

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

May is such a pretty time of the year! Warm weather is welcome and refreshing, and new life is blooming all around! It is also when we honor mothers and grandmothers all month long!

Nationally known as Older Americans Month, May is a time we reflect on your many accomplishments and how they have impacted our lives today, especially in our community. The 2023 Older Americans Month motto is *Aging Unbound* which highlights diverse aging experiences, combats stereotypes and showcases how we all benefit when older adults are supported to remain engaged, independent and included. You are an inspiration to those of us following the path you paved for us both in our Village and in our day-to-day lives. We honor, celebrate and are grateful for you!

May 31st is National Senior Health & Fitness Day reminding us that exercise is good for you! As you age, exercise has been shown to prevent disease, lower your risk of falling, improve mental health and well-being, strengthen social ties, and improve cognitive function. I hope this will motivate you to have exercise a part of your daily routine.

Thea M. Guilfoyle
Director, Community Services

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."
- Sophia Loren



AGING UNBOUND: MAY 2023

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

MOTHER'S DAY WORD SEARCH

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

ACCEPTING	DEVOTED	KIND	PROTECTIVE	TENDER
ADVICE	ENCOURAGING	LAUGHTER	PROUD	THOUGHTFUL
AMAZING	FAMILY	LISTENER	RESPECTFUL	TOLERANT
BEAUTIFUL	FLOWERS	LOVING	SELFLESS	TRUSTING
BELOVED	GENEROUS	MENTOR	SHARING	WARM
BLESSED	GIVING	MOTHER	SMILES	WATCHFUL
CARING	HELPFUL	NICE	STRONG	WISE
COMFORTING	HUGS	NURTURING	SUPPORTIVE	WONDERFUL
CONSIDERATE	INSPIRING	PRECIOUS	TEACHING	
DEAR	JOY			

WONDERFUL GRANDMA

A grandmother is a remarkable woman.

She's a wonderful combination of warmth and kindness, laughter and love.

She overlooks our faults, encourages our dreams, and praises our every success.

A grandmother has the wisdom of a teacher, the sincerity of a true friend, and the tenderness of a mother.

She's someone we admire, respect and love very much.

A grandmother will always have a cherished place in our memories and in our hearts.

She's someone for whom we want every happiness in return for the joy she always brings.

A grandmother is all the dear and precious things in life... When she's a grandmother like you.

- Anonymous



CHOCOLATE COVERED PEANUTS

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'

SENIOR "QUEEN CITY" GETAWAY TRIP



The Valley View Senior Club has extended an invitation to Brooklyn Heights seniors for their motor coach trip to the Cincinnati area September 16-17 of this year. The trip includes:

- EnterTRAINment Junction, an indoor model railroad display. This 25,000 square foot display consists of over 90 G-scale trains encompassing the early era of American railroading, the middle era, and the modern era.
- Cincinnati Dinner Train, a 3-hour 1940's style train excursion including a 4-course dinner and cash bar.
- Sunday Dixieland Jazz Brunch Riverboat Cruise, enjoy a fantastic meal during the cruise.
- One night at a hotel in the Cincinnati area including breakfast

The cost is \$382 per person for a double room and \$454 per person for a single room. For the packet of information, call Community Services at 739-3702.

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 and 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
Pamphlets	Copy paper	Phone books
Envelopes	Tax forms	Greeting cards
Ledgers	Bank Statements	Computer printouts

DO NOT BRING

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

SENIOR ACTIVITIES

MONTHLY LUNCHEON

TUESDAY, MAY 9TH ~ REGISTER BY THURSDAY, MAY 5th
Entertainment by Tom Todd (Energetic One Man Band)
& Recognition of Older American's Month

GAME DAY

THURSDAY, MAY 25TH ~ REGISTER BY FRIDAY, MAY 19TH
Enjoy fun and games including Jenga, Connect 4 and Corn Hole plus a light lunch!

ALL SENIORS AND RETIREES ARE WELCOME!

There is no charge and transportation is available.

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



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**.



HYDRANT FLUSHING

The Fire Department will be flushing fire hydrants beginning on Saturday, June 3rd through Saturday, June 17th during the hours of 9:00 am to 4:00 pm.

