

JANUARY 2023

GILDERSLEEVE GAZETTE

Kirtland Senior Center Monthly Newsletter

ALL THE THINGS

We're just mixing it up to keep you on your toes at the start of the New Year! If you are desperately searching for the Mayor's note, turn the page and you will find the good news coming from his desk. This month, you're stuck with me on the cover.

It's been a fantastic year here at the Center, and we're excited to make 2023 even better! December brought with it a daily Random Act of Kindness, and we are so grateful to the individuals and organizations who generously sponsored those days. If you happen to see the following, please make a point to thank them for their willingness to support our Seniors: the Red Cross, the Church of Jesus Christ of Latter-day Saints, Richard's Maple Products, Mayor Kevin Potter, Councilmen Ziegler, Smolic, and Ruple, Divine Word Parish, the Kirtland Library, St. Hubert's, Divine Word Parish, the Cub/Boy Scouts, the Kirtland Police and Fire Departments, Kirtland Historic Site, and several anonymous donors (you don't have to thank them when you see them).

Equally as important, a special thank you to those who donated goods or gift cards for our giving tree and the Council on Aging Blizzard Bags. Collectively, y'all contributed an overflowing amount of food for the bags, and over \$500 in gift cards to be distributed to local families this season.

To those who joined us for our annual Christmas party - it was so great to have you! As always, it brought the festivities home, and we had so much fun celebrating the holidays with you all.

Our annual survey is included in this newsletter, and will also be available online. If you get a chance, please take a few minutes to fill it out. We always want to hear from you! If you have any ideas or questions throughout the year, you are always welcome to stop in the office, or speak to a member of the Senior Board. We're always trying to grow and improve, and although we can't do everything, we are open to suggestions!

The most important reminder that I can possibly leave you with this month is that if the schools are closed for snow, so are we! If we do have to close, I will change the voicemail as soon as I know, and update the website. Feel free to call 440-256-4711 or check out www.kirtlandcommunity.com for those closures. ~ Teresa



FROM THE DESK OF THE MAYOR

At the risk of resembling Baby New Year, I think the best way to approach this January 2023 newsletter submittal is to zip through a year in review. I really hope none of you just thought, "yeah, he does kind of look like Baby New Year." ... Anyhow, I'd say that 2022 had some extremely successful events and developments and am looking forward to an even better 2023.

The Spring of 2022 kicked off with the Shamrock Shuffle and Shenanigans – a 5K race hosted at City Hall that featured a rock band, a food truck, and one dastardly snowstorm. This first annual event would have proved an enormous success had it not been for the weather. I can't wait to see what Mother Nature has in store for us at the second annual.

On the heels of the shuffle came an Easter Egg Hunt at City Hall. A brisk Saturday in April was made a bit more comfortable thanks to a warm welcome by a six-foot four-inch Easter Bunny arriving on scene in a fire truck. I'm interested to see if the same bunny shows again this year. I'm even more anxious to know if the bunny suit will be dry cleaned before the next victim, I mean volunteer, steps into costume. Rumor has it, inside that suit can get uncomfortably warm.

In addition to Concerts, running races and egg hunts, the Spring also introduced the already fabled outdoor pickleball courts to the community. I don't think my wildest imagination could have guessed the fun for all ages this little game brings with it. What a blast, and another big thank you to all that made the courts possible!

The months of May and June were laden with more community service projects. Thanks to a boatload (car loads really) of volunteers, we saw the Veterans Memorial overhauled, street sign painting, the Community Garden brought to life, another tree planting in front of City Hall, and more veterans and seniors served by spring yard cleanups. As if that weren't enough to celebrate, the month of June once again became the rightful owner of the Strawberry Festival and Parade. It is always fun to watch Kiwanis take siege of the school grounds and assemble one of the best events in Lake County - a festival for the community and by the community, thanks to all who make it happen.

The summer also brought a quartet of concerts to City Hall's gazebo. Sponsored by the Friends of the Library, these summer night gatherings brought great attendance and terrific food. Whether it was the offerings by Willoughby's own Fungry food truck, or the skills on the grills demonstrated by our Police, Fire, Service, and City Council members, concert goers were well fed and much appreciated.

