



THE BARTON CENTER

# SEPTEMBER NEWSLETTER

2024



216-221-3400  
14300 DETROIT AVE.  
LAKEWOOD, OH 44107

[WWW.BARTONCOMMUNITIES.ORG](http://WWW.BARTONCOMMUNITIES.ORG)





# **BARTON CENTER CONTACTS**

**Allison**  
**Executive Director**  
216-521-7260 ext. 128

**Christina**  
**Lead Activities Coordinator**  
216-221-3400 ext. 136

**Annie**  
**Floating Activities Coordinator**  
216-221-3400 ext. 134

**Alex**  
**Activities Coordinator**  
216-221-3400 ext. 132



**Barton Center offices will be closed on  
Monday, September 2 for Labor Day.**

**Would you like the newsletter delivered to  
your email each month?**

**See Christina or email her at:  
[cstover@bartoncommunities.org](mailto:cstover@bartoncommunities.org)!**



# BARTON CENTER SHOPS

## The Library

Hours: Monday - Friday

9 a.m. - 8 p.m.

Key FOB Entry

### Book Sign-Out Steps

1. Sign author card with name/date/apt # (non-residents) please include phone number.
2. Put 1st card in box on desk. Due Date: 2nd card, keep in book. PLEASE

## Salon & Barber Shop

Hours: Thursdays & Fridays

9 a.m. - 2 p.m.

Call: Chris Fordyce to schedule appointment.

**(216) 287-6634**

## The Corner Store

Hours: Monday 10 a.m. - 12 p.m.

Tuesday - Thursday 10 a.m. - 3 p.m.

## Hodge Podge Resale Shop

Hours: Monday 10 a.m. - 12 p.m.

& Wednesday 9 a.m. - 2:30 p.m.

## Book Nook

Hours: Tuesdays & Thursdays

9:30 a.m. - 2:30 p.m.

A wide selection of gently used  
and new books!



# RESIDENT SPOTLIGHT: IRENE KIRK

Interviewed & Written by: Bob Blum

Irene was born Irene Conhan and both of her parents are of Irish descent. When her family emigrated from Ireland, they found employment in the anthracite coal mines of Pennsylvania. One of her uncles was Black Jack Kehoe. He belonged to a group called the "Molly McGuires." Discouraged by the shabby treatment at the hands of their employers, Uncle Jack and his cohorts founded the United Mine Workers (UMW), which went on to become a prominent labor union. A movie has been made about their exploits.

Favorite activities of Irene's youth include vocal music, Putt-Putt Golf and making friends. Irene attended high school in Atlanta GA. She and her friends often visited the nearby campus of Georgia Institute of Technology... The Ramblin' Wreck of Georgia Tech.

At age 18, Irene married a Colombian student who had just been offered a position with Allis Chalmers, an international corporation, at their Colombian location in Cohentos Del Vale.

Irene didn't know Spanish when she arrived in Colombia, a country where English was not even a second language. She jokingly said that "I did not want anyone talking about me" so she went around with a pocket Spanish-English dictionary to get some idea on what was being said. When shopping, she would point to the products and, with the seller's help, locate the name of the product in the dictionary. Fortunately, Irene is gifted with an excellent memory, so it wasn't long before she became fluent in Spanish.

She lived in Colombia for three years before returning to the USA... this time to Wisconsin. She lived there for one year and during that time her daughter Mercedes was born.



Then she moved to the land she had grown to love... back to Columbia again and her son Guillermo was born there.

A dominant feature of Colombia is that the Roman Catholic Church is part of the government. This, of course, is quite unlike the USA.

After this second Colombian stint, Irene moved back to Ohio and eventually to Westerly Apartments. She obtained her Registered Nurse Certification at Cuyahoga Community College and worked as a nurse for fifty years!