While hydrants are open, the homes on that block may experience discolored water or a drop in water pressure. If this occurs, wait one hour after you are sure hydrant flushing is completed for the day. Run cold water from whatever faucet is closest to wherever the water supply enters your house (typically in the basement) for approximately fifteen (15) minutes. It should clear up.



If the problem persists, call the Cleveland Water Department at (216) 664-3160. The schedule for the hydrant flushing will be on the Village website.

KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

Library2You

For those who have a passion for reading, one of the most economical resources to fuel this passion is the public library system. Contrary to what some would have you believe; public libraries are not on the demise due to the rise of social media. Rather, they are alive and well and growing by leaps and bounds.

If you are not familiar with the library system, take the time to explore. For many, this became an even more important resource during the pandemic, as for some, an option became e-books or digital books, that were secured online. This was especially helpful when the library buildings were closed or had restricted access. Now some individuals have decided to continue this practice.

Another resource of significance is for individuals who may be housebound due to age or physical limitations. This is the **Library2You Program**. It is a free delivery service for Cuyahoga County residents with a public library card, who do not have the ability to visit their local branch.

If you are interested, explore this program further. To determine if you meet the eligibility requirements, contact the Adult Services Department at (216) 749-9307 to request an application.

To be eligible for Library2You, you must also meet some of the following criteria: 60+ years of age, impaired physically, visually or mentally, or homebound. Once your application is accepted, you will receive notification of your eligibility. Then, you can order materials online, and the library will deliver them, to your home, free of charge.

You will receive your library materials in the mail, in a returnable pouch. Returning materials is an easy process and you will be provided the instructions to do so. When done, just put them by your mailbox and they are returned free of charge. Take advantage of Library2You, it can truly bring the library to you, in your home. Happy reading!



OPTIONS FOR INDEPENDENT LIVING



The Division of Senior and Adult Services' Options for Independent Living is a flexible, affordable program that provides in-home care to Cuyahoga County residents ages 18-59 and disabled, or 60 years of age and over, who have limited income and are not eligible for any Medicaid Waiver programs. Their person-centered services include personal care, homemaker services, home delivered meals and more. Their staff are Medicare/Medicaid certified. Their team includes Home Health Aides who receive continuing education, registered nurses who monitor quality of care and case managers who help navigate social service systems.

OPTIONS FOR INDEPENDENT LIVING SERVICES

- Case Management
- Home Delivered Meals
- Chore Services
- Homemaking Services
- Emergency Devices
- Medical Transportation
- Grab Bar Installation
- Personal Care

HOW OPTIONS SERVICES ARE COVERED

Service fees are based on eligibility and income. Clients and their families speak with their knowledgeable case managers confidentially about their needs and abilities, and they work with them to develop the best plan for their well-being. For further information on any of the programs, or to make a referral, call 216-420-6700.

OPTIONS FOR INDEPENDENT LIVING ELIGIBILITY

- Ages 18-59 and disabled or 60 years and over
- A Cuyahoga County resident
- Living in a private home or apartment (not a licensed facility)
- Needing assistance with daily activities: limited vision, limited mobility, or needing help with bathing or food preparation
- Eligible for support services based on an assessment of need
- Have a modest monthly income and limited financial reserves



HYUNDAI & KIA VEHICLE OWNERS

Hyundai and Kia have partnered with local law enforcement agencies to help consumers with affected vehicles. The Brooklyn Heights Police Department is providing FREE steering wheel locks to for those who own a 2015-2021 Kia or Hyundai (key start only) to deter vehicle thefts. The locks can be picked up at the Brooklyn Heights Police Department, one device per vehicle. Let's keep Brooklyn Heights safe! Contact the Police Department at 216-741-1327 for more information.



MEMORIAL DAY PARADE

The Village Memorial Day Parade will be held on Monday, May 29th. Parade participants will line up at West 8th & Tuxedo and the parade will begin promptly at 9:00 am marching to the Community Center for a short Remembrance Celebration.

The Women's Service Club will be serving donuts following the program (please allow the band to enter first).

SENIORS! If you would like to ride the bus in the parade and be seated near the podium, please sign up no later than Wednesday, May 24th by calling 739-3702.

