



# THE CENTER LINE

DONNA SMALLWOOD ACTIVITIES CENTER  
 7010 Powers Boulevard • Parma, OH 44129  
 Phone: 440-885-8800

September 2023

Issue No. 09

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## OUR NEW LOOK

We are excited to announce we are working on a new design for our Center Line newsletter!

We hope it's easier to navigate quickly to find information you need, as well as to check out new and exciting programs and activities at our Center.

Not only will we have a new look, but we will now be available electronically! Be sure to look for our newsletter on our City of Parma website under Senior Center Department.



You can now subscribe to receive our newsletter by email. Just contact Cheryl at [cerlenmeyer@cityofparma-oh.gov](mailto:cerlenmeyer@cityofparma-oh.gov) or [440-885-8800](tel:440-885-8800).

## CENTER OFFICE STAFF

Erin Lally .....	Director of Center.....	440-885-8800
Sandy Perkins .....	Activities Coordinator .....	440-885-8820
Brenda Sneed .....	Transportation Coordinator .....	440-885-8156
Charlene Trecokas .....	Meals Coordinator.....	440-885-8140
Patti Lummus.....	Fiscal Bookkeeper.....	440-885-8011
Kathryn Karney-Davidson .....	Human Services Specialist .....	440-885-8155
Diana Parsons .....	Volunteer Coordinator .....	440-885-5573
Jeanne Sutyak, A.O.A.....	Ridgewood YMCA.....	440-885-8819

# \*NEW IN SEPTEMBER\*

## **STORIES FOR THE SOUL**

### **Wednesdays**

9/6 Kickoff here  
w/Mayor DeGeeter  
9/13, 9/20, 9/27  
next door at CCPL  
(Enter door closest to center)  
10-11am

## **FLU SHOT CLINIC**

### **w/*Giant Eagle***

Tues 9/19 at 9am  
Bring insurance card  
Register at front desk

## **MEDICARE 101**

Mon 9/25 at 12:30pm  
w/Sarah Florimonte (OSHIIP)  
(Ohio Senior Health Insurance Program)

## **RETIREMENT INCOME**

w/Scott Marsh, Parma resident  
Financial Advisor, EdwardJones  
Fri 9/22 at 1pm

## **NEW TUESDAY BOARD GAMES**

Bored? Come play our **board**  
games on Tuesdays  
9/5 & 9/12  
9-11am

## **\$3 PAPER FLOWER II CRAFT**

Tues 9/11 at 12:30pm

## **BEADS W/SHERRI**

Tues 9/19 & Wed 9/20  
Affordable jewelry for sale  
in hallway at 1pm

## **\$5 AUTUMN WREATH WORKSHOP w/AMANDA**

Tues 9/26 at 9-11am

## **\$5 MAKING ABSTRACTS w/AMANDA**

Thurs 9/28 at 9-11am

*SIGN UP AT FRONT DESK*

## **COME MEET OUR CUYAHOGA COUNTY PROSECUTOR**

**MICHAEL O'MALLEY**

Fri 9/15 at 1pm





**The Mayor**  
**TIM DEGEETER**

Dear Friends,

This time of year, there are additional walkers and bikers in our school zones as students return to school. There are eight schools that have cameras for speed enforcement in the 20-mph posted school zones. Photo enforcement tickets are only issued during designated times when schools are in session and the school zone lights are flashing. Following are the schools with photo enforcement:

- Bethany Lutheran School
- Constellation Schools
- Green Valley Elementary School
- Holy Family School
- Normandy High School
- Padua High School
- St. Anthony Elementary School
- Thoreau Park Elementary

I enjoyed seeing Donna Smallwood Activities Center members participating at the 21<sup>st</sup> Parma Safety Fair on Aug. 12. There were many Parma families and children that attended the event. Parma resident and Fox 8 broadcaster Natalie Herbick interviewed Safety Fair Committee Chair Sgt. Dave D'Eusano and Fire PIO Preston Bures on New Day Cleveland the day before the event, which may have helped with the large attendance. The Safety Fair provides adults and children an opportunity to interact with our first responders and see the vehicles and equipment police, EMS and firefighters use daily. Attendees also received free safety items and heard safety tips.

Also in August, I participated in the Ukrainian Village Parade and provided remarks to the crowd about the long-standing relationship Parma has with Ukraine and those who have relocated to Parma from their

native country. For more than 18 months, Ukraine has shown Russia its strength and resilience. I pray for Ukraine to continue to maintain its independence and for peace to return.

As I reflect on the Russian aggression in Ukraine, I am mindful of the aggression our nation endured Sept. 11, 2001. It is hard to believe it was 22 years ago when the World Trade Towers and Pentagon were attacked as the details of that day are still fresh in my mind. We probably all can remember where we were and what we were doing when New York City, our nation's capital and Shanksville, Pa., experienced the death of so many innocent citizens. This year, the annual ceremony at The Shoppes at Parma's 9/11 Memorial (near Old Navy and Five Below) is Monday evening, Sept. 11. Please join me and our police and firefighters as we honor first responders who sacrificed their lives that day. All residents are encouraged to attend this solemn ceremony.

