

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



FROM THE DESK OF THE MAYOR

Lately, I've been in a reflective mood. When I took office in December of 2019, I knew I wanted to better understand how we were serving our seniors. I had the sense that there was potential at the Center that had yet to be tapped. Then, three months into my term, Covid hit. For the next year and a half, the question of just how and when to reopen the Senior Center weighed greatly. During that time, we hired a new Director, better known as Teresa, and worked to create a plan that would keep our seniors safe and bring a new energy to the Center.

Thanks to Teresa, I've heard time and time again what an amazing place the Kirtland Senior Center has become. I hear this from our residents, our visiting members, and from other directors around Lake County. Teresa would be the first to tell you that one key to a great center is listening to its members and being open to new activities or programs. Teresa certainly listens, and she also delivers.

A great example is the implementation of widely celebrated field trips. For years, members thought group day trips from the Center would be a great opportunity to experience regional landmarks, museums, restaurants or even sports parks. Teresa not only listened to the request but worked tirelessly to find a way to make the field trips happen. After investigating several opportunities and discerning the logistics of a field trip program, Teresa has made these trips a reality.

Beyond making and delivering on her promises, Teresa's concern and consideration for every member's specific situation and needs is exemplary, and I, just like many others, notice. Her hard work and dedication to our residents and non-residents alike has made my job not only easier, but has given me a new sense of pride as to how we meet and treat our fellow citizens here in Kirtland.

Please join me in thanking Teresa for all her hard work and for being a great advocate for the members of the Kirtland Senior Center. ~ Mayor Potter



Riddle Answers

1. He let his gourd down.

2. ian

Although I grew up in the age of cassette tapes and CDs, I can safely say that I probably sound like a broken record. What a month it was! In prepping for this article, the end of August seems like it was a million years away. It wasn't.

Starting at the beginning, we are so grateful that the worst of the weather missed Kirtland, and that everyone was safe through the tornadoes. Thank you to those who opened both City Hall and the Center for anyone who needed electricity, and to the men and women who literally worked tirelessly to get us all back up and running. For future reference, we will do our best to open the doors in case of sustained power outages. Without a generator, we cannot guarantee that we will have power, but if we do, it's yours. The best way to keep up to date is by checking the City Facebook and website.

I always love Senior Summer Camp and this year proved no different. I was astounded how quickly the produce went, and hope you all enjoyed it! What a gift it is to have the Geauga Grower's Association so close and for us to be able to provide free produce to anyone who wants it - straight from the farms! A special thank you to Jim and Stacey Gibbs for letting us hang out with their chickens, to our awesome caterer for providing an AMAZING pig roast, to Ohio City Farms for a gorgeous opportunity to see urban farming at work and to Connie for donating a fantastic painting for our farm trivia prize at our tasty lunch!



September brought us baseball! Although rain delays can be a drag, it was also an excuse to hang out with some of the coolest Kirtland seniors at Progressive Field. AND we brought home the win! They won because of us. Probably.

Many congratulations to our chair volleyball team for stepping up their game to bring home the grand prize versus Perry! It was a great day to be at the lake, and we so appreciated the hospitality showed to us by our friends and peers up north.

Our sold out trip to Hartville seemed like a success - if you judge the number of shopping bags that came off of the bus at the end of the day! When I can't go on bus trips, I depend on dependable people to herd the cats, and Karin came home with everyone she left with. I think.

I have limited space and even more limited creativity, so I can only attempt to begin thanking everyone for their support of the Senior Services pancake breakfast. John, Laura, and Joe did most of the heavy lifting when I spontaneously decided to purchase the largest pumpkins known to man. Our chair volleyball players stepped up and decorated the gym like decorating-champs (which is totally a real thing that I did not just make up). Bill supervised the kitchen with grace and elegance, and missionaries from the Church of Jesus Christ of Latter-day Saints enjoyed breakfast as well as cleaned and served. I cannot tell you how much I appreciate not only Mayor Potter's attendance, but also assistance throughout the day. Just try to get him to stop helping. I dare you. Although being here at 7:00 am is not generally my idea of the best way to begin a birthday, it was offset by spending the day alongside some of the best people I know. To everyone who made the start of my fortieth year memorable - thank you. Especially Marianne, who's a big liar.

