

#### Volume 8 • Issue 3

March 2016

#### Taste of the Neighborhood



Northeast Shores hosted their annual Taste the Neighborhood at the Lithuanian Hall on East 185th Street on Tuesday, February 16. There was a celebration for all that is great in Collinwood. Over 130 party-goers and 19 restaurants and eateries were in attendance serving their finest fair. Taste the Neighborhood was more than good food; we celebrated the accomplishments of 2015!

Each year we recognize some of the people that make Collinwood so special. We recognized investments, businesses, and people. In case you missed it, here are the winners!



North Collinwood Hall of Fame: Margaret Craig

North Collinwood Hall of Fame:Laura Lee Martin

Investment of the Year:Salvation Army Business of the Year: Beachland Ballroom

Block Club of the Year:East 140th St. Neighborhood Association

Resident/Volunteer of the Year:Allison Lukacsy

Partner of the Year:Northeast Ohio Regional Sewer District

#### Six Shooter Coffee to Open on Waterloo











Logo Mugs done by Brick Ceramics

Six Shooter Coffee will be the newest edition to the swiftly growing Collinwood Arts District. 6SC is a coffee roasting company that has been operating in a wholesale capacity for two years. At 16021 Waterloo Road, you can soon visit their brick and mortar location. 6SC's grand opening will be on Friday, March 4th. There will be a ribbon cutting at 6:45 p.m. with live music, coffee and espresso drinks to follow.

Six Shooter Coffee's name derived from a little bit of fun with American history. The rumor was, President LBJ 's Texas ranch served coffee so strong it could float a revolver. While 6SC will provide that caffeine boost we all crave it is extremely smooth and low in acidity. In addition to coffee, 6SC will have tea, bagels, pastries, fruit, yogurt and granola. In an effort to stay in-



Peter Brown after he signed the lease on Waterloo

novative the café will also provide non-alcoholic, hopped coffee and kombucha on a nitro tap. All of this will be available 7 days a week. They will be open from 7:00 a.m. to 8:00 p.m. Monday-Friday and 10:00 a.m. to 8:00 p.m. on Saturday and Sunday.

Owner/Operator Peter Brown lives in Collinwood and cares deeply about the neighborhood. He wants to make sure that his business helps the area. Brown states, "We want to make sure this endeavor is more than just coffee. Not only do we ethically source our beans, but we also have only hired people from the Collinwood/Euclid area and we are teaming up with an organization called LEAP to provide jobs for people with disabilities." Six Shooter Coffee aims to be a big part of the community.

#### Fish Fry by "The Kitchen Angels" at Slovenian Workmen's Home on Waterloo

#### by Pat Nevar

The Slovenian Workmen's Home is located at 15335 Waterloo Road, Cleveland, Ohio and is happy to have a very active Auxiliary a.k.a. "Kitchen Angels." These volunteers are under the leadership of June Slapnik and hold a Fish Fry not only during Lent, but every Friday during the year except a few holidays. Several of these ladies have been volunteering at the Fish Fry for over 25 years and they continue to have a good time serving their customers from near and far.

Dinners are served from 3 PM until 8 PM. The fish is lightly breaded by the ladies, then deep-fried in trans fat free oil. Baked fish is also available. Other items on the menu are: breaded shrimp, breaded pork chops, goulash and macaroni and cheese dinners. Side dish choices are: Slovenian home fries, polenta, cabbage and noodles, French fries, macaroni and cheese and the delicious Slovenian style cole slaw. Of course there is always freshly baked strudel on the menu for dessert. A cash bar is also available.

For birthday, anniversary, funeral brunch, etc. reservations, take-out orders or additional information, call 216/481-5378.

Publisher's Note: This is my favorite fish fry in the world, and carries the Observer Seal of Approval. **Observer** 

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Ninth Estate

To submit a story, go to www.collinwoodobserver.

com, click on Member Center, sign in, click on

You can mail your stories to the Collinwood

Observer office at 650 E. 185th Street,

"Baseball is 90%

half is physical."

mental and the other

– Yogi Berra

Submit Story, and start writing.

Cleveland, OH 44119.

Next deadline: March 25, 2016.

Software

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Marguerite DiPenti

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and around Cleveland Wards 10 and 11.

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March 2016

COMMUNITY MEETINGS

**COLLINWOOD HOMEOWNERS MEETING** 

EAST 185th STREET NEIGHBORHOOD ASSOCIATION

877 East 185th Street - next to Post Office

1st Wednesday of the month

St Mary Church 15519 Holmes Avenue

2nd Tuesday of the Month

DEMOCRATIC WARD CLUB

2nd Wednesday of the Month

Collinwood Slovenian Home

3rd Wednesday of the month

Collinwood Recreation Center 16300 Lakeshore Boulevard

3rd Wednesday of the month

4TH Wednesday of the Month 6:00 PM

1st Tuesday of the month

**Collinwood Recreation Center** 

CLEVELAND CITY COUNCIL

(216) 664-4236 or

"Taking the Confusion

out of your Medicare Options"

**Stacie Wertheimer** 

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Long Term Care

Supplement and

**Advantage Plans** 

**Prescription Plans** 

• Life Health & Annuities

15810 Holmes Avenue PRESIDENT: Councilman Polensel

EAST 156th STREET NEIGHBROHOOD

5th DISTRICT COMMUNITY RELATIONS MEETING

Collinwood Community Services Center

EAST 140TH STREET NEIGHBORHOOD

Collinwood Community Services Center East 152 Street

OLIVER HAZARD PERRY (SCHOOL)

COMMUNITY ADVISORY COMMITTEE

Monday night at 7:00 PM Please note – this is a public and open

meeting but does not take public

Any questions about these meetings

please feel free to call Mary Louise, Councilman Polensek's office,

Julia DiBaggio, Northeast Shores Dev. Corp., (216) 481-7660

7:00 PM

6:00 PM

6:30 PM

ASSOCIATION

6:00 PM

6:00 PM

6:00 PM

East 152 Street

ASSOCIATION

Lithuanian Hall

The Cuyahoga County Board of Elections is reminding voters to take advantage of their opportunity to join the political party of their choice or to be a nonpartisan voter by casting a ballot in this election. In Ohio, the only method voters may utilize to establish or change their party affiliation is by voting in a partisan primary election. People may choose to vote an issues-only ballot if they prefer to be considered a nonpartisan voter. The ballot choices for voters are: Democrat, Republican, Green, Issues Only, and other. Here is what is on the ballot for this important election: President of the United States, U.S. Senator and Congressional Representatives, Ohio House & Senate candidates, County Prosecutor and County Council candidates, Ohio Supreme Court and county judicial seats, Republican State and County Central Committee members,

by Allison Lukacsy Waterloo Arts District. ballot last fall!).

Community Councilman's Corner



"it is what it is." Cleveland City Council and the City Administration has been in budget hearings and then the last two weeks in the City's General Fund Budget hearings. All of us are keenly aware of the issues that we are dealing with from diminishing property mated the Local Government Fund and other sources of revenue which resulted in a loss of revenue to the city of Cleveland \$112 million. So, you can see, and hopefully understand the challenges we then face for

Walls are going up at The Salvation Army's new community center located at 17625 Grovewood Avenue. What a great addition this will be for our community. Construction on the long awaited replacement for the I-90 Pedestrian bridge hit by a truck over two years ago should begin this Spring according to Ohio Department of Transportation (ODOT). I will keep you apprised as this project moves forward.

#### Hazard Perry School (PreK-8) between Schenely and Harland, just west of East 185th Street should be finished shortly. We are hoping for a roll out of the design to the general community as soon as Landmarks and CMSD Board approve the final design. We are looking forward to the groundbreaking. Watch for future notices for that

upcoming date.

The final design for the new Oliver

On neighborhood services, with this

freeze/thaw cycle the potholes are already

beginning to pop up like dandelions in the

Spring. Please report all chuckholes and

road repair issues to (216) 664-2510. Once

again, any car that has not moved during

this winter season please call this in to the

Commander of the 5th District at (216)

623-5505. There should be no abandoned

cars on any of our streets in Ward 8 now or

Finally, MARCH 15th is PRIMARY

country to stand up on Election Day and

cast our ballot. I, like many of you, am

not happy and sometimes disgusted with

the name calling and petty politics in this

Presidential election cycle. However, my

friends, Democracy is not free nor pretty

at times. Please let your voice be heard and

You may always reach me at my office at

(216) 664-4236 or via email at mpolensek@

vote on election day.

clevelandcitycouncil.org.

throughout the year. Please be proactive.

weather being so

ELECTION DAY. Regardless of your views or your political party, it is your right and duty as an American Citizen to cast your ballot either at the voting booth or in the privacy of your own home. We as Americans see daily on our TV screens people throughout the world being brutalized and having to flee their country for lack of basic rights. We have an obligation to all those people who have fought and died for this

We will have that come April 1st. However, basic City services remain the number one concern of our citizens in our neighborhood and across the city. With revenue being tight, there MUST be greater accountability within the various departments and divisions. I am looking forward to the Mayor and his support team getting a better handle on basic city services and holding his directors, commissioners, and employees responsible for the jobs they do or don't do. It is one thing not to have the revenue stream but it is another thing to see some city employees not working or being disciplined for questionable behavior. That

On a local note. We lost two outstanding their families in your hearts and prayers.







## by Michael D.



for three weeks; first, Block Grant Hearings tax receipts due to the number of abandoned homes and buildings to our "socalled friends" in Columbus who had deciover the last five years of approximately this coming year and heading into 2017.

