



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

January
2019

HAPPY NEW YEAR EVERYONE!!

In December, the *Washington Post* published an [article](#) about the need for, and use of, geriatricians by those who are retired. “*Geriatricians are patient centered,*” said Laurie Jacobs, a geriatrician and president of the American Geriatrics Society. “*They are internists on steroids – they know about medical problems but know a lot more about people. They are good listeners and involved with the whole person. Geriatricians learn a lot of neurology and psychology because our patients tend to have a lot of neurologic disease who also need primary care. A specialist can evaluate and make the diagnosis, but can’t help organize all the care you need which is what geriatricians do. Their aim is to keep you as independent as possible.*”

It was an interesting article primarily because retirement typically means Medicare and the inevitable onset of physical decline that signals the need for doctors who specialize in complex medical problems of the elderly. “*For those who are frail and have multiple health conditions requiring many medications, a geriatrician might be the best choice,*” says Dr. Jacobs. But there is a shortage of geriatricians in the United States, so getting in to see one can present a big problem.

This is where being a resident at GMC can help. We have ‘connections’ and possi-

ble solutions. If you see yourself going to multiple physicians and/or having appointments several times week after week, maybe it’s time to start asking about an easier way to get your health needs covered. Maybe we can help make it easier for you.

January is usually a quiet, stay-at-home month for seniors. We don’t ski anymore. We don’t ice skate or build snowmen. That doesn’t mean we can’t put a little fun into our month. With several restaurant outings this month, plus the renowned *Annette Keys* entertaining us at the Birthday Party, and an Epiphany Party hosted by a resident, there is plenty of socializing to be done. We will cook individual calzones with Chef Ken, and ‘klatch’ over coffee with Rose. Plus, we can work off those holiday calories with any of the multiple exercise classes we have or join our “Route 66 Walkers” and mark off the miles until we reach California. All this is in addition to the usual monthly activities and groups.

So if you live here, use this month to get out and do something of your choice. If you don’t live here...it’s time to rethink that! Call for a tour with Paula!

To learn more about Gates Mills Club—call 440-461-2010 or visit our Website at www.GatesMillsClub.com.



HEALTHY HAPPENINGS

EXERCISE CLASSES:

- **Prime Fitness or Drum Class with Pia**
Alternating Mondays @ 10:00 am
- **Tai Chi with Denise or Brain Aerobics w/Lori** Tuesdays @ 10:00 am
- **Low Impact Exercise with Linda**
Wed./Fri. 10:00 am
- **Meditation Class or Low Impact Class**
Alternating Thurs @ 10:00 am
- **Motion with Melanie**
Wednesdays @ 1:00 pm
- **Wellness Clinic:** Wed. @ 12pm-1pm
- **Dr. Shane, Podiatrist:** TBD

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Thursdays @ 11am Hooks N Needles
 Sat/Sun @ 2 or 3 pm. Cards & Games
 Most Mondays @ 1pm Bingo
 Mon/Wed/Fri @ 6:30 pm Bingo
 Wednesdays @ 12noon Bible Reading
 Travelogue: Thurs, Jan 17.....*Touring Mexico*
 Fri., Jan. 4 @ 12:00 pm.....Coloring Fun
 Fri., Jan. 25 @ 12:00 pm.....Fun with Words



COFFEE KLATCH WITH ROSE

Friday, Jan. 18 @ 12:00 pm

Since this is National Hat Day, be sure to wear your favorite hat and share the story of why this hat is your favorite. Hot Carmel Coffee & Cinnamon Rolls will be available as we klatch away!

HIBACHI

Japanese Steakhouse



Friday, Jan 4 @ 11:00 am

For 26 years, this has been a destination for family celebrations and special moments. In fact, this style of Japanese cooking has become so popular, the owners expanded to the Cleveland area, adding four locations in the past 10 years. Each meal offers plenty of mouthwatering food -- from the main meats to grilled broccoli, onions and zucchini and fried rice or noodles. Sign up in the mail room to go...

THE LOBSTER POT RESTAURANT



Friday, Jan. 25 @ 11:00 am

Ross Haffey founded the original New England style Lobster Pot Restaurant in South Euclid, OH in 1972. The story goes...Ross went on vacation to New England and ate his way home, collecting recipes that are still being used today at the location in Willoughby Hills. They proudly serve the freshest seafood available, dishes like Maine lobster roll, linguini & white clam sauce, mussels, clams, shrimp, tuna, calamari, and so much more. Sign up room to go!



Winking Lizard Tavern

Tuesday, Jan. 29 @ 12:00 am

Great place, great beer, great food and a huge selection of dishes. So many choices you're sure to find exactly what your taste buds are longing for.



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday January 25 @ 2:00pm

Bible Readings

Wednesdays @ 12:00 noon

Sing-Along

Wednesdays @ 11:00 am

January Birthday Bash

Tuesday, Jan. 8 @ 1:00 pm

Movies

Thursdays, Saturdays, Sundays @ 6:30 pm

Saturday Matinees @ 1:00 pm

Shopping

Most Tuesdays at 10:00 am

Most Thursdays at 1:00 pm

Banking

Friday mornings

Casino Gambling Trip

Friday, Jan., 11 @ 11:00 am

JANUARY BIRTHDAYS

Evelyn Jernigan.....Jan. 06

Maurer, Peggy.....Jan. 15

Anneliese Duffett.....Jan. 21

Marie Parker.....Jan. 26

COOKING WITH KEN

Tuesday, Jan. 22 @ 11:00 am

Join Ken in the dining room for a fun cooking class. Stuff your calzone, enjoy a beverage & conversation while your calzone is cooking. Then enjoy your homemade calzone!



EPIPHANY PARTY!

Sunday, Jan. 6 from 5- 7:00 pm

Hosted by: Carolyn S. Smith

and her students & musical guests.

Let's join others in the tradition of having an Epiphany Party on the 12th Day after Christmas. In the spirit of giving, resident Carolyn Smith will host this event for GMC and encourages other residents to bring appetizers, favorite dishes, desserts or drinks for the food table. There will be coffee & punch. There will also be a box for collecting (cash or check) donations for the *Abundance Pantry at Forest Hills Church*, which serves more than 300 families a month in Cleveland Heights and surrounding communities. Feel free to bring your instruments and voices for a Sing-Along! She also hopes and prays once again that the New Year brings all of us closer to peace in our troubled world.

HOLLY'S HEARING SCREENING

Wednesday, Jan. 16 from 1-3:00

It is medically recommended to have your hearing tested annually, just like your blood pressure or cholesterol. Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and a safety issue. Hearing loss can occur naturally due to age, but it can also be caused by other health reasons that may surprise you. Some health issues that are directly linked to hearing loss include, but are not limited to: dementia, diabetes, obesity, high blood pressure and osteoporosis. Sign up to have your hearing tested this month if you haven't already done so in the past year.

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Mission Statement

Gates Mills Club is an Active Senior Living Community in Mayfield Heights that is providing independent seniors the environment to enjoy a dynamic, engaging, and fulfilling lifestyle. We offer a multitude of opportunities designed to encourage friendships and autonomy while providing services and amenities for the best overall value around. Come discover the difference!



Executive Director: Vickie Sheppard
Community Relations: Paula Iacovetta
Director of Nursing: Roberta Immormino
Maintenance Director: Anthony Loparo
Activities Director: Rose Cinovec
Food Service Director: Stacey Williams
Front Desk Manager: Jennifer Hummer