At the Westerly, Irene continues those favorite activities of her youth: singing at Ron and Lilly's Karaoke, teaching Spanish in the Westerly Community Room on Tuesdays and continuing to make many friends. She has also added gardening to her list of activities and has tilled a garden plot here for 10 years! This year she shared a garden spot with Esteban.

Irene is an active member of the Lakewood Baptist Church which has a large contingent of Swahili speaking Africans and another contingent from Korea. This fits right in with Irene's international flair. She looks forward to the next step that Lakewood Baptist is taking... holding joint activities with Lakewood United Methodist Church. She believes this will vitalize both communities!

I have found Irene to be a very vibrant Senior Citizen!



# \$7 Lunch Delivery

Residents can choose from two options that will be delivered each Thursday at 11:30 a.m.

Residents are required to pre-pay for meals by 12 p.m. noon on Tuesday each week.

**Meals can be prepaid at The Corner Store.**

## **September 5 Menu:**

Old fashioned meatloaf w/ brown gravy, mashed potatoes, buttered peas and carrots, cinnamon applesauce, and fudge brownie.

**NO MEAL ON SEPTEMBER 12  
DUE TO THE HEALTH FAIR!**

## **September 19 Menu:**

Boneless chicken Paprikash, parslied egg noodles, green side salad w/ tomatoes, cucumbers, sweet red onions, honey Dijon balsamic vinaigrette, buttered peas & carrots, and chocolate chip cookie.

## **September 26 Menu:**

Entree sized chef's salad w/ hard cooked egg, grilled chicken, raisins, toasted walnuts, red onions, cucumber, diced tomatoes, and ranch dressing, freshly baked roll & butter, truffle bar brownie.



# September Movie Days

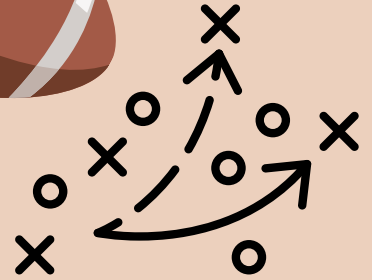
Vote for your pick in the Carr Lounge.  
Popcorn is provided at each movie!

## Remember the Titans vs. Rudy

When: Monday, September 9

Where: Faulhaber Auditorium

Time: 2 p.m. - 4 p.m.



## Inside the Mind of a Cat & Inside the Mind of a Dog

When: Monday, September 16

Where: Faulhaber Auditorium

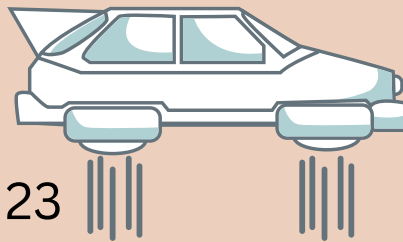
Time: 2 p.m. - 4 p.m.

## Back to the Future vs. The Princess Bride

When: Monday, September 23

Where: Faulhaber Auditorium

Time: 2 p.m. - 4 p.m.



## Indiana Jones: Raiders of the Lost Ark vs. Jurassic Park

When: Monday, September 30

Where: Faulhaber Auditorium

Time: 2 p.m. - 4 p.m.





# September Crafts

## Cactus Pet Rocks

When: Thursday, September 5

Where: Craft Room

Time: 1 p.m. - 3 p.m.



## Beaded Key Chains

When: Wednesday, September 11

Where: Craft Room

Time: 1 p.m. - 3 p.m.



## Stenciled Tea Towels

When: Thursday, September 19

Where: Craft Room

Time: 1 p.m. - 3 p.m.



## Pom Pom Fish

When: Thursday, September 26

Where: Craft Room

Time: 1 p.m. - 3 p.m.



