

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



To our Kirtland Senior Community,

I hope you are all well and looking forward to the better weather and days ahead. I know I sure am.

It's been a long time coming but thanks to our great new Senior Coordinator, Teresa, and her trusty assistant, Sharon, a safe re-opening at the center seems to be just around the corner. Let me just say, I could not be prouder of the patience of our

Senior Community! You've all sacrificed so much over the last year to keep yourselves, loved ones and neighbors safe. I have the strongest sense of gratitude for you all.

As we at City Hall work to manage our finances, and keep our neighborhoods and roads safe, we look to make sure our Seniors are a highest priority. As part of that effort, I'm proud to share that we are working to make outdoor pickle ball a reality this year. And with a burgeoning Mayor's Action Network, we will be working with our Civic, Church, Business and School groups to knit our community tighter than ever before. The simple objective is to use this action network as a vehicle to drive more opportunities for neighbors to help neighbors and to lift community spirit with events and happenings. Stay tuned, and in the meantime be sure to share with Teresa your thoughts and ideas as to how we can best serve you and our community.

~ Mayor Kevin Potter

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**APRIL DRIVE-THRU:
TUESDAY, APRIL 13
11:30AM-1:30PM**

**SENIOR STORY:
HOW LUCKY CAN
YOU GET?**

**COMMUNITY NEWS:
BLOODMOBILE
HEARING SCREENING**

LOOKING AHEAD

Teresa Szary ~ Coordinator

Spring is officially here! Traditionally a season of new life and opportunities, we are excited that this year it is also a season of hope! We are working hard on a May re-opening date, and will keep everyone posted through this newsletter, the City website (www.kirtlandohio.com), the Center website (www.kirtlandcommunity.com), and the City Facebook page.



I am officially three months old, and cannot even begin to imagine this Center without the assistance and support of so many of you. From the dedication of the Senior Board to community leaders and City Administration, thank you to all who work together so diligently to provide for the Seniors of Kirtland! From the fourth graders who decorated our February drive-thru lunch bags to the Department Heads who have joined us at these monthly events, it has been a joy to work so closely on behalf of this amazing community!

A huge thank you to the Senior Board who has spent the past few weeks calling everyone on our membership list. Although Sharon and I can't wait to speak to everyone individually, we have been hard at work on our re-opening plans. The Board stepped up and offered to check in on every one of our members. If you get a call, please know that we just want to see how you're doing and if we can help in any way. Know that you are missed here at the Center, you are important to the City, and you are supported by myself, Sharon, the entire Board, and your fellow members. Stay safe, enjoy the sun, and we will see you soon!

~ Teresa

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Saturday, March 27

Easter Egg Spot

Bring the family for a drive-thru at the Kirtland School campus to see how many eggs you can spot from your car! Each child will receive a treat bag while supplies last!

Upcoming EVENTS

Tuesday, April 13

Join us for our Drive-Thru Lunch on Tuesday, April 13 from 11:30am - 1:30pm. Just drive up to the door and we will hand you a lunch to enjoy! Can't wait to see you then!



Tuesday, May 25

Memorial Meal

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

All drive-thru lunches will take place in the Center parking lot from 11:30 am—1:30 pm and NO RESERVATIONS ARE REQUIRED. Teresa, Sharon, the Senior Board, and special guests will welcome you each month! 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

It's hard to believe that spring is in the air. As I am writing this it is above 60, and the sun is shining brightly. Warm weather means getting outside and getting the yard work started. Also, catching up with the neighbors that you haven't seen since winter forced us indoors. It's also time to think about exercise, and getting back into a routine. It is the Senior Boards' hope that the Center will be a part of that routine upon our reopening.

