



# THE Harbor Connection

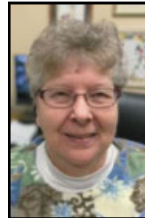
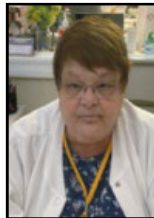
SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

FEBRUARY 2023 VOL. 6, ISSUE 2

## WHAT'S INSIDE

Members.....Pg 2  
 Weekly/Monthly Activities.....Pg 3  
 Dinners/Arts/Crafts/Sewing.....Pg 4  
 Health & Wellness/Support.....Pgs 5, 12  
 Cards & Games/Music.....Pg 6  
 Exercise Programs.....Pg 7  
 Trips.....Pgs 8-9  
 Happenings.....Pgs 10-11  
 Chris' Corner.....Pg 12  
 Misc/Food Resources.....Pgs 11, 13-14  
 Center Guidelines.....Pg 14  
 Mbrship Form.....Pgs 15-16  
 BD/Ann.....Pg 17  
 Advertisers.....Pgs 18-20



OUR 2023  
BOARD  
MEMBERS

Top Row L-R: Sid Rose, Denise Duncan, Connie Pachete, & Dusty Staudt  
 2nd Row L-R: Joel Guthleben, Lois Orosz, Charlie Palumbo, Chip Saalfeld, & Marti O'Gara



Programs and Services are funded through the *Lake County Senior Services Levy*. Become a "Friend" and "Like" us on Facebook at Fairport Harbor Senior Center.



THE CENTER  
WILL BE CLOSED  
FEB. 20

## MISSION STATEMENT

"Improving the lives of adults (55+) through caring service with opportunities for social interaction recreation, basic support, programs, education, volunteering and community support."

## SENIOR CENTER BOARD MBRS.

*President:* Sid Rose  
*Vice President:* Denise Duncan  
*Treasurer:* Connie Pachete  
*Secretary:* Dusty Staudt  
*Senior Ctr. Director:* Chris Yano  
*Trustees:* Joel Guthleben,  
 Lois Orosz, Charlie Palumbo, Chip  
 Saalfeld, and Marti O'Gara

## FAIRPORT SENIOR CENTER

1380 East Street  
 Fairport Harbor, OH 44077  
 Phone (440) 354-3674  
 Fax (440) 354-3786  
 Facebook - "Fairport Harbor Senior Center"  
[www.fairportsejiorcenter.com](http://www.fairportsejiorcenter.com)  
[www.mycommunityonline.com](http://www.mycommunityonline.com)  
 Center has Wi-Fi

## Office Hours

Mon thru Thurs 7:00am-4:00pm  
 Friday 7:00am-Noon  
 Saturday & Sunday CLOSED

## Fitness Center Hours

Mon thru Thurs 8:00am-5:00pm  
 Friday 8:00am-Noon  
 Saturday & Sunday CLOSED



**FAIRPORT SENIOR CENTER MEMBERSHIP:****Annual Fee: \$12 for 55 or older and \$15 for under 55**

Participants who attend the Fairport Senior Center activities, groups who use our services and those who otherwise use the facility several times a year or more are encouraged to become members. Membership is open to anyone age 55 or older and runs from January through December each year. Spouses of those 55 or older (and spouse is not 55) may become members with a joint membership at an annual cost of \$12 per person.

In addition, memberships are available for anyone under 55 at an annual cost of \$15 per person. These members may take part in all activities, except the weight room.

**\*\*\*Join or Renew Today\*\*\*****40 NEW MEMBERS FOR 2023**

Kristine Bidlack  
Sharon D'Amico  
Jerol Kennedy  
Eva Konarsh-Hamilton  
Ruth Harber  
Timothy Harber  
Kathleen Hill  
Gayle Hoffmeyer  
Nancy Lambo  
Ronald Mazzeo

Robert Parrigan  
Suzanne Parrigan  
Annette Peine  
Alanna Petroff  
Letty Prado  
Barbara Resetar  
John Resetar  
Linda Smith  
Dwane Towler  
Julie Underwood  
Debora Vrcan  
Michael Wagner  
Kathleen Wilson

**GET WELL WISHES & THINKING OF YOU**

Bob Baker  
Dorothy Bowman  
Devon Brown  
John Burry  
Betty Caruso  
Jackie Cawley  
Harold Colburn  
Johanna Cornell  
Judy Dolan  
Mark Elsing  
Ann Fairchild  
Roseann Firestone  
Dan Fredrick  
Kermit Hendrick  
Joyce Hunsucker  
Jon Jacobson  
Bob Jones  
Brenda Jones  
Jack Karako  
June Karako  
Debbie King  
Eleanor Kinklaar  
Mary Ann Kuhn  
Aileen Lampella  
Joan Lograsso  
Eva March

Janice Martin  
Marie Martin  
Dave Mason  
Donna Mason  
Bob McNight  
Carol McNight  
Ralph Meivogel  
Gertrude Morabito  
John Murphy  
Ken Mussig  
Lee Nimmo  
Barb Oresko  
Lou Pachete  
Connie Pasko  
Sharon Pealer  
Gerry Phillips  
Rose Pike  
James Reho  
Jim Senter  
Grace Shupp  
Inez Stockdale  
Dee Tarantino  
Tom Thompson  
Flora Tuisku  
Jane Voelker  
Sam Wright  
Donna Zimnicki

**GET WELL, THINKING OF YOU, AND SYMPATHY**

We will gladly send a card to a member who is recovering, feeling down or just needs a little sunshine in their lives. Let us know and we'll send a card.



Please remember to sign in whenever you enter the Center by swiping your new key card. We are a membership-based facility, and our funds come through the *Lake County Senior Services Levy*; therefore, you must be a current member of *Fairport Senior Center* to participate in programs, cards, games, classes, trips, and the use of the exercise equipment. Membership cards are now required to enter the Center. Thank you!

**VOLUNTEER OPPORTUNITIES**

Want to make a difference and feel good about yourself at the same time? Please consider volunteering at our Center. It's a great way to make new friends and keep our Center vibrant.

We're always looking for volunteers to help make cabbage rolls, answer phones in the morning, help clean up, and assist with fundraisers and potlucks among other activities. There's something for everyone!

Please contact the Center's office at 440-354-3674 and let Chris know that you're willing to help.

