

# The Collinwood Observer

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## Keeping Collinwood Clean: E. 140th Street Clean-up Recap



Job Corps students picking up trash and debris

by Collinwood & Nottingham Villages Development Corporation

Collinwood & Nottingham Villages Development Corporation has been in the spirit of neighborhood cleaning all summer, working in Glenville, Nottingham, Euclid Park neighborhoods. As we cleaned surrounding neighborhoods, we noticed E. 140th Street was filled with trash, debris, high grass and weeds. CNVDC organized a community clean-up in partnership with Job Corps, specifically covering along E. 140th Street on Wednesday August 29, 2018. CNVDC staff and Job Corps students picked up trash and debris along E. 140th St, we collected at over 20 bags of trash. "You can definitely see and feel you made a difference, when you clean the community,

says Kristian Hunter, CNVDC Community Engagement Manger.

For the community clean up, CNVDC secured Cleveland Neighborhood Progress Clean & Green trailer. The Clean & Green Cleveland trailer is stocked with landscaping tools and cleanup supplies to assist with beautification and clean-up efforts and events in Cleveland's neighborhoods. Having the tools available, volunteers were able to cut a vacant lot and cut weeds along the street to improve curb appeal. If any residents are interested in organizing a neighborhood clean-up or wish to reserve the Clean & Green trailer, please contact Kristian (216) 268-2138

( more photos on page 5 )

## James E. DeGeronimo, Sr. Nominated to the Collinwood HS Alumni Hall of Fame



James E. DeGeronimo, Sr nominated to the Collinwood HS Alumni Hall of Fame

by Charles Gill

James E. DeGeronimo, Sr. has spent the last 50 or so years as an entrepreneur after graduating from Collinwood High School

in June of 1962. In 1964 he married fellow CHS classmate Rozella Delre and together they raised three children until Rozella's untimely passing in 2007.

James' first work experiences after high school included short stints as an ambulance driver and a worker at the Fisher Body plant. Now on his own, he founded "International Accents", an import/export business capitalizing on the mid '70's desire for large wall paintings and accent furnishings. He then joined in the real estate upsurge in Florida land sales and gained knowledge of the vital mortgage sales industry.

In the late '70's, James founded a new company he named "American Graffiti" and adopted a type of home business sales

( continued on page 4 )

## Joseph J. Orosz Nominated to the Collinwood HS Alumni Hall of Fame



Joseph J. Orosz Nominated to the Collinwood HS Alumni Hall of Fame

by Charles Gill

Joseph J. Orosz attended Collinwood High School from 1958 to 1963. Upon graduation he went to work for General Electric Lamp Equipment Operations and in 1968 was hired as a patrolman with the Beachwood Police Department and attended Case Western University Law Medicine Center for three months of law enforcement training.

In 1975 Joseph was promoted to Sergeant by the Beachwood Civil Service Commission. He was second in command of his

shift of five officers and was responsible for calls for police assistance, traffic accident investigations, traffic enforcement, burglary investigation and crime scene processing. To further his education and better serve his new position, Orosz attended John Carroll University and Case Western University taking courses in management and supervision.

During this time one of the most memorable assignments was being a personal body guard for Sara Churchill, daughter of Winston Churchill, as she was visiting the US and staying in the city of beachwood

Orosz was a member of the Beachwood Police Honor Guard which provided honors to fallen police officers, dignitaries and escorting the national flag on ceremonial occasions.

In 1981 Joseph was assigned as the officer in charge to the Beachwood Detective Bureau. The detective bureau consisted of four other detectives and Det. Sgt. Orosz. His duties consisted in reviewing daily the crimes committed in Beachwood, their solvability factor, case assignments to

( continued on page 4 )

## Clean Water Fest Attracts Thousands



Guests from all over Ohio showed up on a beautiful fall afternoon to learn about where their water goes and what they can do to keep our Great Lake great. The Northeast Ohio Regional Sewer District open house was a celebration of community and all things water as they opened the doors of their treatment plant and laboratory facilities for a day of education and



entertainment.

The free event had more than 60 exhibitor booths including our neighborhoods own Linda Zolten Wood with the Collinwood painted rain barrel project. Congratulations to NEORSDD for enhancing the quality of life in our neighborhood by protecting our water resources.

## Brunch is Not Just for Sunday's Anymore



Saturday brunch at the Beachland rocks. The Beachland ballroom, located at 15711 Waterloo is open for brunch on Saturdays from 11 to 3 and Sundays from 10 to 3. We stopped in on a recent Saturday and had a most excellent and memorable meal. My wife had the always delicious North Coast turkey sandwich which is Slovenian style locally produced bacon, smoked turkey, poached free range eggs and Gruyere cheese on a multigrain toast with tomato and avocado. Yes, it is messy. Yes it is delicious.

I tried something new and went with the chicken and pinto bean Chilaquiles. (I am



not quite sure how to say that word.) As you can see from the picture the chicken and pinto beans were simmered in a spicy roasted tomato salsa, tossed on a bed of corn tortillas and topped with two over easy free range eggs. There is a vegetarian option for this dish and there are many vegetarian, vegan, and gluten-free options on the menu.

The food quality and the service is top-notch. The Bloody Mary's and the coffee are strong. The Beachland will take reservations for any size party. Give them a call at 216-383-1124. Prepare yourself for a marvelous brunch.



Community

The Collinwood Observer

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Next deadline: October 25, 2018

You can mail your stories to the Collinwood Observer office at 1591 E. 230 Street, Euclid, OH 44117

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Councilman's Corner



by Michael D. Polensek

It's officially Fall and my sincere appreciation for all of you who supported all the events we had this summer especially the Euclid Beach Live concerts and the most recent clambakes that many of our neighborhood organizations have held. If you missed any of them it is still not too late for the VASJ Clambake which is Fri., October 19th starting at 6:00 PM, for tickets call Fred at (216) 481-633-0692; St. Casimir's Clambake is Sat., October 27, for tickets call (216) 481-3157. Both of these bakes are excellent, for I had attended both of them over the years. It goes without saying, let's support our neighborhood groups and events.

As I reported last month, the Euclid Beach pier project is moving right along. In fact, I try to visit the site daily. The approach sidewalks have been poured and access steps are being installed at this time. The pier project has been a long time goal of mine since I can recall the original pier and what it meant to the community. What is unique about this design is that it will be handicapped accessible and augment the piers at the mouth of Euclid Creek. Once again, my sincere appreciation to our partners, the Cleveland Metroparks, in making this important project a reality.

As I reported previously, the Collinwood Nottingham Villages Development Corporation (CNVDC) has enlarged its geographical territory and now encompasses all of North Shore Collinwood, the Collinwood and Nottingham Villages area and the Euclid Green community. I am encouraging anyone who would like to become a part of our community's development activities to become engaged with CNVDC. The may be reached at (216) 383-9772. Their goal is to create one Greater Collinwood development corporation that looks beyond neighborhood boundaries to incorporate all ideas, thoughts and goals. We have many talented residents in our ward who have a whole host of skills and expertise. CNVDC needs your time and talents to become the best development corporation it can be.

We continue to be engaged with the Cuyahoga County Landbank in dealing with abandoned and derelict properties which have finally come into the hands of the County through the foreclosure process. As I have reported before, this has been a serious problem, not only in our community but city-wide. We need to target these properties for redevelopment or demolition. I find, far too often, properties which have become an eyesore or nuisance, are substantially delinquent in property taxes. I ask, "why" when all of us who own property are required to pay our taxes every year; yet, the "worst of the worst" go delinquent for years with no foreclosure action being initiated by the County. This has to change.

On that note, one of the biggest industrial eyesores we have is located 12735 Kirby Road, off of Eddy Road, in the East Glenville neighborhood. Finally, the Cuyahoga County Landbank was able to take possession of the 4-story 200,000+ square foot building and enter into a contract with Level 5 Global Corporate Consultants to redevelop the site into a Hemp Manufacturing facility. The process will entail taking the fibers of the hemp plant

and turning them into a multitude of different products ranging from plastics, oils, hempcrete and more.