For those early holiday shoppers, the fall citywide Community Craft Fair gives shoppers an opportunity to purchase handcrafted gifts while showcasing residents' crafting and artistic skills. Vendors will be selling their wares each day, 9am-4pm, Sept. 21, 22 and 23. For more information, follow City of Parma Community Craft Fair on Facebook or the City of Parma's Facebook page.

Finally, I am looking forward to seeing many of you at the Activities Center's upcoming fall events.

**CITY OF PARMA**  
**CITYWIDE CRAFT FAIR**

TH 9/21, FRI 9/22, SAT 9/23  
9am-4pm



Purchase your \$5 permit at City Hall by 9/7 to participate

For more information email  
[SoapLady@cavtel.net](mailto:SoapLady@cavtel.net)



**Senior Center  
Director  
ERIN LALLY**

Ladies and Gentlemen,

Can you believe I have been here as the Center director for two years now? Of course you can! What a wonderful two years it has been getting to know and serve you while making this place a safe space for you to enjoy life. Thanks for coming in!

We want you to HAVE SOME FUN and do things that are good for you – in more ways than one. We are a wellness center, which is why we provide services and plan so many value-added activities, programs, and trips. Our community partners continue to bring us wonderful opportunities to bloom and grow.

This month, Giant Eagle will be here with a Flu Shot Clinic. Just sign up at the front desk and bring your insurance card with you. We'll be visiting Donatos Pizza, which everyone enjoyed having at our pizza party last month. We have more arts and craft classes, another anniversary "Autumn Dance" with the Wayne Tomsic band, another Matter of Balance class, and more!

Next door at the CCPL, we'll be listening to "Stories for the Soul" and who doesn't need some soul uplifting from time to time? That program will kickoff here on September 6<sup>th</sup> at 10am with readings from our very own Mayor Tim DeGeeter, who graciously visited us last month.

In addition to Mayor DeGeeter visiting, thanks to ALL our elected officials who spent time with us and shared valuable updates last month: County Councilman Scott Tuma, Treasurer Tom Mastroianni, State Representative Sean Brennan and city councilmembers Debbie Lime (Ward 2), Kelly Zacharias (Ward 4), and Allan Divis (Ward 5).

We'll be hearing from other elected officials this year: State Senator Nickie Antonio, County Executive Chris Ronayne, Law Director Tim Dobeck, Cuyahoga County

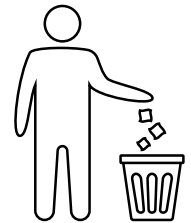
Prosecutor Mike O'Malley and members of the Parma School Board...so keep reading your newsletter (now available via email) and marking your calendars.

With heartfelt gratitude, I thank our long-time newsletter editor Judy Martins for the years and years and years of valuable information she has shared in our newsletter booklet. As she retires from editing, she keeps our Raisin' Canes dancing and brightens any space she enters. Thank you for all your hard work Judy...you are truly appreciated!

Here's to a wonderful transition from summer to fall, from class to class, trip to trip, lunch to lunch, service to service and activity to activity. Every day is an opportunity to engage with others here and to come on in and HAVE SOME FUN! Hope to see you again soon!

**HEY KIDS!**

Please do not throw gum or cigarette butts in our parking lot and entrance. There is a garbage can by our front door.



**THANK YOU!**

**HOME HEALTH CARE**

Did you know that a family or community member can provide care to seniors who qualify for in-home care?



Pearl's Hope specializes in helping family members get the training and support needed to be a paid home health aide to a community member or loved one – they even offer free self-paced HHA training (a \$500 value)! If you are interested or would like to learn more, give them a call at 440-249-7000.

# \*OTHER NEWS\*



## AUTUMN DANCE

**TH Sept 21<sup>st</sup>  
1-3pm**

Music by  
Wayne Tomsic

Tickets sold in advance  
or day of dance at the  
front desk

## SHARE YOUR STORY WITH ERIN

Everyone has a life story worth sharing. Share your stories in interview style. To prepare, there are questions for you to answer about what you treasure, your fondest memories, lessons you've learned and more. Get your booklet at the front desk.

## OUR VETERANS BUS TRIP

Thursday 9/28

## VETERANS MEMORIAL PARK IN CLINTON

**Breakfast at Coventry Diner**

Bus leaves at 8:45am

Return 1-2pm

## ***BUS TRIPS***

Friday 9/8

## **ERIE STREET CEMETERY**

**Breakfast at Victorio's**

*(6779 Ames Rd., Parma)*

Bus leaves at 9:30am

90 min cemetery tour at Noon

\$10 Thursday 9/14

## **SMUCKER'S STORE**

**Lunch at Jerry's Cafe**

*(226 W. Market St., Orrville)*

Bus leaves at 9:30am

\$5 Monday 9/18

## **DONATO'S PIZZA**

"Make Your Own Pizza"

*(5461 Ridge Rd., Parma)*

Bus leaves at 9:45am

Tuesday 9/26

## **OUR LADY OF LOURDES SHRINE**

**Breakfast at Adam's Place**

*(681 E. 200<sup>th</sup> St., Euclid)*

Bus leaves at 9:30am

*SIGN-UP AT FRONT DESK*



## MEMORY LEAVES

When someone leaves us, nothing can fill the hole in our heart and yet we celebrate their lives. As we heal from heartache and sorrow, we remember those we loved. Join us in a beautiful display of fall leaves for our loved ones here throughout the Center.

