

Mar - Apr 2021



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It is wonderful to be greeting all of our senior members through our newsletter for the first time in over a year. The Mentor Senior Center has been closed since March 16, 2020 due to the pandemic. We have been offering daily curbside meals and monthly produce distribution throughout this time. A huge thanks to all our kitchen staff and volunteers for making this possible. We have also been offering some virtual programs since November and have added additional classes beginning in March. These have been very successful. Check out all the details inside.

In an effort to assist seniors in getting connected through technology, we have included a Tech Survey on page 5. We greatly appreciate you taking the time to complete this. If you are able, please complete this online, as it is the most efficient way to tabulate the data. If unable to complete online, please complete the paper survey attached and return to the center via mail service.

We greatly miss all our members and look forward to reopening when it is safe to do so. We will be closed until at least April 1. We will post information on our website at mentorseniorcenter.com and the Mentor Senior Center Facebook page as updates are available. We have also been sending out occasional emails to our current members throughout the pandemic. If you haven't been receiving them we may not have an updated address. Please call to provide accurate info.



MENTOR SENIOR CENTER

8484 Munson Road, Mentor, OH 44060

Phone: 440-974-5725 440-255-1100 Fax: 440-974-5716

www.cityofmentor.com

COVID-19 INFORMATION

After consultation with the Lake County General Health District, and upon recommendation from the Governor's Office, the City of Mentor has decided that the Mentor Senior Center will remain closed at least through April 1, 2021. This decision reflects ongoing concern for protecting the community's highest risk population as we continue to confront the COVID-19 pandemic.

The Mentor Senior Center will continue to offer its daily pick-up meal program as well as various virtual programs to help promote health and wellness for our seniors. Please visit the Mentor Senior Center webpage or follow us on Facebook for continuing updates.

The City of Mentor will continue to work with the Lake County General Health District to facilitate the safe re-opening of the Mentor Senior Center to include proper testing procedures and protocol, staff training, and coordination with state and local health officials and hospitals. Questions regarding COVID-19 exposure can be addressed to Lake County General Health District at covid19@lcghd.org or (440)350-2188. Visit www.lcghd.org for the most updated COVID-19 information.

Laketrans Transportation for Vaccinations and Produce Distribution

Laketrans is providing free accessible transportation to any Lake County Resident in need of a ride to a COVID-19 vaccination appointment. If appointment is a drive thru site you will remain on the same bus for the entire trip. Laketrans is also providing free transportation to drive thru produce pick up at Senior Centers. You will remain on the same bus while picking up your food. Contact LakeTran at 440-354-6100 to schedule.

MENTOR SENIOR CENTER STAFF

Recreation Manager

Renee Ochaya
ochaya@cityofmentor.com
 440-974-5725

Recreation Coordinator

Dave Duricky
duricky@cityofmentor.com
 440-974-5725

Maint - Art Cox

Maint - Cheri Shriver

Kitchen Coor - Terry Rogers

Kitchen Cook - Molly Sebring

Administered by the City of Mentor
 Department of Parks, Recreation, &
 Public Facilities

Council President

Bruce Landeg - Ward 3

Council Vice President

Matthew Donovan - Ward 2

Council Ward 1 - Sean Blake

Council Ward 4 - John Krueger

Council at Large - Ray Kirchner

Council at Large - Scott J. Marn

Council at Large - Janet Dowling

City Manager - Ken Filipiak

Asst City Mgr - Tony Zampedro

Dir of Parks & Rec - Kenn Kaminski

Supt of Recreation - Nita Justice

MARCH 2021 - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Cabbage Rolls ¹	Chicken Paprikash ²	Roasted Pork Loin ³	Stuffed Green Pepper ⁴	Vegetable Lasagna ⁵
Stuffed Pork Chop ⁸	Chicken Cordon Bleu ⁹	Meatloaf ¹⁰	Chicken Piccata ¹¹	Stuffed Shells ¹²
Swedish Meatballs ¹⁵	Breaded Pork Chop ¹⁶	Corned Beef & Cabbage ¹⁷	Roast Turkey Dinner ¹⁸	Pierogis ¹⁹
Chicken Parmesan ²²	Shepherd's Pie ²³	Chicken Marsala ²⁴	Spaghetti & Meat Sauce ²⁵	Tuna Noodle Casserole ²⁶
BBQ Pork Sandwich ²⁹	Ham & Scalloped Potato Bake ³⁰	Salisbury Steak ³¹		

