

AUGUST 2024

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter



The following is an excerpt from my July Kirtland Chronicle Mayor's note. I thought it too important to not mention here in the Senior Newsletter as both Junior and Jean Orick have played such an important role in the Kirtland Senior Center.

On June 26th, Kirtland lost a great friend in Hubert (Junior) Orick. Junior, as he was best known, was a mainstay in our city for over sixty years and served as our city's classic, small town barber shop owner over six different decades. Junior's friendliness and spirit was unmatched, and his service to our community can't be appreciated or recognized enough. Junior leaves behind his wife, Virginia, as well as his children and grandchildren. Our hearts go out to Junior's family, and it is with fond remembrance that we recognize the mark he made on so many lives here in Kirtland.

One of my fondest memories of Junior was etched in the Autumn of 1992. After a football practice, one of our coaches, Jim Greaves, led about twenty members of the High School football team across the street to Junior's barber shop. It was just before 6 o'clock and Junior had all but closed his shop for the day. Coach Greaves walked in ahead of the team to let Junior know, for an act of team unity, he had challenged us to get buzz or flat top haircuts. Needing zero prodding, Junior agreed to not only stick around to give twenty haircuts but did so at no cost to any of us. I believe it was after eight o'clock when the last haircut was finished. I'll never forget the feeling as a young man, seeing this local business owner commit such time to his community. Thinking back, he was beaming with pride to be part of such a unique moment in our young lives.

Like so many of you, folks like the Oricks helped stitch the fabric of our community and bolster the spirit of our small-town appeal. I'd say we are beyond blessed to be a part of it all and for one last time I'd like to thank Junior for all his service to the little town of Kirtland.

~ Mayor Kevin Potter



We start each month marveling that yet another one is upon us. So, again - how is it already August???

We hope you have had a warm but not too hot summer filled with a perfect balance of social, family, and quiet time. Tall order, but we can dream.

July brought us the opportunity to once again welcome the Perry Senior Center for a chair volleyball tournament. When you check in at the kiosk, you will notice that we not only designed a ridiculous trophy, but proudly earned the honor of keeping it here in Kirtland. Congrats to all who played, thank you to all who kept the peace on-court, and we're glad so many of you could join us for our salad potluck!

There is a dedicated team that has been working hard for the past few months on a new project. Dawn Gettig, returning instructor (check out balance class on Mondays!) graciously agreed to lead this venture, and has recruited a wonderful group to help support her. As part of Senior Summer Camp, we will be kicking off "LAG." At the end of last year, we were awarded grant funding through the state by way of the Commissioners Office for necessary programming. LAG stands for Life Adjustment Group, and is open to all Seniors. Dawn will facilitate two six-week sessions throughout the year for a small group of people who are interested in finding support, learning new coping skills, and journeying together through the tough times. As a society, we are quick to recognize grief in times of death and bereavement. Although this is accurate, we don't always acknowledge grief in times of adjustment. From receiving a hard diagnosis to struggling to maintain relationships with our grown children to the decrease of autonomy and independence as we age, all moments of significant change in our lives carry with them the possibility of grief, including the inevitable losses we face. Change is hard, and we are here to help you help each other. The first six-week session will kick off on September 16, and we invite you to learn more at our Open House on Monday, August 26. In addition, we will also have monthly Open LAG Sessions. Each one will cover a different topic by inviting a speaker, coming together for an activity, sitting down for a meal, or welcoming conversation. These monthly gatherings will be advertised in advance, are free, and are open to everyone. Thank you again to Dawn for spearheading this important initiative!

August also brings with it our annual Senior Summer Camp from the 26 - 30. As you can see on page 7, this year's theme is the five senses. Monday focuses on touch, and includes the aforementioned LAG Open House (because we're getting IN TOUCH with ourselves... get it???) as well as chair massages. Tuesday is hearing, and not only will we come together for our monthly birthday lunch (must RSVP in advance), but we are inviting Mayor Potter for a Q&A. Wednesday is sight day, and we ask that if you are an artist, you show off your work! Drop off anything you would like by end of day on Monday and we will proudly display your talents from Wednesday through the end of the week (details on page 6). Our sightseeing trip to the Lady Caroline that day is sold out, but you're welcome to be added to the waiting list. Thursday is obviously taste as we enjoy our annual pig roast. We're also adding a mocktail mixology class - make sure to sign up for that one as space is limited! Friday rounds out the week with scent, and we thank Nancy Cervi again for hosting a tea! This is open to all, but we do ask that you RSVP so we can prepare.