We have five beautiful autumn colors to choose from at the front desk for \$1 per leaf.



## Technology Help Desk

Problems/questions about your cell phones or tablets?

***SIMPLY VIRTUAL*** will be at the Center with a Technology Help Desk on the second Thursday of each month from 10am-12pm to help you.

It's first come, first serve so sign up at the front desk when you arrive. Bring your phone and/or tablet.

Sept 14	10am-Noon
Oct 12	10am-Noon
Nov 9	10am-Noon
Dec 14	10am-Noon



## FALL THOUGHTS FROM MAXINE



*"Rake leaves or move? I can't decide."*

*"I use a leaf blower on my lawn. It's called 'the wind.'"*

*"When do I get to be the age where people start raking up my leaves*

*'cause they feel bad about how old I am?"*

*"The squirrels must be gathering nuts. Three of my neighbors have disappeared."*

*"Either the leaves are changing colors or there was something in those brownies!"*

*"I love a brisk fall breeze, especially when the leaves blow into the neighbors yard."*

*"If it weren't for spring forward and fall back, I'd never do any exercise at all."*

*"Think of raking leaves as Mother Nature's way of getting you in shape for shoveling snow."*

*"The fact that self-raking yards don't exist is what I call a scientific failure."*

*"Enjoying the lovely trees takes your mind off the fact that in a few weeks they'll just be giant sticks!"*

*"Nothing like jumping in a big pile of leaves to remind you that there are spiders EVERYWHERE."*



**PCOA President  
JULIA VARLEY**

My Fellow Seniors,

This past year, I have offered to teach piano lessons to willing students. The response was overwhelming and we have had a waiting list of several people interested who have been waiting patiently for their turn.

Originally, we were meeting for lessons every week on Mondays and Fridays which became too frequent for both me and my students. Now, I have been teaching every other week on Mondays only which has been working quite well. Some students completed their lessons and now others can begin.



I am happy to announce a new piano lesson format for new students:

**GROUP PIANO LESSONS  
(alternate Mondays from 1-3pm)**

The first class will be Monday, October 23<sup>rd</sup> from 1-3pm. If our lesson day falls on a day when the Center is closed, then it would just be cancelled.

The cost of beginner lessons is \$3/lesson plus a one-time fee of \$10 for the book. As the class advances, so will the lessons and fees. Group lessons can accommodate 15 students.

There are four pianos at the Center for practicing but is only possible to use them when other events are not taking place. The best time to practice at the Center is in the afternoon between 2-3pm. It's possible to practice on a digital piano but the technique is much different. Of course, a home piano is the best for practice.

Please sign-up at the front desk if you are interested in group piano lessons, even if you have already been on a waitlist. If you have any questions, please feel

free to email me at [jvarleym@gmail.com](mailto:jvarleym@gmail.com).

**RED HATS**

Our Red Hat group has included about ten lovely women who have enjoyed getting to know one another. With the senior center schedule, meetings have been sporadic and not always well attended. This group is "re-grouping" and hoping to meet again sometime next year. Thanks to all who have been a part of our Red Hat Society...here's to even more fun next time we get together!

**POST OFFICE ON WHEELS  
Wed 9/20 from 10:15-10:40am**

PURCHASE POSTAGE STAMPS,  
MONEY ORDERS & PACKAGE  
SUPPLIES

MAIL LETTERS & PACKAGES:  
First class, Priority, Express &  
Standard Mail

SPECIAL SERVICES AVAILABLE:  
Certified, Insured, Registered &  
Delivery Confirmation

**NATIONAL SUICIDE  
PREVENTION MONTH**

September is National  
Suicide Prevention Month.

All month, mental health  
advocates, prevention

organizations, survivors, allies, and  
community members unite to promote  
suicide prevention awareness.



***988 is now the three-digit dialing  
code that routes callers to the 988  
Suicide & Crisis Lifeline.***

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk ** Serve Emergency Item (caterer will replace)		1 *Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Scc 2 oz *Green Beans ½ c *Mushrooms ½ c Applesauce ½ c ALT=CBG TR
4 <b>Labor Day</b> <b>Sites Closed</b>	5 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR	6 *Chicken, 3 oz and Dumplings ½ c *Green Beans ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	7 *Breaded Fish 3 oz Tartar Sauce 1 PC *Lima Beans 1/2 c *Carrots ½ c Whole Grain Bun 2 oz Orange ALT=CBG RB	8 *Sweet & Sour Pork Loin 4 oz *Buttered Noodles ½ c *Sautéed Cabbage ½ c *Beets ½ c W.G. Dinner Roll Apricots ½ c ALT=CBG T
11 *Stuffed Pepper 6 oz *W.G. Pasta ½ c w/2 oz Sauce *Zucchini & *Yellow Squash 1 c W.G. Wheat Fruit Cocktail ½ c ALT=CS TR	12 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CBG RB	13 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CBG T	14 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB	15 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB
18 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pineapple Chunks ½ c Grape Juice ½ c ALT=CS TR	19 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Mandarin Oranges ½ c **W.G. Vanilla Wafer 1 oz ALT=CBG RB	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR	21 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB	22 *Breaded Chicken Parmesan 3 oz *W.G. Pasta ½ c Marinara Sauce 2 oz *Capri Blend ½ c, *Green Beans ½ c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB
25 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	26 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Mandarin Oranges ½ c ALT=CBG RB	27 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Wheat 2 Applesauce ½ c ALT=CBG T	28 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR	29 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR

