

KNICKERTICKER NEWSLETTER

October 2022

KNICKERBOCKER SENIOR CENTER HOURS: 9-2:30 M-F

NANCY PLAIN ACTIVITIES DIRECTOR 440-871-3234 x
Nancy@Knickerbockerapartments.org

27100 Knickerbocker Rd. Bay Village, Oh. 44140

Travon Hughes, Property Manager

From Travon

October brings us further into Fall and the Holiday season. It also brings us (mostly Dave) help with all the duties that keeps the Knickerbocker up and running. Our newest member of the Management Team is Joe Poldruhi. Joe is a true professional and comes in with 23 years experience in construction and maintenance of multiunit housing. He has won several awards for Best Property as well as "Maintenance Technician of the Year". He is well versed in the countless situations that occur in all aspects of apartment living.

We also want to thank both Dave and Joe for their above and beyond diligence in tracking down parts and plumbers for our boiler situation over Labor Day weekend. As I am sure all of you are aware, there are some situations that occur in a building of this size that are unforeseen and cannot be anticipated.

A few 'housekeeping' reminders:

Please do not go directly to Dave or Joe, don't knock on their doors or approach them in the building requesting work be done in your unit. Please make sure you make a work order through the office. We are required to document all work done in our units for maintenance records and reporting to federal and state agencies.

On October 5, 2022, there will be a mandatory Federal/State inspection of our building. The inspectors will choose 23 units (we will not know which units until the day of the inspection) that will be inspected. Please make sure your breaker box is not covered and there is nothing blocking your window. Thank you for your co-operation.

It's never a good idea to pour grease down kitchen or bathroom drains. It causes expensive plumbing situations. Try waiting for the grease to solidify, wipe out the pan with a paper towel and throw away or use an old soup can. Just please no grease down the drain.

Also as of October 1, 2022, any after hours (Monday – Friday after 4, Saturday, Sunday or Holidays) 'lock outs' will be **charged \$10**.

Your emergency pendent is ONLY to be used for medical emergencies. If you need Emergency Services and cannot call 911 yourself – use the medical pendent provided by the Knickerbocker. This pendent is provided for medical

emergencies ONLY. A clogged toilet is not considered a medical emergency.

As of October 1, 2022, there will be a charge of \$.50 for black and white and \$1.00 for color copies in the office.

Please make sure your visitors (family, friends, medical aides, etc.) are aware of the residents only in the parking lots. This means after 4:00 pm on weekdays, Saturday, Sunday and holidays as well. We have contacted a tow service which will tow vehicles at the owner's expense. Also, no parking in front of the dumpsters, ever! I will personally be checking the parking lots after 4:00 pm and on weekends and holidays.

Thank you for using garbage cans for cigarette butts and doggie poop bags. The grounds are looking better and better. Remember, all dogs need to be on a leash **anytime** they are not in your unit!

Shopping carts are a courtesy provided by the Knickerbocker. If they are left anywhere other than outside the back (north door) hanging up, where you found them, they will be confiscated and not available for your use. So please, if you use a shopping cart, put it back where you found it. Thanks.

NANCY'S NOTES

Opening this month I am passing along the news that MaryElda Stack passed away at the very end of August. We give our condolences to Otto and their families.

Ever since I started 4 years ago, I've renamed the month of October to **SOCKTOBER**. I will have a basket outside my door for you to contribute brand new, never been worn socks. This item is the #1 requested piece of clothing that the homeless ask for. At the end of October, I will take them to the distribution center in Fairview Park on Lorain, and present them to those folks to pass along. Socks of all kinds, shapes and sizes are needed. I am pleased to represent the Knickerbocker in this venture as every year we do very well and top the previous year's count. Thank you for helping someone less fortunate than ourselves.



United
Healthcare

Our Activity Center
insurance sponsor for
the month of October
is United Healthcare.
Thursday, Oct. 6th

from 10-11 in the Social Hall, they will roll out their 2023 program and explain any changes. Then they will be back Oct 20th, 25th and 27th where you can sit down, one to one, with their representatives and discuss what's best for you.

