



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6759 Meyfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

February
2019

AGING IN PLACE WORKS...UNTIL IT DOESN'T

“Society sends a strong message that successful aging means living continuously in your own home for as long as possible,” says Stephen Golant, a University of Florida gerontologist and author of *Aging in the Right Place*. It may take a crisis or major upheaval to make people rethink the matter, Golant says, such as the death of a spouse, a serious fall, a bad car accident or repeated hospitalizations.

The challenging gray area is when less-dramatic events begin to add up. The mail is piling up; unfilled prescriptions or chaotic medicine assortments suggest needed treatments are being missed; the lawn hasn't been tended to; the laundry is all over the place; the house doesn't look good, or there are charred pots or countertops; expired food is in the refrigerator. Seniors living alone in their 70s and beyond may keep serious problems to themselves because they don't want to worry the family or feel like a burden. It may be reassuring to hear “I'm fine” when you call, but your instinct is telling you that maybe things are not so fine. They stop doing things they used to love doing and give all kinds of reasons, but you begin to suspect there is more to that story.

There can be a tipping point when it's clear that aging in place isn't working. “For the older person,” Golant says, “it's when the feeling of incompetence and being out of control trumps the familiar comfort and attachment to home – memories, friends, possessions. From the perspective of the concerned family mem-

ber,” Golant says, “It's when your uncertainty level reaches a point where you dread receiving a phone call at any time of the day or night.”

This happens not just in primary family homes, but in independent apartments too. A housekeeper may come in weekly to do light housekeeping, but the clutter never goes away. Meals may be available, but the refrigerator becomes storage for multiple Styrofoam containers, some that may be growing lovely bacterial families. Toilet paper, canned goods, extra everything stuff the closets and cabinets so nothing else can be added. Maybe hygiene has gone downhill. If you see this happening to yourself or a loved one, then *Aging in Place* should be replaced with *Aging in the RIGHT Place* according to Golant. Make a connection this February with our Community Relations Director, Paula. There is no shame in asking for the help that Gates Mills Club can quietly provide. That is what we are all here for...

February is the month for showing friends and family how much they mean to you. Invite someone to have Valentine's dinner with you (but let us know ahead). Or get to know a new resident and make a new friend. February is a good month for connections, new and old!

For more information:
www.GatesMillsClub.com
440-461-2010



HEALTHY HAPPENINGS

Exercise Classes:



- **Prime Fitness or Drum Class with Pia (alternate)**
Mon. 10:00 am
- **Tai Chi with Denise or**
- **Brain Aerobics w/Lori**
Alternating Tuesdays 10:00 am
- **Low Impact Exercise**
Wed./Thurs./Fri. 10:00 am

- **Meditation Class:** Thurs @ 10:00 am
- **Route 66 Walkers:** Mon. Wed. @ 3:00 pm
- **Dr. Shane, Podiatrist:** Next Visit-March 27
- **Wellness Clinic:** Weds @ 12-1 pm

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Wednesdays @ 11am Hooks N Needles
 Sat/Sun @ 2 or 3 pm. Cards & Games
 Mondays @ 1pm Bingo
 Mon/Wed/Fri @ 6:30 pm Bingo
 Wednesdays @ 12noon Bible Reading
 Thursday, Feb. 15 @ 11:00.....Travelogue
 "Hawaii"



FEBRUARY BIRTHDAYS

(celebrate with Fred Schneider, pianist, at the Birthday Bash on Feb. 12th at 1pm)

Edwina Martin.....Feb. 02
 Mildred Titgemeyer.....Feb. 04
 Bill Zigli.....Feb. 10
 Robert Poore.....Feb. 16

LUNCH BUNCH

Gaetano's

Friday, Feb. 8 at 11:00 am

Locally owned and operated in Mayfield Heights for the past 13 years, Gaetano's Restaurant specializes in traditional, home-made Italian dishes. Only the freshest ingredients are used to prepare the generations of family recipes.

Fox & Hound

Tuesday, Feb. 26 at 12:00 pm

Just around the corner which makes it a great trip for the winter weather. Always a GMC favorite!



Casino Trip

This month we will be teaming up with the residents of Hilltop Village for our casino trip to **Thistledown** Feb. 22. If we have a total of 20 people, everyone will receive \$25 on their card for gambling. Be sure to sign-up in the mail room to go.

Great Deals\$

TRAVELOGUE: HAWAII

Our destination is a romantic one (after all, it is Valentine's Day...): "Hawaii-An Island Symphony."

You'll have the ultimate island experience: three of Hawaii's most beautiful islands, Maui, Kauai, and the Big Island. With spectacular lava footage plus aerial views of this beautiful topical land, you can remember or dream of being there. Bon Voyage!



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday, February 22 @ 2:00 pm

Bible Readings

Wednesdays at 12:00 noon

Sing-Along

Thursdays @ 11:00 am

February Birthday Bash

Tuesday, Feb. 12 @ 1:00 pm
With *Fred Schneider*

Regular 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

Most Friday mornings

Casino Gambling Trip

Friday, Feb. 22 @ 11:00 am

Cleveland Museum of Art



Georgia O'Keeffe: Living Modern

Friday, Feb. 1 @ 11:00 am

Georgia O'Keeffe: Living Modern offers a unique look into the fascinating connections

between the paintings, personal style, and public persona of one of America's most iconic artists. Throughout her 70-year career, O'Keeffe defied convention and forged a fiercely independent identity that was integral to her art. The exhibition reveals O'Keeffe's determination to be strikingly modern not only in her art but in her life.



"Love Songs"

by

Pam Belknap
Thursday, Feb. 14

Valentine Celebration—Let's celebrate LOVE - remembering our loved ones and sharing those memories with others. Bring you wedding photo to Rose by noon on the 14th and she will have them all on display. Enjoy love songs during your "Special" Valentines Day Dinner along with a little extra something to make the day lovely.

COOKING WITH KEN

Friday, Feb. 22 @ 12:00 pm

Since February is Great American Pies Month, so join Ken to cook your very own individual pie. Once it's baked, you can eat it or take it back home for later! Please sign up in the mail room so we know how many are baking.

Cleveland Botanical Gardens

Friday, Feb. 15 @ 11:00 am



Cleveland Botanical Garden celebrates one of the world's most exotic and beautiful flowers at their annual Orchid Mania show.

Over three thousand orchids in every shape, size, scent and color hang gracefully in the halls and glasshouses of the Botanical Garden creating exotic and alluring encounters to warm your winter. Sign up in the mail room to go.



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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

