

A PROGRAM OF FAMILY & COMMUNITY SERVICES

Telescope

MONTHLY NEWSLETTER OF SCOPE SENIOR SERVICES

See the "Telescope" online at: <http://ourseniorcenter.com/find/scope-of-trumbull-county>

Like us on "Facebook"-SCOPE Trumbull-SCOPE of Trumbull County

Ray Beish is the New Manager at Howland SCOPE

SCOPE is happy to announce that Mr. Ray Beish (BISH) is the newly hired manager for the Howland Center.

Many of you who have visited the Warren Center have had the opportunity to meet Ray who has been a volunteer with SCOPE for nearly one year. He was almost hired back in November of 2020 until lay-offs occurred at SCOPE due to the Covid pandemic. He stayed at Warren SCOPE to help as a volunteer until we began the process of reopening the Howland Center. His support during the AARP free tax preparations and restart of the Warren Center has given him experience to get Howland up and running quickly.



Ray is a veteran of the Air Force where he took Social Psychology studies from the Community College of The Air Force in Dayton, Ohio, with a 3.50 GPA. After his twenty-year military career, he came back home and worked for 23 years at PAM Transport but lost his job due to cutbacks caused by Covid-19. So PAM's loss was SCOPE's gain.

Ray lives in Warren and has been married to Carolyn for 23 years. He is a member of the VFW post which meets at the Howland SCOPE Center.

Ray was recognized this year as one of the outstanding volunteers by SCOPE's parent organization, Family & Community Services. Ray offered the following quote for the article F&CS did on him: "Some view volunteering as a sacrifice. I look at it as an opportunity. Not only does it help where needed, but to me it is a learning experience

and each day presents its own challenge. If I can help others and make a positive difference to just one person, I have accomplished something."

Well, Ray, with that attitude of service, SCOPE is very pleased you are officially part of our staff.

Senior Citizen Bocce League to Begin in May

It's time to sign up for any of the three SCOPE senior citizen Bocce sessions. The Senior League Bocce starts on May 25th and ends in July at the courts on East Market St. in front of Howland High School. Sessions play Tuesdays at 8:30 am, at 4 pm, and 6 pm.

SCOPE's senior citizen Bocce league on Tuesdays is a great way to make new friends, exercise, socialize, eat, and play a game you enjoy. You may sign up individually and be assigned to a team of eight or sign up whole teams. There are a maximum of eight teams per session.



For more information or to sign up, please call Ray at SCOPE Senior Services Howland Center at 330- 609-7806 or email rbeish@fcsohio.org



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com





**HAPPY
90 +
BIRTHDAY**

May Birthdays

John Novak,	99
John Cianci,	92
Doris Testa	92
Ed Amicucci	91
Donna Montgomery	90

GETTING OLD IS LIKE CLIMBING A MOUNTAIN; YOU GET A LITTLE OUT OF BREATH, BUT THE VIEW IS MUCH BETTER!

—INGRID BERGMAN



May 22, Armed Forces Day



May 17, Tax Day



National Military Appreciation Month

If you are a couple, you may be receiving two issues of the Telescope.

Since we don't pay anything to print it, and with the small cost for postage, we will continue to send you two issues. We ask you to hand one to a neighbor or a senior you know who could take advantage of our programs. Thanks for working with us at SCOPE!



Trumbull County Senior Levy Services

Keeping our Seniors Safe, Healthy and Mobile



Senior Services Levy Service Providers

All American USA Taxi 330-395-3226, In county transportation, Out of county medical only

Antonine Sisters 330-538-9822, Adult day care

Comfort Care-A-Van 330-744-4145, In county transportation, Out of county medical only

Comfort Keepers 330-747-3541, Personal care, homemaker/chores/transportation

Country Neighbor 440-437-6311, Home delivered meals, homemaker, personal care

Direction Home of Eastern Ohio 330-505-2300, Ombudsman & regional agency for the aging and disabled

Family & Community Services 330-399-8846, Mobile Food Truck

Garwin 330-534-1335, In county transportation, Out of county medical only

Guardianship and Protective Services 330-299-0267, Protective Services

Trumbull Mobile Meals 330-394-2538, Home delivered meals

Trumbull County Department of Job & Family Services 330-392-3248, Protective Services

Trumbull County Office of Elderly Affairs 330-675-2486, Home delivered meals

Community Senior Centers

Through a network of senior and community center in the county, lives are enriched through various services including information and referrals, prescription assistance, social and recreational activities, and health and wellness programs. The following centers offer various services. Call for details.

