

City of Brooklyn  
Mayor Richard H. Albier  
7727 Memphis Avenue  
Brooklyn, OH 44144-2197

PRSRT STD  
U.S. POSTAGE  
PAID  
Cleveland, OH  
Permit No. 141

# BROOKLYN SENIOR "CHIT CHAT"

WWW.BROOKLYNOHIO.GOV

July and August 2013

Return Service Requested

DATED MATERIAL  
DO NOT DELAY  
MAILED:6/24/13



## FRIDAY PICNIC & MOVIE

Friday, July 26, 2013

Luncheon Served: 12:00 p.m.

Movie Begins: 1:00 p.m.

Movie: "Les Miserables"

Starring: Anne Hathaway, Russell Crowe, & Hugh Jackman

Menu: Hamburger with all the fixings, Pasta Salad, & Dessert

Advance tickets sales only!

Last day for tickets Monday, July 22, 2013

## Brooklyn Community/Senior Center

### Indoor Garage Sale/Flea Market

Saturday, October 5, 2013

Brooklyn Senior Center

7727 Memphis Ave.

Brooklyn, Ohio 44144

Donation: 1 table \$20.00

2 tables \$35.00

3 tables \$50.00

Round Tables \$15.00

(includes two chairs/building access @ 7:00 a.m.)

Doors open to the public 9:00-2:00

Tables will be assigned on a first come basis as paid reservations are received.

For more information call the Senior Center: (216)-635-4222.

## SNOW REMOVAL

Previous applicants will be mailed this years snow removal application the week of September 9<sup>th</sup> at which time you can bring in your signed application and pick up your sign. Sign up will be September 9<sup>th</sup> thru Sept. 27, 2013. Cost is \$40.00. After Sept. 27th, there will be a late charge of \$15.00, per Ordinance #2000-52, making it a total of \$55.

## NEW APPLICANTS

New applicants must register in person at the Senior Center! Registration will be held from September 16th through September 27, 2013.

Cost is \$40.00, per Ordinance #2009-60

### Eligibility Requirements:

- You must be the owner of the single family home;
- Property tax will be verified;
- You must be living in the residence year round;
- Everyone residing in the home must be 65 years of age (driver's license or state I.D. must be provided)
- Income guidelines for new applicants are as follows:

1 person - \$36,300

2 persons - \$41,500

3 persons - \$46,500

After September 27th, there will be a late charge of \$15.00, per Ordinance #2000-52, for a total of **\$55.00.** If you are unable to come in during sign-up week due to illness or vacation, you may call the Senior Center before the end of sign-up week to make alternative arrangements. If you are homebound, you may call the Center to make arrangements for a house call.

By making these arrangements ahead of time, you will not be charged a late fee!

## Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, Ohio 44144

8:00 am - 4:30 pm

(216) 635-4222

## Brooklyn City Hall

Mayor Richard H. Albier

(216) 351-2133



## Hot Dog & Ice Cream Sundae



Sunday Afternoon,

August 25, 2013

2-4pm @ the Senior Center.

Lunch starts: 1:00

Entertainment starts: 2:00-4:00

\$5.00 includes:

Menu: Hot Dog, Chips &

Ice Cream with strawberries, caramel, chocolate syrup, whipped cream & nuts!!

Music Provided by: Bob Spiwak Band

Everyone Welcome! Bring your Families

& Friends

Tickets at the front desk

Advance ticket sales only!

Senior Center bus will be picking up so don't forget to schedule your bus pick trip.



Senior Center will be closed:

Thursday, July 4th.



**Daytime Programs**

**Daytime Exercise & Line Dancing**

**Exercise with Sandy**

Tuesday & Thursday Time 9:00 - 10:00 a.m.

**Tai Chi Class by Rose Verdino**

Monday Time:11:00 a.m. - 12:00 p.m.

Classes resume in September.

**Line Dancing by Alice**

Fridays Time: 11:00-12:00

**Walker's Group**

Tuesdays & Thursdays 8-9am.

Enjoy meeting new friends for a brisk or slow walk together inside our air-conditioned building or a walk in our beautiful park.

**Post Office-on-Wheels**

Post Office services available at the Senior Center:

- Purchase postage stamps and money orders.
- Purchase packaging supplies.
- Mail letters and packages using first class, priority, express & standard mail.
- Certified, insured & registered mail

11:40 a.m. to 12:00 p.m. for any of the above services.

**Next visit: Mon., July 29, 2013**

**Book Review Club**

The Brooklyn Public Library is here to review a new book every month. Please come and enjoy the program. The next meeting will be held:

Thursday, August 15, 2013

Time:12:00p.m.- 2:00 p.m.