Nonetheless, under State Law the City of Cleveland MUST have a balanced budget. is unacceptable.

residents over the last month due to illness; Mr. Joseph Morgan and Ms. Doris V. Jones. Joe was a businessman, a community activist, and a friend. Doris was an advocate for our elderly citizens in her role as a CMHA Commissioner and a dear friend to many. Both will be sorely missed. Please keep



Michael Halley (216) 401-3457



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## **Psychodynamic Therapy Danielle J. Dronet**

LISW-S, LICDC

DDronet@DDronet.com

216.501.1730

## Community

#### Join The Party And Vote In The March Get Out and Vote ! 15, 2016 Presidential Primary Election

Green Party State and County Central Committee members, the County Health and Human Services tax renewal, Municipal, township, and school levies.

All registered voters may enjoy the convenience of voting by mail. Vote by Mail ballot applications are available at the Board of Elections website: www.443VOTE.com, by calling the Board of Elections at 216-443-VOTE (8683), or visiting the Board of Elections at 2925 Euclid Avenue, Cleveland. Ballot applications are also available at all public libraries.

Voters should check their voting information prior to each election. Voters may confirm their ward, precinct, and voting location at the Board of Elections website: www.443VOTE.com or by calling 216-443-VOTE (8683)

March 9th residents of Ward 8 who are at least 14 years old can come out and PROJECT vote for their

From

4th

March

through

favorite Ballot Box Projects. There are 34 projects on the ballot, all are arts based with a community focus. Topics include: Youth Engagement, Collinwood History, Vacancy, and Healthy Eating. Voting times and locations are as fol-

lows: • Friday, March 4, 6pm-8pm, Slovenian Workman's Home

- Saturday, March 5, 3pm-5pm Collinwood Recreation Center
- Monday, March 7, 1pm-3pm Euclid Beach Villa
- Wednesday, March 9, 4pm-6pm Salvation Army

There are plenty of ways to find out more about the projects. First, you can go to www.ballotboxproject.org for information on all the projects. Starting February 4th at Memorial-Nottingham Library you can check out displays for each of the projects that will be on the ballot. There will be several Project Expos with all the projects on display. The displays will also be at each of the voting locations

#### Phone Gallery: Making a Big Impact in a Small Space

If you blink, you might miss Cleveland's smallest gallery housed inside a once vacant pay phone box annexed to the front of Russ' Auto Care in the west end of the

Originally conceived in 2013 by another artist and myself, Phone Gallery demonstrates the transformation of an otherwise underutilized "space" into an inventive place for art display. For nearly three years the diminutive gallery has exhibited emerging talent and preeminent Northeast Ohio artists and is the darling of my 2016 CPAC Creative Workforce Fellowship (thank you again to those who supported Issue 8 on the

The transformation from empty metal box to white walled gallery (with a shatter resistant, tamperproof "viewfinder") required imagination and great partnerships with a local handyman and Russ' Auto Care, from whom we siphon a little electricity every time someone walks by the motion-sensor operated LED lights retrofitted inside the pay phone box. The brick wall recess behind the box is painted bright yellow to grab your attention while the existing etched, graffitied pay phone box housing is left untouched, a relic of its former utility.

This is a little art space with a big mission - to make art accessible and approach able for everyone - 24 hours a day, 7 days a week, year-round. Each month, a new artist's work is installed in the gallery in advance of the first Friday "Walk All Over Waterloo" art walk. The gallery's goal is to alternate established local talent with student artists who may not have a portfolio of work to fill a "normal" room or buildingsized space.

Through the end of the month, check out Cleveland-born artist and art teacher at Mater Dei Academy Tina Meeks' paper fabrication "Bloom". The artist is inspired by the spontaneity of nature and through this exhibition expresses kinship with the Earth and its natural beauty. The papers lush tones will have you longing for spring.

Are vou an artist?

Phone Gallery accepts applications for a 1-month solo exhibition on a rolling basis and is currently looking for artists to fill slots in late spring and summer 2016. Don't miss your chance to exhibit during the annual Waterloo Arts Fest when tens of thousands of people flock to the street at the end of June.

There is never a fee to apply or exhibit. Max display size: 11" w x 22" h x 6" d. Visual 2-D and 3-D pieces are encouraged An outlet internal to the box is available for those submissions requiring electricity.

Apply at http://mycreativecompass.org/ Employment/Calls-for-Artists/Open-Callfor-Cleveland-s-Smallest-Gallery2

# O.H. Perny's Pre-K Party!

Learn with Cosmo and the Robot for scholars entering Kindergarten and their families.

Date:	Saturday, March 19th		
Time:	10:00am -1:00pm		
Place:	O.H. Perry Elementary Schoo		
	18400 Schenely Ave.		

FREE Meal. FREE Cosmo and the Robot Book. FREE Art Project.

This event is a partnership between O.H. Perry, Northeast Shores & Salvation Army, Funding by **Cleveland Neighborhood Progress & Cleveland** Transformation Alliance.

Spend the morning and a meal with the principal and staff of O.H. Perry, a mid-performing school in Collinwood.

Experience the culture of O.H. Perry and find out how to get your scholar registered early.

RSVP by March 11 to Julia DiBaggio at 216-481-7660 or jdibaggio@northeastshores.org





by Gina M. Tabasso linwood.

business enterprises.





Art

#### **Artist Spotlight**



North Shore Collinwood is home to world class artists - from sculptors to photographers to musicians - but what about fashion? That's where Dru Thompson comes in.

Thompson, owner of Dru Christine Fabrics and Design, creates custom fashion designs for her clients, stocks a gorgeous array of fabrics, teaches lessons to the community, makes clothing and accessories for men and women, carries numerous vintage pieces and even has a line of home goods.

How does she manage all that on her own? It takes a lot of time.

"This is my day, night and weekend job," says Thompson. For her, running a business and being an artist takes a delicate mix of flexibility and being able to produce pieces for her clientele. "As an entrepreneur, time is my most precious commodity," she explains.

Thompson's creativity and hard work started at an early age. At 13, she taught herself to sew and says she hasn't stopped since. She grew up in Cleveland in a household full of arts projects. Her mother - a self-employed caterer and baker - helped fuel her entrepreneurial spirit early on.

After graduating from Glenville High School, Thompson attended the University of Akron for her degree in fashion merchandising. While in college, she began working with her first clients as a designer.

Then things took an interesting turn. After

graduating college, Thompson relocated to Los Angeles where she worked as a costume designer for movie and television productions for a little over a year. She even worked as an extra between design jobs, appearing in movies like Little Nicky and shows like ER.

Thompson relocated to Cleveland inbetween a move from Los Angeles to New York. But - as she explains - marriage and a son quickly changed her plans. She soon found herself setting down her fashion roots in her hometown once again.

Following several corporate jobs and then three years as a business owner in Cleveland Heights, Thompson packed up her shop and reopened in the Waterloo Arts and Entertainment District in October 2014. "I longed for the opportunity to be around other artists," she says. "Being a creative, the energy surrounding you is extremely important, and I'm inspired daily by being around likeminded small business owners and artists."

Thompson fell in love with the energy around North Shore Collinwood so much that she even moved to the area as a resident.

These days, Thompson is a full time artist and maker. She loves working with fabric first and foremost but also dabbles in jewelry and home décor. She draws inspiration for her pieces from all around. Her mood, mindset, current events, other artists, pop

culture, even music all influence her creative process

In addition to her custom work for clientele, Thompson displays and sells her pieces in her shop - it's a never ending display of her work.

As a resident, Thompson is deeply involved with the community. She participates in area art exhibitions, including the Day Glo 2015 exhibition at Waterloo Arts. And she is an active community member in Northeast Shores Development Corporation projects, including Ballot Box, where she is on the artist leadership team, and Made in Collinwood, where she is a participating maker.

Dru Christine Fabrics and Design recently began offering a series of workshops in-shop, including personal image and styling, t-shirt deconstruction and even a field day experience for aspiring fashion professionals. Thompson is also extending her schedule for public speaking opportunities on business and fashion related topics.

To learn more about Dru Thompson's upcoming events, speaking opportunities and pieces for sale, visit www.druchristine.com You can also follow her on Facebook, Twitter and Instagram. Or stop by the shop at 15615 Waterloo Road and talk to her about your fashion and design ideas.

#### The Cleveland Museum of Art Shares a Cultural Celebration in Masks

by Gail Greenberg

"Around the World in Masks" easily could have been the theme of a hands-on outreach program for Ms. Laureen Thomas' Visual Arts students, presented by The Cleveland Museum of Art, in collaboration with Cleveland Public Library Collinwood Branch and Collinwood High School.

The CMA docents' presentation included a discussion and close-up look at masks from Japan, Indonesia, Nigeria and Alaska.

As students carefully examined each mask, they learned about its unique construction,

symbolism, and history. The class also enjoyed hearing about customs practiced by a variety of people and tribes, the Noh, Maasai, Yoruba and Tlingits among them. Perhaps the highlight of the program was examining the brilliantlycolored and delicate Mardi Gras mask, made entirely of feathers.



Pictured from left) Daisha Rigo, Reggie Perkins and Raymel Menefee examine a handmade Yoruba mask depicting three natives and a sacrifcial pig.carved from one piece of wood.



Promize Mason is fascinated by the Indonesian Maasai helmet mask that combines an antelope and a bird.