Were you one of the lucky ones to get in on the Slyman's lunch? The Board prepared the fixings for 105 members on March 16. Everyone who purchased a \$10 lunch received a ½ lb. of corned beef, potato salad, pickle, and chocolate coins for their pot of gold dessert. As always it was fun to see everyone drive up and get their meal, and a chance for us to stick our head inside your car and say hi. Thank you to Mayor Potter for showing up and greeting everyone and helping check everyone in. Also, thank you to Bill Wright who drove downtown to Slyman's to pick up the 60 pounds of meat along with everything else. I can only imagine what his car smelled like afterwards. If you were unable to get a lunch, maybe he can drive over and you can get a whiff of his car. You will know you missed a great meal.

The Senior Board has been given lists of members to call and see how everyone is doing. The purpose was for several reasons. One, we care about you and want to make sure everything is okay. Two, we wanted to make sure we have your correct address and phone number, without that you would not be able to read this newsletter. Also, Teresa (Center Director) was asked that we reach out to our membership to see if they needed help scheduling their COVID vaccine if they wanted one and to let them know that she is available to help anyone having difficulty. Finally, to ask that if you have an email you give it to the center for information blasts as we look to reopen. I think it will be during the month of May. So keep your fingers crossed!

We will have one more drive up lunch before reopening. If you haven't joined us yet, we look forward to seeing you on April 13! Just pull around the circle at the main doors and we put the lunch next to you, you don't even have to get out of the car. Maybe the weather will be nice enough you will be able to meet your friends and eat outdoors or we can have a foot of snow and wonder where Spring is.

Please watch your emails for opening news, as well as next month's newsletter with all the information about reopening. Otherwise, stay safe, and healthy.

~ 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)**



Meal In-One Meatloaf

Submitted by Eileen Vinciguerra

Ingredients:

- 1.5 lbs. ground beef
- 1 cup Saltine Cracker Crumbs
- 1 medium onion, peeled & diced
- 1 can (10 3/4 oz) condensed tomato soup
- 1 egg
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 medium potatoes, peeled and cut into 1/8" slices
- 1 can (15 1/4 oz) corn kernels drained

Preheat oven to 375 degrees

In a large bowl, combine ground beef, crackers crumbs, 1/2 of chopped onion, 2/3 cup of soup, egg, & half of the salt and pepper.

Lightly grease a 9x9" baking dish. Layer the potatoes & remaining onion, salt, pepper in two layers. Spoon the corn over the potatoes.

Evenly spread the meat loaf mixture over the corn, Top with remaining tomato soup. Cover with foil and bake at 375 degrees for 1 hour. Cool slightly before cutting and serving.

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.

Booking Through our New Website

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.

Step 2:

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

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."

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.

How You Can Continue to Help

Check in on your friends and neighbors.

It's been a year. It is certainly safe to say that everyone is fighting pandemic fatigue, but it is just as important now to maintain contact with others.

Keep yourself safe. Regardless of whether or not you have been vaccinated, continue to follow all state and federal suggestions.

Stay active!

As the weather warms up, we have more chances to be outside and enjoy all that Kirtland has to offer. If you have a phone or camera, go to a park or take a walk every day and take a picture of the same outdoor scene. By the time everything is in full bloom, you'll have an amazing visual timeline of the changing season!

Be patient.

We echo the Mayor's words from the cover of this month's newsletter. We are all so proud with the grace, poise, and patience you have exhibited throughout the past year. We humbly ask that you continue to be patient as all of us work together to safely provide opportunities for us to gather.

Spring 2021
THE NEW NORMAL... FOR NOW

COMING SOON

Pickleball

CHAIR
VOLLEYBALL

Tai Chi Fit

FIT YOGA

Watercolor & Acrylic Painting

Bocce Ball

Aerobics

Tai Chi

**OPEN NOW BY
APPOINTMENT**
SEE NEXT PAGE FOR DETAILS

Pediatrist

Attorney

POLARITY

Fitness Center

Piano Lessons

Book Club

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, April 9

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 - April 8 & April 22

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 - April 13 & April 27

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 - 10:00 - 11:15 am Wednesday mornings

