



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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Residents 62 years of age and older who meet income guidelines and reside in their own homes have the option again this year to apply for the **Senior Safety Funds** through the Department of Development in cooperation with the Cuyahoga County Department of Health. These limited funds are available for minor home modifications that increase safety and the ability to remain independent by offering, at no charge, the installation of grab bars, hand rails, smoke/carbon monoxide alarms, transition strips and carpet stretching to eligible households. If you would like more information on the program or an application, please contact our office at 216-291-3902.

The **US 2010 Census** will be mailed out to households in mid-March. The federal government uses data from the census to allocate funds to states. In March and throughout the spring, Tri-City will offer residents the opportunity to ask questions, pick up literature and find out when census workers might be in your neighborhood. To see a copy of the questionnaire, find out about jobs opportunities through the census or to ensure the person at your door really is a census worker, please drop in to get more information on one of the following dates from 11 a.m. to 1:00 pm.

Thursday March 11, South Euclid Community Center
Friday March 12, Highland Heights Community Center
Tuesday March 16, Lyndhurst Community Center

If you are not able to make it on one of these dates and have questions about the Census, please contact Amanda at 216-291-3902.

Consider taking advantage of our **Ohio Benefits Bank** program, a system that allows us to determine the potential for eligibility and apply for benefits for things like food stamps, HEAP, Extra Help and other programs, through a computer. This program has been very helpful in securing much needed resources for many residents. If you would like to schedule an appointment, contact Lani or Elizabeth.

In recognition of National Consumer Protection Week, the Ohio Attorney General's office will sponsor a Panel Discussion and program on Wednesday, March 10, 2010 from 2:00-4:00 pm at the Mandel Jewish Community Center, 26001 South Woodland, Beachwood. The program will provide helpful tips on managing money and debt, preventing identity theft, understanding credit and mortgages and avoiding fraud and scams.

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

Volunteer News!

We appreciate the assistance of two groups of individuals who recently installed a railing and grab bar in the homes of several older adults. Thank you, **Knights of Columbus (St. Gregory the Great Church) and Dan Keenan and Dan Veytsman**. Your help was invaluable! If you are a member of the community interested in providing this type of volunteer service or a local business which would like to donate supplies, please call **Corinne Dunn, Volunteer Coordinator, at 216-291-3902**.

Special thanks to members of the **South Euclid-Lyndhurst Library's Teen Library Council and SPOT (Service Projects on Thursday)** groups. The teens recently completed twenty beautiful blankets and donated them to older adults in the community. They are bringing much-needed warmth during the cold winter months.

We are excited to share our volunteer hour totals for 2009 completed by more than 150 active volunteers as well as numerous community volunteer organizations. **Our volunteers completed 5,114 reported hours** within our three-city area. Thanks to everyone, including volunteer **Sue McGowan**, who has had the daunting task of entering all of those jobs and hours. Great job!

SAVE THE DATE

On Thursday, April 1, at 12:30 P.M. Congresswoman **Marcia Fudge** will be at the South Euclid Community Center to talk about issues impacting older adults. If you have questions, or wish to meet Congresswoman Fudge, please stop by!

VOLUNTEER HELP FOR INDIVIDUALS (60+)

Do you need volunteer assistance in any of the following areas? If so, please call Corinne Dunn, Volunteer Coordinator, at 216-291-3902.

- **Spring Yard Clean-ups (April and May)**
 - **Computer Tutoring**
 - **Friendly Visits**
- **Telephone "Care Calls"**
- **Small Errands**