Honesty Mason admires the brilliance of this feathered Mardi Gras mask

#### **Call For Artists**

ST JURIED

2016 Waterloo Arts Fest Juried Exhibition June 6 - July 22, 2016

APPLICATIONS DEADLINE APRIL 1, 2016

#### Juror: Rob Lehr:

Director of Marketing, Canton Art Museum & Gallery Director/Curator, Summit Artspace Gallery Opening Reception and Juror's Awards: Friday, June 6th from 6-10 pm, 14th Waterloo Arts Fest: Saturday, June 25th from 12-7 pm TIMELINE Submission Deadline: April 1, 2016

Jury Notification: April 23, 2016 Shipping and Delivery: May 14 to May 21, 2016

Exhibition Opening: June 3, 2016 Waterloo Arts Fest: June 25, 2016 Exhibition Closing: July 22, 2016 AWARDS: Best of Show: \$500 Second Best of Show: \$250 Best of The Fest Awards: \$250/\$100/\$50 Honorable Mentions: \$50 RULES OF EN-TRY Artists must be at least 18 years of age and reside in the US or Canada

Artist may submit up to three (3) pieces of original art in any two-dimensional or

installations will NOT be

7 36 inches in any dimensio may be excluded due to space restrictions Work may not exceed seventy pounds in

three-dimensional media

Time based, electronic me-

All work must have been executed within the last 5 years and not previously shown at Waterloo Arts

Entries must remain in the gallery for the duration of the exhibition to be eligible for awards

Artists must grant permission for Waterloo Arts to use their images and information in promotional materials FEES \$30: nonrefundable fee for up to three pieces ENTRY PROCESS: All entries must be submitted electronically through Entrythingy.com. Entry fees will be made through PayPal during the submission process. For more information on how to submit your work with the Entrythingy tool see their tutorial videos here. Use of Entrythingy tool for submission purposes is free to the artists.

Join the Discussion at: www.collinwoodobserver.com

6 dia, performance art, and

accepted

weight



Dan T. Moore, CEO and chairman of Dan T. Moore Co. that holds 19 companies, is an ageless entrepreneur and inventor who is full of ideas and vitality. He skis and motorcycles the world, which you can read about on his blog; starts successful business after business; holds about 30 patents; and currently is hobbling about on crutches and in a cast after having bones in his ankle fused from a ski accident. His plans? To ski again! And, to continue to innovate and create successful startup companies in Col-

His Cleveland Industrial Innovation Center (CiiC) at 17000 St. Clair Avenue, a former airport used by Curtiss Wright of Wright Brothers' fame, houses nine established and startup manufacturing companies that employ approximately 350 people: Team Wendy, Soundwich, CiiC, Gem Tool, Ecowise, Metal Matrix Innovations, Rooftop Green, NatGasCar and Petfiber. The property also has available tenant space that Moore markets to encourage minority

While it's easy to focus on Team Wendy, his original company which manufactures military helmets that stop high-velocity



bullets for militaries and special forces around the world and which got its start as a ski-helmet manufacturer in 1997 at the intersection of Coit Road and Kirby Avenue after the skiing death of Moore's daughter Wendy due to a traumatic brain injury, Moore is passionate about his startups. He says, "We hire people skilled in chemistry, engineering and business. We determined that focusing on starting companies is more profitable than buying them. And, I like to tinker." The question he always seeks to answer is, "Where is there an unmet need?"

His startups include Metal Matrix Innovations that makes disc brakes out of aluminum instead of cast iron. They are lighter and ride better. Moore says they are made from a silicon carbide sponge into which they shoot aluminum. Rooftop

Green manufactures "a tray that holds earth like a coffee filter," Moore explains. "When there is a heavy rain, the soil doesn't roll out onto the roof, and it's less expensive for customers to purchase than traditional trays. The trays are made from recycled materials and are recyclable. They also can be used residentially on patios." NatGas-Car converts automobiles from petroleumbased gasoline into natural gas engines. Petfiber recycles Coca Cola bottles, made from polyester terephthalate (PET). They are melted and spun like cotton candy into a fiber for use in the automotive industry. All of these companies are sustainable, and Moore says he intends to run them until someone else can do a better job then he will sell them. Of his process, he says, "We get an idea, patent it, find the right people who can do it and run it."

With all these startups, Dan needs to outfit them with the proper equipment. When asked where he gets much of it, he says, "I shop at HGR Industrial Surplus' showroom in Euclid at least once per month. HGR is great because if I need something quick, I can grab it and plug it in by the afternoon." He has purchased cranes; machine tools; welders; milling machines; a variety of mixing, coating and extruding equipment; lathes; an ironworker; and other machine tools. Some of these purchases also are being used in a "makers space" called "FAB Lab" that the company has created for employees to use in their leisure time on their hobby and side projects. Moore truly is an advocate of innovation. Gina M. Tabasso, marketing communications specialist, HGR Industrial Surplus, www.hgrinc.com







## Community

#### World-Class Former Rockwell Automation Building is Looking for a Tenant and/or New Owner



#### **Building exterior**

by Matthew Orgovan

The former Rockwell Automation building, located at 24701 Euclid Avenue, may perhaps be the city of Euclid's best overall office facility in terms of functionality, location and aesthetics, and is certainly one of its largest. Yet, it currently sits unoccupied, and is available for lease or for sale. The 61,481-square-foot-building is most recently the former business home of some administrative offices for University Hospitals and Rockwell Automation before that. These large organizations took extremely good care of the facility and the property is in outstanding condition.

The building's availability from a lease perspective comes at a time when office vacancy rates in Northeast Ohio continue to drop, meaning that companies are discovering it is increasingly more difficult to find quality office space that meets specific needs, including whether to upsize, downsize or simply occupy for any number of reasons. In fact, according to Fourth Quarter 2015 research by commercial real estate firm Newmark Grubb Knight Frank (NGKF), only 17.8% of all offices in the Greater Cleveland office market are available. Moreover, in the east submarket, where this building is located, the availability is even lower at 17.1%. Options are fewer, and quality options for office space like this building are even harder to come by.

What does this mean for this building and the city? It means that Euclid has a prime office asset that has the potential to not only bring vitality to a newly-vacant space, but also tax money and a solid company, organization or entity that could easily become part of the fabric of the community for years to come.

What sets this building apart from others in the area is its infrastructure and cosmetic quality, highway accessibility and abundant parking. For example, nearly

Perfect for corporate

of employees

**ONE OF EUCLID'S BIGGEST AND** 

headquarters, call center, medical administration or

user with a large number

Abundant amount of parking, with a ratio of 8/1,000

**Owner has invested significant** 

in infrastructure and cosmetic upgrades to the facility

• Easy access to I-90/Rte. 2 and I-271; 12,380 vehicles daily

It's Wise

To Advertise

216.5050.185

61,481-square-foot facility situated on approximately 15.45 acres of land

AVAILABLE: BEST-LOCATED OFFICE FACILITIES

For more information about this property, as well as sale and leasing prices, please contact:

Jeff Cristal • Executive Managing Director • 216.453.3050 • jcristal@ngkf.com • Licensed Real Estate Salesper

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\$5 million was poured into the building in 2000 to upgrade the property into a world-class training facility with fiber optic cables, cosmetic enhancements and a quality HVAC system. In addition, its location on Euclid Avenue in between East 222nd Street and Babbitt Road makes it highly accessible to I-90/Route 2 and firmly set within public transit routes. I-271 is also within a reasonable driving distance. Furthermore, for companies that have a large roster of employees, the facility boasts free, abundant parking on its 15.45 acres, with a ratio 8 spots per 1,000-square-feet of space, which is amongst the best in the area.

The three-story facility is 100% sprinklered and fire-alarmed throughout, and other amenities include a cafeteria and kitchen, a dock with storage and a shipping office. It also offers building and street signage, which provides instant visibility to the over 12,300 vehicles that pass by it each day.



Building lobby



Building lobby

According to Jeff Cristal, executive managing director with NGKF, "This property is perfect for a corporate headquarters, a call center, medical administration or other user with a large number of employees. It's a great looking building that has been well-maintained by the owner and previous users and offers an inexpensive upside for a potential user or new owner."

The NGKF team of Cristal, Executive Managing Director Bob Nosal and Associate David Leb are currently fielding serious inquiries from potential owners and tenants for this building. Their contact information is as follows:

Jeff Cristal: 216-453-3050/jcristal@ngkf. com

Bob Nosal: 216-453-3000/bnosal@ngkf. com

David Leb: 216-453-3042/dleb@ngkf.com

#### Getting to know Dr. Martina Moore of Moore Counseling & Mediation Services, Inc

Martina

and



Dr. Martina Moore

Also known as MCMS, the community based organization offers a wide range of services to clients that suffer from alcohol and drug addiction and behavioral health disorders. MCMS offers education, intervention, advocacy and support by helping clients get on the right path in life by meeting on a regular basis with counselors and specialist to discuss a wide variety of issues that MCMS clients are struggling with.

Ohio.

Dr. Moore holds a Ph.D. in counseling education and supervision with a specialization in consulting which she obtained from Walden University. She has a Master's degree in community counseling and

human services from John Carroll University and a Bachelor's degree in psychology from Notre Dame College

Dr. Moore wears a lot of hats, she is visiting faculty at John Carroll University and an instructor at The Gestalt Institute of Cleveland. She is a Civil Service Commissioner for the city of Euclid and is President-Elect of the north east Ohio counseling association

Not only does Dr. Moore help those in the local community, she is on the board of directors for Serving and Learning Together (SALT), a non-profit organization that has a focus on philanthropic activities to provide services to underdeveloped countries.

Some of the services provided through SALT includes: building dispensaries, schools and libraries in those underdeveloped countries.

Get to know more about Dr. Moore and MCMS by visiting our Moore Counseling Facebook page or by visiting the website at moorecounseling.com.

by Erica Marks **Bunny's Egg Hunt** SNAP-Ed program for youth. pm – 3:30 pm Presents ther Notice) Kids Café school for Kids Café! K – 8 day, 3:30 pm – 6:00 pm **Teen Tech Thursdays!** 









## Community

#### March into Your Local Library!

March into Your Local Library!