It's that time of year again for semi-regular trips to the Geauga Grower's Association produce auctions. Generally, the produce that you see on the table is from the auction; feel free to take what you need! Make sure to leave enough for everyone to enjoy. ~ Teresa

P.S. This month's less-ridiculous-than-normal picture is from the Cuyahoga County Soil and Water Conservation Cruise. When I say I'm an infrastructure nerd, I really do mean it. It was a beautiful night out on the Goodtime celebrating 75 years of conservation!



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SENIOR CENTER MEMBERSHIP

Per calendar year

Resident (first year): \$10

Non-resident (first year): \$12

Resident (renewal): \$5

Non-resident (renewal): \$7

Paperwork and information available at the front desk

AUGUST 2024 WEEKLY SCHEDULE

MONDAY

9:00 – 9:45 am
 10:00 – 1:00 pm
 10:00 am
 10:30 am
 1:00 – 2:00 pm
 1:00 – 3:00 pm

TUESDAY

8:30 – 9:30 am
 9:30 – 12:00 pm
 10:00 – 11:00 am
 11:30 – 2:30 pm
 12:00 pm
 2:30 – 3:30 pm

WEDNESDAY

9:00 – 9:45 am
 10:00 am – 1:00 pm
 10:00 am
 10:00 am – 12:00 pm
 11:00 am – 12:00 pm
 1:00 pm – 3:00 pm

THURSDAY

8:30 – 9:30 am
 9:30 – 11:30 am
 10:00 am
 10:00 am
 10:00 – 1:00 pm
 12:00 – 1:00 pm
 12:30 – 2:30 pm
 1:00 – 3:30 pm

FRIDAY

9:00 – 10:15 am
 10:00 – 1:00 pm
 10:30 – 11:30 am
 10:30 – 11:30 am
 1:00 – 3:00 pm

Strength Training
 Pickleball (drop-in)
 Knitting Group (drop-in)
 Balance Class
 Tai Chi Fit
 Chair Volleyball (drop-in)

Advanced Pickleball (drop-in)
 Piano Lessons (August 6, 20)
 Aerobics
 Pickleball (drop-in)
 Bingo (drop-in)
 Beginner Pickleball (drop-in)

Strength Training
 Pickleball (drop-in)
 Sewing Group
 Reflexology/Light Therapy (08/14, 28)
 Fit Yoga w/ Sue
 Chair Volleyball (drop-in)

Advanced Pickleball (drop-in)
 Watercolor Painting
 Chess (drop-in)
 Cardio-drumming
 Pickleball (drop-in)
 Reiki (August 8, 22)
 Acrylic Painting
 Beginner Pickleball (drop-in)

Gentle Yoga
 Pickleball (drop-in)
 Chair Yoga
 Strength Training (August 9, 23)
 Chair Volleyball (drop-in)

AUGUST 2024 EVENTS

Volunteer Meeting
 Card Making Class
 Bus Trip to Winery / Rabbit Run
 Hiking Club
 Podiatrist
 HEAP Appointments
 Food Distribution @ Fairgrounds
 Senior Board Meeting
 Book Club
 Attorney
 Massage
 Trash to Treasure
 Trivia
 Ladies' Lunch
 Birthright Volunteer Opp
 Senior Summer Camp
 Mayor's Q & A
 Birthday Lunch
 Bus Trip – Lady Caroline
 Pig Roast

Thursday, August 1
 Wednesday, August 7
 Friday, August 9
 Monday, August 12
 Tuesday, August 13
 Tuesday, August 13
 Tuesday, August 13
 Wednesday, August 14
 Thursday, August 15
 Friday, August 16
 Friday, August 16
 August 19 - 30
 Tuesday, August 20
 Wednesday, August 21
 Thursday, August 22
 August 26 - 30
 Tuesday, August 27
 Tuesday, August 27
 Wednesday, August 28
 Thursday, August 29

COMING IN SEPTEMBER 2024

Podiatrist
 Card Making Class
 Volunteer Meeting
 Hiking Club
 Senior Board Meeting
 Bus Trip to Garfield House
 Senior Services Pancake Bfst
 LAG Fall Session Begins
 Trivia
 Men's Lunch
 Book Club
 Bus Trip to Guardians Game
 Attorney
 Trash to Treasure
 Birthday Lunch
 LAG Open Session
 Massage
 Clam Bake

