

# GILDERSLEEVE GAZETTE

*Kirtland Senior Center Monthly Newsletter*

## **FROM THE DESK OF THE MAYOR**

Election 2023 Update: Well, I'm glad that's over! More important than the relief, I am very excited at the opportunity to serve another four years as Kirtland's mayor. And, as strenuous as the effort to be re-elected was, it was worth it. Now we can get back to working together, making Kirtland the best we possibly can.

In other good news (for me at least), two days after the election, my wife and I took off for Ireland to see my cousin's daughter get married. The result was a perfect wedding and a darned near perfect six-day trip. Over the course of our time spent, we visited castles, cathedrals, a six-hundred-year-old stone bridge (still being used as vehicular thoroughfare) and we planted ourselves in dozens of pubs, where we listened to live music and engaged wonderful conversations with the locals.

I have to say, the best part for me was a visit with the mayor of the town of Kilkenny. Mayor Joe Malone was more than accommodating. After our visit at Kilkenny City Hall, he took us on a tour of some of his favorite places around town and led us to his favorite local lunch spot. The following morning, I met Mayor Malone at 8:00 Mass, where, unbeknownst to me, he arranged to have the parish priest open the Mass by announcing my visit, and then included the City of Kirtland in the daily prayer intentions. Being that Kilkenny was where one of my second great-grandfathers immigrated from in the 1880's, I couldn't help but think about that long-ago day when he left Kilkenny for the United States. Never in a million years would he have thought that a hundred forty years later, a grandson would return in such a fashion.

In other news, I find it fitting the Senior Spotlight this month is none other than Councilman Rich Lowery. Having had the chance to work with Mr. Lowery over the last six years has been nothing short of a pleasure. Over this time, I leaned on Rich countless times to help navigate the tricky waters that municipal governing can present. Rich is a straight shooter and always gave me his thoughts, based not on a political calculation, but what he thought was best for Kirtland. Not only do I appreciate Rich for his candor, his wit, and his deep concern for our community, but most of all for his friendship. Kirtland is a better place because of Mr. Lowery's service.

As I close, I want to wish all of you a Merry Christmas and Happy Holiday season. And please, if you, or someone you know is struggling during this time of year, please reach out to me, Teresa or Marianne. We would be more than happy to assist in any way we can.

Thank you,  
Mayor Potter



### **Riddle Answers**

1. There, their, they're
2. Because it's a struggle to make hens meet.

Well, November happened. It's still happening at the time of publication, and it shows no indication of stopping. This month has been a whirlwind of activity, and we will eventually catch our breath!

Since the last time I wrote, we hosted Trunk or Treat for the community. For those who braved the evening, I thank you. The Community Center alone saw over 115 children in the first 35 minutes. Eight locations around the City participated, and we are grateful to them all.

We also welcome the Kirtland Fire Department for CPR/AED training. Special thanks to Cory, Jasmine, and Jimmy who led us in learning. I encourage you, especially if you have an iPhone, to set up your medical ID and emergency info. Very few people call the paramedics or fire department if things are going well, and in those situations when we need them the most, seconds matter. The more information they can obtain, the better. If you need help setting up a medical ID, let me know.



I ran away for a few days at the start of the month to visit my parents in North Carolina. Again, I wouldn't be able to do so without the help of support of both Marianne and our building attendants. While leaving for two days takes a LOT of preparation, I knew I would come back to a smoothly run Center. And I came back to a full house! We welcomed over a thousand residents in for Election Day. I think Delonte is still catching his breath from having to clean up after all of us.

We jumped straight from the election into our annual Veterans Day lunch, which is always a wonderful opportunity to thank those who served. La Vera provided a wonderful pre-holiday turkey meal. It is so appropriate for us to eat food traditionally enjoyed at Thanksgiving as we honor those who have sacrificed to keep our country free. Larry Sterk steered the ship admirably, and we are grateful for his continued commitment!