After reading a fun bunny story, create your own basket and hunt for eggs! Thursday, March 24 4:30 pm

The Supplemental Nutrition Assistance Education Program (SNAP-Ed) is a free nutrition education and obesity prevention

Wednesday, March 2nd & March 9th 3:00

Cleveland Public Library- Collinwood Branch & Greater Cleveland Food Bank

FREE PRODUCE TO KIDS & FAMILIES! TUESDAYS AFTER 2:00PM (Until Fur-

Visit the Collinwood Branch Library after

Monday – Friday 3:30 pm—4:30 pm FREE Tutoring in All subjects: Grades

Free one-on-one and/or group tutoring and homework help offered in partnership with Cleveland State University's America Reads tutoring services. Monday - Thurs-

Making a Difference Consulting & Tech Dreams are looking for teens ages 14 - 18

to join an 8 week program on learning how to repair iPhone and Android Screens! For more information contact Travis Wallace, 216-224-4126

Thursdays 4:30 pm - 6:00pm Beginning March 3rd. PARENT REGISTRATION IS REQUIRED.

#### Math & Music!

Math & Music is a unique after-school program previously held at Cuvahoga Community College. Students will embed geometry and fractions into original music and choreography! Wednesdays 4:30 - 5:30 pm (This program will end March 23rd) Wee Read and Play (Toddler Storytime,

Ages 18 months to 3 years) Continue to develop your toddler's language and social skills! Toddlers from 18 months to 3 years of age and their favorite adult are invited for stories, active songs, rhymes and time for play!

Tuesdays 10:00 am – 10:30 am Super Sleuth Readers (Preschool Storytime, Ages 3 through 5)

After reading fun stories, singing songs and rhymes, our Super Sleuths will look further into their stories through play and crafts! Tuesdays 10:30 am – 11:15 am Adult Programs:

GED Classes: Tuesdays and Thursdays 12:30 pm-2:30 pm. Call 216-371-7138 for registration information.

## March to the Music at Waterloo Arts

by Nan Kennedy Waterloo Arts' Music for Miles chamber concerts are back for their Spring season, starting with the Bayard String Quartet on Sunday March 13. Kimia Ghaderi and Victor Beyens, violins, Christine Sherlock, viola, and Eric Graf, cello, will play Vivaldi, Bach and Bizet; Massenet, Mozart and Fritz Kreisler; and Argentine dances, a tango and traditional music from Veracruz – a multi-faceted program.

As always, the afternoon will be multisensory: the Waterloo Arts gallery is hosting the All-City Art Show, and the adjoining Callaloo Café will be ready with glasses of wine and light Caribbean fare. Children are welcome, if quiet, and conversation with the musicians is encouraged.

And as always, the concert will be free, thanks to our partnership with the Local 4 Music Fund, the Music Performance Trust Fund, the Waterloo Arts Friends Committee, Cuyahoga Arts and Culture, and Ohio Arts Council

Waterloo Arts, 15605 Waterloo Road, 216-692-9500, waterlooarts.org.

But that's not all.

Music for MilesSpring Concerts

The Music for Miles series will continue with the Charnofsky Piano Trio in April; and the Trillium Trio (flute, clarinet, bassoon), which played our very first M4M concert, in May.

After a summer break, the concerts will resume, with the Tower City Brass Quintet in September; the Silver Keys Clarinet Quartet in October; and Joe Parker with his sitar in November. And finally.

CityMusic at St Jerome - with Irish Stew

The CityMusic Cleveland chamber orchestra will play at St Jerome church on Thursday March 17, at 7:30 (Irish stew and soda bread will be available 5:30-6:30, for a modest charge). Joaquin Valdepenas will conduct, and the gorgeous and talented soprano Jeanine De Bique will sing, in a program of Beethoven (Overture to "Prometheus" and Symphony no. 6); Edvard Grieg (Solveig's Song from Peer Gynt); Bizet (Carmen's Je dis que rien ne m'epouvante); and Puccini (Quando m'en vo' soletta from La Boheme).

#### There's still more.

- CityMusic March Concerts
- CityMusic will play the same concert at:
- The HUB 55 Complex, 1361 East 55th Street, March 16, 7:30 pm
- Lakewood Congregational Church, 1375 West Clifton, March 18, 7:30 pm
- Shrine Church of St. Stanislaus, 3649 E. 65th Street, March 19, 8 pm
- FairmountTemple 23737 Fairmount Boulevard, March 20, 4 pm

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**Final Draft** 

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March 2016

COLLECTIVENESS

19114 Bella Drive, Cleveland, Ohio

**Dance Studio** 

**Needs** Mirrors

Hello, my name is Mr. Bobby Ford and I am a professional choreographer and dance teacher. I recently began teaching at an amazing charter school called Imagine Bella Academy in Cleveland, Ohio. The school serves students and families in grades kindergarten through 6th grade. The dance program is brand new this school year and I am so happy to be starting our students lives in dance. The room is spacious and has many outlets. The main problem is that the room has no mirrors. The one requirement for a dance room, beyond anything else, is mirrors. In order for any of the students to connect and understand their movement is to see







ish.











Get to know a little bit more about the teach-

ers and staff at Imagine Bella. Look for more

Deonte James

Ms. Westfall Kindergarten Teacher Interviewed by Deonte James

Q: Are you fan of LeBron James? A: No Q: How old are you? A: 100 Q: When is your birthday?

- A: May 2nd
- Q: What is your favorite color? A: Red

Ms. Ferguson





Arianna Whitehead

Ms. Ferguson Title 1 Paraprofessional Interviewed by Arianna Whitehead

Q: Why did you choose to work here? A: I work here because I love kids. Q: How do you work so fast? A: Go from room to room. Q: Do you like working here? A: I actually LOVE working here.



Our January Students of the Month were selected for being CREATIVE!

- Ms. Ferguson ( continued ) Q: Did you work at a different school be fore?
- A: Yes
- Q: What school did you go to?
- A: Cleveland State
- Q: Where were you borns A: Cleveland
- Q: What's your favorite thing to do?
- *A*: *My favorite thing to do is make stuff*.
- Q: When's your birthday? A: My birthday is March 22nd.





Mrs. Myers

Q and A with the Imagine Bella Team interviews next month from other members of the Imagine Bella Newspaper Club.

RECIPROCITY

www.imaginebellaacademy.org

#### it from another angle. This is why mirrors are so important in the learning process. Please help me give these budding dancers a small gift to help them grow! You can donate by going to Imagine Bella Academy's Facebook page or at this link: https://www. gofundme.com/bhpmgp2g Thank You! Imagine Bella Newspaper Club writers edit their articles on EuclidObserver.com member center for the next issue of the Euclid and Collinwood Observer. Students of the Month

RESILIENCE



Mrs. Myers Title 1 Coordinator

Interviewed by Abigail Juhasz Q: What's your favorite word? A: My favorite word is just, sometimes it is just the right word! Q: When's your birthday? A: My birthday is April 13th. Q: Where were you born? A: Akron, Ohio Q: Have you been to Colorado? A: I have never been to Colorado, but I went to Arizona







#### New Members of OLL Parish

Six New Members Preparing to Join Our Lady of the Lake Parish. Five children and one adult are preparing for Baptism, Confirmation and First Eucharist (Communion) on Holy Saturday, March 26, 2016. Upon reception of those three "Sacraments of Initiation" these six persons will become full members of Our Lady of the Lake par-

The five children - Zinyah George, Catherine Long, Sedona Stankus, Brandon and Leila Johnson - are also students at Our Lady of the Lake School, and with the support of their parents and school, have asked to become Catholic. They have been preparing since Fall, and are now in the final

stages of their journey toward becoming Catholic.

Lan Chen, who was born and raised in China, is a young adult who, with the support and encouragement of her husband and sponsor, Jason Lemieux, has made a weekly commitment to participating in Mass with Jason, as well as weekly instruction sessions. She has found her home away from home at Our Lady of the Lake parish. She and Jason met while students at Kent State, and were wed at the parish in November of last year.

Rite of Sending & Rite of Acceptance As part of the Rite of Christian Initiation of Adults (RCIA), the children and Lan were prayerfully sent by the parish ("Rite of Sending") to Bishop Lennon for the Rite of Acceptance on Sunday, February 14. Following the signing of the "Book of the Elect," the group traveled to St. John Cathedral. Bishop Lennon, due to his recent health concerns, was not able to celebrate the Rite of Acceptance, but Fr. Michael Woost represented the Bishop at the

All are welcome to celebrate with the parish on Saturday, March 26, 2016 beginning at 9:00 pm, when these six persons will be baptized, confirmed and celebrate their first reception of the Eucharist (Communion).

for Our Common Home", Our Lady of the Lake's newly formed Youth Council planned and facilitated ice breakers, witness talks, and small group sharing activi-

ties during our 3 day parish mission. Both grade school and high school teens and

friends are anxious to bring our ideas to

Council leaders Brian Bopp and Macha-

la Comenschek are excited about this new

initiative. "This council is starting small

but it is going to be a great force bringing

great energy to our parish," said Bopp. We

agree and are looking forward to many

schools, homes, and community.

great things to come.

#### Sign Up Now for Buddy Day!



Our Lady of the Lake students look forward to welcoming visitors on Kindergarten Buddy Day.

