

# Extra Good Stuff



Avon residents can borrow donated medical equipment while recuperating from surgery or an injury. Residents need to call the Senior Center to check inventory before coming in to fill out an equipment loan sheet. Please do not drop in to pick up equipment as this can not be accommodated.

## FUNDRAISING WITH THE ROCK PILE 900 NAGEL RD. IN AVON



- ✓ Shop at The Rock Pile
- ✓ Tell them you are part of the Avon Senior Center when you check out
- ✓ The Senior Center receives 5% of total purchases!

## Office hours

We have decided to continue office hours  
8:30AM-4:30PM ~ Monday-Friday.

### NEWSLETTER VOLUNTEER SIGN-UPS

Special thanks to our wonderful group of folks who get together for a few hours every other month to fold, seal, and address the newsletter. \* If you would like to sign up to be a newsletter volunteer, please call the Senior Center and sign up for every month you would like to volunteer. We can have up to 25 volunteers per month and you may sign up for up to 2 months at a time. \*



SNACKS SPONSORED BY BUSCH FUNERAL AND  
CREMATORY SERVICES EVERY MONTH.



AVON SENIOR CENTER  
36786 DETROIT RD.  
AVON, OH 44011  
(440) 934-2417

OCTOBER/NOVEMBER

2015



BRYAN K. JENSEN, MAYOR

SENIOR CENTER COORDINATOR

Carmelina Barbera, MPA  
(440) 934-2417 Office  
(440) 934-2421 FAX  
carmelina@cityofavon.com

TRANSPORTATION PROGRAM

Caryn Tovtin, Scheduler  
(440) 934-7433 Office  
ctovtin@cityofavon.com

Nancy Gelston, Driver  
Mike Kerecz, Driver  
Ed Mantin, Driver  
Annmarie Nyikes, Driver

FACILITY & MAINTENANCE

Mario Volpe

DESK RECEPTIONIST

Sandy Palmieri  
spalmieri@cityofavon.com

### HOURS OF OPERATION

OFFICE HOURS:

M—F: 8:30 AM — 4:30 PM  
Sat.-Sun: by scheduled activity

TRANSPORTATION PROGRAM:

M—F: 9AM—3 PM

### COMMITTEES

Health & Welfare, Andy Monda  
Refreshments & Kitchen  
Dave & Carol Crudele  
Membership, Gail Schenk  
Social & Programs  
Carmelina Barbera

THE AVON SENIOR CENTER WISHES  
TO THANK AVON SENIORS INC.

Jim Mutchler, President  
Cheryl Courtney, Treasurer  
Mary Carpenter, Recording Sec.  
Susie Cory, Correspondence Sec.  
Don Myers, Past President  
Craig Witherspoon, Council Rep  
Carmelina Barbera, Mayor's Rep

# AVON SENIOR CENTER

36786 DETROIT ROAD



# THE SENIOR BUZZ



## Coordinator's Comments

I hope everyone enjoyed their Labor Day holiday on Monday, September 7. Were you able to go on our Cleveland Part 5 trip? From the feedback and pictures it looked like a great day! Thanks to everyone who attended our Christmas in July Potluck and White Elephant event on July 22. What a good time that was - possibly a repeat event for next year! Special thanks to Venla Urig for helping us with decorations from her massive and unique collection! Thanks also to all who attended our National Senior Citizens Day Open House event. We had music playing outside by the picnic tables, and sandwiches, pastries and giveaways all day. Thank you for stopping by, saying hello and helping us celebrate all of you!

Mark your calendars for some events we have coming up that can not be missed. We're having bone density and health screenings, pumpkin painting, a pizza party, boxed lunch and bingo, our annual Halloween party, one wonderful Mystery Lunch before the weather turns, our Annual Holiday Party at Tom's and sooo much more! We have a few more trips lined up before the 2015 tours end. Save your spot before it's too late! Please note the City of Avon offices are closed on Monday, October 13, Thursday November 26 and Friday the 27 for Columbus Day and the Thanksgiving holiday respectively. So due to the upcoming holidays and some scheduling adjustments to accommodate the adult clinic, there will only be one movie day in November and December.

