

KNICKERTICKER NEWSLETTER

June 2022

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

NANCY PLAIN ACTIVITIES DIRECTOR 440-871-3234

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27100 Knickerbocker Rd. Bay Village, Oh. 44140

NANCY'S NOTES



Again this month, we open with the passing of Sue Merryman, Char Paoella's sister. She and her late husband, Bill, were residents here awhile ago. Our condolences to Char and Sue's family. Also, early in May, we found out past resident, Nan Russyn, passed as well. Condolences to all who knew and loved Nan.

Tai Chi is done for the summer. They will return in the fall when the weather turns bad. They were a lovely group of folks that welcomed any/all of our residents to join them.

It's a new day at the Knickerbocker as Char passes the torch to Travon Hughes, who replaces her as the Property Manager. Timing for a message from Travon or Char is not optimal so hopefully next month we will have a message from the property manager again.

And speaking of timing, I'm sorry this newsletter is a tad late. Too many things going on at the same time I'm afraid. But with that being said, put on your running shoes as June's calendar is full of lots of events.

Thank you to Terry Murphy and Barb Young for attending to the maintenance of our Free Table. If you have clothes to share, please put them on the free table before giving them to me to pass along to outside agencies.

As always, stop in my office if you need something. My door is always open.

GRAND REOPENING

We could not have been blessed any better for our grand reopening. The best weather, a full house, great food, a lucrative basket/tv raffle and lots of wonderful people with smiles on their faces. Thank you to each and every one of you that had a hand in this event....the Knickerbocker staff, Bay Interfaith Housing board of trustees, our 4 churches, business sponsors, raffle donators, our management company (LSC), Deja Harris for the video pictures playing on our TVs, Thyme Table for the food, the Bay Village Community Band and city dignitaries. It was a huge success and I, for one, am honored to have been a part of it. It was a long time coming but so worth the wait.

CHAIR EXERCISE

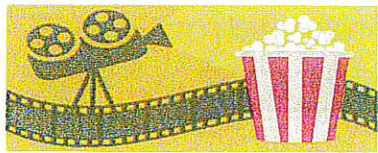
We have been holding gentle chair exercises on Thursdays from 11 to 11:45 every week. Our attendance has picked up and that's a good thing. It's free if you are a Silver Sneakers person and \$3 if you're not. Michelle Payne, our instructor, is a physical therapist and she makes each session a lot of fun. Please take part if you can so we don't lose this opportunity.

DOLLAR DAY LUNCHES

Due to Bay transportation needing the van almost every Friday in June, there will be only one Dollar Day lunch, June 24th to Don Ramon's in Westlake. Please be in the lobby by 10:45 and be sure you've called Bay Transportation to reserve a seat. They won't hold the van for us unless we have 8 seats filled. Hopefully there will be more available dates in July.

SENIOR LUNCH PROGRAM

Please take advantage of the lunches on Tues and Thurs if you can. Sure saves you from dirtying up your kitchen. LOL Menus for the upcoming week are posted in the elevators. Any questions, just ask me. And any suggestions are always welcome.



MOVIE NIGHT

May's movie is MARRY ME Sat. June 18th at 7pm. In the Craft Room.

MEALS ON WHEELS

Carryeanne facilitates this service of daily meals delivered to your door. Cost is \$9.00 per day, (2 meals), coming from Westlake Meals on Wheels. See Carryeanne to sign up.

BINGO WITH O'NEILLS

Monday June 13th, from 1-2 p.m. O'Neill's Healthcare will be hosting a Bingo session in our Social Hall. No charge to you. Hopefully you'll attend so they will return as often as they can.

STROKE AWARENESS

Be sure to mark your calendars for Wed. June 15th from 2-3 pm for a Stroke Awareness, Recognition & Response program. This is presented by Cleveland Clinic and you need to register by signing the sign up sheet by the mailboxes. This is a free event.

LOST CLEVELAND MEMORIES

Back by popular demand, Dennis Sutcliffe will be here Wednesday, June 29th at 1 pm. This video presentation will be **BOMB CITY USA: THE DANNY GREENE ERA.** Cost is \$2.00

FATHER'S DAY PARTY



Everyone is invited to celebrate Father's Day in the Social Hall on June 16th at 1 pm. There will be music by (new to us) Judy Crawford: Music with Judy. She will be offering up songs from the American Songbook, tunes we all know. I will also be offering the opportunity to photograph the men's' hands in a project called These Hands. It was very popular with the ladies. Be thinking of a few things your hands have done in your lifetime, as I will ask you to write them down. I'll match your words and pictures and give you a picture suitable for framing. Cost for the event is \$6.00 which includes a pulled pork slider, potato salad and a drink. Deadline is June 13th.

