



Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuk, Mayor
Issue 122, November, 2023

Editor's Message

Friday, November 10th is Veteran's Day. When Nov. 11 falls on a Saturday like it does this year, then the government may designate either Saturday or Friday. The 2023 federal observation date this year is Friday, November 10th. Veterans Day is a time for us to pay our respects to those who have served. We stand united in respect for you, our veterans. We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

Along with the fall season, comes many activities in the village that are outlined in this issue. Please sign up early for those you are interested in!

I have many things to be thankful for and you - all of our seniors - have enriched my life and I am grateful to have your friendship!

May you all have a Happy Thanksgiving!

Thea M. Guilfoyle
Director, Community Services



IMPORTANT DEADLINES TO REMEMBER!

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|--------------------|---|--------------------|---|
| November 5 | <i>Turn clocks back one hour</i> | November 22 | <i>Register for Christmas Shopping at Southpark Mall (Nov. 30)</i> |
| November 8 | <i>Register for November Senior Luncheon (Nov. 14)</i> | December 1 | <i>Deadline to hand in tickets for Shop with a Cop</i> |
| November 19 | <i>Deadline for the Men's Service Club nut, candy & popcorn sale</i> | December 8 | <i>Register for Christmas Light Town of Local Area (Dec. 15)</i> |
| November 10 | <i>Register for Remembrance Celebration (Nov. 29)</i> | December 12 | <i>Register for Cuyahoga Heights High School Concert for Seniors (Dec. 19)</i> |

COMMUNITY SERVICES DEPARTMENT

Office: 739-3702 ~ Email: cmtyserve@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

LUNCH BUNCH

This month's **Lunch Bunch** trip is to the Danny Boys Restaurant on Broadview Road so join your neighbors and friends for a relaxing lunch! Pick up will begin at 11:30 am this month! Lunch is on your own and transportation is provided!

DATE	PICK UP	RESTAURANT
Wed., Nov 15	11:30 am	Danny Boys, Broadview Hts.
Wed., Dec 20	11:00 am	Cracker Barrel, Brooklyn

FLORAL CENTERPIECE WORKSHOP

Join us on **MONDAY, DECEMBER 18th** at 6:30 pm at the Community Center and make a beautiful centerpiece for the holiday! Sunshine Flowers will bring all materials and guide us through the steps to make a floral centerpiece. The cost is \$25 person. Call Community Services at (216) 739-3702 to register. The deadline to sign up is Wednesday, November 22nd. Transportation will be provided - let us know if you need a ride when you register! Payment is due at the event.



SHOP WITH A COP TICKETS FOR SALE



The Brooklyn Heights Police Department, along with the Fraternal Order of Police, is sponsoring a raffle with proceeds going to The Shop with a Cop program. Proceeds support Brooklyn Heights kids! Raffle tickets are \$1.00 each or 6 for \$5.00 and are available at the Police Station and the Community Services Department. Tickets will be available at the November Senior Luncheon on Tuesday, November 14th. Tickets and money need to be turned into the police station by December 1st, 2023. Contact Sgt. Chris Leahy at 216-741-1327 for more information (leave a message if no one answers). Help support our kids!!



I'M THANKFUL... WORD SEARCH

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

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS
ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE
PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS

GROCERY SHOPPING



Our next monthly trip for grocery shopping is on **WED., NOVEMBER 1st**

Pick up will start at 9:15 am 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. Sign up no later than Friday, October 27th, by Noon.



NOVEMBER SENIOR LUNCHEON

Our next Senior Social is scheduled for **TUESDAY, NOVEMBER 14th** at Noon at the Community Center.

- Entertainment by Ralph Szubski, a lively Accordion Player
- Lunch is a complete Thanksgiving meal with all the trimmings!!



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

REGISTER BY WED., NOVEMBER 8th!
YOU MUST CALL TO SIGN UP ~
EVEN IF YOU DON'T NEED
TRANSPORTATION!



NEED A NAIL TRIM?

Our next session with the Podiatrist, is on **MONDAY, NOVEMBER 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 scheduling your first appointment.

SNOW REMOVAL

The Snow Removal program is for seniors, age 65+ and, disabled residents (with letter from a medical doctor).