Starting in mid-October, Kirtland residents were graced with one of the most brilliant autumn canopy colors displays I can remember. Shrouded by pallets of gold, orange, yellow and every reddened hue imaginable, October proudly fastened an exclamation mark to the end of an extraordinary year of volunteerism and community spirit. On October 22, an immense effort was put forth by Divine Word and the Church of Jesus Christ of Latter-day Saints. That morning, I watched nearly two hundred volunteers split off around the community to perform various service projects, and yard cleanups at twenty senior and veteran homes. Once again, I was astounded by this city and its people.

The happenings above, as well as our season finale tree lighting and Hornet football team pep rally, are just a sampling of what goes on in this town. Every week I see and hear stories of neighbors helping neighbors, families helping families, people helping people, and think to myself, is this real? Are we this blessed to live in such a community of giving and concern? The answer always ends up being a resounding "yes." Thanks to all that help make Kirtland a special place, and I wish you a very happy and healthy New Year! ~ Mayor Potter

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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

JANUARY 2023 WEEKLY SCHEDULE

For a complete listing of services and classes available, check out our website at www.kirtlandcommunity.com
Drop-in activities require NO pre-registration

MONDAY

9:00 – 9:45 am	Strength Training
10:00 – 1:00 pm	Pickleball (<i>drop-in</i>)
10:00 am	Knitting Group (<i>drop-in</i>)
1:00 – 2:00 pm	TaiJi Fit
1:00 – 3:00 pm	Chair Volleyball (<i>drop-in</i>)

TUESDAY

8:30 – 9:30 am	Advanced Pickleball (<i>drop-in</i>)
10:00 – 11:00 am	Aerobics
9:30 – 12:00 pm	Piano Lessons (<i>January 3, 17</i>)
11:30 – 2:30 pm	Pickleball (<i>drop-in</i>)
12:00 pm	Bingo (<i>drop-in</i>)
12:30 pm	Game Day (<i>drop-in</i>)

WEDNESDAY

9:00 – 9:45 am	Strength Training
10:00 am – 1:00 pm	Pickleball (<i>drop-in</i>)
10:00 am – 12:00 pm	Reflexology/Light Therapy (<i>January 11, 15</i>)
11:00 am – 12:00 pm	Fit Yoga w/ Sue
1:00 pm – 3:00 pm	Chair Volleyball (<i>drop-in</i>)

THURSDAY

8:30 – 9:30 am	Advanced Pickleball (<i>drop-in</i>)
9:30 – 11:30 am	Watercolor Painting
10:00 am	Chess (<i>drop-in</i>)
10:00 – 1:00 pm	Pickleball (<i>drop-in</i>)
10:30 am	Cards – Hand and Foot (<i>drop-in</i>)
12:30 – 2:30 pm	Acrylic Painting
1:00 – 3:30 pm	Beginner Pickleball (<i>drop-in</i>)

UPCOMING EVENTS

9:00 – 10:15 am	Gentle Yoga
10:00 – 1:00 pm	Pickleball (<i>drop-in</i>)
10:00 am – 12:00 pm	Massage (<i>January 6, 20</i>)
10:30 – 11:30 am	Chair Yoga
12:00 – 1:30 pm	Reiki (<i>January 6, 20</i>)
1:00 – 2:00 pm	Aerobics (w/ cardio drumming)
1:00 – 3:00 pm	Chair Volleyball (<i>drop-in</i>)

COMING IN FEBRUARY

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1:00 – 3:00 pm	Chair Volleyball (<i>drop-in</i>)

JANUARY CLASS & WELLNESS SCHEDULE

REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES OR WELLNESS APPOINTMENTS:

Fitness Class	Time	Dates	Cost	Classes	Time	Dates	Cost
Aerobics Instructor: Cheryl	Tuesday 10:00-11:00	Jan 3, 10, 17, 24 & 31	\$18 Drop-in: \$4	Acrylic Painting Instructor: Connie	Thursday 12:30-2:30	Jan 5, 12, 19 & 26	\$28
Aerobics w/drumming Instructor: Cheryl	Friday 1:00-2:00	Jan 6, 13, 20 & 27	\$15 Drop-in: \$4	Watercolor Painting Instructor: Connie	Thursday 9:30-11:30	Jan 5, 12, 19 & 26	\$28
Gentle Yoga Instructor: Anne	Friday 9:00-10:15	Jan 6, 13, 20 & 27	\$12 Drop-in: \$3	Piano Lessons Instructor: Karen <small>*must register 2 per month*</small>	Tuesday 9:30-1:00	Jan 3 & 17	\$15 per 30 minutes
Chair Yoga Instructor: Anne	Friday 10:30-11:30	Jan 6, 13, 20 & 27	\$12 Drop-in: \$3	Wellness/Other	Time	Dates	Cost
Fit Yoga Instructor: Sue	Wednesday 11:00-12:00	Jan 4, 11, 18 & 25	\$12 Drop-in: \$3	Attorney Deborah Loughner	Friday 9:00-11:00	Jan 13, Feb 10 March 10	FREE 30 minutes
Strength Training Instructor: Nancy	Mon/Wed 9:00-9:45	Jan 4, 9, 11, 16, 18, 23, 25 & 30	\$21 (8 classes) \$9 (4 classes) Drop-in: \$3	Podiatry Dr. Kelly Whaley	Tuesday 9:00-12:00	Jan 24, Feb 14 March 14	\$25 per 15 minutes
TaijiFit Instructor: Tim	Monday 1:00-2:00	Jan 9, 16, 23 & 30	\$9 Drop-in: \$3	Reiki Anne Owens	Friday 12:00-1:30	Jan 6 & 20	\$25 / 25 minute session
Tai Chi Bamboo Fusion Instructor: Tim			NO January Classes	Reflexology or Light Therapy Linda McMahon	Wednesday 10:00-12:00	Jan 11 & 15	\$40 (Reflexology) \$45 (Light Therapy)
Workshops	Time	Dates	Cost	Swedish Massage Natalie Lopez	Friday 10:00-2:00	Jan 6 & 20	\$55 per 50 minutes
Knitting Group	Monday 10:00	Every Monday	FREE	Hiking Club <small>*See inside for location</small>	Monday 10:30 am	Jan 9	FREE
Card Making Class Instructor Carol	Wednesday 1:00-3:00	Class Resume in June		Beginner Pickleball Lessons	Thursday 1:00-2:00	Next Session FEBRUARY	

TAICHI - BAMBOO FUSION

Join us as we experience the flow when the mind and body connect, by following along to the gentle mindful movements of TaiChi. This class you will discover Bamboo Fusion, where we combine TaiChi with standing Yoga poses. Just move, breathe and have fun! If interested in this class, please call the office. The class is offered by Tim Shea.

CHAIR YOGA

Our yoga instructor, Anne Owens, will be teaching a chair yoga class. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class finishes with a seated meditation and breathing practices. It will be on Fridays at 10:30 am and will cost \$12.

CHAIR VOLLEYBALL

Chair Volleyball includes physical activity, social interaction, competition, and most of all, lots of laughs! The game is played with a beach ball and a five foot high net. More fun than you can possibly stand while seated! We play every Monday, Wednesday, & Friday from 1:00-3:00.

CHESS CLUB

Are you a chess player? Do you want to learn how to play chess? We will meet weekly on Thursday mornings at 10:00 am.

2023 MEMBERSHIP RENEWAL

Registration is now open for next year! If you are a current member or a new member and you renew your membership now, it will be good through December, 2023. Anyone is welcome to join, regardless of where you live. ***Please note that your 2022 membership will only go through February of 2023, after that date you will no longer receive our newsletters.***



THE SENIOR CENTER WILL BE CLOSED
MONDAY, JANUARY 2
MONDAY, FEBRUARY 20

BEGINNER PICKLEBALL LESSONS

New to Pickleball? Need to learn the basics? We got you covered with the ins and outs of pickleball. Lessons are on Thursday from 1:00-2:00 pm. **Our next session (4 classes) will begin on FEBRUARY 2, 2023.** This is a FREE class.