CLEVELAND SIGHT CENTER

On Tuesday June 7th at 1 pm we will have an introduction program by the Bryan Manthey, Certified Vision Rehabilitation Therapist from the Cleveland Site Center explaining the 4-week program for residents about navigating life being blind or with low vision. Many opportunities are available if your vision qualifies for them. This is a free program that is worthwhile to come investigate.

BREAKFAST CLUB



This month's Breakfast Club speaker hails from Brookdale Home Health. Gretchen Patrizi will be providing a breakfast casserole breakfast along

with a round of healthcare trivia. Sign up by June 17th for the June 20th event. \$3.00

FREE LUNCH AND LEARN

Wednesday, June 22nd at 11 am Medical Lecturer Tom Strong from Huntington Woods will be presenting a program on Bladder Problems and Incontinence. You must call Carryeane to reserve your seat and lunch as there is limited seating.

OSHIP PROGRAM ON MEDICARE

June 28th at 1pm a representative from OSHIP (Ohio Senior Health Insurance Information Program) will be here to discuss everything Medicare. Program is free.



BIRTHDAYS IN JUNE

The June birthday celebration will be Thurs. June 19th in the Social Hall at 2:30. Everyone is welcome to come down for cake.

2 Sherry Thompson 202

10 Sheila Davis 803

10 Bruce Petty 504

18 Jill Allen 418

20 Ginny Audey



GARDEN BOXES

For the 2022 growing season we have: Robert Touma, Carol Watrus, Judy Ferenz, MaryElda Stack, Chris Funnell, Barb Rasmussen, Katie Dunn, Marilyn Anderson, Carol Williams, Maria Mileusnich, Candace Tsarnas & Mariltn Morey. The long box at the end will be used to plant for the kitchen and building. You may also have a bucket or two, but please put your name on it as at some point, they all look alike. The humus we received sure has made a difference in our soil. Again, thanks to the Bay Village Service Department.

A couple of other notes while I'm thinking of it. Please do not smoke in the garden and stub or flick your cigarette butts there. This project is a labor of love and cigarettes are not welcome there. Also when plants mature and either bear fruit or flowers, you may not help yourself to someone's bounty. If they personally share with you, that's up to them, but it's not for everyone to just take what they want.

BOOK CLUB

If you are interested in starting up a book club again, I have a sign-up sheet by the mailboxes. Type of book, who is the facilitator, etc...all kinds of items to decide before we actually begin. I will be in contact again with Bay Library and maybe

she'll come over and meet with those interested in this program. Watch for info by the mailboxes.

WALKING GROUP

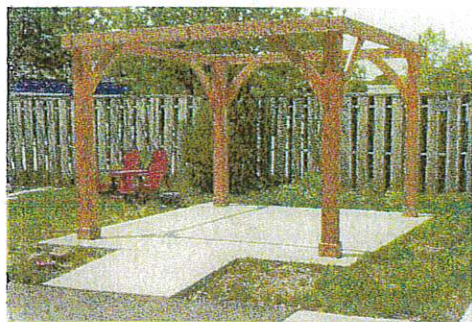
Now the weather is better, I've had a request to start a walking group again. Since everyone's schedules are helter skelter, maybe just a list of those who like to walk might be easier. You could buddy up or even call someone on the list to see if they'd be up for a walk. If interested, sign up by the mailboxes.

4th of JULY



Hardly seems like we are done with Memorial Day and here comes 4th of July rolling right along. We shall celebrate the holiday on Thurs. June 30th at 1 pm with a hot dog lunch, including potato salad, a drink and Jim Callahan's famous bread pudding. Yes, Jim has graciously accepted the challenge to come cook our hot dogs & make the pudding. Cost will be \$6 payable ahead of time. There will be a cornhole tournament, a 50/50 raffle and we'll sing some karaoke. Watch for the sign-up sheet to be out shortly.

SMOKING PAVILION



We finally have the smoking pavilion up and almost ready. Be sure to take good care of this structure, no graffiti, use the ashtrays and enjoy it.

ACTIVITIES DURING JUNE

Coffee Mon-Fri 8:30-10:30

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

Senior Lunch (Tues & Thurs) serving at 12:00 noon Social Hall

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 June 19th 2:30 in Social Hall

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

Post Office on Wheels Mon June 27th 3:30 – 3:45 pm

Knitting for Cancer Classes 11am – 1pm 6/6 & 6/20

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

Exterminator Thurs June 9 8th floor only

Breakfast Club Mon. June 20 10 am Social Hall



BREAKFAST & HEALTHCARE TRIVIA

Please join us for a yummy breakfast casserole, juice and healthcare trivia games with prizes! Get your thinking cap on....may be a good idea to have a cup of coffee too!

