

THE BARTON CENTER &
WESTERLY APARTMENTS
OCTOBER
NEWSLETTER
2025



BARTON
COMMUNITIES
ACTIVITY CENTER

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

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek

President

216-221-3400 ext. 1

aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

216-221-3400 ext. 2

cstover@bartoncommunities.org

JeAnna MarBury Sr.

Activities Coordinator

216-221-3400 ext. 3

jmarbury@bartoncommunities.org

Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

pschraff@bartoncommunities.org



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

See Christina or email her at:

cstover@bartoncommunities.org

WESTERLY CONTACTS

Work Orders or General Questions Call 216-521-0053 - Dial by Extension

Property Administrator

Meghan Curran Ext. 6 — mcurran@bartoncommunities.org

Administrative Coordinator

Arianna Cook Ext. 3 — acook@bartoncommunities.org

Compliance Manager

Nicole Garner Ext. 4 — ngarner@bartoncommunities.org

Occupancy Specialist

Mary-Francis Miller Ext. 1 — mmiller@bartoncommunities.org

Occupancy Specialist

Brenda Colbert Ext. 2 — bcolbert@bartoncommunities.org

Front Desk Coordinator

Marquis Garrett Ext. 0

Service Coordinators Press 3 or Dial by Extension

WI South Building

Debbie Magda-Vukmanic Ext. 8 — dvukmanic@bartoncommunities.org

WII North Building

Paul Keiper Ext. 7 — pkeiper@bartoncommunities.org

WIII West Building

Milica Djordjevic Ext. 9 — mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Marlon Wilson — Maintenance Tech

Lamontay Black — Maintenance Tech

Terrel Lewis — Maintenance Tech

Kirk Shappard — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WI North Building

Laronte Treadwell — Custodian WI South Building

AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141

This phone is not answered during business hours

BARTON CENTER SHOPS

The Library

Hours: Monday - Friday
9 a.m. - 8 p.m.
Key FOB Entry

Salon & Barber Shop

Temporarily closed due to
unforeseen circumstances.

Book Nook

Hours: Tuesdays & Thursdays
9:30 a.m. - 2:30 p.m.

Hodge Podge Resale Shop

Hours: Monday 5 p.m. - 7 p.m.,
Wednesday 9 a.m. - 2:30 p.m., &
Thursday 6 p.m. - 8 p.m.

The Corner Store

Hours: Monday 10 a.m. - 12 p.m.
Tuesday - Thursday 10 a.m. - 3 p.m.

\$7 Lunch Delivery by Barton Center

**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.

October 16 Menu:

Pasta, salad, roll, and cookie.

October 23 Menu:

Pulled pork, coleslaw, baked beans, and
cookie.



October Movie Days

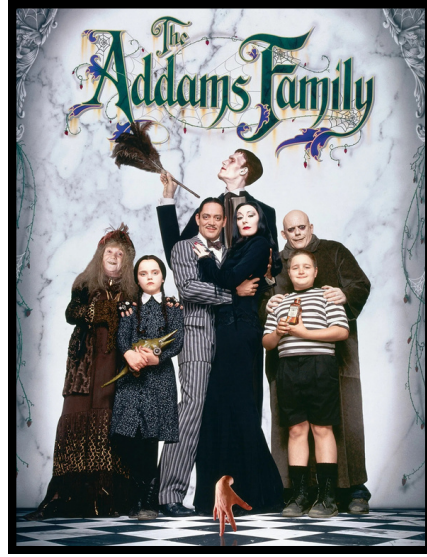
Popcorn is provided at each movie!

The Addams Family

When: Monday, October 6

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

Where: Faulhaber Auditorium



Psycho

When: Monday, October 13

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

Where: Faulhaber Auditorium

Young Frankenstein

When: Monday, October 20

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

Where: Faulhaber Auditorium



Little Shop of Horrors

When: Monday, October 27

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

Where: Faulhaber Auditorium

October Crafts

Air Dry Clay Ghosts

When: Thursday, October 4

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

Where: Craft Room



Air Dry Clay Ghosts Painting

When: Thursday, October 11

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

Where: Craft Room



Ghosts in a Jar

When: Thursday, October 18

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

Where: Craft Room



Wooden Coffin Painting

When: Thursday, October 25

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

Where: Craft Room

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

October Activities

Food Box Distribution -

Cleveland Food Bank

When: Friday, October 3

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

Where: Cafe

You must pre-register.

