

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



I'VE BEEN VACCINATED - NOW WHAT?

While we understand that it may feel like forever, know that vaccines are on their way and the County and local pharmacies are working as hard as they can to provide a vaccine for all who want one! We ask for your continued patience as they work through their planned rollout with the supply they have been provided. A huge thank you to Chief Hutton and the Kirtland Fire Department as they have been planning and supporting the county-wide effort with diligence and dedication.

If you have already received one or both of the vaccine shots, please remember that you can STILL GET AND CARRY the virus. No vaccine is 100% effective, and research has shown that although the threat of serious illness is significantly lessened, it does still exist. The virus is still able to live in you as a carrier. For the continued protection of you and your loved ones, please remain vigilant. Keep wearing your mask, maintaining social distance, and practicing good habits regarding hand washing and sanitizing.

If we continue to work together to keep our families and neighbors safe, we will get through this!

If you have not already, please contact the Lake County General Health District (www.lcghd.org or 440-350-2543) to be added to their list. As vaccines become available, they will contact you. They also have an extensive list on their website of pharmacies that are offering the vaccines. Each pharmacy has a different protocol, and their information is listed on the Lake County General Health District website.

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LOOKING AHEAD

Teresa Szary ~ Coordinator

As I write this, the snow is (not so) gently falling, the Service Department is working away on the roads, and the Police and Fire Departments are diligently keeping all of our residents safe despite of and due to the bad weather. In my first two months as Coordinator, I have been impressed and amazed by the commitment that each Department in this city has to every citizen of Kirtland. On top of the collaboration within the city, the welcome that I have received from YOU has been overwhelming! It has been such a joy to spend this time planning for the future and working with you on the best ways to keep everyone safe when they return. Please keep those suggestions coming!



We received a LOT of suggestions for the name of this newsletter; thank you! The Senior Board voted to keep it as "Gildersleeve Gazette." The importance of tradition and history was brought up several times during their heated debate. For those who may not be aware, Gildersleeve was the name of the original school in the building where we now reside. Many are also familiar with Gildersleeve Drive across the street; both are named for the local "mountain." This name invokes a truly Kirtland natural landmark that has been important to this community for many years. For more history, take a look back at the Senior Story from last month's newsletter.

We are also excited to welcome Sharon Taraska to the Senior Center family. Sharon comes to us from Wickliffe and brings years of experience in newsletter editing, rental management, finance, event planning, and community building. As I divide my time between here and City Hall, know that we will both be here for anything that we can help you with. If for some reason we aren't able to answer the phone, know that we will call you back as soon as we can and we're looking forward to speaking with you! Stay warm! ~ Teresa

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Tuesday, March 16

Saint Patrick's Day Slyman's

All Slyman's meals **MUST** be ordered by Monday, March 8. Each meal is \$10, and reservations can be made on our website or by calling 440-256-4711.

NO Snow Date



Upcoming EVENTS



Tuesday, April 12

Easter Event

We are optimistic that spring will join us as we gather for our Easter drive-thru!

Tuesday, May 25

Memorial Meal

More details to come regarding our summer kick-off lunch!



All drive-thru events will take place in the Center parking lot from 11:30 am—1:30 pm and NO RESERVATIONS ARE REQUIRED (with the exception of the March event). Teresa, the Senior Board, and special guests will welcome you each month as you enjoy the comfort of your own car! If you are currently unable to drive to the Senior Center and you live within the Kirtland School District, please let us know and we will arrange a lunch drop-off.

GREETINGS FROM THE SENIOR BOARD

Engagement

I thought that this would be a fitting title from the Senior Board of the Center. I am not referring to rings or weddings in February; I am talking about a return to normal. There are so many things we have all missed in the last year, and I know I can't wait to start doing them again. The Board has been working with Teresa to come up with ways to get everyone engaged again in Kirtland.

I hope everyone that picked up a lunch in January enjoyed their meal. We served approximately 75 lunches. It was fun watching everyone drive around the circle to pick up their meal. I don't know about you, but I thought it was great just to get out of the house for a little bit. I am confident that everyone enjoyed meeting Joe Fornaro, Kirtland's new Service Director and Teresa, the Senior Coordinator.

