



Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuik, Mayor
Issue 125, February, 2024

Editor's Message

Please watch for information on the 2024 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 read 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!

We have launched a new online registration platform called MyRec.com. It is for community center and pavilion rental, group bus reservations, sports registration and more. You can visit the site at bhactivitygateway.com. To register for an activity or reserve a facility you'll need to create an account. Please note that pavilion rental will begin this year on Monday, April 8th.

Our next Senior Social Luncheon is on Tuesday, February 13th and we'll have a presentation from our Police Department and a fun, entertaining Music Bingo game sponsored by KG Entertainment. Next month our luncheon is on March 12th. We have a very captivating entertainer scheduled and will have a corned beef dinner with all the trimmings! Sign up today!

Thea M. Guilfoyle
Director, Community Services



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



KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

2024 MEDICARE INCOME-RELATED MONTHLY ADJUSTMENT AMOUNTS

Since 2007, a beneficiary's Part B monthly premium is based on his or her income. These income-related monthly adjustment amounts affect roughly 8 percent of people with Medicare Part B. The 2024 **Part B** total premiums for high-income beneficiaries are shown in the following table:

Beneficiaries who file individual tax returns with modified adjusted gross income:	Beneficiaries who file joint tax returns with modified adjusted gross income:	Income-Related Monthly Adjustment Amount	Total Monthly Premium Amount
Less than or equal to \$103,000	Less than or equal to \$206,000	\$0.00	\$174.70
Greater than \$103,000 and less than or equal to \$129,000	Greater than \$206,000 and less than or equal to \$258,000	\$69.90	\$244.60
Greater than \$129,000 and less than or equal to \$161,000	Greater than \$258,000 and less than or equal to \$322,000	\$174.70	\$349.40
Greater than \$161,000 and less than or equal to \$193,000	Greater than \$322,000 and less than or equal to \$386,000	\$279.50	\$454.20
Greater than \$193,000 and less than \$500,000	Greater than \$386,000 and less than \$750,000	\$384.30	\$559.00
Greater than or equal to \$500,000	Greater than or equal to \$750,000	\$419.30	\$594.00



VALENTINE'S DAY WORD SEARCH

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 V D H S U R C A C F B A L E N D O
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 S R N E N S N L Y E H O I E R I E
 T L E D I D S F A O N T W S A R B
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 A W S E R I F O N A I A I C R R R
 E E S E E E L L R D S O O M B S D
 H J C N S A V T R O N U N T E D S
 T G D N T O T O P I P O A S F N A
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 W L O D R P O A F F E C T I O N P
 S R E M A L F R R E N T R A P A R
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ADMIRER
 ADORE
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 CHOCOLATES
 COUPLE
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 FANCY
 FEBRUARY
 FLAME
 FLOWERS
 FONDNESS
 FOREVER
 FRIENDSHIP
 GIFT
 GIRLFRIEND
 HEARTS
 JEWELRY
 LIKE
 LOVEBIRDS
 LOVERS
 PARTNER
 PROPOSAL
 RELATIONSHIP
 RESTAURANT
 ROMANCE
 ROSES
 SENTIMENT
 SUITOR
 SWEETHEART

SENIOR LUNCHEON

Our next Senior Social is scheduled for **TUESDAY, FEBRUARY 13th** at Noon at the Community Center.

Presentation by our Police Department

Music Bingo by KG Entertainment
All seniors and retirees are welcome and there is no charge. Enjoy lunch with your neighbors and friends. Transportation is available.

REGISTER BY FRIDAY, FEBRUARY 9th
YOU MUST CALL TO SIGN UP
EVEN IF YOU DON'T NEED
TRANSPORTATION!

LUNCH BUNCH

This month's Lunch Bunch trip is to the Olive Garden on **WED., FEBRUARY 21st**. 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, JANUARY 12th.**



EXERCISE CLASS!