I will be the first to tell you that I was ecstatic when Mr. Ty Williams from Level 5 along with Rev. Theo Caviness, of Greater Abyssinia Baptist Church, first approached me about their vision for the abandoned plant. Since that initial meeting and subsequent others, I came to the realization that if this proposal works it could lead to the entire redevelopment of the Eddy / Kirby Road Industrial area, which is approximately 200 acres, and at one time, one of the largest employment bases for the Glenville and Collinwood neighborhoods. Let's hope their vision becomes a reality and we can start to see employment opportunities, present themselves for our greater community. Stay tuned for future updates on a project that could be transformative and unique.

I don't have to tell anyone about the growing concern we all have regarding gun violence in our city. When elderly residents are beaten to death in their own homes, as we have seen recently in Slavic Village, and when children are caught in the crossfire of gun-packing thugs, something is terribly wrong, and we should all be outraged. It is up to all of us to be the eyes and ears on each of our streets and to set the tone in our community that, we will not tolerate this type of behavior.

I, once again, call upon the City Administration, to realize that until additional CPD Officers are put out into the streets we need additional help from the Ohio Highway patrol or the Cuyahoga County Sheriff's Office, to step up patrols in our neighborhoods city-wide to augment basic police patrols. There is no substitution for law enforcement officers in the neighborhood. Citizens can help greatly, as we all know, but at the end of the day, to prevent crimes from happening you need police visibility and engagement. Time will tell shortly whether the Administration will respond to the growing concerns city-wide. We need our neighborhood police mini-stations back in the community.

Meetings have begun in earnest with the City of Euclid, Cuyahoga County Planning, Cleveland City Planning, CNVDC, and my office pertaining to the East 185th Street streetscape project. CNVDC will now be the local CDC engaged in this project. The plan is to break the project into three sections due to the length of the street at nearly two miles. The first phase is tentatively set for the section from Nauman Ave / Canterbury Road north to the lake, which will be the first area to undergo construction. In addition, there are discussions taking place on how the planned East 185th Street storm sewer project will be integrated into the streetscape project. The redevelopment of East 185th Street is critical to our greater community and the City of Euclid. We are finally seeing the light at the end of the tunnel on this long-awaited project. Watch for future updates.

The new O. H. Perry Elementary School project is really coming into its own and we are still set for the students to transfer to the new school after Christmas Break, if everything goes according to schedule and weather permitting. The new O.H. Perry School is critical in repositioning the Cleveland Metropolitan School District in North Shore Collinwood. This school on Schenely and Memorial Elementary on East 152 Street were both positioned to provide the best locations and facilities for the children and families who live in the northeastern portion of our community. We need to support our local

COMMUNITY MEETINGS

**COLLINWOOD HOMEOWNERS MEETING**  
1st Wednesday of the month  
7:00 PM  
St Mary Church  
15519 Holmes Avenue

**MyCOM MEETING**  
1st Thursday of the Month  
5:30 PM  
Salvation Army Temple Corp  
17625 Groveswood Avenue

**EAST 185th STREET NEIGHBORHOOD ASSOCIATION**  
2nd Tuesday of the Month  
6:00 PM  
Lithuanian Hall  
877 East 185th Street – next to Post Office

**DEMOCRATIC WARD CLUB**  
2nd Wednesday of the Month  
(September to June)  
6:30 PM  
Collinwood Slovenian Home  
15810 Holmes Avenue  
PRESIDENT: Councilman Polensek

**FRIENDS OF COLLINWOOD RECREATION**  
2nd Thursday of the Month  
6:15 PM  
Collinwood Recreation Center  
16300 Lakeshore Boulevard

**5th DISTRICT COMMUNITY RELATIONS MEETING**  
3rd Wednesday of the month  
6:00 PM  
Collinwood Five Points Community Center  
East 152 Street except for:  
May (Murtis Taylor),  
July (St Clair Superior Dev Corp),  
October (Cleveland Job Corps Annual Dinner),  
November (Glenville Rec Ctr.)

**EAST 156th STREET NEIGHBORHOOD ASSOCIATION**  
3rd Thursday of the month  
6:00 PM  
Collinwood Recreation Center  
16300 Lakeshore Boulevard

**EAST 140TH STREET NEIGHBORHOOD ASSOCIATION**  
4TH Wednesday of the Month  
(March to November)  
6:00 PM  
Collinwood Five Points Community Center  
East 152 Street

**CLEVELAND CITY COUNCIL**  
Monday night at 7:00 PM  
Please note – this is a public and an open meeting but does not take public commentary

Any questions about these meetings please feel free to call  
Mary Louise Jesek Daley,  
Councilman Polensek's office, (216) 664-4236

schools, whether they are public, parochial or private.

Halloween will be upon us at the end of the month. The Big City Boo is being planned for the Collinwood Recreation Center on Halloween, October 31. The 5th District Police will also have their haunted district festivities that evening. Watch for the actual times. I help sponsor both of these events. We want our children to have a safe and fun-filled Halloween.

Please feel free to contact me. I may be reached at my office at (216) 664-4236 or via email at [mpolensek@clevelandcitycouncil.org](mailto:mpolensek@clevelandcitycouncil.org).

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Community

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Please join us for an information session  
**Wednesday: October 17, 2018**  
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Collinwood & Nottingham Dev. Corp  
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by Collinwood & Nottingham Villages Development Corporation

Are you age 22 or older and still need your Ohio high school diploma? Are you tired of trying to get your GED? Are you ready to make change but do not know the right steps to take?

Collinwood & Nottingham Villages Development Corp has the solution to your education barrier. Five Pointe Community Center formed a partnership with Cuyahoga Community College (Tri-C) Adult Diploma Program. The Adult Di-

152nd Cleveland, Ohio 44110) on Wednesday October 17, 2018. The morning session will begin at 11:00am and the evening session will begin at 6:00pm.

This event brings an opportunity to make the necessary steps to start a career and improve your wellbeing. We hope to see you there! If you have any questions about this event please, contact Kristian Hunter (216) 268-2138

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Meet Our New CDC – Greater Collinwood Development Corp

by Nan Kennedy

I would like to think that "Greater" signifies not only its enormous area (all of Collinwood, Nottingham Village and Euclid Green) but how much greater Collinwood is going to become with its leadership.

The handover meeting last Thursday, at the Rec Center, was chaired by Scott Mills, president of the Northeast Shores board, introducing Jamar Doyle, GCDC's executive director. GCDC has a staff of 13 (including Camille Maxwell, Carly Lovely and Jamie Baker from NSDC), with offices at 15614 Saint Clair and multiple programs at Five Pointe Community Center on E152. NSDC is now represented by New Village Corp, a wholly-owned subsidiary of Neighborhood Progress, Inc. (NPI), that develops real estate projects in joint ventures with community-based development corporations and private investors – a relationship designed to market the troubled LaSalle.

Jamar came to Collinwood from St. Clair Superior DevCorp, where he was Associate Director, and has a BA in Urban Studies and Political Science from the University of Pittsburgh, plus an MA from CSU in Urban Planning, Design and Development. He also has a lot of energy and a talent for listening, both of which he will need. And visions: of Collinwood as a transit corridor carrying suburbanites from the Heights to the lake, from the eastern suburbs to downtown – suppose we turn those corridors into billboards advertising Collinwood's easily reached attractions; already, an audience member testified, her Beachwood friends are enchanted by the restaurants on E185. And Five Points, which was a serious shopping center, back in the day; it still has assets – all those municipal buildings, and empty buildings instead of empty lots – materials to work with.

Jamar has plans, based on what he's

already accomplishing with CNVDC: Housing and business development, neighborhood planning, programs for seniors, kids after school, job training and placement – the list goes on. All this activity will be supported by funding from the two councilmen involved – Mike Polensek and Anthony Hairston. The thinking presumably is that funding will go further without reduplication of assets.

Questions were asked, of course. About E185 – will the Merchants' Association be revived? That's on the list. Is the redevelopment promised by NSDC still on the menu? It is, based on the good supply of available buildings (a bigger asset than vacant lots, as some of us have been stressing), and positive meetings with the Land Bank.