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

March Events Calendar

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

At Lyndhurst (L)		At South Euclid (SE)		At Highland Hts. (HH)	
Lyndhurst Community Center 216-650-4029		Arnold D'Amico South Euclid Community Center 216-650-4029		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.	
9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi - fee 11:00 Library 11:45 Roast Pork 12:30 Bridge 1:00 Qi Gong for Balance – fee	1 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Chicken Patty 12:30 Blood Pressure Testing 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Sliced Turkey 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	3 10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 Chili Con Carne 1:00 Tri-City Recycles! 1:30 CWRU Class "A History of the American Musical Theatre" - fee	9:30 Woodcarving 10:30-11:15 Zumba Gold - fee 11:45 Tuna Salad 12:00 Outreach Connection 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	5
9:00 Mah Jong 10:30 Tai Chi - fee 11:00 Library 11:45 Bratwurst 12:00 Outreach Connection 12:30 Bridge 1:00 Qi Gong for Balance – fee	8 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Veal Patty 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Stroganoff over Pasta 12:30 Poetry Workshop with Jim Lawless 11:45 - 1 Blood Pressure Testing 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters 6:30 "Caregiving: What You Should Know" at SEL Library	10 10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:00 – 1:00 Census Survey Help 11:45 Chicken & Dumplings 1:00 Tri-City Recycles! 12:15 – 1:00 Reader's Theatre 1:30 CWRU Class "A History of the American Musical Theatre" - fee	9-11 Foot Clinic Appts. \$20 9:30 Woodcarving 10:30-11:15 Zumba Gold - fee 11:00 – 1:00 Census Survey Help 11:45 Omelet & Plerogies 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	12
9:00 Mah Jong 10:30 Tai Chi - fee 11:00 Library 11:45 Chicken Patty 12:30 Bridge 1:00 Qi Gong for Balance – fee	15 10:30 Arthritis Exercise \$2 11:00 Library 11:00 – 1:00 Census Survey Help 11:45 Meatballs & Gravy 12:30 Pinochle 12:30 Scrabble	10:00 Low-Vision Support Group 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Corned Beef & Cabbage 12:00 Outreach Connection 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	17 10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 – 2:45 Watercolor Workshop - fee 11:45 Roast Beef & Gravy 1:00 Tri-City Recycles! 1:30 CWRU Class "A History of the American Musical Theatre" - fee	9:30 Woodcarving 10:30-11:15 Zumba Gold - fee 11:45 Blood Pressure Testing 11:45 Cheese Ravioli 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	19
9:00 Mah Jong 10:30 Tai Chi - fee 11:00 Library 11:45 Sloppy Joe 12:30 "Family Law" with Marc Stolarsky 12:30 Bridge 1:00 Qi Gong for Balance – fee	22 9:30-11:30 Foot Clinic Appts. \$20 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Breaded Chicken Filet 12:30 Tom Strong "Healthy Teeth" 12:30 Pinochle 12:30 Scrabble	10:00 Chicken Soup Group 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Stuffed Green Pepper 12:00-3:00 Cty. Recorder's Office Appts 12:30 Bridge and Euchre 12:00 Sculpting 1:00 Busy Hands Knitters	24 9:30-11:30 Foot Clinic Appts. \$20 10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 – 2:45 Watercolor Workshop - fee 11:45 Sliced Turkey 1:00 Tri-City Recycles!	9:30 Woodcarving 10:30-11:15 Zumba Gold - fee 11:45 Cafe Lunch \$3 Sponsored by Dollar Bank of Richmond Hts. 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	26
9:00 Mah Jong 10:30 Tai Chi - fee 11:00 Library 11:45 Turkey Fritter 12:30 – 3:00 County Recorder's Office Appts 12:30 Bridge 1:00 Qi Gong for Balance – fee	29 9:30 Foot Clinic \$20 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Spagnetti & Meatballs 12:30 Pinochle 12:30 Scrabble	10:00 – 12:00 Glaucoma Screenings 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Swiss Steak 12:30 Book Club 12:30 Bridge and Euchre 12:00 Sculpting 1:00 Busy Hands Knitters	31 "MENU ITEMS SUBJECT TO CHANGE"		
	30				

**LUNCHEON SERVED AT 11:45 AM MENU AVAILABLE AT ALL LUNCH SITES AND AT 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

MARCH 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.

Tri-City Consortium on Aging is looking for artists and artisans to volunteer their time and expertise to our paper-recycling program! Help us turn colored paper scraps into decorative items that we will eventually produce and sell for profits for programming. Call Therese at 216-650-4029 for more information.