Just a heads up, Tai Chi will return to the building every Mon., Wed., and Fri. beginning Nov. 2nd, 10-11 a.m. in the Atrium. As always, everyone in our building is welcome to join in and best of all it's free. As this is a quiet type of exercise, please be respectful of the noise volume in the hallways during their sessions. We get to laughing and having a good time and forget our voices carry. Me too.

As always, my door is open and I look forward to chatting with you about anything you'd like to discuss.

BAY VILLAGE SCHOOL SUPERINTENDENT VISIT

Be sure to mark your calendars as the new Bay Village School Superintendent, Scot Prebles, will be making a visit on Oct 13th from 9-11 a.m. in the Social Hall. Outside community members will be in the building, attending and asking questions as well. See the flyer included in this newsletter and sign up by the mail boxes.

DOLLAR DAY LUNCHESES



Dollar Day lunches will now be once a month on the 3rd Tuesday at the cost of \$5.00 for round trip transportation. Pick up time is 11:30 a.m. The van holds 2 wheelchairs and each wheelchair is considered 1 seat out of the 12 seats available. There must be 8 seats filled to get the trip. This

month will be **CRACKER BARRELL**, on Tuesday Oct 18th. Signups are due the Wednesday before the trip. (Oct. 12th) A sign-up sheet will be by the mail boxes. Last month the trip was cancelled since only 4 signed up. In November, we will go to Canary's on Nov 15th. Mark your calendars as we are approaching the busy holiday season.

CRAFTS

I know it's hard to believe by looking in my office that I don't have everything under the sun to make a craft but I don't. I'm in need of wine corks to make the bodies of angels. So if you have any, I'll be collecting for awhile as this craft will be the one we do in December. Watch by the mailboxes for flyers on the craftscoming up.

BOO VILLAGE



Again this year, we are participating in Boo Village on Saturday Oct 29th from 12-2pm. We will be the tail end of the march through Bay Village and will pass out candy and have a couple fun things for the kiddos to do. New to our agenda will be several fairy tale princesses for photo ops. Last year we had such a good turnout both residents and trick or treaters...the costumes were so much fun. I've put the word out for donations of wrapped candy for us to distribute and it's already arriving. We had tons of it last year and hoping for the same response this year. So get your costumes ready and charge up your cameras. It promises to be a good time.

WEEKLY TRIP TO HEINENS

Bay transportation will be providing a ride to Heinens. There will always be a sign-up sheet by the mailboxes and you must sign up each week. Cost is \$4.00 round trip. You need to sign up by each Friday for the trip the following Wednesday. No

exceptions. And as with all trips provided by Bay transportation, you must have a signed waiver on file. See Carryeane for those.



MOVIE NIGHT

October's movie, **HOCUS POCUS**, will be Oct 15th at 7 pm in the Atrium. Bring your snacks.

MEALS ON WHEELS

Carryeane facilitates this service of daily meals delivered to your door. Cost is \$9.00 per day, (2 meals), coming from Westlake Meals on Wheels. And you need to have your bag on your door so the delivery person can put them in the bag if needed. See Carryeane to sign.

SENIOR TRANSPORTATION CONNECTION



Just a reminder that you must call Senior Transportation Connection direct to reserve a ride through Bay Transportation. Do not call Maureen Overholzer's old number at the Dwyer Center. **Only use this following number: 216-265-1489**

BLESSING OF THE PETS



Christ Church Westshore does a communion service in our building on the 3rd Wednesday of every month, 10:30-noon, in the Social Hall. Everyone is always welcome every month to attend. For the October 19th service, along with communion, it will be the Blessing of the Pets. Weather permitting, it will be on the patio unless bad weather forces us into the social hall. In order for your pet to attend, they must either be on a leash or in a cage. All pets and their owners are encouraged to attend. I'll put a sign-up sheet out so we know how many plan to be there.