Tuesday, September 3
 Wednesday, September 4
 Thursday, September 5
 Monday, September 9
 Wednesday, September 11
 Friday, September 13
 Sunday, September 15
 Monday, September 16
 Tuesday, September 17
 Wednesday, September 18
 Thursday, September 19
 Thursday, September 19
 Friday, September 20
 September 23 - 30
 Tuesday, September 24
 Wednesday, September 25
 Friday, September 27
 Friday, September 27

Drop-in activities require no pre-registration

AUGUST CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPPOINTMENTS:

Fitness Class	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	August 6, 13, 20, 27	\$15 Drop-in: \$4
Aerobics w/drumming Instructor: Cheryl	Thursday 10:00-11:00	August 6, 13, 20, 27	\$15 Drop-in: \$4
Balance Class Instructor: Dawn	Monday 10:30-11:30	August 5, 12, 19, 26	\$12 Drop-in: \$3
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	August 2, 9, 16, 23, 30	\$15 Drop-in: \$3
Chair Yoga Instructor: Anne	Friday 10:30-11:30	August 2, 9, 16, 23, 30	\$15 Drop-in: \$3
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	August 7, 14, 21, 28	\$12 Drop-in: \$3
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45 Select Fri @ 10:30	July 31, August 5, 7, 9, 12, 14, 19, 21, 26	\$30 (10) \$24 (8) \$12 (4) Drop-in: \$3
TaiJiFit Instructor: Tim	Monday 1:00-2:00	August 5, 12, 19, 26	\$12 Drop-in: \$3
Classes	Time	Dates	Cost
Acrylic Painting	Thursday 12:30-2:30	August 8, 15, 22, 29	\$20/month
Watercolor Painting	Thursday 9:30-11:30	August 8, 15, 22, 29	\$20/month
Piano Lessons <i>*must register 2 per month*</i>	Tuesday 9:00-1:30	August 6 & 20	\$15 per 30 minutes

Workshops	Time	Dates	Cost
Chess Club	10:00 am	Every Thursday	FREE
Card Making	1:00 pm	Wednesday, August 7	\$10
Sewing Group	10:00 am	Every Wednesday	FREE
Knitting Group	10:00 am	Every Monday	FREE
Wellness/ Other	Time	Dates	Cost
Attorney: Deborah Loughner	Friday 1:00-3:00	August 16 September 20	FREE 30 minutes
Podiatry: Dr. Kelly Whaley	Tuesday 9:00-12:00	August 13 September 3	\$30 per 15 minutes
Reiki: Anne Owens	Thursday 12:00, 12:30	August 8 & 22	\$20 / 25 minute session
Reflexology or Light Therapy: Linda McMahon	Wednesday 11:00-1:00	August 7 & 21	\$40 (Either Reflexology or Light Therapy)
Swedish Massage: Natalie Lopez	Friday 11:00 -1:00	August 16 September 27	\$60 per 50 minutes
Hiking Club <i>*See page 6 for location</i>	Monday 10:30 am	August 12 September 9	FREE

GREETING CARD MAKING

Make your own greeting cards! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during each monthly classes. Cost is only \$10 per class and that includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors and adhesives. Our next class will be **Wednesday, August 7 at 1:00 pm** and then will be held the first Wednesday of each through October. Class is limited to 10 per month. Registration is required.

CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? We meet weekly on Thursday mornings at 10:00 am - 12:00 pm. All levels are welcome and no registration is necessary!

CARDIO DRUMMING & AEROBICS IS BACK!

Our awesomely fun aerobics class continues on Tuesdays at 10:00 am, and the cardio drumming class continues every Thursday at 10:00 am. Come join the fun! If you have never tried the class, the first one is free.

BINGO

We are playing Bingo every Tuesday (unless there is another event scheduled at that time)! Bingo will be held in the Sunflower Room at 12:00. There is no cost to play and everyone is invited.

PIANO LESSONS

Sounds Inspirations Music Therapy provides 30 minute individual private piano lessons tailored to the learning styles of the adult students. Students are welcome to bring their own music to lesson. You must sign up for two classes a month. The cost is \$30 per month. Please contact the front office if you are interested in taking lessons. The next lessons will be held on August 6 & 20, between 9:00 am - 1:00 pm. Right now, we are looking to perhaps add a second session of classes if there is enough interest. The wait list is available at the front desk.