Contact: Christina at (216) 221-3400 ext. 2



Craft Show Conversation

When: Thursday, October 9

Where: Cafe

Time: 3:30 p.m. - 4:00 p.m.

Are you interested in helping to plan a craft show? Join us in the Cafe and come share your ideas!



October Birthdays

When: Thursday, October 10

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

Where: Cafe

Join us for cake and a fun game to celebrate all October birthdays!



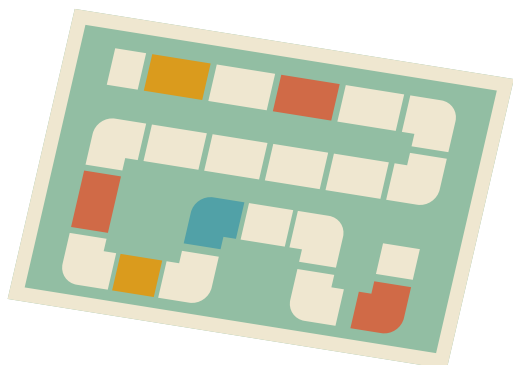
Board Game Day

When: Wednesday, October 29

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

Where: Cafe

Join us in the cafeteria to play games with friends and staff. Feel free to bring your favorite game!



October Activities

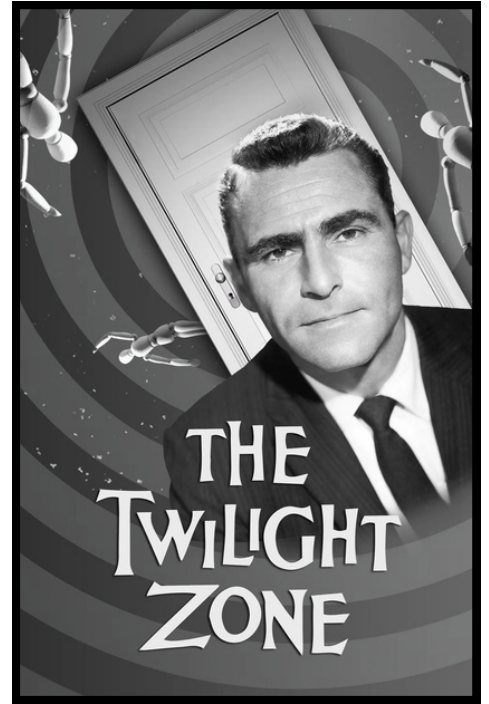
"The Twilight Zone" TV Showing

When: Friday, October 31

Time: 10 a.m. - 3 p.m.

Where: Auditorium

Join us to watch several episodes of *The Twilight Zone* this Halloween.



Prize Bingo

When: Wednesdays, October 1 & 15

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

Where: Cafe

Come join friends and win fun prizes!

M2B2 Band Rehearsals

When: Thursdays, October 9 & 23

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!





BECK CENTER PRESENTATION

When: Thursday, October 16
Time: 1:30 p.m. – 2:30 p.m.
Where: Cafe

**Join us to learn about the
music & art programs the
Beck Center offers at our
center and see a
demonstration!
All are welcome!**

AEROBIC LINE DANCE



HOSTED BY

Connect NCA



BEGINNERS & ADVANCED

DATE: Friday, October 17

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

WHERE: Cafe



O'Neill Healthcare presents...

Grief Around the Holidays

**Learning how to navigate through
our grief during this holiday season.**

It's hard to believe the Holiday Season is upon us! The Holidays affect us all differently. Many of us love this season, the hustle and bustle, snow flying and of course the many parties we will be invited to....

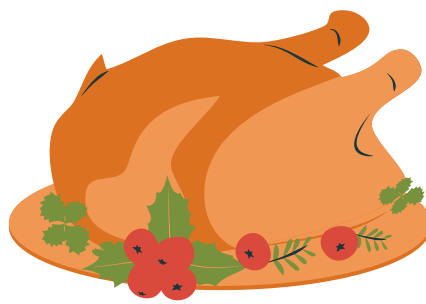
But for many of us, it is a difficult time of year, and we can't wait for it to be over.