This week there was another free lunch courtesy of the Senior Board. At this lunch you hopefully took the opportunity to meet more of our city administration and Teresa as well as see some old friends as you drove through to pick up your lunch. I hope you enjoyed the meal and look forward to next month!

It is hard to believe that the next meal will be our St. Patrick's Day Slyman lunch. That was our final event last year before the shut down. We had a great time being all together that day. Never did we suspect that we would be a year later and still waiting to see one another again. The menu will be the same as last year: sandwich, potato salad, pickle, dessert. **Remember to order early so you are on the list. Meals are \$10 each and orders are due by Monday, March 8.**

The other engaging thing you can do, if you haven't already, is **complete the survey**. We have had approximately 35% of the membership return their survey, or complete it on-line. While that is a tremendous response, we are looking for input from all of you to help with planning future programs. Teresa has assembled a rough draft of your responses so far and the Board has begun to review them. But it is hard to recommend new programs without all your input.

Another form of engagement would be to come to some of the preliminary services the Senior Center is offering. The exercise room is now open on a scheduled basis to individuals who want to work out. Remember, you **MUST** schedule your workout (either over the phone or online) to use the room. Lake County Board of Health is currently recommending only individual or family use at a time. Also, in March some of the individual services will resume. Check the calendar for updates.

I look forward to all of us becoming engaged again at the Center. Until that time take advantage of the meals being offered, as well as the services that we have been allowed to resume. Let's hope that we can all be together again soon. Until then, stay healthy and get your vaccine.

~ Dave

MONTHLY RECIPE

As part of the ongoing effort to teach Teresa how to cook, we are asking you to send recipes our way!

Although we can't print them all, we can add them to our online recipe database. Once a year, we plan to gather all submissions for an annual Senior Center cookbook. Tried and true dishes or new recipes that you've discovered while in lockdown - we are excited to share them with each other!

**Please submit all recipes to us by the first of the month
(communitycenter@kirtlandohio.com or drop off)**



Italian Bread

Submitted by Tom Katona

Ingredients:

- 1 package fast rising yeast
- 1 teaspoon sugar
- 1 cup hot water
- 1 teaspoon salt
- 2 tablespoon Canola oil
- 3 cups flour
- Egg whites
- Sesame seeds (*optional*)

Mix yeast, sugar, salt, Canola oil with 3 cups flour

Add hot water

Using Kitchen Aid Mixer with dough hook, mix till combined and soft

Dough should be soft but not dry or sticky

Might need to add a little more flour or water to get the correct texture

Put dough in another bowl and pour some oil over dough, turn dough around so dough is covered in oil

Place plastic wrap over dough

Place dish towel over bowl and set bowl in warm place and let dough rise until it doubles in size

Line a baking sheet with parchment paper

Take dough out of bowl and place on backing sheet and shape into a loaf. Cover with plastic wrap and towel and let rise again until it is about the size of a loaf of Italian Bread

Heat oven to 375 degrees

Before putting dough in oven, cut four crosswise slits in top of dough, brush with egg whites and sprinkle with sesame seeds

Bake for 25-30 minutes

While baking spray oven with water (spritz) to create steam. Do this at 3, 6, and 9 minutes of baking time. This will give you a crusty bread with a soft inside.

While we understand that you are eager to return to regular scheduled programming, we ask for patience as we do whatever we can to keep everyone healthy. If we work together and follow protocol, we hope to ease up on restrictions as soon as it is safely possible to do so!

REMINDER - at this time, all available activities within the building must be by appointment only. You can book time on our website (see below), or by calling us at (440) 256-4711. Reservations must be made one day in advance.

KIRTLAND COMMUNITY CENTER

[Home](#) [Book Online](#) [Senior Center Information](#) [Senior Center Newsletters](#) [Recipes](#) [Community Center](#) [Local Resources](#)

Step 1:

In the address bar, type in www.kirtlandcommunity.com.