STRENGTH TRAINING

Our fantastically fantabulous Strength Training instructor, Nancy, has added a Friday class! Thanks to the flexibility of the yoga classes (pun intended), Nancy will now be offering classes on the first and third Fridays of the month at 10:30. Check the calendar for any changes in schedule.

BEGINNER, OPEN, AND ADVANCED PICKLEBALL

Everyone is always welcome to drop-in to pickleball, but here are a few guidelines to help you out.

Our schedules are set for a reason, and we ask that you **do NOT ENTER the gym** until the assigned time. Additionally, we ask that you **LEAVE the gym** at the scheduled time.

Open Pickleball is 10:00 am - 1:00 pm every weekday (except for Tuesday, when it runs from 11:30 am - 2:30 pm and Thursday, when it runs until 1:30 pm). We ask for patience as you wait for your turn to play! This is open to ALL levels.

Beginner Pickleball is for those who are just starting out or would enjoy a more comfortable level of play. While anyone can come, expect that the competition level will be more casual. More experienced players are welcome to come out and offer some wisdom and guidance! Beginner hours are on Tuesdays from 1:30 - 3:00 pm. If you are new to the game and would like to learn the basics, beginner hours with a bit more instruction are also offered on Thursdays from 1:30 - 3:00 pm.

Advanced Pickleball is held Tuesdays and Thursdays from 8:30 - 9:30 am. This is an opportunity for our more seasoned players to play more competitively. If you join us, get ready for great shots and fast games!

The **Outdoor Courts** are now open! These are available to the public, but are reserved for Senior Center members from 10:00 - 1:00 on weekdays.

BALANCE AND FLEXIBILITY CLASS IS HERE!

This new class will help you improve your balance and flexibility, which prevents falls and injuries and gives you greater confidence to enjoy your life. We will be doing exercises that improve bone density, strengthen muscles, legs, and core that help keep your equilibrium and improve your stability. In our class we will also do warm up stretching exercises to improve posture, performance, and range of motion which enhances and prepares you for your yoga and strength exercises. You can modify this class to your unique needs. **Class is held on Monday mornings at 10:30 am.**

Instructor: Dawn Gettig (welcome back!)

PODIATRY

We are thrilled that Dr. Kelly Whaley continues to serve our seniors every month. **Beginning in June, her fee increased to \$30.** As a reminder, this is due to Dr. Whaley in cash on the day of the appointment.

MYSENIORCENTER SIGN-IN

Please remember to check in at the kiosk for whatever you're doing whenever you're doing it. Thank you to the Lake County Commissioners Office for supplying us with this MySeniorCenter. Not only does this eliminate paper sign-ins, but also allows us to collect data on how our Center is being used and when.

To the best of our ability, bus trips will be advertised two months out. When new trips are scheduled, registration will begin at 11:00 am on the first of the month. In order to confirm your spot on that day, you must register in person with full payment. Online registration will open on the second of each month.

Grand River Winery and Rabbit Run - Friday, August 9

Joining our friends from Perry on one of their adventures, this is sure to be an enjoyable evening! We will leave the Center around 3:15 pm on Friday, August 9 and head out to Grand River Cellars for yumminess. The party continues at Rabbit Run Theater to see the show *Clue!* We will get back by 11:15 pm. **This trip is sold out. Sign up for the wait list at the front desk.**

Lady Caroline - Wednesday, August 28

Come join us for a trip around Cleveland on the Lady Caroline! This trip includes the bus, the boat, and the food. We will leave Kirtland at 10:00 am on Wednesday, August 28 and return around 3:00 pm. Cost is \$60/person and must be received by August 1. **This trip is sold out. Sign up for the wait list at the front desk.**

Naturalization Ceremony @ James Garfield House - Friday, September 13

Twice a year, Mentor's National Historic Site hosts a Naturalization Ceremony for new citizens. This powerful event is free, and open to the public. We will be taking a VERY limited group from the KSC on Friday, September 13. The bus will leave the Center at 9:00 am and get back around 2:30 pm. This trip includes the Naturalization Ceremony, lunch (on your own), and a tour of the Garfield House. **We will be opening this trip on Thursday, August 1.** The cost for this trip is \$5.

