

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

Michael S. Procuik, Mayor
Issue 111, September, 2022

Editor's Message

I hope this newsletter finds you well and looking forward to our next senior social! It's hard to believe that we're entering the fall season, school is back in session and summer is coming to a close!

The village has several exciting events coming up and we've outlined the details throughout this newsletter. As always, if you need transportation or have any questions, please don't hesitate to call our office!

Please note the village road closure information in September and October for two 5K races and the information below on the lane restrictions on the I-480 bridge.

See you on September 13th! Stay well!

Thea M. Guilfoyle

Director, Community Services

If your
PLAN A
doesn't work,
the alphabet has
25 more letters!
Stay cool!



INTERSTATE 480 VALLEY VIEW BRIDGE RESTRICTIONS



- **I-480 westbound traffic** will transition onto the westbound bridge during the weekend of Friday, September 9, through Sunday, September 11.
- **I-480 westbound** will have various lane restrictions beginning Friday, September 9, at 7 p.m. through Monday, September 12, at 6 a.m.
- **I-480 westbound to I-77** will be closed on Saturday, September 10, from 12 a.m. through 7 a.m.
- **Detour** will be I-480 westbound to Brookpark Rd./Granger Rd. to I-480 eastbound to I-77.
- **Transportation Blvd. to I-480 westbound** will be closed beginning Friday, September 9, at 7 p.m. through Saturday, September 10, at 10 a.m.
- **Detour** will be I-480 eastbound to Granger Rd. to I-480 westbound.

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

KATHLEEN KAPUSTA, LISW-S SOCIAL WORKER

MEDICARE PART D – COMPLETE THE SHEET

Medicare Part D is the Prescription Coverage of Medicare. You must apply for Part D, it is not automatic. Then review your coverage each year, during open enrollment from 10/15 – 12/7. Why? Because there may have been changes in your medications, formularies of what drugs the company covers and related costs. If a more cost-effective drug plan is available, ***you could save money***. If you don't join a Drug plan when you first get Medicare, you may pay a monthly premium penalty for as long as you have Medicare drug coverage, if you join later.

- Complete the Sheet, this information allows for a confidential review of the best Part D plans for you personally.
- Only list prescribed medication, **do not** include vitamins and over the counter meds.
- If a medication is prescribed as **PRN**, estimate the general frequency of use and note it on the form.
- Make sure to use your current Medicare number, the most recent one you received.
- Listing your preferred pharmacies helps provide you with a plan that is in network, resulting in lower costs.
- List a phone number (cell or home) that is easiest to reach you at, so you can get your information once completed.
- If possible, note an email address you can access, to receive your information, either at your home or that of a family member/friend. This greatly simplifies the process for you.
- Complete the Medicare Part D sheet (please print clearly) or type ALL the requested information onto a blank sheet and drop it off at Community Services Department.
- Forward the sheet as soon as completed, as it will be reviewed in the order they were received.
- You will be contacted and advised of your options between 10/30 and 12/1. Call Community Services if you have not been called by then.

The Medicare Part D sheet was mailed with the August Golden Outlook and can be picked up at the senior social on September 13th and/or at the Community Services office.

Social Worker Kathleen Kapusta will have a presentation on the Medicare Part D plan at the Tuesday, September 13th Senior Luncheon beginning at 12:15 p.m. at the Community Center. All are welcome!



NEWS FROM THE BUILDING DEPARTMENT

The Building Department will be scanning the original plans (blueprints) over the next several months of homes built in the village. Once scanned, the original plans will be discarded and the Building Department will maintain the scanned/digital version only. They estimate they will have this project done in late spring of 2023. Homeowners may request the original documents by calling the Community Services at (216) 739-3702 and be put on a list for retrieval at a later date.



SEPTEMBER SENIOR LUNCHEON

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

- ▶ Social Worker, Kathleen Kapusta, will give a presentation on Medicare Part D beginning at 12:15
- ▶ After the presentation, we will be boarding our village bus and visiting either Honey Hut or Sweeties Soda Shoppe, dependent on the weather, for an ice cream treat.

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

REGISTER BY FRIDAY, SEPTEMBER 9TH! ~ EVERYONE IS WELCOME TO JOIN US!

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

Last week, the Food and Drug Administration (FDA) finalized a rule that will permit people with Medicare, and others, to purchase hearing aids online or in stores, at lower costs, and without a prescription. The long-awaited rule, which will go into effect in October, may make hearing aids more affordable for as many as 30 million adults who believe they have mild to moderate hearing loss, even if they have not had a hearing exam.

This rule is an important step to improve access to hearing aids. Currently, hearing aids are prescription-only devices that require exams and fittings by hearing health professionals, and the costs for these visits and devices can run well into the thousands of dollars. This price tag has put hearing aids out of reach for millions.

The new rule makes devices available over the counter (OTC) for adults with mild to moderate hearing loss. The new devices are expected to be considerably less expensive than traditional hearing aids, will not require professional fitting, and some are likely to offer controls or other integration with smartphones.