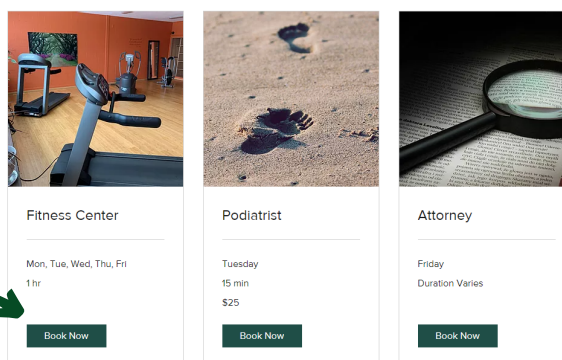
You can choose the "Booking" tab

at the top of the home page, or scroll down to take you to the next step.

WELCOME TO THE KIRTLAND COMMUNITY CENTER

Step 2:

From here, you can choose from the services we currently have available. Click the button "Book Now."

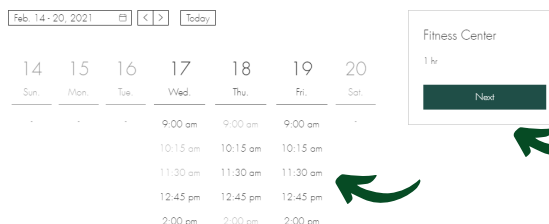


Service	Days	Duration	Price
Fitness Center	Mon, Tue, Wed, Thu, Fri	1 hr	
Podiatrist	Tuesday	15 min	\$25
Attorney	Friday	Duration Varies	

Step 3:

Use the calendar arrows to select a date. Open time slots will be in black, and filled slots will be grayed out. Select an open slot and click on "Next."

Schedule Online



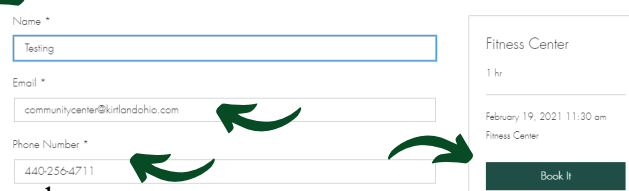
Feb. 14-20, 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9:00 am	9:00 am	9:00 am	
			10:15 am	10:15 am	10:15 am	
			11:30 am	11:30 am	11:30 am	
			12:45 pm	12:45 pm	12:45 pm	
			2:00 pm	2:00 pm	2:00 pm	

Step 4:

Fill out your name, email address, and phone number. If you do not have an email address, type in "communitycenter@kirtlandohio.com" and click "Book It." That's it! If you entered an email, you will receive a confirmation message.

Add Your Info

Tell us a bit about yourself



Name *
Testing

Email *
communitycenter@kirtlandohio.com

Phone Number *
440-256-4711

Book It

How to book using
WWW.KIRTLANDCOMMUNITY.COM

COMING SOON

Book Club

We will be resuming our monthly book club gathering as soon as possible. In the meantime, feel free to pick up our first book of 2021: "A Gentleman in Moscow" by Amor Towles. Books are available at the Kirtland Public Library beginning in March, and a membership is required. Take your time enjoying this crowd favorite, and be transported to the Metropol Hotel in 1920's Moscow.

Piano

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons and must be booked for twice a month. Tailored to the learning styles and desires of the adult students. Students are welcome to bring their own music to lessons for evaluating it as a useable resource. Piano lessons will be scheduled for the first and third Tuesdays of the month. Lessons will only be held if a minimum of three students are scheduled per day.

Polarity

Polarity Therapy is a system of treatment used in alternative medicine, intended to restore a balanced distribution of the body's energy by combining touch, exercise, nutrition and self-awareness. This is a great way to keep your body's energy moving through your joints. Come try a session with Tim and experience the way your body feels after a session. Great for men or women. Stay fully clothed while laying on a massage table and experience light holds, acupressure and stretching for a renewed sense of relaxation and balance. Learn more at librancepolarity.com

**For the most up-to-date class and activity schedule,
visit our website or give us a call!**

Kirtland Bookbag Project

Beginning this spring, we will be partnering with the Kirtland Public Library to provide a delivery service to those residents unable to travel from their home, and we need your help! If you are willing to deliver books to area residents who need them, or if you are aware of anyone who may benefit from this forthcoming service, please let Teresa know or use the online contact form available at our website.

VOLUNTEER!
2021

CLASSES AND APPOINTMENTS

All schedules are subject to change.