Why no news about the streetscape? The project was shelved, but has come back to life (renewal from Canterbury north to the lake), along with the final link in NE-ORSD's massive Euclid Creek Sewer Project – an \$8 million storm sewer installation on East 185, from Pawnee to Marcella and up that street to Lakeshore Boulevard, – which will end the sewage-filled basements on the Indian streets.

I hope the streetscape – which is a massive undertaking – will be accompanied by an equally massive push to attract new businesses. The streetscape project on Waterloo effected a transformation beyond what I'd have thought possible – but was left, magically, to attract new stores without further effort. And it didn't.

One incident at the meeting spoke volumes about GCDC's probable future: Breanna Sweeney, representing Youth Leadership, made an impassioned plea for their program – and Jamar Doyle left the speakers' table to promise her assistance with grant writing. I like to see direct action.

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Community

James E. DeGeronimo, Sr. Nominated to the Collinwood HS Alumni Hall of Fame

force to sell the popular personalized shirts and clothing of the era. He then formed a partnership to form "Our Gang Entertainment." Our Gang produced the popular "Dancercise" records with many artists that predated the exercise videos of the '80's. Seeing the inevitable, James moved on to become the VP of video store sales for the company that eventually became Block Buster. With his brother Kenny, James started "VideoGenics", a company that concentrated on selling and supporting video tape production as well as video store franchising to rent the VHS videos and transfer existing 16mm and 8mm film to VHS format. This afforded James valuable exposure to the franchise sales industry contacts.

In 1986 James set up a business to study the current high rates of mortgage interest. Available court house records afford the data needed to offer the high rate borrowers a more affordable solution. In 1986, with the help of his daughter Laura, James started Mortgage Placement Services, Inc. out his northeastern Ohio home. His son, James Jr., joined him in the business and eventually his second son, Joe, also joined him. Based in Mentor, Ohio, the very successful company became one of the largest

Mortgage Brokerage services in Ohio.

James Sr. is a two-time president and Co-founder of the Ohio Association of Mortgage Brokers. He spent 4 terms as the Vice president of Legislation/Government Affairs, and for six years he was the Ohio Representative to the National Association of Mortgage Brokers. These organizations played an important role in obtaining state regulations which better serve the loan industry and its customers. James Sr. wrote the state's first Mortgage Broker Reform Bill. James Sr. retired from MPS in 2006 leaving his son James, Jr. to direct the company. In addition, he served three terms as a trustee on the board of the Cleveland Better Business Bureau.

Following 20 successful years with MPS, James Sr. started a related business named Majestic Security, LLC. This business provides regulatory compliance products to serve the financial industry as well as identity protection products to all industries.

James DeGeronimo Sr. has demonstrated the true Collinwood HS spirit by superior achievement for our community and our society. We are proud to call you a fellow Railroader.

Charles Gill, '62, CHSAA-HOF Chairman

Joseph J. Orosz Nominated to the Collinwood HS Alumni Hall of Fame

detective bureau personnel and their timely conclusion. He was the liaison with the local, county and state prosecutors in charging individuals with crimes and their bond hearings, case preparations and Grand Jury reports and testimony. Testifying in local, county and state court trials as witness and investigating officer.

Orosz became a training officer for the Ohio Police Officer Training Academy in Columbus, Ohio and Shaker Heights Police Academy wherein he trained officers from all over the US in investigations into auto theft, rape, insurance fraud, and defensive driving.

In addition to detective bureau responsibilities, Orosz also served as a Crime Prevention Officer, frequently holding block meetings with residents regarding latest crime trends in the area and how to lower their risk of becoming a victim and enlightening retail store employees on shoplifting, fraud and their personal safety.

In addition to investigating a myriad of crimes, Orosz was instrumental in organizing and directing The Suburban Auto Theft Strike Force which was made up of twenty one police departments in northeast Ohio which in turn provided personnel, equipment and intelligence to combat the siege of auto theft in the greater Cleveland area from 1981 thru to 1991.

In 1991 Orosz was promoted to the rank of Lieutenant by the Beachwood Civil Service Commission and was in command of eight officers. During this time he was responsible for the jail facility and prisoners,

preliminary investigations into crimes occurring during his watch and assisting the Chief of Police in the daily operation of the Police Department.

During the course of 1994, Orosz applied for several Police Chief Positions, believing that after twenty six years of service in law enforcement, that he could carry his knowledge, experience and training to benefit another community. In July of 1994, after twenty-six years of service, Orosz retired from the Beachwood Police Department and was appointed Chief of Police of the Chester Township Police Department in Chester Township, Ohio where he served for the next twelve years.

During this time he restructured the police department to successfully serve a changing community. By instituting the feeling of Omni-presence by strict traffic law enforcement, accidents and related fatalities were lowered noticeably as was the reduction in property damage, vandalism, and burglary and other associated crimes.

In 2001, Chief Orosz was named Officer of The Year by The Geauga County Bar Association for the successful investigation of a homicide resulting in the arrest and conviction of the three assailants.

In September of 2006, Chief Orosz retired from law enforcement for a total of thirty-eight years in law enforcement.

Joseph married his high school sweetheart, Bonnie Cirino Orosz in 1965 and blessed with a son Joseph Jr.

Charles Gill, '62, CHSAA-HOF Chairman

Community

Keeping Collinwood Clean: E. 140th Street Clean-up Recap *(continued from page 1)*



Vacant lot along E. 140th with high grass



Vacant lot weed overgrowth



Volunteers cutting weeds along E. 140th Street



Using the tools provided by the Clean & Green trailer.



New and improved vacant lot



Job Corp students remove weeds from vacant lot



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Community

## Braeview Care and Rehabilitation: Where you can leave your heart and be at home.



by Jessica Orlic

Braeview Care and Rehabilitation: Where you can leave your heart, and be at home.

Due to the ever-changing nature of skilled nursing facilities, Braeview Care and Rehabilitation has upped the ante by adding behavioral health to the list of care specialties they provide. Although Braeview has remained consistent with providing optimal clinical care for residents requiring long-term and short-term care they recognized the increase of demand for patients and residents diagnosed with mental illness and have branched out to meet the needs of these patients.

The Behavioral Unit at Braeview offers standardized staff education and detailed policy and procedures relevant to not only meeting regulations but also the need of residents. The entire team of devoted caregivers received training and certification acknowledging that safety and well-being are at the forefront of policy and program development. Certification relied on the

best care techniques when exposed to residents who may require de-escalation. Upon completion of being certified the team strategized comprehensive care plans to ensure that each resident

currently residing in the behavioral unit and newly admitted residents achieve the highest quality of mental health and personal integrity despite the losses they have shouldered and the challenges they may have faced.

The integration of behavioral health into the interdisciplinary care planning contributes to numerous positive outcomes for the resident and the facility, including: reduction in psychological and behavioral symptoms, reduced use of psychotropic medications, increased treatment compliance, reduced rehospitalization/readmissions and improved resident independent functioning.