Farmington Senior Center 330-889-2733, Congregate Meal site and Activities.

Girard Multi-Generational Center 330-545-6596, Activities, Meals, Education, on-site social worker

Johnston Senior Center 330-924-0412, Congregate Meal site and Activities

McDonald Village Senior Center 330-530-5472, R.E.S.T.— Recreation, Education, Socialization, Together

SCOPE Senior Centers Activity Centers, Meals, Social Workers to provide assistance with daily living

Cortland — 330-565-4982

Howland — 330-609-7806

Newton Falls — 330-306-9577

Niles — 330-574-2888

Warren — 330-399-8846

Services listed reflect those provided through the Senior Levy and may not include all available center programs.

SCOPE is funded by the Trumbull County Senior Services Levy, United Way of Trumbull County, the City of Warren, the City of Niles, Howland Township, City of Cortland, City of Newton Falls, Total Lifetime Care (TLC), Downtown Development Group, Community Foundation of Mahoning Valley, and Direction Home District 11.

SCOPE is a member of Ohio Association of Senior Centers

The deadline for the June 2021 edition of the "Telescope" is Friday, May 7, 2021. Send us your stories and interesting pictures. You can give them to your center manager or email them to m.campanella.scope@gmail.com

All material is subject to the approval of Mike Wilson, Director of SCOPE Senior Services.



From the Garden: Tomatoes — Got to Love Them

by Kathleen Ferris, OSU Master Gardener

Our much loved tomato is native to Central America, not Italy! And they are actually fruits, not vegetables. A fruit bears seeds and develops from the ovary of a flowering plant. Vegetables are edible plant parts, (all but the flower); roots, stems and leaves. So botanically speaking, the tomato is a fruit, although most of us use it

like we use most vegetables — in cooking, not in desserts.

But it was a Supreme Court decision that forever added further confusion to the fruit or vegetable question. In

the 1880's imported vegetables were taxed with a 10% tariff and imported fruits were not. One wholesaler got taxed on a shipment of tomatoes from the Caribbean and disputed the tax based on the grounds that tomatoes are fruit. The case made its way to the U.S. Supreme Court in 1893, where the court ruled that people neither prepare nor eat tomatoes like fruit, and they should be taxed accordingly.

"Botanically speaking, tomatoes are the fruit of the vine, just as are cucumbers, squashes, beans, and peas," wrote Justice Horace Gray in his 1893 opinion. "But in the common language of the people, whether sellers or consumers of provisions, all these are vegetables." Today the tomato is the 4th most popular fresh market vegetable sold behind potatoes, lettuce and onions.

The Ohio State University has a great fact sheet on growing tomatoes in Ohio. After all, most home gardeners grow at least one variety for the simple pleasure of being able to pick a fresh, warm, sun-kissed tomato grown in their own back yard. Disease resistance, the size and quality of the tomato, the ripening season (days to maturity) and growth habit are characteristics to consider when choosing the



Brandy Boy

cultivar you want to grow in your garden, raised bed, or container.

Disease resistance in a tomato plant should be an important consideration since most home gardeners are not able or willing to spray pesticides on a regular basis to manage diseases. Here are some diseases that can affect Ohio grown tomatoes — anthracnose, early blight, Fusarium wilt, late blight, Septoria leaf spot, Verticillium wilt, and nematodes.

One very common problem with tomatoes in Ohio is blossom end-rot, a problem associated with early ripening tomato plants. It is not an infectious disease, but rather a calcium deficiency that could be due to cold soil, a pH imbalance, water stress, excessive nitrogen, and possible limited available calcium in the soil. Blossom end-rot has a dry, sunken black hole or spot on the blossom end of the tomato. Since it is of a physiological nature, fungicides and insecticides are useless as control measures. Although differences exist among varieties as to susceptibility, no varieties are marketed as resistant to blossom end-rot.