A small committee of senior volunteers and board members including myself have made some revisions to the Avon Seniors, Inc. bylaws. Please stop in the Senior Center to pick up a copy for your review (I would be happy to email a copy for your convenience as well, just call). If you have questions about any of the by-laws, please bring them to the October 7 Board meeting, where the City of Avon Law Director John Gasior will be in attendance. The new bylaws will then be voted on at the October 14 General Meeting.

If you haven't already heard (or guessed), the glamorous mystery photo person on our bulletin board was our very own Sandy Palmieri! We had a great time with this game in the last month and we hope you did too. Congrats to prize winners Dee Daley, Nancy McGhee, and Jinx Mutchler for guessing correctly. Our next game is already up on the board - and it's a HOOT! Stop in for some coffee, play our new game, and have a snack. We have a new popcorn machine!

Have a wonderful fall season and a blessed Thanksgiving holiday. Be well.

See you soon. 😊

*Carm*

Sincerely,  
Carmelina Barbera, Coordinator

Check out our  
new logo! ↘



www.cityofavon.com

## BOARD MEETINGS OF AVON SENIORS, INC.

- ◆ The Advisory Board meetings are the **first Wednesday of every month** at **10:00 AM** unless otherwise stated
- ◆ All Meetings are held at the Avon Senior Center in the Main Hall unless otherwise stated.
- ◆ Any Special Meetings that are scheduled will be publicized a minimum of 24 hours in advance.
- ◆ Meetings are scheduled and open to the community
- ◆ All are welcome and encouraged to attend.

## SENIOR WALKING GROUP

THURSDAYS ~ 9:00AM



According to the American Heart Association, regular walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health.

Are you a walker? Would you like to walk with a group? Join me for a group walk on Thursday mornings (weather permitting) and get your cardio workout done for the day. We will walk for 20-45 minutes depending upon the needs of the group. Please RSVP so we have an idea of those interested. Wear comfortable walking shoes and weather appropriate clothing. Bring a water bottle if desired.

## WATERCOLOR ART CLASS

MONDAYS

1:00 PM - 4:00 PM



Weekly fun watercolor art classes for beginner to intermediate painters. The Instructor is Bernie D'ettore who teaches at the Beck Center and at Bay Arts. Cost is \$10/class payable directly to the instructor. Bring your own supplies. Call with any questions. No class October 12, November 9 and November 23.

## COFFEE WITH THE COORDINATOR

THURSDAY, NOVEMBER 5

10:00AM



The forum in August was so successful we are going to do it again! Please join me for a cup of coffee and a pastry in an informal forum. I will share some of the things going on at the Senior Center and we will have an open discussion of questions and answers. Join me! Please RSVP for this event no later than Monday, November 9.

## SOME HUMOR TO SURVIVE BY

A PLANE IS ON ITS WAY TO TORONTO, WHEN A BLONDE IN ECONOMY CLASS GETS UP AND MOVES TO THE FIRST CLASS SECTION OF THE PLANE. THE FLIGHT ATTENDANT WATCHED HER DO THIS AND ASKS TO SEE HER TICKET. SHE THEN TELLS THE BLONDE THAT SHE PAID FOR ECONOMY CLASS AND THAT SHE WILL HAVE TO SIT IN THE BACK. THE BLONDE REPLIES, "I'M BLONDE, I'M BEAUTIFUL, I'M GOING TO TORONTO AND I'M STAYING RIGHT HERE."

THE FLIGHT ATTENDANT GOES TO THE COCKPIT AND TELLS THE PILOT AND CO-PILOT THAT THERE IS A BLONDE SITTING IN FIRST CLASS WHO PAID FOR ECONOMY AND WON'T MOVE BACK TO HER SEAT. THE CO-PILOT APPROACHES THE BLONDE AND TRIES TO EXPLAIN THAT BECAUSE SHE ONLY PAID FOR ECONOMY CLASS SHE WILL HAVE TO LEAVE AND RETURN TO HER ORIGINAL SEAT. THE BLONDE REPLIES, "I'M BLONDE, I'M BEAUTIFUL, I'M GOING TO TORONTO AND I'M STAYING RIGHT HERE."

