

# 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!

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.

## 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.



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

FEBRUARY/MARCH

2016



# AVON SENIOR CENTER

36786 DETROIT ROAD



# THE SENIOR BUZZ



## Coordinator's Comments

Happy New Year! We had a really good year of growth and improvement in the last year. We have had an increase in membership, activities & trips, and transports. In 2014 we ended the year with 490 members, 80 activities & trips, and totaled 2468 transports (average 205 transports per month). In 2015 we ended the year with 554 memberships, 87 activities & trips (which includes 2 months with a broken elevator), and totaled 2745 transports (average 229 transports per month). A graph of the growth of our transportation program is included as an insert with this issue.

The first few months of winter always bring challenges with traveling on icy roads, potential cancellations due to extreme weather conditions, and exposure to colds and flu. In order to prevent spreading colds and flu, please stay home if you are not feeling well. According to the CDC, flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. And it is still possible to get the flu even if you've received a flu shot. If we are all careful and conscientious, we can get through cold and flu season unscathed.

Thanks to everyone who attended our Annual Holiday Party at Tom's Country Place. We had a great meal, festive entertainment from Rich Gallo, and wonderful photographic memories from Pop Star Photo Booth. Thom from Pop Star emailed all the photos to me, so if anyone would like a reprint of their photo, please let me know and I will be happy to print (or email) additional copies. Special thanks to all our vendors who donated gifts for our raffle. A full listing of donors is on page 2. Special thanks also to Avon Seniors Inc Board President, Jim Mutchler for inviting all Senior Center staff to the Holiday Party.

What's the perfect cure for cold weather blahs? A Soup Throw Down of course! Don't miss our Annual Soup Throw Down on Wednesday, February 17 at 11:00 AM. It's only \$5.00/person and one of our favorite events. Hurry - this one sells out fast! A few other events happening over the next few months are: St. Patty's Day Lunch, monthly pizza parties, mystery lunch, "Refuse to be a Victim" Seminar and much more. All details on our programs are inside the newsletter. Please note that since there is no General Meeting in February, we will be selecting a nominating committee for the upcoming election at the February 3 Board meeting. We encourage everyone to attend this meeting or call with any questions.

Please check out our Valentine bulletin board next time you're in the building. It looks like "love is in the air...." ♡

*Carm*

Sincerely,  
Carmelina Barbera, Coordinator

## 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  
Social & Programs  
Carmelina Barbera

### THE AVON SENIOR CENTER WISHES TO THANK AVON SENIORS INC.

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



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.

### SPECIAL THANKS TO THE FOLLOWING WHO DONATED GIFTS FOR OUR ANNUAL HOLIDAY PARTY!!

Crossroads Hospice  
The Normandy  
Sprenger Hospice Care  
Emerald Village  
A Place for Mom  
Home Instead  
Joe Firment Chevy

Kingston of Vermilion  
Hospice of the Western Reserve  
O'Neill Healthcare - Bay Village  
St. Mary of the Woods  
Venla Urig  
Pat Jackson/Andy Monda  
Anonymous



"When we strive to become better than we are, everything around us becomes better, too."  
-- Paulo Coelho

### JOKES SO SILLY THEY'RE ACTUALLY FUNNY

- Q. Where do animals go when their tails fall off?  
A. The retail store
- Q. Why can't you hear a pterodactyl going to the bathroom?  
A. Because the "p" is silent.
- Q. How does a train eat?  
A. It goes chew chew chew.
- Q. What did the buffalo say to his son when he left for college?  
A. Bison

"Sugar why don't you sit down by the table and we'll start supper." Said Dorothy to her Husband of 50 years.

"Sure thing," said her husband settling himself down.

"Now darling, would you like the soup first or the salad?" Questioned Dorothy.

"Umm I guess I'll take the soup." He responded.

After a whole meal of one endearing term after another, their guest Bob couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy do you always talk to your husband like that?"

"Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"

## INTERMEDIATE CROCHET CLASS

**FEBRUARY 9 & 16**  
**1 TO 3 PM**

We will be working on an easy dishcloth that will allow us to "perfect" the skill of straighter row edges. It helps to use a solid color yarn, so please bring a skein of dishcloth yarn & an H hook, unless you crochet tighter or looser, then bring extra hooks in other sizes. We had a great time with the hobo bag in January. So join us in February.