Jim Lawless' Poetry Workshop continues! Join us every second Wednesday at SECC at 12:30. The March Workshop takes place on Wednesday, March 10. **FREE**

Need FREE help answering your 2010 census survey? Volunteers will be on hand at each of our lunch sites on the following days, between 11:00AM – 1:00PM:

Thursday, March 11 at SECC • Friday, March 12 at HHCC • Tuesday, March 16 at LCC

Join Tri-City Consortium on Aging for a special workshop, March 10 at 6:30PM at South Euclid-Lyndhurst library. "Caregiving: What You Should Know" will provide resources and tips for caregivers from experienced professionals in the caregiving field. FREE

Salon.com says, "**Getting Mother's Body**" is much more than a cleverly told coming-of-age tale. At turns funny and poignant, tragic and transcendent, Parks' novel careers along like the best sort of road movie." **Join us for the March Book Club written by Suzan-Lori Parks, Wednesday, March 31 at 12:30 PM at SECC. FREE**

Did you know that representatives from Cuyahoga County Recorder's Office can give you a free copy of your house deed? Come to SECC on March 24 between 12:00 – 3:00; LCC on March 29 between 12:00 – 3:00 or HHCC on April 9 between 12:00 – 3:00. No appointment necessary but first come, first served. **FREE**

It's not too late to sign up for Flo Smith's popular Watercolor Workshop! Limited spaces are open. The 4-week class begins Thurs., Mar. 18 from 11:45-2:45 PM at SECC. Fee: \$28.

Join us at SECC on Wednesday, March 24 at 10:00 AM for the second "Chicken Soup Group". Listen to others and share your favorite inspirational stories! Call Elizabeth at 216-291-3902 to sign up

Family Law and Estate Planning lectures with Marc Stolarsky

- Monday, March 22 at LCC: "Family Law" at 12:30
- Thursday, April 8 at SECC: "Pet Trusts" at 12:30
- Tuesday, April 27 at LCC: "Estate Planning" at 12:30
(rescheduled from February)

All lectures are FREE and open to the public

HEALTHY AGING LECTURES AND SCREENINGS

- "Healthy Teeth" presentation with Tom Strong: Tuesday, March 23 at LCC at 12:30.
- Glaucoma Screenings by Cleveland Sight Center: Wednesday, March 31 at SECC beginning at 10:00 AM.
- AARP Driver's Safety Course: Tuesday, April 27 from 11:00AM – 3:00PM. There is a fee for the course: \$12 for AARP members or \$14 for non-members. Call us to sign up!

HEALTH NOTES!

Please call 216-650-4029 for more information

FOOT CLINIC DATES - \$20 -

APPOINTMENT REQUIRED - CALL 216-650-4029

Highland Heights: Friday, March 12 beginning at 9:00 AM

South Euclid: Thursday, March 25 beginning at 9:30 AM

Lyndhurst: Tuesday, March 23 beginning at 9:30 AM

BLOOD PRESSURE TESTING - FREE - DROP-IN

Lyndhurst: Tuesday, March 2 from 12:30 – 2:00

South Euclid: Wednesday, March 10 from 11:45 – 1:00

Highland Heights: Friday, March 19 from 11:45 – 1:00

Tri-City Trips — 2010

Reservations for these trips may be made in person only by Tri-City residents on March 3rd at the Lyndhurst Community Center (opens 9:00 a.m.) Phone reservations may be made March 4th. Non-residents may phone March 8th. **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.

CLEVELAND WOMEN'S ORCHESTRA SEVERANCE HALL Sunday, April 11, 2010

Here is an opportunity to help celebrate the 75th Anniversary of the longest running women's orchestra in the United States. The 65 members will be performing a program with popular appeal, selections from Tchaikovsky's brilliant *Swan Lake* and other musical pieces. A young, very accomplished soloist, Jinjoo Cho, will dazzle you with Beethoven's Violin Concerto. A preconcert meal will be enjoyed at Sterle's Slovenian Country Restaurant.



The cost includes travel by deluxe motor coach, Concert, lunch at Sterle's Restaurant, and all taxes and gratuities.

