

Fifty Plus

Community Services Department

The City of *Westlake* Ohio
www.cityofwestlake.org

Dennis M. Clough, Mayor

Volume 28, Issue 4

April 2016

MAIN LUNCH—CIRQUE DU PAPIER Wednesday, April 20

12:00. Lunch: *Stuffed Cabbage, Mashed Potatoes, Jell-O Salad, Peas & Carrots, Oreo Ice Box Cake, Coffee/Tea.* (Main dish and sides catered by Novotny's).

1:00. Not your grade school teacher's origami—*Cirque du Papier* is a mind-bending, paper-folding, your-world-ain't-flat-no-more experience, molding single flat squares of paper into 3-D creatures—no cutting, no pasting, no tears, no table. Interactive performer, **Michael Roy** simultaneously keeps guests amused with a nonstop stream of offbeat witty repartee and useless (yet strangely fascinating) information, revealing the secrets and history of folding art. There will be a souvenir to take home. (Entertainment sponsored by Brookdale Senior Living, Door Prizes sponsored by Devon Oaks, Centerpieces by Sherry Ascher, Realtor.)

Cost: \$10, payable by 4/13.

FIRST FRIDAY FOCUS—MEDITATION PRACTICE Friday, April 1



1:00. Developing a regular **meditation practice** can be simple, accessible and has so many positive proven benefits to increase enjoyment and participation in life. In this class you will experience different techniques that you can practice on your own in a supportive group setting. Coming back each month can provide guidance and refresh your practice.

Listed below are some benefits of regular Meditation the Mayo Clinic recognizes.

Managing everyday stress:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions



Class length: 1 hour—**FIRST CLASS FREE**
\$5 charge begins with May 6 class.

Managing Chronic symptoms:

- Anxiety disorders
- Asthma
- Cancer
- Depression
- Heart Disease
- High Blood Pressure
- Pain
- Sleep problems

TAKE CHARGE OF YOUR HEALTH 😊 ❤️ Mondays, April 4—May 9

9:00-11:30. Take Charge of Your Health is a self-management program developed by Stanford University. People who participated in this series of classes have improved both their healthful behaviors and health status and decreased their days in the hospital. The six-week course will be taught by **Director, Lydia Gadd and Program Planner, Jennifer Yoo.** Each participant will receive a book and a CD. Light refreshments. Limited to 15 people.

RSVP by 3/28.

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP Tuesdays, May 17—June 21 😊 ❤️

1:00—3:30. Living with chronic pain can be a very difficult problem for many people. This workshop is designed to give individuals some self-management tools needed to take on everyday tasks and help people to greatly improve their lives. Some of the subjects we will cover in the workshop will be techniques to deal with problems such as frustration, fatigue, isolation and poor sleep. The workshop will demonstrate different exercises to perform that are appropriate for maintaining strength, flexibility and endurance. A workbook will be given to each participant. **Facilitators: Director, Lydia Gadd and Program Planner, Jennifer Yoo.** Light Refreshments. Limited spots available, you must attend 4 of 6 sessions.

RSVP by 5/10.

This symbol 😊 denotes a free activity or program and this symbol ❤️ indicates a wellness program.

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THANK YOU TO THE FOLLOWING FOR THEIR GENEROUS DONATIONS TO WESTLAKE'S COMMUNITY SERVICES DEPARTMENT

Monetary

- Gap Inc.
- Dale & Jan Henninger
- Kathrine Jensen
- Lakewood Elks
- David Young & Lyn Witwer

Food Items

- Cheryl Tantarella
- Barbara Hayden
- Westlake Christian Church

Activities may be paid by cash (bills of **\$20 or less** in person only), check (payable to City of Westlake), Visa, Discover, MasterCard, or American Express. **Refunds for \$2.00 or less will not be processed.**

AGING ALONE 😊❤️
Wednesday, April 6

10:00. Our February conversation with **Bob Piovarchy** led us in so many interesting directions! Return this month to continue the conversation. What started as goal setting led to talk about boundaries and how to set them with our families and respecting those set by others. Join us to talk about boundaries, it is sure to be a thought-provoking and enlightening conversation!