Tomatoes planted in cold soil are likely to develop blossom end-rot on the first fruits, with less on later fruits. Warmer soil helps alleviate the problem. Mulching is helpful in maintaining water supply in times of moisture stress, but irrigation is necessary to maintain a steady growth. Use of a low nitrogen fertilizer will also do much to alleviate the problem. Also, do not cultivate too close to the growing plants, as this can damage the plant's feeder roots. This is not a problem for plants grown in raised beds or containers or in straw bale gardens.



Grape Tomatoes

That last sentence was a pretty good segue for the first "Master Gardener Wednesday in the Garden," April 28th @ 6 p.m. at the Agriculture and Family Education Center, 520 W. Main St., Cortland, phone 330-638-6783. The program is on straw bale gardening. It's outdoors, bring a chair, and masks and social distancing are required.

Also our yearly perennial plant sale is May 15th, from 9 a.m. to 2 p.m. Prices are very reasonable, and the plants are healthy. It's a very eclectic sale — perennials, annuals, vegetables, etc. See you at the gardens!



"MIKE'S MUSINGS
By: Mike Wilson, Director of
SCOPE Senior Services

Bye-Bye Winter, Hello Springtime!

As we got out of the doldrums of a Covid winter and moved into springtime, our centers began to see more attendance as many of our activities come alive just like the flowers do.

Last month we featured our wonderful Chair Yoga classes with both Kathy and Colleen, and line dancing with Norm Flavell and Dori Yaz. Norm wants to start square dance lessons for beginners at Howland on Fridays mornings. Dori is also wanting to start line dance lessons for beginners on Monday nights at Howland. If anyone is interested in both or either, please call 330-399-8846 or 330-609-7806.

SilverSneakers FLEX with Karen Rutan is again on site at both the Newton Falls Center on Mondays, Wednesdays and Fridays at 11 am, as well as new sessions at the Warren Center on Tuesdays with Strength class at 10:30 am and Stretch class at noon with a break for lunch.

Hot lunch meals are back at Warren, Newton Falls, and Niles centers. Please call the center you plan to attend two days in advance of your meal. We also have monthly menus available. There is no charge for the meals, but participants are requested to provide a donation.

Howland SCOPE is signing up members to participate in our outdoor Bocce leagues on Tuesdays. Call Howland 330-609-7806 to register. We also welcome Ray Biesh as our new Howland manager.

Our travelling golf league will play on Tuesday mornings May through September with the schedule included in this "Telescope" of various tee times depending on the golf course location.

In Ravenna the Center has started a SCOPE STIX (drums alive style) fitness class. Call Theresa at 330-297-3456 for details.

Cindy, our manager at Hartville Center, has done a great job of sending Facebook posts and Zoom topics to her members and is waiting for the landlord to approve

on-site activities.

As we try to follow the state Covid rules, we are still waiting to find out when we can conduct more socialization programs. We also do continue to provide individual assistance with Social Security, Prescriptions, Medicare and Medicaid to senior citizens. Contact Marge Haley at 330-399-8846 for details.

**SCOPE Traveling Golf League
Tees Off in April**

It's time to sign up for the SCOPE Senior Services Tuesday morning traveling golf league. The SCOPE league golfers will play eight different local courses in 2021 starting on April 20th and ending in October. There will be a couple of hot dog cook out days, two breakfast outings, and then a steak fry at the end of the season.

SCOPE's senior citizen traveling golf league is a great way to make new friends, exercise, socialize, eat, and play a game you enjoy.



MAY SCHEDULE

May 4th — Northwood 10:00 a.m.

May 11th — Cranberry 9:30 a.m.

May 18th — Hidden Oaks 10:30 a.m.

May 25th — Links 9:00 a.m.

For more information or to sign up please call Yvonne at SCOPE Senior Services at **330-399-8846** or email yreventlow@fcsohio.org



Wednesday night line dancing with Dori is going strong at the Howland Center.

Family & Community Services Values Our SCOPE Volunteers

Note from Mike Wilson, Director: We like to show our appreciation for our many volunteers by publishing their pictures, a few at a time.