Made from Scratch Curbside Meals

Made from scratch meals are available for curbside pickup Monday - Friday. Lunch reservations are \$4.50 per meal and can be made online or by phone at 440.974.5725 and paid for with a credit card, beginning at 8:00 am Thursday for the following week. Meals will be available from 11:30 am - 12:00 pm at 8484 Munson Road entrance.

APRIL 2021 - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Paprikash ¹	Vegetable Lasagna ²
Stuffed Pork Chop ⁵	Chicken Cordon Bleu ⁶	Meatloaf & Mashed Potatoes ⁷	Sweet & Sour Meatballs ⁸	Stuffed Shells & Salad ⁹
Salisbury Steak ¹²	Roasted Pork Loin ¹³	Chicken Piccata ¹⁴	Stuffed Green Pepper ¹⁵	Pierogis ¹⁶
Spaghetti & Meat Sauce ¹⁹	Baked Chicken Ranch ²⁰	Ham & Scalloped Potato Bake ²¹	Chicken Parmesan ²²	BBQ Pork Sandwich ²³
Stuffed Cabbage Rolls ²⁶	Chicken Marsala ²⁷	Shepherd's Pie ²⁸	Roast Turkey Dinner ²⁹	Meat Lasagna ³⁰

VIRTUAL PROGRAMMING THROUGH ZOOM

NEW PROGRAMS

Do you want to get connected to the internet but don't know how? Please let us know how we can help by calling 440-974-5725.

Welcome to Zoom

While we remain closed, its not going to stop us from bringing programs to your living room. Zoom allows us to connect over the internet so we can see and hear you. If you have internet access and a device, whether it's a phone, laptop, computer, tablet or iPad we can help you get connected.

Feb 26 Fri 12:00 pm
Mar 19 Fri 12:00 pm
Resident/Nonresident: FREE

Zoom Zoom - Part 2

You have used zoom before, but do you realize all the settings and adjustments that can be made to improve your experience. This class will show you how to make those adjustments.

Feb 26 Fri 1:00 pm
Mar 19 Fri 1:00 pm
Resident/Nonresident: FREE

Fire Education – 1st Wednesday

Jerry Craddock from the Mentor Fire Department joins us to discuss "hot" topics.
Mar 3 *General Fire Safety* 12:00 pm
Apr 7 *Fall Prevention* 12:00 pm
Resident/Nonresident: FREE

Coffee Club – 2nd Wednesday

Grab your coffee and join us for a little bit of Senior Center news, a lot of catching up, and a whole bunch of FUN.
March 10 Wed 12:00 pm
April 14 Wed 12:00 pm
Resident/Nonresident: FREE

Zoom Games – 3rd Wednesday

We zoom into your living to play some games. Games may include scavenger hunt, 5 Things, St Patricks Day trivia or traditions, and more. Let's see your green outfits on Mar 17!
March 17 Wed 12:00 pm
April 21 Wed 12:00 pm
Resident/Nonresident: FREE

Book Club – 4th Wednesday

Join Mentor librarian, Cailey, to discuss popular reads each month via Zoom. The book for March 24 is *The Curious Charms of Arthur Pepper* by Phaedra Patrick and will be available for pick up beginning February 22. The book for April 28 is *The Woman in the Photo* by Mary Hogan and will be available after the March meeting. Copies of the book will be available for pick-up at the Main Branch of the Mentor Public Library. Call 440-255-8811, ext. 247 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email cailey.williams@mentorpl.org
To register, call 440-974-5725 or visit www.cityofmentor.com.
Mar 24 Wed 12:00–1:30 pm
Apr 28 Wed 12:00–1:30 pm
Resident/Nonresident: FREE

Konversation with Ken

Join City Manager, Ken Filipiak, for an update on what's happening at the City of Mentor. There will be a Question and Answer session following the presentation.
Mar 31 Wed 12:00pm
Resident/Nonresident: FREE

FITNESS PROGRAMS

Connect and participate in our Virtual Fitness Programs through Zoom. Register online or through the Mentor Senior Center by calling 440-974.5725.

