



# Tri-City Senior News!

Published by the Tri-City Consortium on Aging

Lyndhurst Community Center  
1341 Parkview Drive

South Euclid Community Center  
1370 Victory Drive

Highland Heights Community Center  
5827 Highland Road

Lynd. Off. & Trips: 440-473-5138

Main Office: 216-291-3902

Lunch & Programming: 216-650-4029

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The **Senior Farmers' Market Nutrition Program** coupons have all been distributed and names have been taken for a waiting list. If we receive any more coupons over the summer, people will be contacted according to the waiting list. We do anticipate having several Mobile Markets throughout the season. Check in often with our office or our website to find out when and where those will be held. A list of the current authorized farmers' markets can be downloaded from our website.

If you are someone who has entered the coverage gap (also called the doughnut hole) in 2010, and do not receive Medicare Extra Help, you will get a **one time only rebate check** from the Department of Health and Human Services in the amount of \$250. The first set of checks was sent out in mid June and will be sent once a month until everyone who is eligible receives the rebate. If you qualify, you should automatically get your rebate check. You are not required to complete any forms in order to receive this rebate. You should not be contacted for any personal information and if you are, call 1-800-MEDICARE. If you do not receive a check, but think you should, also contact 1-800-MEDICARE. Over the next ten years, the coverage gap will be phased out.

During the month of June we had a senior nursing student from Ursuline College join us and one of the things she worked on was developing a community garden plot for Tri-City. She worked with the Housing Department and a liaison at Notre Dame College to assist with grant applications as well as to secure a garden plot, and many plants to fill it with, at one of the **South Euclid Community Gardens**. If you like to garden and are interested in helping maintain this space, please contact Corinne Dunn.

Tri-City is partially supported by funding through the Older Americans Act (specifically Title III) for meals, homemaker service, social work and transportation. Every five years that Act is reauthorized. This is a critical time in our history, as we begin to prepare to address the needs of an aging baby boom population. The next reauthorization of the Older Americans Act will occur in 2011. It is critical that older Americans speak out in support of things they feel need to be included in the reauthorization. If you would like information on the current act and some of the changes that may be considered, please give me a call. Also, if you would be interested in **participating in a discussion group** or forum about this subject, let me know.

Stacey O'Brien, Director  
216-291-3901  
obriens@tri-cityseniors.org

**Calling all Bid Whist players! Join the South Euclid Bid Whist group every Tuesday afternoon at the South Euclid Community Center from 1:30-4:30.**

## Volunteer News!

Congratulations to **Tim Desmond**, a community volunteer, who was recently named a winner of the **2010 Outstanding Senior Advocate Award** sponsored by Hamlet Village in Chagrin Falls. Tim has served as both an individual volunteer for Tri-City as well as our liaison with Hawken Lower/Middle School where he has taught sixth grade. Thanks as well to Tim's students who conducted a computer class for thirteen older adults in May. Their expertise was appreciated!

More than sixty spring yard cleanups occurred in April and May. In addition, we would like to thank **Velocity Church** which conducted a major branch removal project. We were also thrilled to have twenty-six volunteers from **Church of the Saviour** conduct fifty hours of service as part of a three-month Lenten observance. Their projects included teaching a class, cleaning a garage, visiting with lunch participants, playing board games, completing yard work, and laying gravel on a residential driveway.

Welcome to new volunteer **Dr. Michael Scheahan** who is helping several South Euclid residents with household assistance. Farewell to **Jennifer Scott, Notre Dame College**, and **Mary Noakes, Brush High School**, who are moving on to new adventures in their lives. They have been outstanding liaisons and brought many volunteers to our organization.

Finally, our deepest appreciation to **Kurtz Brothers, Inc.** and **Osborne Concrete and Stone Company** for their provision of materials for a special collaborative project. Many thanks to **Sherwin-Williams Company** for its donation of material to help support another important project.

### **VOLUNTEER HELP FOR OLDER ADULTS (60+)**

**in South Euclid, Lyndhurst, and Highland Heights!**

Yard Cleanups • Small Errands  
Computer Training • Simple Repairs  
Garage Clean-ups

**\*Note: Volunteers will only be available to help at designated times during the summer. Priority will be given to those with financial need. For further information, please call Corinne Dunn at 216-291-3902.**

Tri-City services are funded and supported by the cities of South Euclid, Lyndhurst and Highland Heights, Title III funds from the Older Americans Act, through the Ohio Department on Aging and the Western Reserve Area Agency on Aging and many volunteers. All services are provided without regard to race, national origin or handicap. Donations for services are suggested and appreciated.