Applications are on our village website, and at the Community Services and Municipal offices. Sign up today!

The cost is \$150 unless you are on the HEAP program. The 60% HEAP discount will be applied after your current year acceptance letter is received by our office. Completed applications can be dropped off at senior luncheons or mailed to or dropped off at the Community Services, 233 Tuxedo Avenue, Brooklyn Hts., 44131.



MSC HOLIDAY NUT, CANDY, POPCORN, COFFEE SALE

A long standing tradition, the MSC holiday sale proceeds provide funding for various village charities such as Meals on Wheels, Boy Scouts & Girl Scouts, scholarships for graduating seniors and more. The deadline to order is **SUNDAY, NOVEMBER 19th** and orders will be ready on Saturday, December 9th. All members of the Men's Service Club are taking orders now! You can place an order in the following ways:

Email: bhms2021@yahoo.com
Phone: Mike at 216.375.3008
Drop off or Mail: 5076 West 5th

Call Rocky Schuckert at 216.906.9828 with any questions.



Order forms will be at the November Senior Luncheon!



SEVEN HILLS REC TRANSPORTATION

Please note that we offer weekly transport to the rec center on Monday's. The November dates are the 6th, 13th, 20th and 27th.



Pick up will begin at 12:30 pm and we will stay at the rec center for one hour. Call to sign up!



TRASH TO CURBSIDE PROGRAM

This program is to help anyone who cannot safely transport their trash and recycling cans to the curb, especially during the winter months. This applies to seniors, disabled residents, or anyone rehabbing after a surgery who may be at risk of falling.



To qualify, a resident must be unable to perform this task safely and not have any able-bodied person in the home that could handle this task. Approval will be made on a case-by-case basis. There is no cost for this service. If you are interested and would like an application, please call the Community Services office.



SMOKE ALARMS

Annually, when we change our clocks for Daylight Saving, we advise everyone to check their smoke detector batteries. Everyone is encouraged to sign up with the Fire Department for them to perform this check for you. They will also install new smoke detectors that you purchase! The signup form can be found on our village website, under Services/Fire or you can call them at 216-351-3542. They will call and schedule to check and/or install the smoke alarms!



KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

WHAT TO WATCH FOR

As we, and/or our loved one's age, there may arise concerns about memory and one's functional ability. While there can be obvious signs, some are more subtle indicators that things are changing. So, what are some of the issues to watch for?



CONFUSION AND FORGETFULNESS

This is not in reference to the moments of confusion that may accompany stress, incidents of poor health and times of extreme busyness. Some of the indicators of more problematic confusion and forgetfulness include the following: Repetition of the same questions; Difficulty in completing familiar activities; Frustration at completion of familiar tasks; Misplacing items in inappropriate places; Mixing up words & forgetting names of familiar objects.

EXCESS CLUTTER OR HOARDING

Hoarding may represent forgetfulness and impaired judgment; It might extend to failure of financial planning; Especially significant if these behavioral patterns are not typical

POOR HYGIENE

Neglect of personal hygiene due to forgetfulness

CLOTHING THAT IS INAPPROPRIATE OR DIRTY

May be wearing the same clothing item for several days, or not laundering; Lacking awareness of seasonal dressing needs

PERSONALITY OR MOOD CHANGES

Alterations in behavior may be reflective of cognitive neuron changes; Withdrawal as there is a sense of losing control and struggling to manage daily living

UNUSUAL SLEEP PATTERNS

Sleep disruptions as the brain experiences neurological changes which have potential of disrupting one's internal clock; Sundowning, increased agitation in late afternoon; Confusion of normal life patterns related to day and night



TURN CLOCKS BACK

Daylight Saving Time ends at 2 a.m. on **SUNDAY, NOVEMBER 5th** when the clock will "fall back" one hour and in theory we get one extra hour of sleep and return to Standard Time.

HONORING THOSE WHO SERVED

Veterans Day is a time for us to pay our respects to those who have served. This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars. Thank you to all our Veterans!



SOCIAL SECURITY BENEFITS INCREASE

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January. January 2024 marks when other changes will happen based on the increase in the national average wage index. The retirement earnings tax exempt amount will also change in 2024. Visit ssa.gov for more information.

