

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuk, Mayor
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Editor's Message

I hope this newsletter finds you well and enjoying the summer weather. Please be mindful of the air quality issues we've had due to the Canadian wildfires and the excessive temperatures. Seniors are more susceptible to heat stress and can easily become dizzy and weak. When exposed to extreme heat, it's very important to quickly find relief to prevent any major issues. Best to always have water or something cool to drink when outside!

We have a Special Election on August 8th and the voting deadlines are noted in this issue. We will offer transportation on voting day if anyone needs a ride to the Community Center. Also, please note the August senior social is on Wednesday, August 9th (not Tuesday), due to the election.

The Upper Park Grand Opening event is scheduled for Sunday, August 6th. Planning is underway for a fun-filled day for all ages! Watch the Village website, Facebook page and the marquees for updates and details. Transportation will be provided to the event. The grandson of Walter and Kay Saunders is working with the Mayor's office on behalf of the Flip Saunders Legacy Foundation to celebrate the renovation.

Enjoy every day!!

Thea M. Guilfoyle
Director, Community Services



When you wish good
for others, good
things come back to you.
**This is the law
of nature.**

Either you run the day or the day runs you.
Choose Wisely!

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

MEDICARE SUMMARY NOTICES

For individuals on Medicare, you can receive information regarding your claims on the Medicare Summary Notice (MSN). It's a notice that people with Original Medicare get in the mail every 3 months if Medicare Part A and Part B-covered services were used in that quarterly timeframe. The MSN shows:

- All your services or supplies those providers and suppliers billed to Medicare during the 3-month period
- What Medicare paid
- The maximum amount you may owe the provider

As mail fraud seems to be escalating, individuals are sometimes uncertain of the validity and source of mail they may be receiving. There are a few markers you can look for on the envelope sent from the federal government to help you assure its validity:

- Return address indicates Center for Medicare & Medicaid Services
- Next to the address is the Department of Health & Human Services (DHHA) logo
- Look for this phrase on the front: OFFICIAL MEDICARE INFORMATION

On the flap, on the reverse, will be a number you can call with any questions. You can choose to get an electronic MSN. On a monthly basis, if you had utilized Medicare benefits, you would receive an email linking to your MSN. You will not have to wait for the 3 months required for the paper documents to be mailed.

When you receive your MSN, you may want to compare it with medical services, supplies or equipment you have received over the last quarter. The MSN also notes any denials of Medicare coverage. If an item or service is denied, call your doctor's or other health care provider's office to make sure they submitted the correct information. If not, the office may resubmit. If you disagree with any decision made, you can file an appeal. The last page of the MSN gives you step-by-step directions on when and how to file an appeal.

If you do not have a Medicare account, go to [medicare.gov](https://www.medicare.gov) to set one up. When this is done, select "Get your Medicare Summary Notices (MSNs) electronically" under the "My messages" section at the top of your account homepage. You will come to the "My communication preferences" page where you can select "Yes" under "Change eMSN preference," then press "Submit."

Source: [medicare.gov](https://www.medicare.gov)



MEMORIES

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure.' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. 'Where's my toast?'

Nothing enhances the good old days more than a poor memory!



upcoming EVENTS

NEED A NAIL TRIM?

Our first session with Podiatry Specialist, Dr. William Zaccardelli, is on **MONDAY, AUGUST 14th**. 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 scheduling your first appointment.

Treatment should be covered under your insurance but if there is any co-pay the Doctor will discuss it with you at the time of the visit. Medicare will cover routine foot care as often as is medically necessary but not more often than every 60 days for regular trimming.

We have a few spots still available - call today! We will be hosting Dr. Zaccardelli on the second Monday, monthly, at the Community Center and transportation is available.

DIGITAL NAVIGATORS

THURSDAY, JULY 27th
REGISTER BY FRIDAY, JULY 14th



Digital Navigators will be back on Thursday, July 27th with sessions beginning at 1:00 pm.

We will schedule two people at a time, for a 40-minute, one-on-one session. The Digital Navigators team will help you get the most of your device. Transportation is available. There's only a few spots available for this popular program! Schedule today!

GROCERY SHOPPING

Our next monthly trip for grocery shopping is on

WEDNESDAY, AUGUST 2nd

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 by Friday, July 28th by Noon.



GOOD TIME III CRUISE

Enjoy a two-hour narrated cruise along the Cuyahoga River and Lake Erie. Learn the history of Cleveland while enjoying stunning views of the Flats, downtown Cleveland and surrounding areas.



The cruise is scheduled for **WEDNESDAY, AUGUST 23rd** and is from Noon to 2:00 pm. Boarding begins at 11:30 am and we will provide transportation to and from the ship.

The cruise sails rain or shine and offers a concession bar with food and beverages for a fee. The non-refundable senior rate is \$26.75 per ticket and payment can be made by cash or check payable to the Village of Brooklyn Heights. The deadline to sign up is Friday, August 18th.

MONTHLY LUNCHEON

*** TUESDAY, JULY 11th ***

Register ASAP!

Enjoy lunch and a trip to honey hut for an ice cream treat!

*** WEDNESDAY, AUGUST 9th ***

Register by THURSDAY, AUGUST 3rd

Entertainment by Erynn Krebs, a musician from Northeast Ohio who has a passion for and plays the steel drum.