***"NOBODY CAN DO EVERYTHING, BUT EVERYONE CAN DO SOMETHING." ~AUTHOR UNKNOWN***

**SYMPATHY CARDS WERE SENT TO THE FAMILY OF MEMBERS:**

Tess Bender, Terry Cool, Larry Davis (*brother*),  
Marlene Fliter, Dave Gilmer, Stephanie Hale (*mother*),  
Libby Hill (*mother*), Greg Misco (*brother*),  
and June Wooding

# WEEKLY & MONTHLY ACTIVITIES FOR FEBRUARY

3

## WEEKLY ONGOING ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
Fitness Room 8:00am-5:00pm Watercolors 9:30am Arthritis Exercise <i>(New time)</i> 10:00am Bingo 12:30pm Card Bingo 3:30pm Senior Drawing Class 4:00pm Line Dancing 6, 7 & 8pm <i>Center closed - Feb. 20</i>	Fitness Room 8:00am-5:00pm Hand & Foot 9:00am Darts / Yoga 10:00am Weights & Bands NOON Mah Jongg 1:00pm Knitting & Crocheting 1:00pm Line Dancing 1:15pm	Fitness Room 8:00am-5:00pm Arthritis Exercise 9:30am Hiking See you in the Spring Arthritis Exercise 11:00am LCR & 31 12:15pm Bridge & Pinochle 12:30pm Stretching 5:00pm Bingo 6:00pm
THURSDAY	FRIDAY	SATURDAY
Fitness Room 8:00am-5:00pm Tai Chi 9:00am Sewing 10:00am Chair Yoga 10:15am Weights & Bands NOON Cribbage 1:00pm Euchre / Poker 1:15pm Line Dancing 4:30pm TOPS 5:15pm Country Music 6:00pm	Fitness Room 8:00am-Noon Office Open 7:00am-Noon Hand & Foot 9:00am-NOON Chair Volleyball 11:00am Mah Jongg NOON-4:00pm  <i>Closed at 1:00 pm on Fridays</i>	

## MONTHLY ACTIVITIES

**ATTORNEY - GEOFF HANAHAN.....FEB. 27**  
**at 8:30am** *(4th Mon. of the month)* Attorney Hanahan will now meet with you on the *4th Monday of each month* to discuss your legal needs such as a will, a trust, an estate, etc. An appointment is a must! **[Date changed]**

**BOARD MEETING.....FEB. 10**  
**at 10:00am** *(2nd Fri. of the month)* Board meetings are open to all members of the Center. Everyone is welcome to attend.

**COFFEE WITH THE COPS.....FEB. 1**  
**FROM 8:30 - 9:30AM** *(1st Wed. of the month)* Stop in for a cup of coffee and meet some of Fairport's police officers.

**COIN CLUB.....OFFSITE.....FEB. 13**  
**at 6:30pm** *(2nd Mon. of the month)* **[NEW]**  
**The Coin Club will now meet at the Hungarian Reformed Church in Fairport Harbor each month.**



**COMPUTERS & TECH.....10:00AM..... TBD**  
*(4th Sat. of the month)* Manav and Leena will be here to offer help with your iPad, laptops and cell phones. Please sign up with your phone number, so that you can be notified in case the date & time changes.  
*Visits are scheduled every half hour.*

**FAIRPORT VILLAGE COUNCIL MTING....FEB. 21**  
**AT 6:30PM** *(3rd Tues. of the month)*  
 Council meetings are open to everyone.



**LUNCHES FROM 11:00AM - NOON.....\$5.00/PP**

02/06 - Baked potato bar  
 02/13 - Goulash  
 02/20 - No lunch - Holiday  
 02/27 - Hamburgers

*All lunches include chips & a drink unless otherwise noted.*

***Must sign up*** as only a limited number of meals will be made.

**RISQ TRIVIA.....FEB. 6**  
**at 2:00pm** *(1st Mon. of the month)* Let's play trivia! Come have fun while exercising your brain! We'll have lots of interesting categories along with monthly prizes. Call Dusty at 440-357-9115 for more details.



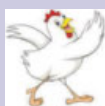


## DINNERS

*Catered dinners are the 2nd Tues. of the month & are \$12/pp (unless otherwise noted).*

*Tickets must be purchased in advance.*

**FRIED CHICKEN.....5-7PM..... FEB. 14**



Come and celebrate *Valentine's Day* with a delicious dinner of Fried Chicken, mashed potatoes, salad, vegetable, rolls, dessert & beverage. After dinner if you would like to stay and play card bingo bring 2 nickels, 3 dimes, 4 quarters, and 1 dollar. Tickets are available now and must be purchased by February 9.

**CORNERED BEEF.....5-7PM..... MAR. 14**



This month we'll feast on Corned Beef, potato, vegetable, dessert and beverage along with entertainment by *Nick & Laurie*. Tickets will be available Feb. 15 and must be purchased by March 10.

## ARTS

**WATERCOLORS (*Beginners to Advanced*)**

**Mondays from 9:30-11:30am \$40.00 for 4 classes**

Bring to class the following items: one flat 1", 1/2" and 1/4" brushes; round brushes #10 and #7; wash brush 2"; watercolor paper 140 Cold Press and watercolor palette. A list is available at the Center. Instructor: Connie Adams.

## CRAFTS/QUILTING &amp; SEW FORTH

**CRAFT-A-CARD (*2nd Mon. of the month*)**

**Feb. 13 from 12:30 - 2:30pm \$5.00 per class**

Make and take three (3) cards. You **MUST PAY** when you sign up, so that there are enough supplies for everyone.

**EVENING CLASS (*4th Tues. of the month*)**

**Feb. 28 from 6:00 - 8:00pm \$5.00 per class**

Make and take three (3) cards. There are only 20 spots available, so you **MUST PAY** when signing up.

Teacher: Jane Conley

Basic Supply Kits, (if you want your own): double sided tape or glue stick; scissors; tweezers; baby wet wipes from Dollar Tree; pop ups; and colored pencils.

**FLEECE CRAFT**

**No Fee**

**TBD**

You will need 2 yards of solid color fleece, 2 yards of printed fleece and a good pair of scissors. Your instructor will assist with putting your blanket together. Baby blankets are 1-1/2 yards each. These make great gifts!

## KNITTING &amp; CROCHETING

**No Fee**

**Tuesdays from 1-4pm**

This group works cooperatively each week. Do you have a project that you would like to start or finish? Need help? Then this group is for you. Do you want to learn to knit? Bring to class 1 skein of 4 ply yarn and a pair of #8 knitting needles and start knitting.

## SCRAPBOOKING

**No Fee**

**Feb. 1 from 11:00am - 2:00pm (*1st Wed. of the month*)**

Are your pictures in a box? Would you like to organize them and make a beautiful scrapbook? This is the class for you! Gather your pictures, scrapbook, and colorful paper. Lots of ideas are offered.

**SENIOR DRAWING CLASS...4:00-6:00PM.... MONDAYS**

*(weekly)* This class is now weekly & will teach you how to draw. There are only 10 spots available, so please sign up. Free supplies are handed out for new students. **If you do not plan to continue, please return the supplies so that someone else can use them.** Thank you. (*No fee*) Class is currently full, but a waiting list is available.