#### by Rita Kingsbury, Principal

Our Lady of the Lake's next Kindergarten Buddy Day will be March 14. This is a wonderful opportunity for preschoolers to get a real sense of what kindergarten is like, spending a day in the classroom with a kindergarten "buddy" and taking part in lots of fun crafts and activities. Those interested in registering for kindergarten should mark their calendars for our next screening days, as well, which will be Mav 4 and May 11. This is not a test but a developmental assessment that helps us to identify your child's areas of strengths and challenges.

For more information, for details on possible scholarships, or to schedule a tour, please call the school office at (216) 481-6824.

#### **Successful Parish** Mission

#### by Fr. Joseph Fortuna, Pastor

This year's parish mission at Our Lady of the Lake was a big success. We reflected on the Pope's Care for Our Common Home, with presentations, witness talks, conversation and prayer. Thank you to all the many people who joined as witnesses and participants, and helped to make this such a valuable event. We grow stronger in our faith together.

#### **OLL's Newly Formed Youth Council Lead Youth During Parish Mission** Based on Pope Francis' encyclical "Care



Youth planned and lead activities during OLL's parish mission



#### **Lenten Schedule**

Join us for Lenten services Living Stations March 18 Palm Sunday March 20 Tenebrae March 23 Holy Thursday March 24 Good Friday March 25 Holy Saturday March 26 Easter March 27

#### **Living Stations**

Living Stations has become a cherished tradition at Our Lady of the Lake. We invite friends, neighbors and visitors to join us for this lovely presentation. This year, we'll be presenting Living Stations on Friday, March 18, at 8:00pm. For more information, call the rectory at (216) 486-0850.



Campus from 10 a.m. to 2 p.m. Tuesdays, Wednesdays and Thursdays from March 22 to May 12. An evening session will be offered

from 6 – 8:30 p.m. Tuesdays and Thursdays

Registration is required. To learn more or

to enroll, call 216-987-4187. Metro Campus

is at 2900 Community College Ave. in Cleve-

Women in Transition also runs eight-

week sessions at Tri-C's Eastern Campus in Highland Hills, Western Campus in Parma

and Corporate College West in Westlake.

For more information, go to www.tri-c.edu/

Tri-C's Women in Transition program

began in 1978 and has contributed to thou-

sands of personal success stories. It typically

serves about 250 women a year.

from March 22 to May 12.

women-in-transition.

land.





by Nicole English Did you miss Memorial's Family Math

Night? Oh my goodness we had such a good time! Parents came out in droves to visit classrooms, learn about math games they can play with their children at home to reinforce classroom learning, and ask about upcoming state testing. Origami animals,





# Schools

#### Lakeshore Intergenerational School and the Slovene Home Partners in Learning



#### by Courtney De Schepper

At Lakeshore Intergenerational School, we believe in lifelong learning. One way that we share this philosophy with our students, and the community, is by forming partnerships with local long term care facilities. Each class at L.I.S. engages with a facility monthly to complete a curriculum based activity with the residents. Both the students and residents learn something new, and have a great time interacting with one another.

This month, we would like to honor one of those partners. The Slovene Home has

partnered with L.I.S. for two years now, and engages with not one, but two of our classrooms. The residents are always so much fun to be around, and offer an immeasurable amount of knowledge to contribute to the education of our students. One student said "I love to go! They are always so funny." Another student said, "I love the Slovene home because my friends there have great stories to tell!" We want to thank the Slovene Home for being an outstanding partner, and we look forward to many intergenerational experiences in the future!



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# Charlotte lafeliece helping construct a rail road

#### by Julia DiBaggio

Constructing a train

The families of Collinwood with children entering kindergarten next fall came out to O.H. Perry to enjoy fun learning activities around the theme of Thomas the Tank Engine. The children learned about how wheels work, with an activity from the Children's Museum. Then Margaret Craig, the Learning Zone Director at the Salvation Army, helped them discover the construction of train tracks and read them a Thomas story that each child took home. Artist, Brittainy Quinn led them in an art project where they learned about the shapes seen in a train engine. Meanwhile, the parents had an activity with The Literacy Cooperative about their

future readers. Finally, the families sat down together for lunch catered by the Beachland Tavern.

Next month, learn about robots, with "Cosmo and the Robot" on March 19th.

- 10:00 am- STEM activities
- 10:45 am- Story time 11:00 am- Art activity
- 12:00 pm- Lunch

To RSVP for the March 19th event, contact Julia DiBaggio at 216-481-7660 or

jdibaggio@northeastshores.org This event is thanks to funding by Cleveland Neighborhood Progress, and the Cleveland Transformation Alliance.

Join the Discussion at: www.collinwoodobserver.com



New Session of Tri-C's Women in

**Transition Program Open for** 

**Registration at Metropolitan** 

by John Horton

Transi

program

Cuyahoga

Community

**Campus In Cleveland** 

at

College (Tri-C) will launch two new sessions

The free program uses education and

training to empower women at a life cross-

roads. Participants build confidence and

self-esteem through classes on personal de-

velopment, career exploration and financial

The eight-week course is designed to as-

sist women in transitional periods of their

lives, such as a career change or return to the

workforce. The non-credit program is free

Day classes will be held at Tri-C's Metro

**Celebrate Kindergarten!** 

March 22 at Metropolitan Campus.

WOMEN IN TRANSITION

and computer literacy.

and open to the public.

#### Schools

#### **Memorial Math Night**





Graphong with numbered cubes.

#### Get to School! You Can Make it!

By the CMSD News The Cleveland Metropolitan School District's Safe Routes to School program will partner with the "Get 2 School. You Can Make It!" attendance campaign and the Cuyahoga County Board of Health on Saturday, Feb. 27 to canvass neighborhoods and encourage residents to clear snow from their walkways, making walking safer.

Safe Routes to School, which includes the City of Cleveland, Ohio Department of Transportation and other partners, seeks to help students in kindergarten through eighth grade safely walk or ride their bicycles to school. Safe routes can improve community safety, health and wellness, academic performance and the environment.

Volunteers from CMSD, Neighborhood Progress Inc., Cleveland Central Promise Neighborhood and the Franklin Block Club

will meet at 9 a.m. Saturday to walk the Central and Detroit-Shoreway neighborhoods. The volunteers will gather at Alfred E. Benesch School, 6393 Quincy Ave., and Joseph M. Gallagher School, 6601 Franklin Blvd.

Nearly two-thirds of CMSD students live within one mile of their schools. Many students walk and ride their bikes to school, so clean and safe routes have a substantial impact on attendance.

The attendance campaign is working to reduce the number of students who miss 10 or more days of school in a year. Students who miss 10 or more days score an average of 15 points lower on state math exams and 12 points lower on state reading exams. They are 34 percent less likely to graduate.

More information about CMSD's Safe Routes to School program can be found at www.clevelandmetroschools.org/Page/8921

CLEVELAND METROPOLITAN SCHOOL DISTRICT

ClevelandMetroSchools.org

# **Cleveland's Public Schools...** the **RIGHT CHOICE** for your child!

a hallway scavenger hunt, paper airplane

races, and estimation stations were just a

few of the activities set up for families. A

huge thank you to all of the familes that

came out to support. If we missed you this

month, we hope you will be able to attend

an upcoming event. Go Cardinals!



ChooseCMSD.org 216.838.3675





# **Science Olympiad program comes to VASJ**

VASJ's Science Olympiad team completed its inaugural season on Sat. Feb. 20 at the regional competition at Case Western Reserve University.

Science Olympiad combines competitive events in the fields of science, technology, engineering and mathematics (STEM) and provides students with an active, hands-on way to learn and grow these skills.

"The Science Olympiad provides students involved with the opportunity to further their love for science in a fun, competitive environment," says VASJ Principal David Csank.

Science Olympiad teams function much like an athletic team, requiring preparation, commitment, coaching and practice throughout the year in order to compete against other schools at invitational, regional, state, and national competitions

Prior to this year, VASJ didn't have a teacher with Science Olympiad experience to lead a team.

That all changed when Lucy Kulbago came to VASJ as new science teacher at the beginning of this year.

"Mrs. Kulbago had mentioned in her interview that she had experience with the Science Olympiad and that she would love to bring it here to VASJ," says Csank.

"It's always wonderful when teachers take the initiative to start new programs and expose our students to new ideas and new groups."

Kulbago has seen the benefits of Science Olympiad programs and was

eager to start a team at VASJ. "I have been a middle school Science Olympiad coach for 10 years and find this program to be very beneficial for the students," Kulbago savs.

"I have also done research on this program while in the Science Education Program at Kent State and have documented the many benefits to students in the program.

"Students are exposed to a wide range of science fields not commonly covered in the standard science curriculum," says Kulbago. "Additionally, it inspires a passion for

science which leads to majoring in science and pursuing science-related careers." As soon as the school year began,

Kulbago began recruiting students to put VASJ's first Science Olympiad team into place.

Among the first students to join were seniors Alex and Louis Vertosnik. "I've always been interested in science and it's fun to learn more and compete against other people who also have a love for science," says Louis.

The competitions are best described as academic track meets, consisting of a variety of subjects and events in which students can compete. Students choose events based on their personal interests.

"You don't get to do that very often," says Louis. "There aren't too many opportunities to be involved in scholastic competition."



VASJ Science Olympiad students Anna Radachy '19 (displaying her propeller for the wind power event), Alex Vertosnik '16 (displaying his bridge) and Patrick Bradford '19.

first year at VASJ.

This year's achievements are sure to lead to even greater success next year and plans are already underway to grow the program.

"I am very excited for this new venture and am grateful to Mrs. Kulbago for her leadership," says Principal Csank.

The Science Olympiad team was a great addition to VASJ's STEM program and provided students with another opportunity to learn and grow. "You can always learn more,"

says Vertosnik. "The more we learn, the better we are as humans, in my opinion."

