

GILDERSLEEVE GAZETTE*

Kirtland Senior Center Monthly Newsletter



KEEPING YOUR COOL DURING COVID

As we continue to navigate these uncertain waters, it is easy to become overwhelmed! With new information and recommendations coming out every day, how do we determine the best way to maintain our confidence and our health?

Keep Talking

Although we may not be able to visit with friends or family right now, technology allows us the opportunity to stay engaged with those we love. Phone calls and video conferencing are a great way to remain in touch and stay grounded. We also recommend that you look into the Phone Pal program offered by Lake County (*see page 8 for more details*).

Keep Moving

We all know that exercise is one of the best ways to stay focused and healthy. Without the encouragement of our friends in class, and with the colder weather upon us, it can be hard to find both the will and the way. Many of our instructors are providing virtual options (*more information on page 7*), and Motivate Lake County is a wonderful free program that offers opportunities to exercise our bodies and our minds. Check out www.motivatelakecounty.com for details.

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* Help us name our newsletter! Submissions to communitycenter@kirtlandohio.com or 440-256-4711

LOOKING AHEAD

Teresa Szary ~ Coordinator

I began as the new Senior Center Coordinator on December 14, and have had the opportunity to meet or speak with many of you. By talking with both you and the Senior Board, as well as analyzing the results of the survey, it seems to be unanimous: everyone is excited to meet again safely and soon!

As we look to re-open the Center on a very limited basis, several protocols will be put into place to ensure the safety of our community (*see details on page 5*). Know that I am also open to hearing any and all suggestions about what you want to see at your Center! Although we can't do everything, together we can creatively provide programming and services to both support each other and provide for the Kirtland Senior family.

In an effort to best convey all information as quickly as we have it, the following forms of communication are open to you: this monthly newsletter (mailed to all registered members), a bi-weekly email, and a dedicated website just for the Senior/Community Center (www.kirtlandcommunity.com). Please contact me via email or phone or on the "Update Contact Information" form on the website to guarantee that your up to date contact information is on file.

Thank you for the warm welcome, and I'm excited to see you soon!



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January 26

A take-home lunch will be provided by the Senior Board (*donations always accepted*), and you get to stay in your car while we brave the freezing temperatures!

Snow Date: February 2



Upcoming EVENTS



February 16

Valentine's Day Event

Celebrate Valentine's Day with us this February. Once again, lunches will be provided by the generosity of the Senior Board (*donations accepted*).

Snow Date: February 23

March 16

Saint Patrick's Day Event

This month, we will be offering a Slyman's lunch to go. Meals must be ordered in advance. More details coming soon.
Snow Date: March 23



April 12

Easter Event

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

All drive-thru events will take place in the Center parking lot from 11:30 am—1:30 pm. 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

As we continue into this new year, I have been tasked with telling you about the future of the Senior Center. My name is David Saywell and I am president of the Senior Board. The Senior Board is made up of elected members that you have chosen to represent you to discuss issues that affect the center. We are available to offer financial support for ideas we want to try at the Center, as well as support the meals that will eventually again be provided during the week. Our finances come from your annual dues, as well as through fundraisers we sponsor during the year. The city and county tax levy money in place serve to support existing programming.

Mayor Potter contacted me in September about the timing and gradual reopening of the Center. The discussion included how to provide important one-on-one services and bring citizens back to the Center without jeopardizing the health of our members. Mayor Potter also talked about upgrades planned for the Center, and the inevitable delay caused by the virus. So, here we are in January and **events will slowly return to normal.**

What to expect when you return? Teresa Szary, our new director, was hired in December and has been working tirelessly to prepare the Center for opening. Due to the diligence of Service Director Fornaro, improvements have been completed, and are continuing. You will notice that our bathrooms have gone touchless, sanitary hand stations are located throughout the building, and the technology has been upgraded. Unfortunately, our friendly lobby has been temporarily disassembled. Except for the technology, **all other changes were recommended by the Board of Health. The building has been thoroughly cleaned, and supplies will be available to disinfect rooms after each use.**

After consultation with the city and county, as well following state guidelines, **a phased re-opening plan was presented to the Senior Board.** It is our goal to return to “normal” ASAP but to provide necessary services as safely as we can in the interim. Each phase progression is contingent on Health Department guidelines, vaccine distribution, lowering of case numbers, and evaluation of our programming.