CRAFTER/VENDOR FAIR

Mark your calendars for Tuesday Oct 25th as we will be having a variety of crafters and vendors selling their wares in the Atrium. Hours will be 10 a.m. to 2 p.m. You probably would be wise to have small bills and change on you. And I'm hoping you'll be able to find some small gifts for your Christmas gift giving. If you know of a crafter or vendor who might be interested, have them call me. Tables are \$20.00 each.



BOOK CLUB...NEW

Book Club has been received very well. Everyone is welcome to join as I get 15 copies of large print books. The **Radium Girls** was a heavy read but interesting. Next up is **Chillbury Ladies Choir** and I'll pick them up Oct 3rd. Discussion for this book will be Wed Nov 9th as these books are due back Nov 14th. I'm working on getting new lists from the library. **Personal Librarian** is VERY popular and we are on the list for Feb. 2023.



BINGO WITH O'NEILLS

Bingo with O'Neill's may come back beginning in October. Our original caller, Heather, is coming off maternity leave and will get ahold of me as soon as she knows. Watch for updates closer to time.

BAY DINER BUNCH



Recently seen "on the move" in spite of everyone using a walker, these seniors got over to Bay Diner to enjoy bite to eat.

L-R: Barb Rasmussen, Gina Gilliam, Phyllis Schroth,

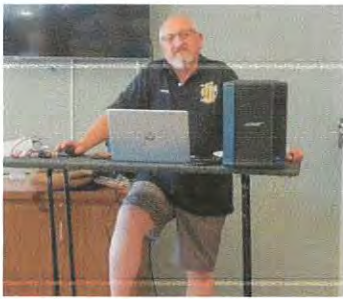
Marcy Carney and Sue Bermudez. Photo credit goes to Kathy Conley.

HAPPY LABOR DAY



LABOR DAY

We had a full house at the Labor Day picnic. Great music by DJ Kenny Gilder, yummy hot dogs from GFS and yummy hamburgers from Jakes on the Lake, not to mention those scrumptious baked beans from Leta. Maria Mileusnich won the 50/50 and some of us who can still dance and walk the next day did just that. I wish to express my gratitude for all the helping hands that day as I was a bit under the weather. You were appreciated.





BREAKFAST CLUB

October's speaker will be Dr. Jerome Lamendola, podiatrist from Total Foot Care.

Breakfast is sponsored by Marie Tench from Christ Church Westshore. Sign up by the mailboxes and pay \$3 to participate.



BIRTHDAYS IN OCTOBER

The October birthday celebration will be Thurs. Oct 20th in the Social Hall at 2:30. Everyone is welcome to come down for cupcakes. If by some chance I accidentally put your name/date in the newsletter and you didn't want it, I apologize. There's lots of names/dates to keep track of.

- 4 Arline Hartman 723
- 24 Carryeanne Smitley Office
- Claire Postle 209
- Carl Knapp 703
- 25 Fran Steele 713



GARDEN BOXES

On October 18th at 1 pm the garden box folks will gather in the garden (or the social hall if bad weather) for a little party and opportunity to discuss how we can improve our garden space. Watch your mailboxes outside your door for your invite.

KNICKERBOCKER BUDDIES

Bay Village High School Key Club is starting a group whereby they will pair up with our residents who wish to participate. There's a questionnaire attached for you to complete and return to Nancy by Friday Oct 7th. Sounds like a fun program. Ask me if you have questions.

EXERCISE WITH MICHELLE PAYNE

Exercise as we age can improve our health and decrease the likelihood of falls. In addition, studies show that physically active people during midlife and beyond are less likely to develop heart disease, diabetes, cancer, stroke, and other chronic conditions. So why wouldn't you join us?

The Strength and Balance class is a 45-minutes, mostly chair exercises, offered every Thursday at 11 am. It is at no cost to silver sneaker members and only \$3 per class if not a member. **All levels are welcome.** I offer a variety of modifications as needed.

I am an occupational therapist who cares about keeping you active. For the past 20 plus years, I have worked with the 60 plus age group to stay healthy and keep moving!