Braeview Care and Rehabilitation welcomes the city of Euclid, community members and our neighbors to our Open House on Thursday, October 18th from 4PM to 7PM. RSVP by calling (216) 486-9300 [Braeviewcare.com](http://Braeviewcare.com)

## Meet The Cast of “Shrek, The Musical”

by Charlotte Mirabile

GET YOUR TICKETS NOW!!! - Evening Performances Oct. 12,13,19,and 20 at 7:30 PM • Sunday Matinees: Oct. 14 and 21 at 2:00 PM • Shore Cultural Centre, 291 East 222nd Street, Euclid, Ohio • Intersections of 222nd Street, Babbitt Road & Lake Shore Blvd. • Tickets in advance: Adult \$15.00(Over 60/Under 17- \$13.00) At the door: Adult \$17.00( Over 60/Under 17 - \$15.00) • Groups of 20 or more Reserved Seating • For tickets call 216-219-3630 or 216-289-8578

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**Shrek The Musical Leads**

Adam Harris.....Shrek

Rebecca Polito.....Fiona

Erin Morgan.....Donkey

John Telepak.....Farquaad

**Shrek The Musical Cast List**

Anita Anger.....Queen of Hearts

Alison Arko.....Sugar Plum Fairy,

Blind Mouse, Bluebird, Queen Lilian

Jennifer Banasik..... Mama Bear, Mama Ogre

David Bruney.....Captain of the Guard, Knight 4, Pied Piper, Priest

Sam Carlson.....Fauna, Guard

Lisa Castelletti.....Pig 1, Knight 2

Carmella Dalto..... Dwarf

Brett Heidinger..... Pinocchio

Derrick Hudson.....White Rabbit, Guard, Knight

Connie Laettner.....Flora, Greeter, Knight 3,Merryweather,Dance Captain

Josh Linerode.....Giant, Guard, The-lonious, Knight 5

Sophia Martinez..... Dwarf, Grumpy, Young Shrek

Meg McGarry..... Old Woman in the Shoe

Kennedy McGarry.....Dwarf

Clayton Minder..... Papa Bear, Papa Ogre

Tara Mirabile..... Wicked Witch, Blind Mouse

Charlotte Mirabile..... Fairy Godmother

Aria Mirabile..... Elf, Blind Mouse

Hope Mocodlo.....Pig 2

Emily Mocodlo..... Pig 3

Isabel Novosel.....Gingy

Linn Obery..... Gepetto

Melody Obery..... Mother Goose

Amanda Ostroske..... Little Red Riding Hood, Teen Fiona

Tessa Ostroske.....Baby Bear

Katie Rotuno.....Goldilocks, Dragon

Gary Samarin..... Big Bad Wolf, King Harold

Katie Tillery.....Ugly Duckling, Young Fiona

Joe Wirsing.....Peter Pan

Tom Wirsing.....Mad Hatter, Guard

Sam Wirsing..... Dwarf

Anita Young..... Humpty Dumpty

Tap Dancing Rats Alison Arko, Aria Mirabile, Derrick Hudson, Emily Mocodlo.

Connie Laettner, Hope Mocodlo, Tara Mirabile, Joe Wirsing, Lisa Castelletti

Dulac Dancers Alison Arko, Aria Mirabile, Lisa Castelletti, Emily Mocodlo, Derrick Hudson, Hope Mocodlo, Connie Laettner, Amanda Ostroske, Tara Mirabile

## Fall Visit Days at Tri-C Metropolitan Campus



by John Horton

Cuyahoga Community College (Tri-C) will host Fall Visit Days at Metropolitan Campus during October to introduce prospective students to academic and career opportunities.

The hourlong sessions provide a chance

to learn about enrollment, financial aid and scholarships; discover the variety of student services available; and explore the buildings.

Metro's Fall Visit Days will take place at 11 a.m. Wednesday, Oct. 10, and 11 a.m. Friday, Oct. 12. Registration is requested. Metro Campus is located at 2900 Community College Ave. in Cleveland. Fall Visit Days will also be offered at Eastern Campus in Highland Hills, Western Campus in Parma and Westshore Campus in Westlake.

For more information, or to register, visit [www.tri-c.edu/visit](http://www.tri-c.edu/visit) or call 216-987-6000.

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**Jobs@MonasteryGreetings.com**

Opinion

## Medicare Advantage Plans Are Not What You Expected

by Jeanne Coppola

If you want to enroll in a Medicare Advantage Plan, there are some things you should know. Medicare Advantage Plans are not what they seem, because Advantage Plans are funded by Medicare, and you cannot choose the plan you want (Medicare has to approve it); and you could get a different plan (one that Medicare approves), instead of the plan you wanted. And once enrolled, you cannot use your Medicare card anymore, because you have to use the Advantage Plan insurance card instead!

You should also know that once you enroll in an Advantage Plan, they will start calling you to make an appointment for a nurse to come to your home. They will want to do this every year, to diagnose you with new health conditions, and sign you up for services, so they can get more money from Medicare.

Although you still have the right to choose your own Primary Care Physician (PCP), as long as they are in the Advantage Plan network, you do not have the right to choose the nurse who will come to your home and diagnose you. You have no choice!

The fact that Advantage Plans want to do house calls is not common knowledge. You have no way of knowing this in advance, because Advantage Plans do not reveal this information to the public, or on their websites. They only reveal the cost of each plan.

Once the Advantage Plan starts calling you, they will call every day, sometimes several times a day. When you answer the phone, they start asking questions about your health, and want to send a nurse to your home to do a “health risk assessments,” and sign you up for “in-home or community based services.”

These assessments are invasive and controlling, and undermine the diagnoses of your own PCP.

If the Advantage Plan cannot reach you, they will leave messages on your answering system, using a recorded mechanical sounding voice. These messages do not reveal the reason of the call. They just say to call them. Then they will send you pages of questionnaires in the mail.

They offer a \$25 Walmart gift card if you do the in-home assessment, which seems to be a deceptive tactic, since you do not know what the exam will be like, or what they will ask, or why they want to do these visits. You also do not know why Walmart is giving away gift cards, or how are they reimbursed.

If you agree to these assessments, you need to know that Medicare Advantage Plans want to do in-home assessments because they can get more money from Medicare if you are diagnosed with more health conditions.

Medicare pays the Advantage Plans different rates for each person, based on their health conditions, and Medicare Advantage plans use a billing formula for each person called a “risk score.” So if the nurse or social worker makes an additional diagnosis and says you have more health risks, you will have a higher risk score, and Medicare will pay the insurance companies more money.

**Remember: if you have a higher risk score, that means Medicare will pay the Advantage Plan more money!**

Advantage Plans hire nurses and social workers, and this costs money, also. This is wasting money and costing Medicare billions of dollars each year if there are exaggerated risk scores, and duplicate diagnoses or unnecessary services.

Advantage Plans do not need to assess you in your home to find your health risks, because when you apply for health insurance or life insurance, the insurance company can get your medical file from the Medical Information Bureau (MIB). The MIB does not have your medical records; they just have “codes” that represent your health conditions. So, if the insurance company wants to know this information, they have to give you an “MIB Pre-Notice” letting you know that they will request this information from MIB.

If you have applied for any insurance (that is not from an employer) in the past

seven years, the MIB should have your file. You can get a copy of your file for free by calling the MIB: 1-866-692-6901.

If you agree to an in-home assessment, it will take about an hour. They will do an exam, take your blood pressure, listen to your heart, ask about your medications and medical conditions, and assess you for your ability to bathe, cook, walk upstairs, and dress yourself, etc.

If the nurse decides you need a home health care aide or physical therapy, they will want you to sign papers for these services. If you did not need a home health care aide before, why do you need one now?

If you have not answered their questions over the phone, they will ask them during the assessment. They will ask about FORTY questions (most with two parts and some with six parts.) This is a partial list of some of the questions they ask:

- The language you speak
- Your Primary Care Physician (PCP)
- If you have a living will, advanced directive, or health care power of attorney
- What type of care you discuss with your PCP
- If your religious beliefs affect your medical decisions
- The specialists you see
- Your height and weight
- If you have been diagnoses with a heart condition
- If you have diabetes, high blood pressure, COPD or renal disease
- What prescriptions you take
- If you are you bi-polar or schizophrenic
- If your medical condition prevents you from leaving the house
- If your medical condition keeps you in bed all day
- If you smoke
- If you take drugs
- If you need to cut down on your drinking
- If you need help with daily activities or if you “can do it yourself”
- If you use a wheelchair, hospital bed, walker, hearing aid...etc.

When they ask questions like these, especially about your health care power of attorney, it should make you wonder if the insurance company’s nurse can ask you to sign your health care power of attorney over to her, if you have not already chosen one. Or if the insurance company’s nurse or social worker can diagnose you with something your PCP has not diagnosed you with?

Afterwards, the nurse will want to sign you up for in-home and community based services, if you are diagnosed with new medical conditions!

If the nurse wants to sign you up for in-home services, more people will provide care, and you will be rated as sicker with a higher “risk score,” because you have more medical conditions.

So, it makes sense that you should question any new diagnosis and be allowed to have it confirmed by a second opinion doctor, since it is a subjective diagnosis! But, the Advantage Plan might not pay for this.