Learn more about our agency's in-home services and let's have some fun too!

Monday, June 20, 2022 at 10 a.m.

[Call us today to refer a patient and learn more about home health's role in the continuum of care.](#)



600 E. Granger Road, Suite 100
Brooklyn Heights, OH 44131
Phone: 440.250.1840 • Fax: 440.250.1854





Ohio Senior Health Insurance Information Program
1-800-686-1578

Medicare Talk

Listen to a representative from OSHIP discuss your Medicare/MyCare benefits and options and get the answers you need.

June 28, 2022

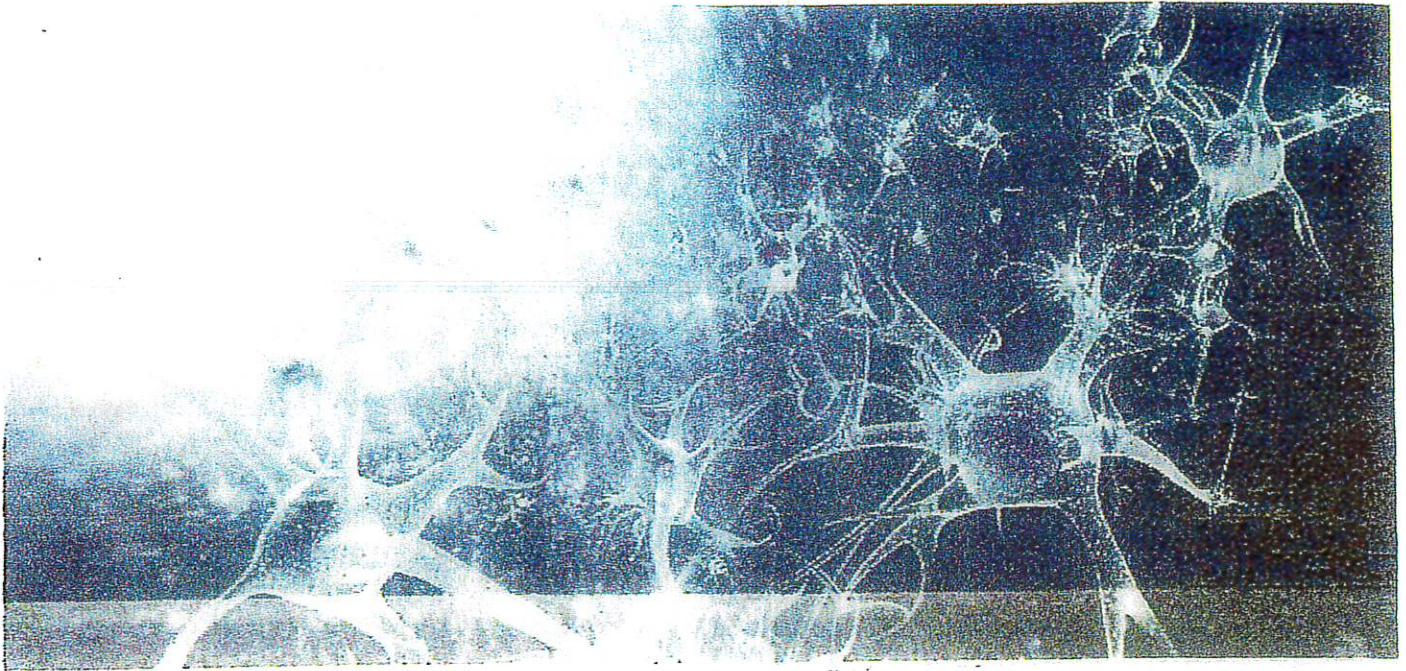
1:00 PM



Department
of Insurance

Mike DeWine, Governor | **Jon Husted**, Lt. Governor | **Judith French**, Director

The Ohio Senior Health Insurance Information Program (OSHIIIP) is a division of the Ohio Department of Insurance.
All Medicare Talk sessions are free. OSHIIIP provides only unbiased information. We do not sell insurance.



Stroke Awareness, Recognition & Response

Stroke Education for the Community

Cleveland Clinic invites you and the members of your community to participate in a stroke education session on **Wednesday, June 15th** at the **Knickerbocker Apartments Social Hall**.

During this presentation, participants will learn the basics about stroke, including:

- Risk factors
- Prevention
- Signs and symptoms
- Management and treatment options

The presentation will conclude with an engaging question and answer session with Cleveland Clinic experts.

Mark your calendar today to join us!

Date: Weds. June 15th

Time: 2:00pm-3:00pm

Where: Social Hall

**Sign up sheet will be
posted by the mailboxes**



Free Lunch & Learn

Wednesday June 22nd.

