

Mayor Tim DeGeeter, City of Parma



THE CENTER LINE

DONNA SMALLWOOD ACTIVITIES CENTER



7010 Powers Boulevard • Parma, OH 44129
Phone: 440-885-8800

Tony Vannello, Service Director

Erin Lally, Director

FEBRUARY 2024 | ISSUE NO. 2

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DONNA SMALLWOOD ACTIVITIES CENTER

Open Mon-Fri 7:30am-3pm
440-885-8800

*Funded by the City of Parma,
Western Reserve Area Agency on Aging
(Older Americans Act), Cuyahoga County
(Community Social Services Program),
our 501c3 Parma Commission on Aging,
Donations and Bequests.*

You can now subscribe to receive our
newsletter by email.
Just contact Cheryl at
cerlenmeyer@cityofparma-oh.gov
or 440-885-8800.



WE CARE ABOUT YOU

NEW NEWSLETTER FORMAT

We are pleased to bring you this new full-color monthly newsletter. Much of the format remains the same and what you will see new in this newsletter are advertisers, otherwise known as community partners. Please pay attention to who is helping bring this new and FREE newsletter format to you.

As we proceed, we are seeking a newsletter editor to help research, provide value-added content, and work with our staff to continue providing you with valuable information. Anyone interested in a position as a newsletter editor with InDesign or Publisher skills, should schedule a time to meet with Erin to discuss.

As always, your feedback helps us serve you better so if there are any programs, trips, or classes you are interested in, please just let us know. If there is information you would like to see in our newsletter, again, please do not hesitate to share your thought with us, especially when we publish surveys.

WE CARE ABOUT WHAT YOU CARE ABOUT.



**CALL OR EMAIL US
IF YOU NEED US OR IF
YOU KNOW SOMEONE ELSE
WHO COULD USE OUR
MEAL, TRANSPORTATION,
OR HUMAN SERVICES**

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PATTY McGUIRE and INNER PEACE CLEVELAND

Adapted Jazzercise is a free of charge class that is offered through the generosity of the adult day care center, Inner Peace, which provides services for adults with intellectual and developmental disabilities.

Inner Peace is a 100% inclusive community-based program working to support and enhance the lives of individuals with intellectual and developmental disabilities.

With instructor Patty McGuire, the Adapted Jazzercise differs from the “typical” Jazzercise class. The adapted class provides longer reps that are used within each routine, instead of skipping, chasseeing or running, we march and chairs are always available, all to promote successful participation.

The ultimate goal of this inclusive exercise class is to encourage health and well-being through the benefits of music and movement, while supporting and embracing the differences of others.

2024 Classes:

Tuesday and Thursday at 10:15-11:00am

REC2CONNECT

Rec2Connect is devoted to utilizing recreation therapy programs to connect people with and without disabilities and their families to community recreation.

Rec2Connect has a dedicated team of trained individuals who help build connections and achieve goals through recreation therapy for individuals of all abilities.

Classes at 1:30pm:

Cardio Drumming TH 2/22

60 minutes of movement, rhythm, and stretching while drumming to fun music!

Pedal Power TH 3/21 and 4/25

A low-impact 60 minute seated spinning class to keep your body moving!

Chair Yoga TH 5/23 and 6/27

A seated and gentle opportunity to stretch and practice breathwork!

RETIREMENT ANNOUNCED

SANDY PERKINS RETIRES

After 25 years of serving older adults as a staff member of the Donna Smallwood Activities Center, our Activities Coordinator Sandy Perkins is retiring March 1, 2024.

HER CAREER SERVING SENIORS

Sandy began her career here in 1999 when she joined the staff as a Meals Delivery Driver. For two years she packed and delivered meals, collected money, and worked closely with the meals coordinator about concerns with the older adults she saw every day.

From 2001-2003, Sandy worked as the Assistant Coordinator of Community Meals. She was responsible for answering calls, registration, scheduling drivers' routes, accounting for money, preparing required reports, and delivering meals when needed.

After two years, Sandy moved to a new position as the Assistant Coordinator of Transportation. Similar to the meals position, she helped our seniors schedule transportation, assigned vehicles with drivers, and entered information into databases. This position also required her to schedule vehicles for maintenance, complete safety workshops, transport clients, interview prospective employees, and collect reporting required documents. She was also instrumental in assisting the Senior Citizen Coordinator. It was from all these experiences that she qualified to become the Activities Coordinator in 2011.

For the past 13 years, Sandy Perkins has served as the Activities Coordinator for the Donna Smallwood Activities Center. She has planned, coordinated and managed the parties, dances, monthly activities, and bus trips for over a decade and she ends her career with a wonderful legacy of service.

Sandy Perkins has contributed much to the senior center. She sure knows how to throw a good party! Our dances have been wonderful social events with great music and superb raffle prizes. Her partnerships throughout the community have brought valuable health education screenings and programs. She has built relationships with seniors who have been coming here for years and with seniors who have only started coming recently. She will be missed because of the knowledge and skills she has grown and shared with all of us.

Every season, every holiday, our Centers has been beautifully decorated by Sandy and this is truly one of her greatest gifts. She has kept us classy because that is who she is. Sandy, we wish you much happiness and great adventures in your retirement. You will always be welcomed here with open arms so please come back and visit us. Blessings upon you!



A MESSAGE FROM SANDY...

It is with great joy, and a bit of sadness, that I write to share my retirement news. Over the past 25 years, it has been an honor and a joy to serve our seniors that attend the Donna Smallwood Center.

I want to thank all those I have worked with for welcoming me when I started, as well as those who were here before me and who shared their wisdom. For those that don't know my long history at the Center, I started as a meals driver, went onto meals coordinator and then transportation coordinator, and onto activities coordinator. I am so grateful for the opportunities I've received. Most of all, it has been a heck of a lot of fun!

I am taking not only wonderful memories with me but lifelong lessons learned from all of the seniors who have passed through our doors. I know I'm leaving behind an amazing, caring staff that will continue to serve our seniors and maintain the safe, warm, and fun environment we have all enjoyed.