The first phase includes **bringing back individual activities.** We are also exploring virtual options for those who would like to participate. The newsletter, emails, and website will be the best places to find more details regarding availability of activities.

The new COVID prevention protocols are listed on page 5. If you have any concerns or questions, don't hesitate to contact Teresa. While nothing about this situation is ideal, we are confident that we are doing our part to keep everyone safe as we slowly start to reopen our Center.

You should have recently received a mailing from Teresa. We are asking all of you to **complete the survey** and recommend classes, events, and activities you would like to see **NEW** to the Center.

As we look to kick-off next month, we will begin holding **monthly drive-thru lunches** at the Center in January. For all information on this, and similar events scheduled into April, check out page 2.

With that, I look forward to welcoming you back to an updated Senior Center building. Understand that we are trying to open as soon as possible, and want to be ready to go when the permission is given. We all await the day when we can see our friends and be together again. Patience is necessary, but the end is in sight.

~ 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)**

Crockpot Candy

Submitted by Karin Saywell

Ingredients:

2 pounds white almond bark
4 ounce German chocolate bar
12 ounce bag semisweet
chocolate chips
24 ounces dry roasted peanuts



Optional

You can substitute 24 ounces of raisins or include them with the nuts
Remember Chunky candy bars?

Add all ingredients to crockpot.

Let cook on low for one hour without messing with it.

After 1 hour, stir to combine everything.

Allow to cook for another hour, stirring about every 30 minutes.

Keep cooking until all ingredients are combined.

Drop by spoonfuls (I use a cookie scoop) onto wax paper or parchment paper.

Allow to cool completely.

Enjoy!

SENIOR CENTER UPDATE

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!

Activity Size: At this time, participation in all activities will be strictly limited. Reservations for EVERY activity must be made in advance by calling us, emailing, or using the reservation form on our website. No walk-ins will be allowed at this time. As we continue to monitor the requests for participation, it is possible that we will add more options for available time slots if there is high demand.

Pre-screening:

Everyone who will be entering the building must complete a short pre-screening survey by phone the day prior to their scheduled time. A Center staff member will be calling you to complete this brief and basic questionnaire.

Masks: Masks are required at all times without exception.

Temp Checks:

As you enter the building, a no-touch thermometer will be used to take your temperature.

Waiver: All members will be required to fill in a waiver, which will include emergency contact information (*available at the Center, City Hall, or online*).

Testing: All staff and volunteers will be COVID tested every other week to ensure the safety of all.

Virtual: Where possible, we will be exploring and advertising virtual options.

Anti-bacterial:

Hand sanitizer is located throughout the building for your convenience.

Contact Tracing:

We will keep a log of everyone who enters the building. In the event of any reported cases of COVID, we will contact you. Rest assured, this information will NOT be shared with anyone outside of Center staff and only serves to help educate you on possible exposure.

Disinfecting: Activities will be scheduled to allow for adequate disinfection of all surfaces and equipment.

SENIOR CENTER UPDATE

4 Phase RE-OPENING PLAN

Phase #1: Initial re-opening

Monthly drive-thru events begin

One-on-one appointments, small group activities may resume (*sign-ups required*)

Virtual exercise classes are encouraged

Fitness Center opens for one person or couple per hour (*sign-ups required*)

Phase #2: Vaccinations are more readily available

Possibility for in-person exercise classes with limited attendance

Volunteer opportunities available

Some limited group sports begin (Billiards, Chair Volleyball, Bocce, Pickleball)

Specific amount of people allowed per time slot, sign-ups required

Phase #3: Case numbers decrease and health board restrictions ease

In-person meals resume

Activities with more than ten people start (*including sports and exercise classes*)

"Trash to Treasure" begins

Phase #4: Fully re-opened

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

Of course, with all of the new restrictions in place, we will certainly need your help.

The most important thing you can do is to be patient! Our first goal is to keep everyone safe, and we can only do so with full cooperation and understanding.

We are also looking for volunteers! With the new procedures in place (including taking temperatures and disinfecting rooms), we are looking for a few good men and

women to sign up for an hour-long shift throughout the week. Available times will begin in the spring, and will be advertised in this newsletter and on our website at www.kirtlandcommunity.com.

Please note that due to State mandates, all volunteers MUST be COVID tested every two weeks. Further details will be provided.

VOLUNTEER!
2021

CLASSES AND APPOINTMENTS

All schedules are subject to change.