## SEWING

**\$5.00 per class**

**Thursdays from 10:00am - 2:00pm**

If you have a sewing project that you have started or a pattern you are stuck on and have not finished, or have any ideas or tips on sewing to share with the sewing group, join our sewing class on Thursdays. You may bring your lunch with you. Instructor: Connie Pasko.

**BASIC STAINED GLASS....10AM-12:30PM....SATURDAYS**

**Cost is \$100/pp. New class started January 7.**

Designed to teach you straight cuts, inside & outside curved cut, grinding, foiling, soldering, & framing. Fee includes: instruction, use of specialized tools, practice glass, project glass, & a materials kit. Students must bring: scissors, a black & a silver sharpie, small needle-nose pliers, small wire cutter, a terry cloth dish towel, and 12" pizza box. Minimum 2; maximum 4. Please pay half when signing up. Instructor: Dusty Staudt.

**[Intermediate classes are available. Please call the Center for details.]**



**Don't forget**....we're a warming center! So come in from the cold, sit by the fireplace, read a book or just enjoy the company of friends...we're here to keep you warm!

## YOUR HEALTH

**BLOOD PRESSURE SCREENINGS.....10AM.....FEB. 15***(the 3rd Wed. of the month) - The Fairport Fire*

**Department** will be here to offer free blood pressure screenings each month. Please sign up today.

**BRAIN HEALTH & WELLNESS.....4:00-5:00PM.....FEB. 7**

*(1st Tues. of the month, except July)* Join us in a monthly discussion on how the brain works, the aging process and how to maintain mental health and wellness. This will not be a substitute for counseling. We will discuss topics to increase your understanding of memory, stress, anxiety, depression, and other topics related to promote mental well-being. Anna Tyrrell, a mental health counselor, will lead these discussions. Please sign up. *(No fee)*

**HEARING - Holly's Hearing****NO FEE****April 12 & Oct. 11 from 10am-Noon**

A rep will be here to screen your hearing & to clean your hearing aids. Please sign up if you are interested in a hearing test and/or cleaning.

**Massages (Table)****\$1.00 per minute****Feb. 3 & 17 from 11am-2pm** *(the 1st & 3rd Fri. of the month)*

Our Massage Therapist is back for table massages! Please pay when you sign up for your 15- or 30-minute session.

**PODIATRISTS**

**Dr. Ben** Feb. 8; Mar. 8 & 29 *(No April visit)* **\$25**  
Appointments start at 9:00am.

**Dr. Kelly** Feb. 22; Mar. 22 **\$25**  
Appointments start at 10:30am.

You may make your appointment when you visit the Center or you can also call 440-354-3674 to leave a message. Someone will call you back to schedule your time.

*Both physicians do not bill Medicare. Private pay only.*

**TOPS (TAKE OFF POUNDS SENSIBLY).....FEE****Thursdays starting at 5:15-6:15pm**

Want to lose weight? We have started a TOPS program here at the Center. If interested, please call Carolyn at 440-867-2393 for more information.

**COUNCIL ON AGING'S COMMUNITY OUTREACH  
SOCIAL WORKER.....10:00-11:00AM.....FEB. 8**

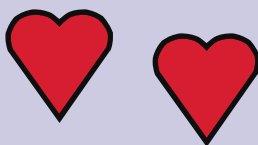
A rep will be here *(the 2nd Wed. of the month)* to answer questions, provide information, and make sure that your needs are being met. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information and assistance with: In-Home Care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc. Please sign up to meet with them one-on-one.

**SUPPORT GROUP****LOSS/GRIEF SUPPORT.....11:00-NOON.....MAR. 16**

Lisa from *Hospice of the Western Reserve* will be back soon to offer support, comfort, and information to those struggling with loss. This program is also for caregivers, friends, and family members. Please sign up. *(No Fee)*



This month's  
showcase  
display  
courtesy of  
Debra Lewis &  
Cindy Fuhrman

**ACRYLIC PAINT CLASS**

## CARD &amp; GAMES

## BINGO

**Mondays from 12:30 - 3:00pm**

(5¢ per Bingo Square & 10¢ Jackpot fill up)

**Pease wipe down your table when you are done. \*\*\*MUST have own CHANGE\*\*\***

**Wednesdays from 6:00 - 8:30pm**

**Please DO NOT arrive too early due to class before!**



## CARD BINGO

**Mondays from 3:30 - 4:30pm**

To play card bingo you will need 3 nickels, 3 dimes, 5 quarters and 1 dollar. **Also, please wipe down your table when you are done.**

## CARD GAMES

Hand & Foot

**Tuesdays from 9:00am - 12:30pm**

**Fridays from 9am - NOON**

LCR (3 games) & then 31

**Wednesdays from 12:15 - 2:00pm**

Both games are played with quarters. We will help you learn to play, if you are interested in joining.



## CRIBBAGE

**Thursdays from 1:00-3:00pm**

If you are interested in playing, please come in or call the Center to sign up. Come on out and try your hand at it.

## DARTS

**Tuesdays from 10:00 - 11:00am**

If you are interested in playing, please come in or call the Center to sign up. Come on out and try your hand at it.



## EUCHRE

**Thursdays from 1:15 - 4:00pm**

Come and join this fun group. Please make sure we have your phone number when you sign up.



## GOLDEN GOLFERS GROUP

There will be a meeting in April (date to be determined) to discuss the Spring schedule. See you in the spring!

## MAH JONGG

**Tuesdays from 1:00 - 3:00pm**

**Fridays from NOON - 4:00pm**

Mah Jongg originated in China and is played with tiles representing Chinese symbols & characters. Always wanted to learn...or want to learn something new? Come and meet with this fun group.

## PENNY-ANTE POKER PARTY

**Thursdays from 1:15 - 3:45pm**

Do you know when to hold'em and when to fold'em? Put your poker face on and come out and join the fun. Please sign up at the Center.



## PINOCHLE &amp; BRIDGE

**Wednesdays from 12:30 - 4pm**

## POOL ROOM

**Mondays thru Thursdays from 8:00am - 3:00pm**

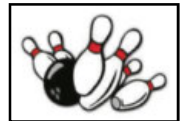
**Fridays - Closed for cleaning**



## WII BOWLING

**Mondays thru Thursdays from 8:00am - 3:00pm**

**Fridays - Closed for cleaning**



The 10-week Spring Session is scheduled to begin the week of January 15th and will end the week of March 19th. The Spring Session will be a continuation of the Fall Session currently underway. Averages will be carried over from the Fall to the Spring; however, the Standings will start over for the Spring. Thus, we will have a Fall Champion & a Spring Champion. An overall winner will be determined by a roll-off of the Champions in late March.