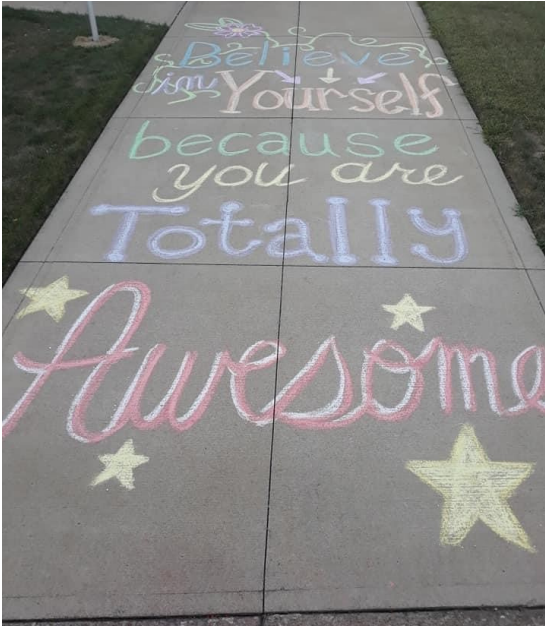
Yoga releases stress and will help keep you physically, mentally and emotionally healthy and fit. Whether you are a beginner or experienced student, this class will help you become stronger and improve your balance and flexibility. We practice traditional yoga poses, breath-work for health and end with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

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



Chalk it up to Spring!

We need your help! We're all anxiously waiting for spring flowers to bloom, but in the meantime, let's brighten up our City after a long winter! Starting on Saturday, March 27 through Sunday, April 4, everyone is invited to the Community Center, City Hall and the Library to decorate the sidewalks with signs of spring. We ask that you use your artistic abilities during daylight hours only and maintain distancing as you and your fellow Kirtlanders share their talents too. Chalk will be available at each location, and we hope to share some of our "street art" on Facebook, our website, and at www.kirtlandcommunity.com.

Book Club

We will be resuming our monthly book club gathering on April 15, 2021 at 11:15am here at the Community Center. Please remember to pick up our first book of 2021: "A Gentleman in Moscow" by Amor Towles. Books are available at the Kirtland Public Library and a membership is required. Take your time enjoying this crowd favorite, and be transported to the Metropol Hotel in 1920's Moscow.

Blood Drive

Did you know that in most cases, there's no blood or platelet donation deferral if you received a COVID-19 vaccine and you're symptom-free & feeling well when you come to give blood? The American Red Cross will be hosting a Blood Drive on Saturday, April 17, 2021 from 9:00am-3:00pm at the Kirtland Community Center in the gym. Please schedule an appointment on at www.RedCrossBlood.org and enter code: kirtlandcommunity or call 1-800-RED-CROSS.



Hearing Screening

It is medically recommended to have your hearing tested annually, just like your blood pressure or cholesterol. Adults with untreated hearing loss are more likely to develop dementia. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and a safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. Some other health issues that are directly linked to hearing loss include, but are not limited to: diabetes, obesity, high blood pressure and osteoporosis. Holly's Hearing Aid Center will be here at the Kirtland Community Center conducting **FREE** hearing screenings on Thursday, April 29, 2021 from 9:00am-11:00am. Please register by calling the Center at 440-256-4711 or on-line at www.kirtlandcommunity.com.

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).

April Theme: "Spring Flowers"

While we may get the legendary April showers, we know that flowers are on their way! What does blooming mean to you? Has there ever been a time that you had to be patient even though it was difficult?

We are exploring the theme of luck in March. It's a part of St. Paddy's Day, as sure as a four leaf clover... but not exclusive to the Irish!

HOW LUCKY CAN YOU GET!

(Part 1)

By Denise Molesch as recounted by Eb Molesch

Often people say to me, "You're not from here are you?" Well, I wasn't born on St. Patrick's Day either. I've spent most of my life in the good ol' USA. But long, long ago and far away in a town called Cottbus in Germany, I was born the first of 5. The time was during World War II.