Western Reserve Area Agency on Aging - 2023

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p><b>HAPPY ★</b></p> <p><b>LABOR DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p>5</p> <p>8:00-8:50—Move-Mary Kay</p> <p>9:00-9:50—Fitness after 50-Mary Kay</p> <p><b>9:00-11:00—Board Games</b></p> <p>10:00-11:15—Sunshine Singers</p> <p>10:00—Bunco</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>6</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15—Gentle Chair Exercise-Vicki</p> <p>9:30-11:30—Matter of Balance</p> <p><b>10:00-11:00—Stories for the Soul w/Mayor DeGeeter</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00-12:50—Walk 15-Chris K.</p> <p>12:15—Trivia w/Jeanne</p>	<p>7</p> <p>9:00-11:30—Knit, Crochet &amp; Chat</p> <p>10:00-11:00—PCOA Meeting</p> <p>10:00-12:00—Technology Help</p> <p>10:30—Adapted Jazzercise</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>8</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15-10:15—Tai Chi-Chris S.</p> <p><b>9:30—Bus Trip-Erie St. Cemetery</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p>1:00-3:00—Raisin' Canes</p>
<p>11</p> <p>8:15-9:05—SS Yoga-Vicki</p> <p>10:00-10:50—Line Dancing-Eleni</p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p><b>12:30—Paper Flower II Craft</b></p> <p>1:30-3:00--Single Piano Lessons</p>	<p>12</p> <p>8:00-8:50—Move-Mary Kay</p> <p>9:00-9:50—Fitness after 50-Mary Kay</p> <p><b>9:00-11:00—Board Games</b></p> <p>10:00-11:15—Sunshine Singers</p> <p>10:00—Bunco</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>13</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15—Gentle Chair Exercise-Vicki</p> <p>9:30-11:30—Matter of Balance</p> <p><b>10-11:00—Stories for the Soul</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00-12:50—Walk 15-Chris K.</p>	<p>14</p> <p>9:30-11:30—Knit, Crochet &amp; Chat</p> <p>10:00-12:00—Technology Help</p> <p><b>9:30—Bus Trip-Smuckers Store</b></p> <p>10:30—Adapted Jazzercise</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>15</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15-10:15—Tai Chi-Chris S.</p> <p>11:00-11:50—SS Classic -Jeanne</p> <p>11:30—Lunch</p> <p>10-12:00—ReadyNotify Emergency Alerts Registration</p> <p>12:00—Pinochle</p> <p>1:00—CUY. COUNTY PROSECUTOR- MIKE O'MALLEY</p> <p>1:00-3:00—Raisin' Canes</p>
<p>18</p> <p><b>YMCA Coastal Crawl Trip</b></p> <p>8:15-9:05—SS Yoga-Vicki</p> <p>10:00-10:50—Line Dancing-Eleni</p> <p><b>9:45—Bus Trip-Donato's Pizza</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p>1:30-3:00--Group Piano Lessons</p>	<p>19</p> <p><b>YMCA Coastal Crawl Trip</b></p> <p>8:00-8:50—Move-Mary Kay</p> <p><b>9:00—Giant Eagle Flu Shot Clinic</b></p> <p>9:00-9:50—Fitness after 50-Mary Kay</p> <p>10:00-11:15—Sunshine Singers</p> <p>10:00—Bunco</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p> <p><b>1:00—Beads w/Sherrri (hallway)</b></p>	<p>20</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15—Gentle Chair Exercise-Vicki</p> <p>9:30-11:30—Matter of Balance</p> <p>10:00—Bingo</p> <p>10:15—Post Office on Wheels</p> <p><b>10-11:00—Stories for the Soul</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00-12:50—Walk 15-Chris K.</p> <p>12:15—Trivia w/Jeanne</p> <p><b>1:00—Beads w/Sherrri (hallway)</b></p>	<p>21</p> <p><b>YMCA Coastal Crawl Trip</b></p> <p>9:00-11:30—Knit, Crochet &amp; Chat</p> <p>10:30—Adapted Jazzercise</p> <p>11:30—Lunch</p> <p><b>1-3pm</b></p> <p><b>AUTUMN DANCE</b></p> <p>Music by Wayne Tomsic</p>	<p>22</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15-10:15—Tai Chi-Chris S.</p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p><b>1:00—Retirement Income w/ Scott Marsh</b></p> <p>1:00-3:00—Raisin' Canes</p>
<p>25</p> <p>8:15-9:05—SS Yoga-Vicki</p> <p>10:00-10:50—Line Dancing-Eleni</p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p><b>12:30—Medicare 101</b></p> <p>1:30-3:00--Single Piano Lessons</p>	<p>26</p> <p>8:00-8:50—Move-Mary Kay</p> <p>9:00-9:50—Fitness after 50-Mary Kay</p> <p><b>9:00-11:00—Autumn Wreath Workshop w/Amanda</b></p> <p><b>9:30—Bus Trip to Our Lady of Lourdes Shrine</b></p> <p>10:00-11:15—Sunshine Singers</p> <p>10:00—Bunco</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>27</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15—Gentle Chair Exercise-Vicki</p> <p>9:30-11:30—Matter of Balance</p> <p><b>10-11:00—Stories for the Soul</b></p> <p>11:00-11:50—SS Classic-Jeanne</p> <p>11:30—Lunch</p> <p>12:00-12:50—Walk 15-Chris K.</p> <p>12:15—Trivia w/Jeanne</p> <p>1:00—OUR VETERANS</p>	<p>28</p> <p>9:00-11:30—Knit, Crochet &amp; Chat</p> <p><b>9:00-11:00—Making Abstracts w/Amanda</b></p> <p><b>8:45—Our Veterans Bus Trip-Veterans Memorial Park in Clinton</b></p> <p>10:30—Adapted Jazzercise</p> <p>11:30—Lunch</p> <p>12:15-1:30—Chair Volleyball</p>	<p>29</p> <p>8:15-9:05—Fitness after 50-Vicki</p> <p>9:15-10:15—Tai Chi-Chris S.</p> <p>11:00-11:50—SS Classic -Jeanne</p> <p>11:30—Lunch</p> <p>12:00—Pinochle</p> <p>1:00-3:00—Raisin' Canes</p>