OTC devices are not recommended for people with severe hearing loss or people under the age of 18. While they will not require a hearing exam, experts recommend that people have exams if they experience sudden or severe hearing loss, pain, tinnitus or ringing, or fluid in their ears. They also recommend that people choose their OTC devices carefully, including researching return policies, battery life, and volume, among other considerations.

Hearing loss is extremely common for older adults. According to the National Institutes of Health, it affects around 33% of people in the United States between the ages of 65 and 74 and nearly 50% of those older than 75. Untreated hearing loss can significantly reduce a person's quality of life, making them feel isolated or frustrated, and leaving them potentially unable to follow important conversations like instructions from medical personnel. Hearing loss is also associated with depression and cognitive decline, increasing the urgency of getting help to those who need it.

'THANKFUL FOR' 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
Y I P E S G R A E O U M B M O B U O A E S L
I G A W G N E R R L O E A M G F O W B N E E
C H R O R C F R O E A F E R A L N U R I N S
E T E L A O R V U C G M S B T A O S O H D E
S H N F N M E T H T Y I L R E P H A M S N V
S E T E D P H E E P A E V L E W H S U N I T
M L S L P U S O P N S N C E A H R O H U K H
I E R N A T S A L S R H L R R E T O N S F R
L C I O N E H I I I I E M U H S R O S E O I
E T A I A R H N N L D S T C F E S H R M S T
S R H S H S G D D G H A A N T I T E A B T N
T I S I D S B R O O I E Y H I I T K S F C U
E C E V P N E O W O T N G S A L T U H R A A
P I R E E N E E O T G U G F Y L I M A F U T
H T F L A O R I R K A G N I H T O L C E N N
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

Medicare Rights welcomes this rule and the access it will create for many people with Medicare. But it does not eliminate the need for comprehensive Medicare coverage of hearing services. Currently, Traditional Medicare offers no hearing aid coverage. While some Medicare Advantage plans might, it is generally limited, leaving care unaffordable for too many. We will continue to urge Congress to expand Medicare Part B coverage to include comprehensive hearing benefits, as well as dental and vision, to better serve the older adults and people with disabilities who rely on the program.



ANNUAL VILLAGE FLU CLINIC

**BROOKLYN HEIGHTS COMMUNITY CENTER // THURSDAY, OCTOBER 6TH, 9-11:00 A.M.
RESIDENT FAMILY & FRIENDS WELCOME!**

Walgreen's will be offering the following vaccines at our clinic:

- ▶ Influenza Standard (Adult)
- ▶ Influenza High Dose (Age 65+)
- ▶ Covid - 19

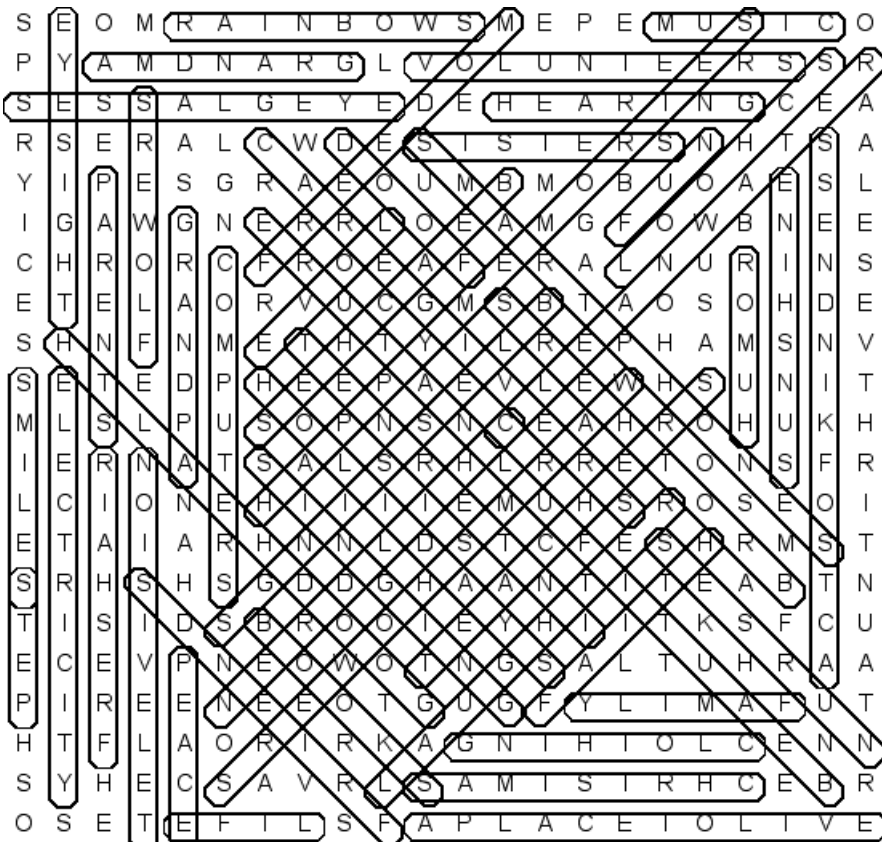
- A Walgreens pharmacist will be administering the immunizations
- **Everyone must pre-register by calling 216.739.3702 no later than Friday, September 23rd**
- Transportation will be provided upon request
- Most insurance plans are accepted - **be sure to bring your insurance card!!**