Two days later, over sixty volunteers came together to clean the yards of 24 residents. This is always a special event. Although I ducked out to join the American Legion for their moving Veterans Day celebration, I know that all of the teams were welcomed and appreciated for their work. Neighbors help neighbors in this town, and how wonderful that is.

A huge thank you to Perry Senior Center for joining us for an entire day! We had a blast at "Royal" trivia, and although one of our teams ended up winning, it was pretty darn close. Lunch and chair volleyball rounded out the day, and I'm so happy that you, as members of the KSC, were so welcoming and hospitable.

Throw in a trip to the Ohio Reformatory and the Morgan Conservatory, and you are caught up. So far... It has been a busy month here in Kirtland and as we always say in the front office - we are never bored.

As the weather changes, know that our policy is to close the building when the schools are closed for snow. It will happen, people. I implore you - if you have one, make sure to always have your cell phone with you when you go outside in inclement weather. Harking back to the paramedic's visit: seconds count in an emergency!

Two final things: thanks to Public Works Director Joe Fornaro for arranging to have our carpet replaced in the rooms that desperately need it! Watch out for a bit of disruption at the start of the month. It'll be worth it, I promise!

Also, we again will be offering "Random Acts of Kindness" throughout the month of December. For each day that the Center is open, a local civic organization, faith group, City department, or individual is sponsoring a special treat for someone at the Center. This could be for everyone that walks in, for one person, or for a group. Make sure to stop in every day we're here for a chance to experience an act of gratitude. In this season, know that I am especially appreciative, thankful, grateful, et. cetera for YOU! We wish you and your family and happy and peaceful holiday season! Catch your breath and enjoy it. ~ Teresa

By the way, this month I celebrated a friend's birthday by embarking on the covered bridge tour of Ashtabula. If you get a chance to do it, do it! They're so cool...

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## SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10

Non-resident (first year): \$12

Resident (renewal): \$5

Non-resident (renewal): \$7

Paperwork and information available at the front desk



KIRTLAND SENIOR CENTER

DECEMBER 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

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

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

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*)

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

Advanced Pickleball (*drop-in*)  
 Piano Lessons (*December 5 & 19*)  
 Aerobics  
 Pickleball (*drop-in*)  
 Bingo (*drop-in*)  
 Beginner Pickleball (*drop-in*)

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

Strength Training  
 Pickleball (*drop-in*)  
 Reflexology/Light Therapy  
 (*December 27*)  
 Fit Yoga w/ Sue  
 Chair Volleyball (*drop-in*)

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

Gentle Yoga  
 Pickleball (*drop-in*)  
 Massage (*Dec. 1*)  
 Strength Training (*Dec. 1 & 15*)  
 Chair Yoga  
 Aerobics w/drumming  
 Reiki (*Contact the front office*)  
 Chair Volleyball (*drop-in*)

COMING IN JANUARY 2024

Office Closed ~ New Year's  
 Massage  
 Hiking Club  
 Podiatrist  
 Senior Board Meeting  
 10  
 Trivia  
 Mens' Lunch  
 17  
 Attorney  
 Trash to Treasure  
 Book Club  
 Resolution Day  
 Birthday Lunch

Monday, January 1  
 Friday, Jan. 5  
 Monday, Jan. 8  
 Tuesday, Jan. 9  
 Wednesday, Jan. 10  
 Monday, Jan. 16  
 Wednesday, Jan. 17  
 Friday, Jan. 19  
 January 22 – 31  
 Thursday, Jan. 18  
 Monday, Jan. 22  
 Tuesday, Jan. 30

UPCOMING EVENTS

Massage  
 Bus Trip to Food Bank  
 Senior Board Meeting  
 Attorney  
 Hiking Club  
 Podiatrist  
 Christmas Luncheon  
 Bus Trip to Quentealia's Tea Parlor  
 Red Cross Blood Drive  
 Trash to Treasure  
 Trivia  
 Ladies' Lunch  
 Hearing Screening  
 Office Closed ~ Christmas  
 Office Closed ~ Christmas  
 Birthday Lunch