Podiatrist Appointments with Dr. Kelly Whaley - Tuesday, March 30

Available slots from 9:00 - 10:30 am

Sign up on our website or by calling the Senior Center

Attorney Debbie Loughner - Friday, March 12

Available slots from 9 - 11:00 am

Sign up on our website or by calling the Senior Center

Fitness Center Hours - every weekday

9:00 am - 3:00 pm

Only one person or couple per hour will be admitted. Reservations must be made ahead of time.

Call the Center or check out our website for more details.

Polarity - March 11 & March 25

Available 9:00 am - 1:00 pm. Cost \$45 per 1 hour session

Sign up on our website or by calling the Senior Center

Piano Lessons - March 3 & March 16

Available 9:30 am - 12:00 pm. Cost \$30 per month for two 30 minute sessions

Sign up on our website or by calling the Senior Center

Yoga with Tina

Email tina@fourthpathyoga.com for more information or to sign up

Zoom Chair Yoga for Strength and Stability - 10:00 am Friday mornings

Tina DiCillo has been a yoga teacher for 20 years, and has been teaching her special brand of Chair Yoga for 15 years (and online classes for 10 months). Her instructions are clear, concise and easy to follow. The focus of this class is strength and stability, balance and mobility, breathing and health for body, mind and soul, and fun for all. You will need a sturdy chair, preferably a folding chair, a yoga mat, and a tennis ball. The following equipment is optional, but helpful, a belt or strap at least 6 feet in length, 2 4-inch thick yoga blocks, and a blanket or large towel.

There is not a set fee for this class, it is a donation based class so that it is accessible to all.

Tina's Zoom Mat Yoga Challenge - 6:30 pm Monday evenings

Tina DiCillo has been teaching this class in the studio continually for over 16 years and transitioned it to an online class in March. This is a traditional Hatha style yoga class with emphasis on focus, breath, strength, stability and alignment. The philosophy of yoga is also an important part of this class. You will need a mat, a yoga strap at least 6 feet in length, 2 4-inch thick yoga blocks and a tennis ball. This is an intermediate class for experienced students.

The fee for this class is \$11 per class (\$10 for over age 70).

TaijiFit with Tim - 10:00 am Monday mornings

TaijiFit is for everyone. There are no restrictions to physical abilities or age; anyone can follow along and move to what they see. There is nothing to learn, nothing to remember and you can not do it wrong! Just enjoy the gentle mindful movements that focus on the breath to bring your mind and body together as one. These simple exercises are good to lower blood pressure, increase your immune system as well as improve your balance all while having fun.

You can join these classes in person when the COVID guidelines permit, or you can also join me for an online TaijiFit Experience in the comfort of your own home. Email me at tlsoshea@aol.com and I will send you an invitation to my 10:00 am Monday morning TaijiFit flow experience with Tim.

Yoga with Dawn

For more information, contact gettigd@sbcglobal.net

Fit Yoga with Dawn - 10:11 - 11:15 am Wednesday mornings

Yoga releases stress and will help keep you physically, mentally and emotionally healthy and fit. Whether you are a beginner or experienced student, this class will help you become stronger and improve your balance and flexibility. We practice traditional yoga poses, breath-work for health and end with relaxation/meditation. I offer chair instruction during this class.

Yin/Yang Yoga with Dawn - 7:30 - 8:45 pm Monday evenings

In this evening practice we get a well rounded yoga class. Warm up poses, balancing and strengthening poses, cool down with Yin poses and ends with relaxation/meditation.

Body Sculpting Strength Training with Nancy

For more information, please contact ncdifranco@roadrunner.com

"Senior Fit" involves exercises for: Back and Shoulders, Legs, Chest & Abdominals, & Arms. All weights are supplied by the Senior Center. We also do warm-ups as well as cool downs with use of stretch bands, also supplied. There is no "jumping around" in this 45 minute class.

COMMUNITY NEWS

The Kirtland Public Library

9267 Chillicothe Road

440-256-7323

Kirtland.library@kirtland.lib.oh.us



Big Idea Book Discussion - Virtual

Tuesday, March 9 from 6:30 pm - 8:00 pm

The Lake County League of Libraries, in conjunction with The Diversity Center of Northeast Ohio, brings you a book club to discuss issues of inclusion, diversity, equity & access (IDEA). Join us for a rich discussion of *Freedom is a Constant Struggle: Ferguson, Palestine & the Foundations of a Movement* by Angela Davis. This is like a regular book club, in that the whole purpose is to hear the voices of our community and share our perspectives to gain a new insight into issues that affect us all!