**Residents MUST pre-register for ALL crafts on the Craft Room door.  
See Barton Staff with questions!**

# September Activities

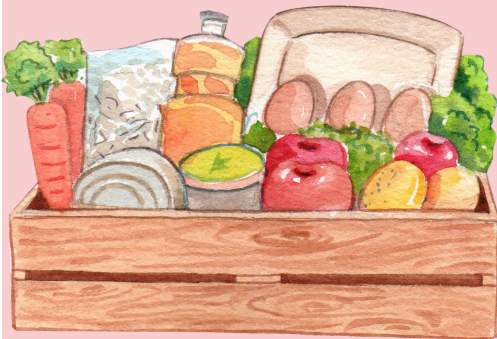
## Voter Registration

When: Thursday, September 5 & Monday  
September 9

Where: Cafe

Time: 11:30 a.m. - 1 p.m.

Join us in the Cafe to register to vote for the  
upcoming election!



## Food Box Distribution -

### Cleveland Food Bank

When: Friday, September 6

Where: Cafe

Time: 10 a.m. - 2 p.m.

**You must pre-register.**

**Contact:** Christina at (216) 221-3400 ext. 136

## Lakewood Public Library Quarterly Visit

When: Thursday, September 12

Where: Health Fair Table

Time: 10 a.m. - 2 p.m.

Join the Lakewood Library at their health  
fair table for the quarterly visit!



## Friday the 13th Movie Showing

When: Friday, September 13

Where: Faulhaber Auditorium

Time: 11 a.m. - 1 p.m.

Join us in the Auditorium to watch Friday  
the 13th on Friday the 13!



# September Activities

## August & September Birthdays & Trivia

When: Friday, September 13

Where: Cafe

Time: 3 p.m. - 4 p.m.

Join us to celebrate all August and September birthdays and play trivia!



## Name that Tune w/ John Thayer

When: Thursday, September 19

Where: Carr Lounge

Time: 12 p.m. - 1:30 p.m.

Join us for a program of Name that Tune and two dogs and their tricks with John!



## Therapy Dogs

When: Tuesday, September 24

Where: Community Room

Time: 1 p.m. - 3 p.m.

Come hang out in the Community Room with therapy dogs provided by K-9 Caring Angels!

**Must sign-up with Barton Center.**



## Identity Theft Presentation

When: Thursday, September 26

Where: Cafe

Time: 1 p.m. - 2 p.m.

Join us for a presentation from Dollar Bank on how to prevent identity theft.

# September Activities

## Fraud Prevention Presentation

When: Monday, September 30

Where: Cafeteria

Time: 1 p.m. - 2 p.m.

Join us for a presentation from First Federal Lakewood about fraud prevention tactics.



## Seated Rhythms & Seated Tap Classes

When: Mondays, September 9 & 16

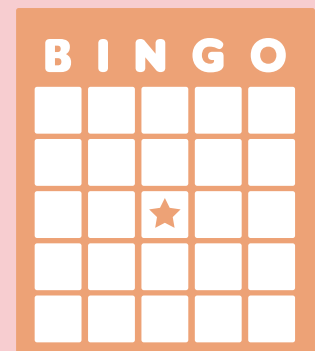
Where: Greenhouse

Time: 11 a.m. - 11:45 a.m.

Join us in the Greenhouse for seated dance and tap classes. All are welcome!

## Prize Bingo

will be on Wednesday, September 4 at 1 p.m. - 2 p.m. and take place in the Cafe. Come join friends and win fun prizes!



## M2B2 Band Rehearsals

are on Thursday, September 5 and 19 in the Faulhaber Auditorium from 7 p.m. - 9 p.m. All are welcome!







## Wii Bowling

When: Wednesdays,  
September 4 & 18

Time: 2 p.m. - 3 p.m.

Where: Cafe

Sign up to bowl with Barton staff or on the sign-up sheets outside the offices!