Just a few quick reminders of things not covered in the rest of the novel that is our newsletter: we have a lost and found behind the door near the front office. We will be clearing it out in the next month, so if you've been missing anything, check there next! Also, 2024 membership will open at the start of October. To the new members and the veterans - everyone HAS to renew in order to be considered a member!

Our railroad trip in October is sold out, and the mystery trip is close. Make sure to get your RSVPs in as soon as you can for upcoming events! Once we lock in those numbers, we usually can't change them.

This month, you're all invited to a Threat Awareness Training with the Police Chief, our own pancake breakfast, to Trunk or Treat, to AED and CPR training with the Fire Department, and to clear out your house AND yard with City-wide Shred Day and brush pick-up. As broken records do, I have a feeling that I'll begin next month's note the same way I started this one. Looking forward to all the adventures! ~ Teresa

Oh, my husband got me Pac-Man for my birthday. The grin is real. It is as amazing as it looks. 40 is gonna be awesome.

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SENIOR CENTER MEMBERSHIP

Table with membership rates: Per calendar year, Resident (first year): \$10, Resident (renewal): \$5, Non-resident (first year): \$12, Non-resident (renewal): \$7, Paperwork and information available at the front desk.

KIRTLAND SENIOR CENTER

OCTOBER 2023 WEEKLY SCHEDULE

MONDAY

9:00 – 9:45 am
 10:00 – 1:00 pm
 10:00 am
 1:00 – 2:00 pm
 1:00 – 3:00 pm

TUESDAY

8:30 – 9:30 am
 9:30 – 12:00 pm
 10:00 – 11:00 am
 11:30 – 2:30 pm
 12:00 pm
 2:30 – 3:30 pm

WEDNESDAY

9:00 – 9:45 am
 10:00 am – 1:00 pm
 10:00 am – 12:00 pm
 11:00 am – 12:00 pm
 1:00 pm – 3:00 pm

THURSDAY

8:30 – 9:30 am
 9:30 – 11:30 am
 10:00 am
 10:00 – 1:00 pm
 10:30 am
 12:30 – 2:30 pm
 1:00 – 2:00 pm
 2:00 – 3:30 pm

FRIDAY

9:00 – 10:15 am
 10:00 – 1:00 pm
 10:00 am – 12:00 pm
 10:30 – 11:30 am
 10:30 – 11:30 am
 11:45 – 12:45 pm
 12:00 – 1:30 pm
 1:00 – 3:00 pm

UPCOMING EVENTS

Threat Awareness Training *Monday, Oct. 2*
 Kirtland Are Service Council Luncheon *Monday, Oct. 2*
 Card Making Class *Wednesday, Oct. 4*
 Hiking Club *Monday, Oct. 9*
 Podiatrist *Tuesday, Oct. 10*
 Free Pancakes *Tuesday, Oct. 10*
 Senior Board Meeting *Wednesday, Oct. 11*
 Bus Trip ~ Railroad Adventure *Thursday, Oct. 12*
 Attorney *Friday, Oct. 13*
 Trivia *Tuesday, Oct. 17*
 Ladies Lunch *Wednesday, Oct. 18*
 Book Club *Thursday, Oct. 19*
 Shred Day – City Wide *Saturday Oct. 21*
 Trash to Treasure *October 23- 31*
 Mystery Trip *Tuesday, Oct. 24*
 Trunk or Treat *Wednesday, Oct. 25*
 Birthday Lunch *Tuesday, Oct. 31*
 CPR/AED Training *Tuesday, Oct. 31*

Strength Training
 Pickleball *(drop-in)*
 Knitting Group *(drop-in)*
 Tai Chi Fit
 Chair Volleyball *(drop-in)*

Advanced Pickleball *(drop-in)*
 Piano Lessons *(October 3 & 17)*
 Aerobics
 Pickleball *(drop-in)*
 Bingo *(drop-in)*
 Beginner Pickleball *(drop-in)*

Strength Training
 Pickleball *(drop-in)*
 Reflexology/Light Therapy
(October 11 & 25)
 Fit Yoga w/ Sue
 Chair Volleyball *(drop-in)*

Advanced Pickleball *(drop-in)*
 Watercolor Painting
 Chess *(drop-in)*
 Pickleball *(drop-in)*
 Cards – Hand and Foot *(drop-in)*
 Acrylic Painting
 Pickleball Lessons
 Beginner Pickleball *(drop-in)*