I will be thinking of all of you as I enjoy my family, the hobbies that I never had time for, and maybe a little bit of traveling. I wish you all well. Don't be surprised to find my name on a sign-up sheet for an activity or trip in the near future!

This is not goodbye - It's an I'll see you later!

**Love,
Sandy**





LOVE YOUR LUNCH HOP ON OUR BUS OR MEET US THERE

WEDNESDAY, FEBRUARY 14

THE OLIVE GARDEN
8383 DAY DR, PARMA, OH 44129

*SIGN-UP AT THE FRONT DESK EVEN IF
YOU'RE GOING TO MEET US THERE!*



Dear Friends,

Every February, I update residents about what my administration and I have achieved in the past year and what big projects on are the calendar for the current year. Once again, local broadcaster Dick Russ will interview me for my State of the City presentation. The event will be in front of a live audience at 6 p.m., Monday, Feb. 26 at Donna Smallwood Activities Center. Mr. Russ and I will discuss infrastructure, recreational projects, safety services, the local economy and, of course, what's happening at the Activities Center. For members who will be at the Center that day, I hope you will return in the evening to join us.

In early January, my wife, Pam, ceremonially swore me in for my fourth term as mayor. My children, Jack and Molly, stood by me as I took the oath of office. Serving as mayor of the seventh largest city in Ohio with more than 81,000 residents is demanding, but it is also gratifying when I reflect on how much we have achieved since I took office 12 years ago. The economy has grown, city services have improved, infrastructure has been updated, recreational amenities have been added, and the housing market continues to attract new residents. Our city is a safe place to live and has two hospitals providing top quality health care. We have active veteran groups and an extremely active senior center. We also have many new restaurants in our city offering a variety of cuisines. Lately, I have been calling Parma a "foodie town." I know Activities Center members have been visiting local restaurants throughout the year, and I hope the group patronizes these new establishments in 2024.

During winter, we must contend with snow and ice. To stay informed about bad weather, parking bans and other emergency notices, get Ready Notify alerts. To register, visit www.cuyahogacounty.us/ready. Users can choose to receive messages via a text, call or both. For those who can't register online, call Cuyahoga County's Ready Notify at 216-443-5700.

Finally, Paczki Day is one day before Valentine's Day, Tuesday, Feb. 13. As always, I will be visiting bakeries throughout the day as we celebrate this delicious Polish pastry. Parma is the self-proclaimed Paczki Capital of Ohio, and paczki would be the perfect Valentine's gift this year. Shhhh, don't tell my wife what she is getting.

Mayor Tim DeGeeter, City of Parma

TECH HELP THURSDAYS

FEBRUARY 8th
FEBRUARY 29th

10am-Noon
First-Come, First Serve



Our Tech Help experts have been here before and will each be with us once a month throughout 2023.

Simply Virtual is our longstanding community partner that offers assistance the second Thursday of each month from 10am-Noon.

Tom Hlavin and his team of experts are here to help you with problems or teach you something new.

CCPL's Technology Trainers are also here for a Help Desk once a month on the last Thursday from 10am-Noon.

They are here to teach you how to use your phone or tablet and assist you in learning new things.

NEWS FROM CENTER DIRECTOR

Ladies and Gentlemen,

So many wonderful things are happening here at our Center. Wellness abounds in more ways than one!

I am very proud of the dedicated staff who work here both full and part-time. We have been fortunate to have personnel who are talented and committed to serving older and disabled adults, especially staff like Sandy Perkins who has had a long and distinguished public service career.

After reviewing our 2023 by the numbers, I wanted to share with you the number of people we served the past two years. Here's a look back:

	2022	2023
Center Sign-In	18,447	24,895
Meals Delivered	22,071	22,326
Lunches Served	6,529	10,161
Transportation Trips	5,255	8,676
TOTAL SERVED	40,518	47,221



It's healthy to look back and see all that you've accomplished and yet even healthier to learn from your mistakes and keep moving forward. Thanks to all of you who keep teaching me that valuable lesson!

Our month of February looks to be a good one! Yes, that's a positive attitude right there! In fact, I have always thought that February is one of the toughest around because well, February in Cleveland, right?

We'll be doing things to keep you on the sunny side, always on the sunny side. Stop in to schedule an appointment for a benefit check up or to see what we've got going on here. Come on in for a special program or just to have lunch. Shoot a game of pool, work on a puzzle, play cards or a board game. Join chair volleyball or trivia. Just come hang out here with us!

If you have a friend of family member, a neighbor or someone you know from church who would benefit from what we do here, please keep sharing the good news about the Donna Smallwood Activities Center and all that we have to offer here.

*Thank you,
Erin Lally*

VOLUNTEERS OF THE YEAR



2023 VOLUNTEERS OF THE YEAR AWARDED DECEMBER 8, 2023

The theme of our 2023 awards was "Our Volunteers are Sweet and Uplifting." We honored the sweet with an ice cream social and uplifted with a multi-colored balloon decor.

This year's volunteers were selected by Director Lally with input from the Smallwood staff and PCOA. Each award winner received a personalized Volunteer of the Year travel mug and the most fabulous smelling ice cream sundae candle. We are incredibly grateful to each one of them.

If you see these award winning volunteers around, please extend sincere congratulations and gratitude for everything they did for our Center in 2023.

2023 VOLUNTEERS OF THE YEAR

Cindy Zinsano
Nancy Lahodny
Richard Hill
Dennis Kopy
Diana Parsons

We thrive on partnerships and that includes you! If you have a special skill or gift you would like to share with us, please let us know. If you're interested in volunteering, just sign up at our front desk.

Thank you!

***“Gratitude and attitude are not challenges; they are choices.”
- Robert Braathe***



Hello everyone!

Gratitude is so important; it allows us to perceive and appreciate the positive and meaningful aspects of our lives. It triggers positive emotions, happiness, love and contributes to better physical and mental health. Gratitude can alleviate the feelings of anxiety and depression in our lives and make the hard things in our life a little easier to manage.

I am going to offer another group/workshop this year. This group will be for 4-6 weeks and the topic of the group will be “Gratitude”. This is a positive focused group. We will talk about what is going right in our lives and how we can keep a positive attitude despite negative influences and daily stressors. This is not a walk-in group and slots are limited. If you are interested you can sign up at the front desk or reach out to me for more information.