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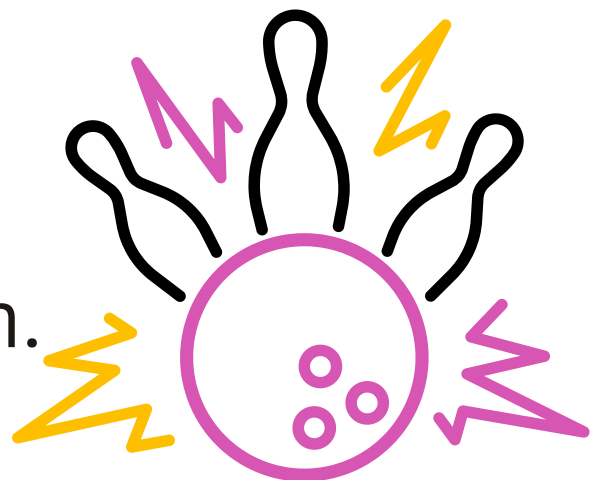
## Tabletop Bowling

When: Wednesdays,  
September 11 & 25

Time: 1 p.m. - 2:30 p.m.

Where: Carr Lounge

Sign up to bowl with Barton staff or on the sign-up sheets outside the offices!



# Free Hearing & Hearing Aid Checks

When: Monday, September 9

Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



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## D's Accessories Pop-Up Shop

When: Thursday, October 10

Time: 12 p.m. - 2 p.m.

Where: Carr Lounge

D's Accessories will be selling jewelry and accessories to Barton Center at affordable prices. Join us in the Carr lounge to check out her beautiful pieces!





# AEROBIC LINE DANCE



HOSTED BY

**Connect** NGA



**BEGINNERS & ADVANCED**



**DATE:** Wednesday, September 11

**TIME:** 2 p.m. - 3 p.m.

**WHERE:** Cafe



CLEVELAND METROPARKS

# Ohio Wildlife Presentation

with Alyssa, the Naturalist

Explore the fantastic diversity  
of animals that live in Ohio! A  
variety of pelts, skulls, bones  
and other objects will be shown.



**WHEN: MONDAY,  
SEPTEMBER 16  
TIME: 1-2 PM  
WHERE: CAFE**

**Must pre-register  
with Barton staff!**



Sponsored by  
Foundations Health  
Solutions



# NATURE PAM LUNCH AND LEARN

## ZION: UNPARALLELED BEAUTY

TUESDAY, SEPTEMBER 17  
12:00 – 1:00 P.M. IN THE CAFE

SIGN UP WITH BARTON CENTER BY  
FRIDAY, SEPTEMBER 13





# We Can Help



**You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.**

**Sign Up to receive Free One-on-One Tech Support with IConnect**

**Date: Tuesday, September 24  
Time: 2 p.m. - 4 p.m.  
Where: Cafe**

- ❑ Questions on your new device?
- ❑ Need help downloading games or apps?
- ❑ Want to know how to check or send email?
- ❑ Want to watch a movie on your tablet?
- ❑ Questions on saving pictures?
- ❑ Trouble with storage?



**Save the Date for:**

**Eleanor Roosevelt**



**Women in History**

**Presents**

**An afternoon with Eleanor Roosevelt**  
**Friday, October 11 at 1:30 p.m.**

**Women in History's Ruth Pangrace**  
will portray Eleanor Roosevelt at the Barton Senior Center in  
the Faulhaber Auditorium in the Westerly Apartments.  
14306 Detroit, Westerly II (ground level of the North Building).

**Open to the Public**

# Community Member Group Activities

## Coffee With Friends

When: Every Saturday

Time: 9 a.m. - 11 a.m.

Where: Cafe

Enjoy some coffee and get to  
know someone new!



## Stories On Paper

When: Wednesdays,  
September 11 & 25

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story that can be shared with the group. Come write and chat with us!