MEDICARE PART D ENROLLMENT

It's not too late to turn in your list of prescriptions for an annual review! The enrollment period ends on December 7th. Drop off or mail your form ASAP to Community Services, 233 Tuxedo Avenue for a confidential review of the Part D plan for you personally. It could save you money!



**LAST YEAR THIS REVIEW SAVED
ONE OF OUR SENIOR
HOUSEHOLDS \$1,000!!!**



HOLIDAY REMEMBRANCE CELEBRATION

The Remembrance Celebration will be held on **WEDNESDAY, NOVEMBER 29th** at 6:00 pm at the Community Center. We will have keepsake ornaments and you must call in your request no later than Wednesday, November 15th. Limit three per family. To request the ornament, please call us at 216-739-3702 with the following information: Your name and phone number and the name of your loved one(s) and the correct spelling of their name(s) - limit of three. Please remember the request deadline is November 10th. We must adhere to this deadline to have time to prepare the remembrance ornaments!



SOUTHPARK MALL SHOPPING TRIP

Join us for a trip to Southpark Mall on **THURSDAY, NOVEMBER 30th**. Get some shopping done, take a break for lunch, enjoy the Christmas decorations and leave the transportation to us! Sign up no later than Wednesday, November 22nd! Pick up will begin at 9:15 am.



CHRISTMAS LIGHTS TOUR



Our annual Christmas Lights tour is scheduled for **FRIDAY, DECEMBER 15th**! Our village bus will travel the local area to enjoy the holiday lights and decorations. We'll have Christmas music on the bus and pick up will begin at 6:00 p.m. Please call the office to sign up no later than Friday, December 8th.

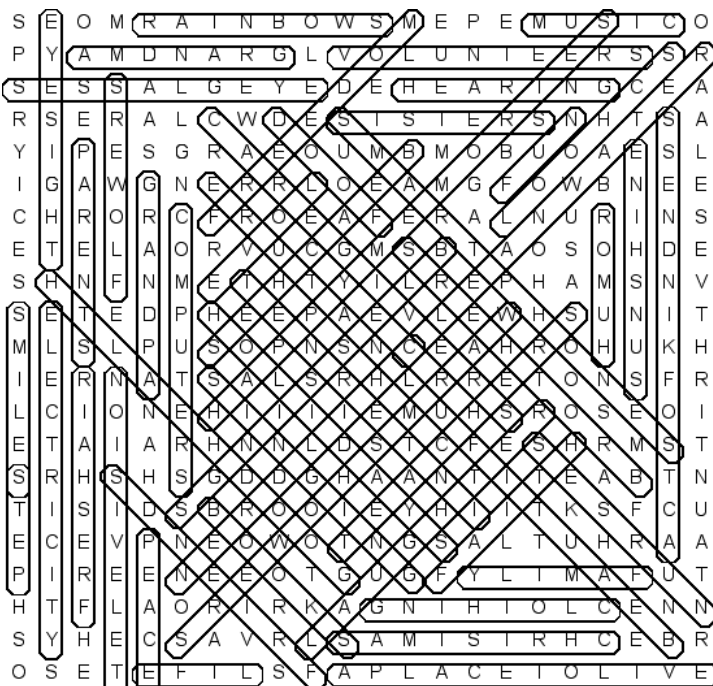


SENIORS INVITED! CHHS BAND/ORCHESTRA CONCERT

All seniors are invited to the high school band/orchestra concert on **TUESDAY, DECEMBER 19th** at 11:00 am. They will perform holiday favorites followed by refreshments in the north gym. There will be very limited parking at the school and the Brooklyn Heights bus will offer transportation. RSVP to Community Services no later than Friday, December 8th by calling 216-739-3702.



I'M THANKFUL... SOLUTION



OFFICE CLOSED FOR



HAVE A GREAT HOLIDAY!

Please note that the village offices will be closed on Thursday and Friday, November 23rd & 24th due to the Thanksgiving holiday.

TRASH WILL BE DELAYED BY ONE DAY AND PICKED UP ON SATURDAY, NOVEMBER 25TH.

For the Trash to Curbside program participants, please have your trash and recycle bins out on Friday, November 24th by Noon and the Service Department will take them to the curb.



Veteran's Day Hidden Picture Puzzle