Whether you love this season or can't wait until the ball drops on New Year's Eve, learn how to navigate through the Holidays with less grief.

When: Tuesday, October 21

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

Where: Cafe





Sponsored by
Foundations Health
Solutions



NATURE PAM LUNCH AND LEARN BADLANDS & DEVILS TOWER

OCTOBER 28
12:00 – 1:00 P.M. IN THE CAFE

SIGN UP WITH BARTON CENTER



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, October 28
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?





Barton Center presents...

HALLOWEEN PARTY

JOIN US FOR PIZZA,
GAMES, COSTUME
CONTEST, FUN,
AND MORE!

Thursday, October 30

Time: 12:30 p.m. - 3:30 p.m.
Where: Cafe

Must sign-up with
Barton Staff by
Monday, October 27.

Food for the Soul



Thursdays, October 2 & 9
1:30 p.m. - 2:30 p.m.
Cafe

**On October 9, the performance
will be in the Auditorium.**

**Food for the Soul is an hour of music and
discussion, connecting you to your
neighbors, to music, to our shared
history, and life experiences.**

**Come share in the beat, sing along to the
tune, and be part of the experience. Join
us in this celebration of music,
community, and shared stories—you
belong here.**



*This program is brought to you by Roots of
American Music
through a grant from the Cleveland
Foundation*





Barton Center Arts & Crafts Show

Join us for a craft show of items
made by our senior residents!
All are welcome!

When: Saturday, November 8
Time: 10 a.m. - 2 p.m.
Where: Barton Center Cafe
14300 Detroit Avenue

Center Member Group Activities

Coffee With Friends



When: Every Saturday

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

Where: Cafe

Enjoy some coffee and get to
know someone new!

Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe

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



Book Club

When: Wednesday, October 1

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

Where: Craft Room

We are discussing *The House in the Cerulean Sea* and will be given *You Like it Darker: Stories* for next month.



Lakewood Public Library: Homebound Service



When: Every Tuesday

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

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

Where: Craft Room

Come hang out and work on
your crafts!



Stories On Paper

When: Wednesdays,
October 8 & 22

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

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!



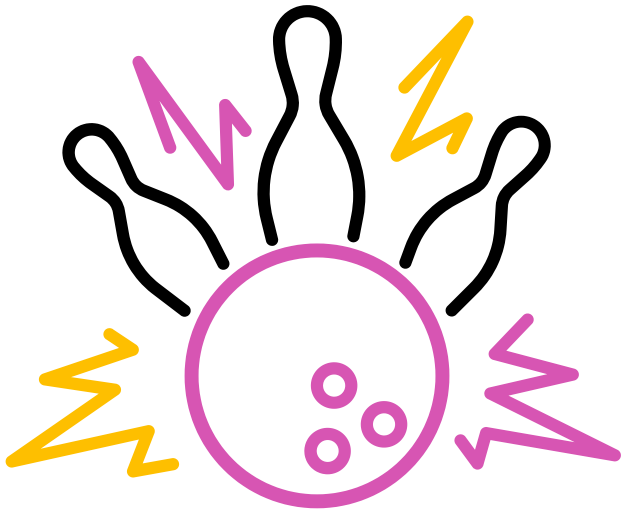
Tabletop Bowling

When: Wednesdays,

October 8 & 22

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

Where: Cafe



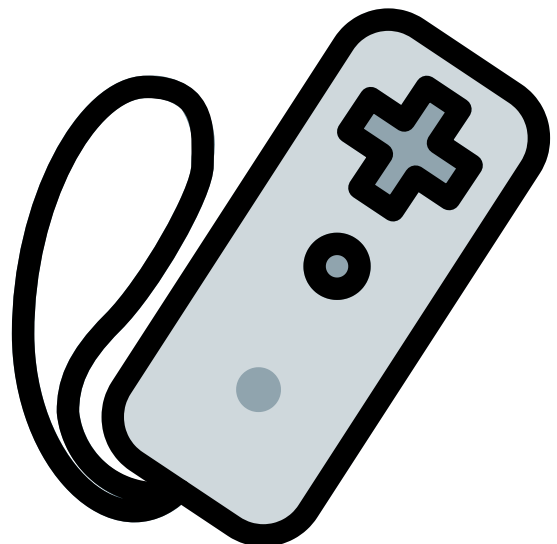
Wii Bowling

When: Wednesdays,

October 1 & 15

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

Where: Cafe



Beginner's Spanish Class



When: Every Tuesday

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

Where: Cafe

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



Karaoke

When: Saturdays, October 4 & 18

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

Where: Cafe

with Ron & Lilie Walden





Janis & Peter

When: Thursdays,
October 2 & 16

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!