RSVP by 4/1.

NEWS & VIEWS 😊
Wednesday, April 6

11:00. Join **Janet Carnall** as she discusses current and world events. Janet earned a B.S. in Geology and an M.B.A. at Baldwin Wallace University and is retired from North Coast Community Homes. She has had a lifelong interest in geology, ancient history and nature.

RSVP by 4/1.

BALLROOM DANCE ❤️
Wednesday, April 6

2:00-4:00. John Kowalski will delight you with all of your favorite dance music. Come to dance or just to listen. (Light refreshments sponsored by Sprenger Hospice.)

Cost: \$4, payable day of. Next dance scheduled for 5/4.

THROUGH THE EYES OF THE ARTIST—FELICIA ZAVARELLA
Thursdays, April 7, 14; 10:00.

(Partially sponsored by Our House, Compassus Hospice/Life Choice.)

4/7—Tamara DeLempicka. DeLempicka's portraits encapsulate art deco and the glitz of the 1920's. She chose models from the internationally elite but only if she considered them respectable enough. Sitters paid whatever sum she demanded to be socially sanctified and immortalized by her.

4/14—Leonardo DaVinci. Few people know the amazing story behind the man often described as the embodiment of the Renaissance. He once said "People of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

Cost: \$5 for remaining series dates, payable by 4/4.

CONSUMER PROTECTION 😊
Friday, April 8

11:00. Protect yourself from unscrupulous sales practices. Learn how to identify scams and how to effectively say "no" to those who try and sell unnecessary goods and services. Receive information about your consumer rights.

RSVP by 4/6.

MANAGING AND PREVENTING DIABETES—WEIGHT MANAGEMENT 😊❤️
Tuesday, April 12

10:30. Glucose testing. Please fast for two hours prior to testing.

11:00. Julie Wise, Dietician at Westshore Primary Care will be here to discuss healthy eating for blood sugar control and exercise. **This talk will kick off a three month weight management program for those who are interested.** We will have pedometers and weight loss journals available. In addition to our monthly programs, we will provide the opportunity to weigh in the last Friday of April, May and June from 9am-10am. (Sponsored by St. John Medical Center.)

RSVP by 4/8.

**MEET AND EAT****Monday, April 11**

12:00 Today's location is **Mahle's Restaurant**, 24945 Detroit Rd., Westlake. "Good Food. Good Times. Good Friends." *There will be a limited menu offered.*

RSVP by 4/4.**MEN'S MORNING** 😊**Wednesday, April 13****9:45.** Breakfast by Debbie.

10:00. They Came From Cleveland. This highly interactive program will test your knowledge of Cleveland's hometown heroes. Some celebrities are easy to identify, while others present more of a challenge. Presented by Dennis Sutcliffe this will surely be a

lively and fun morning.

RSVP by 4/6.**MUSICAL BINGO** 😊**Thursday, April 21**

10:00. Play an exciting form of Bingo. Combine one of the world's most iconic games with a "Name That Tune" kind of twist...add familiar music and a fun host and you've got the recipe for a great event. Musical Bingo uses Big Band, Golden Oldies, crooners, 50-'s and 60's TV theme songs and much more. Small prizes for winners.

11:00. Lunch: Sandwiches, chips, cookie (Sponsored by Our House.)

RSVP by 4/14.**DRUGLESS DOCTOR—POSTURE TIPS** 😊 ❤️**Monday, April 25**

1:00. Good posture is important—join Dr. Casen as she discusses what poor posture looks like and how it impacts your health. Strategies on how to improve your posture every day will be shared. Just like brushing your teeth, you need to work on taking care of your spine everyday—a healthy spine is a healthy you. (Dr. Casen DeMaria graduated from Life University in Atlanta, GA in 2011 as a Doctor of Chiropractic. Prior to Chiropractic school she was a massage therapist specializing in sports massage and neuromuscular re-education.)