Lastly, Sandy Perkins will be retiring at the end of this month, and I want to say how much I loved working with her these past years and more importantly acknowledge how she has been a friend to us all!

As always, if there is anything I can do to help you, don't hesitate to call me, at 440-885-8155. I am a licensed social worker and counselor.

Have a healthy and happy year!

***Kathryn Karney-Davidson, LPCC-S, LSW
Human Service Specialist***

PRACTICING GRATITUDE

Robert Emmons, psychology professor and gratitude researcher at the University of California, Davis, explains that there are two key components of practicing gratitude:

1) We affirm the good things we've received, and 2) We acknowledge the role other people play in providing our lives with goodness. Most of us know it's important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life.

Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

Interested in reaping some of these benefits? Get started with a gratitude practice.

WORD OF THE YEAR

TRY THIS IN 2024

Having a “Word of they Year” is like having a guide. It should be something you want to strive for...a word to live by and think about throughout the year. You can write it down, post it on your nightstand or mirror, or journal about it throughout the year. If you want to try something new this year, think about choosing your very own Word of the Year.

Examples:

Peace.....Passion.....Faithfulness.....
Patience.....Honesty.....Kindness.....
Gratitude.....Joy.....Self-control.....Practice.....
Understanding.....Awareness.....Comfort.....
Hope.....Growth.....Love.....Change.....
Release.....Abundance.....Humility.....Strength.....
Adaptability.....Connection.....Grace.....
Forgiveness.....Shine.....Participate.....
Overcome.....Create.....Expand.....Renew.....Rejoice

*Every day we make choices about how we live.
We are so fortunate to be alive today.
We don't know what is ahead of us, and as we
reflect and release what is behind us, let us
consciously choose how we want to move forward.*



****Wellness Program****

HEART HEALTH

TH 2/15
at 1pm

w/Lisa Saunders, our
community partner
from Spry Senior

FREE CRAFT

w/our community partner

Pleasant Lake Villa

Friday, February 23rd at 1pm

Let them surprise you!



JEANNE SUTYAK RIDGWOOD YMCA

Cold, Wind and Snow! Icicles that glitter and shine! I love Winter or do I really? I don't like the heavy coats, the bulky boots, the earmuffs and hoods and the gloves that I lose all the time, but I do like the adventure of a good snowstorm! How much snow will we get? Will I be able to get to work? Will we have enough food if we can't get out of our houses! Can you feel the excitement? What is it about the unknown that causes our hearts to pound and our

minds to imagine.

I feel like a bear that wants to hibernate in my nice cozy house and not come out until Spring! Be safe when you do go outside on an icy day! Wear boots not tennis shoes so you don't take a fall, stay home if they say it's too dangerous to go out. Have a little pantry of canned and boxed goods in case you can't get out, keep puzzles, trivia books, novels, crafts and movies to keep your brain occupied and of course a flash light or two in case the lights go out, and don't think you have to shovel! Shoveling is very hard on the heart especially if you have certain medical conditions. Even the person that exercises needs to be cautious, and for goodness sake cover your mouth if you do go out, cold air rushing into the lungs can cause a lot of problems.

I really am my mother's child, I remember leaving hospice the day before she died and I'll never forget what she said to me! "Jeanne put on your hat and gloves and cover your mouth with your scarf" You don't want to get sick do you? Thanks Mom for the good advice, better safe than sorry! Have a great winter everyone keep warm and safe!

LOVE YOU ALL,
JEANNE FROM THE Y

FUNNY HAHA

A man is dining in a fancy restaurant and there is a gorgeous redhead sitting at the next table. He has been checking her out since he sat down, but lacks the nerve to talk with her. Suddenly she sneezes, and her glass eye comes flying out of its socket towards the man. He reflexively reaches out, grabs it out of the air, and hands it back.

Oh my, I am so sorry, " the woman says as she pops her eye back in place. "Let me buy your dinner to make it up to you, " she says.

They enjoy a wonderful dinner together, and afterwards they go to the theater followed by drinks. They talk, they laugh, she shares her deepest dreams and he shares his. She listens. After paying for everything, she asks him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time.

The next day, she cooks a gourmet meal with all the trimmings. The guy is amazed!! Everything had been SO incredible!!! "You know," he said, "you are the perfect woman. Are you this nice to every guy you meet? "

"No, " she replies... " "You just happened to catch my eye."

CHAIR VOLLEYBALL CHAMPIONS PARMA VS. PARMA HEIGHTS

We enjoyed a friendly and exciting competition with our chair volleyball friends at the Parma Heights Senior Center. On Tuesday, November 19th, our team traveled to Parma Heights where we reigned. On Tuesday, November 21st, we hosted Parma Heights here and they won, beating us fair and square.

On Tuesday, January 16th, our team braved the subzero wind chill weather to the championship games at the Parma Heights Senior Center. Our driver Anthony jokingly told the team they would have to walk home if they didn't bring home the trophy. Fortunately, everyone was able to board the bus that day. Be sure to see the trophy proudly displayed at the Center. Great job Team Smallwood!





February 2024 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice *Take Temperature of Milk and all food proceeded by an asterisk.			1 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CF V	2 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c ALT = CBG TR
5 *Beef Stew 8 oz. *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea ALT = CS TR	6 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz. ALT = CBG RB	7 *Swedish Meatballs 3-1 oz. w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CF TR	8 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG V	9 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c ALT = CBG T
12 *Tomato Basil Chicken 3 oz. w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CS RB	13 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CF TR	14 *Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange ALT = CBG RB	15 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c ALT = CBG T	16 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c ALT = CBG RB
19 PRESIDENT'S DAY Site Closed	20 *Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c ALT = CS TR	21 *Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CF TR	22 *Grilled Chicken strips 3 oz. With Alfredo sc 2 oz. *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz. Fresh Orange Apple Juice ½ c ALT = CBG T	23 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c ALT = CBG V
26 *Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CS V	27 *Chicken Stew 8 oz. *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz. Orange, 1 ea ALT = CBG RB	28 *Roasted Turkey Breast 3 oz. *Gravy 2oz / *Stuffing ½ c *Green Beans ½ c *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana ALT = CF T	29 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c ALT = CBG T	Menu Approved by: Ann Stalkheber, MS, RDN, LD