Friday, Dec 1  
 Monday, Dec. 4  
 Wednesday, Dec. 6  
 Friday, Dec. 8  
 Monday, Dec. 11  
 Tuesday, Dec. 12  
 Wednesday, Dec. 13  
 Thursday, Dec. 14  
 Thursday, Dec. 14  
 December 18 – 29  
 Monday, Dec. 19  
 Wednesday, Dec. 20  
 Wednesday, Dec. 20  
 Friday, December 22  
 Monday, December 25  
 Tuesday, December 26

# DECEMBER 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	December 5, 12, 19	\$12 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Friday 11:45-12:45	December 1, 8, 15	\$12 Drop-in: \$4
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	December 1, 8, 15, 29	\$12 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	December 1, 8, 15, 29	\$12 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	December 6, 13, 20	\$9 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	December 1, 4, 6, 11, 13, 15, 18, 20, Jan. 3, 8	\$30 (10 classes) \$24 (8 classes) \$12 (4 classes) Drop-in: \$3
TaiCh iFit Instructor: Tim	Monday 1:00-2:00	December 4, 11, 18	\$9 Drop-in: \$3
Workshops	Time	Dates	Cost
Knitting Group	Monday 10:00	Every Monday	FREE
Chess Club	Thursday 10:00 am		FREE

Classes	Time	Dates	Cost
Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	December 7, 14, 21, 28	\$28
Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	December 7, 14, 21, 28	\$28
Piano Lessons Instructor: Karen <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	December 5 & 19	\$17 per 30 minutes
Wellness/Other	Time	Dates	Cost
Attorney Deborah Loughner	Thursday / Friday 9:00-11:00	December 8 January 19	FREE 30 minutes
Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	December 12 January 9	\$25 per 15 minutes
Reiki Anne Owens	Friday 12:00-1:30	December 1	\$25 / 25 minute session
Reflexology or Light Therapy Linda McMahon	Wednesday 11:00-1:00	December 27	\$40 (Reflexology) \$45 (Light Therapy)
Swedish Massage Natalie Lopez	Friday 10:00-2:00	December 1 January 5	\$65 per 50 minutes
Hiking Club <i>*See inside for location</i>	Monday 10:30 am	December 11 January 8	FREE
Beginner Pickleball Lessons	Thursday 1:00-2:00	December 7 & 21	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 December 5 and 19 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 (as of publication)! 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 for the season in November, weather-dependent.



**MYSENIORCENTER SIGN-IN**

If you've been to the Center in the past few months, you'll notice that our now-not-as-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 on Thursday, December 14**

**Friday, December 22**  
**Monday, December 25**  
**Monday, January 1**



## **BUS TRIPS**

### **Cleveland Food Bank - Monday, December 4**

We are fortunate to have the opportunity to help others during this holiday season. We will be headed down to the Cleveland Food Bank to volunteer at the start of December. Leaving the Center at 8:15, we will return around 11:30. The only cost for this trip is \$5/person. Please RSVP online or at the front desk by November 27. This trip is EXTREMELY limited!

### **Burton Holiday Hoopla - Thursday, December 14**

What better way to celebrate the cold than to enjoy warm? We will leave Kirtland around 11:30 and travel south to the magical wonderland that is Burton. Quintealia's Tea Parlor specializes in teas, scones, savories, and sweets in their antique furnished 1890's historical home, decorated for Christmas. Lunch selections will be available to choose by the first week of December and the cost will be on your own. We will also stop at Sunrise Barn, which is a barn gift shop offering gourmet food items, in-season produce, and unusual gift items. Cost is \$5/person, and tickets are limited! **This event is SOLD OUT. Please contact the front desk to be added to the wait list.**

### **Museum of American Porcelain Art - February Date TBA**

Did you know this existed in Northeast Ohio???? You do now. Details forthcoming about this journey to South Euclid. We will be come together for a presentation followed by a curator-led tour of the galleries and mansion. Space will be limited!