ROAD CLOSURE ALERTS

The Schaaf Road area will be closed on **SATURDAY, SEPTEMBER 11th** and **AGAIN on SATURDAY, OCTOBER 17th**. Both are to allow fundraising 5K races to take place. The VFW Post 3483 is holding its first 5K Run on September 11th and the road will be closed from 8:55 a.m. to approximately 10:15 a.m. Kimble will alter its pick up route to not interfere with the race. The 8th Annual Brooklyn Heights on the Run 5K Run/Walk on October 17th begins at 9:00 a.m. and road closure details will be available nearer to the date of the race. For VFW race information call the VFW Post at 741-3843 and details for the village race can be found at www.hermescleveland.com. Thank you for your cooperation and good luck to all the participants and fundraising efforts.

'THANKFUL FOR' SOLUTION



DON'T FORGET TO BE
awesome

VILLAGE FOOD PANTRY

The Community Services Department maintains a food pantry for any resident who may need assistance, whether it be temporary or on-going. The pantry contains canned food, poultry, meat, dairy items, paper products, and personal hygiene items. It is run as a "client choice" pantry meaning that you shop for what you need versus receiving pre-packed bags. The pantry is located next to the Community Services office, in a separate room. Eligibility is dependent upon proper residency documentation and this is free to all residents needing assistance. Call 739-3702 for an appointment!



Find the 10 Differences Between the Two Pictures



Chair Yoga for Seniors

WRISTS UP/DOWN



This is a gentle pressure to the wrists to encourage and maintain flexibility.

SHAKE FINGERS



Moving, twisting and shaking the fingers increases circulation and helps to diminish that feeling of cold hands and fingers. Make sure to take a pause afterwards to absorb the movement of energy throughout the fingers and arms.



LOWER BODY POSES

CORE STRENGTHENER AND LEG LIFTS



This sequence works the lower abdomen muscles plus the ankles, feet and toes. Holding on to the chair offers additional support. The straighter the legs, the more the leg muscles work and get stronger.

FAMILY FUN DAY

The Park Board is holding a Family Fun Day for all residents at the Village Park, Pavilion #2 on **Saturday, October 15th**. The fun begins at 2:00 pm, rain or shine, and includes food trucks (4-9:00 pm), bounce houses, face painting and other fun children's activities (2-7:00 pm).

The concert will begin at 7:00 pm featuring the band *Summer of 65* (a tribute band to the great artists of the 1960's).

Senior transportation will be provided and details will be available in the next issue of the Golden Outlook.



All Day Fun For All Ages!



SENIOR SNOW REMOVAL



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

Applications will be mailed next week and will also be on our village website, and at the Community Services and Municipal offices.

If 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.

TRASH / RECYCLING DELAY

Due to the Labor Day holiday, rubbish and recycling will be delayed one day this week. **Pick up will be on Saturday, September 10th** instead of Friday, September 9th.

If you are on our Senior Trash to Curbside program, your cans will be taken out on Friday, not Thursday!



VILLAGE SHRED IT EVENT

As a way to prevent identity theft, the Village will hold a Shred It Day event at the Municipal Center parking lot. A powerful mobile shredding truck will provide quick, confidential destruction and recycling of items to be shredded. Note: Staples and paper clips are acceptable. The Shred It Day will be on **FRIDAY, OCTOBER 21st**, from 10:30 am to 1:30 pm.



ALLOWABLE ITEMS

Bank statements	Books	Brochures
Cancelled checks	Computer printouts	Copy paper
Envelopes	Greeting cards	Ledgers
Letters	Magazines	Medical records
Pamphlets	Phone books	Tax forms

DO NOT BRING

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



NINTH ANNUAL 5K RUN

The Park Board will be holding their Annual 5K Run / One Mile Walk on **SUNDAY, OCTOBER 16th** beginning at 9:00 a.m. The run will begin and end at the corner of Tuxedo and Schaaf Roads and include the Marko Lane area.

Registration for the race deadline is Saturday, October 8th to avoid the late entry fee. You can register at www.hermescleveland.com or by mail to: 2425 West 11th Street #2, Cleveland, 44113 or beginning at 7:30 am at the Community Center the day of the race. Additional details can be found on our village social media.

ATTENTION SCHAAF ROAD & MARKO LANE RESIDENTS

Please be aware that Schaaf Road and Marko lane will be closed to traffic during the race. Additional information will be shared on social media closer to the event date.