Join us for an exercise class on **MONDAY, FEBRUARY 26th** at 1:00 pm. Instructor Joann Luecke will focus on building stability and strength and all of it can be done while sitting. No prior familiarity is necessary. Lunch will be served! Please sign by **February 20th.**

GROCERY SHOP

Our next monthly trip for grocery shopping is on **WED., MARCH 6th**. Pick up starts at 9:15 am and we will visit Drug Mart. You'll have ample time to shop and the driver can assist in need getting the groceries into your home. Sign up by **FRI., MARCH 1st.**

NEED A NAIL TRIM?



Our next session with the Podiatrist, is on **MONDAY, MARCH 11th.**

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.

FISH FRY SEASON!

FRIDAY, FEBRUARY 23rd

St. Michael's Church

Deadline to Sign Up:

WEDNESDAY, FEBRUARY 21st

Dinners are \$15 each - choose one:

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

All Dinners Include:

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

Special: Fish Sandwich, Fries & Beverage \$6

Homemade Desserts available



FRIDAY, MARCH 22nd

Danny Boys Restaurant

Deadline to Sign Up:

WEDNESDAY, MARCH 20th

Dinners are \$13.99 each & include:

- ◆ Three Craft Battered Alaskan Pollock Fillets
- ◆ French Fries
- ◆ Coleslaw, Bread & Tartar Sauce

Pick up for both days is approximately 4:00 pm.

The Cassidy Theatre

Great Theatre, Close to Home!

Don't miss the opportunity to visit The Cassidy Theatre for the Steel Magnolias show! We've scheduled a trip to see this comedy/drama on

SUNDAY, APRIL 21st @ 2:30 PM

The cost is \$17 and is non-refundable. The deadline to sign up is **FRIDAY, FEBRUARY 23rd**



Sign up as soon as possible!!

MIND CHALLENGE

for the New Majority

Mind Challenge is a Trivia Game for Active Seniors modeled after the NCAA Basketball Tournament. A Trivia Host conducts the tournament where teams compete to advance to each of six rounds of competition and can win cash prizes for their respective cities. Each team consists of 4-6 seniors who participate in a six week tournament beginning on **MONDAY, APRIL 22nd**. Brooklyn Heights is part of the Southwest Region which includes Berea, Broadview Hts., Brooklyn, Brecksville, Independence, Seven Hills and several more local communities.

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.

The Brooklyn Heights team needs to be in place **no later than March 8th**. If enough seniors are interested, we can create two teams. All participants will receive a t-shirt representing Brooklyn Heights. Sign up today!



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!





TAX PREPARATION HELP FOR SENIORS AND LOW INCOME FAMILIES

AARP is not sending volunteers to us again this year. We have gathered tax preparation help that you can call for assistance:

The AARP Tax-Aide Site Locator Tool is up and running. You simply enter your zip code and nearby locations will be listed. The site can be found at https://www.aarp.org/money/taxes/aarp_taxaide/locations.html.

AARP Foundation Tax-Aide provides in-person and virtual tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year.

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify:

Gordon Square 6516 Detroit Avenue Cleveland, OH 44102 Dial 211 Volunteer Prepared Taxes	Step Forward - Central 1801 Superior Avenue Cleveland, OH 44114 (216) 696-9077 Volunteer Prepared Taxes	Cleveland 1240 East Ninth Street Cleveland, OH 44199 (844) 545-5640 Mon-Fri 8:30 a.m.- 4:30 pm
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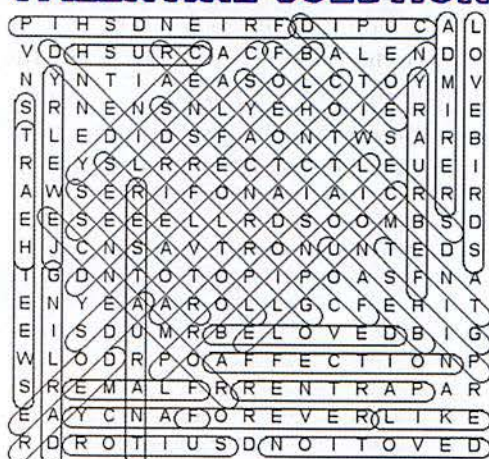
Local libraries offering tax preparation:

Parma Powers Library 6996 Powers Blvd., Parma, 44129 440-885-5362 Tuesday, 9:30 am - 2:00 pm	North Royalton Library 440-237-3800 Wednesday's, Feb 9, Mar 6 and Apr 6 9:30-11:00 and 12:30-2:00	Middleburg Heights Library 440-234-3600 Tues and Wed, Feb thru April 9:30, 11:00, 12:30
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Cuyahoga County residents earning less than \$58,000 a year can receive free tax preparation services at three "Super Refund Tax" events. The events are hosted by the Cuyahoga EITC Coalition, which helps residents make use of the Earned Income Tax Credit (EITC), an income supplement for individuals or families earning less than \$58,000 annually. Those who qualify may be eligible for up to a \$6,600 refund. There are no filing fees. You can call (216) 293-7200, Dial 211 or online at refundohio.org to schedule. The events will be held:

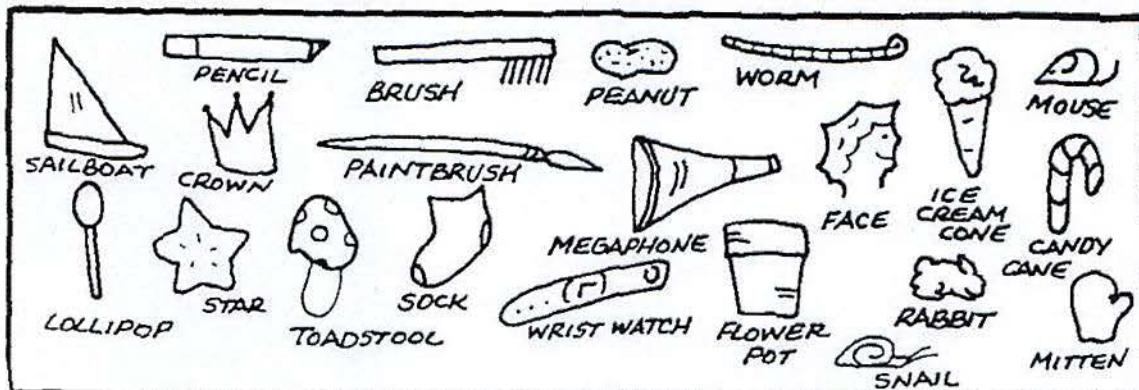
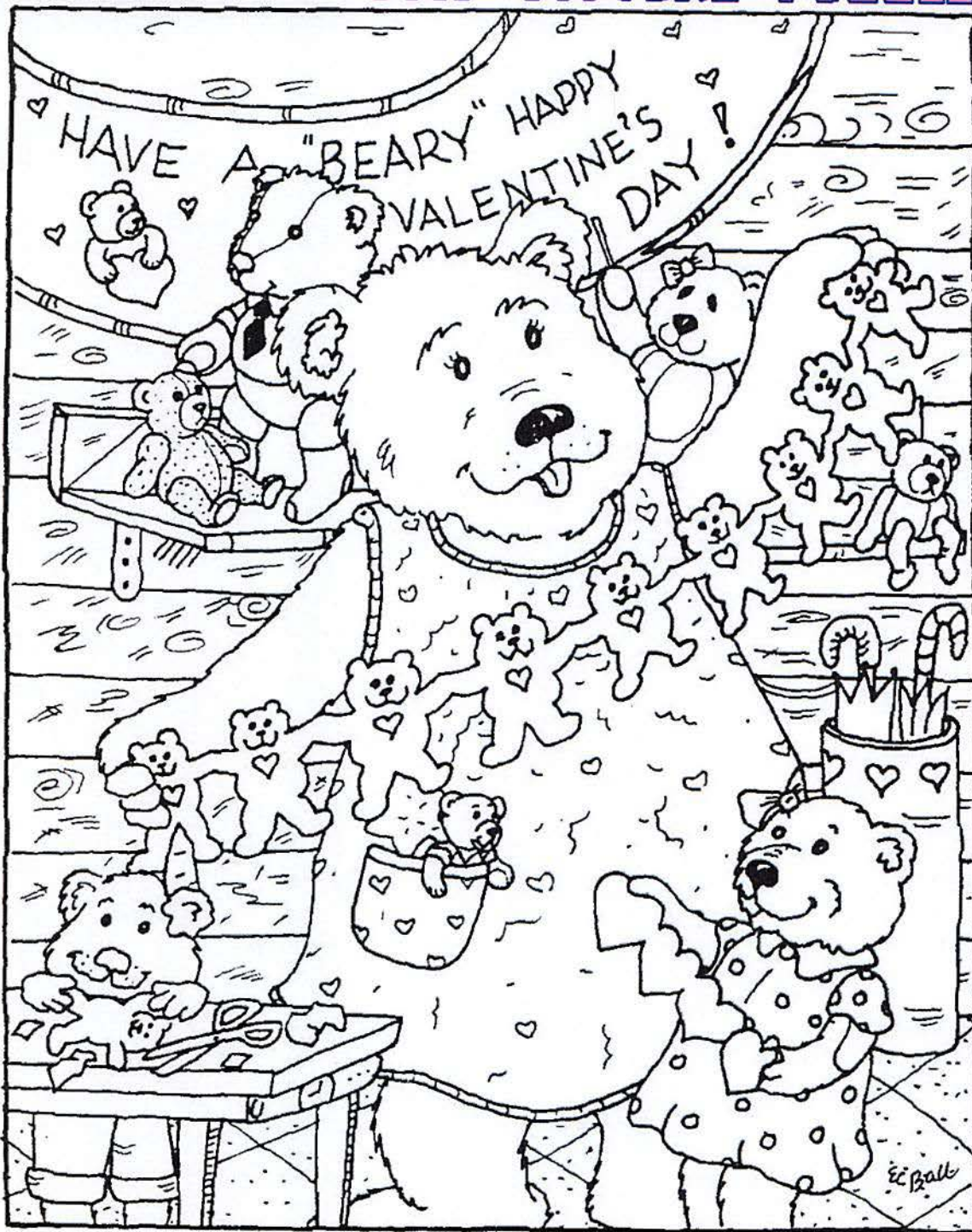
Parma Library Snow Road	
At the refundohio.org site, complete the form to schedule an appointment. They will not schedule by calling the library and all tax-prep help is by appointment only.	