ALL SENIORS & RETIREES ARE WELCOME!

There is no charge and transportation is available.

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

AMISH BUS TRIP

Join us **TUESDAY, SEPTEMBER 26th** to visit the Berlin area in Holmes County. The bus will depart at 9:00 am and the expected return is at approximately 5:00 pm.



We will stop at the **Ashery General Store** for a quaint shopping experience; **Sol's in Berlin**, for their arts and crafts extravaganza; **Tis the Season** Christmas Store; and **Walnut Creek Cheese** for delicious meats and cheeses. We will have coolers on the bus to keep purchases cold! Lunch will be at the **Der Dutchman** before heading home.

Deadline to sign up is Friday, September 15th.



BBB is warning consumers that a phony text message that seems to come from FedEx is sweeping the United States and Canada. The fake message could also arrive via email. It addresses you by name and asks that you click on a link to set delivery preferences for your package. Don't click! Some individuals who got the text and clicked on the link have reported being taken to an Amazon survey site where they were asked to input credit card information.

FedEx Corporate Communications told BBB, "FedEx does not send unsolicited text messages or emails to customers requesting money or package or personal information. Unfortunately, scammers often invoke the names of trusted brands when attempting to take advantage of the public, and FedEx is one of many companies whose brand has been abused in this way.

Printed in part from bbb.org

UNITED STATES WORD SEARCH

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

ALABAMA	INDIANA	NEBRASKA	SOUTH CAROLINA
ALASKA	IOWA	NEVADA	SOUTH DAKOTA
ARIZONA	KANSAS	NEW HAMPSHIRE	TENNESSEE
ARKANSAS	KENTUCKY	NEW JERSEY	TEXAS
CALIFORNIA	LOUISIANA	NEW MEXICO	UTAH
COLORADO	MAINE	NEW YORK	VERMONT
CONNECTICUT	MARYLAND	NORTH CAROLINA	VIRGINIA
DELAWARE	MASSACHUSETTS	NORTH DAKOTA	WASHINGTON
FLORIDA	MICHIGAN	OHIO	WEST VIRGINIA
GEORGIA	MINNESOTA	OKLAHOMA	WISCONSIN
HAWAII	MISSISSIPPI	OREGON	WYOMING
IDAHO	MISSOURI	PENNSYLVANIA	
ILLINOIS	MONTANA	RHODE ISLAND	

RUMMAGE & CRAFT VENDOR SALE

The Park Board will be holding a Rummage & Craft Vendor sale on **Saturday, August 5th** from 8 am to 4 pm at the Community Center. This is the same day as the Village-wide garage sale.

DONATE ITEMS

- Items can be dropped off March 1st through July 30th @ 5127 West 5th, call or text Patty first!
- You can bring ITEMS the day of sale
- Call if you HAVE LARGE ITEMS OR need items to be picked up

VENDOR TABLES

- Reserve an 8' table for \$30 or an 6' table for \$25
- Invite your friends & family - everyone is welcome to participate
- Tables are limited - call today!

PROCEEDS

- proceeds from table rentals and rummage sales go to the Park Board
- Funds support the Christmas Stockings, Easter Egg Hunt, Family Fun Day, etc.

RENTALS & QUESTIONS

To drop items off, reserve a table or if you have questions, you can text Patty Tommer, Park Board Secretary at 216-374-1631 or email her at tommerpt@gmail.com

FOOD PANTRY OPTIONS



We're happy that several of you have utilized our food 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 Community Services at 216.739.3702 for more information or to schedule your visit!

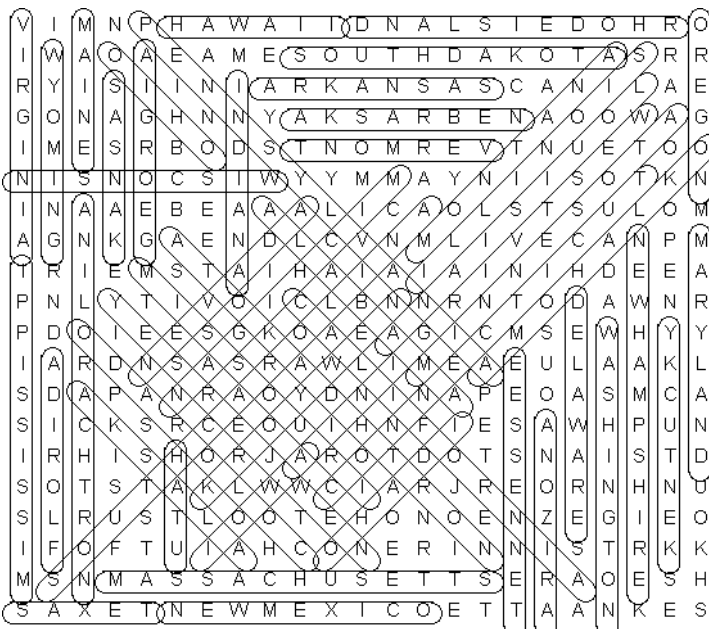


PRESCRIPTION DISPOSAL



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!

UNITED STATES SOLUTION



Chair Exercises for Seniors



HOT WEATHER WARNING!

Heat Exhaustion	Heat Stroke
ACT FAST <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	ACT FAST <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious
<p>Heat exhaustion can lead to heat stroke.</p> <p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