### **Shaker Heights Forever - February Date TBA**

We are working to secure a trip to Shaker Heights that you will not want to miss. Keep an eye out here and at the Center for dates and details!

**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**

## **2024 LAKETRAN CLOSURES**

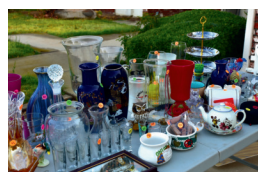
For your information, Laketrans will be closed on the following holidays: Monday, January 1 (New Years); Monday, May 24 (Memorial Day); Thursday, July 4 (Independence Day); Monday, September 2 (Labor Day); Thursday, November 28 (Thanksgiving); Wednesday, December 25 (Christmas)

## **BOOK CLUB - THURSDAY, JANUARY 16 @ 11:00 AM**

Now a show on Apple+, "Lessons in Chemistry" was one of the most popular books of 2022. Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show Supper at Six. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

## **2024 MEMBERSHIP RENEWAL**

2024 registration opened 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!



## **TRASH TO TREASURE**

Our next Trash to Treasure Sale will be held from December 18 - 29. 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.

**UPCOMING EVENTS**



**BIRTHDAY LUNCH CELEBRATION - TUESDAY, DECEMBER 26**

New this year - join us for YOUR birthday month & lunch is on us! Our next Birthday Lunch is Tuesday, December 26 at 12:00 pm. **The cost is \$8.** Our menu is pizza and salad. **Please RSVP by December 21.** EVERYONE is welcome, regardless of your birthdate! Our next birthday celebration will be on January 30 and the menu will be chicken fingers, tater tots, and coleslaw.

**MEN'S LUNCHEON - WEDNESDAY, JANUARY 17**

Men's Luncheon will be held Wednesday, January 17 at 12:00 pm. The menu is wings. Cost is \$8. **Please RSVP by Thursday, January 11.** The next luncheon will be Wednesday, March 20. Menu TBA.

**LADIES LUNCHEON - WEDNESDAY, DECEMBER 20**

December ladies lunch will be held Wednesday, December 20 at 12:00 pm and the menu is chicken pot pie. **Cost is \$8.** **Please RSVP by December 13.** Our next luncheon will be in February of 2024.

**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.**

**CHRISTMAS PARTY AT PINE RIDGE COUNTRY CLUB WEDNESDAY, DECEMBER 13**

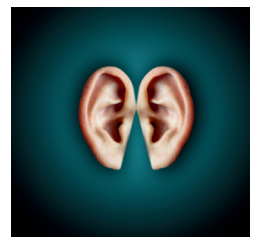
Celebrate the Holiday Season with us at our annual Christmas Party. It will be held on Wednesday, December 13 at Pine Ridge Country Club in Wickliffe. Door Prizes, Carolers and so much more. Come and join the fun! Lunch will be served at 12:00 pm. The cost is \$18 per person and you must be a Kirtland Senior Center member to attend. **Please remember that if you have dietary restrictions to please let us know so that we may be able to accommodate you better.** Make sure to preregister and pay by Monday, December 4. No registrations will be taken after this day. **UPDATE - this event is SOLD OUT.** Please contact us if you would like to be added to the wait list.

**HIKING CLUB - MONDAY, DECEMBER 11**

Join us for a hike on Monday, December 11 from 10:30 - 11:30 at Penitentiary Glen. **We will meet at the nature center 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.

**HEARING SCREENING - WEDNESDAY, DECEMBER 20**

It is medically recommended to have your hearing tested annually, just like your blood pressure or cholesterol. Adults with untreated hearing loss are more likely to develop dementia. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. **FREE** hearing screenings are available on Wednesday, December 20 from 10:00 am - 12:00 pm. Registration is required.

**TRIVIA - TUESDAY, DECEMBER 19**

Join us in-house for Trivia on Tuesday, December 19 at 11:00 am. Teams will be formed 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 "Winter Holidays" for our December theme, so start studying! We meet in the lobby to form teams and then the fun begins. No registration necessary.