Janis & Tony

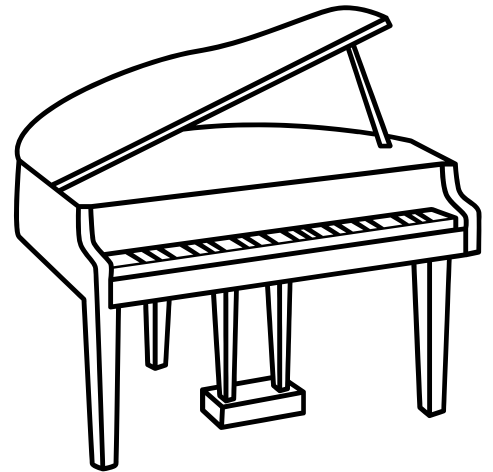
When: Sundays,
October 12 & 26

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!



Friday Trivia

When: Friday, October 31

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

Where: Cafe



Health & Wellness Activities

Balance Class

When: Every Monday

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

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**



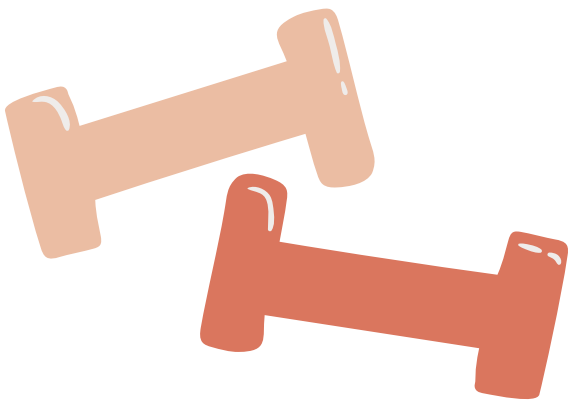
Movement & Lightweights Class

When: Every Tuesday

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

Where: Community Room

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

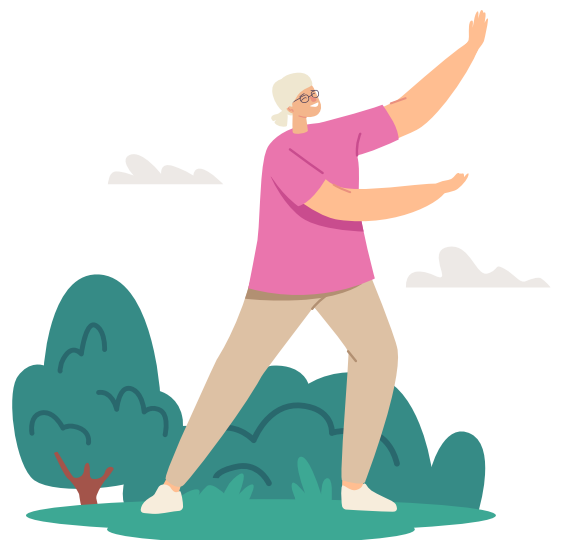


Tai Chi w/ Jan

When: Every Thursday

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

Where: Greenhouse



Creative Therapy Activities

Music & Memories Class

When: Every Thursday
Time: 2:30 p.m. - 3:30 p.m.
Where: Community Room
with Gavin



Art Therapy

When: Every Tuesday
Time: 4 p.m. - 5:30 p.m.
Where: Craft Room
with Jocelynn



Religion & Worship

Activities



Rosary Services

When: Every Tuesday

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

Where: Community Room
with Ms. Tyburski

Bible Study

When: Wednesdays, October 8 & 22

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

Where: Community Room
with Ron & Lilie Walden



Barton Center

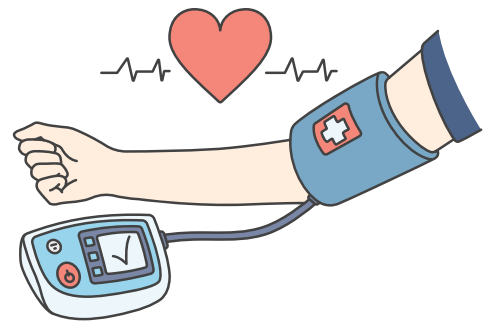
Wellness Corner

Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, October 16

Time: 10:30 a.m. - 11:30 a.m.