## News from JEANNE SUTYAK



Dear Friends,

I can't believe that it's September already! I love the start of fall. The weather is usually quite pleasant with a bit of a crispness in the air. The other exciting thing is the Big YMCA trip to Charleston, South Carolina coming up the second week in September. This is our first week long bus trip since before Covid and we can't wait! We have a great traveling schedule this season, with an October 12<sup>th</sup> bus trip to the Cuyahoga Railroad for a scenic trip. Last year we got derailed when the train had track problems and we could not go on the train, but all is well this year the tracks have been fixed so here we go again at a great time when the leaves are turning and the scenery will be beautiful! Papa Joe's Italian Restaurant will be our lunch stop with wine tasting, and then off to Stan Hywet to tour the mansion and the grounds. See Jeanne if you are interested!

Moving right along to November 16<sup>th</sup> we have a Branson Christmas show coming here from Missouri to Eastlake, Ohio, at the Croation Hall! A little country Christmas and traditional Christmas make for a great holiday experience and don't forget the great homestyle lunch that the hall provides, it's always delicious. We also will be honoring our beloved Veterans that day!

December 13<sup>th</sup> brings a different kind of Christmas Party! A party with Cleveland Historian John of JKL Tours. This Party will start with a delicious plated lunch at Windows on the River, then we will take in 90 minutes of high energy fun of the Dueling Pianos provided by Todd and Andy, amazing master piano artists that present a fast paced, fun filled, audience participation of fun, sing along-music! There will be door prizes and party games with an Ugly Sweaters, Most Holiday Spirit and Biggest Grinch costume contest!

Don't miss this fun start to the holidays! Be on the alert for gambling trips thrown in here and there and everywhere! We aim to please! Enjoy the falling leaves, keep moving and keep your brain sharp!

### YMCA Bus Trips



**Thurs, Oct. 12<sup>th</sup>**

#### Cuyahoga Valley Scenic Railroad Tour

See the beautiful fall foliage with a stop at Papa Joe's Italian Restaurant for lunch with wine tasting, then off to a tour of Stan Hywet Hall and Gardens. Reservation deadline is September 20<sup>th</sup>.

**Tues, Nov. 16<sup>th</sup>**

#### Branson Country Christmas Show and Tribute to Veterans

Show and dinner at the Eastlake Croation Hall. \$124/person. Reservation deadline is October 15<sup>th</sup>.

**Wed, Dec. 13<sup>th</sup>**

#### Party with Cleveland historian John of JKL Tours at Windows on the River

Enjoy music, door prizes, party games, and holiday contests. Reservation deadline is November 15<sup>th</sup>.

**Tues Dec. 12<sup>th</sup>-Wed, Dec. 13<sup>th</sup>**

#### Oglebay Festival of Lights

Wheeling, WV-Identified as one of the best Christmas displays in the U.S.



*See Jeanne at front desk for more details.*



## Human Services

**KATHRYN DAVIDSON**  
LPCC-S, LSW Human  
Service Specialist

*"The more you know yourself, the more patience you have for what you see in others". Erik Erikson*

Hello everyone! I hope all is well and you are enjoying the weather and all the Center's activities.