**March 8 & 15**  
**1 to 3 PM**

March is for MITTENS. We will be crocheting them. You will need a skein of #4 yarn (like Red Heart) & a G hook, or the size that you need to fit how you crochet. This is a more advanced project. You should be able to do a decrease and an increase to take this class. If you are not interested in making mittens, but have an **unfinished knitting or crocheted project**, bring it to our class. We will try to help you finish it. It helps a lot if you have the directions.

- ◆ 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.



**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.

**Tai Chi Classes**  
**Tuesdays**  
**9:30 AM**

**March 22 - May 10.** Cost for 8 session series is \$20 per person. Checks payable to **Avon Seniors, Inc.**

**ANNUAL ST. PATTY'S DAY PARTY**  
**WEDNESDAY, MARCH 16TH ~ 11:00AM**

### LUNCH:

Rueben Sandwich (Corned Beef, Swiss cheese, and Sauerkraut on grilled Rye Bread)  
(Horseradish & 1000 Island available on the side)  
Potato Salad  
Dessert & Beverage  
Entertainment by Gene Braden (and hopefully some bagpipers!)

**Cost is \$8.00/person. Checks payable to Avon Seniors, Inc. and write "St. Pats" on the memo line.**

- ♣ Must have exact change if paying by cash; Desk Receptionist is unable to provide change
- ♣ Deadline for reservations/cancellations is Wednesday, March 9 unless it fills up first!
- ♣ Take home containers cannot be provided—please bring your own.
- ♣ Lunch orders are for Eat-in only; No take out orders accepted.
- ♣ Lunch will be served and available until 12:30 PM.



**6TH ANNUAL SOUP THROW DOWN!!**

Wednesday, February 17 ~ 11:00 AM

(In the event of a snow day that day, we will reschedule for Friday, February 19)

Join us on a cold February day for a good ol' soup competition (also known as a throw-down)!! We'll have a large variety of soups available for you to sample and a tally sheet to vote on which soup you like the best! After the competition we'll have dessert and hot beverages available to top off the day. **Cost is \$5/person and must be paid in advance. Seating is limited. Hurry! This will sell out fast!**

**Please make checks payable to Avon Seniors, Inc.**

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 is February 10!

**Sponsored by O'Neill Healthcare Bay Village and Costco**

**PUCO 101**

Tuesday, March 8 ~ 1:00 PM

The Public Utilities Commission of Ohio will conduct an informative presentation discussing resources that will help you understand your utility service, including consumer protection tips, consumer rights and responsibilities, payment assistance programs and the opportunity to select alternative electric and natural gas suppliers. You must RSVP for this seminar by calling 440-934-2417 no later than March 1.

**COFFEE WITH THE COORDINATOR**

THURSDAY, FEBRUARY 4  
10:00AM



Coffee & Chat

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, February 1.

**GET FREE TAX HELP!!**

FEBRUARY 4TH—APRIL 14TH (THURSDAYS ONLY)

The Avon Senior Center will be taking appointments for AARP Tax-Aide from Thursday, February 4th—April 14th. AARP Tax-Aide volunteers will be here every Thursday from 9:30AM-3:00PM to provide free, quality, volunteer-run assistance and preparation service that can transmit your return directly to the IRS. This service is available to taxpayers with low- and moderate- income, with special attention to those 60 and older. **Please call 440-934-2417 to schedule your appointment.**

**MOVIE FRIDAY 1:00 PM**

**FEBRUARY 5 - "THE LONGEST RIDE"** RATED PG-13 (128 MIN) This adaptation of the Nicholas Sparks novel follows an old man consoled by reminiscences of his late wife as he's trapped after a car crash, and a young couple falling in love in a nearby town.

**FEBRUARY 19 - "SAN ANDREAS"** RATED PG-13 (114 MIN) In the wake of a cataclysmic California earthquake, a search-and-rescue chopper pilot and his ex-wife embark on a perilous journey from Los Angeles to San Francisco in hopes of saving their daughter.

**MARCH 4 - "THE SECOND BEST EXOTIC MARIGOLD HOTEL"** RATED PG (123 MIN) In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle. Judi Dench, Richard Gere.

**MARCH 18 - "JURASSIC WORLD"** RATED PG-13 (124 MIN) Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions.

**SPONSORED BY BRADLEY BAY AND THE GARDENS AT WESTLAKE**

**REGULAR EVENTS**

1ST & 3RD SATURDAY: COFFEE & DONUTS	9 AM
1ST WEDNESDAY: BOARD MEETING	10 AM
2ND WEDNESDAY: GENERAL MEETING	10 AM
2ND & 4TH FRIDAYS: ADULT CLINIC	8 AM
1ST & 3RD FRIDAYS: MOVIE FRIDAY	1 PM
MON: PINOCHLE	12 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 Hospice of the Western Reserve, the Northridge, Avon Oaks Caring Community and Avon Place. You must RSVP for this event by calling 934-2417 for each Bingo event.