If you have never tried it, come in, and someone here is always willing to teach you how to play.

## WII GOLF

**Mondays thru Thursdays from 8:00am - 3:00pm**

**Fridays - Closed for cleaning**

## MUSIC

## CLASSIC COUNTRY MUSIC.....THURSDAYS

All members of the Center are invited to come in and listen to classic country music once again. Not a member? No problem...an application is included in this newsletter or you can come to the Center and sign up. Membership is only \$12.00 per year and includes all membership benefits. Please DO NOT arrive any earlier than 5:45pm as we have a class in the banquet hall that ends at 5:30pm. Thank you for your understanding and for supporting our Senior Center.

*(No Fee, but Must Be a Member)*



Feb. 2



## EXERCISE

**ARTHRITIS EXERCISE** **NO FEE****Mondays @ 10:00 - 11:00am [One class only—new time]****Wednesdays @ 9:30 - 10:30am; & 11:00am - NOON**

This program works muscles & joints to encourage strength & balance. Aaron Cook, owner of *Physical Therapy & Balance Center*, will be here on Feb. 8 from 9:30-10:30am to teach different exercises for balance. He will also be here on Feb. 22 from 11am-NOON and he will teach balance exercises.

These classes will be in place of our regular arthritis exercise class on both days. You are welcome to join either or both classes. Instructors: Dick Rodstrom, Monday & Wednesday's early class; Bob Wayner, Wednesday's 11:00am class.

**CHAIR VOLLEYBALL** **NO FEE****Fridays from 11:00am - NOON**

Chair volleyball allows those with physical limitations to participate in this fun game played weekly. Come on out and try this fun class! No experience necessary. Please sign up as teams are being formed now! Must have a minimum of 10 to play.

**LINE DANCING** **\$3 per class paid to instructor****MONDAYS** ***(Classes every Monday now)***⇒ **Basic Beginner from 6 - 7pm**

Learn the basics of line dancing along with the steps, terminology, and different dance rhythms. Wear shoes with a slick bottom that can't be kicked off. Please "no slip-on sandals/flip flops" or "high-heels" for your safety.

Instructor: Tina Foster

⇒ **Beginner/Improver from 7 - 8pm**

After 6-months of a basic beginner class, you're ready to take line dancing to the next level. Instructor: Tina Foster

⇒ **Intermediate from 8 - 9pm**

This class is for those who wish to challenge their dance skills with more dancing and less learning time.

Instructor: Tina Foster

**TUESDAYS**⇒ **Intermediate from 1:15 - 2:15pm**

Lynn will teach you the intermediate steps to line dancing! Join the fun!

**THURSDAYS**⇒ **Experienced from 4:30 - 5:30pm**

Tina will teach you the advanced steps to line dancing! Join the fun!

**HIKING GROUP** ***(everyone is welcome)*** **NO FEE****Wednesdays from 10:30 - 11:30am**

We had another great season of hiking!

***See you in the Spring!!*****February 14** **STRETCHING CLASS** **NO FEE****Wednesdays from 5 - 6pm**

Please bring your own mat to class and wear comfortable clothes. We will also be including floor exercises.

**TAI CHI** **\$4 PER CLASS****Thursdays from 9 - 10am** ***[Minimum 5 students]***

This class is gentle and not strenuous and can be done seated. It has been shown to have a positive effect on muscle strength, flexibility, and balance. It is an activity that is widely endorsed by the medical profession as being of great value to people as they age. Instructor: Denise Molesch

**WEIGHTS & BANDS ADVANCED** **NO FEE****Tuesdays & Thursdays from NOON - 1pm**

This is an advanced class that uses weights and bands to achieve strength and tone muscles. Please wear comfortable clothes. Dale Kerver will teach Thursday's class.

**YOGA** **\$8 PER CLASS****Tuesdays from 10 - 11:30am**

Stretch and relax. Wear comfortable clothing and bring a mat. Please sign up today.

Instructor: Lyndsey Stropkey.

**CHAIR YOGA** **\$8 PER CLASS****Thursdays from 10:15 - 11:15am**

This class is for all levels of chair yoga. Nurture your joints, take care of your spine, learn to breathe deeply and practice deep relaxation. No experience necessary. There will be options to stand & get down on the ground if you choose.

Please sign up today. Instructor: Lyndsey Stropkey.

**Fitness Center Hours**

Mon-Thurs	8:00am to 5:00pm
Friday	8:00am to NOON
Saturday	Closed

We ask that you bring clean, dry shoes so that the dirt doesn't damage the equipment. Please wipe down equipment after usage. Thank you!

**BUS TRIP GUIDELINES:** When signing up for a trip, you must be able to climb the three bus steps on your own without assistance to ride the bus. Please know your limits. If you rely on a wheelchair, or feel you need any assistance physically or cognitively, you must have your own able bodied caregiver for all trips.

- ♦ **Please pay for all trips when signing up & write a separate check for each trip.**
- ♦ **Refund:** If you must cancel a trip, we will attempt to sell your seat when possible so that you can be refunded.
- ♦ **Trip Insurance:** Please inquire about insurance when booking a trip.
- ♦ **A complete list of trip policies & procedures is available at the Center's office. Please pick up your copy today.**



**NEW POLICY: Please arrive 30 minutes before the bus is to depart!**

**Don't forget! Please park in the back overflow lot (northeast of building) for ALL trips!! Remember...space is at a minimum. Thank you!**



### CLEVELAND PLAYHOUSE

**Tina the Musical** (Connor).....\$86.50/ pp.....May 4  
The bus will leave the Center at 4:30pm. Dinner will be on your own prior to the show.

**Ain't Misbehavin** (Hanna).....\$33.00/ pp..... May 9  
The bus will leave the Center at 10:30am. Lunch will be on your own prior to the 1:30pm show. Maximum of 18 tickets only!

**Moulin Rouge** (State).....\$93.50/ pp.....June 15  
The bus will leave the Center at 4:30pm. Dinner will be on your own prior to the show.