SilverSneakers® BOOM MUSCLE Online

Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill.
Instructor: Pam Benko
Mar 1-Apr 26 Mon 9:00-9:45 am
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

SilverSneakers® YOGA Online

Seated & standing yoga poses to increase flexibility, balance and range of motion.
Instructor: Pat Talladino
Mar 3-Apr 28 Wed 9:00-9:45 am
Mar 5-Apr 30 Fri 9:00-9:45 am
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

SilverSneakers® Classic Online

Increase muscle strength and range of motion and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor will modify the exercises for your fitness level.
Instructor: Sharon Benner
Mar 2–Apr 27 Tues 12:00–12:45pm
Mar 4–Apr 29 Thur 12:00–12:45pm
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

HEALTH EDUCATION

Participate in weekly online programs from the comfort of your home, with trained leaders and a small group of fellow participants. Participants need a computer, laptop, tablet or mobile phone with camera, connected to the internet. Program staff will provide instructions and help signing into the Zoom meeting. Register online or through the Mentor Senior Center by calling 440-974.5725.

Senior Nutrition Online with the Cleveland Foodbank: Immune Health

Interested in strengthening your immune system? (Hint: it's not by drinking orange juice!) Learn the newest research on how nutrition can improve gut health, which is responsible for 70% of our immune system! Registered Dietitian, Phyllis Molnar will share the best foods and nutrition tips for improving immune function.
Mar 4 Thur 10:00–11:00am
Resident/Nonresident: FREE

Senior Nutrition Online with the Cleveland Foodbank

Senior-specific nutrition education workshop to help promote healthy eating and provide educational opportunities for older adults along with cooking demonstrations, recipe sharing, and incentives to help older adults make healthier choices. The curriculum focuses on healthy eating on a budget, cooking basics (or simple cooking techniques, such as chopping, to improve dexterity, etc.), incorporating produce and seasonal items as often as possible, and how to eat well to help combat certain diseases that are impacted by food choices.
Mar 11–Apr 15 Thur 10:00–11:00am
Resident/Nonresident: FREE

**REGISTRATION IS REQUIRED FOR ALL VIRTUAL PROGRAMS.
REGISTRATION DEADLINE IS 3 BUSINESS DAYS
PRIOR TO THE CLASS START DATE.**

PROGRAMS, CLUBS & SERVICES

IN PERSON PROGRAMS

Water Exercise Class at Mentor Heisley Racquet Club

Water walking, upper and lower body weights and stretching are incorporated into this class designed to strengthen your muscles. Class is at Mentor Heisley Racquet and Fitness Club Pool located at 6000 Heisley Rd., Mentor. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends. Masks are required at all times other than when in the water. Social distancing of at least 6 feet must be maintained at all times, including during class.

Mar 2–Apr 27 Tues 2:15–3:00 pm
Resident: \$38/Nonresident: \$48

Register online or through the Mentor Senior Center by calling 440-974-5725.

RECREATION CLUBS

Social distance guidelines will be practiced. Participants must wear a mask when they are within 6' of someone.

Cycling Club

All rides are weather permitting and ride cancellations will be done via email. There will be a ride make-up on Friday of the same week if Wednesday's ride is canceled. All rides start at 10 am unless designated otherwise.

Bicycle helmets are required. New riders are welcome. Due to Covid 19, participants must wear a mask when within 6' of anyone. Contact Arnie Zvejnieks at 440-525-0294, for further information.