**BEGINNER PICKLEBALL LESSONS - DECEMBER 7, 21**

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 December 7 and 21.** These are **FREE** classes, but fill up incredibly quickly. If you are interested in taking the class, contact Marianne or register through our website. **Pre-registration is required and space is limited.** Make sure to wear tennis shoes and comfortable clothes you can move in!

# UPCOMING EVENTS AND INFO

## **ANNUAL SURVEY AND SUGGESTION BOX**

Keep an eye out in next month's newsletter for our annual survey. This is an important way for us to hear from each of you regarding programming, events and activities, comments, and suggestions. Despite our best efforts, we can't please everyone, but we are certainly open to hearing how we can serve you better. Surveys will be available in the newsletters, on-line, and at the front desk.

We will also be putting a suggestion box in the front lobby. We'd love to hear from you all year long!

## **FROM THE SENIOR BOARD**

Wow, what a November we had at the Center. Between, Veterans/Thanksgiving lunch and a visit with members of the Perry Senior Center we had a full month of activities. We had bus trips to the Mansfield Reformatory (I am happy to report all who left the Center were allowed to return), and a visit to the Morgan Conservatory. Every week another activity pops up for us to do.

On November 13th, Perry Senior Center sent 17 members to Kirtland who joined our monthly trivia game, and then enjoyed an afternoon of Chair volleyball. I am happy to report we came in first in both games, but they gave us a run for our money. It was nice they took the time to visit, and I hope they enjoyed themselves. I know we enjoyed beating them.

December will be a busy month at the Center. Teresa is organizing the daily Christmas surprise for every day we are open in December. It is fun to see what community groups, churches, and individuals want to share with us. Sometimes there is something for everyone, other days there is a special award winner. Stop in and see what you can win. We are happy to share the Christmas party at Pineridge is sold out. I am sure it will be a fun event as we celebrate the holiday.

If you want to do some public service, we are volunteering at the Cleveland Food Bank on December 4th. There are several jobs you could be assigned. Please check in at the office if you want more information.

Membership renewal for 2024 has begun. Dues are \$5 for Kirtland residents, and \$7 for non-residents. Please get your dues in as soon as possible so you continue to receive the newsletter.

I hope this finds you well and getting in the spirit of Christmas. Enjoy the holidays, eat, drink, and be merry. Remember, the Center is closed Dec. 22 and 25 but reopens the day after Christmas.

Enjoy! Dave

***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!***



## **FREE COVID TESTS**

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



## **SNOW POLICY**

Our policy here in Kirtland is generally yes. There will be snow. Please note that the Center is closed for weather if the Kirtland schools are. We will update the website and our voicemail as soon as we know of a closure.

## **SENIOR BOARD ELECTIONS**

The Senior Board will be holding elections this month. If you are interested in being a member of the Board, let the office know. Requirements are to attend monthly meetings, help at Center sponsored event (set up, take down, serve), and be the eyes and ears at the Center. Election will take place in January.



## **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.

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

Rick, Kathy, Linda, Sharon, Walter, Marilyn, MaryJo, Dale, Theo, Elizabeth, Gary, Domenic, Dennis, Marsha, Craig, Deidra, Charlotte, Thomas



# COMMUNITY NEWS

## To Stop or Not to Stop - THAT is the Real Question

One of the concerns we've heard voiced from our senior residents revolves around traffic stops and knowing when or if they should stop when they see flashing lights behind them. The short answer is yes, but only if you are confident that it is law enforcement. What about the circumstances that arise at night or when visibility is poor that makes distinguishing the police car difficult? Let's explore some options to help navigate these tricky situations.



Police Officers stop vehicles for many reasons, but they are not all traffic related. Most people believe that police need probable cause to stop a vehicle. This is not the case. What an officer needs is reasonable suspicion. The investigating officer must weigh the totality of the circumstances to determine whether sufficient objective facts exist to create reasonable suspicion that the driver is engaged in criminal activity.