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
 ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 9-11:30am - Knit, Crochet & Craft 10am - PCOA Board Meeting 10:15am - Adapted Jazzercise 11am - Snack Shop 11:30am - Lunch 12:15pm Chair Volleyball	02 *GROUDHOG DAY* 8:15am - Fitness After 50 w/Vickie 9:15am - Tai Chi w/Chris S 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle
05 8:15am - Chair Yoga w/Vickie 10am - Line Dancing w/Eleni 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 1-3pm - Single Piano Lessons	06 8am - Move w/Mary Kay 9am - Fitness After 50 w/Mary Kay 10:15am - Adapted Jazzercise 10am - Sunshine Singers 11:30am - Lunch 12:15pm - Chair Volleyball 12:30pm - Coping w/Stressors	07 8:15am Fitness After 50 w/Vickie 9:15am - Gentle Chair Exercise 10am - Makeovers w/Mary Kay 11am - SS Classic w/Jeanne 11:30 - Lunch 12pm - Walk 15 w/Chris 12:15 - Trivia w/Jeanne	08 9-11:30am - Knit, Crochet & Craft 10am-12pm - Tech Help Desk 10:15am - Adapted Jazzercise 11am - Snack Shop 11:30am - Lunch 12:15pm Chair Volleyball 1pm - Cleveland Sight Center	09 8:15am - Fitness After 50 w/Vickie 9:15am - Tai Chi w/Chris S 10am - EYEBSENSE vision screenings 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 1pm - Parma Senior Connection
12 8:15am - Chair Yoga w/Vickie 10am - Line Dancing w/Eleni 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 1-3pm - Group Piano Lessons	13 *PACZKI DAY* 8am - Move w/Mary Kay 9am - Fitness After 50 w/Mary Kay 10:15am - Adapted Jazzercise 10am - Sunshine Singers 11:30am - Lunch 12:15pm - Chair Volleyball 12:30pm - Coping w/Stressors	14 *VALENTINES DAY* 8:15am Fitness After 50 w/Vickie 9:15am - Gentle Chair Exercise 11am - SS Classic w/Jeanne 11:30am - Lunch Your Lunch Olive Garden 11:30 - Lunch 12pm - Walk 15 w/Chris 12:15 - Trivia w/Jeanne	15 9-11:30am - Knit, Crochet & Craft 10:15am - Adapted Jazzercise 11am - Snack Shop 11:30am - Lunch 12:15pm - Chair Volleyball 1pm - Heart Health w/Lisa from Spry Senior	16 8:15am - Fitness After 50 w/Vickie 9:15am - Tai Chi w/Chris S 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 12:30pm - Movie "About Fate"
19 *PRESIDENTS DAY* CLOSED in observance of President's Day	20 8am - Move w/Mary Kay 9am - Fitness After 50 w/Mary Kay 10:15am - Adapted Jazzercise 10am - Sunshine Singers 11:30am - Lunch 12:15pm - Chair Volleyball 12:30pm - Coping w/Stressors	21 8:15am Fitness After 50 w/Vickie 9:15am - Gentle Chair Exercise 11am - SS Classic w/Jeanne 11:30 - Lunch 12pm - Walk 15 w/Chris 12:15 - Trivia w/Jeanne	22 9-11:30am - Knit, Crochet & Craft 10:15am - Adapted Jazzercise 11am - Snack Shop 11:30am - Lunch 12:15pm - Chair Volleyball 1:30pm - Cardio Drumming	23 8:15am - Fitness After 50 w/Vickie 9:15am - Tai Chi w/Chris S 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 1pm - Craft w/Pleasant Lake Villa
26 8:15am - Chair Yoga w/Vickie 10am - Line Dancing w/Eleni 10am - Nature Pam 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle 1-3pm - Group Piano Lessons 12:30pm - Movie "Warhorse"	27 8am - Move w/Mary Kay 9am - Fitness After 50 w/Mary Kay 10:15am - Adapted Jazzercise 10am - Sunshine Singers 11:30am - Lunch 12:15pm - Chair Volleyball 12:30pm - Coping w/Stressors	28 8:15am Fitness After 50 w/Vickie 9:15am - Gentle Chair Exercise 10am - Bingo 11am - SS Classic w/Jeanne 11:30 - Lunch 12pm - Walk 15 w/Chris K 12:15pm Trivia w/Jeanne 1pm - Our Veterans	29 *LEAP DAY* 9-11:30am - Knit, Crochet & Craft 10am - Tech Help Desk 10:15 - Adapted Jazzercise 11am - Snack Shop 11:30am - Lunch 12:15pm Chair Volleyball	8:15am - Fitness After 50 w/Vickie 9:15am - Tai Chi w/Chris S 11am - SS Classic w/Jeanne 11:30am - Lunch 12pm - Pinochle

FIGHTING INFLAMMATION, ARTHRITIS AND JOINT PAIN



In the United States, 54 million people are living with arthritis, according to the Centers for Disease Control and Prevention. For those with arthritis, one in four will experience severe joint pain. That joint pain and stiffness often affects quality of life by limiting your ability to do the things you love.

When you suffer from arthritis, your body is in what is known as an inflammatory state. In this state, the old adage “you are what you eat” is quite true: some foods may trigger more inflammation while others can help reduce it.

Adding these high-quality anti-inflammatory foods to your diet helps to fill nutritional gaps and reduce joint pain:

Omega-3 fatty acids

This healthy fat is found in foods such as fish, nuts and in dietary supplements such as fish oil. Omega-3 fatty acids reduce inflammation and stiffness. If you're not a fan of fish, try plant-based sources of Omega-3 foods such as ground flax, flaxseed oil and walnuts.

Vitamin D

The “sunshine vitamin” is important for bone and muscle function. Research studies have linked low blood levels of vitamin D with increased risk of osteoarthritis and rheumatoid arthritis. Sources include sunlight, egg yolk, salmon, cod liver oil and fortified foods such as milk and orange juice.