RSVP by 4/19.**WEIGHT MANAGEMENT AND SUPPORT—WEIGH INS** 😊 ❤️**Friday, April 29**

9:00-10:00. Mary Kiczek from St. John Medical Center will be here to do weigh-ins, answer questions and provide support for our Weight Management Program. *Come to our Diabetes Support program on **April 12 for the kick-off.*** This program is designed to work with the Senior Walking Challenge, which begins for Westlake in August, if you wish. Remember, it is never too late to make healthy changes that will help you feel better.

Drop-ins welcome.**AARP TAXES—BY APPOINTMENT** 😊Call **440.899.3544****Monday, April 11****12:00—2:00.****COFFEE AND CONVERSATION** 😊**Wednesday, April 13**

11:00. Director, Lydia Gadd shares the city's current events and information. Light refreshments.

RSVP by 4/8.**BRAIN HEALTH** 😊 ❤️**Wednesday, April 13**

1:00. Spring into brain health! Join the ever popular Lisa Anthony of Arden Courts as she leads us in games designed to keep our brains in top working condition.

RSVP by 4/8.**HEALTH SERIES—SENIOR SAFETY FACTS** 😊 ❤️**Friday, April 22**

1:00. Gateway Health presents this important topic on staying safe—don't be a victim of a scam. Learn valuable tips on how to keep yourself safe and protected. A representative from the Ohio Attorney General's Office will be presenting the most effective ways to stay safe.

RSVP by 4/18.**AT THE MOVIES—RAIDERS OF THE LOST ARK** 😊**Tuesday, April 26****Like a book discussion group...only with movies!**

9:30. This month's film selection stars **Harrison Ford and Karen Allen.** *Renowned archeologist and expert in the occult, Dr. Indiana Jones, is hired by the U.S. Government to find the Ark of the Covenant, which is believed to still hold the ten commandments. Unfortunately, agents of Hitler are also after the Ark. Indy, and his ex-flame Marion, escape from various close scrapes in a quest that takes them from Nepal to Cairo.* (1981. PG. 115 min.) Limited Seating. Pizza lunch served during group discussion following the movie.

RSVP by 4/19.**Sing Along Lunch will return in May**

WESTSHORE RELAY FOR LIFE Saturday, April 30

1:00pm—11pm. If you have been diagnosed with cancer YOU ARE A SURVIVOR. Relay For Life honors your battle against cancer. Please check the Community Services Bulletin Board for Survivor Registration forms and Luminaria Order Form (honoring those who have battled cancer and remembering those who have lost the battle.) Volunteers are needed for this event, please contact **Rick Grane (440-829-0974)** if you are interested in volunteering.

COMING IN MAY

LUNCH AND LEARN 😊

Monday, May 2—NOTE DAY CHANGE

11:00. Physical Therapist, Erin will walk you through the steps to begin an exercise program. Don't worry if you have never exercised or if you have stopped exercising, Erin will help you get started. Exercise helps you ward off diseases, strengthens your bones and helps emotionally. Get up and start moving! (Speaker and lunch provided by Life Care Centers.)

RSVP by 4/25.

BOOK DISCUSSION NOTE—NEW TIME 😊

Wednesday, May 25

2:00. The book in May will be *The Glass Castle* by **Jeannette Walls**, chosen and facilitated by **Michele**. This book may be checked out from a library of your choice. Please read the book ahead of time and be ready to talk about it. (Light refreshments provided by Always Best Care.) **RSVP by 5/20.**

A reminder that April 27th's book is: *Olive Kitteridge* by **Elizabeth Strout**, chosen and facilitated by **Donna**. (Light refreshments provided by Avon Oaks.)

WATERCOLOR WORKSHOP WITH JOLEEN ARTHUR Wednesday, Thursday, Friday, May 4—6

9:00—3:00. Each class begins with a demonstration of various techniques. Afternoon will be spent painting on your own. Bring a brown-bag lunch.

Cost: \$25/day, payable by 4/27.

