

Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS
7327 Avon Belden Road
North Ridgeville, Ohio 44039
Phone: (440) 353-0828



JANUARY—FEBRUARY 2021

OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.

City Offices Closed:

Jan 1 - New Year's Day

Jan 18 - MLK Jr. Day

Feb 15 - Presidents' Day



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AARP TAX PREP AIDE

Beginning Monday January 4th at 9am, you may call the Senior Center front desk at (440) 353-0828 for an appointment for AARP Tax prep. **If you get our voice mail, please leave your name and number and a staff member will call you back in the order in which your call was received.** Please do not call more than once. We will call you back to schedule your appointment. Due to COVID-19 protocols, this will be a curbside drop off and pick up service only.

Tax Appointments will be held on Tuesdays beginning Tuesday February 2nd at 9:00 AM. Please note, this will be a curbside drop off and pick up BY APPOINTMENT ONLY. You will not be permitted into the building for any reason. Please have a cell phone with you so the tax prep volunteers can contact you to let you know they are finished with your return.



Mark your calendars for our 2021
Spaghetti Dinner Dates

Friday April 30th

Friday September 24th

Friday October 29th

At this time all events will be held as
drive thru.

A MESSAGE FROM MAYOR CORCORAN



City Hall Hours:

Mon. - Fri.
8:00 a.m.
until
4:30 p.m.

City offices will be closed on:

Jan 1
New Year's
Day

Jan 18
MLK Jr. Day

Feb 15
Presidents' Day



I hope you enjoyed your holidays as much as I did. What I always look forward to and cherish the most about the holidays is spending time with family. This year it looked very different as we continue to deal with COVID-19. We kept our gathering to immediate family in order to limit the amount of contact with others and to diminish the spread. It will take all of us doing our part to combat this virus.

As we continue into 2021, the Senior Center doors will remain closed and all activities have been suspended. We will continue to deliver Meals on Wheels to our clients in a safe and efficient manner. Our staff remains available via email or by telephone. Please call the Senior Center at (440) 353-0828 to leave a message and a staff member will return your call. Until there is a vaccine readily available, this may be the way in which we will be conducting business for the next few months. Watch for updated news in subsequent newsletters or visit our city's website at www.nridgeville.org.

Our Fire Department has teamed up with the Senior Center and University Hospitals of Cleveland to offer Emergency Medical Identification Cards to our residents. The cards can be obtained by residents and filled out to include emergency information such as doctor's name, existing medical conditions, medications, allergies and other medical information that can be useful in an emergency. The card then slides into a magnetic sleeve that should be kept on the refrigerator. This is especially useful in times of an emergency when the paramedics respond to the home. If this information is readily available, it streamlines the process of obtaining information when a patient may not be able to supply it themselves. These cards are free and can be picked up at City Hall and both fire stations. If you cannot leave your home, but would still like to have a card, contact the North Ridgeville Fire Department at (440) 327-5311 and arrangements will be made to get one to your home.

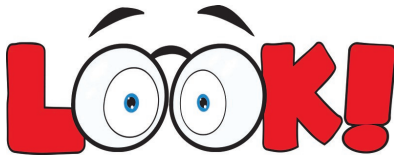
Please join me at one of my upcoming coffee and conversations – Wednesday, January 13 or Thursday, February 11 from 8:30-9:30 a.m. at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

In closing, I wish you a happy and healthy 2021!
Mayor Kevin Corcoran



WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2021. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center.



If your mailing label reads "2021" or "0" for Lifetime Subscription, you are current on your subscription for this year.

We will be going through our list regularly and removing anyone who does not keep their subscription current so we can keep our costs down. If you move, please update us on your new address.

SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

7327 AVON BELDEN ROAD
NORTH RIDGEVILLE, OHIO 44039
PHONE: (440) 353-0828

YEAR _____ LIFETIME* _____ RENEWAL: YES / NO

DATE _____

*Please make checks payable to
The N. R Office for Older Adults*

NAME _____

ADDRESS _____

CITY/STATE/ZIP CODE _____

PHONE: _____

EMAIL: _____

Please list below any areas of interest regarding classes, speakers, trips, activities at the Center, or any other interests you may have.

*Lifetime Subscription eliminates having to pay your annual subscription fees each year.