Gentle Yoga
 Pickleball *(drop-in)*
 Massage *(October 20)*
 Strength Training *(October 6 & 20)*
 Chair Yoga
 Aerobics w/drumming
 Reiki *(Contact the front office)*
 Chair Volleyball *(drop-in)*

COMING IN NOVEMBER

Massage *Friday, Nov. 3*
 Mansfield Reformatory Bus Trip *Friday, Nov. 3*
 Voting *Tuesday, Nov. 7*
 Senior Board Meeting *Wednesday, Nov. 8*
 Veteran's Day Lunch *Thursday, Nov. 9*
 Center Closed *Friday, Nov. 10*
 Resident Yard Clean-up *Saturday, Nov. 11*
 Trivia *Monday, Nov. 13*
 New Member Lunch *Monday, Nov. 13*
 Hiking Club *Monday, Nov. 13*
 Podiatrist *Tuesday, Nov. 14*
 Men's Lunch *Wednesday, Nov. 15*
 Book Club *Thursday, Nov. 16*
 Trash to Treasure *November 20 - 30*
 Birthday Lunch *Tuesday, Nov. 21*
 Office Closed ~ Thanksgiving *Thursday, Nov. 23*
 Office Closed ~ Thanksgiving *Friday, Nov. 24*

For a complete listing of services and classes available, check out our website at www.kirtlandcommunity.com

OCTOBER CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	October 3, 10, 17, 24, 31	\$20 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	October 13, 20, 27	\$12 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	October 6, 13, 20, 27	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	October 6, 13, 20, 27	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	October 4, 11, 18, 25	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	October 4, 6, 9, 11, 16, 18, 20, 23, 25, 30	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiCh iFit Instructor: Tim	Monday 1:00-2:00	October 2, 9, 16, 23, 30	\$15 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Card Making Class	Wednesday 1:00 PM	October 4	\$10
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	October 5, 12, 19, 26	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	October 5, 12, 19, 26	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	October 5 & 19	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	October 13 November 10	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	October 10 November 14	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	October 13 & 27	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	October 11 & 25	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	October 20 November 3	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	October 9 November 13	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	October 5, 19	FREE

CHAIR YOGA

Our yoga instructor, Anne Owens, teaches a chair yoga class every Friday. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class finishes with a seated meditation and breathing practices. It will be on Fridays at 10:30 am and costs \$12 for a four-week session or \$3/class.

CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? We meet weekly on Thursday mornings at 10:00 am - 12:00 pm. All levels are welcome and no registration is necessary!

CARDIO DRUMMING

Our fantastically fun (and sometimes loud) cardio drumming class continues every Friday. Due to popular demand and thanks to the flexibility of our instructor Cheryl, the class has been moved to 11:45 am. As always, if you have never tried a class, the first is free.

BINGO

We are playing Bingo every Tuesday! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons tailored to the learning styles of the adult students. Students are welcome to bring their own music to lesson. You must sign up for two classes a month. The cost is \$34 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on October 3 and 17 between 9:00 am - 1:00 pm. Right now, we are looking to perhaps add a second session of classes if there is enough interest. The wait list is available at the front desk.

STRENGTH TRAINING

Our fantastically fantastic Strength Training instructor, Nancy, has added a Friday class! Thanks to the flexibility of the yoga classes (no pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule.

BEGINNER, OPEN, AND ADVANCED PICKLEBALL

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **do NOT ENTER the gym** until the assigned time. Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is 10:00 am - 1:00 pm every weekday (except for Tuesday, when it runs from 11:30 am - 2:30 pm). We ask for patience as you wait for your turn to play! This is open to ALL levels.

Beginner Pickleball is for those who are just starting out or would enjoy a more comfortable level of play. While anyone can come, expect that the competition level will be more casual. More experienced players are welcome to come out and offer some wisdom and guidance! Beginner hours are on Tuesdays from 2:30 - 3:30 pm and follow Thursday lessons (see page 7 for more details) from 2:00-3:30 pm.

Advanced Pickleball is held Tuesdays and Thursdays from 8:30 - 9:30 am. This is an opportunity for our more seasoned players to play more competitively. If you join us, get ready for great shots and fast games!