**“Get Well Wishes”**

Are sent to those who have been hospitalized or ill during the previous months:

**Fred Pfeiffer**

**Betty Konopka**

**Patty Wrost & Arlene Windau**



**Programs - Evening**

**Weight Watchers**

Weight Watcher meetings are held at the Brooklyn Senior/Community Center on Monday evenings. Registration & weigh-in begins 1/2 hour prior to the start of the 6:00 pm meeting. Back entrance.

Doors open at: 5:30 p.m.

Meeting begins at 6:00 p.m.

**Evening Ceramics**

Every Wednesday at 6:00 p.m. join us at our ceramics class. This program is open to all adults. The cost is \$2.00 per class.

**BUS TRANSPORTATION SCHEDULE**

**Mon., Tues. & Fri. - Medical Appointments**

**Tues.** - Medical appointments, Soup & Sandwich, Bingo at the Senior Center

**Wed.** - Shopping and Medical appointments in Brooklyn Only  
9:30 a.m. - Giant Eagle  
11:00 a.m.- Marcs & Ridge Park Square  
12:30 p.m.- Marcs & Ridge Park Square

**Thurs** - Shopping and Medical appointments, Lunch at the Center  
9:30 a.m.-Ridge Park Square & Biddulph Plaza  
10:00 a.m.-Pick-up for lunch at the Senior Center  
11:00 a.m. - Ridge Park Square & Biddulph Plaza & Medical appointment

**Fri.**— Medicals, hair appointments, banking, Shopping: K-Mart & Wal-Mart, Parmatown Shopping Center

**Bus runs from 8:30 a.m. - 3:30 p.m.**

**Donation \$1.00 each way**

**Absolutely No Tipping**

Call the Brooklyn Senior Center to schedule your appointments: 635-4222

**THURSDAY LUNCHEONS**

Every Thursday lunch is served at the Brooklyn Senior Community Center at 11:30 a.m. The cost is **\$5.00**. Tickets must be purchased no later than the Friday before the luncheon date. No takeouts are allowed before 12:30 p.m. Please let us know if you need a takeout prior to the luncheon. No refunds.

**Menus for July**

**July 11** - Sweet & Sour Chicken, Rice Pilaf, Fruit Cup, California Medley, Roll & Cake

**July 18** - Spaghetti & Meatballs, Salad, Capri Blend, Garlic Toast & Sherbet

**July 25** - “Christmas in July”  
Chicken Cordon Bleu, Mixed Vegetables, Parsley Potatoes, Roll and Pumpkin Pie



**Tuesday's Soup & Sandwich Cost: \$3.00**  
**All lunch tickets must be purchased in advance!**

**July Soup & Sandwich**

**July 2** - Cheeseburger Soup & Roll

**July 9** - Hot Dog & Chips

**July 16** - Chicken Noodle Soup & 1/2 Ham Sandwich

**July 23** - Pizza & Salad

**July 30** - Broccoli Cheddar Soup & Biscuit

**Menus For August**

**August 1** - Kielbasa with Kraut on a bun, Hash Brown Patty, Baked Beans, Watermelon & Brownie

**August 8** - Chicken Pot Pie, Fresh Fruit, Tossed Salad & Dessert

**August 15** - Chopped Sirloin with Mushrooms & Onions, Baked Potatoes, Green Beans & Dessert

**August 22** - Sliced Pork, Red Skin Potatoes, California Medley, Rye Bread, Applesauce & Cookies

**August 29** - Baked Ham, Scalloped Potatoes, Mixed Vegetables, Roll & Pudding

**August Soup & Sandwich**

**August 6** - Mini Sub Sandwich & Chips

**August 13** - Stuffed Pepper Soup & Biscuit

**August 20** - Tomato Soup & Grilled Cheese

**August 27** - BLT & Chips

## UPCOMING TRIPS



### Horseshoe Casino

Wednesday, July 17, 2013

Cost: \$36.00- (plus \$1 driver gratuity)

Tour Highlights:

- Horseshoe Casino
  - Lunch- Sokolowski's University Inn
- \*Meal consists of 1 Entrée, potato, vegetable & dessert
- Shopping-West Side Market
- For more information call: 216-635-4222**

### Amish Wedding Feast

Wednesday, September 18, 2013

Cost: \$64.00—(plus \$1 driver gratuity)

Tour Highlights:

- Sugarcreek McDonald's
  - Lamplight Candle
  - Amish Home (Wedding)
  - Schrock Farm Village
  - Heini's Cheese & Kaufman Bakery
  - Breitenbach Winery
- For more information call: 216-635-4222**

I would like to thank Laurel Garden Club for letting the Senior Center use their tea pots for our ladies tea. It was a wonderful event.

