

# SENIOR ACTIVITY CENTER *Oct. Events & Program Highlights*

The SAC is open to residents age 60+ To register or for information call **691-7377**. All activities are free unless otherwise noted. Check out any activity (except computers and trips) one time for free. Stop at the front desk. Newcomers Orientation is every Thursday at 10:30 am. Senior ID or Field House passes are necessary to participate.

**BREAKFAST CLUB** – Tuesday, October 4, 10:00 am. This new program, sponsored by Cedarwood Plaza, will meet the first Tuesday of the month for a delicious breakfast with opportunity to socialize. Start your month off right! Program is free but registration is required.

**JEFF MOYER MUSICAL PROGRAM** – Tuesday, October 4, 11:00 am. “The 20th Century - Evolution of Automatic Music and Machine-Driven Transportation.” An hour of field recordings and soundscapes of times gone by. Moyer has gathered musical recordings of Edison wax cylinder productions, player piano rolls, and phonographic recordings from the first decades of the twentieth century.

**MEALTIME MEMORIES AND TRADITIONS COOKBOOK** – Wednesdays, October 5-26, 10:00 am-12:00 noon. Some of our fondest memories and most important traditions include special family recipes. Join us for a four-week class to help you compile your favorite recipes into a cookbook. We will also write and include the stories, memories and family traditions associated with each recipe. We will then discuss the options for publishing your cookbook! Taught by a professional writer, Judith Eugene. Fee \$16

**ALL ABOUT THE INTERNET** – Friday, October 7 and 14, 10:00 am-12:00 noon. Whatever your questions are about the internet, have them answered by Creola Rice from Edunet Technologies. Learn about the internet in this comprehensive class designed for seniors. Fee \$15 RR by 10/5

**MCGREGOR HEALTH TALKS: Benefits of Walking** – Tuesday, October 11, 10:00 am Learn all about ways to maintain and improve your health in this series featuring professionals from the McGregor Health Campus. Raffle prize and refreshments! Program is free but registration is requested

**ELECTION 2011** – Tuesday, October 11, 11:00 am. The Board of Elections presents an overview of this year’s election process. Important changes will be highlighted. Attend to make sure your vote is counted!

**BEADING** – Friday, October 14, 10:00 am. Learn to create beautiful jewelry in this hands-on craft class. Fee \$7; material fee \$10 payable to instructor. Register by 10/12.

**DEMYSTIFYING THE FEDERAL RESERVE** – Tuesday, October 18, 11:00 am. Most people have heard of the Federal Reserve but often don’t know exactly what the Fed does and why. This speech will clear up some common misconceptions about the Fed and give an overview of its varied - and unique - responsibilities.

**HEIGHTS COMMUNITY CONGRESS MOVIE AND DISCUSSION** – Wednesday, October 19, 1:30 pm. Watch the movie classic *A Raisin In the Sun* followed by a discussion of topics raised in the movie.

**SENIOR VOICE** – Thursday, October 20, 2:30 pm. Concerned and confused about issues that affect seniors? Come hear Mariel Wallace address new voter laws, health care laws, SB5 and more.

**BASIC COMPUTERS** – Fridays, October 21 and 28. Now is the time to learn about computers in this introductory class designed especially for seniors. Fee \$15. Register by 10/19.

**BED BUGS** – Tuesday, October 25, 11:00 am. A speaker from the County Board of Health will give us the latest information on this timely topic.

**AARP MEETING** – Thursday October 27, 1:00 pm. General meeting featuring informative presentation about flu vaccines with an opportunity to get your flu shot. Meeting concludes with an election of officers for 2012.

**HALLOWEEN PARTY: DEVEILED EGGS & DEVILS FOOD CAKE** – Friday October 28, 12:00 noon. Celebrate Halloween in a new way - making and tasting deviled eggs, devils food cake or any Halloween food you can think of! Bring enough to share with others. We’ll supply apple cider and a scary movie. Wear a costume if you like!

**The Cleveland Heights Office on Aging – Amy Jenkins, Supervisor – is located at the Senior Activity Center, Monticello Boulevard at Mayfield Road – 216-691-7377**



*October 2011*

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## MEDICARE NEWS

Centers for Medicaid and Medicare Services announces 2012 Part D cost levels:

### **Standard Benefit**

Deductible	\$320
Initial Coverage Limit	\$2,930
Out-of-Pocket Threshold	\$4,700

### **LIS Copays**

Full Medicaid	\$1.10 - \$3.30
Other Situation #1	\$2.60 - \$6.50
Situation #2	\$2.60 - \$6.50

### **Donut Hole**

Brand Name	50% off
Generic	14% off

Here are four ways you can try to help lower prescription costs during the coverage gap:

1. Talk to your doctor about switching to generics or other lower cost drugs.
2. Find out about programs offered by pharmaceutical companies.
3. Apply for extra help through the social security administration - [www.socialsecurity.gov](http://www.socialsecurity.gov) or call **1-800 772-1213**
4. Explore national and community based charitable programs - [www.benefitscheckup.org](http://www.benefitscheckup.org).