If someone attempts to stop you and you believe they are not law enforcement, there are a few things you can do. First, slow down and turn on your hazard lights. Second, call 911 to speak to a dispatcher. If you are in Lake County, your 911 call on a cell phone will go to Lake County Central Dispatch. You will then be patched through to Willoughby Dispatch. Willoughby is the Dispatch provider for Kirtland.

Dispatch will ask you why you are calling. Once you have explained, they may ask some follow-up questions for clarification. What is your name; where are you; what kind of car are you driving? They will then call the police officer through a shared radio network and make an inquiry about the traffic stop.

The dispatcher may then give you directions about how to stop safely or dispatch police to your location if there is not an officer from that city attempting to stop you. Kirtland borders another county and several cities that all share different radio bands. It may take a couple of minutes to figure out who is stopping you, but if dispatch does not know, help is on the way. Dispatch will send a police officer to find you.

The important thing to remember is to stay on the phone. The dispatcher will let you know when it is safe to hang up. They may give you directions to the nearest police station or set up a location for you to stop. It all depends on the situation and what they determine is the quickest way to find help.

When you finally stop in a safe location, remember to listen to the police officer, rest your hands on top of your steering wheel, and follow any commands they may give you. If asked for paperwork, let them know where it is located prior to making any sudden movements. If you follow these simple guidelines, the traffic stop should go smoothly.

As always, Kirtland Police are here to help. Please feel free to call with questions. The general number for Dispatch is (440) 256-3333. Our dispatchers are all professionally trained and qualified to assist in any type of emergency. They have direct contact with Kirtland Police, Fire, and EMS and will work tirelessly to help you when needed. Happy Holidays! ~ Chief Brian McCallister

## **RED CROSS BLOOD DRIVE - THURSDAY, DECEMBER 14**

On Thursday, December 14, we will be hosting a Red Cross Blood Drive.

Every donor has a reason. Every reason is unique. If you're an American Red Cross blood donor, there's a reason why you've chosen to help save lives in this way.

If you're a donor - share your story! It may be just the inspiration your friends and family need to make the decision to join us. This is one of the best gifts you can give this holiday season. A typical donation takes less than one hour.

We hope you can sign up to help out others on December 14..

## **THIS MONTH AT THE KIRTLAND LIBRARY:**

**Monday, December 4**  
6:00 pm

**Knit & Crochet Club**

**Friday, December 8**  
2:30 pm

**Color Me Calm Club**  
*Registration requested*

**Tuesday, December 5**  
4:00 or 6:00 pm  
\$10/person

**Snowman Beach  
Glass Class**  
*Registration required*

**Tuesday, December 12**

**Cookbook Club  
Cookie Exchange**  
*for Kirtland First Responders*

**Friday, December 8**  
7:00 pm

**Erie Heights Brass Concert**

**Tuesday, December 18**  
4:30 pm

**Ugly Sweater Holiday Craft**  
*Registration requested*



**TAI CHI INFO**

thobao.com

A study published late last month is adding to the trove of evidence that exercise is just as good for our brains as it is our bodies. The paper specifically looked at tai chi, a form of Chinese martial arts focused on slow, controlled movement, and its ability to boost memory. more than 300 older adults with reported memory problems took part in the study, which had them complete a test called the Montreal Cognitive Assessment to gauge their baseline cognitive function. The average score was 25, which is at the highest end of the range (18-25) that points to mild impairment. a score below 18 suggests moderate impairment and memory loss. those who practiced a simple type of chi called Tai Ji Quan twice a week for six months improved their scores by 1.5 points, which study author Dr. Elizabeth Eckstrom told NPR indicates “three extra years” of staving off cognitive decline.

**RANDOM ACTS OF KINDNESS - ALL MONTH!**

Thanks to the generosity of area businesses and both faith and civic groups, every day during the month of December that we are open we will feature a "Random Act of Kindness" for one or many of our members. Make sure you stop in daily to see what is going on!