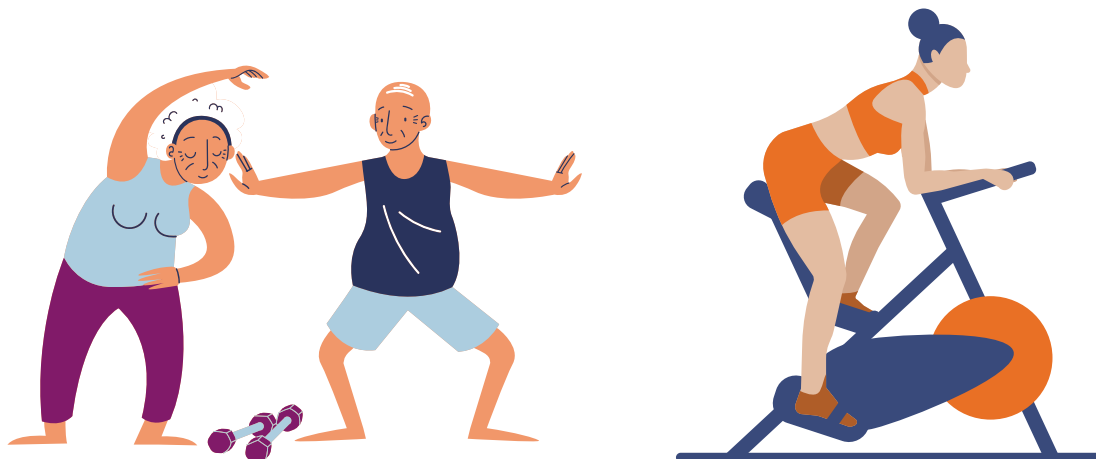
Where: Cafe



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.**



**Dr. Mark Massie
Podiatrist**

When: Thursdays

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

By appointment ONLY
216-402-4233



**Anthony Lima
Licensed Massage Therapist**

When: Tuesdays and
Saturdays
By appointment ONLY

Call or Text:
216-704-0794

Email:
GITmassage@hotmail.com



**Free Hearing &
Hearing Aid Checks**

When: Monday, October 6

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

Where: Wellness Center

Call now to schedule your appointment!
Earl Gentile - 440-333-3271



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

Westgate Trip:
Wednesday, October 8

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.

A Word from the Property Manager

Dear Residents of the Westerly Apartments,

I hope this message finds you well! I want to extend a big thank you to everyone who has taken the time to attend our resident meetings. These gatherings are a wonderful opportunity for us to share important information and for you to voice your questions or concerns.

I'm excited to share that we'll be combining the Westerly and Barton Center newsletters! We'd love your creativity in coming up with a fun name for the new newsletter, so please send any suggestions our way, whether to the Westerly or Barton staff.

We're also adding a new section called "Things You Should Know," where we'll provide friendly reminders about the do's and don'ts around our property to help keep our community thriving.

If you have any questions or would like to chat one-on-one, don't hesitate to reach out.

Together, let's continue to build a strong and supportive community as we move forward!

Thank you so much!

**Warm regards,
Meg**



Things You Should Know

Several of the reminders listed below were discussed at the recent town hall meeting:

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
 - We will continue to research our options to bring recycling back to the property.
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center café is a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- When you are using the cafeteria, please be mindful and cleanup after yourselves if a mess is made.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.



Service Coordinators' Corner

Lakewood Community Services Center's monthly food delivery will be Friday, October 17th between 3:30-5:00pm. If you are a recipient, please stay in your apartment and the H2O high school student volunteers will deliver the groceries to your door. If you fail to answer your door during the time of the delivery, you risk missing out on receiving your food delivery. If you will not be available on that day and time or are interested in signing up for the groceries, or you need to cancel the delivery, please contact your Service Coordinator.