MOTHER'S DAY TEA

Thursday, May 5

11:00. Presenter, Laura Lowe, will bring original clothing representing the fashions of Downton Abbey. Have you caught the fever? Explore original antique fashions from 1912-1920's from the Downton Abbey Era and learn about being "in-service" in an Edwardian manor house. Laura's presentations are always beautiful and informative. (Lunch partially provided by Novotny's, Favours provided by Devon Oaks, Centerpieces by Life Care Centers, Door Prizes by O'Neill Healthcare, ViaQuest and Manor Care of North Olmsted.)

12:00. Lunch. *Chicken Piccata, Confetti Rice, Muffin, Fruit Salad, Decadent Dessert, Assorted Teas.* (Partially catered by Novotny's.)

Cost: \$11, payable by 4/28.

CARDS, GAMES, AND MORE

Activities must end by 4:30.

Bridge: Mondays, 9:00 (minimum knowledge of game).
Tuesdays, 9:00 (just drop in).

Chess: Tuesdays & Fridays, 1:00

Pinochle: Mondays, 1:00; beginner/intermediate.
Tuesday, 1:00; advanced.

Poker: Mixed: Thursdays, 12:00-3:30

Reserve Cards: Mondays & Wednesdays, 1:00.
RSVP by week before.

HOSPICE CARDS 😊

Monday, April 11 & 25

12:00. Make dried floral cards for VNA Hospice.

SERVICE CLUB

Wednesday, April 20

9:00. Assemble Community Services newsletters.

WATERCOLOR—PAT Wednesdays, 1:00-3:00

Intermediate experience level. Newcomers are welcome. If you would like to stop in and observe a class before signing up, we encourage you to do so.

Cost: \$10/class.

Payable before class

BEGINNER WATERCOLOR Fridays, 1:00-3:00

Each week instructor **Diane Reinhart** will demonstrate and teach basic skills. A list of supplies will be available when you register for the class.

Cost: \$8/class, payable before class.

WATERCOLOR—DIANE Fridays, 9:00-12:00

Intermediate experience level. If you would like to stop in and observe a class before signing up, we encourage you to do so.

Cost: \$10/class.

Payable before class.



**REMEMBER TO CHECK-IN
WHEN YOU ARRIVE FOR PROGRAMS—
Need a swipe card? Ask at the reception desk.**

**THURSDAY AT THE MOVIES****Morning: 9:00 Snacks; 9:30 Movie Afternoon: 1:00 Snacks; 1:30 Movie****BE SURE YOU ATTEND THE MOVIE FOR THE TIME YOU RESERVED.****LIMITED SEATING—CALL IF YOU NEED TO CANCEL.****ALL MOVIES SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES**

Please remember—Panera bread arrives at 9:00 and is first come, first served.

April 7—*Suffragette*

Biography/Drama/History. 2015. Starring Anne-Marie Duff, Carrie Mulligan, Helena Bonham Carter and Meryl Streep. *Set in 1912 Britain, the story centers on Maud Watts, a working-class wife and mother who toils with her husband Sonny at a London laundry. She is startled one day by a protest by the Suffragettes, who are turning to public acts of civil disobedience to win the vote for women. Initially unwilling to get involved in the cause, Maud comes to realize that she must claim her dignity both at home and in her workplace and joins brave women from all walks of life. Her commitment to the movement is tested by giving testimony before Parliament, a brutal street skirmish, and a brief jail stint that alarms her husband. She is led to hard choices that will change her life forever, as she strives to effect real change for generations to come as she and her fellow Suffragettes risk their very lives to ensure that women's rights be recognized and respected. Inspired by true events.* (PG-13 for thematic elements, intense violence, brief strong language, partial nudity.; 106 min.)

RSVP by 3/31.**April 14—*Spectre***

Action/Adventure/Thriller. 2015. Starring Daniel Craig, Christoph Waltz and Ralph Fiennes. *A cryptic message from the past sends James Bond on a rogue mission to Mexico City and eventually Rome, where he meets Lucia, the beautiful and forbidden widow of an infamous criminal. Bond infiltrates a secret meeting and uncovers the existence of the sinister organization known as SPECTRE. Meanwhile back in London, Max Denbigh, the new head of the Centre of National Security, questions Bond's actions and challenges the relevance of MI6 led by M. Bond covertly enlists Moneypenny and Q to help him seek out Madeleine Swann, the daughter of his old nemesis Mr. White, who may hold the clue to untangling the web of SPECTRE. As the daughter of the assassin, she understands Bond in a way most others cannot. As Bond ventures towards the heart of SPECTRE, he learns a chilling connection between himself and the enemy he seeks.* (PG-13 for intense sequences of action and violence, sensuality and language; 148 min.)