St. Ignatius High School's Rade Dining Hall 1911 West 30th Street 9 am to 2 pm on February 5th	Cleveland Central Catholic High School 6550 Baxter Avenue 9 am to 2 pm on February 12th

VALENTINE SOLUTION



 Chair Heart Centre	 Chair Up Dog	 Chair Arms Out	 Chair Side Bend I	 Chair Arm Circles	 Chair Ankle Curl
 Chair Down Dog Arms Up	 Chair Eagle	 Chair Arms Heels Up	 Chair Twist Fold Right	 Chair Twist Fold Left	 Chair Arms Up Toes Up
 Chair Blast Offs	 Chair Lunge I	 Chair Abdominal Breath	<h1>Chair Yoga For Seniors</h1>		

VALENTINE'S DAY PICTURE PUZZLE



SENIOR SNOW REMOVAL IMPORTANT REMINDER

If you feel your drive was missed or have an issue with the snow removal, call our office and leave a message with your name, address, phone number and what the issue is at that time. *Do not wait until days later!* During a storm, our office phones are monitored evenings and weekends and we can better serve you if we know of an issue right away. Any and all calls for the senior snow removal program should be made to the Community Services Department by calling 216.739.3702.



February is a fun month with Groundhog Day, Valentine's Day, Mardi Gras, President's Day and the NFL Super Bowl game! This year it is the San Francisco 49ers against the Kansas City Chiefs on Sunday, February 11th at 6:30 pm.