Podiatrist Appointments with Dr. Kelly Whaley - Tuesday, February 9

Available slots from 9:00 - 10:30 am

Sign up on our website or by calling the Senior Center

Attorney Debbie Loughner - Friday, February 19

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.

Tina's 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. Please email Tina at tina@fourthpathyoga.com for an information letter explaining the details of this class and how you can get on the invitation list.

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). Please email Tina at tina@fourthpathyoga.com for further information regarding this class.

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.

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. Instructor Dawn Gettig, contact gettigd@sbcglobal.net.

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. Instructor Dawn Gettig, contact gettigd@sbcglobal.net.

Body Sculpting Strength Training with Nancy

For more information, please contact the Senior Center

"Senior Fit" (Body Sculpting designed for Seniors) involves exercises for: Back and Shoulders (*exercises using weights*); Legs (*cardiovascular involving Lunges and Squats with or without weights*); Chest & Abdominals (*performed on a mat on the floor involving crunches, and other exercises*); Arms (*usually involve different forms of curls, using weights*).

When we are in person, 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. With some of the exercises, weights are optional.

Returning in March

Piano Lessons
Art Workshops
Book Talk

COMMUNITY NEWS



Lake County Phone Pal Program For people 60+

Lonely? Need a pal to talk to?

Connect with a volunteer to have fun and engaging conversations twice a week.

Interested?

Call 440-269-3015 for more details.



RSVP

The Lake County Mobile Food Pantry will visit two locations per week providing free fresh produce to Lake County Seniors 60 & over.

Pre-registration is required and is limited to 60 spots per locations. Seniors may register for one pick-up per month by calling Lifeline, Inc. at 2-1-1 or Lake County Council on Aging at 440-205-8111.

Similar to the Produce Pick-up program held at the Mentor Park-n-Ride last summer, participants will arrive at their pick up location and volunteers will place a box of fresh produce in the trunk of the car, offering a completely contactless pick-up process.

Lonely? Need a pal to talk to?
The Lake County Phone Pal program can connect you with a volunteer to have fun and engaging conversations twice a week.

Volunteers will make calls to participants (60 years & older) during the week for 15-30 minutes.

Phone pals are there to lend a listening ear and provide social ties to lessen isolation and loneliness.

If you are interested call the RSVP Program at 440-269-3015.

LAKE COUNTY MOBILE FOOD PANTRY

LAKETRAN

**AVAILABLE TO LAKE COUNTY SENIORS 60 AND OVER.
SENIORS CAN REGISTER FOR ONE PICK-UP PER MONTH.
PRE-REGISTRATION IS REQUIRED AND IS LIMITED TO 60 SPOTS AT EACH LOCATION.**

**RESERVE YOUR PICK-UP BY CALLING 2-1-1
OR COUNCIL ON AGING AT 440-205-8111.**

THE LAKE COUNTY MOBILE FOOD PANTRY WILL PROVIDE FRESH PRODUCE AT TWO LOCATIONS IN LAKE COUNTY EACH WEEK.

Date	Start Time	Location Name	Address
Tuesday - 1/12, 2/9, 3/9	10:00 a.m.	Eastlake Transit Center	35300 Vine St.
Thursday - 1/14, 2/11, 3/11	10:00 a.m.	Wickliffe Senior Center	900 Worden Rd.
Tuesday - 1/19, 2/16, 3/16	10:00 a.m.	Madison Senior Center	2938 Hubbard Rd.
Thursday - 1/21, 2/18, 3/18	10:00 a.m.	Perry Senior Center	2800 Perry Park Rd.
Tuesday - 1/26, 2/23, 3/23	10:00 a.m.	Lake County Central YMCA	933 Mentor Ave.
Thursday - 1/28, 2/25, 3/25	10:00 a.m.	Concord Community Center	7671 Auburn Rd.
Tuesday - 2/2, 3/2, 3/30	10:00 a.m.	Lakeland Community College <small>*near Laketransit Center</small>	7700 Clocktower Dr.
Thursday - 2/4, 3/4	10:00 a.m.	Mentor Park-n-Ride	8650 Market St.

Thank you to our Community Partners:



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).

February Theme: Winter

Love it or hate it, the season of cold, dark, and snow is truly a upon us. Write down a memory, an observation, a reflection, or an inspiration that captures winter in February!