Turmeric

This spice contains a chemical called curcumin that can reduce joint pain and swelling. Add turmeric to smoothies, eggs, or sauces for added flavor and an anti-inflammatory boost. A half a teaspoon of ground turmeric is usually plenty for seasoning bean dishes, rice dishes, whole grains, soups, stews, sauces,

If you're suffering from aching joints due to inflammation, changes to your diet can help. Reducing your intake of these three things can help lower the inflammation in your body:

1) Added sugar

Saturated fat Saturated fats are those that are usually solid at room temperature. Sources of saturated fats include meat (especially red meat), pizza, desserts, cheeses and other full-fat dairy products like butter.

2) Saturated fat

Research studies have proven that saturated fats trigger inflammation in fat cells called adipose tissue, which increases the inflammation associated with arthritis. Saturated fats are those that are usually solid at room temperature. Sources of saturated fats include meat (especially red meat), pizza, desserts, cheeses and other full-fat dairy products like butter.

3) Refined Carbohydrates

Foods that are considered refined carbohydrates include white bread, white rice, cookies and cakes. Foods that are considered refined carbohydrates include white bread, white rice, cookies and cakes.

marinades, and pickling brines. Ground turmeric can also be used to add appetizing color to a breakfast scramble, a creamy batch of mac and cheese, and even cakes and desserts.

Ginger root extract

Ginger extract is the dried or fresh root of the ginger plant. Ginger has also been shown to have anti-inflammatory properties similar to ibuprofen. It adds peppery, pungent flavor to recipes both sweet and savory. Try it in a DIY herbal tea, mixed with honey and lemon, or infused into a simple syrup for cocktails. Make it into a stir fry or fried rice, or a 20 minute chickpea curry. You can even put it into an apple crisp, where it adds big, cozy flavor.

Fruits, vegetables and whole grains

Fruits, veggies and whole grains, as part of a healthy diet, fight inflammation naturally and can also help control your weight. Maintaining a healthy weight relieves stress on the joints. Excess body fat also creates and releases chemicals which promote inflammation in the body. Studies have found that for every pound of weight you lose, you reduce the load on your knee joint by four (4) pounds. In addition to a healthy diet, regular physical activity is important to maintain a desirable weight. Try one of our YMCA or new exercise classes offered here.

NEWS FROM THE BOARD PRESIDENT JULIA VARLEY

MY FELLOW SENIORS!

Happy New Year, Everyone! By now, we are into the new year with only eleven more months until Christmas!

As we look back to 2023, I want you to know that we outdid ourselves at the Center! For one, it was the best Christmas Party ever. We made nearly \$550 on our raffie baskets – we thank those who were so generous and we thank all those who donated baskets. And a big thank you to all the volunteers who helped to make the party a special affair. There were nearly 90 people in attendance – that’s amazing. Thanks to Mr. and Mrs. Santa Clause, the children who attended had a very Merry Christmas too!

Speaking of generosity, a big thank you too to all of our staff and members who donated either toys, clothes or gift cards for three families from our community that the Center adopted prior to Christmas. We were able to fill the wish lists of several children and provide an uplifting Christmas for them and their families. We know they were all grateful.

And, we are all grateful to all our volunteers who dedicate time and talents to making all our special events memorable.

I would also like to thank Nancy and June, our board members who have volunteered to keep our new Snack Shop operating on Thursdays.

Speaking of volunteers, please start thinking about our annual Rummage Sale coming up May 20-25. You know we need lots of help so be thinking about signing up... Volunteer sign-up sheets will be coming out next month.

Again, Happy and Healthy New Year to you all.

*Julia Varley
President, PCOA*

Bake Sale

Tuesday, March 19th (Primary Election Day)

We sure could use your help! Please consider baking us up some goodies we can sell at our first-ever Election Day Bake Sale.

Sign-up at the front desk

All proceeds benefit the Parma Commission on Aging

CUYAHOGA COUNTY PUBLIC LIBRARY PARMA BRANCHES STAFF BOOK PICKS:

Last Night at the Lobster by Stewart O’Nan - “Managing a failed seafood restaurant in a run-down New England mall just before Christmas, Manny DeLeon coordinates a challenging final shift of mutinous staff members, an effort that is complicated by his love for a waitress, a pregnant girlfriend, and an elusive holiday gift.”

Hercule Poirot’s Silent Night by Sophie Hannah - “The world’s greatest detective puts his little grey cells to work solving a baffling Christmas mystery.”

The 13th Gift by Joanne Smith - “A heartwarming Christmas story about a random act of kindness transformed one of the bleakest moments in a family’s history into a time of strength and love.”

Last Devil to Die by Richman Osman - “On Boxing Day, a dangerous package is smuggled across the English coast. When it goes missing, the body count starts to rise as the Thursday Murder Club faces an impossible search and their most deadly opponents yet.”

Redbird Christmas by Fannie Flagg - “In a tiny and remote Alabama town, an unexpected, unusual, and life-transforming event that occurs on one Christmas morning changes a family and a town forever.”

Picks by CCPL’s Sandy

CCPL LIBRARY PROGRAMS

STOP IN AT PARMA-POWERS IN FEBRUARY FOR BLUE WHALES

Explore the world of blue whales and learn about our unique local wildlife. See the life-size whale-tail floor mat or take part in a whale-themed program.

PARMA-SNOW BRANCH

Mobile Pantry - Free, fresh produce distribution

Tuesday, February 6: 3:30pm - 5:00pm

Tuesday Afternoon Book Discussion - Heaven and Earth Grocery Store by James McBride

Tuesday, February 20: 1:30pm - 2:30pm

Books will be available for pick up one month before the discussion date at the checkout desk.

World in Your Backyard Series

Saturday, February 17: 10:00am - 11:30am
Parma-Snow Branch - Resource Room (40)

Join with your Parma neighbors to celebrate the peoples and cultures of Northeast Ohio!