You should also be allowed to ask your PCP to confirm the new diagnosis, but the Advantage Plan might not want to pay for this, either.

If the nurse says the Advantage Plan will not pay for a second opinion, then there could be something suspect about these assessments.

If your new diagnosis is correct, does that mean you could be able to sue your PCP for not diagnosing you correctly? And if the new diagnosis is not correct, does that mean you could be able to sue the insurance company for making an unnecessary and inflated diagnosis, and for care that you do not need? These are questions that the Advantage Plans do not publish in their booklets.

When you turn 65, and think Medicare pays 80% of your medical bill, and an Advantage Plan helps with the additional remaining 20%, you are wrong. There appears to be a hidden agenda to these Medicare Advantage Plans, because they will want to diagnose you in your home, independently of your own PCP; and make money from Medicare based on your “risk score;” and override your control of your own health care.

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## Our Lady of the Lake's Parish Feast Day Celebration



Each year, Our Lady of the Lake celebrates its Parish Feast Day on September 12, in what has become a favorite tradition for parish and school families. The event naturally begins at the lake, families enjoy hot dogs and

play space and time together. The group then processes to the church for a prayer service, followed by ice cream in the church hall. It's a wonderful celebration of faith and community.

## Introducing OLL Student Council



Fr. Joe and the school and parish community join together in blessing the school's new Student Council leaders.



Leadership and service are important qualities at Our Lady of the Lake School.

This year's theme at Our Lady of the Lake School is "We Are Called" – and student leaders responded to the call when they stepped up to serve their community on Student Council. Leadership, responsibility, initiative and service are all important values at Our Lady of the Lake School.

Congratulations to all of OLL's council members, and all the students who ran. With strong leadership from Mrs Zigman and Mrs Perella, these students will help make Our Lady of the Lake a thriving and engaged school for all of its students.



### Make a Date to See Elf! Jr. with OLL Theater Group

**OUR LADY OF THE LAKE SCHOOL**  
Production of Elf Jr.

Book by: Thomas Meehan and Bob Martin | Music by: Matthew Sklar  
Lyrics by: Chad Beguelin

Based upon the New Line Cinema film written by David Berenbaum  
Our Lady of the Lake's Parish Play is too good to miss -- This year's production of Elf!  
Comes just in time for the holidays, and is a wonderful way to gather the family, enjoy an afternoon or evening out in the community, and support youth theater.

Performances run November 16 and 17 at 7:00pm, and November 18 at 2:00pm,  
at Shore Cultural Centre. Tickets are on sale now at [www.OLLEuclid.org](http://www.OLLEuclid.org).  
For more information, call Rita Testa, Youth Minister and Parish Theater Director,  
at (216) 486-0850 or email [Rita@OLLEuclid.org](mailto:Rita@OLLEuclid.org).


## Check Out OLL STEM Open House



OLL School's annual STEM Open House is scheduled for October 19. Visitors are encouraged to stop by during either the morning or afternoon Open House times, at 9:00am and 1:00pm, to see STEM projects and research by OLL students and learn

more about the work the school is doing on the theme of Sustainability and Vital Neighborhoods. For more information, visit [www.OurLadyoftheLakeSchoolEuclid.org](http://www.OurLadyoftheLakeSchoolEuclid.org), or call (216) 481-6824.

Join the Discussion at: [www.collinwoodobserver.com](http://www.collinwoodobserver.com)




**100 YEARS**  
**ST. JEROME CHURCH**  
1919-2019

## St. Jerome Church

The Beacon on the Boulevard  
Collinwood's Catholic School

15000 Lake Shore Blvd., Cleveland, Ohio 44110



## 100 Years of Memories



Those who attended our 85th Anniversary Celebration are shown in this picture. Come be part of our 100th Anniversary celebration.



The cornerstone of the current church building was laid in 1950. The completed building was dedicated in 1952.



St. Jerome School opened in 1922 and this is the All Graduates Dinner ten years later. We will hold our first "group" reunion for the classes of 1922-1959 on November 4, 2018.



Sports has long been an important part of life at St. Jerome. With CYO teams in football, basketball, track, cross-country, volleyball and more there has been something for everyone to cheer about.



Monsignor Hammer was the first pastor of St. Jerome seeing the parish through the early years celebrating in a tent, through the building of the wooden church, the school, the rectory, the convent and finally the current church building. He was followed by Father Koehl, Father Walsh, Father Haren, Father Cassese and now Father Jerse.

## Classes of 1922-1959 Reunion!



St. Jerome School class of 1956 is invited to join the graduates from 1922-1959 for a reunion on November 4, 2018 as part of our centennial celebration.

by Adele Markert

St. Jerome School graduates in the classes of 1922 to 1959 are invited to join us for a Reunion on Sunday, November 4th beginning with 10am Mass. A tour of the school and convent will follow with light refreshments. Come see what has changed in the

school, find out what we are planning for the convent, and catch up with old friends and classmates. If you didn't receive a mailer recently please call the church office at 216-481-8200 to update your contact information. Go Gladiators!

## Orchestra Season opens with all Brahms performance



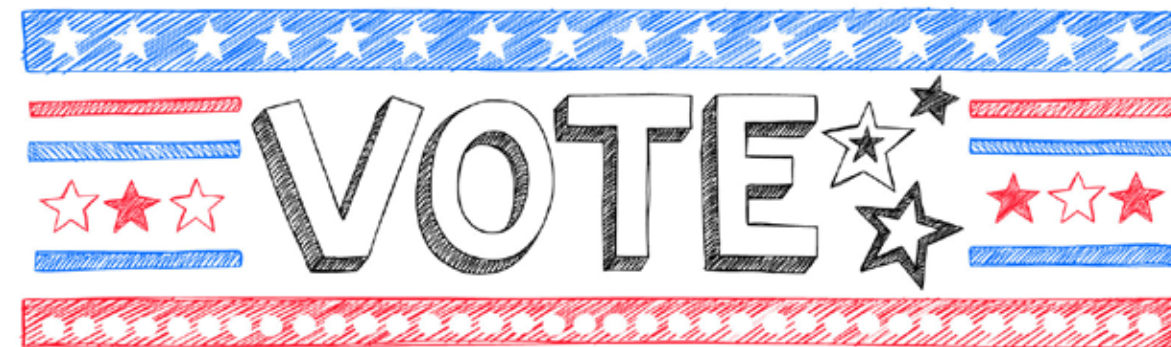
Tessa Lark returns to St. Jerome October 24th to open the 15th season of City Music Cleveland with Brahms' Concerto for Violin and Cello with Edward Arron on cello.

by Adele Markert

City Music Cleveland Chamber Orchestra will open their 15th season on Wednesday, October 24th at 7:30pm in St. Jerome Church, 15000 Lake Shore Blvd., Cleveland. The program will consist of Brahms' Concerto for Violin and Cello featuring the renowned Tessa Lark on violin and

Edward Arron on Cello. Conductor Avner Dorman will lead the orchestra in Brahms' Symphony No. 2 to conclude the program. As always this concert will be free and family friendly. Doors open at 7pm and a free will offering will be taken. Hope to see you there!

CONTACT US | [stjeromecleveland.org](http://stjeromecleveland.org) | Follow us on Facebook | Phone: 216-481-8200



Join the Discussion at: [www.collinwoodobserver.com](http://www.collinwoodobserver.com)







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Father’s Walk 2018



Father’s Walk and Donuts for Dads was held on Thursday, September 20, 2018. #RockStarDads #Imagine-BellaLovesDads

Imagine Bella Dad’s participated in the Northeast Ohio’s Father’s Walk on Thursday, September 20, 2018. Donuts for Dads highlighted the contributions of Dad’s, Grandparents, Uncle’s and other male mentors. Fathers signed the Father’s Walk Pledge.

- I am responsible for the education of my child.
- I will encourage all children to do their best every day at school.
- I will speak to my child about the value of learning and the importance of reaching your potential.

- I will help with school work and review assignments for completion.
  - I will praise my child when he/she does well in school.
  - I will speak with my child’s teachers and support them in educating my child.
  - I will teach my child the value of education and the value of family.
  - I will work with my child’s mother or guardian to achieve the best academic and social outcomes for my child even if I do not live with my child.
- Thank you Fathers!