**Please pay when signing up to ensure your seat.**  
**Make your check out to "Fairport Senior Center"**



### CASINO TRIPS

**\$20.00/pp**



**MGM**.....Feb. 15

**Jack CLE**..... Mar. 15

*All departure times on casino trips are 9:00am unless otherwise noted. **Must pay when you sign up!***  
*Leave casino at 3:00pm. No incentives unless listed.*  
*(Gambling Problem? 1-440-255-0678 or [www.beforeyoubet.org](http://www.beforeyoubet.org))*

### MEN & WOMEN WHO WINE

**Hofbräuhaus** in Cleveland.....Feb. 22  
The bus will leave the Center at 11:30am.

**PJ McIntyre** in Cleveland.....Mar. TBA  
*More information to come.*

*Lunches are on your own for all wine trips.*  
*All trips are \$10/pp (unless otherwise noted) and must be paid when signing up.*

***Wine trips fill up fast, so sign up & pay early!***



**CAVS GAME**.....FEB. 8

**Cost is \$89.00/ pp or until sold out.** Price includes transportation and ticket to game. Only 35 tickets are available. Please pay when signing up & make your check out to **Fairport Harbor Senior Center**. The bus will leave the Center at 5:30pm. **The FieldHouse is now a cashless facility. They only accept credit/debit cards for all purchases.**

**CLE HOME & GARDEN SHOW**.....FEB. 9

**Cost is \$20.00/ pp or until sold out.** The bus will leave the Center at 9:00am; arrive at the show at 10:00am; and return by 3:00pm. Lunch will be on your own. Please pay when signing up to reserve your seat. Make your check out to **Fairport Harbor Senior Center**.

**SAN ANTONIO, TX.....WITH DIAMOND TOURS**.....  
.....MAR. 18-26

**Cost is \$955.00/ pp (dbl. occ.) or until sold out.** Trip includes RT transportation; 8 nights lodging; 14 meals; a guided tour of San Antonio; cruise at San Antonio's famous *River Walk District*; visit the *Alamo* & see the *IMAX Theater* presentation; visit the *Institute of Texan Cultures & San Antonio Missions*; and tour the LBJ ranch. You may sign up now. **Full payment is due NOW. Please make your check out to Diamond Tours.**

Travel insurance is available and recommended. Flyers available at the Center.

**STATION DINNER THEATER**.....MAR. 29

**Cost is \$55.00/ pp or until sold out.** No one celebrates more than the Irish, and there's nothing like a good old-fashion "Irish Wake". An afternoon of sheer fun replete with jokes, jigs, games, stories and songs including "Molly Malone", "Whisky in the Jar" and "When Irish Eyes are Smiling" guarantee a festive audience pleasing frolic. **Make your check out to "Fairport Harbor Senior Center."** Please pay when signing up. The bus will leave the Center at 9:30am.





## HAPPENINGS

**INCOME TAX ASSISTANCE..9AM-2:30PM...STARTING FEB. 3**

AARP Tax Preparer Volunteers will be here each FRIDAY to assist you in preparing your 2022 tax returns at no cost to you. **Appointments are a must & you may SIGN UP now.** Please bring with you all your W-2's, 1099's, all forms indicating federal income tax paid, previous tax return 2021, and photo ID. If you are expecting a refund, you must have a voided blank check with account information. **If you need to cancel, please call in advance as we always have a waiting list.**

**BRAIN HEALTH & WELLNESS.....4:00-5:00PM..... FEB. 7**

**New** (1st Tues. of the month, except July) - See page 5 for more information.

**ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR CENTER.....5:00PM.....(2nd Tues. of the month) .....FEB. 14**

**Cost is \$25.00/pp.** You will be provided with everything to complete your masterpiece. You MUST PAY when you sign up, so that there are enough supplies for everyone. Instructor: Connie Adams

**CRAFT CLASS.....6:00PM.....NO FEB. CLASS**

**Cost is \$25.00/pp.** This month's project TBD and will include all supplies You MUST PAY when you sign up, so that there are enough supplies for everyone. Limit of 10 people.

**FAT TUESDAY DONUT DAY.....FEB. 21**

Stop in for paczki to celebrate Fat Tuesday!

**BOOK CLUB.....10:30-11:30AM.....FEB. 23**

(4th Thurs. of the month) The Fairport Harbor Library is hosting a



monthly book club for seniors at our Center. If interested, please call the Center & leave a message so that someone can call you back.

**OPERATION DEMOCRACY .....1:00PM.....FEB. 27**

Learn the heart-warming story of how a local community in 1948 came together to aid another community in war-torn Europe through Operation Democracy.

With more than 20 million civilian casualties in Europe during World War II, the citizens of Mentor collected

\$35,000 (\$450,000 in today's dollars) of food, clothing, and household goods to be shipped to the citizens of the devastated village of Suolahti, Finland.

Presented by Ron Toivonen, Lake County Genealogist and Historian. Please sign up today. *No fee.*

**JEWELRY MAKING CLASS.....2:15PM.....FEB. 28**

(4th Tues. of the month) Join this fun class and make a piece of jewelry. **Cost is \$10.00** which will include all supplies. You MUST PAY when you sign up, so that there are enough supplies for everyone.

**2023 MIND CHALLENGE TRIVIA TOURNAMENT**

**May 8-June 14, 2023..... No Cost to Play**

Teams of 4 to 6 compete against teams from other cities all across NE Ohio. No limit to how many teams can represent a city; Senior friendly questions; Fun & exciting-team concept—like a game show, but not like Jeopardy. Prize money to the final 4 teams' Senior Centers. Play for pride! Play for enjoyment! **If interested in representing our Center, please call the Center ASAP to sign up!**

**Sudoku**

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				1				
9			7				8	2
1		3		4				
					8		1	
						6		9
							3	
7		6			4	8		
	3		6		7	9		
4	9	1	2				7	

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DIFFICULTY: ★★☆☆

Answers on page 9



# WINTER WELLNESS

## TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

### GET UP & MOVING

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

### ADD HERBAL SUPPLEMENTS

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

## GET AMPLE REST

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

### BOOST IMMUNITY

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

### MAINTAIN SKIN HEALTH

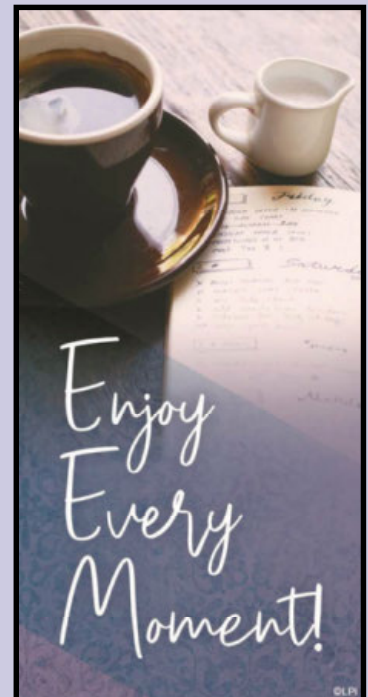
You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)



Celebrating New Years  
Eve 2023







Please sign in when entering our Senior Center. Our new keycard kiosk was purchased by the *Lake County Commissioners* to help with tracking at each Center. If you haven't received your keycard, please stop in and we will help you.

This year *AARP Tax Preparation* is back at the Senior Center. This is a free service for seniors in Lake County. You must make an appointment by calling the Senior Center at 440-354-3674.