RSVP by 4/7.**April 21—*The 33***

Biography/Drama/History. 2015. Starring Antonio Banderas, Juliette Binoche, Rodrigo Santoro, James Brolin and Lou Diamond Phillips. *In 2010, the eyes of the world turned to Chile, where 33 miners had been buried alive by the catastrophic explosion and collapse of a 100-year-old gold and copper mine. Over the next 69 days, an international team worked night and day in a desperate attempt to rescue the trapped men as their families and friends, as well as millions of people globally, waited and watched anxiously for any sign of hope. But 200 stories beneath the surface, in the suffocating heat and with tensions rising, provisions-and time-were quickly running out.* (PG-13 for disaster sequence and some language; 127 min.)

RSVP by 4/14.**April 28—*Trumbo* **Academy Award Nominated Film****

Adventure/Drama/Sci-Fi. 2015. Starring Bryan Cranston, Diane Lane, and Helen Mirren. *In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. TRUMBO recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist, which entangled everyone from gossip columnist Hedda Hopper to John Wayne, Kirk Douglas and Otto Preminger.* (R for language and some sexual references; 124 min.)

RSVP by 4/21.**Healthy Living—Prevent Skin Cancer**

As we age, our skin grows thinner, becomes drier and less elastic. Wrinkles appear and cuts and bruises take longer to heal. **Be sure to protect your skin from the sun.** Too much sun and ultraviolet rays can cause skin cancer.

**FREE HEALTH SCREENINGS AND SUPPORT GROUPS AT WESTLAKE CENTER****BLOOD PRESSURE****Thursdays, 11:30-1:00**

1st and 3rd, 5th sponsored by Rae-Ann Suburban.

2nd and 4th sponsored by O'Neill Healthcare.

STROKE/PARKINSON'S**Monday, April 4**

1:30. Stroke survivor Mike McDermott will be here to share the story of his stroke and his journey of recovery. After his talk, there will be time for questions, conversation and reflection.

RSVP by 4/1.**AGING ALONE PROGRAM****Wednesday, April 6**

Details on pg. 2 of newsletter.

DIABETES SUPPORT GROUP**Tuesday, April 12**

Details on pg. 2 of newsletter.

**FITNESS-EXERCISE**

The City of Westlake does not assume any responsibility for the physical activity readiness of anyone participating in an exercise or exercise-related program. All participants engage in physical activity at the Westlake Center for Community Services at their own risk.

FIRST FRIDAY FOCUS—MEDITATION PRACTICE—April 11:00. Join Yoga Instructor, Lizbeth Wolfe to learn the basics of meditation and bring your life *back into focus*. The first class is free—a \$5/per class fee begins in May. See front of newsletter for more detailed information.**Arthritis Foundation****EXERCISE & TAI CHI****Tuesdays, 1:00-2:00 (Not 4/12 & 19)**

Taught by certified arthritis instructor Madeline Crandall. 30 minutes of Tai Chi and 30 minutes of exercise.

ASIAN EXERCISE FOR LIFE**Thursdays, 12:30-1:30**Learn gentle movements that redirect circulation enhancing your body's natural healing ability.
Cost: \$5/class; pay prior to class.**TAI CHI FOR YOU****Thursdays, 5:30-6:30 p.m.****\$5/class; pay before 5:00.****CHAIR MASSAGE****Fridays, April 8 & 22**

By Appointment. Ellen Tudron, LMT, provides 15-minute massages.

Cost: \$13, prior to appointment.**EXERCISE****Mondays—8:30-9:15**

Instructor Kelly Rigo, NCSF CPT.