Did you know that Medicare’s **annual open enrollment** is earlier this year? October 15 through December 7 is your chance to choose a different Medicare plan or prescription drug plan for 2012. If you have questions or need help call **216-691-7377** to schedule an appointment with an OSHIP volunteer.

## 2011 FLU SHOT PROGRAM

This year we are working with local pharmacies CVS and Walgreen’s to offer flu shots here at the senior center. Dates and times are as follows: Wednesday, October 5, 9:00 am-1:00 pm; Thursday, October 27, 11:00 am-4:00 pm and Thursday, November 17, 11:00 am-1:00 pm. Pharmacists will be giving the shots and billing your insurance companies so bring your cards with you. Please call to let us know what dates and times you are interested in.

## OFFICE ON AGING SERVICES

Most services offered by the Office on Aging are available only to Cleveland Heights residents age 60 and over. **Visit our office at the Senior Activity Center** or call **216-691-7377, Monday-Friday, 8:30 am-5:00 pm.**




- **LEGAL CONSULTATIONS** - By appointment.
- **MEDICARE COUNSELORS** - By appointment.
- **VAN TRANSPORTATION TO MEDICAL APPOINTMENTS & ERRANDS** – Call **691-7194.**  
**Medical Van Transportation Facts:**
  - Van runs Monday - Friday 8:45 am - 4:20 pm
  - Van serves residents age 60 and over; transports them to medical appointments in Cleveland Heights, surrounding suburbs and into Cleveland.
  - Medical reservations are our priority but we also schedule trips to the bank, Cleveland Heights grocery stores and pharmacies.
  - Reservations are accepted for whatever month we are currently in.
  - For more information, call **691-7194.**
- **SOCIAL WORKERS**
- **MEALS ON WHEELS**
- **BENEFITS** — Visit [www.benefitscheckup.org](http://www.benefitscheckup.org)
- **APPLICATIONS** — For local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application.

## YOU CAN MAKE A DIFFERENCE!

Cleveland Heights Meals on Wheels is a non profit, unsubsidized all volunteer organization currently delivering meals to about 40 clients in Cleveland Heights Monday through Friday at noon time. Volunteers are needed to: pick up food in the morning 9:30-10:30 am at A.M. McGregor Home and deliver to Fairmount Presbyterian Church, help package meals at Fairmount Presbyterian Church any weekday from 10:30-11:30 am, Deliver food to homebound seniors any weekday from 11:30 am-12:30 pm. Call Mary Sayre at **216-691-9337.**

**HOLD THE DATE:** Friday, November 4 for a fun-filled, day-long bus trip to Greenfield Village in Dearborn, Michigan. Details available at the senior center.