Outdoor Courts are STILL OPEN! Please note that the courts are available on a first come-first served basis. If there are people waiting to play, please be courteous and share the courts. Senior Center members have priority from 10:00 am - 1:00 pm each weekday. The courts are generally closed in November, weather-dependent.



MYSENIORCENTER SIGN-IN

If you've been to the Center in the past few months, you'll notice that our brand spanking new MySeniorCenter sign in system is up and running! Make sure to head over to the front desk to grab your key card, and then check in for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this new resource. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

THE SENIOR CENTER WILL BE CLOSED:

Gym will be closed for voting on Tuesday, November 7

**Friday, November 10 (Veteran's Day)
Thursday, November 23 (Thanksgiving)
Friday, November 24 (Thanksgiving)**

Just a gentle reminder that the polls will be open this November 7. We encourage you - wherever you live - to go out and make your voice heard!



BUS TRIPS

Riding the Rails to Akron - Thursday, October 12

We're pretty excited for this one... we'll be boarding the bus and heading down to Peninsula. From there we'll grab a ride on the Cuyahoga Valley Scenic Railroad and mosey down to Akron. You'll get some time to spend on your own - from lunch to shopping to the Akron Art museum, the world is your oyster. At least until we re-board and head back north. This trip is SOLD OUT, but you are welcome to join the waiting list. We will meet at the Center at 9:30 am, and be home around 5:00 pm. Cost is \$27/person.

Mystery Trip - Tuesday, October 24

What better time than October for a mystery???? We will be traveling to parts unknown (the bus driver will know) on Tuesday, October 24. Leaving around 9:45 am, we'll journey into the abyss on a fantastic trip about which you will know nothing until we reach our destination. Please note, there will be a good amount of walking involved. Cost is \$20, lunch will be on your own. We'll return around 3:15 pm. RSVP by Monday, October 16. DO YOU TRUST US?!?!?! This trip is almost sold out, so make sure to sign up soon!

Ohio State Reformatory - Friday, November 3

Jump on the bus for a trek down to Mansfield! We will be doing self-guided tours of the Reformatory, with audio included. Exact times will be published soon, as well as posted around the Center. Cost is \$30 per person and includes the bus and tickets to the Reformatory. We will also stop for lunch (on your own). No trip down 71 is complete without a visit to Grandpa's Cheese Barn, so you best believe that will happen too!

Morgan Conservatory - Date TBD

Keep an eye out for more information regarding this super-cool experience. DID YOU KNOW that the Morgan Conservatory is the largest art center in the country dedicated to papermaking, book arts and letterpress printing and to cultivating the talents of established and emerging artists. An international destination, the Morgan Conservatory is a working studio, gallery, gathering place for the community, educational hub and purveyor of some of the finest handmade papers in the world. And it's right here in Cleveland! This trip will include both a tour of the studios and facilities as well as a hands-on workshop. It's gonna be cool. Prices and dates to be announced.

**Please remember that all of our bus trips are for Senior Center members only.
No reservations will be taken after the cut-off date.**

PAYMENT IS DUE AT THE TIME OF THE RESERVATION

BOOK CLUB - THURSDAY, OCTOBER 19 @ 11:00 AM

September's discussion postponed, and the book was "Joan is Okay" by Weike Wang, which I have yet not read. Apparently, this is "deceptively spare yet quietly powerful, laced with sharp humor." I'm loving this description, and hope to get this one in before the middle of the month! The next Book Club is set for October 19 at 11:00 and we will be discussing "Major Pettigrew's Last Stand" by Helen Simonson. When retired Major Pettigrew strikes up an unlikely friendship with Mrs. Ali, the Pakistani village shopkeeper, he is drawn out of his regimented world and forced to confront the realities of life in the twenty-first century.

2024 MEMBERSHIP RENEWAL

2024 registration opens on October 1! All current memberships run through December 2024. Anyone is welcome to join, regardless of where you live. Please note that your 2023 membership will only go through February of 2024, and we will stop sending newsletters at that time. All members must renew annually in order to be part of the best Senior Center in Kirtland!

**Welcome to our
new members
this month!**

Jerry, Marie, Dianne,
Douglas, Debbie, Tim,
Maria, Tim, Debbie



TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from October 23 - 31. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during normal business hours. If you have any donations, please bring them to the front office rather than putting them on the table. All proceeds go to the Senior Board.