DESTINATION WALKING GROUP

The new walking group has ended. Only Marilyn Anderson was able to participate and as soon as Gretchen Patrizi returns from vacation, the 3 of us will

celebrate Marilyn's accomplishment. Watch for future programs from CARE TENDERS.

ACTIVITIES DURING OCTOBER

Coffee Mon-Fri 8:30-10:30

Gentle Chair Exercise Thurs 11-11:45 Silver Sneakers free, Others \$3;

Bingo Wed 7:00 pm Social Hall

Bible Study Fri 3:00 pm Craft Room

Funnell's Evening Scripture Study Fri 7:00 pm Craft Room

Monthly Birthday Party Oct 20th 2:30 in Social Hall

Streaming Church Service in Media Room Sundays at 10:30/ Bay Presb

Post Office on Wheels Mon Oct 24th 3:20 – 3:45 pm

Knitting for Cancer Classes Oct 10th & 24th 11am – 1pm

Coloring Thurs 6:30-7:30 pm Craft Room

Exterminator Thurs Oct 13th 4th floor only

Breakfast Club Mon. Oct 17th 10 am Social Hall

Communion/Church Service Christ Church Westshore

Food Ministry Fri Oct 21st **Deadline signup by 10/18**

Movie Night Sat Oct 15th **HOCUS POCUS** 7pm

Dollar Days Lunches Tues Oct 18th. **Deadline to sign up is Oct 12th.** Cracker Barrel

Weekly Heinen's trip every Wednesday 1pm. **Sign up deadline the Friday before the trip.**

Happy Hour 4-7 pm on patio/resident run

VOLUNTEER OF THE MONTH



Camera shy as she is, this is volunteer Katie Dunn's cat Lady. She's taking the picture place for Katie. Katie has volunteered in the kitchen, has run morning coffee and presently decorates the tree by the elevators. Born and raised in the Cleveland area, Katie is the youngest of 4 kids in her family and she is a twin. Katie went to John Marshall High School, Ursaline College and Bryant and

Straton. She stayed in the health care industry her entire working life doing anything from medical billing to physical therapy aid. Her travels have taken her across the pond to Europe and remembers those days fondly. Her favorite holiday is 4th of July, favorite tv show is Family Feud and favorite movie is Long Gray Line. Owning a cat, she is obviously an animal lover and she also loves big dogs, once having owned a St. Bernard. Besides making a mean cup of coffee during morning coffee at the Knick, she wants to be remembered as a kind and generous lady. And that she is. When you see her in the hallway, please tell her thank you for all she does.

VOLUNTEERS



Volunteers are the entire backbone of the Senior Center and you are doing an outstanding job. I need volunteers for coffee, serving and clean up for the monthly birthday party and monthly breakfast. Those of you who have been helping keep the free table in good order...THANK YOU. I need to ask that donations not be left unannounced at my door going forward as I am inundated with stuff and will be off work 2 weeks for foot surgery in November. If you would like your name on the Master Volunteer List, please let me know. It's always helpful to have an extra set of hands when needed.

SPONSORS and PARTNERS

I want to recognize & thank October's sponsor:

UNITED HEALTHCARE

And partners:

Scot Prebles, Superintendent of Schools

O'Neills Healthcare

Total Foot Care, Dr. Jerry Lamendola

Care Tenders

Michelle Whyde Payne

SOCKTOBER

THE **JOY** OF **SOX**®



*giving joy to
the homeless
with new socks*

DEPOSIT SOCKS HERE



MEET THE NEW SUPT.

Coffee Chats with Supt. Scot Prebles



Have a question for the new Supt?
Stop by one of these three events...

1

Thursday, September 15, 7-9 a.m.
Mojo's, 600 Dover Center Road

2

Thursday, October 13, 9-11 a.m.
The Knickerbocker Apartments,
27100 Knickerbocker Road

(Please park on Knickerbocker. Call
440.871.3234, #4 to be put on the list.)