Pre-registration is required and space is limited. Make sure to wear tennis shoes and comfortable clothes you can move in!

EXPANDED PICKLEBALL HOURS

Advanced Pickleball:

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

Beginner Open Play:

In December & January, Beginner Pickleball will be on Thursdays from 1:00-3:30. If you want to start playing, get some practice, or work on your game, this is a great time to do it!

Outdoor Pickleball:

The Outdoor Courts are CLOSED for the winter!

CARDS & MAHJONG

Calling all card players! We are looking for anyone interested in playing Hand & Foot on Thursday at 10:30 am.

Looking to start a Mahjong group. If you are interested in playing please contact the office.

Come join the fun. All are welcome!

BUS TRIPS



Join us on our first bus trip of 2023! We will be heading downtown to the JACK Casino on Wednesday, January 11. Please meet here at 9:45 am. The bus will be leaving promptly at 10:00 am and we will be boarding the bus to return to the center at 3:45 pm. Cost of the trip is \$15 per person and registration is required by Monday, January 9.

FEBRUARY BUS TRIP: Do you love books, cool architecture, and history? Well, then we have the trip for you! On Friday, February 10 we will be touring the Cleveland Public Library. Our first stop of the day will be to our very own Kirtland Public Library for lunch and then we will board the bus and head over to the Cleveland Public Library for a guided tour that will last approximately 1.5 hours. This is a walking tour and there will be steps. **Please meet at the Kirtland Library at 11:15 am for lunch.** We will depart for the Cleveland Public Library at 12:30 pm and should return around 3:00 pm. The cost is \$15 per person and includes lunch. Reservations are required in advance and are due by February 3. **NO RESERVATIONS WILL BE ACCEPTED AFTER THAT DATE.**



LAKELAND COMMUNITY COLLEGE

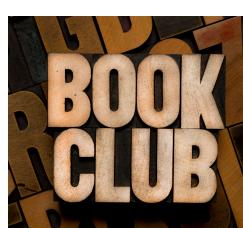
Lakeland Community College is offering senior citizens 60 years or older the opportunity to audit credit courses as long as space is available and the best part is it's FREE of charge! Senior citizen students are responsible for purchasing course materials and books in addition to the general, lab & student support service fees.

Eligibility Requirements are as follows: must be an Ohio resident, 60 years or older, provide proof of age & residency via Ohio driver's license or state issued I.D.

You must complete an admissions application (first-time applicants only) & an Audit Request - Senior Citizen (PDF) to be certified as eligible. Once certified, you are ready to begin taking classes. Please note that noncredit, continuing education courses are not eligible for senior citizen tuition waivers!

An added bonus is that once you have been issued your "student ID" you are then also able to other resources Lakeland has to offer such as their gym, pickleball courts and so much more.

If you have any questions or would like to register for classes, please call the Lakeland Recruitment Center at 440-525-7900 or you can email them at recruitment@lakelandcc.edu



BOOK CLUB – JANUARY 19 AT 11:00 AM

Our next book selection is "How the Penguins Saved Veronica" by Hazel Prior. This book is about a cantankerous but charming old woman, her estranged grandson, and a colony of penguins proves it's never too late to be the person you want to be. The February Book Club is set for February 16 at 11:00 am and we will be reading "The Thursday Murder Club" by Richards Osman.



Welcome to our new members this month!!!

**Jim, Sharon, Ana, William, Maureen, Heidi, Susan, David
Barbara, Lynn, Gerald, Jim & Jeanette**

UPCOMING EVENTS

HIKING CLUB

Do you enjoy the outdoors? Do you like to hike? Come gather with us for a leisurely hike at one of the many beautiful parks in our area, enjoy the great outdoors, and get some exercise in while you are at it. Join us for a hike on Monday, January 9 from 10:30 - 11:30 am at Gully Brook Park located at 2100 River Road, Willoughby. **Registration is requested but not required!** We hike rain, snow, or shine.....use your best judgment and dress for the weather. See you on the trails!