Title 1 Open House and Community Day!



Great to see our families and talk about the school at Open House! #FreeBooks #LibraryCards

Imagine Bella families attended Open House and Imagine Bella Community Day on Thursday, September 13th. There was a big turnout from families as we held the event directly afterschool. Families learned more about the Title 1 program and curriculum resources at the school. Students

were able to sign up for Friday clubs. We had tables from a bank and the library. There was also a free book give-away where all students were able to get a book. Families were excited to visit classrooms and be part of the school community.

Upcoming Dates

October 12th - No School for Students

October 19th - End of Quarter 1

October 22nd - Start of Quarter 2

October 23rd-24th - Grade 3 Fall Reading OST

October 26th - No School for Students-Parent Teacher Conferences 8am-4pm

October 29th - Midterm STAR Window Opens

October 31st - Annual Costume Parade

November 7th - Picture Re-Take Day

November 9th - Midterm STAR Window Closes

November 19th-23rd - Fall Break - No School for Students

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V

Villa Angela-St. Joseph High School

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Cheryl Stashinko '03 to lead VASJ’s alumni relations office



Cheryl Stashinko '03 has been named the new Associate Director of Alumni Relations at Villa Angela-St. Joseph High School.

Stashinko is thrilled to bring her years of experience back to the school she remembers so fondly.

“I am working for an organization I believe in with all my heart,” Stashinko says. “It still feels like home, even though I graduated 15 years ago. Sometimes I still can’t believe I’m here!”

After graduating high school, Stashinko received her undergraduate

degree from Franklin University in Columbus and a master’s degree in Library and Information Science from Kent State University.

It was the sense of community that Stashinko says made her high school experience so memorable. She hopes to show alumni that strong community still exists at the school today.

“I want the alumni community to know that VASJ is still giving its students that same unique experience we all had,” Stashinko says. “It’s not about giving back, it’s about coming

back. I want us to come back and see the difference our alma mater is making - even years later. I’m excited to create opportunities for alumni to engage with our current students.”

Stashinko hopes to build a community among alumni and current VASJ students.

“I want to bring us all together as an extended family of Villa Angela, St. Joseph, and VASJ alumni,” Stashinko says. “It is easy to lose touch over the years, and I look forward to helping us reconnect with our classmates in new and fun ways.”

New fresh and healthy cafeteria options offered at VASJ



VASJ’s cafeteria experience is now offering a wide variety of fresh food options, led by Glenda Conner of AVI Foodsystems.

VASJ’s cafeteria experience is better than ever this year. After an extensive and thorough review process, the school partnered with AVI Foodsystems, a privately held, family-owned company with more than 58 years in the food and hospitality services industry.

“Our partnership with AVI will greatly enhance the student experience at VASJ,” says VASJ President Bill Cervenik ’72. “AVI will provide a new and exciting culinary environment for our students, faculty, and staff. They focus on freshness and nutrition and will offer a wide variety of delicious meals and innovative a la carte items.”

AVI is committed to offering nourishing culinary selections, supporting sustainability initiatives, creating innovative promotions, and effectively engaging the school community.

The cafeteria upgrade is getting rave reviews from both students and staff.

On the first day of school, one student gasped and said, “Oh my gosh, this is awesome!” as she looked through the fresh-food options available for purchase.

Another student asked if she could hug VASJ President Mr. Bill Cervenik ’72 to thank him for making it happen.

UPCOMING EVENTS AT VASJ			
Homecoming Football Game	October 5	Scholarship Day	February 1
Admissions Open House	October 14	Continue the Dream Benefit	February 23
Oarsmen Club Clambake	October 19	St. Joseph Day Mass	March 19
All Saints Liturgy	November 1	Admissions Open House	March 21
Hall of Fame Induction Ceremony	November 1	7th Grade Future Viking Day	March 28
Admissions Open House	November 7	Drama Club Spring Play	April 12-14
Veterans Day Assembly	November 9	Ladies Night Out	May 2
Giving Tuesday	November 27	Awards Ceremony	May 9
Drama Club One Act Play	November 30	Baccalaureate Mass	May 24
Legacy Breakfast	December 6	Class of 2019 Graduation	May 28
Founders Day Liturgy	January 22	Escape on the Lake 5K	July 13

VASJ is a *faith-based* educational *community* that accepts you for *who you are* and helps you become the person *you want to be*.

Fall Open Houses:  
Oct. 14, 1 p.m.  
Nov. 7, 6 p.m.

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Events

tickets: [www.coitmarket.com/events](http://www.coitmarket.com/events)

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MONDAY, OCTOBER 8, 2018

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Chef Lisa Pucci-Delgado  
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Chef Ryan Kaston  
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TICKETS \$35 (Before the Event)  
TICKETS \$40 (At the Door)

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tickets: [www.coitmarket.com/events](http://www.coitmarket.com/events)

Taste of Autumn Benefit

Monday, October 8th 6 PM – 9 PM

St Mary's Church Hall, 15519 Holmes Ave

Tickets \$35 at [coitmarket.org/events](http://coitmarket.org/events) (\$40 at the door)

Local harvest buffet by 12 area chefs

Live music by Collective Express

The annual Taste of Autumn Benefit on Monday, October 8th, 6:00 – 9:00 PM supports two worthy causes, the Coit Road Farmers' Market and Care-A-Van. Care-A-Van brings community resources including health screening, cooking demonstrations, community services, art and entertainment with monthly events at the Market. Founded in 1932, the mission of the Coit Road Market is to provide access to affordable locally sourced farmed fresh products to the residents of Greater Cleveland.

The Benefit features live music by Collective Express and a local harvest buffet from area farmers prepared by the region's chefs. Frank Iacobucci of Pranzo, Ryan

Kaston of Bistro 185, Eric Wells of Skye LaRae's Culinary Services, Simon Prpic of The Beachland Ballroom, Chef Chandra Morgan-Henley of No Wheat No Worries, Brandon Stout Nebeker of Mountain Man Food, Personal Chef Will Skinner, Vegan Chef Tino Enriquez, Personal Chef Lisa Pucci Delgado, Andrew Needham of Needham Gardens, Kevin "Spicehound" of the Market, Brian Doyle of Café Avalaun. A gift basket raffle features items donated by local artists and businesses. The proceeds support Care-A-Van events and operation of the Market during the winter months.

Tickets for \$35 (\$40 at the door) are available at the Market and [coitmarket.org/events](http://coitmarket.org/events). The Coit Road Farmers' Market located at 15000 Woodworth Rd. East Cleveland, OH 44110 is open Saturdays year round from 8:00AM to 1:00PM, Wednesdays 10:00AM to 7:00PM. 216-249-5455 [www.coitmarket.org](http://www.coitmarket.org)

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## Waterloo Makes Music: Tower Music Series

Friday October 5th 6 -8 PM. features The Brave Girls and Istvan Medgyesi.

The Brave Girls are a nihilistic lo-fi folk band sometimes featuring the following band members: Aaron Civil War, Andy Stibora, Lisa Piccolo Stronzo, Eric Schulte, and Jason Weiner. Jeff Niesel of Scene shared this about why you should hear Brave Girls: "This Is a Dangerous Song" benefits from a bluesy guitar riff as Aaron Civil War softly sings, "I will never be cruel to you/that's not how I am." "Let's Get Tested" features a grunge-y guitar riff that sounds like something Dinosaur Jr's J. Mascis might unleash. The somber "Made It Worse" references a relationship on the brink. "In a disagreement with a wife or significant other, you

get to a point where nothing is getting better," says Aaron Civil War when asked about the song. "The conversation goes downhill fast. That's what it's about." Aaron Civil War and Lisa Ellis Schafer harmonize well together on the ballad, "This Ain't Nashville," a tune about being a musician in Cleveland. "It has these classic country themes in it and it pokes fun at itself," Aaron Civil War says of the song. "Lisa is amazing. She's like the secret sauce in the band."

Istvan Medgyesi is a singer-songwriter based in Cleveland, Ohio. Medgyesi is inspired by a wide range of music, and you can hear the echoes of an array of American musical traditions intertwined with modal explorations and occasional forays into noise and drone.