KIRTLAND SENIORS PROGRAM - A HISTORY

In 1993, concerned citizens headed by William Wright (a member of both the Kirtland Recreation Commission and the Kirtland Area Service Council) and at the urging of Lee Finlayson (also of the Kirtland Area Service Council), met to determine if there was enough interest to start a seniors program in Kirtland. As a result, the Kirtland Recreation commission approved the formation of a senior citizens group within the city. Based on the interest of both citizens and civic organizations, the City of Kirtland approved funding to start a Seniors program under the Recreation Committee in 1994. In 1994, the first Kirtland Seniors meeting was held, a part-time Senior Programs director was hired, the seniors formed their own board of directors and developed a charter. The City accepted and approved the charter, therefore cementing the unique agreement between the Board and the municipality.

In abiding by the rules of the Lake County Council on Aging, a Senior Coordinator was hired and we were accepted into the Council in 1995. As a result, funding was made available for salaries, for purchase of equipment, and building maintenance.

As a result of this partnership, the Kirtland Senior Board continues to work in collaboration with the Senior Coordinator and the City to address the needs of the community. While other senior communities depend heavily on programming provided by the City, we have the responsibility to work together to bring about necessary services for our Seniors.

Kirtland Recreation Levy

In 1995, the Kirtland City Schools offered the Gildersleeve School facility to the City of Kirtland for one dollar. Upon recommendation, a preliminary evaluation of the building was made to determine needed improvements. Individuals from the Seniors program met with Mayor Marcopoli, who committed to purchase the building if a levy could be passed to pay for the necessary renovations. Lorraine Schupp (a board member of the Kirtland Seniors) organized a group of seniors to work with the mayor and City Council to put a five year, .85 mill recreational levy on the ballot for the purchase and repairs of the building. The levy passed and the building was purchased in 1996. An architect was hired to evaluate the changes needed to the building to bring it up to code and to make modifications to the building to make it usable as a recreational center. Whenever the levy has been on the ballot, the citizens have passed it with the encouragement and support of the Kirtland Senior Board and in so doing, ensured the necessary funding of the Center.

The Kirtland Seniors moved into the Center in 1998. The Center was utilized as office space for the East Shore Center (who later moved out), a recreational center, and for the community. In 1998, the seniors submitted to the city of Kirtland a proposed budget which included opening of the center three days a week (10:00 – 2:00 pm) with a paid director on site.

Since the opening of the Center, the Kirtland Kiwanis have constructed two bocce courts, and the city has built a pavilion with both a fireplace and two outdoor grills. Two additional meeting rooms were built on. Each year the center continues to make improvements paid through the Recreational levy and with funding from the LCC on Aging.

In 1997, Kirtland Seniors had 166 members and met twice a month at the Grange Hall. Membership has continued to grow over the years and in 2012 reached a new high of 540.

Information by William Wright

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 information wall at the Center.



For the first “Senior Spotlight” of the year, we are excited to introduce you to Marcia Haymer. A familiar face around the Senior Center, many of you know or will recognize Marcia as a building attendant, chair volleyball enthusiast, and general answer-er of any and all questions.

Marcia was born and raised in Cleveland and has called Kirtland home for 49 years. One of her favorite aspects of Kirtland is the community it provides. Raising a family with four boys is a challenge for anyone, but with the opportunities available here, this busy nurse always found the support she needed and healthy and productive ways to keep them motivated.

She has been an active member of the Senior Board for years, and in the spare time she does carve out for herself, she enjoys spending time with her grandchildren, golfing, hiking, reading, and theater. A few of her recommendations include: hiking Old Man’s Cave in Athens, reading anything by Agatha Christie, and taking in “Rent” or a good production of Shakespeare (especially “Macbeth”).

The past year has been difficult, especially when it comes to missing out on social time with friends and shared lunches, chair volleyball, and aerobics classes here at the Center. Marcia has kept her mind and body active by participating in the Kirtland Library Reading Challenge, talking to friends and family, and exercising. Even just a trip to the mailbox or a walk around the block gets the blood moving!

As a community, we are proud to recognize Marcia for her relentless energy and dedication to this city and Senior Center.

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

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

2021 MEMBERSHIP DUES

Welcome to a new year!

The Senior Board has voted to roll over 2020 membership for all who had signed up. If you were not able to register as a member last year, you will receive a mailing reminding you of the procedure and inviting you back!

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*