Annual Cost (per household): \$8.00 Lifetime Subscription: \$ 75.00

Your subscription expires 1 year from the date of your payment.

NORTH RIDGEVILLE BRANCH LIBRARY NEWS

JENNIFER WINKLER, BRANCH LIBRARIAN SUPERVISOR
PRE-REGISTER BY CALLING (440) 327-8326



Library Hours

WE'RE OPEN! All LPLS branches are open from 9 a.m. to 8 p.m. Monday thru Thursday and from 10 a.m. to 6 p.m. Friday and Saturday.

The first hour of each day is reserved for our senior patrons and those that are immunocompromised.

Cutting the Cord

Join us for an introduction to all the ways you can keep watching quality TV and movies without cable. The program will be taking place on Zoom. Registrants are asked to include their email addresses so that Zoom invitations can be sent for this event. Preregistration required.

Tuesday, January 5 at 6:30 p.m.



Winter Salads

Get a healthy and delicious start to the new year. Follow along at home as we put together some beautiful and tasty winter salads in the Culinary Literacy Center at the Main Branch. Preregistration required.

Friday, January 22 at 3 p.m.

Valentine Desserts

Local Abeille baker, Laura Coteff will be visiting our beautiful new Culinary Literacy Center to share how to bake Valentine's Day desserts. Follow along at home! Preregistration required.

Friday, February 12 at 3 p.m.



Zoom Yoga: All Levels Yoga

Get moving with a variety of Zoom yoga classes this month. Please provide your email address when registering in order to receive a link to the Zoom sessions. Register for each session separately.

1/7 - All Levels Yoga

1/14 - Chair Yoga

1/21 - Yin or Slow Flow Yoga

1/28 - Family Yoga

Preregistration required.

Thursday, January 7, 14, 21, 28 at 6:30 p.m.



Managing Stress and Uncertainty

Join Don Schiffbauer, Chief Executive Officer at The Nord Center, as he discusses ways to manage change, anxiety, and worry in a time of uncertainty. This program will be taking place on Zoom. Registrants are asked to include their email addresses so that Zoom invitations can be sent for this event. Preregistration required.

Wednesday, January 6 at 7 p.m.

MORE LIBRARY NEWS

LORAIN PUBLIC LIBRARY SYSTEM'S NORTH RIDGEVILLE BRANCH
35700 BAINBRIDGE ROAD, NORTH RIDGEVILLE

Pre-Register for activities please call (440) 327-8326

The Lorain Public Library System adapted its programs, so you enjoy them from the comfort of your own home using Facebook or Zoom. The North Ridgeville Branch Library has also added several Grab & Go activities for you to enjoy at home. These are available for all ages, and each kit includes most of the supplies needed to complete each activity.



Freedom's Friends: The Underground Railroad and Abolitionists in Oberlin, Ohio

Presented by Oberlin Heritage Center. Registrants are asked to include their email addresses so that Zoom invitations can be sent for this event.

Preregistration required.

Tuesday, February 2 at 6:30 p.m.



Ready or Not? Preparing for the Unexpected

Join Matt Nickels, a local Edward Jones Financial Advisor, for a virtual Zoom session as he discusses a proactive strategy to help protect your family's financial resources from life's unexpected turns. Registrants are asked to include their email addresses so that Zoom invitations can be sent for this event.

Preregistration required.

Wednesday, January 27 at 7 p.m.

Estate Planning 101

Join Joseph L. Motta, LPA, a local Estate Planning and Elder Law Attorney, in a virtual Zoom session as he discusses how to avoid common estate planning mistakes to ensure that you create a definite plan for managing your wealth and disturbing your estate. Registrants are asked to include their email addresses so that Zoom invitations can be sent for this event.

Preregistration required.

Thursday, February 11 at 7 p.m.



Paper Canvas String Art

All supplies will be provided to make a simple string art heart. These activity bags are available while supplies last at the North Ridgeville Branch Library during regular business hours.

Monday, February 8 -Saturday, February 13; while supplies last

Virtual African Drum and Dance

Come enjoy an engaging afternoon with West African drummer Sogbety Dimonade. This interactive performance will provide a glimpse into West African rhythms, songs and dance.

Saturday, February 20 at 2 p.m.