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Community

What to do When Caregiving Happens Suddenly

by The Caregiving Team at Gateway Retirement Community

Are you a caregiver to a spouse...an older parent or grandparent or perhaps to a child? Being a caregiver is one of the top stressors that anyone can face. It can be an overwhelming experience. Know that you can embrace the caregiving role when you have a plan, with resources and support along the way.

Most people are creatures of habit. Some of us plan our day. For others, the day plans us. No matter our personal style, when a crisis occurs and we are called upon to become a caregiver, it can throw us for a loop. Our routine is shattered and it can be very unsettling.

First things first....breathe.

Even when things are happening at whirlwind speed, decisions needing to be made, tasks accomplished, etc., it is important to take a step back and recognize that we can be in control of the situation, not the other way around. Try to identify the top priorities and decide which items may not be the top priority and we can let go of or give to others. For instance, in order to be at the hospital with a relative, can someone else pick up Jimmy from soccer practice, get dinner, run errands, etc.

Here are some tips that may help.

- Put all appointments into your smart phone or use a regular calendar. This will help you not lose sight of something important.
- Get a notebook and use it to document visits with professionals, phone calls, dates and time of messages, etc. Write your own notes for follow up. When we are caregivers over a longer period of time, it can be difficult to remember which medical appointments came first, second, etc. over time. We might not easily remember who said what. Some also use their smart phone for this. Either is fine.
- Keep all business cards together. If you are super organized, you can get plastic sleeves and put them in a notebook alphabetically. You can scan them into your phone with free software designed for sales people. You can just take a picture of them and save into a photo "album" on your phone. You can spend moments while you are waiting endlessly and enter the information from a business card into the contacts in your phone or your computer laptop or tablet. You can keep them together with a rubber band and keep them with your notebook. Some caregivers keep everything together in an old tote bag or backpack. Some hospital systems even provide a notebook and tote bag at the time of admission just for this purpose.
- Get a small telephone/address book or put the numbers of key contacts and family members into your phone contacts. It can be very frustrating to try to find a number that you have misplaced.
- If you are in a family caregiving crisis, think about asking someone to be the family spokesperson to communicate with friends and family who are trying to be supportive. Even though appreciated, it takes a lot of time to respond to the calls and emails we receive. Ask someone else to field those calls, comments, responses, etc. at least in the short term. You can set up a group email, a conference call to update all family members at once, use Facetime or a chat service via your smart phone.
- If someone offers help, let them know what you need most. Is it a meal, is it mowing the lawn, picking up items at the store, rides here and there, etc. Do you need a gas card, money for parking, gift cards for meals, something like that? If you would do that for a friend or family member in need, then let them do it for you. When you let someone help you, you are actually giving others who care about you a gift.
- Ask for a social worker, a care manager and/or a patient navigator to help you identify needs, resources and solutions for caregiving. They may be able to make referrals directly, provide information that you wouldn't otherwise know about and LISTEN. Sometimes we need that most...just someone to listen. When in doubt, call 211. That is the universal number for Information and referral across the United States. 911 for emergencies. 411 for directory assistance and 211 for information and referral. Explain your need and see if the person on the other end of the call can help direct you to a resource. If you are caring for an older person, get a copy of the Older Adults Resource Guide. It is available at most hospitals and online or via phone from the Western Reserve Area on Aging at (216) 621-0303. Here's a link to order online <http://www.psa10a.org/resources/publications/publications-order-form.aspx>
- Depending on your need for the same type of information over and over, create a file that you can access via your laptop, tablet or smart phone. You can save those documents to a flash drive if you don't want to include them on your laptop or smart phone. Most of our devices are either password or fingerprint protected anyway. Include copies of medical insurance cards, ID cards, list of medications (any pharmacy can print this out for you and you can scan it), copies of Healthcare Power of Attorney, Living Will, Financial Power of Attorney, Guardianship, etc. etc. If your family member is a patient at the Cleveland Clinic-Euclid Hospital, they will have access to their medical records via MyChart. If they give you access, you can locate past labs, reports, visit dates, etc.
- Be sure to take care of yourself. Remember to stay hydrated, not just with coffee and soft drinks from vending machines. Eat real food, not what you can grab. Even in the moment, you can take two minutes to close your eyes, breathe in through your nose and breathe out through your mouth. Listen to some calming music in earbuds when you can. Wear comfortable clothes, slippers, etc. if you are spending long periods of time bedside. You might even want to put together a backpack that has toiletries, a change of clothes and underwear, a sweater or wrap, a book or magazine, snack foods that are high energy, something spiritual if that is comforting to you, etc. etc. If that bag is in your car, it will be there when you need to grab it quickly.
- Lastly, remember that Superman and Superwoman are fictional characters, we don't have to live up to expectations that are not achievable. Pace Yourself, Forgive Yourself, Love Yourself.
- For more information about Caregiving and local resources for caregivers, please visit our Facebook page for Gateway Retirement Community. Please "like" and "follow" us to keep up to date on ideas and resources to support you in the caregiving journey. Gateway Retirement Community, located in Euclid, offers Independent Living for seniors age 55+, Assisted Living with AL Medicaid Waiver, Skilled Nursing and Rehabilitation Care. Look for our ad in the current issue.

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## Senior Page

### Euclid Senior Center

All the programs listed are available at Euclid Lakefront Community Center  
1 Bliss Lane, Euclid, OH 44123  
216-289-2985    www.cityofeuclid.com



#### BINGO

Tuesday, October 2nd @ 11:00AM  
Music Bingo with Kenny Gilder  
Tuesday, October 23rd @ 1:00PM  
Fun Bingo sponsored by Heartland  
Thursday, October 25th  
Fun Bingo sponsored by Brookdale.



#### Paint & Sip

Thursday, October 4th @ 1:00PM  
Come and enjoy Mocktails and have lots of fun painting with Jessica from Braeview/Gateway.

#### Bake Sale & Tea Party

Friday, October 5th @ 9:30AM  
Please bring in your bakery for a bake sale. After the bake sale, relax and enjoy a nice cup of hot tea and socialize.



## More time together.

Living with a chronic illness is challenging for the whole family, but keeping your loved one at home is easier with **specialized care and compassionate support**. We can make the first visit the same day you call for help, and we'll continue to be there for you 24/7, in person and by phone.

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#### Rock Painting

Friday, October 5th, 12th, 19th & 26th @ 1:00PM in the Craft Room  
Please join us in the Craft Room to paint rocks to be placed around the city.



#### Chess Club

Friday, October 5th, 12th, 19th & 26th @ 1:00PM. Is anyone interested in a chess club? We need someone who knows the game to teach the basics to other seniors.

#### Plant Based Food Feast

Tuesday, October 9th @ 11:00AM  
Bring in a delicious plant-based dish, (no meat). The feast will start immediately after the Silver Sneakers class.

#### Wheel of Fortune

Tuesday, October 9th @ 1:00PM  
Come and join the fun playing Wheel of Fortune with Jessica from Braeview/Gateway. Please sign up at the front desk.

#### Breakfast with Grande Pointe

Wednesday, October 10th @ 10:00AM  
Join us for muffins or bagels, fresh fruit, coffee and tea. Sign-up at front desk by 9/10/2018.

#### Name That Tune

Thursday, October 11th @ 11:00AM  
Come and join Laura Blair from The Greens naming the tunes and getting prizes.



#### Breakfast with Bob

Thursday, October 11th @ 8:30AM  
Breakfast will be at Gus's Diner One  
Eight Five, 797 E. 185th Street, Cleveland 44119. You must have your OWN transportation



#### BIRTHDAY DAY

Wednesday, October 17th @ 11:45 AM.  
Cupcakes sponsored by Manor Care/Mayfield.

#### F.F.F.

Thursday, October 18th @ 10:30 AM  
Join us for Fun For Foodies. Chef Kevin Reid, currently the Executive Chef at Great Scott Tavern in Euclid, will be the host for this session. We will be enjoying a low country surprise. Sign-up at the front desk. See Monica with any questions.