Please watch your newsletter as we will have a meeting for the *Golden Golfers* in April. Your tee times are all set up. We're getting ready for sunny days!

*Mind Challenge* is back. This will be the 5th year for the competition. We are practicing every first Monday at 2pm. Please come in and join the fun. Teams will be formed and all are welcome to participate.

We welcome our new trustee, Marti O'Gara, and thank Jan Merrick for serving on the Board.

Remember...we do not close when school closes. Please call the Center as an instructor may not be able to make it in, but the Center will be open. We always have the fireplace going and coffee made! So come in and enjoy the company of others.

If you would like to go on a trip, remember you must pay when signing up. We are going to one more CAVS game in February. Also, we will be going to the *Home & Garden Show* in February. Let Laketrans drive while you sit back and relax.

See you at the Senior Center soon!

chris



### **Home Weatherization Assistance Programs are back!**



Applications are being accepted by *ACCAA*. For more information or an application, call 440-997-5957 ext. 553 or 554 or visit [www.accaa.org](http://www.accaa.org) to see if you qualify. You may also be eligible for a free efficient replacement refrigerator. To qualify your income must be \$27,180 for one; \$36,620 for two; etc. Applications for both programs are available at the Center. Please check to see if you qualify.

### **Are you a senior citizen (or over 55) with vision loss?**



*Independent Living* is a FREE program that can help you improve your quality of life. You'll receive training in low-vision/vision rehabilitation aids, and will also be provided with a customized recommendation for specific aids that will benefit you. For questions or to start the process, please call Bryan Manthey at 216-658-8746.

### **ARE YOU HAVING PROBLEMS AFFORDING YOUR PRESCRIPTIONS?**

Is your annual income below \$35,640 for one or \$48,060 for two? If so, then you may qualify for the *Lake County Prescription Assistance Program*. Stop in at the Fairport Senior Center and pick up an enrollment form.

### **FAIRPORT RESIDENTS**

If you are interested in a lockbox for your home, the cost is \$30.00. Please call the *Fairport Fire Department* at 440-352-6922 for more information.

If you do not live in Fairport, please call your city Fire Department for information.

**Lifeline** offers a *Prescription Assistance Program* which can assist with meds (30-day supply) up to \$400 ONCE per year per HOUSEHOLD. Medications must be ready to be refilled within a few days' time.

**Lifeline** also offers a *Diabetes Assistance Program* which can assist diabetics with medication and/or supplies up to twice annually. Each voucher can assist with up to \$100.

Requirements for both programs: Must be a Lake County resident whose household meets income guidelines of 175% of the federal poverty guideline.

**Lifeline is also looking for volunteers.**

For more information, please contact Jason Shaw, Program Coordinator, at 440-354-2148 x201.

### **SENIOR STAR PROGRAM**



This program provides rental assistance to seniors with first month's rent and utility deposits along with short-term rental subsidy. Applications available at [www.FHRC.org](http://www.FHRC.org) or contact 440-392-0147 for an application to be emailed or mailed to you directly.

### **NEED A "FREE" RIDE TO THE CENTER?**

The Senior Levy will now pay for trips to/from the Center if you are a Lake County resident & age 60 or older. Call Laketrans' *Dial-a-Ride* service at 440-354-6100 to reserve your trip to the Center.

Laketrans will directly bill the Senior Services Levy. Laketrans will NOT drive thru for the produce pickup.



### 2023 Membership Renewal

It's time to renew your **2023 Fairport Senior Center membership**. Cost is \$12.00 per person (55+) and \$15.00 per person (under 55). Those members under 55 may take part in all activities, except the weight room. Please see someone in the office to renew your membership today.

♦ **If your newsletter label says 2022, then it's time to renew your membership for 2023.**

#### LAKE COUNTY MARCH FOR MEALS

**New** The *Council on Aging* presents Lake County's 16th edition of *March for Meals*. Come on out to support this important event which provides meals for Lake County seniors.

Place: Great Lakes Mall in Mentor

Date: Saturday, March 18, 2023

Time: Doors open at 8am;  
Event starts 8:45 until 10am.

Walker Fee: \$15.00

Children 12 & Under: \$ 5.00

Optional T-shirt: \$15.00

Register online at: <https://www.march4meals.org/>

You can enjoy a morning coffee, a goodie bag, an opportunity to try for additional raffle baskets and fun musical entertainment by DJ Jesse Webb.

**50/50 Raffle Tickets** are on sale Mon-Thurs from 8am until 4pm. See the sales desk in the lobby. Tickets are six (6) for \$5.00 or \$1.00 each. A ticket will be drawn for the winner on the first Monday of each month.

Congratulations to Terry Wodarski for  
Winning December's 50/50.

**January's 50/50 raffle tickets are on sale now.**

**Lake County Dept. of Utilities** has a 25% Water & Sewer Fee Discount for Seniors (65+) with owner-occupied residences who meet the limited income threshold set forth by the **Ohio Homestead Means Testing**. Please call the **Lake County Dept. of Utilities** at 440-350-2070 for more information and an application.

#### WE ARE RECYCLING the following items:



Cell phones and Ink Cartridges. When you bring your items to the Center, the *Cleveland Escrap Donation Program* & *The Cleveland Clinic* will use them to assist amputees with prosthetic limbs.

The cardboard recycling at the Center is still available at this time; however, we are in the process of eliminating this service. Please check back for when this service will end.

#### In honor of Presidents Day, here are some fun facts about out presidents:



- John Tyler had 15 children.
- The "S" in Harry S. Truman does not stand for anything.
- John F. Kennedy was the first president who was a Boy Scout.
- Teddy Roosevelt was blind in his left eye due to an injury in a boxing match.

NOTARY services are now available.  
Please call the Center for an appointment.



The "Matter of Balance" classes will be coming back in 2023. More info to come!

**WELFARE CHECKS** - As of January 2022, the *Fairport Harbor Police Auxiliary Unit* has been conducting weekly welfare checks on our most vulnerable senior citizens. This could include seniors with long distance family contact or limited mobility. The program is available as a public service and consists of an *Auxiliary Police Officer* coming to the door as a friendly visit and making sure everything is okay. They will not enter the home (*unless under certain circumstances*) due to COVID-19 restrictions. You must live in Fairport Harbor. If you, or a family on behalf of our seniors wish to sign up, please contact the Police Department at 440-352-3150.

#### STAY CONNECTED

Now more than ever, it's important to stay connected within your community. You can stay in touch by going to

[www.mycommunityonline.com](http://www.mycommunityonline.com)

(formerly *ourseniorcenter.com*) to sign up to receive our monthly newsletter delivered straight to your inbox. Just search for our center's name and click **Subscribe**.