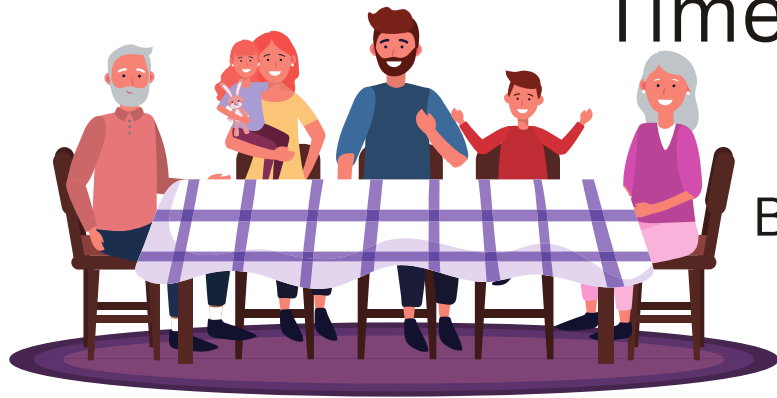
## Lunch & Chat

When: Every Thursday

Time: 11:30 a.m. - 1 p.m.

Where: Cafe

Bring your own lunch and get to know someone new!



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## Book Project

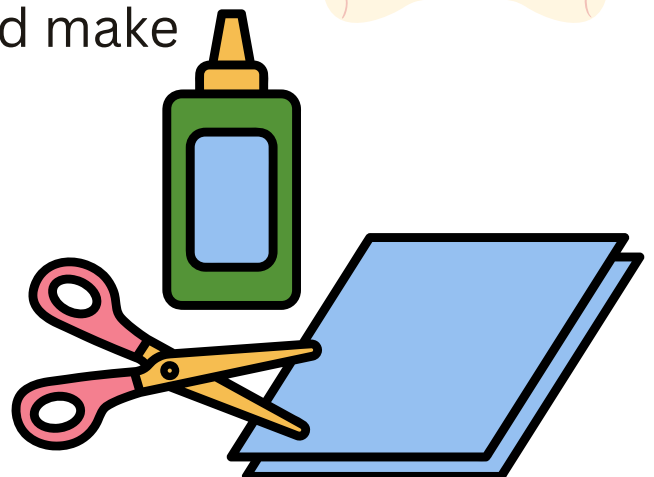
When: Every Thursday

Time: 9 a.m. - 11 a.m.

Where: Craft Room

Repurpose greeting cards and make picture books for children.

All materials are provided!



# Book Club

When: Wednesdays, September 4 & 18

Where: Craft Room

Time: 1 p.m. - 3 p.m.  
with Christina



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## Lakewood Public Library: Homebound Service

When: Every Tuesday

Time: 10:30 a.m. - 12 p.m.



Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



# Open Craft Room Hours

When: Every Monday

Where: Craft Room

Time: 9 a.m. - 12 p.m.

Come hang out and work on  
your crafts!



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# Wednesday Morning Coffee

When: Every Wednesday

Where: Cafe

Time: 8:30 a.m. - 10 a.m.

To be greener, we encourage residents to bring  
their own mugs for coffee.





# Friday Trivia

When: Friday, September 27

Time: 3 p.m. - 4 p.m.

Where: Cafe  
w/ the Walden's



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## Rummikub Game Play

When: Every Friday

Where: Cafe

Time: 10 a.m. - 12 p.m.

Join residents in the Cafe every  
Friday to play Rummikub!

Everyone is welcome!





# Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Community Room

Join Irene to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.

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## Karaoke

When: Saturdays, September 7 & 21

Time: 6:30 p.m. - 8 p.m.

Where: Cafe  
with Ron Walden





## Janis & Tony

When: Sundays,  
September 8 & 22

Time: 6:30 p.m. - 8 p.m.

Where: Brosky Commons

This duo performs 40's and 50's music.

Janis plays the piano, and Tony sings  
standards and show tunes. All are welcome!

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## Janis & Peter

When: Thursdays,  
September 12 & 26

Time: 7 p.m. - 8:30 p.m.