Craft Supply Sale Show at Niles SCOPE

June 12, 2021, 10 am to 3 pm

\$1.00 donation at the door

Spaces are \$20.00. One per vendor.

14 E. State Street, Niles, OH 44446

Masks must be worn.

Please contact Niles SCOPE

at (330) 574-2888, or

send in your check to

Janice O'Donnell,

9212 Cain Dr.,

Warren, OH 44484.



Michelle Falcone Connecting to Your Own Intuitive Wisdom May 12, 2021

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Find us on Facebook: "Warren Metaphysical Insights 528"

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2nd Wednesday every month

Doors Open 6:30, Program at 7:00pm, \$5
Donation

Also Zoom link opens at 6:45, Program at
7:00pm

Sign up for the Zoom Presentation:
email Donna at: m.insights528@gmail.com



Easter party Bingo at Warren center with Michelle, Kim and Richelle, the Easter Bunny, delivering food and candy

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14-1436

Warren Center
330-399-8846
MONDAY

9:15-10:15 a.m.....REVIVE Fitness
 12:30 p.m.....American Legion
 (2nd Monday) Sept. through June
 11:30 a.m.Lunch
 2-4:00 p.m.Walking Club

TUESDAY

9-10:00 a.m.TOPS
 9:30 a.m.Art/Craft Class in
 Railroad Room
 10:30a.m...Chair Yoga with Colleen, \$2
 10:30-11:30 a.m..SilverSneakers FLEX
 Strength Class w/Karen Rutan, \$
 11:30 a.m.Lunch
 12-1:00 p.m.SilverSneakers FLEX
 Stretch Class w/Karen Rutan, \$
 2-4:00 p.m.Walking Club
 2:30-3:30 p.m...Mercy Health Education
 Online Class
 4:30 p.m.Riverside Railroad
 7 p.m.Stephen Foster
 Barbershop

WEDNESDAY

9:15-10:15 a.m.....REVIVE Fitness
 11:30 a.m.Lunch
 2-4:00 p.m.Walking Club

THURSDAY

10:30 a.m.Bible Study in
 Edwards Lounge
 11:30 a.m.Lunch
 12 Noon....Bingo in Community Room
 2-4:00 p.m.Walking Club

FRIDAY

9:15-10:15 a.m.....REVIVE Fitness
 10-11:00.....Tappers, \$1.50
 11:30 a.m.Lunch
 2-4:00 p.m.Walking Club



May 26, National Senior Fitness Day

Niles Center
330-574-2888
MONDAY

8:45 a.m.....Dental Van every
 third Monday; call center 2 months in
 advance for appointment
 11:30 a.m.Lunch
 12:30 p.m.Card Playing
 1-3:00 p.m.....Quilting & Sewing
 4:00 p.m.Weekly Weigh-in
 'Weigh-Inn' Weight Loss Support Group

TUESDAY

8-10:00 a.m.....Beginner Ukulele
 10:30-11:30 a.m.....Line Dancing \$3
 11:30 a.m.Lunch
 2:30-3:30 p.m...Mercy Health Education
 Online Class
 1-5:00 p.m.....Red Cross Blood Drive
 (4th Tues. of the month)

WEDNESDAY

10:30 a.m.....Chair Yoga with Colleen
 11:30 a.m.Lunch
 1-3:00 p.m.....Bingo

THURSDAY

8-10:00 a.m. ...Ukulele Class with Richard, \$1
 10-11:00 a.m.....Tai Chi with Mark, \$1
 11:30 a.m.Lunch
 12:30 p.m.Card Playing
 12:30-1:30 p.m.....Line Dancing \$3
 1:30-2:30 p.m.....Happy Tappers

FRIDAY

11:30 a.m.Lunch



"I remember my mother's prayers
 and they have always
 followed me.
 They have clung to
 me all my life."
 — Abraham Lincoln

Howland Center
330-609-7806
MONDAY

10-12 p.m.Computer Class w/Ted \$
 12:30 p.m.Chair Yoga, \$3.00
 7-9:00 p.m.WRIPCA Computer,
 1st & 3rd Mon.

