

Senior Center

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



MARCH—APRIL 2021

OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.
City Offices Closed:
Friday April 2, 2021
Good Friday

Our most sincere apologies for the USPS delays in getting your Jan-Feb Newsletters to you. They were mailed the last week in December. Hopefully this edition will arrive in a more timely manner! Be well and we hope to see you soon!

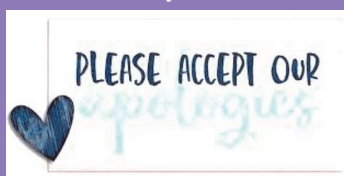


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Lorain County
Public Health

For the Health of Us All

Get your questions answered.

If you have questions about COVID-19 call:

Lorain County Public Health at 440-322-6367 weekdays from
8 a.m. to 4:30 p.m. or

The Ohio Department of Health daily at 1-833-427-5634 from
9 a.m. to 8 p.m.

Please check out the LCPH website for additional information.
<https://www.loraincountyhealth.com/>



Sponsored by the
Rotary Club of
North Ridgeville

Mark your calendars for our April
Drive-Thru Spaghetti Dinner

Friday April 30th

Tickets will be available for presale
beginning **April 1st** in the
Mayor's Office or by mail.
\$6 per person for spaghetti,
meatballs, and garlic bread.

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:**

Good Friday
April 2, 2021

As we continue to face the challenges of COVID-19, we need to stay vigilant and continue to do our part by social distancing, wearing face coverings and frequent hand washings to slow this virus down. The new challenge we are now faced with is the distribution of vaccines to as many individuals as possible; however, there continues to be a shortage of vaccines. If you have any questions regarding COVID or the vaccine, please contact Lorain County Public Health at (440) 322-6367.

2021 will be a busy year for city projects. The Center Ridge Road reconstruction project will finally come to an end. The anticipated completion date is spring 2021. Fechko Excavating will be prepping and milling to finish up the surface course and adding the pavement markings when warmer spring temperatures arrive. I know we are all anxious to see this project completed!

Other significant projects include:

- * Construction of a roundabout at Chestnut Ridge Road and Alternate SR 83 to include the addition of storm sewers, lighting, landscaping and traffic control.
- * Extending the sanitary sewer along Center Ridge Road from Barton Road east to the city limits for approximately 3,200 feet.
- * Removal and replacement of the Mills Road bridge over French Creek.

You are cordially invited to attend my coffee and conversations at City Hall to learn more about these projects and others that are planned in the upcoming year as well as other city business. These coffees are held monthly in Council Chambers from 8:30-9:30 AM with the March/April schedule as follows: Tuesday, March 23 and Friday, April 23.

The Office for Older Adults is planning their first Spaghetti Dinner in 2021 to be held on Friday, April 30 from 5-7 PM. Tickets will be available for purchase in advance with a drive-thru distribution. More details can be found later in this newsletter. Let's hope by the September 24th and October 29th Spaghetti Dinners that we will be able to dine together inside the Senior Center.

If you have any questions, please do not hesitate to call my office at (440) 353-0811.

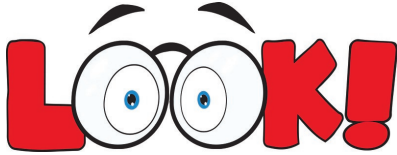
Sincerely,
Mayor Kevin Corcoran





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.



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.

As subscriptions are renewed, we are adding the month to your subscription expiration date on your mailing label to help you keep track. You will see the month and year your subscription expires. If your mailing label reads "2021" or "0" for Lifetime Subscription, you are current on your subscription for this year.

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.

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.

Gentle Yoga

Offered by: North Ridgeville Parks and Recreation

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.

Ages: 15 and Up
Class Size: 04 minimum / 06 maximum
Fee: \$50 Resident / \$60 Non-resident
Location: Safetyville Building 35753 Bainbridge Rd. (T)
 Shady Dr. Bating Cages 37077 Shady Dr. (TH)

Session	Day	Instructor	Date	Time
Ses I	TUES	Kip Cronk	01.12-02.16	5:45-6:45PM
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	THURS	Diana Jancura	01.07-02.11	9:00-10:00AM
Ses II	THURS	Diana Jancura	02.18-03.25	9:00-10:00AM
Ses III	THURS	Diana Jancura	04.01-05.06	9:00-10:00AM



Please contact the Parks & Rec office at 440-353-0860 to register for these programs.