#### Pool Tournament

Friday, October 19th @ 9:20AM.  
All members are welcome!  
Please sign up at the front desk.

#### Chili Cook Off

Friday, October 26th @ 11:00 AM  
Make your best pot of chili and bring it in. There will be 1st, 2nd and 3rd place winners. Please bring the chili in a crockpot so that it can stay warm. Our judge this year will be Kevin Scheuring, "The Flavor Man". Kevin lives a food focused life. He is the founder and sole employee of SpiceHound, a mobile retailer of quality spices, herbs, chiles and natural salts. Kevin is also the manager and advocate for the Coit Road Farmers Market in East Cleveland. Please sign up at the front desk to participate.

#### HALLOWEEN PARTY

Wednesday, October 31st @ 11:00AM  
Come join us for fun and goodies. Wear your best costume. The top three costumes will win a prize. Cupcakes sponsored by Wickliffe Country Place.

#### TRIPS

##### Drug Mart

Wednesday, October 3rd  
Leave the Center around 9 AM and return around 10:30 AM. Please sign up at the front desk.

##### Hodgepodge Excursion

Thursday, October 11th  
We will leave the Center around 9:00AM and head to Painesville to the Craft & An-

tique Co-Op. After we leave there we will go to lunch (at your own expense) at Fuji Grille Buffet (\$7.00, drink not included). Our final destination will be The Himalayan Cave for a very relaxing time. We will return to the Center around 4:00PM. Cost is \$20 members, \$30 non-members. Sign up at the front desk.

#### Exercise and a Meal with Alek

Tuesday, October 16th We have been invited to join Alek, the Director of Therapy, at Mt. St. Joe's in an exercise session and to have a meal. Leave the Center around 12:30PM to return around 3:00PM. Sign up at the front desk.

#### Presque Isle

Tuesday, October 9th Leave the Center at 7:30AM and returning at 5:00PM. Cost: \$27.00 See Monica to sign up.

#### Jack Horseshoe Casino

Tuesday, October 30, 2018  
Leave the senior center around 9:30 a.m. and return to the center approximately 3:00 p.m. \$ 10.00 members, \$20.00 non-members. Sign up at the front desk.

#### SPEAKERS

##### Senior Voice

Monday, October 1st @ 11:00AM  
A team from Senior Voice will come and update us on voting and registration.

#### Community Police Talk

Thursday, October 11th @ 12:15PM  
"Cop -a- Question" - Immediately after lunch. Members from our Police Department update us monthly and answer all your questions. Can't be here? Leave your questions at the front desk. They will also take old medication that you need to discard.

#### MEDICARE TALKS

Friday, October 12th at 11:00 AM Gateway will come in and share information about Medicare. Monday, October 15th at 11:00 AM United Healthcare will come in and share information about Medicare. Wednesday, October 19th @ 11:00AM Ginny Colvey, an Independent Insurance Broker, will come in and share information about Medicare.

Monday, October 22nd & 29th @ 10:30AM - 4:00PM Medicare open season begins October 15th. Even if you are satisfied with

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## Senior Page

your current Medicare program, it could be beneficial to review what changes may have taken place for the upcoming season. The Ohio Seniors Health Insurance Information Program (OSHIIIP) will be on-site to offer individual counseling. Please bring your red, white and blue Medicare card and a list of your current prescription medications with dosage to your appointment. Please see Monica for an appointment.

#### ASK MEIH?

Tuesday, October 23rd @ 11:00PM  
She's Back! Come join us and try to stump Meih. Put your questions in the box at the front desk titles "Ask Meih".

#### Healthy Holiday Eating

Wednesday, October 24th @ 11:00AM  
Ohio Living, Home Health & Hospice will speak to the Center regarding healthy eating during the holidays.

#### Conformis Co.

Monday, October 29th @ 11:00  
A representative from Conformis Company will be here to inform our members of new advances in knee replacements.

#### SERVICES

##### National Council on Aging

Wednesday, October 3rd @ 11:00AM  
Representatives will be onsite for 10 weeks EVERY Wednesday until December 5, 2018. They will conduct a class on "Aging Master". Please sign up at the front desk.

#### Blood Drive

Thursday, October 4th @ 1:30 to 6:30PM  
Blood drive sponsored by the American Red Cross in the Dining Room Annex.

#### Stretch & Balance Class

Friday, October 5th @ 11:00  
Danielle from Manor Care Mayfield will

come in and teach a class for better flexibility and balance.



#### Lisa Lee's Reflexology

Friday, October 5th, 19th & 29th @ 10AM - 12PM. Come for a relaxing reflexology session with Lisa. Fee \$10.00. Sign up at the Front Desk.



#### DPS

Tuesday, October 9th at 10:00AM - 1:30PM  
Have a question for an attorney regarding estate planning, wills, trusts, Medicaid Eligibility, Long Term Care Needs, or Veterans Benefits? The attorneys at Daniel P. Seink Co. offer vast experience in the field of elder law. Founder and Managing Partner, Daniel P. Seink, is one of twenty Ohio attorneys certified as an Elder Law Attorney by the National Elder Law Foundation. Sign up for a 20-minute time slot at front desk. FREE This service will continue on the second Tuesday of each month.



#### Podiatry

Wednesday, October 10th & 24th @ 9:20 to 11:00 AM  
Call 289-2985 or sign up at the front desk for an appointment. Fee - \$20.00

#### Grief Support Group

Thursday, October 11th @ 12:45 PM  
The Grief Support Group is for anyone who has experienced the death of a loved one; whether it was a spouse, child, parent, sibling or friend. Provided by Euclid Senior Programs & Hospice of the Western Reserve.

#### BENEFITS CHECK-UP

Monday, October 15th & 22nd @ 9:00AM - 1:00PM Benefits Check - Up is a program to screen adults 60+ for over 70 money-saving programs: prescription drug assistance, help paying Medicare premiums, help with heating bills, phone discounts, and much more. Call 216-289-2985 or sign up at the front desk. FREE

#### Computer Classes

Monday, October 15th @ 1:00PM - 2:30PM. Interested in learning Computer Basics? Join us in the computer room. Sign up at the front desk. Post Office On Wheels

#### Post Office

Friday, October 19th @ 10:50-11:15 AM

Purchase stamps, money orders & packaging supplies. Mail letters & packages. Special services available.

#### FREE FRESH PRODUCE

Monday, October 22nd @ 12:30PM - 2:30PM (or until all produce is gone)  
First Come First Serve Please bring your ID You must be a current member of Euclid Senior Programs to Participate.

#### Holly's Hearing

Wednesday, October 24th @ 9:00 - 11:00AM. Come in and get your hearing tested. Sign up at the front desk.

#### Book Club

Monday, November 12th @ 1:15. The book

## A Different Approach

by Deb Dobbsy

Take a moment to think of all the good things you can say about yourself and your community. Even with loss, you can be inspired when you see yourself working through issues. You can learn from any experience. Now what would you call that? Growth? Yes, it's growth and maturity. Life is a journey we are all experiencing. We start from wherever we do and move along. We live through a collection of decisions. Some think that they have no choice to change their circumstances. While others sprint ahead, tweaking circumstances little by little.

I'm not suggesting life is easy. What I am suggesting is that at some point, we each can look at the results our decisions -- the outcomes our activities yield and wonder, are we helping or hurting ourselves. When there's a consistent path to "nowhere" or no change, something is stagnant. Stop operating that way. Do something new. At

first it might seem the results are modest. Nonetheless, with persistence, circumstances can change.

So today, think about how you want to feel about yourself and your community. If you need help (and we all do), ask for it. The next step is action. The doing of something will take you to the next level. Thinkers sit. Doers move. Be a doer. Take it in small steps. Be excited when you decide to change and begin to see a different outcome. Celebrate! Realize that how you think about yourself and your surroundings has everything to do with the way you live your life.

Deb is a Communication Coach and Instructor of Public Speaking. She brings a unique blend of empathy and insight to unravel conflict, enhance development and isolate issues challenging individuals, teams and groups socially or in the workplace. Check out her site at: Dobbs Communication.com or call 440-463-3112.

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