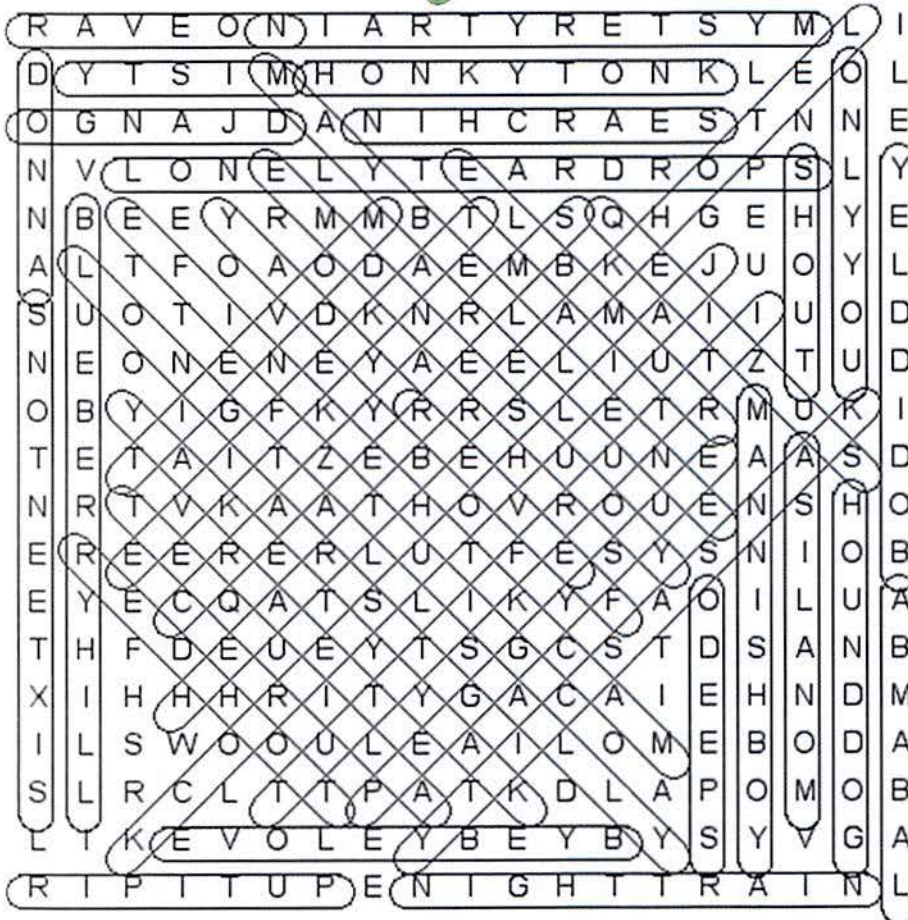
KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

2023 Medicare Premiums, Deductibles, and Cost-Sharing Amounts

Kathleen Kapusta apologizes for the incorrect amounts sent in the January Golden Outlook.
Below are the corrected amounts.

Part A (Hospital Insurance)	
Hospital Deductible	\$1,600 benefit period (renews when out of a hospital or Medicare facility for 60 days)
Hospital Copayment	\$400/day for days 61-90; \$800/day for Lifetime Reserve Days
Skilled Nursing Facility Copayment	\$200/day for days 21-100
Part A Premiums	\$506/month for those with less than 30 quarters of Medicare-covered employment \$278/month for those with 30-39 quarters of Medicare-covered employment
Part B (Medical Insurance)	
Annual Deductible	\$226
Premium	\$164.90/month

1950's Songs... Solution



FOOD PANTRY OPTIONS



We're happy that several of you stopped in and/or made arrangements to visit and utilize our pantry!

Our pantry has canned food, poultry, meat, dairy items, desserts, paper products, cleaning and laundry products and personal hygiene items. It is run as a "client choice" pantry meaning you shop for what you need.

We offer two options for our senior and disabled residents; delivery or transportation to/from the pantry. We have a grocery list you can check off items you need and we will deliver them to you on a scheduled date and time. If you prefer to shop yourself, you can schedule transportation and you can shop at your leisure, and we will load the groceries and take you home.

Both are confidential and you can visit twice per month. There is no charge for pantry items, delivery or transportation. Call Thea at 216.739.3702 for more information or to schedule your visit!

I SPY Valentines