Where: Brosky Commons

This duo performs light classical music. Janis  
plays the piano and Peter plays the violin.

All are welcome!





# Creative Therapy Activities



## Music Therapy

When: Every Thursday

Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room  
with Gavin

Music Therapy will be in the Auditorium on  
Thursday, September 12!

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## Art Therapy

When: Every Monday

Time: 4 p.m. - 5:30 p.m.

Where: Community Room  
with K.D.

**NO ART THERAPY ON MONDAY,  
SEPTEMBER 2!**



# Religion & Worship

## Activities



### Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room  
with Ms. Tyburski

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### Bible Study

When: Wednesdays,

September 11 & 25

Time: 11 a.m. - 12:30 p.m.

Where: Community Room  
with Ron Walden



# Lakewood

## Community Activities

### Lakewood Black Caucus



When: Saturday, September 21

Time: 12 p.m. - 2 p.m.

Where: Lakewood  
Presbyterian Church

with Ms. Wellborn & Ms. Hill

Enter in the rear of the church. FREE parking.

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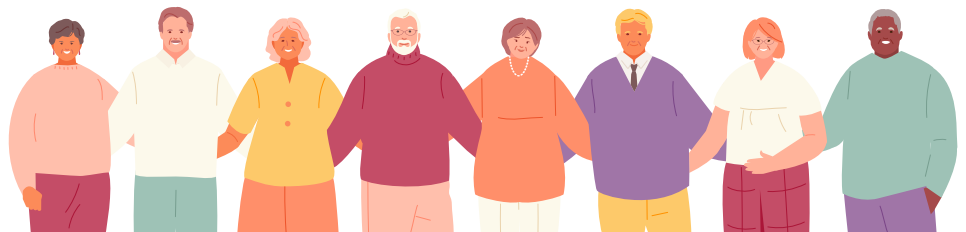
## Support Groups

### Parkinsons Support Group

When: Wednesday, September 18

Time: 11 a.m. - 12 p.m.

Where: Community Room  
with Steve Gannis

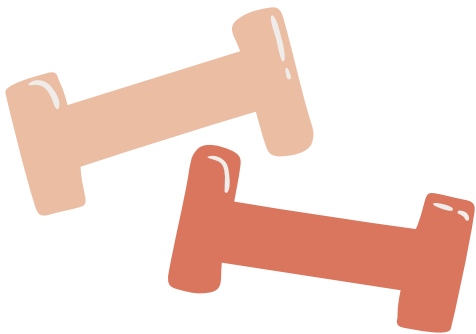


# Health & Wellness

## Activities

**NEW**

### **Movement & Lightweights Class w/ Cat**



When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Greenhouse

Participants will be given 1 lb or 2 lb weights in  
this seated class.

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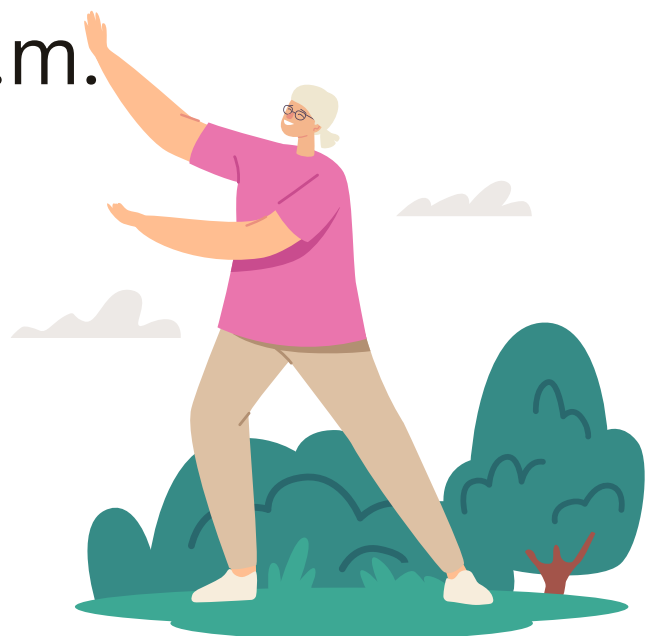
### **Tai Chi w/ Jan**

When: Every Thursday

Time: 11 a.m. - 11:45 a.m.