Art in the Afternoon

Join us for a relaxing, creative afternoon in this Zoom art program. Guidance and basic art materials provided. Please provide an email address in order to receive a link to the Zoom session and a phone number to arrange pick up of supplies from your local branch. Supplies include canvas, brush and paint.

Preregistration required. **Friday, January 22 at 2 p.m.**

SENIOR CLASSES FROM PARKS & REC!

REGISTER ONLINE AT WWW.NRIDGEVILLE.ORG/PARKSANDREC OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER.

Chair/Gentle Yoga Fusion

Offered by: North Ridgeville Parks and Recreation



This class allows you to perform postures and breathing exercises with the aid of a chair and gentle yoga poses. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

Instructor: Heather Gillespie
 Ages: 15 and Up
 Class Size: 04 minimum / 06 maximum
 Fee: \$50 Resident / \$60 Non-Resident
 Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	FRI	01.22-02.26	9:00-10:00AM
Ses II	FRI	03.05-04.09	9:00-10:00AM

Centered Yoga for January and February

This is a non-flow yoga class aimed at stretching, strengthening and balancing the body through a variety of poses on the ground, seated, kneeling and standing.

This class is meant for people of all ages and yoga abilities.

Instructor: Kip Cronk
 Ages: 15 and Up - Seniors Welcome!
 Class Size: 04 minimum / 12 maximum
 Fee: \$50 Resident / \$60 Non-Resident
 Location: Safetyville Building 35753 Bainbridge Rd.

	Day	Date	Time:
Ses I	TUES	01.12-02.16	4:30-5:30PM
Ses II	TUES	02.23-03.30	4:30-5:30PM

This is a Parks and Rec program please register online at www.nridgeville.org/parksandrec or in person at the P & R office.

Tai Chi Balance for January & February

Good balance is essential for our daily life activity, and tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of tai chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs.

Instructor: Mary Cordray
 Ages: 15 and Up—Seniors welcome!
 Class Size: 04 minimum / 06 maximum
 Fee: \$50 Resident / \$60 Non-Resident
 Location: NR Senior Center 7327 Avon Belden Rd.

	Day	Time
Ses I		
THURS	01.14-02.18	10:15-11:15AM
Ses I		
SAT	01.16-02.20	10:00-11:00AM
Ses II		
THURS	02.25-04.01	10:15-11:15AM
Ses II		
SAT	02.27-04.03	10:00-11:00AM

This is a Parks and Rec program please register online at www.nridgeville.org/parksandrec or come to the office to register for this event.



Gentle Yoga for January & February

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome. Each session is 6 weeks.

Ages: 15 and Up - Seniors Welcome!
 Class Size: 04 minimum / 06 maximum
 Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd. (T) Shady Dr. Batting Cages 37077 Shady Dr. (TH)

Ses I	TUES	Kip Cronk	01.12-02.16	5:45-6:45 PM
Ses II	TUES	Kip Cronk	02.23-03.30	5:45-6:45PM
Ses III	TUES	Kip Cronk	04.06-05.11	5:45-6:45PM
Ses I	THUR	D. Jancura	01.07-02.11	9:00-10:00 AM
Ses II	THUR	D. Jancura	02.18-03.25	9:00-10:00AM
Ses III	THUR	D. Jancura	04.01-05.06	9:00-10:00AM

This is a Parks and Rec program please register online at www.nridgeville.org/parksandrec or in person at the P & R office.

DONATIONS/MEMORIALS/WILLS/PUZZLE

DONATIONS /MEMORIALS /WILLS

Please continue to remember the Senior Center for donations, memorials and bequests of your loved ones. Checks made out to our 501(c)(3), the non-profit arm of the Senior Center, North Ridgeville Seniors, Inc. are tax-deductible. We also accept and we appreciate donations made through your Will or Trust.
Thank You for remembering us!