Cost: \$3/class (passes must be used within 90 days of purchase)**Bocce Begins in May
9:00 a.m.****Ladies—Tuesdays****Mixed—Wednesdays****Men's—Thursdays****YOGA AT WESTLAKE CENTER****Cost: \$6/class; pay prior to class, before 5:00.****Mondays, 10:00-11:15**

Gentle therapeutic chair yoga. Stress management, flexibility, strength and balance.

Mondays, 6-7:15 p.m.

Yoga for Flexibility. Stretch and strengthen. Perfect for beginners as well as yoga practitioners.

Fridays, 9:00-10:15

Beginning to moderate chair and floor yoga. Stress management, flexibility, strength and balance.

Fridays, 10:30-11:45

Gentle therapeutic chair yoga.

COMMUNITY INFORMATION**Cuyahoga West Chapter Ohio Genealogical Society At Porter Public Library, 27333 Center Ridge.****HELP SESSION****Wednesday, April 6, 1:00-2:30 p.m.** Cuyahoga West Chapter, OGS offers free Family History Research Help Session. Bring pedigree and family group sheet, in Computer Lab.**PROGRAM****Wednesday, April 20, 6:30 - 8:45 p.m.** Cuyahoga West Chapter, OGS. J. Mark Busch presents "Funeral Home Practices and Records."**2016 SPRING
COMPUTER ROUNDUP****Drop Off Location:****Westlake Service Center—741 Bassett Road****APRIL 11—APRIL 15, 8AM – 6:00PM****APRIL 16, 7:30AM-NOON****See City's website for list of items that will be accepted.****Interested in Volunteering?****Call Susan for more information.****440.899.3544.****WESTLAKE PORTER LIBRARY OUTREACH SERVICES**

An outreach information flyer is posted in the reception area or contact Kristine Netzel in the Porter Library Outreach office at (440) 250-5448.

Tip Of The Month

Senior Hair Care

One of the concerns you may have as you age is how to care for mature hair. Your hair may be drier or thinner than it was when you were younger. Genetics (thanks, Mom) or medications can affect your hair. For example, a common side effect of high blood pressure medication is hair loss. Hormonal changes can lead to thinning hair as well.

The condition of your hair can be a reflection of your overall state of health. The number one trick for improving your hair involves a good diet containing plenty of vitamins A and C rich in fruits and vegetables. You should also eat plenty of protein to keep your hair from getting brittle. Another trick to improving your hair is to consider a nutritional supplement, such as biotin. Biotin is a vital nutrient for promoting hair growth and is often recommended by physicians when dealing with medical cases of hair loss. Vitamin E, fish oil and evening primrose oil will also help nourish your scalp and encourage new hair growth. Just check with your physician and/or pharmacist before starting any new medication, even if it is just a supplement.

When caring for your hair, note that the most important thing is to try to prevent damage from occurring in the first place. You can do this by choosing a hair style that is both complementary and easy to care for. Be it long or short, the less you need to fuss with it, the healthier it will stay. Keep up with regular trims to keep split ends at bay. Wash with a gentle shampoo and try to let your hair air-dry at least some of the time. Your hair is subject to sun damage just like your skin, so protect it with a hat or product with sunscreen protection. A hat will also protect those expensive color jobs from bleaching out. Work with your stylist to repair damage to your hair.

NEED HELP?

Contact the Outreach Coordinator Donna Feorene 440-899-3544
Office appointments 1:00-4:00 pm, Monday-Friday

- **Medicare**
- **Transportation**—for Westlake residents 60 years and over
- **Are You Okay?**™—computerized home calling service
- **Food Bank**
- **Applications for government programs**
- **Wheelchairs & Walkers available to loan—call to reserve, 440.899.3544**

FREE MONTHLY COMMUNITY MEALS

A list of free community meals may be found in our reception area.

COMMUNITY SERVICES FOOD BANK

The food bank is available year-round to Westlake residents with limited incomes. It includes an emergency three-day food supply of non-perishable food as well as holiday food baskets.