Where: Greenhouse

**TAI CHI CANCELLED ON 9/12.**





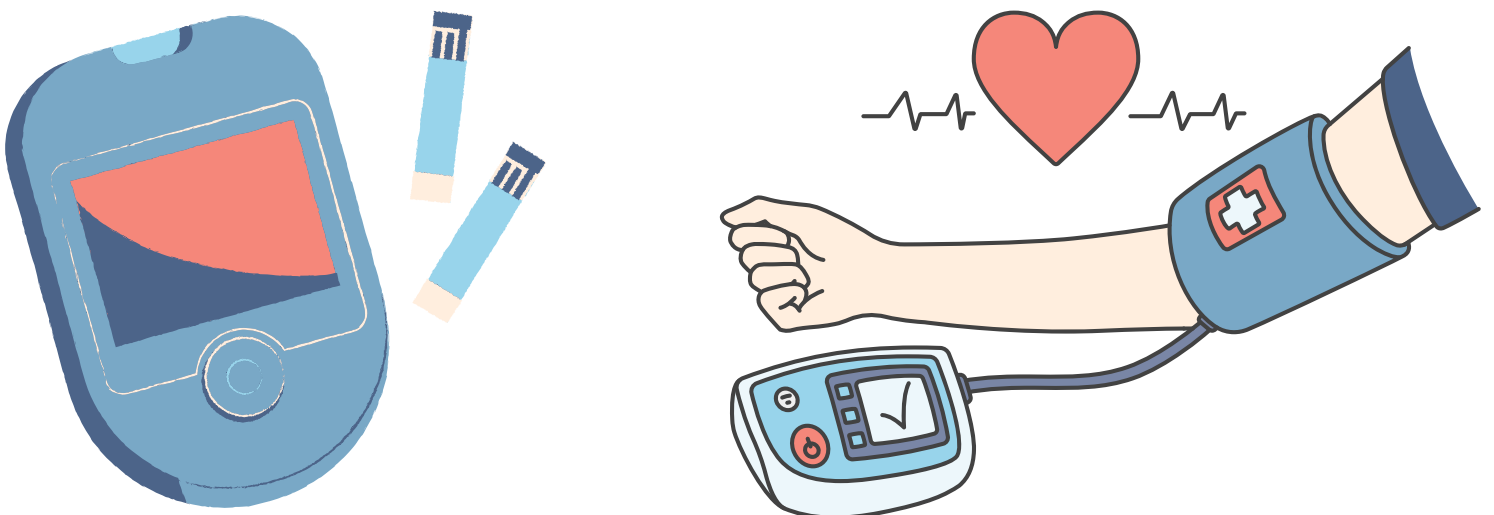
**Barton Center**  
**Wellness Corner**  
**Neighborhood Paramedic**

**Blood Pressure and Glucose Checks  
with Ryan Birth**

When: Thursday, September 19

Time: 11 a.m. - 12 p.m.