Guardian's Game @ Progressive Field - Thursday, September 19

Take me out to the ballgame and cheer on the Cleveland Guardians to their next victory. The bus will leave the center at 11:30 am to enjoy the first pitch at 1:10 pm against the Minnesota Twins. The cost is \$35/person and includes the ticket and bus ride. **Space is limited, and tickets go on sale at 11:00 am on Thursday, August 1.**

Please remember that all of our bus trips are for Senior Center members only. No reservations will be taken after the cut-off date. Contact the front office if, for some reason, you have to cancel your reservation. Refunds are not guaranteed.

PAYMENT IS DUE AT THE TIME OF THE RESERVATION

SEW WHAT - NEW GROUP!

We are thrilled that we are bringing back our sewing group! Bring your own projects, materials, machines, and questions every week. Join us in welcoming Sherrie to lead our group starting in August. Sherrie comes to us from Mentor, where she spent years as a Home Economics teacher. This is a drop-in group; no registration is necessary. We do have a machine here at the Center that is available for use. We will meet every Wednesday from 10:00 am to whenever you feel like leaving. Ask at the front desk if you have any questions.



TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from **August 19 - 30**. Drop off any household items you would like to donate for our sale. No personal items, clothing or electronics please! We will be accepting items during normal business hours throughout the entire month. If you have any donations, please bring them to the front office rather than putting them on the table. All proceeds go to the Senior Board.

BOOK CLUB - THURSDAY, AUGUST 15 @ 11:00 AM

This month, we will be discussing "The Cactus" by Sarah Haywood. According to the reviews, "The Cactus is a wonderful and uplifting novel with an unlikely, quirky and lovable heroine." If that itself doesn't make you want to pick this one up, we can't help you. In September, we'll talk about "The Berry Pickers" by Amanda Peters.

FOOD DISTRIBUTION - TUESDAY, AUGUST 13 @ 10:00 AM

The Lake County Commissioners Office is partnering with Laketran and the Greater Cleveland Food Bank to offer a free drive-thru food distribution at the Lake County Fairgrounds for Seniors 60+. There are 450 boxes of food available and it is first come, first served. Items include produce, meat, eggs, cheese, and more. This event is partially funded through Healthy Aging Grant funds from the Ohio Department of Aging.

Just a reminder to check in on MySeniorCenter (computer next to the front office window) whenever you come into the Center for ALL the activities that you will be doing that day. Thank you in advance for your help!

UPCOMING EVENTS

BIRTHDAY LUNCH CELEBRATION - TUESDAY, AUGUST 27 @ 12:00 PM

We will enjoy pizza and salad on Tuesday, August 27. *The cost is \$8. Please RSVP by Friday, August 22.* If it is your birthday month, then lunch is on us (RSVP required)! Everyone is welcome...regardless of your birthdate! Our next birthday celebration will be on September 24, and the menu will be pulled pork sandwiches.

LADIES LUNCHEON - WEDNESDAY, AUGUST 21

NOTE THE DATE CHANGE!

August ladies lunch will be held Wednesday, August 21 at 12:00 pm and the menu is BLTs and fruit salad. *Cost is \$8. Please RSVP by August 16.* Our next luncheon will be October 16 and the menu is Hamburger and fixings.

MEN'S LUNCHEON - WEDNESDAY, SEPTEMBER 18

Men's Luncheon will be held Wednesday, September 18 at 12:00 pm. The menu is Italian beef sandwiches. Cost is \$8. *Please RSVP by Friday, September 13.* The next luncheon will be Wednesday, November 13 and the menu is Lasagna and garlic bread.

All menus are set in advance. If you have a specific dietary need, please let us know and we will do our best to accommodate you.

PIG ROAST - THURSDAY, AUGUST 29

The Annual KSC Pig Roast will be held on Thursday, August 29 at 12:00 pm in the Pavilion. Lunch will include pulled pig, scalloped potatoes, baked beans, coleslaw & rolls. Cost for the Pig Roast is \$20 per person. This is a Kirtland Senior Center members only event & there is limited space available. Please RSVP by August 15. **No** reservations will be taken after this date.

CLAM BAKE - FRIDAY, SEPTEMBER 27

The Annual KSC Clam Bake will be held on Friday, September 27 at 12:00 pm in the Pavilion. Lunch includes 1 dozen clams, 1/4 chicken, clam chowder, 1/2 ear corn, 1/2 sweet potato, cole slaw, broth & rolls. The cost for the clam bake is \$22/person. This is a Kirtland Senior Center member's only event & there is limited space available. Please RSVP by September 13. **NO** reservations will be taken after this date.