Register online or call: 216-661-4240

CLEVELAND SIGHT CENTER

Our community partner Tom Sawyer from the Cleveland Sight Center will be here for a value-added program on **Thursday, February 8th at 1pm.**

VISION HEALTH TIPS, TECHNIQUES AND TOOLS

Tom will be presenting expert advice about vision health. You will learn how to minimize the risk of vision loss and learn how to live well if you have vision loss.

Learn the proper use of lighting to maximize vision, and how to use contrast and tactile landmarks. Come learn about different types of magnifiers. Find out if rehabilitation service can help your vision.

The Cleveland Sight Center is a valuable community resource. If you want more information, please do not hesitate to reach out to them at 216-791-8118 or visit their website: <https://www.clevelandsightcenter.org/>.

NEW WELLNESS SERVICE

EYESENSE - VISION SCREENINGS

Our community partner Western Reserve Area Agency on Aging is providing this new and free program to help prevent blindness.

FREE VISION SCREENINGS w/EYESENSE

Friday, February 9th beginning at 10am.

If you are interested, please sign-up at the front desk.



WHO CREATED THE SAYING 'BEAUTY IS IN THE EYE OF THE BEHOLDER'?

In the 1878 novel *Molly Bawn*, by Irish writer Margaret Wolfe Hungerford, there's the line "It is an old axiom, and well said, that "beauty is in the eye of the beholder". This subjective nature of beauty applies in all areas of our lives: from art, literature, music, and, of course, love.

KEEP YOUR EYES OPEN BEWARE OF SENIOR SCAMS

With our community partner experts, we will keep updating you about scams to be aware of. You can register with ReadyNotify through Cuyahoga County to receive Scam Alerts. You choose how to alerts - via text, email or phone call. You can always report a scam by calling the Scam Squad at 216-443-SCAM (7226) to talk with an investigator 8:30am to 4:30pm Monday-Friday.

CURRENT SCAMS

Arrest Scams: *If you get a call, text or email telling you that you're about to be arrested, it's a scam.*

Jury Duty Scams: *Police never call people to threaten them with arrest for missing jury duty. Learn how to protect yourself.*

Utility Shut off Scams: *Calls or texts that threaten you with immediate electric or water shut-offs are scams.*

BEHOLD THE BEAUTY FASHION SHOW COMING

MAKE YOUR MODELING DEBUT WITH US! ALL YOU NEED IS COURAGE (AND FLAIR)!

Seeking runway models to fashion clothes. You can wear your own clothes or new clothes. We will even be visiting a thrift store to shop for new outfits for our show. We might even have a local clothing store willing to participate.

If you're interested, sign up at the front desk.

MAKE IT EASIER TO NAVIGATE YOUR HOME: DECLUTTER AND DONATE

2nd Annual Rummage Sale MAY 20-25, 2023

Start saving now to donate. We'll be accepting donations the first days of the sale week (and not before). Our Preview Sale will be Wednesday, May 22nd and the other sale dates will be May 23rd-25th.

Proceeds from the sale go directly to our nonprofit Parma Commission on Aging to assist the Donna Smallwood Activities Center in creating a 21st Century Lifelong Learning Wellness Center.

Please consider volunteering - we can use your help!

OUR VETERANS



All veterans, spouses and caretakers, are invited to join us for the February monthly meeting of the Parma Area Senior Veterans group on the 28th of February at 1pm.

Our guest speakers will be Kenneth and Rachel Kabb of the “Kabb Law & Elder Care Center”. They specialize in long-term care issues for seniors and

veterans and have the expertise to help you with many of the most common issues that affect seniors and veterans.

Mark Your Calendars ... A special Viet Nam Veterans Day Tribute event will be held on Wednesday, March 27th.

All Viet Nam Era Veterans will receive a Viet Nam Lapel Pin from one of our VIP guests, along with a certificate thanking them for their service. There will be a reading of the famous “reflections” story which is the story behind the famous painting of the man leaning against the Viet Nam Wall. There will also be reading of names followed by the ringing of a bell of those from the Parma Area we lost in Viet Nam. A table of memorabilia will be displayed for viewing and much more. A luncheon and entertainment is also planned, final details will be forthcoming. The event will be at no charge; however advance registration will be required.

We are currently in planning stages for a group bus trip to the National Veterans Museum and the Ohio Statehouse in Columbus. Also a trip to the MAPS Air Museum in Canton, the Normandy re-enactment in Conneaut.

The best way to stay up to date and connected with us is by following us on Facebook @parmaareaseniorveterans. If you have never been on Facebook, stop up at the senior center on a Thursday for Tech Help.

Our group is growing fast, and it is very gratifying to see the participation and to be able to provide informative programs regarding veterans and senior benefits. If you know a senior veteran, please invite them to one of our monthly meetings or special events.

Feel free to contact us by phone/text: 440-263-0507 or email: parmaareaseniorvets@yahoo.com.

VETERAN RESOURCES

Cuyahoga County Veterans Service Commission
216-698-2600

Talk with a specialist about benefits and assistance

Parma Vet Center • 440-845-5023

Offers confidential no-cost services in a non-medical setting. Services include counseling for needs such as depression, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST)

WATCH A MOVIE WITH US!

Friday, February 16th at 12:30pm
“About Fate” (2022)

Comedy ♦ Romance ♦ Fun (1hr 39min)

This romantic comedy is a tale of two strangers who believe in love, but seem to never be able to find its true meaning. In a wild twist of events, fate puts each in the other's path one stormy New Year's Eve, and both comedy and chaos ensue.



Monday, February 23rd at 12:30pm
“Warhorse One” (2023)

Military and War ♦ Action ♦ Drama (2hrs 5min)

When a SEAL team helicopter is downed during a rescue mission after the 2021 withdrawal from Afghanistan, the lone surviving operator must evade hostile insurgents while guiding his one remaining charge—a traumatized child to safety.



Join us in the Craft Room

@ PARMA SENIOR CONNECTION

Our TV Channel is moving from being website based to YouTube viewing only. All our videos will continue to be shown and available on YouTube.

How to find us? Go to YouTube online or get the app on your phone and search for us:

[@parmaseniorconnection](https://www.youtube.com/@parmaseniorconnection)

<https://www.youtube.com/@parmaseniorconnection>

Need help? Stop in to one of our Tech Help Desks (see page 5)
Subscribe for notifications when new videos are posted!