Home Energy Assistance Program (HEAP) 2025/2026

The new season for HEAP started July 1 and will end May 31, 2026. If you need help with the application and you qualify or have questions, contact your Service Coordinator. Those receiving rental assistance (CMHA vouchers, Section 8, EDEN) are not eligible.

Service Coordinator Resources

Talk to your Service Coordinator if you need help or want more information about such things as Ohio Lifeline benefit program, Medicare, Medicare Prescription Drug Plan, Extra Help, Medicare Savings Programs, Ohio's Best Rx, Supplemental Security Income, (SSI), Veterans Benefits, Home Energy Assistance Program (HEAP), SNAP, etc.

Marc's Lakewood Pharmacy is closing....

Effective September 25, 2025, Marc's Lakewood Pharmacy will be permanently closing. All prescriptions will be transferred to the Lakewood Giant Eagle. If you would still like a pharmacist to deliver straight to your door, you have the option of contacting Marc's Kamm's Corner who will deliver the medications in Lakewood. You may reach that pharmacy at 216-252-4747. If you have any questions on other pharmacies that deliver, please contact your Service Coordinator.



Food assistance is just a call away.



**APPLY FOR SNAP AND OTHER PUBLIC BENEFITS
OVER THE PHONE!**

SNAP

HOUSEHOLD SIZE	GROSS MONTHLY INCOME*	NET MONTHLY INCOME*	Households with higher gross incomes will still need enough deductions to get below the net income limit (100% FPL) to qualify for a benefit.
	\$2,609	\$1,305	
	\$3,525	\$1,763	
	\$4,442	\$2,221	
	\$5,359	\$2,680	
<i>Each Additional Member</i>	+\$917	+\$459	
	<i>* Before allowable deductions are applied.</i>	<i>* After allowable deductions.</i>	<i>Effective: 10/01/2025 - 09/30/2026</i>

**Serving Ashland, Ashtabula, Cuyahoga,
Geauga, Lake, and Richland Counties.**

216-738-2067

**SNAP is for everyone who qualifies,
including individuals, seniors, workers,
and people with disabilities. Even if you
have never needed food assistance before,
it's easy to find out if you qualify now!**

**Scan this
QR code with
your phone's
camera to learn
how to get help
in person!**



**Greater Cleveland
Food Bank**

GreaterClevelandFoodBank.org

This project has been funded at least in part with Federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The Greater Cleveland Food Bank is an equal opportunity provider. Visit fns.usda.gov/cr/fns-nondiscrimination-statement