TUESDAY

8:30 a.m,Bocce League
 4:00 p.m.Bocce League
 6:00 p.m.Bocce League
 7 p.m.American Legion,
 AUX Riders, Meetings

WEDNESDAY

9 a.m.Ohio Star Quilters,
 1st, 3rd & 4th
 7- 9:00 p.m....Line Dancing w/Dori, \$5

THURSDAY

10-12 p.m.Computer Class w/Ted \$
 10-12 p.m.Needle Arts
 10:00 a.m.Card Making w/Janice
 Noon - 3:00 p.m.Mah Jongg
 1-3:00 p.m....Computer Lessons w/Ted
 (appointment only) \$
 7 p.m.VFW Post 3521 meets
 (1st Thursday of month)

FRIDAY

6-8:00 p.m.Dulcimer Society,
 (2nd Friday of month)
 6-8:00 p.m.Needle Arts
 (2nd Friday of month)

SATURDAY

7:00 p.m.Cross Trailers Square
 Dancing (2nd & 4th) \$

SUNDAY

Noon - 3:00 p.m.Mah Jongg

*Sunday, May 9,
 Mother's Day*



Newton Falls Center
330-306-9577

MONDAY

11-12:00 p.m.....SilverSneakers FLEX
Strength
12:30 p.m.Lunch

TUESDAY

10-12 p.m.Bingo
12:30 p.m.Lunch

WEDNESDAY

11-12:00 p.m.....SilverSneakers FLEX
Strength
12:00 p.m.Bridge
12:30 p.m.Lunch

THURSDAY

10-12:00 p.m.Bingo
12:30 p.m.Lunch

FRIDAY

11-12:00 p.m.....SilverSneakers FLEX
Strength

Cortland Center
330-565-4982

MONDAY

10:30 a.m.Arthritis Exercise \$2

TUESDAY

10-11:30.....Line Dancing w/Jan Sala,
\$2 donation
11 a.m.Chair Yoga, \$3

WEDNESDAY

10:30 a.m.Arthritis Exercise, \$2

FRIDAY

1-2:30 p.m.....Line Dancing w/Dori, \$5

**REMEMBER SCOPE With
A SPECIAL GIFT**

Please remember to include SCOPE in your last will and testament whether it's money, stocks or gifts so we can continue to offer services to our seniors. Please talk with your attorney or administrator about this idea to donate to SCOPE.

If you want to privately discuss special giving or trusts please contact SCOPE Director, Mike Wilson, at 330-399-8846 or mwilson@fcsohio.org



May 6, National Nurses' Day



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Warren SCOPE:
Thur., May 20th
9:00 a.m.-1 p.m.

Niles SCOPE:
Thur., May 13th
9:30-11:30 a.m.

Howland SCOPE:
Temporarily postponed
until June

Cortland SCOPE:
Mon., May 17th
10:00 a.m.-12:00 p.m.

Newton Falls SCOPE:
Tues., May 25th
10:00-12:00 p.m.



May 8, Kentucky Derby Day



May 5, National Enchilada Day



May is National Barbecue Month

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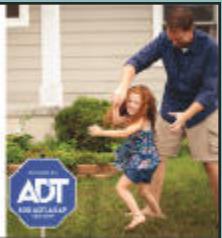
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Robo Calls

by Don Hyde

Trumbull County Elderly Affairs

"I'm mad as hell and I'm not going to take this anymore!" Remember that famous line from the movie *Network* where Howard Beale, the newscaster, was upset with company policies and had a meltdown? This is how I feel about getting all of these Robocalls every single day. In order to talk about them, we should define what a Robocall is. It's a phone call that uses a computerized auto dialer to deliver a pre-recorded message, as if from a robot. They are often associated with political and telemarketing phone campaigns.