**LINE DANCING**

FEBRUARY 20 & MARCH 12  
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.

## Love & Support

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

- |                   |                     |
|-------------------|---------------------|
| ♥ Irv Frank       | ♥ Richard Viglas    |
| ♥ Ellie Mental    | ♥ Rosemary Wysocki  |
| ♥ Anita Stockard  | ♥ Virginia Whitmore |
| ♥ May Lester      | ♥ Marlene Loth      |
| ♥ Anne Benisek    | ♥ Betty Kerg        |
| ♥ Florence Garner | ♥ Jan Spisak        |

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

**MYSTERY LUNCH!**

WEDNESDAY, MARCH 30

12:00 NOON

**Sign-ups begin March 1 at 9:00 AM**



- No charge, just **RSVP** to 440-934-2417.
- Voice mail messages left prior to the sign up date and time will not be counted.
- 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.
- Carry-out containers are not permitted.
- *This lunch is for members of the Avon Senior Center. If you have not paid your 2016 annual dues you are not eligible for this event.*

Lovingly Prepared by Dave & Carol Crudele

**MONTHLY PIZZA PARTY!**

WEDNESDAY, FEBRUARY 24

11:30 AM



We will enjoy a delicious lunch then play a fun White Elephant Dice Game! Please bring a wrapped white elephant gift to participate in this game.

WEDNESDAY, MARCH 23

11:30 AM



We will enjoy a delicious lunch then play games!

Cost for each pizza party is \$5/person and includes pizza, salad, beverages, and dessert. Hurry! Space is limited! **Please make checks payable to Avon Seniors, Inc. and write "pizza party" on the memo line.** You must have exact change if paying by cash.

**GENERAL MEETING INFO**

FEBRUARY 10 - NO MEETING

MARCH 9 - 10 AM - SPEAKER: JKL TOURS

- 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 John Latkovich here to talk about our 2016 trip program. He will also take all your questions and suggestions!

**Please 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 specify which trip you are reserving on your check. \*Please have exact change if paying by cash. \* Separate checks must be used for each trip. Trips open to all seniors. First come, first served until the bus is filled.**

**HARD ROCK ROCKSINO****TUESDAY, MARCH 15**

Mild Walking

Here is your chance to escape Old Man Winter and say Hello to Lady Luck! Come join us on a mid-winter getaway with a chance to WIN a good time with your friends from the Avon Senior Center. We'll travel to the Cleveland area's newest Casino at the Hard Rock Rocksino. When you walk into the 200,000 sq. ft. Rocksino you'll embrace the history of our area's rock heritage with the priceless collection of rock memorabilia and experience a fun day of gaming right in our hometown! Trip includes a \$20 slot play bonus (The Rocksino reserves the right to change the bonus at any time.) Trip will depart at 9:00 am. and return about 3:30 pm. Cost for this trip is \$28/person. Deadline for registration is February 15.

**TAX DAY SHOPPING!****FRIDAY, APRIL 15**

Moderate walking

Join us for our trip devoted to ALL SHOPPING!! Give yourself a well-deserved Spring adventure to the Premium Outlets of Grove City, a short two hour drive. We'll arrive early, before the stores open, so we can obtain our shopping coupon sheet, a map and directory of the over 120 stores and shops in the complex. After we arrive, you'll have plenty of time to shop and eat lunch on your own at their food court or in one of the restaurants in the area. We'll bring the bus back to meet with you just before lunch so you can put your purchases underneath. That will free you for more bargain hunting at all the Post-Easter and kick-off to Spring sales! *Plus, there is no sales tax on Clothing in PA!* Trip will depart at 7:45 am. and return about 6:00 pm. Cost for this trip is \$36/person. Deadline for registration is March 15.

**"The Phantom of the Opera" at Playhouse Square****THURSDAY JUNE 16 (MATINEE)**

Mild Walking

Desire, Seduction, Passion and Deception are played out on one of Broadway's most haunting scores as this spectacular **NEW production** of Andrew Lloyd Webber's musical success comes to Cleveland as part of a North American Tour. Hailed by critics as "*Bigger and Better than ever*," this production boasts exciting new special effects, scenic designs, staging and choreography. JKL TOURS has acquired the entire "**Value B**" selection of seats (*back half of the main floor*) for the Only mid-week matinee offered during the Cleveland run. Plus, we'll enjoy a wonderful Pre-show lunch at **WINDOWS on the RIVER** in the Flats. Trip will depart at 10:30 am. and return about 5:30 pm. Cost for this trip is \$94/person. Deadline for registration is May 16.