THE CO-PILOT RETURNS TO THE COCKPIT AND TELLS THE PILOT TO NOTIFY THE AIRPORT TO HAVE THE POLICE WAITING WHEN THEY LAND SO THEY CAN ARREST HER. THE PILOT SAYS, "YOU SAY SHE IS A BLONDE? I'LL HANDLE THIS, I'M MARRIED TO A BLONDE, I SPEAK BLONDE."

HE GOES BACK TO THE BLONDE AND WHISPERS IN HER EAR, AND SHE SAYS "OH I'M SORRY." SHE GETS UP AND RETURNS TO HER SEAT IN ECONOMY. THE FLIGHT ATTENDANT AND CO-PILOT ARE AMAZED AND ASKED HIM WHAT HE SAID TO MAKE HER MOVE WITHOUT ANY FUSS. "I TOLD HER, FIRST CLASS ISN'T GOING TO TORONTO."



## INTERMEDIATE KNITTING

OCTOBER 8 & 15

1 TO 3PM

**Block of the Month:** In October we will be knitting another block for our afghan. Bring your yarn and knitting needles. The pattern for a simple ladder block will be supplied for you. Supplies: #4 yarn and size 9 knitting needles.

- ◆ Call the Senior Center and ask for the instructor's phone number if you have questions. Cost is \$10/person plus supplies for either class, payable to "Sue Ackerman" on the day of class. Pre-registration is a must! RSVP to 934-2417 to reserve your space so the instructor knows the quantity of supplies to bring.

## Medicare 101 Updated

Tuesday, October 6

1:00 PM

Listen to a representative from OSHIIP to discuss your Medicare benefits and options and get the answers you need. OSHIIP is the Ohio Senior Health Insurance Information Program, the lead Medicare educational office in Ohio and part of the Ohio Department of insurance. They provide unbiased information and they do not sell insurance. You must RSVP for this event by calling 440-934-2417 no later than October 2.

## Aging Options and Transitions

Thursday, October 8

1:00 PM

Come to a panel presentation from Life Choice Hospice, Independence Village, and The Woods on French Creek that is geared to provide as much information as possible to enable you or your caregivers to make informed decisions regarding your care choices. Our panelists will describe the different levels of assistance available in remaining independent or residing in assisted living or nursing home settings and answer all your questions. You must RSVP for this event by calling 440-934-2417 no later than October 5.



## FREE HEALTH SCREENINGS

Blood Pressure, Glucose & Cholesterol

Thursday, October 15 ~ 10-11:30 AM

No fasting required. No reservations necessary - just show up! Screenings may be cancelled due to inclement weather. Sponsored by SJWS Community Outreach.

## NUTRITION AFTER 50

WEDNESDAY, NOVEMBER 18 ~ 1:00 PM

Come to the senior center for a presentation given by Barb Battista, Licensed Dietician with Rae Ann Nursing Facilities for over 20 years. We will discuss what we should all be doing daily to maintain good health, including the ABC's: Aim for fitness, Build a healthy base and Choose sensibly. You must RSVP for this event by calling 440-934-2417 by November 13.

NOVEMBER 12 & 19

1 TO 3 PM

**Block of the Month:** We will be knitting another block for our afghan. You will need to bring #4 yarn and knitting needles (Size 9). The pattern will be supplied for you.

## FREE BONE DENSITY SCREENINGS

Monday, November 2

12:30 PM - 2:00 PM

No appointments required. Screenings may be cancelled due to inclement weather. Sponsored by SJWS Community Outreach.

## Know Your plan - Know Your Options

Monday, November 9

1:00 PM

This presentation will inform Medicare beneficiaries of the new plans and plan changes in Lorain County. New Medicare Advantage plans include Medical Mutual, United HealthCare, and HealthSpan. Discontinued and current plan changes include new deductibles, out-of-pocket maximums, new Part D formularies, generics, Out-of-Pocket maximums and Low Income Subsidy levels. Join us for a comprehensive review to know your plan and know your options. Presented by Loretta Serrano, Senior Product Specialist. You must RSVP for this event by calling 440-934-2417 no later than November 5.

## Medicare Check-Up Day

Thursday, November 19

10:00AM - 3:00 PM

Counselors will be available for 1-on-1 assistance by appointment only.