# October 2011 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<ul style="list-style-type: none"> <li>• 9:30 Hum and Strum</li> <li>• 9:30 Line Dancing</li> <li>• 11:00 Gentle Yoga</li> <li>11:00-1:00 Computer Tutor</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>3:00 Poetry Plus</li> </ul>	<ul style="list-style-type: none"> <li>9:00-11:00 Computer Tutor</li> <li>9:30 Sudoku</li> <li>9:30 Diabetes Self Management Course</li> <li>10:00 Cedarbrook Breakfast Club</li> <li>• 10:45 Seniorobics</li> <li>11:00 Jeff Moyer Musical Program</li> <li>• 12:15 Slow Tai Chi</li> <li>12:45 Party Bridge</li> <li>• 1:00 Drawing</li> <li>1:00 Walking Club</li> <li>2:00 Dominoes</li> <li>3:00 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00-1:00 Flu Shots</li> <li>• 10:00 Spanish</li> <li>• 10:00 Create a Mealtime Memories and Traditions Cookbook</li> <li>11:00-12:00 Computer Tutor</li> <li>• 12:00 Pilates</li> <li>12:15 Walking Warmup</li> <li>1:00 Walking Club</li> <li>1:00-2:00 Blood Pressure</li> <li>1:00 Tips for Easier Living</li> <li>• 1:00 Arthritis Exercise</li> <li>• 1:00 Gentle Yoga</li> <li>1:00 Open Art</li> <li>2:00 Parkinson's Group</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Newcomers Orientation</li> <li>12:00 Potluck</li> <li>12:15 Workout with Ms. Duck</li> <li>• 1:00 Watercolor</li> <li>1:00 Walking Club</li> <li>1:00 Wii Bowling</li> <li>2:00-3:00 Computer Tutor</li> <li>• 3:00 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Nature Walk</li> <li>10:00 Table Tennis</li> <li>• 10:00-12:00 Internet</li> <li>• 10:00 Belly Dance</li> <li>12:45 Bridge/Pinochle</li> <li>1:00-3:00 Blood Pressure</li> <li>1:00 Scrabble</li> <li>1:00 Matinee Movie</li> <li>1:30 Stitch Together</li> </ul>
10	11	12	13	14
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17	18	19	20	21
<ul style="list-style-type: none"> <li>• 9:30 Hum and Strum</li> <li>• 9:30 Line Dancing</li> <li>• 11:00 Gentle Yoga</li> <li>11:00-1:00 Computer Tutor</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>3:00 Poetry Plus</li> </ul> 	<ul style="list-style-type: none"> <li>9:00-11:00 Computer Tutor</li> <li>11:00 Demystifying the Federal Reserve</li> <li>• 12:15 Slow Tai Chi</li> <li>12:45 Party Bridge</li> <li>1:00 Walking Club</li> <li>• 1:00 Drawing</li> <li>2:00 Dominoes</li> <li>• 3:00 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 Spanish</li> <li>• 10:00 Create a Mealtime Memories and Traditions Cookbook</li> <li>11:00-12:00 Computer Tutor</li> <li>• 12:00 Pilates</li> <li>12:15 Walking Warmup</li> <li>1:00 Walking Club</li> <li>1:00-3:00 Blood Pressure</li> <li>• 1:00 Gentle Yoga</li> <li>• 1:00 Arthritis Exercise</li> <li>1:00 Open Art</li> <li>1:30 HCC Movie &amp; Discussion: Raisin in the Sun</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>11:30 Meet, Greet and Eat</li> <li>12:15 Workout with Ms. Duck</li> <li>• 1:00 Watercolor</li> <li>1:00 AARP Board Meeting</li> <li>1:00 Wii Bowling</li> <li>1:00 Walking Club</li> <li>2:00-3:00 Computer Tutor</li> <li>2:30 Senior Voice</li> <li>• 3:30 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Commission on Aging Meeting</li> <li>• 10:00 Belly Dance</li> <li>• 10:00-12:00 Basic Computer</li> <li>10:00 Table Tennis</li> <li>12:45 Bridge/Pinochle</li> <li>1:00 Scrabble</li> <li>1:00 Matinee Movie</li> <li>1:30 Stitch Together</li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>• 9:30 Hum and Strum</li> <li>• 9:30 Line Dancing</li> <li>• 11:00 Gentle Yoga</li> <li>11:00-1:00 Computer Tutor</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>3:00 Poetry Plus</li> </ul>	<ul style="list-style-type: none"> <li>9:00-11:00 Computer Tutor</li> <li>• 11:00 Bed Bugs</li> <li>• 12:15 Slow Tai Chi</li> <li>12:45 Party Bridge</li> <li>1:00 Walking Club</li> <li>• 1:00 Drawing</li> <li>2:00 Dominoes</li> <li>• 3:00 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 Spanish</li> <li>• 10:00 Create a Mealtime Memories and Traditions Cookbook</li> <li>11:00-12:00 Computer Tutor</li> <li>• 12:00 Pilates</li> <li>12:15 Walking Warmup</li> <li>1:00 Walking Club</li> <li>1:00 Wii Bowling</li> <li>• 1:00 Gentle Yoga</li> <li>• 1:00 Arthritis Exercise</li> <li>1:00 Open Art</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>• 11:00-4:00 Flu Shots</li> <li>11:00-1:00 Blood Pressure</li> <li>12:15 Workout with Ms. Duck</li> <li>1:00 Walking Club</li> <li>• 1:00 Watercolor</li> <li>1:00 AARP General Meeting</li> <li>2:00-3:00 Computer Tutor</li> <li>• 3:00 Senior Strength Training</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 Belly Dance</li> <li>10:00 Table Tennis</li> <li>• 10:00-12:00 Basic Computer</li> <li>12:00 Deviled Egg and Devils Food Cake Halloween Party</li> <li>12:45 Bridge/Pinochle</li> <li>1:00 Scrabble</li> <li>1:00 Matinee Movie</li> <li>1:30 Stitch Together</li> </ul> 
31	<p><b>All activities are free unless otherwise noted.</b> Not sure a class is for you? Check out any activity one time for free. Stop at the SAC front desk for pass information. Senior ID or Field House passes are necessary to participate. Newcomers Orientation is every Thursday at 10:30 am. SAC hours: M-F, 8:30 am-5:00 pm.</p> <p>The Senior Activity Center (SAC) is open to residents age 60+. To register or for information, call 691-7377.</p>			