Service Coordinators' Corner

Marc's is coming

**Let's Get
vaccinated**



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

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

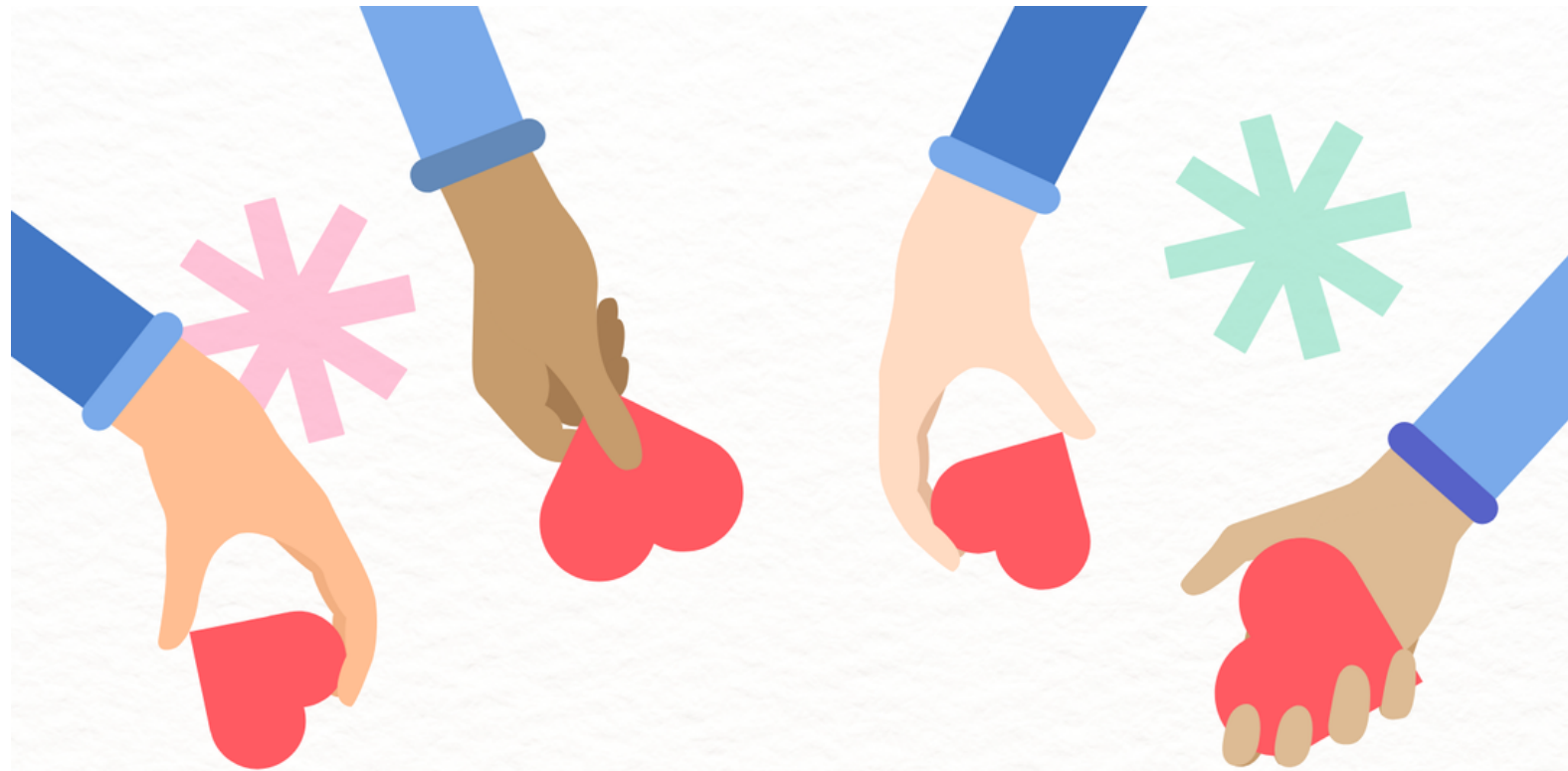
Date: 10/08/25

Time: 10:00 am-1:00 pm

Place: Rotunda



Service Coordinators' Corner



Westerly Service Coordinators Present :

“Personalized Care at Home”

Lisa Bordy Price

Aging in Place

Benefits of Skilled and Non-Skilled Home Care

Eligibility

Medicare Coverage of Home Care

JOIN US!

Friday, Oct. 10th 1:30–2:30pm

Barton Center Restaurant



**Infinite
Helping Hands**

Service Coordinators' Corner

Westerly Service Coordinators bring you...

Carol Kwait, Outreach Educator
& Matt Mullen, Outreach Installer

CapTel Captioned Telephones

The ultimate phone for people with hearing loss

When: Friday, October 24
Time: 1:30 p.m. - 2:30 p.m.
Where: Cafe

Topic: The relationship between
hearing & sleep

CAN'T HEAR ON THE PHONE?

NOW YOU CAN READ CAPTIONS
OF EVERYTHING YOUR CALLER SAYS.



CapTel®
Captioned Telephone

Service Coordinators' Corner

Fear of Falling? The Key to Preventing This Common Injury

Why the idea of falling is always on my mind.

By Sally Koslow - Courtesy of AARP

Fifty years ago, Erica Jong wrote *Fear of Flying*. I have a different dread: fear of falling. Partly, it's the humiliation that spooks me, since few things scream old faster than landing on your butt. The pain and suffering that a stumble may trigger, however, goes beyond embarrassment.

Consider former U.S. House Speaker Nancy Pelosi, who tripped and broke her hip as she maneuvered a marble staircase on a state visit to Luxembourg. Several weeks later after Pelosi, then 84, was airlifted to Germany for a hip replacement, she returned to Congress on a walker.

I kissed the ground myself as I recently left a packed subway. In my hand were freshly baked lemon bars I was valiantly trying to hold onto while traveling to a party. When I arrived at my stop I felt a shove, then another. I attempted to grab something — anything — to stay upright.