- Learn about recent changes to Medicare.
- Find out how the Oct 15 - Dec 7 Medicare Annual Co-ordinated Election Period can work for you.
- Get tips on how to enroll for 2016 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan.
- See if you qualify to save an average of \$3900 on your Rx drug costs. Call for your 45 minute appointment today - time slots are limited.

**PUMPKIN PAINTING**

**THURSDAY, OCTOBER 22**

**1:00 PM.** COME JOIN US FOR A FUN AFTERNOON OF DECORATING PUMPKINS. FORGET CARVING AND SCOOPING OUT PUMKIN GUTS - WE'RE GOING TO USE ACRYLIC PAINT TO MAKE GOOFY FACES, PRETTY PATTERNS AND DECORATE OUR FESTIVE GOURDS FOR HALLOWEEN AND THE FALL. MIKE BARNHART WILL BE HERE TO FACILITATE THE CLASS. COST: \$3/PERSON PAYABLE BY OCTOBER 15.



**Halloween Party Lunch!  
Thursday, October 29  
11:30 AM**

Enjoy a wonderful lunch feast from Fligner's Market. Halloween costumes encouraged! Prizes for best costume! Your frightfully good buffet menu includes the following: Chicken Paprikash, Swiss Steak, Garlic Mashed Potatoes, Broccoli with Cheese, Tossed Salad, Rolls and Butter, Dessert and Beverages. Entertainment provided by Tom Todd. **Cost for the afternoon is \$10.00/person.** Lunch will be served and available until 12:30. Please make checks payable to Avon Seniors, Inc. Please have exact change if paying by cash—front desk is not equipped to make change. Deadline for reservations is October 22nd unless it fills up first! Seating is limited. Hurry! Dessert provided by the Woods on French Creek; Costume Prizes sponsored by Home Instead Senior Care and O'Neill Bay Village.



**Bingo & Boxed Lunch!  
Thursday, November 12th ~ 11:30 AM**

Come join us for a fun afternoon of lunch and BINGO! Fligner's is providing us with a wonderful boxed lunch: Choice of: Ham & Cheese on a croissant **OR** Chicken Salad on a croissant. All lunches include Macaroni Salad, Chips, Dessert & Beverage. Cost for lunch will be \$5.00/person.

**Limited seating! Deadline for reservations is November 5th unless it fills up first!**

We will play Bingo after lunch with great prizes!

\* If you bring one non-perishable, unopened, unexpired food item for our food donation program (or a cash donation), you will receive ONE additional bingo card! Limit one extra card per person. Please make Checks payable to "Avon Seniors, Inc." and Mail/Drop off At the Avon Senior Center. **Please include your sandwich choice when making your reservation.**



**MOVIE FRIDAY**

**1:00 PM**



**OCTOBER 2 - "THE GOOD LIE"** RATED PG-13 (110 MIN) In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges -- both for the "lost boy" and for the American woman who's helping him. Starring Reese Witherspoon.

**October 16 - "American Sniper"** Rated R (132 min) Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL. Bradley Cooper, Sienna Miller, Luke Grimes.

**November 6 - "Cake"** Rated R (102 min) Saddled with chronic pain, Claire Simmons has kept a sense of humor, even if it's of the acidic, angry variety. Upset but gripped by curiosity when a member of her support group kills herself, Claire decides to excavate the truths behind the suicide. Jennifer Aniston, Daniel Barnz.

**November 20 - No Movie**

SPONSORED BY BRADLEY BAY AND THE GARDENS AT WESTLAKE

**REGULAR EVENTS**

1ST & 3RD SATURDAY: COFFEE & DONUTS	9 AM
2ND WEDNESDAY: GENERAL MEETING	10 AM
2ND & 4TH FRIDAYS: ADULT CLINIC	8 AM
1ST & 3RD FRIDAYS: MOVIE FRIDAY	1 PM
MON: PINOCHLE	12:30 PM
TUES: HAND & FOOT	1 PM
WEDS: TOLE PAINTING	10 AM
WEDS: MAHJONG	11:30 AM
WEDS: CARDS	6 PM
THUR: SCRABBLE	1 PM
JIGSAW PUZZLE EXCHANGE	ONGOING

**BINGO  
1:30-2:30 PM  
2ND AND 4TH FRIDAYS**



Sponsored alternately by Crossroads Hospice, the Northridge, Avon Oaks Caring Community and Always Best Care. You must RSVP for this event by calling 934-2417 for each Bingo event.