TRIVIA - TUESDAY, AUGUST 20

Join us in-house for Trivia on Tuesday, August 20 at 11:00 am. Come join us and be a part of a team this month and put all your random (or useless) knowledge to good use! Most of the questions are multiple choice, and it's **FREE** to play! We promise, this is low-pressure and the stakes are NOT high. Winning team chooses the next month's theme - **this month we're focusing on CANDY!** We meet in the lobby to form teams and then the fun begins. No registration necessary.

HIKING CLUB - MONDAY, AUGUST 12

Join us for a hike on **Monday, August 12 from 10:30 - 11:30 at Chagrin River Park on Reeves Rd. We will meet in the parking lot. Registration is requested but not required!** We hike rain or shine... use your best judgment and dress for the weather. A special thanks to Sue and Bob Morecki for leading us on the journey! See you on the trails.

ART SHOW - WEDNESDAY, AUGUST 28

As part of this year's Senior Summer Camp, we invite all artists to exhibit their work here at the Center! From sculpture to painting, we will proudly display your hard work for our "Sight" day. All work must be dropped off by Monday, August 26. Please make sure to include your name on your work (a post-it on the back will suffice) so we can get it back to you!

THE SENIOR CENTER WILL BE CLOSED:

Monday, September 2 (Labor Day)

RIDDLE ANSWERS

1. Because they have little antibodies.
2. I'm still working on it.

Welcome to our new members this month!

Connie, Mary, Maggie, Mary Jane, Mary, Kari, Debbie, James, Allison, Bonnie, Peggy, Gary

2024 SENIOR SUMMER CAMP



TOUCH

MONDAY, AUGUST 26

- 9:30 - 11:30 am Chair Massages
First-come, first-served, FREE
- 12:30 - 2:30 pm LAG* Open House
FREE, no registration required
*Life Adjustment Group
See page 9 for more information



SOUND

TUESDAY, AUGUST 27

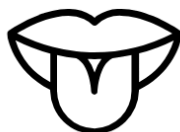
- 12:00 pm Birthday Lunch
\$8; RSVP by August 22
- 1:30 pm Q & A w/ Mayor Potter
FREE, no registration required



SIGHT

WEDNESDAY, AUGUST 28

- All day: Art Show
Open to all; see details on page 6
- 10:00 am - 3:00 pm
Lady Caroline Bus Trip
This trip is sold out



TASTE

THURSDAY, AUGUST 29

- 12:00 pm Pig Roast
\$20/person; register by August 15
- 1:30 pm Mocktail Mixology Class
\$20/person



SMELL

FRIDAY, AUGUST 30

- 11:30 am Summer Tea
FREE; register by August 23
Bring your own tea cup!

FROM THE SENIOR BOARD

Wow, it seems like I was just writing about the start of summer, and now we are in the "Dog Days". These hot and humid times make us all want air conditioning. It won't be long till cool weather is upon us. August is a busy month for all of us. Beside our regular weekly classes, we have bus trips planned to Grand River Winery/Clue and The Lady Caroline, our annual pig roast, and a question-and-answer session with Mayor Potter. Also, Theresa has planned our Senior Summer Camp the last week of August, and reservations start for the clam bake. This is always a good time.

Many people wonder what happens at a Senior Board meeting. It is where we learn what is coming up at the Center, what needs to be done to keep our facility well maintained, and what senior board members can do to support our programming. We meet on the 2nd Wednesday of every month at noon. Come with ideas and share at our next meeting, August 14 at 12:00 pm.

Well, as I close; I hope this finds everyone healthy and enjoying the sun. Two or three months from now we will be pulling out our rakes and getting ready for fall, so take advantage of the good weather we have now. ~ Dave

SENIOR BOARD MEMBERS

Our Senior Board serves as an advisory committee to the Director and sponsors meals and events while fundraising to help subsidize these meals & events. If you have any issues or ideas, please see one of the board members to pass along. Our 2024 Senior Board consists of: David Saywell (President), Bill Russ (VP), Marcia Haymer (Secretary), Penny Everson (Treasurer), Karin Saywell, Janet Johnson, and Jean Orick.