Mayor: Kevin Corcoran

Parks and Recreation Director: Kevin M. Fougousse

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

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.

To join any of our Facebook programs, visit us at <https://www.facebook.com/LorainPublicLibrarySystem>.

Patrons can register for programs offered on Zoom at <https://www.lorainpubliclibrary.org/events>. Registrants are asked to include their email addresses so that Zoom invitations can be sent for the event.

Visit the online calendar for the most current information www.lorainpubliclibrary.com/events.

Mobile Hot Spots Available

The Avon, North Ridgeville and Columbia branches have a limited number of mobile hot spots for 21-day loan periods. This is a device that you would check out of the library and take with you to use with your personal electronic devices. Call ahead for availability.



Shred Day

Saturday, March 20; 9 a.m. to noon
Avon Branch; 37485 Harvest Drive in Avon

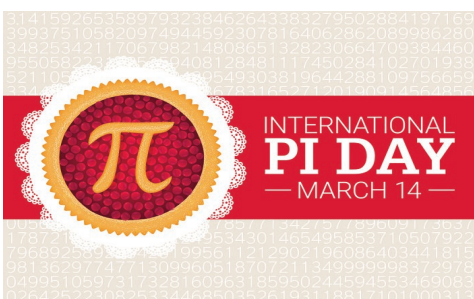
Free Shred Day



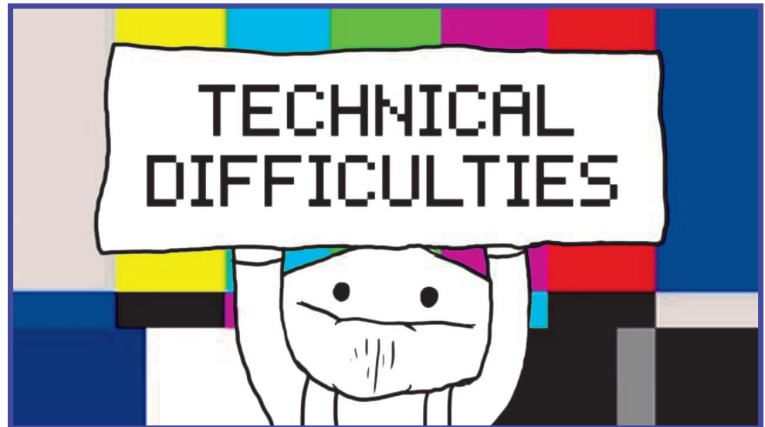
Bring your sensitive documents such as tax forms and medical records to be shredded onsite in the library parking lot. Each household may bring up to five standard size copier paper boxes or five grocery size bags of documents. Please remove all paper clips and binder clips. This free event is co-sponsored by the Friends of the Avon Library.

Pi Day Pie

Sunday, March 14; 10 a.m.
In this Facebook demonstration, learn how to make a wonderful no-bake pie in honor of Pi Day!



TECHNICAL DIFFICULTIES



Tech Troubleshooting (via Zoom) Tuesday, March 2; 6:30 p.m.
Learn tips and work-arounds for technology issues with audio, video quality, internet, Zoom and more. Pre-registration required.

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.

There's Something Strange in Ohio

Unusual Tales (via Zoom)

Wednesday, April 21

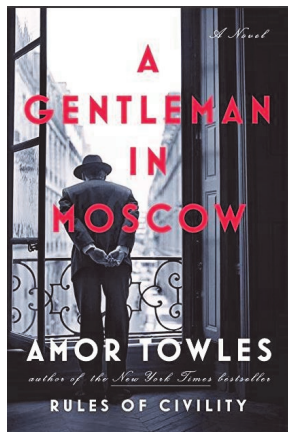
6:30 to 7:30 p.m.