**TAI CHI CLASSES  
9:30 AM ~ Tuesdays**

**November 10 - December 29.** Cost for 8 session series is \$20 per person. Checks payable to Avon Seniors, Inc.

**Love & Support**



We ask that you keep the following persons in your thoughts.

- ♥ Marie Mayton
- ♥ Bill Mayton
- ♥ Ellie Mental
- ♥ Anita Stockard
- ♥ Richard Viglas
- ♥ Rosemary Wysocki
- ♥ Virginia Whitmore
- ♥ Marlene Loth

Please let us know if there is a senior you would like to have listed in our Love and Support section.

**MYSTERY LUNCH!**

**WEDNESDAY, OCTOBER 21  
12:00 NOON  
Sign-ups begin October 1 at 9:00 AM**



- No charge, just RSVP to 440-934-2417.
- Lunch will be available until 12:30.
- Please call if you are unable to attend so we can fill your spot with someone on the waiting list.
- Sending someone in your place is not permitted.
- Please do not call to RSVP before the sign-up date and time to make it fair for everyone.
- Carry-out containers are not permitted.

Coordinated by Dave & Carole Crudele (They're back!)  
Dessert Provided by Life Choice Hospice

**This lunch is open to all seniors!**

**PIZZA PARTY & GAMES!  
WEDNESDAY, OCTOBER 28  
11:30 AM**



JOIN US FOR A PIZZA PARTY! WE WILL ENJOY A DELICIOUS LUNCH FOLLOWED BY VARIOUS GAMES. BRING A BOARD OR CARD GAME YOU WOULD LIKE TO PLAY! COST FOR THIS LUNCH SOCIAL IS \$5/PERSON AND INCLUDES PIZZA, SALAD, BEVERAGES, AND A DESSERT. HURRY! SPACE IS LIMITED! **PLEASE MAKE CHECKS PAYABLE TO AVON SENIORS, INC. AND WRITE "PIZZA PARTY" ON THE MEMO LINE.** PLEASE MAIL/DROP OFF PAYMENT TO: 36786 DETROIT RD. AVON, OH 44011

- MUST HAVE EXACT CHANGE IF PAYING BY CASH; DESK RECEPTIONIST IS UNABLE TO PROVIDE CHANGE

**GENERAL MEETING**

**OCTOBER 14 ~ 10 AM**

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- After the meeting, we will have Dr. Bob the Drugless Doctor here to give his presentation on Anti-Aging. Dr. Bob is a catalyst for health and well-being. He has consulted for Energizer, Parker Hannifin, Bendix and other national corporations, and appeared on multiple media portals including ABC Family, TBN, Fox 8 Cleveland, and WFAN NYC.

**NOVEMBER 11 ~ 10 AM**

- St. John West Shore Community Outreach will be here for blood pressure checks
- We will be celebrating monthly Birthdays!
- After the meeting, we will have a presentation from Lee Klingshirm of Klingshirm's Winery.

**JOIN US!**

**GUIDELINES FOR TRIPS AND ACTIVITIES:**

To reserve your trip or reservation please mail/drop off your payment to the Avon Senior Center; Please make checks payable to: "Avon Seniors, Inc."

*PLEASE NOTE: Checks made out to the Senior Center will not be accepted by the bank and will be returned to you.*

**Please specify which trip you are reserving on your check.** Please mail/drop off payment to: Avon Senior Center; 36786 Detroit Rd. Avon, OH 44011 **\*\*Please have exact change if paying by cash. \*\* Please use a separate check for each trip**  
**Trips open to all seniors. First come, first served until the bus is filled.**