## Why I'm proud to be a Viking



"Our school places an emphasis on the importance of service and leadership. I have learned how to pull myself up and how to help someone that needs to be lifted."

- Carlie Beard '16

VASJ is like my second home

Another important component

of Science Olympiad is teamwork.

Most scientific careers require a great

deal of teamwork. Science Olympiad

encourages team members to work

together, combining their individual

was comprised of Alex and Louis

Vertosnik, Valentina Slechticovas,

Victoria Francetic, Eleanor Boru,

Kulbago and Mike Ferrini.

Patrick Bradford, and Anna Radachy,

and coached by science teachers Lucy

VASJ's Science Olympiad team

competed in several events and gained

valuable experience in the program's

skillsets and talents for a common goal.

VASJ's Science Olympiad team

"The Marianist value of family, in particular, has impacted me profoundly throughout my years at VASJ. In a lot of ways, this school has been my home away from home."

- William Vidmar '17



Join the Discussion at: www.collinwoodobserver.com





the Deacon's talk.

# **Writers**

by Marilyn Ottato

vear

pressive writings.



#### St. Jerome Altar and Rosary Society Day of Recollection



We invite you to join us Sunday, March 13th for a Day of Recollection, beginning with Mass at 10:00 a.m. A light brunch wil be served in our convent following Mass. Our featured speaker will be Deacon Ronald R. James of Holy Spirit Church.

Deacon James is a retired Deputy Chief of the Cleveland Police Department, and was ordained a deacon in May of 2009. He and his wife, Evelyn, will celebrate 50 years of marriage this year. His presentation is entitled "Bread." Benediction will follow

# **Fifth Grade**

In Social Studies the fifth graders just finished studying the different explorers that came to North America. They had to do some research on their explorer and then write information on their display. They also wrote a paragraph on why their explorer was so famous. We have these displayed in our hallway right outside our fifth grade door for all to enjoy.

In English class the fifth graders learned how to put together a paragraph hamburger style. They had to use the sandwich technique. They wrote a topic sentence followed by 4 to 5 detailed sentences and then a conclusion. Their paragraphs were very interesting with all the different kinds of ingredients that made their work fun to read. They also wrote book reviews for Reading class to get other students interested in the good books that they read this

We have been working on all types of writing this year. When we write in the fifth grade, we try to make it more interesting when we integrate English, Art, and Technology into our writing. In the end they learn how to cook up some pretty im-

#### 15000 Lakeshore Blvd. Cleveland, OH 44110 **CityMusic Cleveland Chamber Orchestra Concert**



Please join us Thursday, March 17th at 7:30 p.m. as we welcome the CityMusic Cleveland Chamber Orchestra to St Jerome Church for the first of two free performances scheduled at St. Jerome in 2016.

The Orchestra will be conducted by Joaquin Valdepenas and will feature soprano soloist, Jeanine DeBique. The program will consist of:

• Beethoven: Overture to "Prometheus

• Edvard Grieg: Peer Gynt, Solveig's Song

• George Bizet: Carmen, Je dis que rien ne m'epouvante

• Puccini: La Boheme, Quando m'en vo' soletta

• Beethoven: Symphony No. 6

There is no charge for the concert and tickets are not required. Prior to the concert we will serve Irish Stew and Soda Bread in the school gym from 5:30-6:30 p.m. for \$8 per person.



Cristan and Darian show how our hamburger paragraphs turned out.



#### Upcoming Parish and School Events

Stations of the Cross Every Friday during Lent at 7:00 p.m

> Friday, March 4th Friday, March 11th Friday, March 18th Friday, March 25th

Saturday & Sunday, March 5th & 6th Food Pantry Collection After Weekend Masses

#### Monday, March 7th Collinwood Catholic Parish Cluster 7:00 p.m. Mass at St. Casmir Church Neff Rd

Homilist, Fr. Joseph O,Donnell Our Lady Of Mt. Carmel

#### Sunday, March 13th St. Jerome Altar & Rosary Society Day of Recollection Light Brunch Deacon Ronald R. James, Holy Spirit Church - speaker St. Jerome Convent, following 10:00 a.m. Mass

Monday, March 14th Cluster Communal Penance Service 7:00 p.m. St. Jerome Church

#### Thursday, March 17th Irish Stew and Soda Bread 5:30-6:30 p.m. St. Jerome School Hall CityMusic Cleveland Chamber Orchestra Concert 7:30 p.m. St. Jerome Church

HOLY WEEK

#### Palm Sunday Saturday, March 19th - 4 p.m. Mass Sunday, March 20th - <u>10 a.m. Mass</u> Tenebrae Service

Wednesday, March 23rd - 7:00 p.m. Holy Thursday Mass of the Lord's Last Supper

Thursday, March 24th - 7:00 p.m. Good Friday Solemn Passion Service

Friday, March 25th - 3:00 p.m. Holy Saturday

Saturday, March 26th Blessing of Food - 2:00 p.m. Mass - 9:00 p.m.

Easter Sunday Mass Sunday, March 27th - 10:00 a.m.

Royzell, Nelson and Sabrina are standing next to our explorer reports.

CONTACT US | stjeromecleveland.org | Follow us on Facebook | Phone: 216-481-8200

Looking for talented people for The Collinwood Farm & Flea! 19603 Nottingham Rd. And Contact Angela@collinwoodfarmandflea Reasonable spaces available 216.692.0300

## Events

#### Collinwood Neighborhood Catholic **Ministries Upcoming Events**

#### by Sr. Madeline Muller

Spring will be here in just a few weeks. Collinwood Neighborhood Catholic Ministries is buzzing with activity. All programs are free and will be held at the Collinwood Neighborhood Catholic Ministries (CNCM) House located at 15706 St Clair Ave. (across from the Dollar General) unless otherwise noted.

#### March 19 - June 11 - Creative Painting Are you wanting to release your creative potential? If so, the Creative Painting Classes may be for you. Classes will begin Saturday, March 19th and continue every other Saturday for 7 weeks. All are welcome and no experience is necessary. May 21 - Expungement Clinic

If you have a misdemeanor or a minor felony you may be eligible to have your record expunged. Please call for information and to make an appointment. (216) 481-8182 Appointments are required.

#### Every Friday afternoon from 2:00 - 4:00 -**Knitting and Crocheting**

Join the knitting and crocheting group for an afternoon guaranteed to keep you in stitches.

Future programs include: Community Garden - beginning in May

(CNCM House and the garden at E 154th St.) Do you enjoy eating fresh fruits and vegetables? Do you like to grow them? Do you like to garden? If you answered yes to any of these questions, please consider joining our Garden Committee. Please call (216) 481-8182 for details.

Healthy Parenting - beginning in July (location to be determined)

Being a young parent can be overwhelming at times. Would you like some expert advice and h have a chance to talk with other young parents, if so, this six-week program may be for you. Topics include: nutritional needs of children and parents, child and parent development and mental health needs of young families. For details and to register please call. (216) 481-8182 Domestic Violence - beginning in July (location to be determined)

Are you a victim or do you know a victim of domestic violence? It does not have to continue?

Consider joining our domestic violence group for women only. Please call (216) 481-8182 for more information and to register.

#### Martin Luther King Day **Celebration at Salvation Army**

#### by Sr. Madeline Muller

The second annual Shave to Raise FundraisDespite sub-zero temperatures and the drifting snow, 35 hearty individuals attended the Martin Luther King Day celebration, sponsored by Collinwood MyCom, at the Salvation Army Temple in Collinwood. Participants made cards for the Hospice residents located near 185th Street and Lakeshore Boulevard. Other activities included viewing films depicting Martin Luther King Jr's life and legacy of non-violence, listening to a witness talk given by librarian Ms. Caroline Peak, and being challenged by their peers to go out and make a difference. Winners of the Martin Luther King, Jr. essay contest were also announced: Micah Robinson, Lakicha Hicks and Joenyla Totten Each winner received a twenty five dollar gift card and all participants received a special gift.

Ms. Margaret Craig remarked to the participants that this day is not just a day to opt out of classes but a day to opt in for service. Ms. Peak indicated that the purpose of the day was to educate youth about the life, and legacy of this great man and inspire them to imitate him. The young women of the Destiny Project recited quotes by MLK and Mr. Ted Carter spoke about service. We ended

the day with a viewing of the movie Selma Lord Selma which is a true story of a little girl who met Dr. King and marched in the Selma march. All of those in attendance enjoyed the film. Our MyCom partners were out in full force to make this event a success. Many thanks also to Jamar Doyle, Sr. Madeline Muller and Charlotte Iafeliece for all of their help.

My Com is a network dedicated to engage youth as active members in their community, and listening to their needs for programming and partnering to make it happen. MyCom partners and youth meet on the first Thursday of each month. Parents, youth and youth serving organizations are welcome to participate. For more information please contact Ms. Margaret Craig at (216) 693-1388



Writing cards to hospice resident



The 2016 Summit Racing Equipment IX Piston Powered Auto Rama Presented by Rad Air Complete Car Care and Tire Center present the Miss Piston Powered Cleveland Auto-Rama Pin Up 2016 Classic 40's/50's Pin Up contest in Cleveland Ohio.

This year some of the contestants will be styled by Beachland Hair Designs, as like last year 30 women, from all over the United States will be vying for the win. Includ-

Fun times at Cebars Shave to Raise for St. Baldrick.

The second annual Shave to Raise Fundrais-

er will again be held at Cebars Tavern 595 E.