Explore the strange and unusual side of Ohio tales of the mysterious, the odd. See what historical facts are too strange to be false and what is just an urban legend. Learn about Balloonfest, and what is located at the Troll Hole! Pre-registration required.



Check Out

Your Local Library's
Incredible FREE
Resources



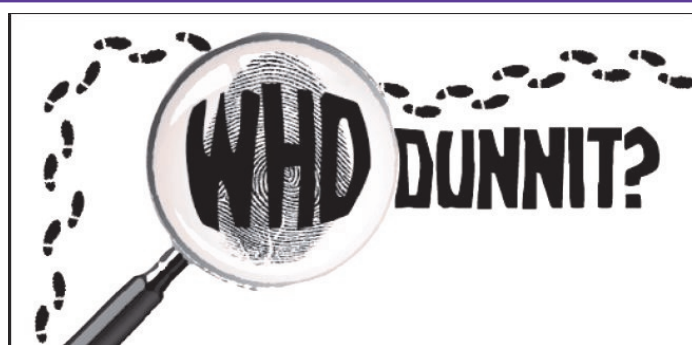
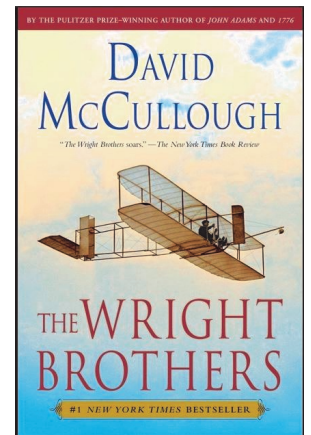
LPLS Zoom Book Discussion

Wednesdays: 6:30 to 7:30 p.m.

March 10: A Gentleman in Moscow by Amor Towles

April 14: The Wright Brothers by David McCullough

Connect with other readers to discuss great books via Zoom.
Pre-registration required.



Whodunnit? Virtual Murder Mystery (via Zoom)

Thursday, April 22; 6:30 to 8 p.m.

Join us virtually for a chilling evening of National Library Week intrigue as we solve a mystery together. Attendees have a chance to play key roles. **Please register by April 18.** Pre-registration required.

PUZZLE

Around the House

100 Hidden Words to Find

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

attic	brush	couch	floor	mattress	plate	soap	toothbrush
basement	cabinet	counter	fork	microwave	pot	socks	toothpaste
bathroom	candle	cup	frame	mirror	purse	spatula	towel
bath tub	carpet	curtains	glass	mop	refrigerator	sponge	trash
bed	chair	cushion	hanger	ottoman	remote	spoon	vacuum
bedroom	clock	desk	hook	outlet	rug	stairs	vent
bench	closet	detergent	iron	oven	shampoo	table	washcloth
blanket	clothes	dishwasher	keys	pan	sheet	teapot	washer
blender	coaster	door	kitchen	pantry	shelf	television	window
book	coat	drawer	knife	paper	shoes	tile	
bookcase	comb	dresser	knob	pen	shower	tissues	
bowl	computer	dryer	lamp	photo	sink	toaster	
broom	conditioner	fan	light	pillow	slippers	toilet	



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 their 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, 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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
ELYRIA, OHIO 44035
#135

LOOK AT THE LABEL:
Your membership is paid
through the month and year
listed in the corner.

Address Service Requested

To Our Fantastic Friend:

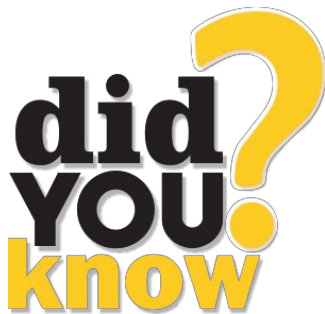
FUNDED BY THE CITY OF
NORTH RIDGEVILLE,
DONATIONS, SERVICE
FEES AND THE OLDER
AMERICANS ACT.



North Ridgeville Senior Center Newsletter

MARCH & APRIL 2021

(440) 353-0828
7327 Avon Belden Road



Even if you have been vaccinated, a mask protects you and others! Please continue to 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.