BIRTHRIGHT VOLUNTEER OPPORTUNITY - THURSDAY, AUGUST 22

This month, we are supporting Birthright's mission to: offer free, non-judgmental, confidential help and guidance to pregnant women and families with babies and small children who are struggling due to personal and/or financial difficulties. They are dedicated to helping through tangible, positive, and loving support.

This month, they are asking for small group to come help assemble bags for their clients on Thursday, August 22 from 10:00 am - 12:00 pm at their Mentor location.

If you are interested in joining us, please let the front office know.

MONTHLY COLLECTION: BIRTHRIGHT

Throughout August, we will be collecting specific items that Birthright has requested. If you are able, please drop off any of the following:

- 3T - 5T socks and underwear
- Baby wipes
- Diapers
- Children's toothbrushes
- Rattles
- Burp cloths

VOLUNTEER GROUP

We recognize that people want to give back to the community, but are not sure how or where to go. We are looking for a few people to work together and spearhead a new volunteer group here at the Center. The goal is to identify an organization that needs support, and take a group once a month to help out. These leaders will find those organizations (with our help), and work through the logistics. **If you are interested in helping to organize these outings, we gather on the first Thursday of every month at 11:00 am.** No need to RSVP. Let's come together to help to communities that have given us so much!

REPORTING YOUR AUTO ACCIDENT MATTERS

The Kirtland Police Department understands that we all have off days. The simple truth is that we can all expect to have a fender bender at some point in our lives, which is why we encourage all motorists to immediately file a police report when they are involved in a motor vehicle accident. All too often, motorists respond to the police department to file a late report and learn that they were given bad information or that the other driver did not have insurance. Filing a report at the time of an accident will allow officers to get statements and collect much needed information, which includes evidence and photographs, that may prevent the other driver from changing their story in the future when it comes time to file an insurance claim. Generally, motorists do not file reports because they feel bad for the other driver being ticketed. Even if you do not wish to file a state accident report, police can help by ensuring that all the necessary information is gathered at the time of the accident. Following this advice will assist you with filing your insurance claim in the future. It is important to remember that most insurance companies will want you to file an accident report. This will document who the negligent driver was when the accident occurred. We hope this information is helpful and we wish everyone safe travels! ~ Chief McCallister

LIFE ADJUSTMENT GROUP OPEN HOUSE **MONDAY, AUGUST 26**

We are excited to welcome you to the first event of "LAG." Our team has been planning diligently for the past few months, and the open house will provide an opportunity to learn a bit more about this program. If you are handling a large adjustment in your life, it can feel overwhelming. Using a grief support model, we welcome anyone who may be facing challenges that lead to feelings of frustration, sadness, and pain. Limited not only to bereavement, this group will encourage all of us to lean on and learn with each other. We invite everyone to enjoy some food, learn more about this new programming, and help us help you as we prepare to welcome our first six-week session starting in September. This event is FREE and will be held from 12:30 - 2:00 pm.



HEAP: SUMMER CRISIS PROGRAM - TUESDAY, AUGUST 13

The Summer Crisis Program is a special component of the Home Energy Assistance Program (HEAP) and provides cooling assistance for seniors and those with qualifying medical conditions with limited income. The program runs through September and applies to electric utilities or assistance paying for central air conditioning repairs. Benefits include: one-time payment assistance to be put towards your electric bill payment; or air conditioning unit (limited number of units available). Applicants must have a household income at or below 175% of the federal poverty guidelines to receive the benefit and meet one of the following criteria: have a member of the household who is at least 60 years old; or A member who has an illness that would benefit from assistance, verified by physician documentation. A representative will be here at the Kirtland Senior Center to help seniors apply for the program on Tuesday, August 13. Appointments are required and are limited. Please contact the front desk or sign up online at www.kirtlandcommunity.com to schedule a time. In order to complete your application, it is necessary that you bring the following documentation to your scheduled appointment: Photo I.D., Copies of your most recent energy bills. A list of all household members and proof of income for the last 30 days or 12 months for each member. Proof of U.S. citizenship or legal residency for all household members. Proof of disability (if applicable). Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

THIS MONTH AT THE KIRTLAND LIBRARY:

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|--|---|----------------------------------|---|
| Saturday, 08/03
9 am - 1:00 pm | Used Book Sale
Start your treasure hunt by heading to the back door of the Library to access the Book Cellar. Small bags are \$4 and large bags are \$7 (cash only). | Friday, 08/16
2:30 pm | Color Me Calm Club
<i>Registration requested</i> |
| Monday, 08/05
6:00 pm | Knit and Crochet Club | Monday, 08/19
6:00 pm | Backyard Birdwatching for Beginners
Fly into the Library for this informative talk from the Mentor Blackbrook Audubon group about local birds.
<i>Registration is required</i> |
| Monday, 08/12
6:00 pm | Culinary Class: BBQ Spices, Sauces & Rubs
Sample different BBQ sauces on pulled chicken and learn about their origins. Take-home spice packets will be available.
<i>Registration required</i>
\$10/person (cash at the door) | Tuesday, 08/20
6:15pm | Scrapbook Layout
Scrapbook with Craft Your Story. Learn the basics in this hands-on workshop.
<i>Registration required</i>
\$10/person (cash at the door) |
| Tuesday, 08/13
6:00 pm | The Importance of Bees
Richard Lowery gives us the buzz on bees. Sample some local honey and learn why bees are important and what you can do to help them thrive.
<i>Registration required</i> | Monday, 08/26
1:30 pm | No Pressure Book Discussion |
| | | Tuesday, 08/27
6:15 pm | Cookbook Club - Veggies
Make a dish with a vegetable to share with the group. Be as creative as you like! Don't forget your place setting and beverage. |

Last month, we lost a beloved member of the Kirtland Senior Center. And in his honor, I am reprinting a Senior Spotlight for the first time ever. In February of 2021, I was new and the Center was closed. The only Seniors I had the opportunity to work with were on our Senior Board as we worked hard to establish the best way to keep everyone engaged in a time of loneliness. And if you know the Oricks, you know that there is no way to be alone in the midst of the joy and energy they bring. In a time of uncertainty, I was delighted to work with them, and over the years, they proved to be an unmatched force.

Junior Orick had been a fixture in Kirtland for decades, and I think it's safe to say that this Center would not be what it is without him. He loved Kirtland, and Kirtland loved him back. He will be missed. In our grief, we celebrate all he was and all he gave. Take a minute out of your day and learn a bit more about these two crazy kids, as reported in February 2021.

This month, we honor Junior and Jean Orick. If you are a native "Kirtlander" or have been a visitor to the Center, chances are that you have had the pleasure of meeting one or both of this unforgettable couple.

Junior and Jean met at a dance through mutual friends, and have been married for 48 years. They have been graced with four children, a multitude of grandchildren, and two great-grandchildren!

Jean was born and raised in Cleveland, and for the past 57 years has been bowling with the same group of friends who introduced her to Junior! Not one to ever stay still, Jean has been organizing and keeping everyone in line throughout both her professional career, and her intensive volunteer work.

A more relative Ohio "newbie," Junior moved to Cleveland in 1953. As a young man, he went to school to become a barber, and never looked back. Orick's Barber Shop has been a constant fixture in Kirtland and was lucky to have Junior at its helm for 42 years.

While this dynamic duo may sometimes disagree about how to finish each other's sentences, they always agree that Kirtland is a great place to call home. From the friends they've made, the way that the city pulls together, the Kirtland Open golf championship, the Strawberry Festival, and the high school sports, Junior and Jean have done, seen, and continue to enjoy it all.

Although they haven't been able to travel as of late, they will most assuredly be back on the road, the sea, or in the air whenever it is safe to do so. If you're looking to plan your next vacation, dream big and look to Vegas or Hawaii for a trip to remember!

As we start to slowly turn the page on this pandemic, their advice to keep healthy and motivated is to stop putting off those home projects that you've been waiting on. Give yourself both a goal and the time to get it done.

As a community, we are proud to recognize Junior and Jean for their love of and commitment to the city of Kirtland!



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KIRTLAND SENIOR CENTER

BAD JOKES FOR AUGUST:

Why don't ants get sick?
Want to hear a construction joke?
Answers inside!

2024 MEMBERSHIP RENEWAL

All members must renew annually in order to be part of the best Senior Center in Kirtland! If you have not come in to renew, please do so. **Note that your 2023 membership only went through February of 2024, and we will have stopped sending newsletters to those who have not renewed.**

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!

**KIRTLAND
SENIOR CENTER**
(440) 256-4711
communitycenter@kirtlandohio.com
www.kirtlandcommunity.com

*Funding provided by the City of Kirtland Recreation and Senior Levy
and the Lake County Commissioners Senior Citizens Levy*