STATE REP SEAN BRENNAN REFLECTS ON FIRST YEAR AT STATEHOUSE

One year ago, January 3, I was sworn in to be your state representative. The past year has been the fastest year and professionally the biggest honor of my life. Serving as your representative at the Ohio Statehouse is a very important role and I want you to know that I take it very seriously. I have worked hard to be a good citizen statesman and to work for all of my constituents, regardless of political affiliation, because that is what my sacred oath requires. This is my attempt to reflect and summarize my first year of service to you.



Like my nineteen years of service on Parma City Council, among my top priorities as your state representative are excellent constituent services, being an accessible representative, and building relationships with colleagues on both sides of the aisle. My focus is not on partisan politics or fear tactics that divide us. As a pragmatic public servant, I seek results that will benefit the quality of life for all Ohioans.

Anyone who contacts my office, whether they live in the district or not, is treated with respect and empathy. My legislative aide, McKenna Dugan, our interns, and I all share the philosophy that we are servant leaders. I am happy to report that I often receive notes of thanks from constituents who we were able to help with their unemployment, Medicaid, and the many other issues we are contacted to help out with. You are always our top priority!

Anyone who knows me, knows that I have always been very involved in the community. I find great joy in meeting residents at their doors, speaking to groups of senior citizens and students, holding town halls and office hours, meeting with community leaders and business owners, honoring residents for their accomplishments, marching in parades, attending community events, etc. As I review my calendar from 2023, I am not sure I could have fit more in. I have to admit that the seriousness of the work can tend to take over one's life, but I still find time to spend with my favorite constituents – Deena, my beloved wife of nearly three decades, our son, daughter and new son-in-law.

I am very proud to say that I have built very strong relationships with my colleagues on both sides of the aisle. This takes a lot of time and a lot of work, especially with 99 members of the Ohio House of Representatives and 33 in the Ohio Senate. If you review my bills, you will find that they are bipartisan in nature. I count among my biggest accomplishments, the fact that my Republican colleagues are willing to contact me to work together on policy. Your reputation is everything at the Ohio Statehouse and working together, communicating with one another, and building trust are how good things get done in Columbus that benefits all Ohioans. Recently, I was very honored to be named the 3rd kindest member of the Ohio General Assembly.

As always, if my office may be of service, please contact us via phone at 614-466-3485 or email at Rep14@OhioHouse.gov. I also invite you to visit my website to learn more about how I am serving you and to sign up for my monthly newsletter at ohiohouse.gov/members/sean-p-brennan. It is truly my honor to serve you. Best wishes for a Healthy and Happy 2024. May God bless you and the great state of Ohio.

State Representative Sean Patrick Brennan

MAKEOVERS WITH MARY KAY
COME HAVE SOME FUN!

WEDNESDAY, FEBRUARY 7th
at 10am in the craft room

*Come explore the basics of skin care.
Experiment with products and colors.
Learn how to contour and highlight.
Ask for advice.*

NATURE PAM

Monday, February 26th at 10am
The Everglades: Grassy Waters

Join Nature Pam every month for an educational slideshow program with her own photos, personal experiences, and historical facts, while exploring a different national treasure each month.



THE MONTH OF FEBRUARY

February comes from the Latin word februa, which means “to cleanse.” The month was named after the Roman Februalia, which was a month-long festival of purification and atonement that took place this time of year. February is the only month to have a length of fewer than 30 days! Though it’s usually 28 days, February is 29 days long in leap years such as this year.

January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.

Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.

Even though so many roses are sold during February due to Valentine’s Day, the Violet and the Primrose are the symbolic flowers. The violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you’ll always be there for them. The primrose lets someone know that you can’t live without them. Like the violet, February’s birthstone is a purple color. It’s the beautiful amethyst.

On average, February is the United States’ snowiest month, according to data from the National Weather Service. Don’t wait for the groundhog to tell us what we can expect. According to the Farmer’s Almanac, here’s what we can expect:

Feb 1-12.....Lake snows, frigid
 Feb 13-16....Rainy, milder
 Feb 17-20....Snowstorm east, flurries west; chilly
 Feb 21-29....Rainy periods, mild
 February.....temperature 25° (3° below avg.)
 precipitation 2" (avg.)

February’s full Moon reaches peak illumination at Saturday, February 24, 2024. Look skyward on that night to catch the best view of this full Moon!

It’s known as the Snow Moon due to the typically heavy snowfall that occurs in February. Other traditional Native American names for this Moon include the Eagle Moon (Cree), Raccoon Moon (Dakota), and Hungry Moon (Cherokee).

POEMS FOR THE SEASON

Here delicate snow-stars, out of the cloud,
 Come boating downward in airy play,
 Like spangles dropped from the glistening
 crowd

That whiten by night
 the milky way.

~ *The Snow-Shower* by William Cullen Bryant
 (1794–1878)

Little month of February,
 You are small, but worthy—very!
 Will you grow up like the others,
 Like your sister months and brothers?
 Every four years with a bound
 With a leap up from the ground,
 Trying to grow tall as they—
 All you stretch is one small day!
 Even then you’re not so tall
 But just the shortest month of all.

~ *Leap Year* by Annette Wynne

GARDENING IN WINTER A FEW TIPS

- ◆ Shop early for seeds from catalogs and garden stores. The early shopper gets the best choice of seed varieties. See our list of Seed and Plant Mail-Order Sources and our tips on ordering seeds.
- ◆ Start onions from seed now. They’ll be ready for setting out in April. Onions from seed are generally firmer and longer lasting than from sets.
- ◆ Start parsley indoors now. You may think you have successfully wintered over the plant, but it is a biennial and will soon go to seed.



CHEEZIES (Appetizer)

Courtesy of Beedee Hein

Ingredients

4oz sharp cheddar grated
8oz longhorn or colby grated
Small minced onion of 1TB dried onion
1 cup mayonnaise
1TB Worcestershire sauce

Directions

Mix ingredients. Lightly toast white bread. Spread mix on each piece and cut slices into fourths, Bake or broil until bubble. Serve hot or warm.