UPCOMING EVENTS

TRIVIA



Join us for Trivia on Tuesday, January 17 at 11:00 am. Be part of a team and this month, test your knowledge of **United States Geography**. Come join us to find out. Most of the questions are multiple choice, and it's free to play! We meet in the lobby to form teams and then the fun begins. No registration necessary.

BIRTHDAY LUNCH CELEBRATION

New this year..... join us for YOUR birthday month & lunch is on us! Our January Birthday Lunch is Tuesday, January 24 at 12:00 pm & will cost \$7. Our menu is a Taco Bar. Please RSVP by January 19. **EVERYONE** is welcome, regardless of your birthdate! Our next Birthday Celebration will be on February 21 and the menu will be Chicken Cordon Bleu Sandwich with pasta salad!



LADIES LUNCHEON

February's ladies lunch will be held Wednesday, February 15 at 12:00 pm and the menu is stuffed cabbage rolls & mashed potatoes. Cost is \$7 and you must RSVP by February 9. Our next Ladies Luncheon will be Wednesday, April 19.

MEN'S LUNCHEON

Men's Luncheon will be held Wednesday, January 18 at 12:00 pm. The menu is Slovenian Sausage & Sauerkraut. Cost is \$7. Please RSVP by January 12. The next luncheon will be March 15.

CHAIR YOGA

We now offer a chair yoga class on Friday mornings at 10:30 am. This class is a gentle yoga class with an emphasis on stretching and strengthening movements while seated in a chair. A portion of class will provide instruction on the option to use a chair for support with select standing postures. This class will finished with a seated meditation and breathing practice.



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 lessons for evaluating it as a useable resource. **You must sign up for two classes a month (\$30 per month). Next classes will be January 3 & 17 from 9:00-1:00.**



BINGO

We are playing Bingo every Tuesday! Come take a chance on winning a gift card, lottery tickets or other great prizes. Bingo will be held in the Sunflower Room at 12:00. There is no cost to play Bingo.



UPCOMING EVENTS

COUNCIL ON AGING

Council on Aging will be here in the lobby on Wednesday, February 1 from 10:00 - 11:00 am. They will be bringing information from the Council of Aging and other information on specific services they can provide. If you have something specific you would like to talk about, please feel free to stop by and ask.



TRASH TO TREASURE

Our next Trash to Treasure Sale will be held from January 23-27. 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 business hours.

RESOLUTION DAY

Last year, we came together at the end of January to encourage each other to keep our resolutions. This year, we'll celebrate at least two of the promises we may have made to ourselves on Monday, January 30. Every fitness class that day will be free, and we will enjoy a salad bar lunch/potluck at 12:00 pm. If you would like to bring a healthy snack, sign up at the front desk. If you would rather just come to the meal, the cost for lunch will be \$5. Please register by January 23.



CHILI COOKOFF – TUESDAY, FEBRUARY 28 @ 11:30

Everyone is welcome to our second ever, completely-unsanctioned-and-totally-for-fun-with-no-prizes chilli cook-off! The only rule for the contest is that you cannot use complete commercial chili mixes. We do ask that you also make a recipe card with the level of spiciness. Please sign up by

Tuesday, February 21 and bring all the chili in a crock pot to keep it warm and drop it off by 11:00am on Tuesday, February 28. For those who want to enjoy the yumminess, public tasting will begin around 12:15 pm (after the judging). Fixings will be provided.

COMMUNITY NEWS

LAKE COUNTY COUNCIL ON AGING TAXABLE GOODS DRIVE

Help us help the Lake County Council on Aging to by donating taxable good items for homebound seniors throughout Lake County. During the month on January we will have a donation box out for taxable good items such as soap, toothpaste & toothbrush, shampoo, conditioner, lotion, powder, deodorant, lip balm, toilet paper, paper towels, kleenex, dish soap, cleaning products, laundry detergents, etc. All items will be handed out in the month of February. If you have any questions, please feel free to stop by and ask.