WILD WORLD OF ANIMALS

C N G O M Q J L F V B Q J Q G L K D X D L O A T Q P S O P	SCORPION
H P M S N J C N E X T A L B N B B E A R Z Q C I I Y G U I	CAMEL
M L P A W H U R U O P E M R F K E J G T T K I E A N A M P	FLAMINGO
T T I K L C M N R D F T Q G Q D G S N V T O A U A C O I G	DOLPHIN
G O F G T G C R I F N T J H P I O W U C W F C N E F O D R	PENGUIN
I Z X G B J A S A H X N B C J N E O C O Z X Y Z G A K A H	LEOPARD
E Y K T E P D R X R P D Y C X O L G N L M T C E D A U P S	TURKEY
Y B Q T Z A I H O T G L G D H S T J D N P C Y R K F G R A Y	PELICAN
Q H O X W G R W O I M U O R U A R X T L E M A C A W W O C	EAGLE
U C L I Y D V T E A G B O D P U U B V X Q J X J M K G H O	HORSE
D O L S Y S Y X H G I U Z A C R T N U Y K R E O F S I E T	BUFFALO
G K I S B Q B O S W H I A P J K H A Y T E W P M R M Z R K	PANTHER
P A D A T J G T O F O C I N B C Q B B H U Y Y N P A Z N C	PYTHON
A U A J U N B U H M T R L I A T C B T T T Y Y A T K T C A	ZEBRA
O A M Z I H Q R H J O J M H I L Y N R H G B N F D B S J N	MONKEY
E X R M O G Z K T N A H P E L E A A O X U Z W J T M O M I	LIZARD
Z H A B M A L E S R A F E V A P T N B T E I W Z B Z R L W	IGUANA
W L C M S G S Y B H L O C Y D G C M T E F H A M S T E R S	ARMADILLO
F Z H H U Z Q E H M L T Z M G X L E O Y J P D E K Z C E W	EARTHWORM
Y Q M Z P S Z B V X I Q N K P N R E L Q L E R R D R O C P	OCTOPUS
Z S O V O A D L Y S G R B D Z F D U A W Q N L P I L N W A	MOUSE
D P S Y T G M I B C A E O J L Y T D F S G G V H I B I O R	ELEPHANT
D O C C C X S Z O O T J C Y L P K R F T X U U O B G H L T	GIRAFFE
Z H P I O Y N A P R O F Y T R V G A U H V I W R U K R L B	TURTLE
L Z S O E G B R T P R T G G B C Q P B N B N C S H U T H M	KANGAROO
G R D K H W O D A I S U M A T O P O P P I H S E W H I W T	BIRD
C U N M I D M K P O Q D P D V X R E K H O H K H E H Q P V	MOSQUITO
B O R Z E T D A X N Q Q O G F H G L M O S Q U I T O K K M	JAGUAR
M V M O D N A C I L E P C O Y O T E R L Y P A A I L R F W	BEAR
	ALLIGATOR
	PARROT
	HAMSTER
	COYOTE
	CHIMPANZEE
	DINOSAUR
	BUTTERFLY
	HIPPOPOTAMUS
	RHINOCEROS

Bored? Try some of these fun ideas!

Talking about movies is a great way to connect. See if your friends want to set up a time to watch the same thing, whether it's on a streaming service or cable. You can call each other at the commercials or even Zoom on your tablet and talk during the movie or show.

Most seniors remember a time when snail mail was their main form of communication. Start a pen pal program with children in your family who are currently homeschooling. It's a chance for kids to work on their writing skills and for seniors to tell their stories.



The services provided are funded entirely by the City of North Ridgeville, donations and North Ridgeville Seniors, Inc. Transportation receives a small grant from Title III-B of the Older Americans Act through the Ohio Department on Aging administered by the Western Reserve Area Agency on Aging.

Please call us at (440) 353-0828 with any questions you might have regarding the services we provide.

NEED A BIRTHDAY GIFT IDEA!

Gift certificates for our Meals-On-Wheels Program are always available by calling (440)353-0857. These are always wonderful Birthday or anytime gifts!

They are always available and help your older family member by purchasing something they need.

This is a perfect gift for family members, friends or neighbors and can be purchased in a variety of denominations.

SENIOR SERVICES

LOCK BOXES

The Lock Box saves damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Seniors, Inc., and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A donation of \$30 is required for a Lock Box for seniors 60+. Lock Boxes are available to anyone else for \$40.** Applications can be found at the Senior Center or at www.nridgeville.org. *The cost of the Lock Boxes are supplemented by North Ridgeville Seniors, Inc. Thank You!*

SENIOR SUPPER CLUB

Seniors can eat at St. John Medical Center's Terrace View Café (cafeteria) for a discount. Anyone over the age of 60 can simply pick up a card from our receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10 limit per customer for discount, after that the items are full price.