- Apr 7 *Meet at Mentor Senior Center. Ride to Veteran's park, lagoons, and nearby bike paths.*
- Apr 14 *N Chagrin Reservation. Park at Strawberry Lane lot.*
- Apr 21 *Mountain Run in Chardon. Maple Highlands Trail. Take Rt 44 south to Chardon Square, follow Rt 6 east. Right on Grant St, left on S Hamden Rd. Mountain Station Run entrance is on the right.*
- Apr 28 *Western Reserve Greenway Tr in Orwell. Trailhead is off Rte 322/ Mayfield Rd. 165 Penniman Rd.*

Hiking Club - Monday Mornings

Monday morning hikes begin at 10 a.m. at designated location. We are looking for a hike leader, call Dave at 440-974-5725 if interested.

- Apr 5 *Chapin Forest - Hobart Rd Ent*
Apr 12 *Springbrook Park - Heisley Rd*
Apr 19 *Mentor Senior Center*
Apr 26 *Mentor Lagoons Nature Preserve*

Hiking Club - Monday Evenings

Monday evening hikes begin at 6 p.m. at designated locations.

- Apr 5 *Veteran's Park*
Apr 12 *Penitentiary Glen*
Apr 19 *Chagrin River Park-Reeves Rd Ent*
Apr 26 *Wilwood in Mentor*

CURBSIDE PROGRAMS

Curbside Produce Distribution

In conjunction with the Cleveland Food Bank we offer curbside produce distribution for limited income seniors from 10–11 am at the 8484 Munson Road entrance. No reservations are needed, but please bring a drivers license, as all participants will be registered on site. Participants must certify annual gross household income is at or below \$28,727 for a household of 1 and \$38,893 for a household of 2. Income is self-declared, verification is not required. First come, first served. Transportation is available through Laketrans.

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|--------|-----|---------------|
| Feb 22 | Mon | 10:00–11:00am |
| Mar 15 | Mon | 10:00–11:00am |
| Apr 19 | Mon | 10:00–11:00am |

Made from Scratch Curbside Meals

Made from scratch meals are available for curbside pickup Monday - Friday. Lunch reservations are \$4.50 per meal and can be made online or by phone at 440.974.5725 and paid for with a credit card, beginning at 8:00 am Thursday for the following week. Meals will be available from 11:30 am - 12:00 pm at 8484 Munson Road entrance.

Mon – Fri 11:30 am–12:00 pm
\$4.50/meal

**REGISTRATION IS REQUIRED
FOR ALL PROGRAMS.
REGISTRATION DEADLINE IS
3 BUSINESS DAYS PRIOR TO
THE CLASS START DATE.
THANK YOU!**

SENIOR SERVICES

Lake County Senior Phone Pal Program

Lonely? Need a pal to talk to? Seniors 60 and older can connect with a volunteer to have fun and engaging conversation twice a week. **If Interested call 440-269-3015 for more details**

Lake County Mobile Food Pantry

The mobile food pantry will provide fresh produce at two Lake County locations each week. Lake County seniors 60 and older can register for one pick up per month. Pre-registration is required and limited to 60 spots at each location. Reserve your spot by calling 2-1-1 or the Council on Aging at 440-205-8111.

AARP Income Tax Assistance

AARP Foundation plans to provide tax preparation services in Lake County in 2021. Appointments MUST be made by visiting AARP's website: **www.aarpfoundation.org/taxaide**. You can register beginning February 9. Appointments will be held at Mentor City Hall and NOT the Mentor Senior Center.

IRS Volunteer Income Tax Assistance (VITA) Program

Free tax preparation is available for Lake County or Geauga residents who meet income qualifications. Call Lifeline at 2-1-1 for more info and screening.

VOLUNTEER OPPORTUNITIES

Phone Pal Caller

We are looking for volunteers to assist making weekly phone calls as part of the Lake County Senior Phone Pal Program. Contact Cristen Kane at 440-269-3015.