### MATTER OF BALANCE CLASSES

I am happy to announce that I was able to schedule an additional Matter of Balance Class this year on Wednesdays, September 6<sup>th</sup>-November 1<sup>st</sup>. At this time the class is already full but if you are interested, please contact me to be placed on a waiting list if an opening becomes available or another class is scheduled next year.

### MEDICARE OPEN ENROLLMENT

Medicare open enrollment is just around the corner, October 15-December 7<sup>th</sup>. The mail, phone calls, and commercials can be overwhelming and confusing. That is why I partner with OSHIIP (Ohio Senior Insurance Information Program) through the Ohio Department of Insurance and became a OSHIIP counselor. This year OSHIIP will be coming to the Donna Smallwood Center for two days to provide individual appointments with OSHIIP counselors to review your options for 2024. There is no cost to review your plan or make changes. OSHIIP counselors are not paid by insurance companies, and only want to help you find the best plan that will meet your needs while saving you money.

### MEDICARE 101

**OSHIIP will be coming to the center on September 25<sup>th</sup> at 12:30pm to provide information and answer questions regarding Medicare.**

Whether you are new to Medicare or already have a Medicare plan, this would be a good program to attend.

**OSHIIP will be here all day on October 18<sup>th</sup> and also be here on November 15<sup>th</sup>. If you are interested in an individual appointment with an OSHIIP counselor, stop by my office or call me to schedule an appointment.**

If there is anything I can do to help you, don't hesitate to contact me at [kdavidson@cityofparma-oh.gov](mailto:kdavidson@cityofparma-oh.gov) or 440-885-8155.

## TRI-C ENCORE 55 CLASSES

Tri-C offers are two specific programs designed specifically for 55 and older students—no homework, no tests, no books. What more could you ask for?

### ENCORE 55+ SEVEN WEEK CLASSES

Encore 55+ Learning has two ways to learn:

#### IN-PERSON

Encore Campus Fridays: Experience Encore at the Western Campus from 9am-3pm.

#### VIRTUAL

Encore On-the-Go: Learn from your home via Webex. Classes begin at 9am, 11am and 1pm.

### PROGRAM 60

Through Program 60, Ohio residents age 60 and older may register for regularly scheduled courses on an audit, tuition-free, space-available basis. Program 60 also allows individuals to enroll in noncredit recreation classes.

*For more information or to enroll, call 216-987-6000.*



# OUR LUAU DANCE





# OUR LUAU DANCE



*Thank you*



Thank you to our generous sponsors who donated the snacks, desserts, decorations and raffle prizes for our Luau Dance in August. Your generosity made our dance a huge success!

Cathy Nagel  
Nancy Lahodny  
Richard Hill  
Avenue Care & Rehabilitation  
Altenheim Shurmer Place  
Brooklyn Pointe  
Angels Care Home Health

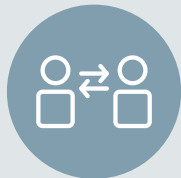
# HEALTH AND SAFETY

## ANNOUNCING NEW PARTNERSHIP with University Hospitals Parma Medical Center (UHPMC)



Did you know that the majority of trauma visits to our hospital by older adults are related to falling down and that our seniors are falling at a much higher rate than the national average?

That's why, together we have collaborated with UHPMC to bring a **FALL CLINIC** to our Senior Center every other month beginning in November.



### INTRO TO FALL CLINIC MONDAY, 10/30, TIME TBA

The **FALL CLINIC** will be explained by UHPMC medical experts. The clinic starting in November will be by appointment where you will meet one-on-one with a physical therapist, geriatric specialist, pharmacy rep and ENT (ear, nose, throat).



Emergency preparedness starts with you



make a plan



build a kit



stay informed

Every year, the United States observes National Preparedness Month in September to remind Americans to be ready for any disaster — man-made or natural — that could affect them, their homes and/or their communities. The Federal Emergency Management Agency (FEMA) created the National Preparedness Month three years after the September 11th attacks to encourage every American to plan for emergencies. This month, make a plan, build a kit and stay informed for the safety of you and your family!



ReadyNotify is a mass notification system used to notify citizens, residents and businesses of emergency situations, non-emergency events, scam alerts and provide information about necessary actions. You choose if you want to be notified with a phone call, email or text message. Requires an email address to sign up. ReadyNotify will be at the center Friday, September 15 from 10:00am to Noon to help with registering.

Sign up at [readynotify.us](https://readynotify.us)

## MEDICARE CHECKUPS

**Monday 9/25 at 12:30pm**

**Wednesday 10/18 all day**

**Wednesday 11/15 all day**

**It's healthy to check your plan!**

**Review and compare 2024 Part D plans**

**Review and compare Medicare Advantage**

**Learn ways to save on Rx and Medicare costs**



**Law Director**  
**TIM DOBEK**

**SUSPICIOUS PACKAGE  
DELIVERY?**

*It's called a Brushing Scam*

**WHAT TO KNOW AND ASK**

**I. Is this package part of a scam?**

When people receive merchandise that they haven't ordered, from a mysterious third party, this could be what is called a "brushing scam." A brushing scam is when a scammer sends a victim something that they haven't ordered so that they may use the victim's information to create a fake "verified" customer review. This fake review is then used to coerce other unsuspecting victims into purchasing worthless products from the scammer. While the first victim didn't necessarily purchase the product, it is hard to dispute the false review because they have, in fact, received a product.