**If you want to receive your newsletter via email, please provide the Center with your email.**

## Free Fresh Produce

at Fairport Senior Center

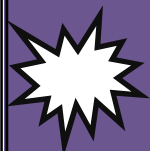
1380 East St., Fairport Harbor, OH

The Fairport Senior Center will continue teaming up with the Greater Cleveland Foodbank to provide fresh, nutritious bulk produce and other items to Lake County seniors. The Senior Market is normally available the 4th Monday of each month from 11:30am until 1:00pm, but the schedule is subject to change. Here are some upcoming dates:

**Feb. 27;** Mar. 27

Apr. 24; May 22

This is first come, first served. No reservations are needed, but please bring your photo ID for onsite registration along with bags for produce. Please have your trunk empty and open. Participants must certify annual gross household income is at or below \$25,759 for a household of 1 and \$34,839 for a household of 2. Income is self-declared; verification is not required. One box per household.



Please make sure that the Center has your current address, email, phone number, etc.  
You can either call the Center or stop in.

**DO YOU LOVE** movies, TV, Broadway award shows, premiers, red carpets and celebrity gossip? Or, are you excited by the continents, countries, capitals, oceans, mountains, rivers, and lakes under the umbrella of geography? Or, are you an expert on cooking, baking, recipes, and food? Great— we need you!

Please sign up and join our 2023 Mind Challenge Teams. It's a fun way to help fund the Center, keep your mind exercised, make new friends, and get a free t-shirt. By the way, Risq Trivia (*see page 3*) is good practice for the mind challenge.



### MISSED CALLS

After a recent college basketball game, the coach spotted a cell phone lying on the floor. He picked it up and handed it to one of the referees, saying, "Here's your phone."

"What makes you think it's mine?" the ref asked.

"Easy," the coach replied. "It says you missed 13 calls!"

©LPi

### Fairport Senior Center Guidelines (updated 8/16/2022)

1. When you enter the senior center, one of our volunteers will help you sign in. Please be patient!
2. The fitness room & pool room are now open Monday thru Thursday from 8am until 5pm. The fitness room will also be open on Friday from 8m until Noon.
3. We will have hand sanitizer stations throughout the Center. Please use often. We also encourage you to wash your hands often.
4. We are encouraging you to use our outdoor pavilion and benches during the warm weather. The outside of the Center is beautiful, and we encourage you to enjoy the benches.
5. We ask that after all exercise or other classes that you wipe down your exercise equipment. We will have wipes in and around the Center.
6. If you are at high risk, we ask that you wait until it is safe for you to return.
7. If you are experiencing any COVID related symptoms (cough, shortness of breath or difficulty breathing or any two of these symptoms: fever, chills, muscle pains, headache, sore throat or new loss of sense of smell or taste) OR have had contact with a person with COVID in the last 5 days, PLEASE WEAR A MASK AT THE CENTER for 5 days to protect your fellow members.
8. PLEASE REMEMBER...we are trying to keep you, our volunteers and our employees safe!

Chris



**Please Print all Information**

**Fairport Harbor Senior Citizens Center**  
**Membership Form for the Year 2023**  
 Membership Dues: Resident/Non-Resident - \$12.00

☐ New Member  
☐ Renewal

Personal Information	
Name: _____ (First) (M.) (Last)	
Address: _____	
City, State, Zip: _____	
Telephone: _____	Cell Phone: _____
Birthday Date: _____	Anniversary Date: _____
Email Address: _____	
Spouse/Partner: _____	
Emergency Contact	
Name: _____	Relationship: _____
Address: _____	City, State, Zip: _____
Telephone: _____	Cell Phone: _____
Dues Payment	
Check No. & Amount: _____	Cash Amount: \$ _____

Your Interests: \_\_\_\_\_

Any Special Needs: \_\_\_\_\_

**Participation Waiver and Agreement**  
**Please read and sign**

1. I, \_\_\_\_\_, a participant in activities, programs, and trips sponsored by Fairport Senior Center, do hereby acknowledge that I am voluntarily participating. I recognize that in any activity program or trip, there are certain risks of injury to myself. I declare that my health and physical condition is adequate to meet the physical requirements of activities, programs, and trips in which I participate.
2. I agree to hold the Fairport Senior Center, their respective agents, representatives, instructors, volunteers, and participating companies and agencies harmless and indemnify them from any and all claims for damages to persons and property caused by myself or for any and all injuries sustained by me during my activities, programs and trips.
3. I agree to obey and abide by the rules and regulations of the Fairport Senior Center and to follow said instructions of same.
4. I further acknowledge the I am becoming a registered member of the Fairport Senior Center in reliance upon this waiver of liability.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please Print all Information**

*For office use only:* ☐ D/B ☐ Label  
☐ Ann ☐ BD

## Waiver/Release for Communicable Diseases Including COVID-19

### ASSUMPTION OF RISK/WAIVER OF LIABILITY/INDEMNIFICATION AGREEMENT

In consideration of membership in **THE FAIRPORT HARBOR SENIOR CITIZENS CENTER**, including all related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce the risk of contracting any of the foregoing diseases, the risk of serious illness and death does exist; and
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation with regard to protection against such infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and
4. For myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **THE FAIRPORT HARBOR SENIOR CITIZENS CENTER**, together with any other officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct and event ("RELEASEES"), with respect to any and all illness, disability, death or loss or damage to person or property, whether arising from the negligence of RELEASEES or otherwise, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Name of Participant \_\_\_\_\_

Signature of Participant X \_\_\_\_\_

Date Signed: \_\_\_\_\_

**02/01**

Burkholder, Carol  
Cross, Jim  
Gerl, Lynn  
Sferra, Jim

**02/02**

Firestone, Rose  
Fishleigh, James  
Oresko, Barbara  
Stowe, Patrice

**02/03**

Bartone, Neal  
Leathers, Dale  
McCormick, Nancy  
Melin, Ron  
Myotte, Bob  
Sullivan, Peter  
Wittlinger, Karen

**02/04**

Colpetzer, Barb  
Vershall, Dave

**02/05**

Boyd, Marie  
Kallay Jr, Joseph  
Kovatch, Nancy  
Trench, Cynthia

**02/06**

Deveney, Brigid  
Toth, Patrice

**02/07**

Aplis, Jacki  
Cottrell, Bonnie  
Latva, Marvin  
Oinonen, Niles  
Singer, Stephanie  
Wagner, Dianne

**02/08**

Barbosky, Albi  
Csaszar, Diane  
Rowan, Mike  
Rowan, Rita

**02/09**

Hemrich, Rella  
Nelson, Marie  
Root, Art

Stropkey, Lyndsey  
Wayner, Eva

**02/10**

Balala, Jim

**02/11**

Andrews, Darlene  
Drews, James  
Harvey, David  
Hunsucker, Joyce  
Mahaffey-Haytas, Libby  
O'Donnell, Joseph  
Toivonen, Gary