Registration is required and the discussion will take place on Zoom.

Register here: <https://mentorpl.libcal.com/calendar/public/BigIDEA4>

21 in 2021 Challenge

This program lasts all year and readers are asked to read 21 books in 21 categories. You can find the list on our website (www.kirtland.lib.oh.us) and you can pick up a tracking sheet at the Library.

Also, you can keep track of your reading via the READSquared app.

Tracking forms must be returned to the Library by January 3, 2022 to be entered into the prize raffle.

Friends of the Kirtland Public Library will meet on Wednesday, March 10, 2021 at 6:30 pm via Zoom.

Please contact the Library and a link to the meeting will be emailed to you.

Let's Talk About It Book Discussion

"The Mother-In-Law" by Sally Hepworth

Monday, March 22, 2021 at 7:00 pm via Zoom

From the moment Lucy met her husband's mother, Diana, she was kept at arm's length. Diana was exquisitely polite, and properly friendly, but Lucy knew that she was not what Diana envisioned. But who could fault Diana? She was a pillar of the community, an advocate for social justice who helped female refugees assimilate to their new country. Diana was happily married to Tom, and lived in wedded bliss for decades. Lucy wanted so much to please her new mother-in-law. That was five years ago. Now, Diana has been found dead, a suicide note near her body.

Diana claims that she no longer wanted to live because of a battle with cancer. But the autopsy finds no cancer. The autopsy does find traces of poison and suffocation. Who could possibly want Diana dead? Why was her will changed at the eleventh hour to disinherit both of her adult children and their spouses?

Also available via Libby/Overdrive and hoopla.

Please contact the Library via email at kirtland.library@kirtland.lib.oh.us or phone: 440-256-7327 to reserve a copy of the book. The link to the meeting will be emailed to you prior to the meeting.

SENIOR STORY

We want to hear YOUR story! Using the provided theme, write a short story, essay, reflection, or opinion piece. These can be in any form you like (under 800 words): fiction, non-fiction, poetry, etc. and may be kept anonymous if you choose. The Senior Board will choose one story a month to publish. Please submit all stories to us by the first of the month (communitycenter@kirtlandohio.com or bring to the Center drop-box).

March Theme: "Gimme a Break"

This month, we all hope that the Irish will share some of their legendary luck. Share a time or moment that you have been unreasonably fortunate or lucky.

WINTER SURPRISE

By Eileen Vinciguerra

When I say "winter" what comes into your mind, a boring season of gray skies, cold wind, snow, and weather unkind? But if you stop and think; it is really not so! It's a season of surprise that hopefully I will show. Just stop and think for a minute of the celebrations and holidays That fill the winter calendar with times that brighten up your ways. President's Day, Martin Luther King Day, and Groundhog Day just to tell a few, And Christmas, New Year's, Valentines Day, and St. Patrick's Day too! These are times to gather with our loving family and friends Where memories are created and happiness never ends. WINTER SURPRISE! At winter's start Jack Frost usually appears and will magically paint Our windowpanes with lacey artwork so delicate and faint. Our rippling rivers and streams become silent and motionless to the core, But a day of winter thaw returns life to them once more. WINTER SURPRISE! Our dull and dark landscapes can become sparking and white overnight, When silent snowflakes fall and blanket everything in sight. House tops are decorated with vanilla icing and trees with fluffy lace, And the shrubs and bushes look like giant marshmallows all over the place. WINTER SURPRISE! So, you venture outside with the snow crunching under your feet, And you see icicles forming on the house eaves up and down the street. While walking you notice that there's no pesky mosquitoes or flies, Which I think is one of the best things of our WINTER SURPRISE! Snow days with grandchildren bring a love of snow to you again, With catching flakes on your tongues and making roly poly snowmen, Or building a snow fort and sledding down a hill, Falling back to make snow angels or start a snowball fight at will. WINTER SURPRISE! In winter with unpredictable weather - one day you can have a raging blizzard With blustery winds and snow blowing so hard that your sight becomes blurred. So, you stay indoors huddled by a cozy and blazing fireplace Sipping hot chocolate with marshmallows that leave sticky stuff all over your face. You play board games with your grandkids and do jigsaw puzzles too, Or play cards like Old Maid or War and tell family stories - quite a few. But then you wake up the next morning to a peaceful and calm wonderland. You've been given a sports paradise to go out and enjoy firsthand. Ice skating, snowboarding {not me}, and also downhill skiing are great. Snow shoeing, ice skating, and tobogganing are guaranteed to exhilarate. WINTER SURPRISE! Winter is mostly a time of black, gray, brown, and white, But occasionally you're blessed with viewing a colorful sight. Like a fiery red cardinal perching on a branch of white snow. Or a red fox scurrying by, like he's got someplace important to go. It is also a time to discover the animals that frequent your yard For their prints are in the snow for you to research and regard. WINTER SURPRISE! But soon the days will come when snowdrops raise their sleepy heads, And in the mail arrive seed catalogues that give us thoughts of flower beds. Then our season of surprise will pass, as the winter months go by, To lead you to the season of hope as spring comes in light and spry!