Although I don't recall this event, my beautiful Aunt Krista remembered it well. Our town was often bombed during the war. During one event, everyone hurried to the safety of the cellar. While counting noses, Krista noticed one was missing: MINE. She rushed upstairs, pulled me from my crib and made it back to the cellar just in time. After the bombings had ceased, it was discovered that my crib was crushed by an unexploded bomb! So you see, I owe my being here to my dear aunt and to good luck.

My second lucky story takes place before the Berlin Wall was sealed. The Russian hammer would soon come down to stop the "brain drain" from East Germany to the West. My aunt & uncle who had already immigrated to the United States, told my parents that it was time to leave before it was too late. So a quick and daring plan was hatched. One morning, we all dressed as if for a normal day. In order to avoid suspicion my family split up. At about 14, I was responsible for my little brother and was given instructions to take the train to West Germany. My story was that we were going to visit a sick aunt. I was really sweating it when a security officer started questioning me. Somehow we all made it, running through the west sector of the Berlin subway, toward the American soldiers and freedom.

We spent about a year in a refugee camp. Due to the Displaced Person's Act, the kindness of an American church and my aunt and uncle, we all eventually made it to Cleveland, Ohio. As we started our new life. I was the man of the family at age 16 or 17. We settled into the projects near Kinsman & 79th. My dad had to spend some months at Sunny Acres Sanatorium due to possible TB, but we were all eventually reunited. I spent about a year at East Tech, before graduating; my biggest challenge was learning English.

Well, I need to save something for part 2! I am lucky but also grateful for the opportunities that people gave me so I could complete my education and join the working world. I'm at the stage where I am giving back, to honor those who have come before.

I look forward to sharing my many years of Tai Chi (or Taiji) experience with those at the Kirtland Center. Practicing the moving meditation of Tai Chi really helped me through the difficulties of the last year. My wife, Denise, even taught me to Zoom.

A shout out to my wonderful students and to our new director, Teresa! Hope to see you soon!

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 are excited for you to learn more about one of our class instructors! Nancy DiFranco teaches Body Sculpting, and has been an important part of the Kirtland Senior Center since 2005. Nancy's energy and enthusiasm is infectious, and we're looking forward to welcoming her back when we re-open.

Nancy was born and raised in Pennsylvania in a small town close to the Ohio border. She began calling the Buckeye State home in 1958 when she came here for school with a focus in medical technology. She started her career by working for a group of general surgeons who eventually went on to found Hillcrest Hospital. While she was still a student, Nancy worked at a hospital and had the opportunity to care for a special patient on her floor. Her son (who was also in school at the time) was a frequent visitor, and eventually became Nancy's husband Carl.

Carl and Nancy married in 1967, and they were fortunate enough to work together building his podiatry practice. They continued as a team to raise both their two children and his practice.

After his retirement in 2004, Nancy quickly found even more ways to fill her time. She had obtained her real estate license in 1978 and still works in the industry in a referral capacity. As a student of Body Sculpting, she jumped on the chance to become an instructor when a spot opened in 2005. The class began with a small group of dedicated students, and has grown to a loyal following.

In the spare time that she does find, Nancy prefers "digging in the dirt" to being inside of the house. She's an avid gardener and loves to travel. Sewing also focuses and relaxes her, and she found a new hobby about a year ago when she learned how to make face masks.



The hardest part of the pandemic mirrors the challenges of retirement: losing daily contact with others. Nancy is patiently waiting for the chance to "spread her wings" again. She quickly switched her class to a virtual Zoom gathering (see details on page 7), and has appreciated the opportunity to meet up with her students throughout the past year, even though everyone has had to adapt.

Nancy currently resides in Chardon and is no stranger to small town living. Over the years she has come to love the community in Kirtland, and especially her friends and students at the Senior Center.

We want to thank Nancy for her many years of dedication to the Center and to all of you!

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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*