The majority of all scams using the phone involve Robocalls. Everything from the infamous IRS calls to the grandparent scam is generated by Robocalls. I must be getting at least seven calls a day between my cell and home phones ranging from paying off student loans to winning various vacations, in addition to the scam calls, making for a long and annoying day. According to the Federal Communications Commission, Robocalls and telemarketing calls are currently the number one source of consumer complaints. Making these calls without the written permission of the recipient has been illegal since 2009, but that law is not very well enforced. A lot of these calls are from overseas and enforcing the laws is very challenging. When the "Do Not Call List" was created a few years ago, everyone thought that this would help prevent these calls; Congress is now learning that the list isn't working anymore. When the list was created, most of the calls came via telephone lines. Now many calls come through the internet, and an identity can be hidden online in a way that it is impossible to trace. With just a few clicks on a computer, a new number can be created and caller IDs can show that the number is coming from just about anywhere. Locally the scammers are able to use the 330 area code plus a local prefix such as 856 to make the call look legitimate.

Some tips on preventing Robocalls:

If you have caller ID, check the number first. If you don't recognize the number, don't answer.

If you pick up a Robocall, hang up immediately. Pressing a number signals that the auto dialer has reached a live number and this can lead to more calls.

If you should happen to get a "real" person and not a voice recording, don't try to reason or argue with them. Just hang up.

Sign up for the 'National Do Not Call Registry.' It's for both land lines and cell phones. It's free and your number is never taken off the list.



The best tip is don't answer, even though it's very annoying and just human nature to answer the phone because you're curious or you want to give them a piece of your mind. Remember, please, do not give out any information over the phone. Tell them to send you something in the mail, but do not give out any information. Scammers and crooks are everywhere, and they are getting smarter and are always improving their methods. Be very cautious.

So the next time you get a call telling you that you have won a free trip, the IRS is after you, your grandchild is in trouble, or some politician wants your vote, hang up.

If you have any questions or concerns, please call me, Donald Hyde, at Trumbull County Elderly Affairs at 330-675-7096. Also, I'm very willing to come and talk to any senior group about various scams against the elderly.

Hugging Is Practically Perfect

It helps the body's immune system.

It cures depression.

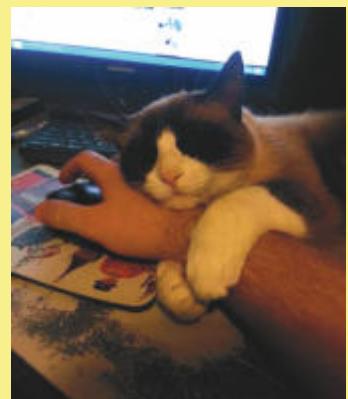
It reduces stress.

It's rejuvenating.

It has no unpleasant side effects.

It is all natural—contains no chemicals, artificial ingredients, pesticides, nor preservatives.

There are no parts to break down, no monthly payments, non-taxable, non-polluting, and best of all, it's fully returnable!



SCOPE will be closed Monday, May 31st, for Memorial Day.



Walking Club Congratulations!!!

Congratulations to these SCOPE walkers:



to our 150 mile+ walker —
Carole Huffman

and to our 200+ mile pacesetter —
Clayton Lohry

Come join them Monday through Friday from 2 to 4 pm in Warren's Community Room.

Ever Wonder Why?

Why do banks leave vault doors open and then chain the pens to the counters?

Why is lemon juice made with artificial flavoring, and dish washing liquid made with real lemons?

Why is the time of day with the slowest traffic called rush hour?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Foot and Toe RN at Scope



Jenifer Vanek, RN, BSN, CFCS will be back in May at the Newton Falls and Ravenna senior centers to cut, file, and clean toe nails, corns, calluses, and heels. Contact either center for date and appointment times.

Attention, Card Players!!!!

The Warren Center is interested in starting several different games including poker, mah jongg, 500, etc.

We invite those interested in joining a card group to please call 330-399-8846.



Clean Out Those Medicine Cabinets!

The Alliance for Substance Abuse Prevention (ASAP) and law enforcement officers from the Trumbull County Sheriff's Office will be collecting and destroying prescription drugs from 9 a.m. to noon on Saturday, May 1st, as part of "Operation: Empty Medicine Cabinet." The officers will accept unused or expired drugs in original containers at the Geauga-Trumbull Solid Waste Management facilities at 5138 Enterprise Drive in Warren off Parkman Road, near the Route 5 bypass. Participants drive up and drop off.