**COLUMBUS & THE GOVERNOR'S MANSION****TUESDAY, OCTOBER 20****MODERATE WALKING**

ENJOY A WONDERFUL AUTUMN ADVENTURE AS WE VISIT OHIO'S CAPITAL CITY - COLUMBUS! WE'LL START WITH A UNIQUE TOUR OF THE GOVERNOR'S MANSION - HOME TO OHIO'S FIRST FAMILY. SPECIALLY TRAINED VOLUNTEERS WILL LEAD US ON A ONE HOUR TOUR THROUGH THE PUBLIC ROOMS OF THE RESIDENCE AND THE HERITAGE GARDEN. AFTER THE TOUR, WE'LL SETTLE INTO SCHMIDT'S SAUSAGE HAUS, IN THE HEART OF GERMAN VILLAGE, FOR A BUFFET LUNCH (WITH LIVE ENTERTAINMENT). SCHMIDT'S HAS BEEN WELCOMING GUESTS FOR 5 GENERATIONS OF AUTHENTIC GERMAN HOSPITALITY! AFTER LUNCH OUR LOCAL GUIDE WILL TAKE US ON A TOUR OF BOTH THE GERMAN VILLAGE AND DOWNTOWN COLUMBUS AREAS TO DISCOVER SOME OF THEIR NEIGHBORHOODS, LANDMARK ATTRACTIONS AND WELL-KEPT SECRETS. ON OUR WAY HOME WE'LL TAKE THE SCENIC FALL FOLIAGE ROUTE VIA MT. VERNON TO ENJOY MOTHER NATURE'S HANDIWORK ALONG THE COLORFUL BACK ROADS OF CENTRAL OHIO WITH A STOP AT THE VELVET ICE CREAM FACTORY IN UTICA, OH (ICE CREAM IS INCLUDED!). COST FOR THIS TRIP IS \$69/PERSON.

**HISTORY & MYSTERY OF GEauga COUNTY****FRIDAY, NOVEMBER 6****MODERATE WALKING**

GEAUGA COUNTY HOLDS A NUMBER OF ATTRACTIONS INCLUDING OHIO'S OLDEST GENERAL STORE IN MESOPOTAMIA, THE CHEESE CO-OP, A CHOCOLATE FACTORY AND MORE. WE'LL HAVE LUNCH AT MARY YODER'S AND HEAR THE GHOST STORY AT THE LODGE AT PUNDERSON STATE PARK. COST FOR THIS TRIP IS \$69/PERSON. DEADLINE FOR RESERVATIONS IS OCTOBER 6.

The Avon Senior Center and Avon Seniors Inc. Board graciously offers financial assistance for those with a demonstrated financial need. Financial assistance is available for events, classes, and services at the Senior Center. The process is simple and completely confidential. Stop in or call Carm.

*Great minds discuss ideas, average minds discuss events, small minds discuss people.*  
--- Eleanor Roosevelt



Avon Oaks Caring Community  
Big Show Catering  
Costco  
Edible Arrangements  
O'Neill Bay Village  
Preferred Care at Home

We are so thankful for your generous donations to our National Senior Citizens Day event on Friday, August 22. Thank you for helping us make this such a fun celebration!

**LINE DANCING****OCTOBER 17 & NOVEMBER 14 ~ 7-10PM**

Country and non-country music at levels from beginner to intermediate. New and classic dances are welcome to this "By Request" Open Dance that will include one beginner level lesson by Amy Auger. Bring your own drinks and snacks, no alcohol permitted. Cost is \$5/person. No RSVP needed. Contact Amy at 440-258-3153 with any questions.

**AVON SENIOR CENTER ANNUAL HOLIDAY PARTY  
WEDNESDAY, DECEMBER 9, 2015**

Tom's Country Place; 3442 Stoney Ridge Rd. in Avon  
11:30 AM—2:00 PM. **(Doors open at 11:00 AM)**

**BUFFET MENU INCLUDES:** Chicken Piccata, Cabbage Rolls, Mashed Potatoes & Gravy, Glazed Carrots, Garden Salad with Spring Greens and House Dressing, Rolls and butter, Dessert & Beverage