BIRTHDAY LUNCH CELEBRATION - TUESDAY, OCTOBER 31

New this year - join us for YOUR birthday month & lunch is on us! Our next Birthday Lunch is Tuesday, October 31 at 12:00 pm. **The cost is \$8.** Our Spooktacular menu is stuffed cabbage and mashed potatoes. **Please RSVP by October 27.** EVERYONE is welcome, regardless of your birthdate! Our next Birthday celebration will be on November 21 and the menu will be chili and cornbread.

MEN'S LUNCHEON - WEDNESDAY, NOVEMBER 15

Men's Luncheon will be held Wednesday, November 15 at 12:00 pm. The menu is chicken parm and pasta. Cost is \$8. **Please RSVP by Thursday, November 9.** The next luncheon will be in January 2024.

LADIES LUNCHEON - WEDNESDAY, OCTOBER 18

October ladies lunch will be held Wednesday, October 18 at 12:00 pm and the menu is beef stew and corn bread. **Cost is \$8.** **Please RSVP by October 13.** Our next luncheon will be December 20 and the menu is chicken pot pie.



All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.

PANCAKE BREAKFAST - TUESDAY, OCTOBER 10

Come one, come all for a free fall pancake breakfast!* You get to enjoy flapjacks and sausages with awesome company and it's made by some fabulous people! From 9:30 - 11:00 am, pancakes will be available here at the Center. No RSVP required, and breakfast will last while the supplies do. This event is FREE, but donations are always accepted!



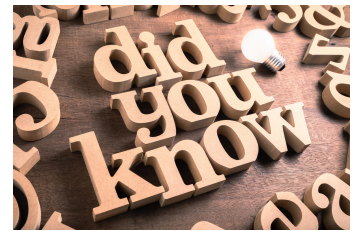
*Don't really come all. Because there are several hundred of you. That would be too many pancakes.

VETERANS DAY LUNCH - THURSDAY, NOVEMBER 9

Help us thank our Veterans at our annual November Luncheon on Thursday, November 9 at 12:00 pm. The meal will be turkey, mashed potatoes, stuffing, gravy, beans, rolls, and butter. Any Senior Center member who is a Veteran will be treated to a FREE lunch courtesy of the Senior Board. All other members are welcome to join & the cost is \$8. Registration required by November 3.

TRIVIA - TUESDAY, OCTOBER 17

Join us in-house for Trivia on Tuesday, October 17 at 11:00 am. Come join us and be a part of a team this month and put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. The winning team chose cooking for our October theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.

**GREETING CARD MAKING**

Make your own greeting cards! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during each monthly classes. Cost is only \$10 per class and that includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors and adhesives. Our final class of the year will be Wednesday, October 4 at 1:00 pm. Class is limited to 10 per month. Registration is required.

HIKING CLUB - MONDAY, OCTOBER 9

Join us for a hike on **Monday, October 9 from 10:30 - 11:30** at Gullybrook, in Willoughby Hills. **We will meet at the parking lot. Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey! See you on the trails.

Just a reminder to check in whenever you come into the Center for ALL the activities that you will be doing that day. Thank you in advance for your help!

UPCOMING EVENTS

STOP

THE THREAT

THREAT AWARENESS TRAINING FOR SENIORS



YOU HAVE OPTIONS

JOIN US FOR A DISCUSSION

KIRTLAND COMMUNITY CENTER

MONDAY

OCTOBER 2ND

AT 1:00PM

TRIVIA, NEW MEMBER LUNCH, CHAIR VOLLEYBALL - MONDAY, NOVEMBER 13

Save the date for a full day of fun! We are inviting Perry Senior Center to join us for trivia, lunch, and chair volleyball, and hope that YOU can come too! If you are a new member since May, lunch is on us - if you are a veteran, the cost is \$8. Please let us know if you're planning on eating. If you want to play trivia or volleyball - just show up and have fun!

BEGINNER PICKLEBALL LESSONS

New to Pickleball? Need to learn the basics? We got you covered with the ins and outs of pickleball. Lessons are on the first and third Thursdays of the month from 1:00-2:00 pm. **Our next session will be held on October 5 and 12.** These are FREE classes, but fill up incredibly quickly. If you are interested in taking the class, contact Marianne. Due to the interest in lessons, we will handle the registration at the front desk.