**HOLIDAY-TIME SERVICE OPPORTUNITIES**

**CLEVELAND FOOD BANK BUS TRIP - MONDAY, DECEMBER 4**

We are fortunate to have the opportunity to help others during this holiday season. We will be headed down to the Cleveland Food Bank to volunteer at the start of December. Leaving the Center at 8:15, we will return around 11:30. The only cost for this trip is \$5/person. Please RSVP online or at the front desk by November 27. This trip is EXTREMELY limited!

**MEALS ON WHEELS BLIZZARD BAG DONATIONS**

The Blizzard Bag Food Drive is annual event where the community comes together to donate non-perishable food to help seniors. Our partnership with the Kirtland Senior Center has been a great way for Kirtland seniors to donate food items that will help other Kirtland Seniors who receive Meals on Wheels. Food collected through the annual food drive is packed into a Blizzard Bag. Each Blizzard Bag provides a 2-3 day supply of non-perishable food items for situations when storms, power outages or other events prevent our Meals on Wheels delivery or make it difficult to obtain or prepare food. The bags provide a supply of a few shelf-stable emergency meals to help assure no senior goes hungry during an emergency.

The non-perishable food items that are most needed are single serving and ready to eat items with a pull top. High protein and foods that are a-ready-to-eat meal; such as, peanut butter, canned chicken/tuna, canned soup, chili/pasta, mac and cheese, protein drinks, granola bars, oatmeal or cereal and cheese or peanut butter crackers and granola bars.

The Food Drive collection box will be at the Kirtland Senior Center from November 16 - December 15. We hope you will join us in supporting seniors with a non-perishable food donation this winter season. For more information contact, Linda Llewellyn, Director of Community Programs, at 440-205-8111 ext. 241 or LLlewellyn@Lcco.org.

**SENIOR CENTER GIVING TREE**

This year, we will be gathering gift cards for community members in need. There will be a tree up beginning in November, and we invite everyone to take a tag. Each tag will have a suggestion on it of an appropriate store from which to purchase a gift card. Gift cards will be accepted through the middle of December. These gifts will be included in holiday food baskets for distribution by the Kirtland Area Service Council and to the Kirtland Police and Fire as they distribute according to need throughout the year.





When I began here at the Senior Center in December of 2020, we were in lockdown. The Center was closed, all Council meetings were held virtually, and the days were dark and dreary. What had I gotten myself into? In those first few months, I didn't have the opportunity to meet very many people, and those I did were also trying to navigate through a new world during The Great Pause. Outside of City employees, I was quickly introduced to the valiant members of Kirtland City Council, including the erstwhile at-large representative Rich Lowery. Since his retirement from professional life, departure from Council, and subsequent re-appointment, I somehow talked him into joining the Senior Center. He's hanging up his hat at the end of his term in December, and I thought it was about time you got to know one of the first people I got to know.

I asked Rich to tell me about himself. He shrugged an actual shrug. Then this happened: Rich was born and raised in Garfield Heights and proved himself to be a non-shining star throughout high school. During graduation, he actually opened his diploma to see if it was really there. The hours of dedication to wood shop, study hall, printing shop, and metalworking must have paid off because he did receive his degree "by the skin of his teeth." He achieved his goal of becoming a "gas station man," and proved to his parents that he was, in fact, wasting his potential. Reality hit this young man hard when he realized that waking up at 6:00 am to pump gas in the dark, in the rain, and in the snow may not have been the best career ambition. His long sojourn into gas station-ing lasted a mere three weeks when he wondered not only what had he done but what will he do. As fate would have it\*, a neighbor asked if he wanted a job and off he trotted to an interview with an unspecified company for an unknown job.