**II. How to proceed?**

First, the victim should check to see if they have ordered something recently that hasn't been delivered yet. If so, they should check the tracking number from the package to see if it matches the one from your purchase. This may involve peeling up the top label or shining a flashlight to see through the label.

Victims of this type of scam report that they made a purchase from: Wayfair, Sunset Paradise, lovelythings123, classy couturier, mystore.com, verabradleyoutlet.com, and www.listservices.com. These are websites often located in places like Singapore and China, and advertised on social media platforms such as Facebook and TikTok. Items that were typically purchased include products such as: a yeti cooler, charbroil grill, lawn sprinkler, tires, bistro set, power tools, batteries, patio chairs, ninja BBQ table, trash bin cabinet, or outdoor patio trashcans. If you made a purchase from a disreputable website and

received a different product instead, file for a refund with your credit card company.

Second, the potential victim should report a mail fraud claim on the USPS Inspection Service website at <https://www.uspis.gov/report>. They can also notify the alleged legitimate seller that their security has been breached; however, it may be a fruitless endeavor as they may be in on the scam.

Third, when victims receive unsolicited items, it can be an indication that their identity has been compromised. They should report this potential scam with the Better Business Bureau on their website at <https://www.bbb.org/scamtracker>, and with the Identity Theft Resource Center at <https://www.idtheftcenter.org/>. It may also be a good idea to change passwords for any important accounts.

Finally, while one is legally obligated to return a package that is mistakenly sent to them, when a package is addressed and delivered to someone purposely, they are under no legal obligation to return it to the sender. They may keep, throw out, or attempt to send the item back. Since the item has come from a disreputable source, and its origin is seemingly unknown, discarding the item may be the best option.





# WHAT'S NEW AT CCPL? PARMA LIBRARIES

## NEW BOOKS AT THE LIBRARY THIS MONTH

### FICTION

#### ***Under the Tamarind Tree* by Nigar Alam**

Agreeing to look after a friend's teenaged granddaughter, Rozeena, haunted by a fateful night long ago, forms an unconventional friendship with this girl struggling with her own demons that could ruin everything Rozeena has worked so hard to protect.

#### ***Looking Glass Sound* by Catriona Ward**

Returning to the small New England town of his youth where a killer had once stalked its streets, writer Wilder Harlow, while penning his memoir, fears his grip on the truth of the tragedy fading and that this will not only be his last book, but the last thing he ever does.

### NON-FICTION

#### ***You will own nothing: your war with a new financial world order and how to fight back* by Carol Roth**

"Carol Roth investigates the forces moving our world toward less ownership and more dependence on government and big business.

#### ***Brothers and sisters : the Allman Brothers Band and the inside story of the album that defined the '70s* by Alan Paul**

Based on first-person interviews, historical documents and deep research, a New York Times best-selling author looks at the profound musical and cultural impact of the Allman Brothers' 1973 LP Brothers and Sisters.

### PARMA POWERS PROGRAMS

#### **Plastics in a Circular Economy**

Monday, September 11: 6:30-8:00pm

An overview of the benefits and consequences of plastic and how plastics fit into the vision of a circular economy.

#### **Bob, Bob, Bobbin Along**

Tuesday, September 19: 2-4pm

Bob, Bob, Bobbin Along. Create jewelry with bobbins as the centerpiece.

#### **History of Parma City Schools**

Wednesday, September 20: 2:30-3:30pm AND

Thursday, September 21: 6:30-7:30pm

Join presenters from Parma City Schools Historical Museum to learn about the growth of Parma City Schools from the 19th century to mid-1970s.

#### **Social Security Strategies**

Tuesday, September 26: 6-7pm

Come and learn tips and tools that will improve your ability to navigate Social Security.

#### **The Cold War: America's Longest War**

Wednesday, September 27: 7-8pm

Learn about the roles of two National Park Service sites and the men and women who worked there as they protected us during this historical period of geopolitical tension.

***Call 440-885-5362 to register***

### PARMA SNOW PROGRAMS

#### **Mobile Pantry** - Free, fresh produce distribution

Tuesday, September 05: 3:30-5:00pm

Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need.

#### **How to Make Sauerkraut**

Wednesday, September 06: 6:30-8:00pm

Learn to make sauerkraut in this hands-on class.

#### **Perennial Plant Swap**

Saturday, September 23: 10am-Noon

Get your garden ready for 2024! The more you bring to share, the more you can get in return.

#### **Meet Author John Patrick Green**

Wednesday, September 27: 7-8pm

Join us when author John Patrick Green visits to discuss his latest graphic novel, The InvestiGators: All Tide up.

***Call 216-661-4240 to register***





## LOVE TO DANCE? RAISIN' CANES

The Raisin' Canes, our Center's volunteer senior vaudeville dance group has been performing over 20 years and is looking to add more dancers. We rehearse every Friday in the exercise room, 1-3pm. We have lots of fun, and just love to entertain! We'll give you a cane and teach you our routines. It's never too late to get into show business! Stop in to watch, or call Judy at 440-237-0020.