SENIOR SPOTLIGHT

Each month, we will shine a light on one of the members of our Senior Center. These individuals will be honored for service to the City and/or Center, for commitment to their family and/or friends, to noteworthy accomplishments, or just because we want to honor all of you! Nominations are accepted for monthly Spotlight Seniors and are available online and at the Center.

This month, we honor Junior and Jean Orick. If you are a native "Kirtlander" or have been a visitor to the Center, chances are that you have had the pleasure of meeting one or both of this unforgettable couple.

Junior and Jean met at a dance through mutual friends, and have been married for 48 years. They have been graced with four children, a multitude of grandchildren, and two great-grandchildren!

Jean was born and raised in Cleveland, and for the past 57 years has been bowling with the same group of friends who introduced her to Junior! Not one to ever stay still, Jean has been organizing and keeping everyone in line throughout both her professional career, and her intensive volunteer work.

A more relative Ohio "newbie," Junior moved to Cleveland in 1953. As a young man, he went to school to become a barber, and never looked back. Orick's Barber Shop has been a constant fixture in Kirtland and was lucky to have Junior at its helm for 42 years.

While this dynamic duo may sometimes disagree about how to finish each other's sentences, they always agree that Kirtland is a great place to call home. From the friends they've made, the way that the city pulls together, the Kirtland Open golf championship, the Strawberry Festival, and the high school sports, Junior and Jean have done, seen, and continue to enjoy it all.

Although they haven't been able to travel as of late, they will most assuredly be back on the road, the sea, or in the air whenever it is safe to do so. If you're looking to plan your next vacation, dream big and look to Vegas or Hawaii for a trip to remember!

As we start to slowly turn the page on this pandemic, their advice to keep healthy and motivated is to stop putting off those home projects that you've been waiting on. Give yourself both a goal and the time to get it done.

As a community, we are proud to recognize Junior and Jean for their love of and commitment to the city of Kirtland!



PRESORT STD.
U.S. POSTAGE PAID
Permit No. 174
Willoughby, OH

KIRTLAND SENIOR CENTER
7900 EUCLID-CHARDON ROAD
KIRTLAND, OH 44094

2021 MEMBERSHIP DUES

Just as a reminder, the Senior Board has voted to roll over 2020 membership for all who had signed up. If you know someone who is interested in becoming a member, please contact us and we will send out a personal invitation!

KIRTLAND SENIOR CENTER

(440) 256-4711

communitycenter@kirtlandohio.com

www.kirtlandcommunity.com

The Kirtland Senior Center serves adults aged 55 and over with quality, affordable programming to provide opportunities for social interaction, recreation, fitness, and minor health and wellness services close to home. The aim to keep adults active, motivated, and engaged in their community for an optimal quality of life. Don't be misled by the term "senior!" Our programs are for the youngest Baby Boomers through those in their Golden Years. Become a member at any time!

*Funding provided by the City of Kirtland Recreation and Senior Levy
and the Lake County Commissioners Senior Citizens Levy*