Lunch and Main Presentation
at 11:30am

Topic: Bladder Problems and Incontinence

Medical Lecturer Tom Strong
provides an informative presentation on the top
bladder problems in older adults.

Free Lunch Provided by Huntington Woods

Limited Seats Available Please Call Carryeane to
Reserve Your Seat!



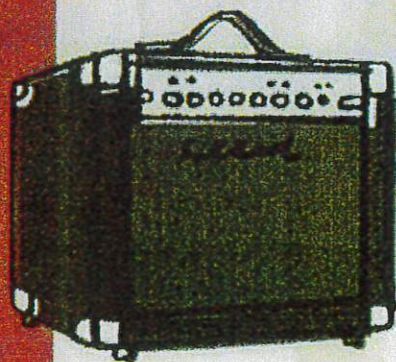


Rock & Roll History of the 60's



Join us for Complimentary Lunch
July 15th at 12:00
Joel Keller "The Doc of Rock &
Roll" presenting

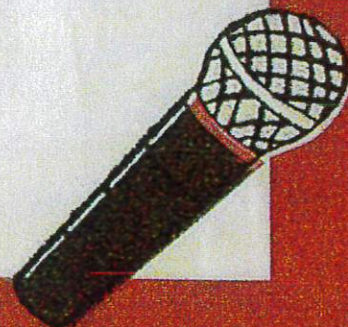
RSVP to Nancy Plain
440-871-3234



Hosted by



O'Neill
Healthcare



Summer BINGO!

Great prizes!

June 13th 1:00-2:00 pm

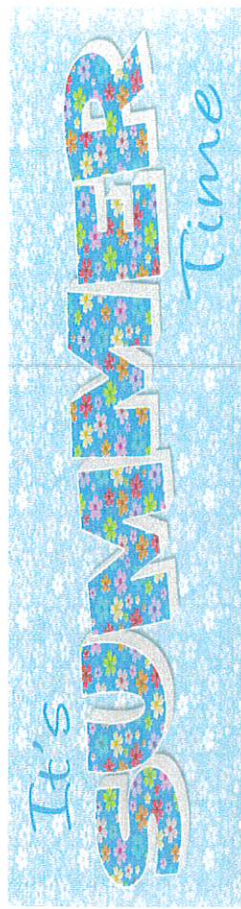
At the Knickerbocker!

Hosted by



O'Neill
Healthcare

June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30-10:30 Coffee 7 Bingo	2 8:30-10:30 Coffee 11-11:45 Exercise 12-12:30 Lunch 6:30-7:30 Coloring	3 8:30-10:30 Coffee 3 Bible Study 7 Scripture Study	4
5	6 8:30-10:30 Coffee	WALGREENS SR DAY 7 8:30-10:30 Coffee 12-12:30 Lunch 1 Intro to Sight	8 8:30-10:30 Coffee 7 Bingo	9 8:30-10:30 Coffee 11-11:45 Exercise 12-12:30 Lunch 6:30-7:30 Coloring	10 8:30-10:30 Coffee 3 Bible Study 7 Scripture Study	11
12	13 8:30-10:30 Coffee 1 Bingo w/O'Neill's	14 8:30-10:30 Coffee 12-12:30 Lunch  1ST DAY OF SUMMER 21	15 8:30-10:30 Coffee 10:30-12 CCW Service 1 STROKE AWARENESS 7 Bingo	16 8:30-10:30 Coffee 11-11:45 Exercise 1 FATHER'S DAY PARTY 6:30-7:30 Coloring	FOOD MINISTRY 17 8:30-10:30 Coffee 3 Bible Study 7 Scripture Study	18 7 Movie Night MARRY ME
19 	20 8:30-9:30 Coffee 10 Breakfast Club 11-1 Knit/Cancer	21 8:30-10:30 Coffee 8:30 Podiatrist 12-12:30 Lunch 1 Sight Center #2	22 8:30-10:30 Coffee 11 Lunch/Learn Bladder Control 7 Bingo	23 8:30-10:30 Coffee 11-11:45 Exercise 12-12:30 Lunch 6:30-7:30 Coloring	24 8:30-10:30 Coffee 10:45 Dollar Day Lunch	25
26	27 8:30-10:30 Coffee 3:30-3:45 PO/Wheels	28 8:30-10:30 Coffee 12-12:30 Lunch 1 Sight Center #3 1 Medicare Presentation	29 8:30-10:30 Coffee 1 Danny Green Era 7 Bingo	30 8:30-10:30 Coffee 11-11:45 Exercise 1 4th of July Party 	Thurs evening 6:30-7:30 Coloring 	