TRIP RATING 1

COST: \$52.00 per person

DEPART: 12:30 PM from the Rae Road Parking Lot

RETURN: Approximately 5:00 PM

CLEVELAND HISTORIC TOUR- PART I Monday, April 26, 2010

Get your friends together to take a magic carpet to many lands. This tour will take you to many ethnic and historic places, where immigrants came to build their lives. You'll begin where Moses Cleaveland landed in 1796. Then we're off to Irish Bend, German, Greek and Lebanese shops and, in Chinatown, a special Asian market. Next, you'll go by an Ohio City church with hidden, Under Ground Railway tunnels. Then, we'll make a stop at The Westside Market. Next we'll see where John D. Rockefeller got his start. Then, on to University Circle and Little Italy. Do you miss Hough Bakery? We will travel to a small bakery, where all the bakers worked for Hough. A surprise will await you! This day is packed with interesting and exciting places, including lunch at Sokolowski's. Cost Includes: deluxe motor coach transportation, lunch, snacks, all taxes and gratuities.

TRIP RATING 1

COST: \$58.00 per person

DEPART: 8:00 AM from the Rae Road Parking Lot

RETURN: Approximately 5:00 PM at the Rae Road Parking Lot

JOSEPH at Millennium Theatre Lancaster, PA • Plus Gettysburg, PA Wednesday - Thursday May 12-13, 2010

The beautiful Millennium Theatre depiction of Joseph's classic story of forgiveness and integrity will magnify the many qualities that make this story appealing to all ages. Experience a cast of 45 professional actors, dozens of live animals, several amazing dream sequences including Joseph in his colorful coat "flying" over the audience. After a comfortable stay

and breakfast at the Willow Valley Resort, we will travel to the new Gettysburg Visitors Center which includes a multi-media show and the cyclorama.

The cost of this 2-day trip includes deluxe motor coach transportation, Millennium seats, a family-style dinner at Good 'n Plenty Restaurant, and a lunch at General Pickett's Restaurant in Gettysburg, plus all taxes, baggage handling, and gratuities.

TRIP RATING 1

COST: \$240.00 pp (double)/\$296.00 pp (single)/\$224.00 pp (triple)

DEPART: 7:30 AM

RETURN: Approximately 8:00 PM at the Rae Road Parking Lot

BUS TO CRUISE • CELEBRITY CRUISE LINE Coast of New England and Canada Saturday - Sunday • August 28 – September 5

Join with your friends from Tri-City Consortium on Celebrity's elegant ship, The Summit, to see the rugged beauty of the Northeastern coast of the United States and Canada. We will go by deluxe motor coach to New Jersey, spend the night and take a mini-tour of downtown Manhattan before we board The Summit. Our ports-of-call will be Portland, Bar Harbor, St. John, New Brunswick, and Nova Scotia, Halifax. Cost includes motor coach transportation, accommodations at the Hampton Inn and dinner, plus cruise travel at its best.

Call (440) 473-5138 or come into the Tri-City Lyndhurst office to receive a detailed itinerary and, if needed, passport application. A valid U.S. Passport is required for entry into Canadian destinations. A \$100.00 deposit per person is required to reserve space and travel insurance is suggested.

TRIP RATING 1

COST: Inside cabins start at \$1,199 per person (double occupancy)

Oceanview cabins start at \$1,499 per person (double occupancy)

DEPART: 8:15 AM from Rae Road Parking Lot

RETURN: Approximately 7:00 PM on Sept. 5th

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:	L & HH-	Tuesdays, March 2, 16 & 30 to Giant Eagle Wednesdays, March 3, 17 & 31 to Zagara's Thursdays, March 4 & 18 to Marc's
	SE-	Tuesdays, March 9 & 23 to Giant Eagle Wednesdays, March 10 & 24 to Heinen's Thursdays, March 11 & 25 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:

TRI-CITY COMMISSION ON AGING: Friday, March 5, at 1:00 P.M., at the Arnold D'Amico South Euclid Community Center
HIGHLAND HEIGHTS COMMISSION ON AGING: Monday March 15, at 9:00 A.M., at the Highland Heights City Hall