[www.tri-cityseniors.org](http://www.tri-cityseniors.org)

# July Events Calendar

**SCHEDULED ACTIVITIES AT THE LUNCHEON SITES • Come for lunch and/or join us for the social programs.**

At Lyndhurst (L) Lyndhurst Community Center 216-650-4029		At South Euclid (SE) Arnold D'Amico South Euclid Community Center 216-650-4029		At Highland Hts. (HH) Highland Hts. Community Ctr. 216-650-4029	
<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>	
Events at Lyndhurst Community Center		Events at S. Euclid Community Center		Events at Highland Hts Com. Ctr.	
<b>Menu not available at time of printing</b>					
<b>5</b>	<b>Centers closed in observance of Independence Day</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi - fee <b>11:45 Lunch</b> 12:30 Bridge 1:00 Qi Gong for Balance – fee	10:30 Arthritis Exercise \$2 <b>11:45 Lunch</b> 12:00 Blood Pressure Testing 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views <b>11:45 Lunch</b> <b>12:30 Tom Strong “Abnormal Heart Rhythms”</b> 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:30 Senior Exercise \$2 11:45 - 2:45 Watercolor Workshop - fee <b>11:45 Lunch</b> 12:30 Reader's Theatre 1:00 Tri-City Recycles!	<b>NO Foot Clinic in HH this month</b> 9:30 Woodcarving 10:15 – 11:00 Zumba Gold – fee <b>11:45 Lunch</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling – open bowling	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi - fee <b>11:45 Lunch</b> 12:30 Bridge 1:00 Qi Gong for Balance – fee	10:30 Arthritis Exercise \$2 <b>11:45 Lunch</b> 12:30 Pinochle 12:30 Scrabble <b>12:30 Film Club: Crazy Heart</b>	10:30 Senior Exercise \$2 11:00 News and Your Views <b>11:45 Lunch</b> 11:45 - 1 Blood Pressure Testing 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters 1:00 Poetry Workshop with Jim Lawless	10:00 Open Art Studio 10:30 Senior Exercise \$2 <b>11:45 Lunch</b> <b>12:30 “Short Films” from the Ohio Independent Film Festival</b> <b>12:30 FREE Qi Gong Demo Class</b> 1:00 NO Reader's Theatre 1:00 Tri-City Recycles!	9:30 Woodcarving 10:15 – 11:00 Zumba Gold - fee <b>11:45 Lunch</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling – open bowling	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
9:00 Mah Jong 10:30 Tai Chi - fee <b>11:45 Lunch</b> 12:30 Bridge 1:00 Qi Gong for Balance – fee	10:30 Arthritis Exercise \$2 <b>11:45 Lunch</b> 12:30 Pinochle 12:30 Scrabble <b>NATIONAL LOLLIPOP DAY CELEBRATION</b>	10:00 Low-Vision Support Group 10:30 Senior Exercise \$2 11:00 News and Your Views <b>11:45 Lunch</b> 12:30 Bridge and Euchre 12:00 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:30 Senior Exercise \$2 <b>11:45 Café Lunch \$3</b> 12:30 Reader's Theatre 1:00 Tri-City Recycles!	9:30 Woodcarving 10:15 – 11:00 Zumba Gold – fee – last class this session <b>11:45 Lunch</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling – open bowling	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
9:00 Mah Jong 10:30 Tai Chi - fee <b>11:45 Lunch</b> 12:30 Bridge 1:00 Qi Gong for Balance – fee	9:30 Foot Clinic \$20 10:30 Arthritis Exercise \$2 <b>11:45 Lunch</b> 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views <b>11:45 Lunch</b> <b>12:30 Book Club Devil in the White City</b> by Erik Larson 12:30 Bridge and Euchre 12:00 Sculpting 1:00 Busy Hands Knitters	<b>NO foot clinic in SECC this month</b> 10:00 Open Art Studio 10:30 Senior Exercise \$2 <b>11:45 Lunch</b> 12:30 Reader's Theatre <b>12:30 Short Story Review: “Where Are You Going, Where Have You Been” by Joyce Carol Oates</b> 1:00 Tri-City Recycles!	9:30 Woodcarving 10:15 – 11:00 Zumba Gold – fee – first class new session <b>11:45 Lunch</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling – open bowling	