3

Thursday, October 20, 7-9 a.m.
Java Bay, 27225 Wolf Road



Open to the public!

www.bayk12.org



The Knickerbocker
Apartments

Knickerbocker Buddies

Bay High Key Club members would like to invite you to join us as we strive to connect intergenerationally with our friends at The Knickerbocker Apartments. We would like to plan some activities so we can spend some time together. In order to get to know you better and your interests, we would like you to answer the following questions.

Your Name: _____

Birthdate: Month _____ Day _____

Favorite Snacks: _____

Favorite Board/Card Game: _____

Favorite Candy: _____

Favorite Holiday: _____

Hobbies: _____

Favorite TV Show: _____

Favorite Music: _____

Favorite Pets: _____

Favorite Vacation Spot: _____

Number of Siblings: _____

Thank you for taking this survey, we look forward to connecting with you!

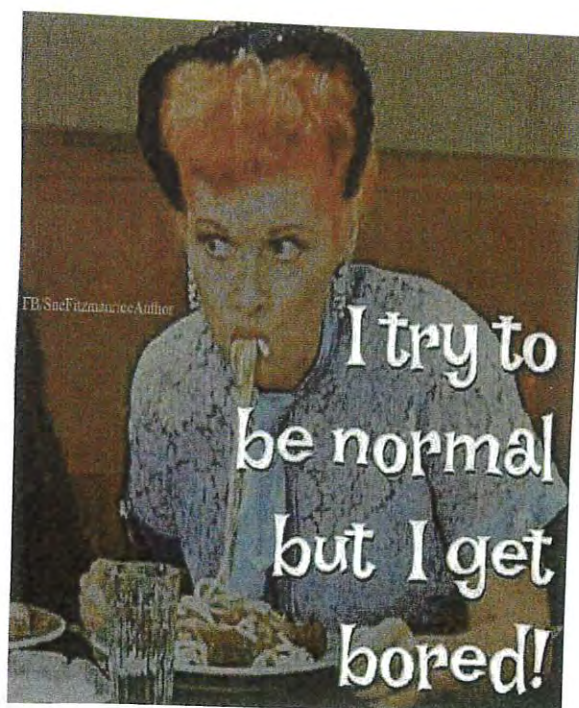
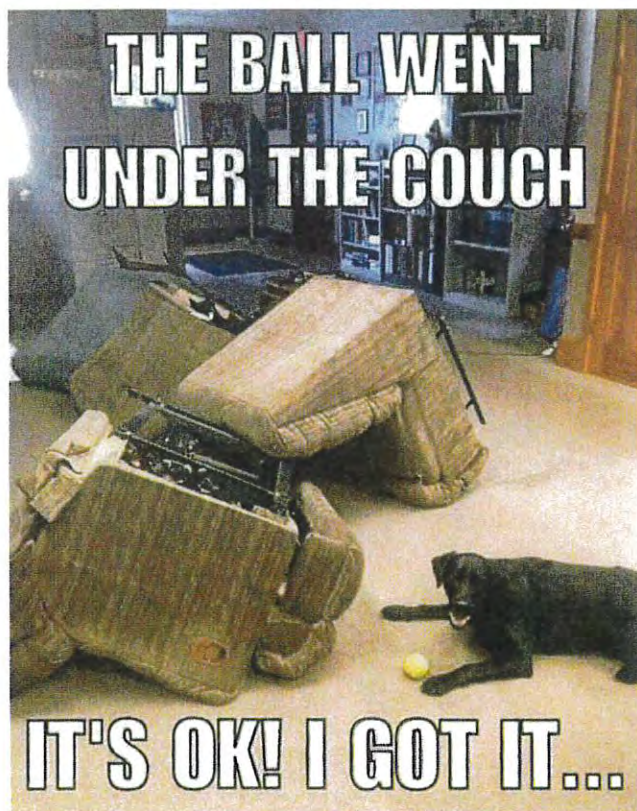
OCTOBER

October 1st would have been our 34th Wedding Anniversary. I miss you and love you, Joe.



In case no one told
you today:

You're beautiful. You're loved.
You're needed. You're alive for
a reason. You're stronger than
you think. You're going to get
through this. I'm glad you're
alive. Don't give up.





October 2022