

WILLOUGHBY HILLS SENIORS, INC.

Find a group of friends who challenge and inspire you; spend a lot of time with them, and it will change your life. (Amy Poehler)



NEWSLETTER

JANUARY 1, 2023

EDITOR'S REPORT:

Happy New Year! Willoughby Hills Seniors, Inc. is happy to provide this newsletter to you as a way to stay engaged in senior activities in our community.

Just a brief history... You may recall that Frank Cihula would write the weekly newsletter that was mailed to seniors who had paid dues prior to Senior Advocate Florine O'Ryan's passing. After Florine passed away, the "senior news" was incorporated into the City's E-newsletter and written by Part-time Recreation Coordinator Diana Parker. While she continues to do this for the City, Willoughby Hills Seniors Inc. is a separate entity that is tasked with dues collection and the management of the Senior Room and programs. The LLC consists of Gloria Majeski, Mary Cihula and Laurie Feltham. It is the wish of WH Seniors, Inc. to improve the programs offered to our seniors and it is our goal by the second quarter of 2023, to have some good options for Willoughby Hills seniors, rather than have to go to area senior centers for programs.

The following is a list of programs currently offered at the Senior Room:

Bridge (Wednesdays 12:30-3pm), ***Pinochle*** (first 2 Fridays and every Saturday at 6pm), ***Mahjong*** (Fridays at 1pm), ***Exercise*** (Fridays at 11am), ***Yoga*** (Wednesdays at 11am), ***Potluck lunch*** (3rd Tuesday at 11:30 am) and ***Community quilts*** on Mondays.

Residents may also book appointments through podiatrist Kelly Whaley for one day a month in the Senior Room for pedicures.

When the recent dues application was mailed (please remember to return your dues application if you have not already done so!), we asked our residents for ideas to improve the Senior Room. We will be reviewing these suggestions over the next few months, as well as implementing ideas from area senior centers, to provide some nice programs for our seniors close to home. We appreciate your help in making this possible and will keep you posted on senior news via this monthly newsletter (emailed rather than mailed if an email address has been provided), as well as incorporate any other senior news from the City's E-newsletter (which many seniors cannot access since they do not have computers or an e-mail address), and the local newspapers (also a resource that many seniors no longer subscribe to).

Thank you for your patience as we begin the process to improve Senior Room!

Gloria Majeski, Editor

UPCOMING MEETINGS AND EVENTS FOR SENIORS:

- 1) Tune in to the New Year's Eve Radio Broadcast at 2 p.m. with Lake County Council on Aging's Joey Tomsick to learn about Tax Reduction Programs, Free Educational and Grant Programs. It is on WINT Radio 1330AM or 101.5FM. It is set for December 31, 2022!
- 2) Lifeline is currently training volunteers to help seniors with income taxes in 2023. All appointments will be made through dialing 2-1-1 (not yet set up though). More information will be forthcoming, but the income threshold appears to be set at \$3,700/month for a couple. WH Residents' closest place for assistance will be Wickliffe Resource Center (in the former Wickliffe High School on Rockefeller Road). Start getting your paperwork together as you receive it and be prepared to call for an appointment once the lines open up. AARP has not yet assigned volunteers to our area, but you may recall that volunteers were limited since COVID, too. Both agencies will assist as many seniors as possible. We'll keep you posted!

FELLOW SENIOR NEWS:



Congratulations to Sophie Mazi on her retirement from Sophie's Catering & Bakery!



Sympathy to Adelio & Philomena Coletta on the passing of Adelio's sister



Get Well Soon to Joe Klunder of Milann Drive recuperating after a fall.

OTHER ITEMS OF INTEREST FOR SENIORS:

- 1) If you need to dispose of your live Christmas tree, Lake Metroparks is offering Christmas tree recycling locations, including Gully Brook Park, 2100 River Road in Willoughby Hills.
- 2) Make it your New Year's resolution to have a "Vial of Life" kit on your refrigerator! The Vial of Life is a program that allows seniors to have medical & family contact info ready in their home for emergency personnel to reference during an emergency. Call Lake County Council on Aging (ask for the ADRC) at 440-205-8111 to get your Vial of Life kit.
- 3) Home Energy Assistance Program (HEAP) allows for funding to pay your heating bill. If your total gross annual household income is below \$23,782, call 440-205-8111 to apply.

ONE FINAL THOUGHT – Don't feel bad if you just don't "get it" sometimes:

The cashier told me
"Strip Down Facing Me"
By the time I realized she meant the debit card,
it was too late.

If you have information you would like published in an upcoming newsletter, please contact Gloria Majeski, c/o WH Seniors, Inc., 2717 Graylock Drive, Willoughby Hills, OH 44094
Phone: 440-951-0776 Email: gloria_majeski@yahoo.com