Where: Cafe



# Wellness Center Offerings

**Dr. Mark Massie**  
**Podiatrist**

**When:** Every 3rd  
Thursday

**Time:** 9 a.m. - 3 p.m.

By appointment ONLY  
216-402-4233



**Anthony Lima**  
**Licensed Massage**  
**Therapist**

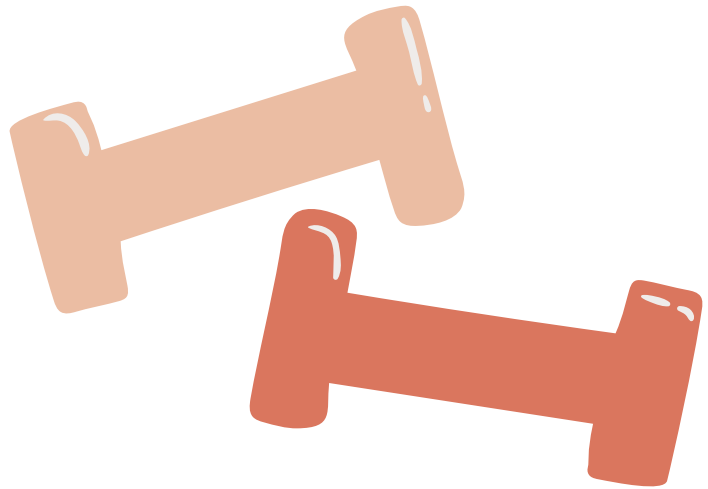
By appointment ONLY

Call or Text:  
216-704-0794

Email:  
[GITmassage@hotmail.com](mailto:GITmassage@hotmail.com)



# Fitness Center



**OPEN 24 HOURS**

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



# **Barton Center**

## **Transportation Services**



**(216) 221-4282**

**COST: \$2 one-way \$4 roundtrip**

**Monday - Friday 9 a.m. - 11:15 a.m.**

**1 p.m. - 3:15 p.m.**

**Must book in ADVANCE**

**South of Lorain Road Trip: Wednesday,**  
**September 4**

**Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.****

**You must be on time for your ride, or the car will leave without you!!**

**Barton transportation reserves the right to refuse rides based on resident behavior .**





Westerly Service Coordinators bring you...



Scranton Road  
MINISTRIES C.D.C. and

Attorney Bob Willis, JD, MBA

# CREDIT REPAIR 101

Friday, September 6, 1:30-2:30pm

In the Barton Center restaurant

*Raffle for Giant Eagle gift card included*

LEARN ABOUT:

WHAT MAKES UP A  
CREDIT SCORE

HOW TO DEAL WITH  
DEBT COLLECTORS

SIMPLE WAYS TO  
IMPROVE YOUR  
CREDIT SCORE

SPOTTING SCAMMERS

SCRANTON ROAD LEGAL  
CLINIC

3095 Scranton Road  
Cleveland, OH 44113  
(216) 861-5323

# ANNUAL WESTERLY APARTMENTS SENIOR HEALTH & WELLNESS FAIR



**Your Health, Our Priority !**

**Learn about Valuable Community  
Resources, Free Health Screenings and  
Raffles**



**September 12, 2024  
10:00 a.m. - 2:00 p.m.**



**14300 Detroit Avenue,  
Lakewood, Ohio 44107**



**BARTON**  
COMMUNITIES



**Westerly Service Coordinators are looking for  
residents to assist with volunteering and helping the  
Service Coordinators at this event! If you are  
interested, please see your Service Coordinator.**

Service Coordinators Present



Nicole Klingel

Ohio Department of Insurance

### MEDICARE TALK

Listen to a representative from OSHIIP discuss your Medicare/My Care benefits and options and get the answers you need.

Date: Friday, September 13, 2024

Time: 1:30 p.m. - 2:30 p.m.

Location: Carr Lounge, Barton Center Restaurant

Free Giant Eagle Raffle



Mike Dewine, Governor , John Husted, Lt. Governor and

Judith French, Director

*The Ohio Senior Health Insurance Information Program (OSHIIP) is a division of the Ohio Dept. of Insurance. All Medicare talks are free. OSHIIP provides only unbiased information. We do not sell insurance.*



## Save the Date.... Vaccine Clinic

Marc's will be coming to offer flu shots, COVID, Booster, RSV & Shingles shots.

Please contact or see your Service Coordinator with your insurance card if you are interested.

Date: Monday, October 7

Time: 10:00 a.m. - 1:00 p.m.

Place: Rotunda