If you have already taken the class, we ask that you be put on a wait-list. With the popularity of pickleball rising, we want to make sure to give everyone an opportunity to learn how to play correctly and safely. If you are not able to come to every class, please consider waiting for another month to allow others to participate.

Pre-registration is required and space is limited. Make sure to wear tennis shoes and comfortable clothes you can move in!

FREE COVID TESTS

Just a reminder that we have free COVID tests here at the Center. Stop by the front desk to get yours!

SENIOR BOARD MEMBERS

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2023 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Janet Johnson, and Jean Orick.

FROM THE SENIOR BOARD

As I look out the window, I see leaves on the lawn, a sure sign the season is changing. I also see political signs popping up in yards, political telephone surveys starting, all signs that fall is here. With the weather cooling our routine changes, so make the Center part of your fall routine.

Thank you to everyone who has contributed to our give-away table. If you haven't been here since late August we have had home grown vegetables and other assorted treats to share. When the board started the Panera pick-up, we weren't sure how well people would take to it. But they have! Remember, the food is for everyone so please don't come and fill bags. Also, the donations cover the cost of the plastic bags and other free things here: coffee, mints, paper plates, etc.

Congratulations to chair volleyball. As they say, "we came home with the hardware." Both teams won every match against Perry Seniors, and enjoyed an excellent lunch there. Thank you Perry! We plan to host a rematch here soon.

October is full of fun activities and I hope you take advantage of them. This month we still have room on the mystery bus trip. Also, October 25 we will host Trunk or Treat, giving candy out of the back of the car (or in the Center if it is raining or cold). It is a great chance to see the kiddos in costume and participate in Halloween. Also, a great way to end the month of October. Take advantage of this and all the activities we sponsor. Best, Dave

COMMUNITY NEWS

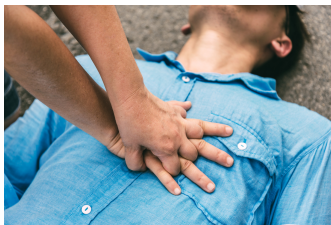
TRUNK OR TREAT **- WEDNESDAY,** **OCTOBER 25**

Come join us for the community-wide Trunk or Treat this October! We will be opening our doors to the young'uns and serving up tricks and treats. If you'd like to join us from 6:30 - 8:00 pm, let us know at the front desk.



HANDS-ONLY CPR **AND AED TRAINING -** **TUESDAY,** **OCTOBER 31**

The Fire Department will be joining us here at the Center following the Birthday Lunch on October 31 (around 1:00 pm). This FREE Hands-only CPR and AED Training is open to everyone and there is no registration required.



Lake County Caregiver Forum



**Are you a caregiver of an older adult?
Join us for a free event loaded with
information and resources for the caregiver.**

Thursday, October 5, 2023 | 10:00 a.m. - 2:00 p.m.

University Hospitals TriPoint Medical Center

Physicians Pavilion

7950 Auburn Road, Concord

Free Event - Registration Required - Seating Limited - Lunch Provided



Image by Laurie Hamama Photography

Keynote Address: Human First, Helper Second
Katie Kurtz, MSW LISW-S

You hold space, show up and are there for everyone else, but who's doing the same for you? In this compassion-forward keynote, Katie Kurtz, MSW LISW-S will share from both her lived AND learned experience as a professional space holder and trainer as well as the primary caregiver for her aging parents. Participants will feel seen, heard and held as Katie gently guides you in a few practical tools to hold space for yourself and ways to ask yourself what you need and take it. By learning to care and be with ourselves, we can increase our capacity to show up not only for others but also for ourselves.