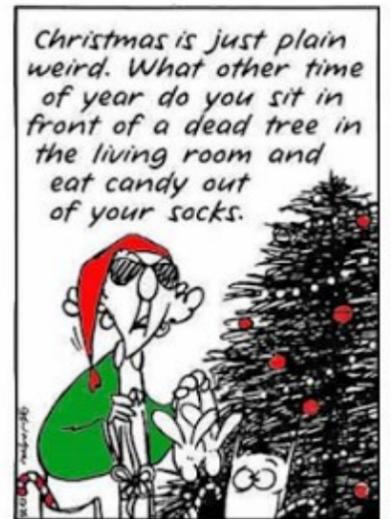
Entertainment Provided by Rich Gallo  
Photo Booth Provided by Pop Star Photo Booth

**Cost is \$20.00 per person**

**Please make checks payable to Avon Seniors, Inc. and write "Holiday Party" on the memo line.**

Please mail/drop off payment to: Avon Senior Center, 36786 Detroit Rd. Avon, OH 44011

- **Please have exact change if paying by cash. Deadline for reservations or refunds is December 1st!**

**Did You Know...**

The City of Avon Code Red alert system has been replaced by the **WENS (Wireless Emergency Notification System)** alert which serves all of Lorain County. If you would like to receive emergency alerts and public service announcements you must sign up for this service. Your previous Code Red sign up *did not* transfer over into the new WENS system. The City of Avon also has a **Do Not Knock** registry. Do Not Knock stickers are available to all residents which can be placed at your home's entrance, informing peddlers, solicitors and canvassers to not knock on your door. Residents can obtain this sticker by stopping by Avon City Hall, the Police Department or the Senior Center. If you have a concern or question regarding a solicitor in your area, we suggest that you do not open your door and you contact the City of Avon Police Department immediately. You can register for both the WENS and the Do Not Knock registry at [www.cityofavon.com](http://www.cityofavon.com) or call Sandy or Carm at the office and we will be happy to sign you up.

Residents of Avon are receiving calls from people claiming to be from the IRS or US Treasury. **This is a scam.** The IRS does not call people. The calls are from area code 757.

Silver Sneakers is a *free* cardio & weights exercise class offered at the senior center through Healthways, Inc. If your particular health insurance plan doesn't cover Silver Sneakers, you can still come to the class. Simply see Sandy at the desk for a sign up form, and then go to the free class!

The City of Avon Police Department has a prescription drug drop box. It is located in the front lobby of the police department so it is accessible 24 hours per day. Simply put all your unused medications in a zip lock type bag, take them to the police department and dispose of them in the appropriate drop box. This prevents the drugs from ending up in the wrong hands or in our water system.

The Senior Center newsletter, *The Senior Buzz* is available to you several ways. You may access it online at [www.cityofavon.com](http://www.cityofavon.com). Go to the Senior Center page and click on

*The Senior Buzz* to see current and past issues of our newsletter. We also have a *free* email subscription of the newsletter for your convenience as well. Just call the senior center with your email address and ask to be put on the newsletter email list. If you would like a traditional hard copy of the newsletter you can come in to the Senior Center and simply pick up a copy. Or, if you would like it mailed, the cost is \$10/year.

If you have an iPhone or an iPad, there are some great apps for seniors you may not know about:

**BigNames (\$1.99)** - this is an iPhone app that allows you to browse through the names and numbers in your contact list much easier, with large, high-contrast text.

**EyeReader (\$1.99)** - Hold your iPhone over a book or some paperwork, and your phone turns into a magnifying glass, with a light to help brighten the text.

**PillMonitor (free)** - Pill Monitor is designed to manage any of your pills/medications. Don't miss taking pills again because of so many things to do or bad memory. Effective reminder to take pills on time and at the same time everyday.

**Pandora (free)** - By typing in any artist, band or song, users will be able to listen to thousands of songs in that same genre. Then you can upvote or downvote songs, which helps Pandora fine-tune which songs you prefer to hear for each channel.

**SmartNews (free)** - Your news in one minute. SmartNews analyzes millions of articles every day to discover and deliver the top trending stories influencing the world right now. Working directly with a large variety of media publishers, SmartNews provides a broad spectrum of topics and perspectives. Partners include: NBC News, USA Today, TIME, The Huffington Post, Bleacher Report, Quartz, AP, and more.

**WebMD (free)** - Use WebMD's Symptom Checker to help what your potential issues might be, and this app can also work as a handy guide for medical emergencies.

Have you noticed an error in the newsletter? Call and tell us - you might win a prize!