CHICKEN PARMESAN NOODLE BAKE (Side or Main Dish)

Courtesy of Donna Radey

Ingredients

1 pkg extra wide noodles
4 boneless, skinless chicken breasts
1/2 tsp rosemary
2 cans Italian stewed tomatoes
1/2 cup shredded mozzarella cheese
1/4 cup parmesan cheese
Small minced onion of 1TB dried onion
1 cup mayonnaise
1TB Worcestershire sauce

Directions

Preheat oven to 450. Cook noodles according to package and drain. Drain tomatoes but save liquid. Add chicken to baking dish. Sprinkle salt, pepper and rosemary. Bake 20 minutes or until no longer pink. Remove chicken from dish.

Combine noodles and tomato liquid, toss to mix. Place noodles in baking dish with chicken on top. Sprinkle with cheese and bake for 35 minutes.

TURKEY CHILI FOR ONE (Entree)

Courtesy of June Tortorici

Ingredients

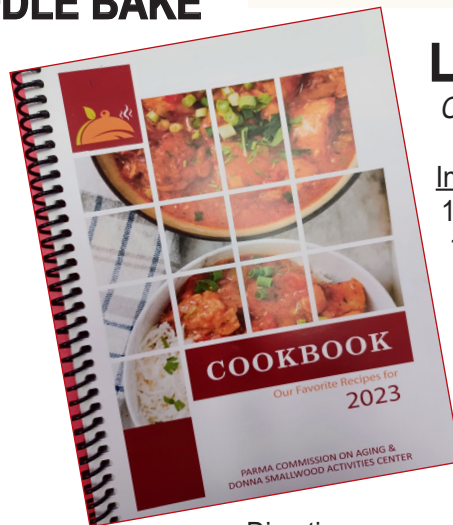
2 tsp olive oil
2 oz chopped onion
1 yellow or red pepper chopped
1 clove garlic, minced
5 oz ground turkey
1/2 tsp italian seasoning
1/4 tsp smoked paprika
1/4 tsp kosher salt
1/8 tsp coarse black pepper
10 oz canned tomatoes (with juice)
2 oz canned black beans, rinsed and drained

Directions

Cook onions and peppers in skillet over medium high heat for 2 minutes. Add garlic and cook one minute longer. Add ground turkey and stir occasionally until no longer pink.

Stir in italian seasoning, smoked paprika, salt and pepper. Add tomatoes and black beans. Bring to a boil, reduce heat and simmer 10 minutes.

Optional toppings: cheese, sour cream, tortilla chips



LEMON FLUFF (Dessert)

Courtesy of Sheila McNickle (1945-2023)

Ingredients

1 pkg lemon Jello
1-1/4 boiling water
1/2 cup sugar
Dash of salt
1/2 cup lemon juice
1 can (12 oz) evaporated milk, *chilled*
Graham Cracker crumbs w/5 TB melted butter

Directions

Combine Jello, boiling water, sugar and salt. Mix well. Add lemon juice. Chill until set.

Beat chilled evaporated milk until soft peaks form. Fold into gelatin.

Line 8x12 pan with graham cracker crumbs and butter. Pour in mixture and top with even more crumbs.

Cover and refrigerate until set. Cut into squares.

ST. VALENTINE

THE EMPEROR AURELIUS HAD IMPRISONED VALENTINE IN 272 AD FOR CONTINUING TO MARRY CHRISTIAN SOLDIERS, DESPITE ROYAL DECREE (AURELIUS NEEDED THEM TO FIGHT HIS WARS). IN PRISON, THE BISHOP CURED HIS JAILER'S DAUGHTER OF BLINDNESS AND THE PAIR FELL HEAD OVER HEELS IN LOVE (QUITE LITERALLY 'LOVE AT FIRST SIGHT'.) ULTIMATELY, THEIR DESIRES WERE FRUSTRATED AS THE BISHOP WAS EXECUTED ON FEBRUARY 14 THE FOLLOWING YEAR. ON THE EVE OF HIS DEATH, THE CONDEMNED MAN SENT A PASSIONATE LETTER TO HIS BELOVED, SIGNED SIMPLY 'YOUR VALENTINE'.

Valentine Words

E E O C D B T R A E H T E E W S H G R
 O R J U N E R G B H G S M H R S T N A
 E I R S P M A I C E T F Q E I O N I E
 T S K U E I E R F A R N R R O S N L B
 A E I O N N H D P I N K E R I P E R Y
 L D S R D E D A E S O H E E D U C A D
 O R S O E S D N S W C R E E T R S D D
 C O E M A O D E Y A I B V E O R L H E
 O S S A R S N N N M G O E M R S U G T
 H E N E M R H D D D T T A L I E V O L
 C S S S E I Y A I I V N T E O T C B F
 O H G D N S T P O S C Z V A M V U F R
 C U N M T E U N N E M B R A C E E Y E
 H E L E R C D N O I T C E F F A D D D
 T I E C E C A N D L E L I G H T P W V
 A W E S D R I B E V O L T E U Q U O B
 S S S R E W O L F K E J E W O R R A X
 V E U D M C A R D S X F E B R U A R Y
 R C B U R E H C Y E N O H E S R M K Z

Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "T" = "E"*

"ZVT OATEZTJZ OWNAF BJ LNZ BL
 LTQTA GEBWBLO, RXZ BL ABBLO XM
 TQTAF ZBST CT GEWW."

— PNLGXPBXJ

IMPORTANT INFORMATION

CONTACT US

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

CENTER OFFICE STAFF

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

FREQUENTLY CALLED NUMBERS

Senior Center Main Number..... 440-885-8800
Parma City Hall..... 440-885-8000
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 contact Cheryl at cerlenmeyer@cityofparma-oh.gov.

JOIN US FOR LUNCH



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

Make reservations for the following week by Wednesday at 11am with Charlene. Stop in at the front desk or call her at 440-855-8140. You can also always email her at: ctrecokas@cityofparma-oh.gov



**THE MEANING
OF LIFE
IS TO GIVE LIFE
MEANING.**

Viktor E. Frankl

©LPi

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 Oct-March*
- Milk may NOT be taken home *during April-Sept*

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.