LUNCHEON SERVED AT 11:45 AM MENU AVAILABLE AT ALL LUNCH SITES AND AT [WWW.TRI-CITYSENIORS.ORG](http://WWW.TRI-CITYSENIORS.ORG)  
**IMPORTANT NEWS ABOUT LUNCH RESERVATIONS!**

**Please call or make your lunch reservations no later than Wednesday at 5:00 PM, for the following week. Lunch reservations can be made in person or by calling or leaving a message at 216-650-4029. THANK YOU!**

Alternative dessert or buttermilk available by reservation. Suggested lunch donation: \$1.50. Call 216-650-4029 for more information

The lunch meal is served at 11:45 and according to the following schedule:

**Mondays and Tuesdays – Lyndhurst Community Center • Wednesdays and Thursdays – South Euclid Community Center • Fridays – Highland Heights Community Center**

## JULY HIGHLIGHTS

All classes and programs open to the public. See description for details and pricing information.

Location Keys: Lyndhurst = LCC, South Euclid = SECC and Highland Heights = HHCC

Call 216-650-4029 to register for all programs.

Upcoming Film Club Events – FREE – call to sign up

- **Tuesday, July 13 at LCC: “Crazy Heart”** – Jeff Bridges stars as a faded country music musician who is forced to reassess his dysfunctional life during a doomed romance that also inspires him.
- **Thursday, July 15 at SECC: Select Short Films from the 2010 Ohio Independent Film Festival** – Making a good short film is an art! Join us for the best select titles from new filmmakers!
- **Wednesday, October 6 at SECC: “Chasin’ Gus’ Ghost” special event with the filmmaker Todd Kwait** – watch for more info or call Therese at 216-650-4029.

**The time for Poetry Workshop with Jim Lawless has been moved back a half-hour – to 1:00.** The Workshop will still take place on the second Wednesday of each month at SECC!

**Free Class on Health, Relaxation and Balance for Older Adults!** Feel like you’re getting old and creaky? Feel young again! When your body relaxes completely, you look and feel 10 years younger. This innovative class introduces you to the gentle, ancient art of Qi Gong. These easy, flowing movements work with the body internally, creating improved health and balance in a relaxing, fun format. Join instructor Arline Bognar Thursday, July 15 beginning at 12:30 at SECC.

**Join us for lunch and a little bit of fun-n-games at LCC on Tuesday, July 20 for National Lollipop Day!** You’ll be sure to find a few “sweet surprises!” Lunch reservations for July 20 should be called in no later than Wednesday, July 14 at 5:00 by calling us at the number above or by stopping by our lunch sign in table!

**Did you know July is National Blueberry Month? Come to the July Café Lunch as we celebrate the little blue fruit that is believed to have medicinal and health benefits due to their high levels of Vitamin E – Thursday, July 22.** Entertainment for the July Café lunch is Entertainmobile. The July Café Lunch is sponsored by DeJohn, Flynn-Mylott.

Tri-City is looking for volunteers who would be interested in being trained to facilitate future Matter of Balance classes for our participants! If you think you might be interested – or if you’re interested in taking the Matter of Balance class for your own health – come to SECC on Thursday, September 2 for a 12:30 after-lunch presentation! The 8-wk. **Matter of Balance** is held under the guidance of Fairhill Center for Aging.

**Join volunteer Betty Kovacs to review the July book club title, Devil in the White City by Erik Larson, Wednesday, July 28 at 12:30 at SECC.** Bringing Chicago circa 1893 to vivid life, Erik Larson’s spellbinding bestseller intertwines the true tale of two men--the brilliant architect behind the legendary 1893 World’s Fair, striving to secure America’s place in the world; and the cunning serial killer who used the fair to lure his victims to their death. Summary courtesy of [www.randomhouse.com](http://www.randomhouse.com).

**Join Tri-City for a new literary group! Beginning in July we’ll be reviewing short stories, either in print or via podcast!** The first printed story we’ll review is “Where Are You Going, Where Have You Been?” by famous American author Joyce Carol Oates. Call Therese for more information at 216-650-4029. Review date for “Where Are You Going, Where Have You Been?” will be Thursday, July 29 at 12:30 at SECC.