MEALS-ON-WHEELS

CAN WE HELP?

The North Ridgeville Office for Older Adults (Senior Center) offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered right to their door on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwaveable containers and will need to be heated before consumption.

It is our goal to provide a nutritious noon meal to all of our clients; however, we cannot do special diets (e.g. diabetic). The price for a meal is \$3.75. Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to our clients. For additional information, please give us a call at (440) 353-0857.

WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

Anyone 60 or older who lives in North Ridgeville. We do not adhere to any special diets so we do require a doctor's authorization prior to anyone being added to the program. Our case manager will do a home visit prior to signing up the client on Meals-On-Wheels.

SENIOR SERVICES CONTINUED



OUTREACH PROGRAM

A very special thank you to the Grafton V.F.W. Post 3341 for staffing/organizing our Outreach Program in Grafton. Located at 783 Huron St., they always have something special happening. The Grafton VFW and the North Ridgeville Senior Center team up to provide Outreach Programs for Seniors at the VFW hall at **NO COST** to the senior. A calendar of events can be found in the **Rural Urban Newspaper**. For information on the programs, please contact the VFW at (440) 926-3341 for an updated schedule.

SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare services, support groups, telephone reassurances, and much more. The purpose of Supportive Services is to try to help seniors maintain independence, and to be a source of information for and about seniors. If you need assistance, or if you have any questions, call (440) 353-0857 Monday thru Friday, 10 a.m. - 4 p.m.

FOOT CARE

Dr. Thomas Emmert, is the Podiatrist of Total Foot Care. At this time Dr. Emmert is taking appointments at his office in Lakewood. **He will not be visiting the Senior Center.** **If it is your first visit with him, it is recommended that you contact Dr. Emmert's office before your appointment to insure they have the necessary information. They can be reached at (216) 529-1800. The cost of the clinic is usually covered by Medicare and supplemental insurance.**

HEARING TESTING & BLOOD PRESSURE CHECKS

These services will remain suspended until further notice.

NORTH RIDGEVILLE COMMUNITY CARE

As the health and safety of our volunteers and clients is paramount Community Care has made the difficult decision to change the way they will be serving clients. They will be open, but will not have any volunteers at the center. North Ridgeville residents in need of food distribution will be assisted from a pass through at the side door. If you are a client and are homebound or feel it is unsafe to come out please call the center and they will make arrangements for you. Contact them at (440) 353-9716.

Temporary Hours of Operation:
Monday and Tuesday 9:30 a.m. -1:30 p.m. ,
Thursday 3:00 p.m. - 6:00 p.m.

GOLDEN BUCKEYE CARD INFORMATION:

Participation in the Golden Buckeye program is free to all Ohio residents who are:

- Age 60 or over (proof of age required).
- Age 18-59 with a Social Security Administration defined disability.

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, call toll-free 1-866-301-6446 or if your card was lost or stolen, call 1-866-301-6446 to get a new card.

To fill out an application or for more information visit their website at www.goldenbuckeye.com.

HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.

To arrange for a counseling appointment, call (440) 353-0856 or (440) 353-0857 for information.

Office for Older Adults
North Ridgeville Seniors, Inc.
7327 Avon Belden Road
North Ridgeville, OH 44039

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#135

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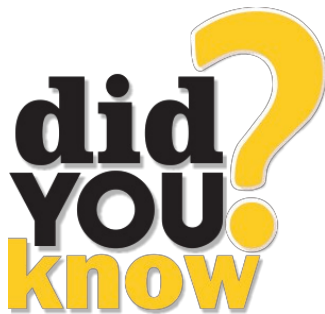
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FUNDED BY THE CITY OF
NORTH RIDGEVILLE,
DONATIONS, SERVICE
FEES AND THE OLDER
AMERICANS ACT.

North Ridgeville Senior Center Newsletter

JANUARY & FEBRUARY 2021

(440) 353-0828
7327 Avon Belden Road



Wearing a mask protects you and others!
Please mask up when you are out in public
or are in areas where you cannot social
distance! Stay healthy by washing your
hands frequently for 20 seconds with soap
and warm water. Stay home if you are sick.