185th Street, on St. Patrick's Day from 1:00

pm til 7:00 pm. March 17, 2016

by Susan Brandt



couraged, to participate in this yearly event. Please contact Susan Brandt for details at smb1960@att.net. or on Facebook/ Susan M Brandt

few short hours, mostly after the St. Patrick's Day Parade in downtown Cleveland was

Beachland Hair Designs provided the Shavers and Cebars Tavern the Shavee. Our fundraiser page can be found at

http://www.stbaldricks.org/fundraisers/

We are asking for a minimum \$20.00



#### **Miss Piston Powered Pin Up Competition** 499-2705





ing Jeni King from Dogg Paws Grooming. and Cassandra Majchrzak Fear from Fears Confections

Saturday March 19 from 4:00 to 9:00 pm at the International Exposition Center.

For more information on this exciting event please visit their facebook site event 2016 Miss Piston Powered Cleveland Auto-

Rama Tickets are available at www.pistonpow-

Barbers from the 185th street area are en-

Last year we raises a little over \$500 in a

Good laughs and fun were had by most,

mypage/1751/2016

donation, which will go directly to the St. Baldrick's Organization, which is the largest organization providing much needed funding for research on childhood type cancers. Please visit their website for more information on how you can be a shavee, donate, or participate. At http://www.stbaldricks.org

Join the Discussion at: www.collinwoodobserver.com

ereshow.com

## Community

Sunday, April 10.

by Joe Valencic

## Lourdes Shrine Serving Fish Dinners

#### by John Sheridan

Our Lady of Lourdes Shrine, the Euclid landmark which includes a replica of the original grotto in Lourdes, France, will be serving Lenten fish dinner on Friday, March 11, 2016 starting at 4:30 p.m.

The menu includes: two piece of fish (battered or light butter sauce), choice of French Fries or Hash Brown potatoes, Pasta Fagioli (bean soup), apple sauce or coleslaw, bread and butter, coffee or hot tea.

(All fish and potatoes are baked.) The Shrine is located at 21281 Chardon Rd. in Euclid, near the crest of the hill as you take Chardon Rd. from Euclid Ave.

The fish dinner will be served from 4:30 to 6:45 p.m. Tickets are \$8.50 for adults, \$4.25 for childre. (Cold beverages may be purchased separately.) For further information, contact Sister Phyliss Ann at 216-481-8232.

## It's Wise To Advertise 216.5050.185





## TUESDAY, MARCH 15th, 2016 ELECT PABLO CASTRO

for Cuyahoga County **Common Pleas Court** Experience that Matters

and Integrity you can Trust! **Endorsed By Congressman Marcia Fudge Mayor Frank G. Jackson** Cuyahoga County Councilman Anthony Harrison **Cleveland City** Councilman Jeff Johnson



Paid for by Pablo Castro for Judge Committee - Gladya E. Harrison-Treasurer 17100 Van Aken Blyd. April 8 Shaker Hts. Obio 44120

#### polka and waltz to the sounds of more than sixty accordions, along with jam sessions all day. Accordions are king at the Slovenian Society Home in Euclid, Ohio, from 1:00 to 9:00 p.m. The National Cleveland-Style Polka Hall of Fame teams with the Slovenian Society Home and the children of the Slovenian

Junior Chorus, Circle No.2, SNPJ, to host springtime's grandest Cleveland-Style Polka event. You'll enjoy a musical reunion of top button accordionists from across the continent at the largest festival of this kind.

Slovenian Society Home in Euclid, Sunday, April 10.

Enjoy a dozen of your favorite squeeze-

box clubs at the 34th annual Super Button Box Bash on Sunday, April 10, 2016. You'll

Bring your own box and join the fun. Indulge in nationality treats, such as smoked Slovenian sausage, savory roast beef and strudel. Pick up a polka music CD or souvenir tee-shirt or sweatshirt at the Polka

Hall of Fame pop-up shop.

At 3:00, meet the winners of the Polka Hall of Fame button box awards, Kathy Hlad and Patty C and the Guys. They'll appear on the main stage, followed by an All-Star show of Cleveland-Style Polka musicmakers. Plus, the Hoboes pay tribute to the late Bill Frank.

The Slovenian Society Home is located at 20713 Recher Avenue, in Euclid, Ohio. Take I-90 to the East 200th exit; go north on East 200th, one-half mile and turn right on Lindbergh Avenue to the Hall.

Dinners, sandwiches, side dishes, desserts and beverages are available throughout the day. Advance tickets recommended Order through the Polka Hall of Fame, 605 E. 222nd Street, Euclid, OH 44123. (Open Tues., Wed., Fri., and Sat.: 11 to 4) For more information, contact the Polka Hall Fame, (216) 261-3263, or Polkashop at aol.com.

#### TRANSFORMING COMMUNITIES with Chris Webb SATURDAY, MARCH 12 // 3:00 PM **FREE EVENT!** at the Euclid Public Library

Accordions Are King at the Super

The Fairport Jammer will perform at the 34th Super Button Box Bash at the Slovenian Society Home

The Hoboes will present a tribute to the late Bill Frank (right) at the 34th Super Button Box Bash at the

Button Box Bash Sunday, April 10

The library welcomes nationally recognized poet, playwright, filmmaker and 2015 TEDx speaker Chris Webb to talk about his journey from



TRANSFORMING COMMUNITIES

the Glenville area of Cleveland to the prominent California Institute of the Arts in Los Angeles, and back again.

Chris will share his art, humor, and personal story and offer a unique insight on how communities can facilitate change.



Euclid Public Library 631 East 222nd Street (216) 261-5300 www.euclidlibrary.ord



neighbors for more

THAN 20 years.

## Northeast Shores Thanks Our Banner Sponsors for E. 185th Street!

The new banners beautify the East 185th Street district and commemorate two neighborhood institutions celebrating milestone years.

**SPONSORS** 





HOSPICE OF THE

Chili Peppers Muldoon's Saloon & Eatery Gus's Diner 185 Martin's Men's Wear McBill's Beverage



March 2016

Live

Music

In

March

Belt party? Maura Rogers?

This is Ray Ramsey's group

Craic Brothers Irish

UpgradYde GrooVes

Ed Feighan Irish

Waterloo Boogaloo

Guinness Bill Irish

The Ark Band Reggae

50's 60's Soul/Fun/Rock Dance Party

Stormy Monday

Shawn Mishack

Celtic Union

Alex Bevan

Thor Platter

**15335 Waterloo** 

Shawn Mishack

**Reed Project** 

March 2016

## Food + Fun

#### **Millard Fillmore Presidential** Library



15617 Waterloo March WAOW: Wednesday (3/2) - open mike night hosted by Istvan from Maura

Rogers and the Bellows. Thursday (3/3) is The Rick Gleason Trio (9:00-11:00pm). Friday (3/4) is Blue Lunch at 9:00pm.

## La Tavola di San Giuseppe (St Joseph's Table)





bv Rina Catena La Festa di San Giuseppe

La Tavola di San Giuseppe is a table adorned with a paramount display of mouthwatering trays of biscotti, flowers, candles, breads and fruits done by Sicilian in fulfillment of a promise made to St Joseph for his assistance in a time of family or personal crises.

EVELAND, OHIN

(Smooth funk & grooves)

9

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26

Thursday

Saturday

Wednesday

Thursday

Saturday

Thursday Friday

Saturday

Wednesday

Thursday

Friday

Saturday

Friday

In 1960 my mother promised Saint Joseph that she would do the "altar or la Tavola" for the rest of her life if St Joseph would spare my brother's life.

Santo, my brother, was only three weeks

old when he was rushed to the hospital with pneumonia. Santo was pronounced dead when my parents first arrived with him at the hospital, only to make an amazing recovery after a very worrisome and painful journey.

So my mother made her promise St Joseph by Santo's hospital bedside. And this my friends we have done! It began in 1961 in Italy and then has continued here in America after we migrated in 1966!

L'Altaro do San Giuseppe is a celebration that is enjoyed by my family & friends each and every year on and or around March 19th!







# **INDIAN HILLS SENIOR COMMUNITY** WELCOMES YOU!



# Are You Age 55+ and Looking for a GREAT Place to Live?

Current Rent Pricing: Studio - \$500; 1 Bdrm - \$575; 2 Bdrm - \$595 (Starting Prices) Gladly Accept Housing Assistance / Vouchers Under New Management! • Newly Remodeled Suites



• Current Rent Specials: Studio - \$500;

- 1 Bdrm \$575;
- 2 Bdrm \$595 (Starting Prices)
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- Newly Remodeled Suites
- Under New Management!
- Gladly Accept Housing Assistance / Vouchers

Top 12 reasons why you will LOVE Indian Hills!

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- Indian Hills FREE shuttle bus scheduled field trips & activities
- Dentist, barber shop & hair salon
- Interactive health kiosk and wellness programs
- Fitness Center with line-dancing classes
- Pet friendly dogs & cats < 25 lbs. welcome! (NO PET DEPOSIT)
- Computer lab with Wi-Fi
- On-site extermination team with the highest standards maintained

**MOVE-IN SPECIAL:** WE'LL PAY FOR YOUR MOVE<sup>\*</sup> AND - FREE 32" FLATSCREEN TV!<sup>\*</sup> (\*Move by April 30th; \*Other Restrictions Apply) FOR MORE INFORMATION, CALL OUR LEASING OFFICE: (216) 202-3400

it is a health condition that is many times

overlooked or ignored. To address hearing

health in the Collinwood neighborhood

the Rose Centers for Aging Well Lakeshore

is partnering with CVS Audiology to host

a FREE hearing screening day! On Tues-

day, March 8 starting at 12:30 we will have

an audiologist on site to conduct hearing

screenings, check hearing aid function,

and to provide hearing aid cleaning. Any

questions please call the center directly at

216.373.1680.

by Bob Payne in life.