SPECIAL REQUEST FOR FEBRUARY: LARGE BOX OF SPAGHETTI NOODLES OR PASTA SAUCE

Donations of non-perishable foods, cleaning supplies, personal care and paper products are accepted at Westlake Center for Community Services during regular business hours (with charitable forms available for taxes) or at Westlake Porter Public Library.

Check expiration dates before donating—we cannot distribute expired food.

SENIOR SUPPER CLUB

Monday-Friday 4:00-7:00 pm

Saturday-Sunday 4:00-5:30 pm

Seniors can eat at **St. John Medical Center's Terrace View Cafe** (cafeteria) for a discount. Anyone over the age of 60 can simply pick up a card from our receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10.00 limit per customer for discount, after that the items are full price.

LEGAL HELP BY APPOINTMENT 440.899.3544

Tuesdays, 3:30 & 4:00—April 5, 19

Attorney **Justin Watling**, helps with Living Wills and Health Care Directives at no cost.

Did you have Medicare Supplemental Coverage through HealthSpan? If so, you do have the option to choose a new insurance carrier. If you need assistance with this, please call to make an appointment with an OSHIP representative—440.899.3544.

Community Services
Department

Lydia Gadd
Director

Cindi Lindgren
Office Manager

Jodi Rodriguez
Jennifer Yoo

Program Planners

Donna Feorene

Outreach Coordinator

Madeline Crandall
Youth Coordinator

Michele Hassen
Administrative
Assistant

Susan Laschinger
Secretary

Evelyn Bosau
Gloria Flint

Receptionists

Debbie Wang
Cook

Marsha Herring
Jim Holcepl

Transportation

Rich Frolo
Custodial

OFFICE HOURS:
Monday—Friday
8:00 a.m. to 5:00 p.m.



Westlake Community Services
29694 Center Ridge Road
Westlake, OH 44145-5117
440.899.3544

PROGRAM LIST—APRIL

NAME _____

Take Charge of Your Health <input type="checkbox"/> April 4—May 9	Aging Alone <input type="checkbox"/> April 6	News & Views <input type="checkbox"/> April 6
Ballroom Dance <input type="checkbox"/> April 6 \$4 at door	Through The Eyes of Artist <input type="checkbox"/> April 7 & 14 \$5.00	Consumer Protection <input type="checkbox"/> April 8
Meet/Eat <input type="checkbox"/> April 11	Managing and Preventing <input type="checkbox"/> Diabetes April 12	Men's Morning <input type="checkbox"/> April 13
Coffee/Conversation <input type="checkbox"/> April 13	Brain Health <input type="checkbox"/> April 13	Main Lunch <input type="checkbox"/> April 20 \$10
Musical Bingo <input type="checkbox"/> April 21	Health Series—Senior <input type="checkbox"/> Safety April 22	Thursday Movie—7th AM <input type="checkbox"/> PM <input type="checkbox"/>
Drugless Doctor—Posture <input type="checkbox"/> April 25	At The Movies With Jodi <input type="checkbox"/> April 26	Thursday Movie—14th AM <input type="checkbox"/> PM <input type="checkbox"/>
Weigh-Ins and Support <input type="checkbox"/> April 29	Lunch/Learn <input type="checkbox"/> May 2	Joleen Arthur <input type="checkbox"/> May 4-6- \$75
Chronic Pain Self-Mgmt. <input type="checkbox"/> May 17—June 21	Book Disc. <input type="checkbox"/> May 25	Mother's Tea <input type="checkbox"/> May 5 \$11
		Thursday Movie—21st AM <input type="checkbox"/> PM <input type="checkbox"/>
		Thursday Movie—28th AM <input type="checkbox"/> PM <input type="checkbox"/>

Fifty Plus subscription information: Cost: \$13

- Checks payable to *City of Westlake* or Visa, MasterCard, Discover, American Exp.
- Mail to: Westlake Community Services, 29694 Center Ridge Road, Westlake, OH 44145-5117.
- Subscription renewal date is shown on top line of the mailing label.
- Individual newsletters available at Reception for \$1.00.