ON **S** **A** **L** **E** NOW

T-SHIRTS— MEMBERS' COOKBOOK—HOODIES



\$10



\$10



\$20

## Coming Friday Oct 27<sup>th</sup> OUR 2<sup>ND</sup> ANNUAL TALENT SHOW!

Like to sing? Dance? Play an instrument? Tell jokes? Juggle? Do magic tricks? Read Poetry? Dust off that instrument, shine those dancing shoes, clean up those props and start practicing.



We'll have judges, prizes, and fun for all!  
Who knows—you just might get discovered!

*Sign up at the front desk.*



Looking for ways to get involved? Our Senior Center needs volunteers to help with programs, dances and other activities. Contact Diana Parsons at the front desk, via phone or email to learn about all the options and how to sign up.

440-885-5573

[dianaparsons54@hotmail.com](mailto:dianaparsons54@hotmail.com)

**SCAM  
SQUAD**

Scam Squad is a senior financial fraud task force that unites nonprofits and social service agencies with local, state and federal law enforcement in the fight against fraud. Visit their website at: [consumeraffairs.cuyahogacounty.us/en-us/Scam-Squad.aspx](http://consumeraffairs.cuyahogacounty.us/en-us/Scam-Squad.aspx)

or call at

**216-443-7035**

## LOVE TO SING? SUNSHINE SINGERS

Join our Sunshine Singers. We have performances throughout the year, including holiday caroling December 18<sup>th</sup>-20<sup>th</sup>. Rehearsals are every Tuesday from 10-11:15am. Please join us!

For more information contact Cheryl at [cerlenmeyer@cityofparma-oh.gov](mailto:cerlenmeyer@cityofparma-oh.gov) or 440-885-5571

# CONTACT US

Donna Smallwood Activities Center  
7010 Powers Blvd., Parma, OH 44129  
440-885-8800

## CENTER OFFICE STAFF

Erin Lally	Director of Center
Sandy Perkins	Activities Coordinator
Brenda Sneed	Transportation Coordinator
Charlene Trecokas	Meals Coordinator
Patti Lummus	Fiscal Bookkeeper
Kathryn Karney-Davidson	Human Services Specialist
Diana Parsons	Volunteer Coordinator
Jeanne Sutyak, A.O.A.	Ridgewood YMCA

## FREQUENTLY CALLED NUMBERS

Parma City Hall .....	440-885-8000
Senior Center Main Number .....	440-885-8800
Lunch Orders & Cancellations .....	440-885-8140
Home Delivered Meals.....	440-885-8140
Transportation Appointments.....	440-885-8156
Human Services Specialist .....	440-885-8155
Social Security .....	800-772-1213
BMV-Parma-Snow Rd. ....	440-885-0844

## NEWSLETTER BY EMAIL

If you would like to receive our newsletter by email please call Cheryl at email at [cerlenmeyer@cityofparma-oh.gov](mailto:cerlenmeyer@cityofparma-oh.gov) or 440-885-8800.

## PARMA COMMISSION ON AGING (PCOA)

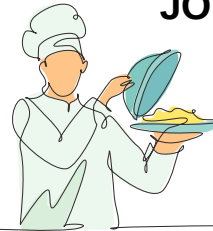
The Parma Commission on Aging is a nonprofit organization, created exclusively for charitable purposes to support the Donna Smallwood Activities Center. Our mission is to encourage, promote, and aid in the establishment of programs and services to make it possible for the older adult to more fully enjoy and participate in family and community life.

PCOA funds are used to assist the Donna Smallwood Activities Center in achieving their service mission. We work together to provide value-added programming and services to uplift the seniors who join our Center.

As a nonprofit organization, vehicle donations and financial bequests are always welcome to help support our mission. Thank you for your generosity!

*Julia Varley, President*  
*Jeanne Sutyak, Vice President*  
*Judy Martins, Secretary*

## JOIN US FOR LUNCH



Lunch is served M-F at 11:30 am. Sign-in time is 11:00 am.

Make reservations for the following week by Wednesday at 11am.

Contact Charlene at [ctrecokas@cityofparma-oh.gov](mailto:ctrecokas@cityofparma-oh.gov) or 440-885-8140.

## FOODS THAT CAN SAFELY BE TAKEN HOME FROM LUNCH

The only foods that are allowed to be taken home are:

- Fresh fruit
- Individually wrapped bread
- Individually wrapped cookies
- Individually wrapped crackers
- Unopened cartons of milk, but *only during the winter months of October-March*
- Milk may NOT be taken home during the months of April-September

*The Title III-C Elderly Nutrition Program, its personnel, the Center and its personnel, the caterer and its personnel CANNOT be held responsible for any discomfort or illness that may result in the consumption of such food, if it has not been properly stored and/or refrigerated once it has left the Center.*

## *monthly thought...*

*Old age can  
be the best  
time of our  
life or the  
worst time  
of your life.  
It depends  
on what we  
do with it.*



*- Wisdom of Morrie,  
Morrie Schwartz*