Let's get this straight. Absolutely everyone makes mistakes. It's part of being human and living your life. Constantly beating yourself up over something that happened long ago, something you cannot change, is not healthy. Guilt is good for one thing – changing behavior. If you've done something wrong, make it right as best you can and don't do it again. Ruminating over

dinosaurs.

Senior Programs.

a.m. AC puter Room

We are expanding! **Upcoming Trips** Wickliffe Senior Center

# by Melissa Gleeson



## Senior Page

by Melissa Gleeson

"Hearing loss is the third most prevalent

chronic condition in older adults and has

important effects on their physical and

mental health. Despite these effects, most

older patients are not assessed or treated

for hearing loss." (According to Scientific

Review and Clinical Applications, April

16, 2003, Bevan et. al.) Living on a fixed

income leads things like food and pre-

scriptions to take precedence over hearing

health. Hearing loss also tends to be subtle

and progress slowly over time, as a result

Some Company...

#### **Happy 100**



Happy Birthday, Ruth J. Stenger 100 years old on March 18, 2016 From your sons, Charles and Craig, Grandchildren, Great Grandchildren, and Friends in Euclid and Slovenia.

#### **Interested in Doing Some Local** Shopping



Edna Byrd and Maeruie Smith doing some shopping in our Nearly New store

#### by Melissa Gleeson

We have a Nearly New store within our senior center, Rose Centers for Aging. This store sells gently used clothing, shoes, purses, hats and household items. Not a single item is more than \$3. The official store hours are Tuesday and Thursday from

10:00 am to 11:15 am. However if you want to shop and can't make it on those days or hours there is usually someone available to let people in to shop Monday through Thursday from 10:00 am to 3:00 pm. Come check us out!



768 East 200th Street (across from Drug Mart) (216) 738-1177 Closed Sunday & Monday

Tuesday through Friday 11:00 am to 10:00 pm Saturday open 2:00 to 10:00 pm New Help ! New Specials !



LAKESHORE ROSE CENTER 16600 Lakeshore Blvd., Cleveland OH,	44110 FOR A	GING WELL 16600 I	HORE ROSE CENTER Lakeshore Blvd., Cleveland OH, 44110
Monday	Tuesday	Wednesday	Thursday
10:00 Coffee and chat with friends	10:00 Coffee and chat with friends	10:00 Coffee and chat with friends	10:00 Coffee and chat with friends
10:30 Yoga/Meditation 11:30 Lunch	10:30 SilverSneakers exercise	10:30 Various Activities	10:30 SilverSneakers exercise
12:30 Line Dancing 1:00 Cards, puzzles,	11:30 Lunch 1:00 Knitting group	11:30 Lunch 12:30 Bingo	11:30 Lunch 12:00 Bible study
games	216.481.0631		1:00 Computer lab open Movie afternoon

Eunice White and Cometa Whitthorne working the snack bar with friendly service and a smile Come visit our snack bar within the senior center located at 16600 Lakeshore Blvd. the Rose Centers for Aging Well. Open Monpeople. day through Thursday starting at 10:00 **Computer Lab** 

Hearing Loss in Older Adults

Looking For a Cup of Coffee and

by Melissa Gleeson

by Melissa Gleeson Don't have a computer at home but need to use one occasionally? Please come visit our computer lab at the Rose Centers for Aging Well. We have 7 computers, all with internet access, and a printer. We can help you set up an e mail account, you can shop on line, research or just play games!

am. We serve coffee, tea, hot chocolate and snacks. Best prices in Collinwood! You might also meet some very interesting



Rose Center for Aging Well Computer lab.

## Senior Page

## **Bob's Corner**

In separate conversations this week, three of our seniors complained of deep regrets

a years' old mistake only ensures that you will not enjoy the present moment. And quite honestly, the present is the only place where you can find happiness. Life is way too short to constantly dwell and reflect on your past errors.

So today, quit scratching the scab and let the wound heal. Stay present to life and what is going on at this moment. Breathe deeply, engage with those around you, and do something positive. You may just find that peace of mind that you are seeking.

#### **Euclid Lakefront Community Center Computer Needs**

We currently have 5 very slow computers, and one broken computer, in our computer room. Each of them is at least 11 years old. By today's technology standards they are

We recently received the very generous donation of 8 computer monitors from the Elk and Elk Law Firm. That helps tremen dously, and it gets us half way to our goal of replacing all of the computers/monitors in the computer room. Do you know of a generous person, o

company, that would be willing to donate 6 computer towers to the Center?

## Movie Day

Every Tuesday is Movie Day at the Center. Join us at 1:00 p.m. in the Library for popcorn and a movie. Sponsored by Euclid

March 8th - Non-Stop March 15th - High Society March 22nd - St. Vincent March 29th - The Quiet Man

#### Health and Fitness at the Euclid Lakefront Community Center

Chair Yoga-Mondays at 9:00 and 10:00

Yoga - Thursdays at 9:00 a.m. Annex Room \$ 3.00 per class. Billie Exercise Class - (Chair) Tuesday & Thursday 10:00 a.m. - ComLine Dance - Thursdays at 1:00 p.m. Free Blood Pressure Checks Tuesdays & Thursdays mornings 10:00 11:00 a.m. Please give your name to the volunteer and she will issue you a number. Wait in the hallway until your number is called

#### **Euclid Lakefront Community Center Bus Trips**

We have started taking bus trips with the Wickliffe Senior Center. The joint effort gets us a reduced cost (and even money back on the upcoming Rocksino trip). Have an idea for a trip? See Monica.

2016 - The year of the big bus trips with

## **Home-Delivered Meals**

Nutritious hot and cold meals are delivered directly to seniors in their homes.

March 14 - Rocksino/Hardrock trip. Bus

picks up here. Cost is \$25, but you get \$20

in slot play. Make checks payable to Wick-

liffe Senior Center. Sign-up at the front

April 14 – Vera Bradley Factory Outlet Sale

desk. See Monica with any question

(limited seats)

216.361.0777

April 26 – Presque Isle.

For eligibility details and more information on home-delivered meals, call

#### **Communicating with Dementia**



by Heidi Shenk

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Mount St. Joseph Rehab Center at 21800 Chardon Road in Euclid, will host an evening event with the Alzheimer's Association to explore and identify strategies. Strategies can help you to connect and communicate at each stage of this disease. The community is welcome to attend this free event and light refreshments will be served. The event will be held on Tuesday, March 29 at 7:00 p.m. Please call 800-272-3900 to RSVP.

#### Mother's Day Tea Invites Those Who are Grieving to Honor Her Memory



Those attending the Tea are encouraged to bring a photo of their mother or mother figure to display on a special "Table of Remembrance.

by Laurie Henrichsen

The Elisabeth Severance Prentiss Bereavement Center, Hospice of the Western Reserve, is hosting a free Mother's Day Tea on Saturday, April 30, 2016 from 2:00 to 4:00 p.m., to help those who are grieving the loss of a mother or mother figure. The tea will be held at the organization's Lakeshore Campus, 300 E. 185th Street, Cleveland.

The event is open to anyone in the community needing support on their grief journey; no hospice connection is necessary. Seating fills up quickly, so early reservations are strongly recommended. To register for the event, call Felicia Dunlop at 216.486.6335 by April 22, 2016.

"Mother's Day can be very painful for those who have experienced a loss," said bereavement center director Diane Snyder Cowan. "The tea provides a reflective, healing place where participants can honor the memory of their mothers, grandmothers or mother figures while sharing special memories with others if they choose. We encourage those attending to bring a photo to display on our Table of Remembrance."

Tea for the event will be donated by the Rosepointe Cottage Tea Room in Chardon. Homemade pastries will be prepared and served by volunteers. Those in attendance will have an opportunity to place a personal message on a memory wall hanging.

## **Aging Mastery**

by Melissa Gleeson

The Cleveland Department of Aging and Benjamin Rose Institute on Aging will be running the Aging Mastery Program<sup>®</sup> at Cleveland Recreation & Senior Centers in 2016!

(AMP), developed by the National Council on Aging, encourages mastery - developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, older adults will:

• Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.

• Get REAL incentives and rewards for taking small steps that can improve your well-being.

• Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

The Aging Mastery Program<sup>®</sup> (AMP) is a comprehensive and fun approach to aging well that encourages people to take actions to enhance their health, financial wellbeing, social connectedness, and overall quality of life. Central to the AMP philosophy is the belief that modest lifestyle

changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery-developing sustainable behaviors over time. Participants in AMP go through The 10-week Aging Mastery Program<sup>®</sup> a 10- week core program with speakers and activities

> Life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for living longer lives. AMP offers an innovative approach to guide individuals through this phase of life. The program incorporates evidenceinformed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively in society. All program materials and resources align with the goal of helping people enjoy self-sufficient lives.

> Aging Mastery Program is being held at the Lakeshore Rose Centers for Aging Well starting April 20th, from 6:30 to 7:30 pm for 10 consecutive weeks. This program is FREE, but registration is necessary. Please RSVP to Melissa Gleeson at 216-373-1680 or mgleeson@benrose.org.



# **PROVEN LEADER** in a continuum of care

- Post-Hospital Skilled Nursing & Rehabilitation
- Alzheimer's Care
- Hospice Care



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Clean out your closets!. Bring all you can! All at once! Right away! Bring in as many as you wish - Sweaters base price will be \$3.33! Limit 1 Coupon per Customer. Cannot be combined with other offers. \*This offer valid thru March 2016. Void if copied or altered.

www.hcr-manorcare.com

ManorCare Health Services – Euclid Beach 16101 Euclid Beach Boulevard Cleveland, OH 44110 216.486.2300





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