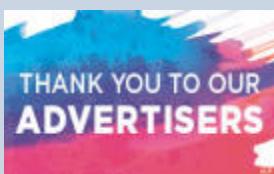


Medications accepted: pills, capsules, patches, gels, powders, ointments, syrups, vitamins, inhalers and pet meds. Keep drugs in original containers or in sealed plastic bags.

Medications NOT accepted: needles, syringes, lancets, thermometers, IV bags, aerosol cans, hydrogen peroxide, empty containers, illegal drugs.

Other partners in this community event are the Geauga-Trumbull Solid Waste Management District and the Trumbull County Mental Health and Recovery Board. For more information, call 330-675-2765, ext. 119.

I'm so old I remember
when “log on” meant
throwing some wood
on the fire.



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- Adult Day Care
- Chore
- Home Delivered Meals
- Personal Care/Homemaker
- Protective Services
- Transportation
- Community Senior Centers

Any issues/complaints/or well wishes are welcome online or by phone.

Contact Diane Jurkovic, CPA
Senior Levy Administrator
(330)675-7846
for complaint filing form
or e-mail:
sjurkov@co.trumbull.oh.us
(.75 mil/5 year levy began
2005, renewed 2010 &
2015, & 2019)

[http://seniorlevyservice.co.
trumbull.oh.us](http://seniorlevyservice.co.trumbull.oh.us)



Commissioners:
Mauro Cantalamessa,
Frank Fuda, and
Niki Frenchko

This Month in American History

May 14, 1607: The first permanent English settlement in America was established at Jamestown, Virginia, by a group of royally chartered Virginia Company settlers from Plymouth, England.



May 24, 1844: Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, "What hath God wrought?"

May 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.



May 21, 1881: The American Red Cross was founded by Clara Barton. The organization today provides volunteer disaster relief in the U.S. and abroad.



May 31, 1889: Over 2,300 persons were killed in the Johnstown flood in Pennsylvania. Heavy rains throughout May caused the Connemaugh River Dam to burst sending a wall of water 75 feet high pouring down upon the city.



May 20, 1927: Charles Lindbergh, in the *Spirit of St. Louis*, won a \$25,000 prize for the first solo nonstop flight between New York City and Paris. He flew 3,600 miles in thirty-three hours.

May 5, 1961: Alan Shepard became the first American in space, piloting the spacecraft *Freedom 7* during a 15-minute 28-second suborbital flight that reached an altitude of 116 miles above the earth.

Mercy Health Free Online Community Health Classes

May Schedule of Classes

All of these classes can be taken via the big screen TVs at the following SCOPE Senior Centers: Niles and Warren. Call the center for details.

Class	Date	Time
Healthier at Home	5/10/2021	Monday, 10 a.m.
Blood Pressure	5/11/2021	Tuesday, 2:30 p.m.
Cholesterol	5/13/2021	Thursday, 2:30 p.m.
Healthier at Home	5/24/2021	Monday, 10 a.m.
Blood Pressure	5/25/2021	Tuesday, 2:30 p.m.
Cholesterol	5/27/2021	Thursday, 2:30 p.m.

Healthier at Home — guide to symptoms and self-care; book included
Blood Pressure — causes, prevention and treatment of high blood pressure
Cholesterol — causes, prevention and treatment of high cholesterol

For Healthier at Home, Blood Pressure and Cholesterol classes, email KBrown1@mercy.com for the Zoom link.

We also offer fitness classes such as chair aerobics, Zumba & line dancing. Click the link below for the calendar & contact information.

<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>

Transportation Needs for Disabled and Seniors Have Doubled

By Debora Garvin

Services for seniors are needed more than ever in Trumbull County for a multitude of reasons. The majority of baby-boomers are 60 plus. Younger family members are not staying in Trumbull County to help as caretakers for their aging parents or grandparents. COVID-19 and economic stress has forced family members to isolate and not be able to tend to the aging parent's needs.

Since mid-2019, the demand for transportation services has doubled. "With increased transportation service to the disabled and seniors age 60 and older, Trumbull County needs to secure additional funding sources in order to provide the same level of service," said Diane Jurkovic, Trumbull County Senior Levy Services Administrator. "The County Commissioners/Senior Levy Advisory Council has not requested an increase in the Senior Levy since the 2005 inception, yet the demand has increased, and we are hoping to maintain the same level of transportation that we have been providing," she stated.