Kitchen Volunteers

We are looking for friendly volunteers to help with basic meal preparations, serve the curbside meals and clean up. Shifts are from 9:30 am – 12:00 pm. Call Renee at 440-974-5725 for more information.

Digital Champions

Are you good with technology and willing to assist seniors by phone with tech issues such as connecting to Zoom? Call Dave at 440-974-5725 for more information.

TECHNOLOGY SURVEY

While we remain closed, we are offering virtual programming to stay connected with our members. The survey will help us identify your needs so we can help you get connected and allow us to better plan for future marketing strategies. Please complete the survey by March 1 by visiting our website at www.mentorseniorcenter.com. If you cannot complete the survey online, please use the form below and mail to the Mentor Senior Center.

1. Do you have internet connection in your home?

- Yes, I have a wireless connection
- Yes, I have a dial-up connection
- Yes, I have a cable connection
- Yes, but not sure what kind
- No, I do not have internet at home
- I don't know

2. What devices do you use to connect to the internet?

Check all that apply.

- Desktop at home
- Laptop at home
- Desktop at library/offsite
- Laptop at library/offsite
- IPAD or tablet at home
- IPAD or tablet at library/offsite
- Smartphone
- None

3. What computer tasks are you comfortable doing?

Check all that apply.

- Check and send email
- Join a video conference like Zoom, Skype, or Microsoft Teams
- Check Facebook
- Register for classes and events online
- Use apps on a smart phone
- Visit a website
- Watch You Tube videos
- Home assistant such as Alexa or Google
- None

4. What programs are you interested in doing virtually?

Check all that apply.

- Exercise Classes
- Educational Classes
- Health and Wellness Education
- Social activities like a book club, coffee club, support groups, or group chat
- Arts and Crafts
- Other; Please specify _____
- None

5. I would participate in virtual programs, but I do not have? *Check all that apply.*

- Home internet or wifi
- Device such as a desktop, laptop, tablet, IPAD or smartphone
- Knowledge to do so
- I am not interested in any virtual programs

6. During COVID, the Senior Center has done most of its communication via email. If you have access to email, how often do you check it.

- Daily
- 2-3 times a week
- Once a week
- 2-3 times a month
- Once a month
- I don't check it on a regular basis
- I don't have email

If you need and want help to get connected, please leave your name, phone number and/or email address so we can help you get started.

Name

Phone

Email

Complete survey online by March 1 at:
www.mentorseniorcenter.com

Or mail by March 1 to:
Mentor Senior Center
8484 Munson Rd
Mentor, OH 44060



Mentor Senior Center
8484 Munson Road
Mentor, OH 44060
(440) 974-5725

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44060

To the current resident or:

**Please Stay
SAFE & HEALTHY
until the Senior
Center can safely
reopen**



We have been busy updating our facility with many touchless upgrades and are planning for programs that meet social distancing requirements. We cant wait to see your smiling faces in person. Until then we look forward to seeing you on ZOOM.

2021 SENIOR CENTER MEMEBERSHIP RENEWAL

2020 memberships have been automatically extended to expire on December 31, 2021. You do not need to do anything additional to make this happen, it has already been done for you. The only exception is anyone who was eligible for Silver Sneakers in 2020, but is no longer eligible in 2021 will need to register for Senior Center Membership when we reopen. Individuals who are no longer eligible for Silver Sneakers for 2021 will be contacted directly by Mentor Senior Center Staff. Memberships will be required for new members as they register for 2021 programs. We will begin selling new 2021 Memberships when we reopen.

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|--|---|--|
| President..... Hap Berichon | Decorations Chair..... Connie Karchefsky | Library ChairJoan Lally |
| Vice PresidentCarol Snively | Historian.....Vacant | Past PresidentDean Trombley |
| TreasurerDonna Waggle | Hospitality Chair Paul & Anna Zorko | Volunteer Chair ...Debbie Higginbotham |
| Recording Sect'y.....Dee Groynom | | |
| Corresponding Secretary .Paulette Mack | | |