**SUMMER in the Country****FRIDAY, JULY 15**

Mild walking

Enjoy a Summer day exploring unique Eastside areas. History and nature combine to create a charming New England-style village with a Norman Rockwell picture-postcard setting in Chagrin Falls. Our step-on-guide will share the history and secrets of this delightful area and after our tour, we'll have free time to browse the shops and boutiques. Visit the famous Popcorn Shop on the Square and take pictures of the scenic FALLS, while enjoying all this delightful area has to offer. We'll head off to Geauga County for a wedding-style, authentic Amish lunch served family style, with all-you-can-eat chicken, mashed potatoes, gravy, stuffing, creamed peas, home baked bread, salad, date nut pudding and 3 kinds of pies! After lunch, we'll visit the unique and inspirational Shrine of Mariapoch, dedicated to the similarly named shrine in Hungary and created by many thankful Hungarians who came to the US in search of the American dream.

We'll stop in the Sugar Shack on the Village Green of Burton and have a hands on demonstration of Maple Sugar making and a chance to visit their gift store. We'll complete our day by stopping at the Patterson Farm Market, which offers Mother Nature's finest produce along with baked goods. Trip will depart at 8:30 am. and return about 6:30 pm. Cost for this trip is \$65/person. Deadline for registration is June 15.

**NRA REFUSE TO BE A VICTIM SEMINAR****TUESDAY, MARCH 29 ~ 12:30PM - 4:30PM**

This is a crime prevention seminar that will teach you about common weaknesses that criminals may take advantage of, and teaches a variety of corrective measures that are practical, inexpensive, and easy to follow.

Some of the topics discussed:

- The Psychology of the Criminal Mind
  - Know what criminals look for in a victim
  - Situation awareness & avoidance techniques
  - Home & phone security
  - Carjack avoidance techniques
  - Auto & travel security
  - Use of personal safety devices
  - Self Defense Tools
  - Home invasions & burglary
  - Interacting with the Police
  - What to do if you become a victim
  - Criminal use of Bump Keys & Prevention
  - Security Window Film
  - The 6-second garage door break in & how to prevent it
  - Layers of Defense and making your home a hard target
  - Lighting, Alarms, Dead Bolts, Windows & more
  - Malls & Parking Garage Safety
  - Mental Preparedness & Controlling Fear
  - Much much more
- This is NOT a firearms course nor is it a physical combat or physical self-defense course
  - This is appropriate for both men and women, persons with disabilities, seniors, etc
  - Attendees receive: The Refuse To Be A Victim Student's Handbook & Brochure, and a Certificate of Completion
  - Instructor is Roger L. Pettit II, Former U.S Marine, firearm instructor and owner of PC Shooting in Cary, NC

Cost of seminar is \$15/person. Registration deadline is March 22. Class size is limited. Please join us for this important, informative seminar.

**IMPORTANT COLD WEATHER REMINDERS!!**

- ◆ If the weather is very bad, we will close the senior center for activities for the day. We will list our closing on Channel 3 and Channel 5 news stations.
- ◆ When in doubt, please call the Senior Center. Please call before you leave the house. Closing information will be on the answering machine.
- ◆ Senior Center staff will be in the office (weather permitting, as soon as we are able).
- ◆ Transportation services will run if road conditions are deemed safe.

**Did You Know...**

- ◆ The Senior Center cannot alter checks.
  - When we receive a check that is written out incorrectly, we always call and let you know we cannot accept the check and offer several options on how to remedy the situation. (The most common error are checks made out to the Senior Center, which the bank will not accept, instead of "Avon Seniors, Inc"). We are asked *many* times to change incorrect information on checks as a quick fix to the problem, which we cannot legally do. Any re-writes or overwrites must be done by the check issuer and then the modifications must be signed in order to make them legitimate. Otherwise the bank may choose not to release any funds. Thank you for your cooperation.
- ◆ We offer free lock boxes for seniors who are Veterans.
  - If you are a senior living in Avon and are a Veteran, we are happy to provide you with a free lock box for your home. Please call us for information on this service.
- ◆ Fight Wintertime Depression
  - Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.