In addition to transportation, the Senior Services Levy provides Home Delivered Meals, Homemaker/Personal Care Services, Adult Day Care and Protective Services to 12 different providers and several Community Senior Centers, including five Trumbull County SCOPE Senior Centers. The purpose of the Senior Services Advisory Council is to 'Keep our Seniors Safe, Healthy and Mobile.' Diane said, "Seniors need to have healthy living opportunities and social interactions."

Both Trumbull County and Mahoning County have received federal funding known as "5310 Funds" used to fund a transportation plan for the elderly and disabled. Currently, the first step is to register with Warren Western Reserve Transit Authority (WRTA) by calling their toll-free number 877-845-9782 ext. 3 for a transportation application. Further information can be found on-line at <http://seniorlevyservice.co.trumbull.oh.us> or is provided when registered. WRTA has been providing fixed bus routes and curb-to-curb service in handicap accessible buses and vans to residents of all ages, free of charge, since March 1, 2020, in Trumbull and Mahoning Counties.

"State funding for non-senior transportation will be exhausted by May 30th," reported Mike Salamone, Trumbull County Transit Administrator. "The plan for a fully functioning county-wide system has been presented to Trumbull County Commissioners for approval to join the WRTA regional system," said Mike. "If passed, the plan will be placed before the voters in the November general election," he concluded.

WRTA Executive Director Dean Harris said, "WRTA will be continuing its' curb-to-curb service through November, regardless."

Niles and Portage County Senior Centers Celebrate St. Patrick's Day with Bingo Parties



Portage County Center Manager Theresa calling Bingo at St Patrick's Day party — below, "Irish" at Portage County



Thanks to Stacey of Continuing Healthcare for calling Bingo at Niles SCOPE and for providing Reuben sandwiches. Also thanks to Mary (left) for providing the cabbage lunch. Below, playing Bingo at Niles.



SCOPE Senior Services Directory



SCOPE Senior Services
Mike Wilson, Director
375 N. Park Avenue
Warren, OH 44481
330-399-8846



Warren Center
Marge Haley, Manager
375 N. Park Avenue
Warren, OH 44481
330-399-8846



Niles Center
Doreen Kacsak, Manager
14 East State Street
Niles, OH 44446
330-574-2888



Howland Center
Ray Beish, Manager
8273 High Street
Warren, OH 44484
330-609-7806



Newton Falls Center
Richelle Drum, Manager
612 West Broad Street
Newton Falls, OH
330-306-9577



Cortland Center
Diane Jordan, Manager
Cortland Christian Church
153 Grove Street
Cortland, OH 44410
330-565-4982



Program Manager
Yvonne Reventlow
375 N. Park Avenue
Warren OH 44481
330-399-8846



**Portage County
Senior Center**
Theresa Summers, Manager
705 Oakwood- Garden Level
Ravenna, Ohio 44266
330-297-3456



Hartville Senior Center
Cindy Billings, Manager
1244 Lauren Crest St. SE
Hartville, Ohio 44632
(330) 433-3140



**Retired & Senior Volunteer
Program**
Leah Sakacs, Coordinator
Family & Community Services, Inc.
201 Wick Avenue
Youngstown, OH 44503
(330) 480-0352 x 3



**Supportive Services for
Veterans' Families**
Nick Spano
375 N. Park Ave.
Warren, Ohio 44481
330-604-0754



Foster Grandparents
Fran Comstock, Manager
375 N. Park Ave.
Warren, Ohio 44481
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FAMILY & COMMUNITY SERVICES, INC.
375 N. Park Avenue
Warren, OH 44481



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**Mail to: SCOPE Senior Services
375 N. Park Avenue • Warren, OH 44481**

You must have a paid up membership in order to receive the "Telescope"

NOTE: We ask for dates of birth from members and participants. This is due to the requirement of the Trumbull County Senior Levy funding for SCOPE. The member or participant's information is NOT sold to any group.