Lunch & Learn Sessions

*Understanding Medicaid &
Legal Aid 101*



*Understanding and Responding
to Dementia-Related Behavior*



REGISTRATION REQUIRED

Scan the code to link to our website for more details and to register, or visit www.lakecountyohio.gov/senior-services



Sponsored by:



Western Reserve
Area Agency on Aging



Questions?
alyea.barajas@lakecountyohio.gov
(440) 350-2748

THIS MONTH AT THE KIRTLAND LIBRARY:

Monday, October 2 @ 6:00 pm - Knit & Crochet Club

Tuesday, October 17 @ 6:00 pm - Medicare Checkup
Registration required

Tuesday, October 3 @ 6:00 pm - Skip Trombetti
Photography Class
Registration required

Tuesday, October 24 6:00 pm - Cookbook Club
Registration requested

Thursday, October 5 @ 7:00 pm - The Haunted Triangle
of Lake County

Wednesday, October 25 @ 7:00 pm - Author:
Claire McMillan
Registration required

Friday, October 13 @ 2:30 pm - Color Me Calm Club
Registration requested

Monday, October 30 @ 6:00 pm - True Crime Trivia
Registration requested

Monday, October 23 @ 1:30 pm - No Pressure Book
Discussion

ARE YOU OK PROGRAM

Keeping Lake County Seniors Safe



The Are You OK Program is an automated monitoring call that provides added security and eases the concern of friends and family who are concerned about their loved one's safety.

Calls are made at a pre-arranged time each day. If the check-in call is not answered after three attempts, a safety alert is given to Lifeline.

Lifeline will contact the provided emergency contacts and, if necessary, local law enforcement for a well-check.

WHO QUALIFIES

- Lake County Seniors (60+)
- Reside independently in Lake County, but are isolated or living alone
- A safety lock box is required to participate in the program. Call Lifeline for help with provider installation details



FOR DETAILS
CONTACT LIFELINE
440.354.2148
ANDREAJ@LCLIFELINE.ORG



SHRED DAY - SATURDAY, OCTOBER 21

The City of Kirtland's annual Shred Day is will be Saturday, October 21 at the Community Center from 8:30 am - 11:00 am, rain or shine. Bring in your documents to be shredded in a container that can be discarded - free of charge!

KIRTLAND KIWANIS 2023 HOLIDAY DINNER FOR LOCAL SENIORS

For many years the Kirtland Kiwanis has hosted a holiday dinner each December for eligible local seniors to gather together with Kiwanians at the Community of Christ Church for a delicious meal, fellowship, musical entertainment and a visit from Santa. The 2023 dinner is scheduled for Thursday, December 7th beginning at 6:30 pm.

The criteria for attendees is anyone 75 or older who resides in the Kirtland Area and former residents who reside in a senior living facility. If you are interested in participating in this fantastic event, please respond to: Tom Dice (ta_dice@yahoo.com; 440-256-8409). We will need your name, phone number & e-mail address, if you have one. One of our Kiwanis members will contact you with an invitation to attend and answer any questions which you may have.

PLEASE NOTE: If you have been invited in the past, you are already on our list and will be invited again this year.

All information should be sent no later than November 1st to Tom Dice (e-mail is better for Tom). Please let us know if you have any questions.

FALL YARD CLEAN-UP - SATURDAY, NOVEMBER 11

On Saturday, November 11, the Mayor's Action Network will be collaborating with faith and civil groups around the City for an entire day of service. As part of this event, we will again be headed out to resident homes for fall yard clean-up. If you are a senior or a veteran who would like some help, please contact Teresa at 440-256-3332 ex. 5 or at tszary@kirtlandohio.com to sign up.

CITY OF KIRTLAND FALL BRUSH PICK-UP

Beginning the week of October 30, the Kirtland Service Department will collect brush throughout the city. The program is intended to assist residents with the FALL clean-up of branches and twigs that have come down from the inclement winter weather. The program is NOT intended to assist with clearing a parcel or substantially clearing trees on a parcel. Weather permitting, City trucks will pass only one time through each ward, so please have your brush and tree limbs out by the start date listed for your ward. Contact the Kirtland Service Department if you have any questions: 440-256-1234 x11 and check out our website for requirements (www.kirtlandohio.com).

2023 Fall Brush Collection Schedule

Wards 1 & 4 - Week of October 30

Wards 2 & 3 - Week of November 6





If you had all the time in the world, how would you spend it? Would you see the world, explore your own neighborhoods, immerse yourself in nature, volunteer your time and resources, and catch up with friends and family? Then your name just may be Patricia Daly.

Pat is one of our newer members, and has come to us using a road less traveled. You'll find this is a common denominator in her life.

Raised in Willoughby along with her younger brother and sister, she had a "typical" childhood. She attended public schools and the family had dinner at 5:00 each evening. Her extended family had moved to Orange County, California in the 60's and 70's, and her immediate family decided to follow in 1980. Always one to choose her own path, she stayed behind and remained a Buckeye.