## HEALTHY AGING LECTURES

*Advanced registration is suggested • FREE and open to the public*

**“Abnormal Heart Rhythms” with medical lecturer Tom Strong** - Wednesday, July 7 at SECC at 12:30.

also join Tri-city for a FREE three-part lecture series courtesy of CVS Pharmacies:

- **“How Drugs Affect The Body”** - Thurs. Sept. 16 at SECC
- **“Patient Compliance – What’s The Big Deal Anyway?!”** – Mon. Sept. 27 at LCC
- **“Pain Management and You”** – Tues. Oct. 5 at LCC

All CVS lectures will begin at 12:30 and will be presented by a CVS staff pharmacist!

## HEALTH NOTES!

Please call 216-650-4029 for more information

**FOOT CLINIC DATES - \$20 -**

**APPOINTMENT REQUIRED - CALL 216-650-4029**

**Highland Heights:** NO Foot Clinic in HH – Dr. Whaley out of town

**South Euclid:** NO Foot Clinic in SE – Dr. Whaley out of town

**Lyndhurst:** Tuesday, July 27 beginning at 9:30 AM

**BLOOD PRESSURE TESTING - FREE - DROP-IN**

**Lyndhurst:** Tuesday, July 6 from 12:30 – 2:00

**South Euclid:** Wednesday, July 14 from 11:45 – 1:00

**Highland Heights:** Friday, July 23 from 11:45 – 1:00



# Tri-City Trips — 2010

Reservations for these trips may be made in person only by Tri-City residents on July 7th at the Lyndhurst Community Center (opens 9:00 a.m.) Phone reservations may be made July 8th. Non-residents may phone July 12th. **NEW OFFICE HOURS: 9 am - 3:30 pm Monday through Friday.**

**Signup for the one-day trips usually starts the first Wednesday of the preceding month. Longer trips are advertised at least two months in advance. For additional information or to register, call our Lyndhurst Office at 440-473-5138. Please note that all prices are subject to change. Our tours are planned for physically active adults 55 and over.**

## **PYMATUNING- CONNEAUT LAKE Pennsylvania** **Friday, July 23, 2010**

Visit Meadville, Pennsylvania's famous Market House offering crafts, homemade candies, pastas and maple sugar products. Next door is the acclaimed art gallery featuring local artists paintings, frame shop and handmade jewelry. Afterwards enjoy a delicious lunch at Silver Shores, while relaxing along the shores of Pennsylvania's largest natural lake, Conneaut Lake. Enjoy a relaxing cruise on board The Barbara J. paddle wheel boat. The state has spent over three million dollars renovating the famous Spillway at Lake Pymatuning. You'll enjoy feeding the masses of fish while the ducks walk on their backs. It's the area's most popular destination. Millions of visitors have tossed bread to these hungry carp, while the ducks and seagulls compete for the food. You'll stop at the Fish Hatchery/Aquarium. Next, we'll visit Linesville to shop for bulk foods, antiques and specialty gifts. We top off by touring and tasting at Conneaut Cellar Winery. Cost includes: deluxe motor coach transportation, lunch, wine cellar and tasting, all taxes and gratuities.

**TRIP RATING** **2**

**COST: \$64.00 per person**

**DEPART: 7:45 AM from Brainard Park Parking Lot**

**RETURN: Approximately 8:00 PM to Brainard Park Parking Lot**

## **BLOSSOM MUSIC CENTER / "Broadway Swings"** **Sunday, August 1, 2010**

New York cabaret star Ann Callaway joins The Cleveland Orchestra in Broadway favorites by Gershwin, Porter, Rodgers, and more. Some of these well known songs include "From This Moment On", "I Get a Kick Out of You", "Embraceable You", and "Sing, Sing, Sing". The Orchestra shines in music from Wonderful Town, Chicago, and West Side Story. Come with us to enjoy this great music in Blossom's beautiful outdoor setting. All seats are reserved in the Pavilion.

Before the performance at Blossom, we will enjoy a pre-show meal at the Cathedral Buffet in Cuyahoga Falls. This show tour includes: buffet meal, pavilion seats, motor coach transportation, taxes and gratuities.

**TRIP RATING** **2**

**COST: \$50.00 per person**

**DEPART: 3:15 PM from Brainard Park Parking Lot**

**RETURN: Approximately 10:30 PM to Brainard Park Parking Lot**

## **HARTVILLE/CUYAHOGA VALLEY RAILROAD** **Cuyahoga Valley, Akron, Ohio** **Thursday, August 12, 2010**

It's time to catch a summer day full of fun and adventure. Start the day by catching the bus to the Cuyahoga Valley Railroad, where we will ride through the Cuyahoga Valley National Park on our way to Akron. In Akron, we'll catch another bus to The Hartville Kitchens and Market. You may bring coolers and shopping bags. We'll have lunch in a private room, and there will be plenty of shopping time. Trip cost includes: motor coach, train ride, lunch, all taxes and gratuities.