Just a reminder to sign in whenever you come into the Center, unless you are registered for a class or event. Also please make sure to sign-in for ALL the activities that you will be doing that day. Thank you in advance for your help!

COLD WEATHER SAFETY FOR OLDER ADULTS

FROM THE NATIONAL INSTITUTE ON AGING

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.
- You may be tempted to warm your room with a space heater. But some space heaters are fire hazards, and others can cause carbon monoxide poisoning. If you have any questions regarding use of your space heater, feel free to call our Fire Department non-emergency line at 440-256-8979.

Early Signs of Hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later Signs of Hypothermia:

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness
- Call 9-1-1 right away if you think someone has warning signs of hypothermia.

What To Do After You Call 9-1-1:

- Try to move the person to a warmer place.
- Wrap the person in a warm blanket, towels, or coats—whatever is handy. Even your own body warmth will help. Lie close, but be gentle.
- Give the person something warm to drink, but avoid drinks with alcohol or caffeine, such as regular coffee.
- Do not rub the person's legs or arms.
- Do not try to warm the person in a bath.
- Do not use a heating pad.

Hypothermia and the Emergency Room

The only way to tell for sure that someone has hypothermia is to use a special thermometer that can read very low body temperatures. Most hospitals have these thermometers. In the emergency room, doctors will warm the person's body from inside out. For example, they may give the person warm fluids directly by using an IV. Recovery depends on how long the person was exposed to the cold and his or her general health.

ANNUAL SURVEY

Please fill out the enclosed Survey and drop it off at the office. This is an important way for us to hear from each of you regarding programming, events and activities, comments, and suggestions. Despite our best efforts, we can't please everyone, but we are certainly open to hearing how we can serve you better. Surveys will be available in the newsletters, on-line, and at the front desk.



FROM THE SENIOR BOARD

Wow, the holidays arrive, blink, and they are gone. Hopefully you had the chance to spend time with loved ones and friends. I know I had fun seeing everyone here at the center during the holidays.

December was an awesome month to visit here. On top of great company, there was a surprise treat sponsored by community groups every day we were open. In this newsletter there is a list of all the sponsors, if you see them say thank you. Some examples of treats include Mayor Potter delivering donuts one day, councilmen sponsoring events, churches providing lunches and gift cards, anonymous members bringing treats; the whole community was involved. Many members left with a smile on their face daily. I especially enjoyed Councilman Ziegler and his wife playing pickleball. Every time we won, he donated to a charity of the winner's choice! Let's just say his wallet went home lighter, but not light enough.

January brings about New Years and resolutions. Don't forget to make your resolution, then come sign up for an exercise class. We have many to choose from at different times during the week. Then, don't forget we have an exercise room open during regular hours with treadmills, ellipticals, and stationary bikes. Everything to get you on the right track. Then in honor of keeping our resolutions we will have lunch here January 30th. Or, be like everyone else and celebrate January 17 (Ditch Resolution Day), this is usually the day people give up on their resolution.

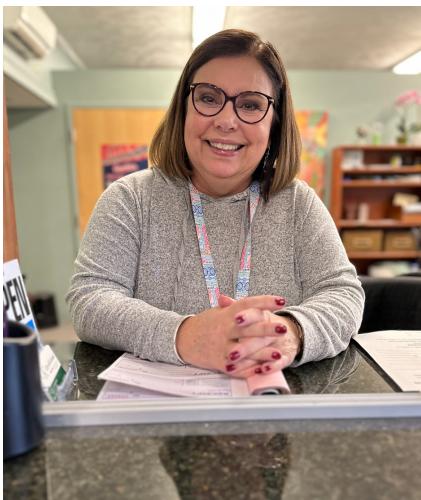
I hope this finds you well and busy. At the time I am writing this snow has been a nonissue in Kirtland. But I heard that the weather will change and snow will be coming for Christmas. Whatever, it is January so STAY WARM, that is what's important now. Also, remember baseball preseason starts in February.