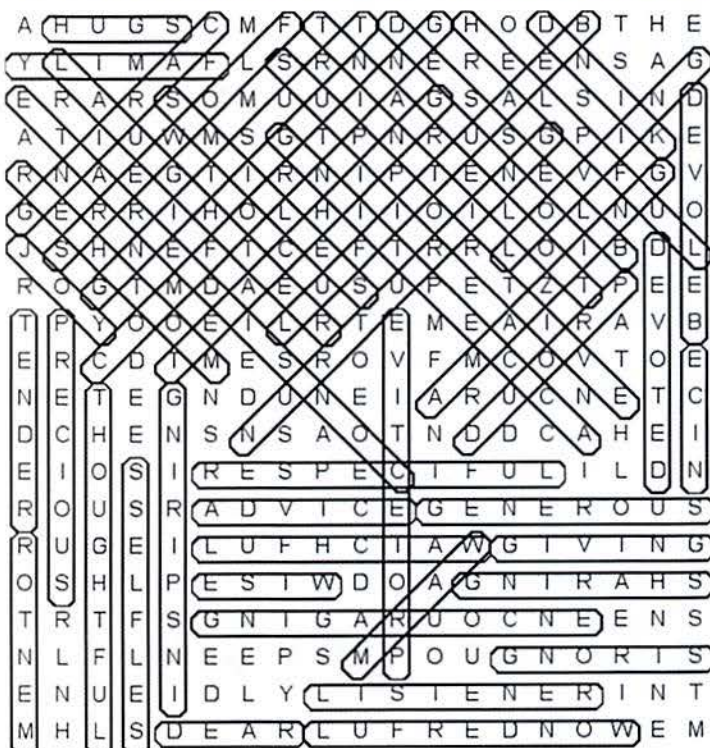


MEMORIAL DAY

"This is the day we pay homage to all those who didn't come home. This is not Veterans Day, it's not a celebration, it is a day of solemn contemplation over the cost of freedom." -Tamra Bolton



MOTHER'S DAY SOLUTION



HOUSING PLANS UPDATE



The Building Department had the original plans of Village homes scanned. Homeowners can request the original documents by calling Community Services at (216) 739-3702. It was planned to have the documents available in late spring but due to a set back with the scanning service, they will be available in late summer. The deadline to request the plans is November 30th, 2023.



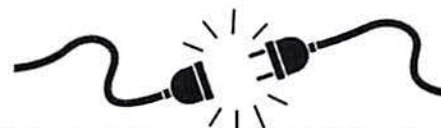
~ IMPORTANT NOTICE ~

ODOT GRANGER ROAD CONSTRUCTION PROJECT

ODOT will begin construction on Granger Road on May 1, 2023. Beginning May 8, 2023, Tuxedo Avenue will be closed to southbound traffic starting at Granger Road, continuing south through the Tuxedo Bridge.

Traffic will not be permitted to turn onto or cross over Granger Road from the North. Northbound traffic will be maintained. Access will be maintained to the Community Center driveway on Tuxedo from Schaaf Road. Granger Road will be reduced to one lane in each direction. The road closure is expected to be complete in late October, 2023 however, additional work will continue through October 31, 2024 but traffic will be maintained.

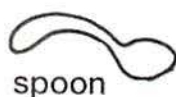
The project will include complete reconstruction of Granger Road from Tuxedo Avenue to the I-480 off-ramps. Please use caution when driving through the project area, and use alternate routes when possible.



WEBSITE MAINTENANCE

Beginning Monday, May 15th at 4:00pm, our Village website host will be conducting maintenance on the servers that support our site. A content freeze will be activated during this time. The maintenance will continue through Tuesday, May 16th at Noon.

Hidden Object Puzzle



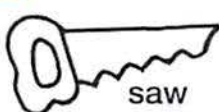
spoon



mushroom



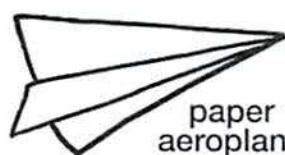
snake



saw



comb



paper
aeroplane



apple



fork



carrot



heart



worm



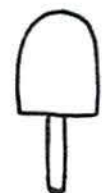
snail



egg



car



ice-cream
lollipop



teacup



pencil



candle



candy cane