Also, thank you to all of the Center's volunteers that work endlessly to help make the Center a wonderful place to come. We couldn't do it without you: desk volunteers/kitchen crew/newsletter workers, all of the men and women who organize and schedule teams for bocce and Wii bowling, all of you who work at events such as pasta dinner, ladies tea, coffee with the Mayor, Friday's movie, garage sale workers and picnics, help with crafts, quilting, making ceramics to sell in the corner store, putting the books in order in the library & teaching art class.

Thank You from the bottom of our hearts.  
From, Rita & Celeste

## Screening and Speakers

### Living with Neuropathy Pain?

*Speaker: Dr. Sam Galati, DC*

**Thursday, July 11, 2013 at 12:00pm  
at the Brooklyn Senior Center**

Do you suffer from any of the following:

- Numbness of your feet
- Painful tingling feet
- Night time discomfort
- Pin-like sensations with each step

If you answered YES to any of these questions, we will explain why you're having this problem and what you can do to reserve the pain.

### Exercise in the Elderly

*Speaker: Elizabeth Vadera, MD*

**Thursday, July 18th, 2013 at 12:00pm  
at the Brooklyn Senior Center**

Exercise is one of the healthiest things you can do for yourself. In fact, studies suggest that not exercising is risky behavior! Come learn about the many benefits of exercise and wear comfortable clothes as I will demonstrate some simple exercises you can do right from your chair.

### Life Line Screening

August, 2, 2013

8:30-4:00

Pre-registration required:

Call 1-800-679-5192

80% of all strokes can be prevented.

Help reduce your risk of stroke.

Brooklyn Senior Center will be hosting

Life Line Screening.

Carotid Artery Screening

(ABI) Ankle Brachial Index

(AAA) Abdomen Aortic Aneurysm

(PAD) Peripheral Artery Fibrillation

Bone Density Screening

(AFIB) Arterial Fibrillation

Lipid Panel, Glucose & C-Reaction Protein

Blood Test.

These blood tests require an 8-hour fast.

Cost for all vascular screening is \$139.00

## Health and Welfare Programs & Meetings

### Blood Pressure Reading

Lutheran Hospital blood pressure reading dates:

**Tuesday, July 16 & August 20 Time: 11:00 - 12:00**

In addition, the Brooklyn paramedics will be available at the Brooklyn Senior Center for blood pressure readings the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month from 10:00 - 11:00 a.m.

Emergency calls take precedence!

### Free Hearing Test

L.A. Christner, Inc. hearing test schedule for 2013 is as follows: they will be at the Brooklyn Senior Center on: **Tuesday, July 9th & August 13th. Appointments are: 10:00 to 12:00 a.m.**

They offer a free hearing test, and for a small fee, take care of all your hearing aid needs: cleaning, repairs, adjusting and batteries.

Call to make your appointment at:  
(216) 635-4222.

### Volunteer Appreciation

The Brooklyn Senior Center thanks all who have so graciously volunteered their time and effort to make this Senior Center so successful. The total volunteer hours for April and May were **852** hours. Please remember to sign the volunteer book, as this is the only way to keep track of your hours.

### "Condolences"

Our Sympathy goes out to all who have lost a loved one in the past months:  
**May They Rest in Peace!**

Jerry Schillace

Karen Bonnell

Phyliss Swann

Wilma Angel

Leokadia Zeleski

John Violini



## HEALTHY TIPS

A Message to our Citizens, concerning Heat Emergencies from Fire Chief Zemek.

### Do

- Reduce outside activity
- Use air conditioners
- Use portable fans in rooms
- Wear lightweight, loose-fitting and light colored clothes
- Drink plenty of fluids
- Eat light, cool, easy to digest foods
- Take cool baths or showers
- Avoid using salt tablets
- Avoid getting sunburned
- Check on your neighbors

### Don't

- Direct a fan only at yourself when the room is hotter than 90°
- Leave pets alone in cars for any amount of time
- Drink alcohol to try and stay cool
- Eat heavy, hot, or hard-to-digest foods
- Wear heavy, dark clothes

### ADVANCED PLANNING

JULY 25, 2013

Time 12:00

Speaker: Ellen Pacholski

Please call the center to make reservations:  
216-635-4222

### Fall Prevention and Home Safety

*Presented by: Megan O'Neill, PTA, CPFT*

August 15, 2013 @ 12:00pm

Call the Senior Center to make your reservations:  
(216)635-4222.

### Annual Brooklyn Community Picnic

Everyone Welcome!

Sunday, September 15, 2013

Time: 1:00 to 5:00

Food, Prizes and Fun!

Held at the Brooklyn Senior/Community Center  
7727 Memphis Avenue