~David

SENIOR BOARD

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 2022 Senior Board consists of: David Saywell (President), Junior Orick (Vice-president), Marcia Haymer (Secretary), Penny Everson (Treasurer), Bill Russ, Karin Saywell, Jean LaRiche, Janet Johnson, and Jean Orick.

SENIOR SPOTLIGHT



This month, you get to learn a bit more about one of our fearless building attendants. If Sharon is off, or we both are out of the Center, we rely on these amazing people to keep everyone safe and happy. For those of you who aren't aware, several area groups also use the building for meetings and practices, and three of our rooms are also available to rent. During those evening and weekend events, our building attendants unlock the doors, answer every possible question, and welcome all. We are at ease knowing that the Center is in good (or perhaps better, in my case) hands when our attendants are here. If you have had the pleasure of being here when Cindy is holding down the fort, then lucky you!

Now you know one of the things that Cindy does, but do you know who she is? It is an honor for me to say that I know a bit of this complex lady, and it was a joy to learn a bit more.

They say that retirement is busier than working full-time and I can say that it seems that Cindy certainly lives life to its fullest. She loves going out with friends and spending time with family, especially that there is a new addition (little Abby) in their midst! Her book club keeps me busy with recommendations, and she suggests Celeste Ng's new release "Our Missing Hearts" to anyone who is looking for something thought-provoking. She is on the golf course when weather allows, and always has advice for anyone who is looking for it. In general, I think we can all benefit from her wisdom. In particular, to "live in the moment, don't sweat the small stuff, and enjoy every day." Making memories is the top priority for Cindy.

When she retired in 2012, she started thinking about where to build a new house. Working with Payne and Payne builders, Cindy created a home. If you've had the pleasure of chatting with Cindy at the Center, you'll agree that she exudes comfort every day, and I have no doubt that anywhere that she is can feel like home. She ended up showing model houses for Payne and Payne (because whoever retires, really?) and had the opportunity to help families find somewhere to create their own memories. Out of the 630+ members of the Senior Center, I'm convinced at least a hundred of them live within a block or two of Cindy. The Chardon contingent is strong here in Kirtland, and that is a reflection of the neighborhood family they have built. The "Hidden Glen Girls" have their own monogrammed dish towels, and she argues that it is the "best neighborhood ever."

If you are a dog person, you will understand that her love of golden retrievers is long lasting. Despite the copious amounts of fur around the house (if you know, you know), that love was more than requited for years, and she considers herself lucky to have had them in her life.

Prior to retirement, Cindy spent 35 years teaching third and fourth graders in the Orange School District, which may explain how she is so patient with me! While teaching fulltime, she also received her masters in education from John Carroll, and was a Martha Holding Jennings Scholar. She earned her undergraduate degree from John Carroll as well, and this amazingly smart woman was awarded the most outstanding in her department for her graduating class. She was rarely home during breaks, choosing to travel to warmer climates, including cruises and to the Caribbean.

Education was a natural progression for her. She is helpful by nature and after a stint as a candy-striper, realized that nursing was not her calling. Working with children helped her realize her love of teaching at a young age, and she never looked back.

A Cleveland Heights girl from the age of 2, this only child benefited from having family just streets away. Her father was one child in a household of 11, and family first was a way of life for her - and still is! She met her best friend while toddling around the neighborhood as a young'un and is so blessed to call her family this many years later.

Once again I have run out of space, but suffice it to say that the joy, hospitality, organization, motivation, and constant optimism that Cindy brings truly make our office a better place to be. Orange Schools were lucky to have her, the "Hidden Glen Girls" are lucky to have her, her family is lucky to have her, and the Center is fortunate to call her one of our own as we make new memories together.

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KIRTLAND SENIOR CENTER

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The Kirtland Senior Center serves adults aged 55 and over with quality, affordable programming to provide opportunities for social interaction, recreation, fitness, and minor health and wellness services close to home. The aim to keep adults active, motivated, and engaged in their community for an optimal quality of life. Don't be misled by the term "senior!" Our programs are for the youngest Baby Boomers through those in their Golden Years.

Become a member at any time!

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

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