**02/12**

Lowe, Eleanor  
Lung, Patricia  
Peine, Kirk  
Thompson, Olivia

**02/13**

Dick, Joyce  
Elliott, Robin

**02/14**

Davis, Sue  
Ferritto, Bob

**02/16**

Hogya, Diana  
Randa, Arthur

**02/17**

Davis, Barbara  
Gavlick, Valentine  
Miscko, Sandy  
Rebenock, Nancy  
Schmiermund, Betty  
Towler, Gary  
Zuzek, Joe

**02/18**

Andrews, Ailiin  
Dei, William  
Eaton, Lisa  
Isom, Lucy  
Janor, Mary  
Lyons, Joanne  
Spiker, Patricia  
Wiegand, Elaine

**02/19**

Anthony, Jean  
Beck, Nicole  
Kallevig, James  
Lette, Mary  
Madrzak, James

Warren, Ron

**02/20**

Cochrac, Janice  
Craig, Carolyn  
Lohrey, Patricia  
Madger, Sharon  
Nemeth, Judy  
Sally, Patricia  
Schuster, Sam  
Troglin, Cindy

**02/21**

Chandler, Paulette  
Gardner, Jerry  
Nelson, Fran  
Rossley, Robert  
Thomas, Linda  
Zalar, Darlene

**02/22**

Hribar, Sally  
Karosy, Michael  
Sabol, Katherine  
Steinback, John  
Ward, Linda

**02/23**

Brown, Debi  
Eames-Jones, Cheryl  
Schmiermund, Robert  
Tomba, Nick

**02/24**

Galm, Charlotte  
Hambor, Virginia  
Lucha, James

Orosz, Dan  
Orr, Dianne

Stoyle, Rita

**02/25**

Nemeth, Margaret  
Oberstar, Judy

**02/26**

Brennan, Barbara  
Dymeck, Diane  
Guider, Carole  
Lindenmuth, Carolyn  
March, Barbara  
Rice, Barbara  
Rininger, David  
Settler, Doug  
Shreve, Grace  
Shuster, Barbara

Wayner, Bob

**02/27**

Novotney, Ronnie  
Parker, Myron  
Zwanchev, Karen

**02/28**

Berie, Nobert  
Ciconetti, Marie  
Humbert, Anthony  
Jones, Bob

Krehel, John  
Placek, Hope

Ward, Michael

**02/29**

Hoffmeyer, Gayle

Mackey

Judy & Tom Salcius

**02/21**

Paulette & Bob  
Chandler

**02/22**

Karen & Larry Wilson

**02/25**

June & Jack Karako

**02/27**

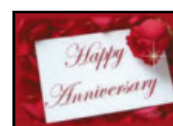
Helen & Mike Haas

**02/28**

Kathleen & Gary Hill

Christine & Ronald

Martin

**02/01**

Deborah & Bob  
Danolfo

**02/03**

Dee & Robert Rossley

**02/08**

Karen & Michael  
DeCola

**02/11**

Mary & Richard  
Ohler

**02/14**

Nancy & William  
Brosokas

Shelby & Daniel

Cratcha

Debbie & Mike Holin

Carole & Willis Perry

Rita & Lee Sines

**02/15**

Joanna & Tom

Crofoot

**02/16**

Judy & Richard Rabe

**02/20**

Alberta & Greg





# Heartland

Of Mentor

*Your Best Way Home*

## Care Settings

OUTPATIENT REHABILITATION

MEDBRIDGE: DEDICATED SHORT-TERM CARE UNIT

LONG-TERM CARE

In-house Nurse Practitioner • In-house Physiatrist

Private Rooms Available • Specialized Therapy equipment • Wound Care Program

*Individualized post-hospital skilled nursing care in a comfortable environment.*

*Smoother and safer transition throughout your recuperation.*

**PHONE 440-256-1496**

8200 Mentor Hills Drive, Mentor, OH 44060

Email [Mentor@heartlandnursing.com](mailto:Mentor@heartlandnursing.com)

*Looking For More Information?*

Visit Our Health & Wellness Resources Page at

**[www.heartland-manorcare.com/mentor](http://www.heartland-manorcare.com/mentor)**



HEALTHCARE HELP  
Medicare & More

*Costs and coverage catered for you!*

Monthly Medicare 101 Educational Event  
w/meal. See website for details.

**Ginny Calvey**

Independent Insurance Broker

**440.223.5437**

[ginny@healthcarehelp.shop](mailto:ginny@healthcarehelp.shop)  
[www.healthcarehelp.shop](http://www.healthcarehelp.shop)

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer. Please contact Medicare.gov or 1800.Medicare to get information on all your options.



Madison Healthcare  
AN EMBASSY HEALTHCARE COMMUNITY

Think Madison Healthcare

**(440) 428-1492**

**Kay Edeh**

7600 South Ridge Road,  
Madison OH

[NEdeh@ehmadison.net](mailto:NEdeh@ehmadison.net)

## JOHNSON Funeral Home

- Pre-planning Resources -

The primary advantages of pre-arranging your funeral is to relieve the burden on your loved ones and to ensure your funeral is carried out according to your wishes.

Funeral and Cremation Service Options

**440-357-7544**

368 Mentor Avenue, Painesville

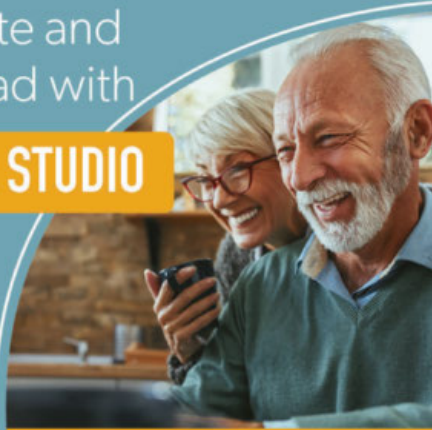
[www.johnsonfuneralservices.net](http://www.johnsonfuneralservices.net)



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# HEISLEY PARK SENIOR APARTMENTS

PAINESVILLE'S NEWEST 55+ COMMUNITY

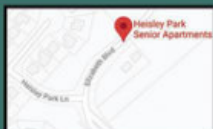
**ALL UTILITIES  
INCLUDED:**  
ELECTRIC  
HEAT  
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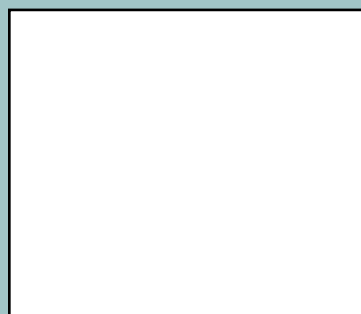
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