The next chapter of Richie's life finds him working in the shipping warehouse of a chemical company. As fate would have it\*, after about a year Mr. Joe Jackson walked clear across the floor, sought the young man out and told him there was a job for him in the research lab upstairs. The only caveat being that he had to go to college. Mr. Jackson, you see, made it his mission to find those with potential and tap into it through mentorship and encouragement. And nicknames like Richie. Although intrigued, the young Mr. Lowery balked at the idea of going through more schooling and turned him down. Ever persistent, Joe wore him down and soon after, Rich found himself in a chemistry class at Tri-C. As fate would have it\*, that first A he earned led to several more and began to change his world. Three years in the lab, three US patents to his name, and a 4.0 GPA to his credit, Rich once again began to wonder what he will do.

As most chemists do(?), Rich sprinkled in both first aid and EMT classes into his curriculum, and fell in love with emergency medicine. He somehow managed to weasel his way into nursing school and left chemical electroplating to care for his fellow humans. I'm going to bust through his list of jobs pretty quickly, so keep up. It's not easy. I tried. One year after working in coronary care, he moved into the level one trauma center at St. Vincent Charity Hospital. He was part of the helicopter team with Metro transports, and joined the fixed wing aeronautical transport team. He became a paramedic, and worked with area fire departments. He was also a Red Cross volunteer and ran their mobile unit corps. As fate would have it\*, he was asked if he would be interested in a job off of the front line. He accepted a position as EMS manager and so began his 37-year career at Euclid Hospital. In six months he was the manager of the Emergency Department before becoming the director. Throughout his time, he was also in charge of: radiology, security, nuclear medicine, the hyperbaric chamber unit, and just about anything else they needed him to do. An opportunity came up to become the senior director of eastern region of Cleveland Clinic facilities. He had learned years ago not to turn down chances to do more, and jumped at this one. After three years, he applied to be the vice president Chief Nursing Officer for Euclid Hospital, which is where he ended his storied career. His job took him to 46 states as a guest consultant and lecturer in emergency medicine customer service, among other things.

Got all those insane accomplishments? Good. Let's move on. Choosing to buck the well-deserved low expectations of the teachers and administration of Garfield Heights High School, he eventually earned a degree in health service management business from Ursuline, a nursing degree from Ohio University, and an MBA from Lake Erie College. Towards the end of his required reading and writing, he and a fellow classmate decided to pull their noses out of books and learn how to scuba dive. Beginning as an open water scuba diver, he eventually became a master instructor, and, according to my incomplete notes, "can teach of the things." I chose to leave it because it seems appropriate. This fairly creative gentleman also decided to start flying, and became a low wing, single-engine pilot. The sea, the sky - it's all the same to this guy. Now one to say yes to everything, he also became an avid triathlete. While his knees may now hate this particular former hobby, his two sons Tim and Sean probably appreciate it. Looking for a third member of the team for their 525 mile race in Minnesota, he met the lovely Stephanie at a bar (salad bar, but a bar nonetheless). A fellow adventurer, she agreed to tri, and they were married some years later. (See what I did with the TRI, like triathlon instead of TRY... I crack myself up.)

Rich thrives on making things that don't work work again. Just like in high school, he now plays with both wood and metal whenever he can. His spare time finds him restoring cars, remodeling houses, and building furniture. As his dad once told him, "There is nothing that you can do that someone else can't fix if you break it." Turns out, Rich has become that guy that can fix it.

While I still sometimes ask, "What have I gotten myself into?" Mr. Lowery asks himself, "What can I get into next?" Those who have encouraged this once wayward son would be proud to know the man that he has become. Fate has led the way, and "Richie" chose to follow the path presented to him through those around him. We are thankful for his years of dedicated service to the City through Boy Scouts, Kirtland Kiwanis, and as a Council member. You may not know it, but this City is better because he loves it.



"As fate would have it" was the common theme throughout our conversation...

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

## **BAD JOKES FOR DECEMBER:**

How do you console an English teacher?  
Why is it hard to run a dating service for chickens?

*Answers inside!*

### **KIRTLAND SENIOR CENTER**

(440) 256-4711

[communitycenter@kirtlandohio.com](mailto:communitycenter@kirtlandohio.com)

[www.kirtlandcommunity.com](http://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*