**TRIP RATING** **1**

**COST: \$55.00 per person**

**DEPART: 7:45 AM from Brainard Park Parking Lot**

**RETURN: Approximately 5:30 PM to Brainard Park Parking Lot**

## **WOMEN & SPIRIT**

### **Catholic Sisters in America / Maltz Museum of Jewish Heritage** **Monday, August 16, 2010**

Sisters built and led schools, hospitals, orphanages, colleges, and other social institutions that continue to serve millions of Americans. Through stories of these innovative, action-oriented women, learn the significant role they played in shaping the nation's social and cultural landscape. This creative compilation of artifacts and multi-media presentations reveals a world few have seen, but many have shared. This is a drive-yourself visit to the Maltz Museum off Richmond Road, Beachwood. Please call the Lyndhurst office to confirm that you will be part of the group. Directions will be available. We will depart from the Lyndhurst Community Center Parking Lot at 12:30 PM. With 15 or more people, we will enjoy a group rate of \$6.00 payable at The Maltz Museum. The Tour is scheduled at 1:00 PM. Your paid admission gives you full access to the entire Museum.

**TRIP RATING** **1**

**COST: \$6.00 per person admission**

**DEPART: 12:30 PM from Lyndhurst Community Center Parking Lot**

**RETURN: At your leisure**

## **FRANKENMUTH, MICHIGAN**

### **Tuesday - Wednesday, September 14-15, 2010**

Start Autumn with a colorful vacation in beautiful Frankenmuth. We'll stay at The Bavarian Inn Lodge. Enjoy Christmas and Chanukah shopping early at Bronner's, the world's largest Christmas store. That evening, we will enjoy the Inn's famous chicken dinner and a floor show. The next day we'll have a tour of the town with a step-on guide. Then, it is free time in town. After lunch at the Bavarian Inn, we will depart for home. Cost includes: deluxe motor coach transportation, 3 meals, floor show, and all taxes and gratuities.

**TRIP RATING** **1**

**COST: \$197.00 Dbl, triple and single also available**

**DEPART: 8:00 AM from Rae Rd. Parking Lot**

**RETURN: Approximately 8:30 PM to Rae Rd. Parking Lot**

Please notice a new "key" to help you decide what to expect in terms of standing, walking and other activity. You will see a "rating" next to each trip that is advertised.

- 1** **Mild** – walking on mostly even surfaces up to 2 blocks, limited steps, some standing with intermittent seating.
- 2** **Moderate** – up to ¼ mile walking at one time with stairs and slight changes in surface level. Standing and/or walking may be required for up to one hour. For those with limited mobility, it is recommended they bring a paid caregiver capable of and responsible for providing necessary assistance throughout the trip.
- 3** **Strenuous** – long periods of walking over ¼ mile and up to 1 mile at a time with stairs and changes in surface level. Standing may occur for long periods. Recommended only for those in good physical condition.

### **TRANSPORTATION VAN SCHEDULE FOR SHOPPING** **FOR RESERVATIONS CALL 1-800-983-4782. DONATIONS ACCEPTED.**

#### **GROCERY:**

**SE–** Tuesdays, July 13 & 27 to **Giant Eagle** • Wednesdays, July 14 & 28 to **Heinen's** • Thursdays, July 1, 15 & 29 to **Marc's**  
**L & HH–** Tuesdays, July 6 & 20 to **Giant Eagle** • Wednesdays, July 7 & 21 to **Dave's** • Thursdays, July 8 & 22 to **Marc's**

### **TRANSPORTATION VAN SCHEDULE for medical appointments MONDAY through FRIDAY** **call 1-800-983-4782. Charges of \$5.00 each way apply.**

#### **COMMISSION MEETINGS:**

**SOUTH EUCLID COMMISSION ON AGING:** Monday, July 26 at 1:30 P.M. at the Arnold D'Amico South Euclid Community Center  
**HIGHLAND HEIGHTS COMMISSION ON AGING:** Monday, July 19 at 9:00 A.M. at the Highland Heights City Hall