But next thing I knew I was staring up at a circle of concerned faces asking, "You okay?" I was thanks to the Michelin Man padding of my puffy coat, though my pride and lemon bars were in critical condition.

Service Coordinators' Corner

This wasn't my first fall. On an exceptionally windy day last week in Manhattan, I turned a corner on a street facing the Hudson River and was hit with a blast of air so powerful I felt like Dorothy in The Wizard of Oz. I was pushed backwards. I stumbled and landed 10 feet away in a flowerbed. In addition, while traveling in Portugal last year, I stood up abruptly in a restaurant. I felt the room swaying and collapsed. I tried to overlook my pain but later saw a doctor who told me I'd broken several small metatarsal bones. For the rest of the winter my footwear featured an orthopedic sandal.

Fear of falling is now always on my mind. On a recent vacation, our whole family rented an Airbnb with a seven-story spiral staircase that lacked a railing. This so terrified me I crawled up and down the stairs, forever destroying the delusion that I remain forever young.

When I admitted to friends of a similar age how petrified I've become of falling, I discovered it's a near-universal terror. Rightfully so. According to the Centers for Disease Control and Prevention, falls are the leading cause of injury for adults age 65 and older. Every year, one in four older Americans, or a staggering 14 million people, report falling.

Women are more vulnerable than men to falling-related injuries, especially related to hips, wrists and spines, because after menopause we experience reduced muscle mass and bone density.

Service Coordinators' Corner

At 49 my doctor told me I had the strong bones of a teenage gymnast. Yeah me! It must be thanks to those four glasses of milk my mother forced me drink every day. But I'm no longer gloating. Twenty-five years later those bones are far from ready for the Olympics.

Fortunately, I don't suffer from osteoporosis. But, according to the National Bone Health & Osteoporosis Foundation, approximately half of women over the age of 50 will suffer an osteoporosis-related fracture in their lifetime. This, since the disease reduces estrogen levels, which contributes to lower bone density. The foundation's research says that a woman's risk of breaking a hip, a common post-fall consequence, is equal to her combined risk of breast, uterine and ovarian cancer.

What can we do to prevent falls? Plenty.

1. Wear the right shoes. I'm talking to me and to the world's Carrie Bradshaws, she of the glorious shoe wardrobe. Were Carrie still dashing around in stilettos, Sex in the City would probably be set in a hospital's orthopedic wing. High and/or spindly heels may give us ooh-la-la legs and extra inches, for those of us who are vertically-challenged. But such shoes do us no favors. When walking, exchange them for sneakers, low heels or flats with non-slip soles and good arch support. (And if you want to switch into heels, tote those along in a bag when you arrive at your destination.)

Service Coordinators' Corner

2. **Stay active.** Fear of falling can lead to reduced physical activity, which weakens muscles and increases your risk of slipping. Strength training, balance exercises, yoga, Tai Chi and pilates can help.

3. **Get checked out.** Ensuring good vision and hearing and monitoring bone density are crucial as is getting enough calcium and vitamin D to keep your bones strong. If you wear bifocals, be careful when you walk down stairs, because such lenses can you distort your sight. Speak with a doctor about potential side effects of drugs that may cause dizziness or drowsiness. And maintain a healthy weight: being too thin puts your bones at risk.

4. **Don't smoke and limit alcohol use.** Tobacco and alcohol may decrease your bone mass and increase your chance of fractures.

5. **Fix home hazards.** Replace rugs that skid and tidy up loose electrical cords. Keep your lights bright and, in the bathroom, consider adding grab bars and non-slip mats, which are also good in the kitchen.

6. **Watch your step.** Be cautious on uneven sidewalks, ice, packed snow and wet leaves. Use a cross-body bag, fanny pack or backpack so that hands are free to hold on to railings.

7. **Keep a phone handy.** Even better, consider investing in a smartwatch with fall detection; should you trip, the watch contacts emergency services.

Help us rename our Newsletter!

Circle one of the following names and return this page to any Barton or Westerly staff or put it in the mailboxes outside of the Barton offices to place your vote! The results will be shown on the November Newsletter, so keep your eye out.

1. The Westerly & Barton Bulletin
2. The Golden Times
3. The Barton & Westerly Times
4. The Barton & Westerly Life
5. The Barton & Westerly Connection
6. The Barton & Westerly Beacon