Artists see the world both in color and in possibilities. Pat earned her undergraduate degree in graphic design from the Cleveland Institute of Art and quickly set out to beautify the world. Or the east side of Cleveland, at least. Early in her career, she found her way to Holden Arboretum and designed their trail guides and brochures while illustrating anything that needed to look pretty. Recently, she returned to her roots, and found trail guides that she had created in the 80's. Art, in many of its forms, can stand the test of time, and hers has proven to do so.

You ask artists about themselves, and they tell you about their art. Pat worked in ad agencies her entire career and freelanced in the evenings. An MBA from Lake Erie College certainly helped her on the business side while her creativity led the way. She spent her entire career in Ohio designing, marketing, creating departments and marketing teams, and hiring and managing talent from writers to print and web designers to videographers. At 50 years old, she abdicated her "Queen of Northeast Ohio Design" crown and headed out to the wild wild west. Continuing the family tradition, she also settled in Orange County and became the Director of Student Affairs, Marketing, and Communication at the University of California, Riverside.

All of that to say that this woman has been busy. Her professional career spanned both decades and industries. I am going to go out on a limb and assume that her work has effected generations of Ohioans and Californians. But all good businesspeople are people too. And that road less traveled is well worn because of her.

While living amongst the mountains of the left coast, she missed the trees of Ohio, and started hiking. And hiking, and hiking, and hiking. She found those trails and went beyond them. Although we would not suggest traveling the remote Pacific Crest by yourself, she lived to tell the tales. And there are a lot of them. Key lessons learned from the one-time inexperienced hiker: if you want to take a picture of a rattlesnake, use the zoom on your camera. Never end your hike by going up the mountain. Bring water. And bears will always win. (I added that last one, but it's a prudent reminder)

Once she hung up her administrator hat, she packed up and came home. In 2020, the world was on pause, Pat was newly retired and settling into familiarly unfamiliar surroundings. Luckily, her tenacity and determination to not actually think of the terrible fates that may happen served her well. She never psyches herself out about possible danger, and to this day has not yet fallen off a mountain, been attacked by a bear, OR bit by a snake. We'll take all of those things as wins.

Pat considers Pat her greatest competitor, and now finds herself with free time for the first time. Her version of putting her feet up includes a self-imposed challenge to fill up her passport with annual trips, a tradition since 2010. Other than visiting Vienna 11 times, those journeys include stops in Egypt, Morocco, the Inca trail, Machu Picchu, Germany, Austria, Poland, the Netherlands, Prague, Budapest, Montenegro, and I'm out of room.

Although she misses her friends in California, that spare time she never had has quickly been filled here in Ohio. She has decided to enhance her lifelong love of the clarinet and learn the oboe at Baldwin-Wallace, just for funsies. When you live in Shaker Heights, it's easy to find neighborhoods to explore and she does so by walking five miles a day every day. She volunteers at Valley Save a Pet and works at a pet walking/sitting company. The terrain may be flatter, but the hiking is abundant - this girl finds ALL the trails, and has fewer run-ins with animals that want to eat her.

With all of her free time full, we are fortunate that she has chosen to gift us with not only her presence, but also with her phenomenal talent by repainting our massage room. Welcome home, Pat. Ohio's trails are a little more friendly with you back on them.

WIloughby, OH
Permit No. 174
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PRESORT STD.

WIloughby, OH
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PRESORT STD.

KIRTLAND, OH 44094
7900 EUCLID-CHARLTON ROAD
KIRTLAND SENIOR CENTER

BAD JOKES FOR OCTOBER:

Why did the pumpkin lose the boxing match?
What do you call a magician who's lost his magic?

Answers inside!

KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

The Kirtland Senior Center serves adults aged 55 and over with quality, affordable programming to provide opportunities for social interaction, recreation, fitness, and minor health and wellness services close to home. The aim to keep adults active, motivated, and engaged in their community for an optimal quality of life. Don't be misled by the term "senior!" Our programs are for the youngest Baby Boomers through those in their Golden Years. Become a member at any time!

*Funding provided by the City of Kirtland Recreation and Senior Levy
and the Lake County Commissioners Senior Citizens Levy*