

THE BARTON & WESTERLY LIFE

# DECEMBER NEWSLETTER 2025



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

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



# BARTON CENTER CONTACTS



**Allison Urbanek**

**President**

216-221-3400 ext. 1

[aurbanek@bartoncommunities.org](mailto:aurbanek@bartoncommunities.org)

**Christina Stover**

**Lead Activities Coordinator**

216-221-3400 ext. 2

[cstover@bartoncommunities.org](mailto:cstover@bartoncommunities.org)

**JeAnna MarBury Sr.**

**Activities Coordinator**

216-221-3400 ext. 3

[jmarbury@bartoncommunities.org](mailto:jmarbury@bartoncommunities.org)



**Pam Schraff**

**Activities Coordinator**

216-221-3400 ext. 4

[pschraff@bartoncommunities.org](mailto:pschraff@bartoncommunities.org)



**The Barton offices will be closed on Wednesday, December 24, Thursday, December 25, and Wednesday, December 31, and Thursday, January 1 for the holidays.**

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

**See Christina or email her at:**

**[cstover@bartoncommunities.org](mailto: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](mailto:mcurran@bartoncommunities.org)

## **Assistant Property Manager**

Grace Steiner Ext. 3 — [gsteiner@bartoncommunities.org](mailto:gsteiner@bartoncommunities.org)

## **Compliance Manager**

Nicole Garner Ext. 4 — [ngarner@bartoncommunities.org](mailto:ngarner@bartoncommunities.org)

## **Occupancy Specialist**

Mary-Francis Miller Ext. 1 — [mmiller@bartoncommunities.org](mailto:mmiller@bartoncommunities.org)

## **Occupancy Specialist**

Brenda Colbert Ext. 2 — [bcolbert@bartoncommunities.org](mailto:bcolbert@bartoncommunities.org)

## **Front Desk Coordinator**

Christy Rose Ext. 0 - [frontdesk@bartoncommunities.org](mailto:frontdesk@bartoncommunities.org)

**Service Coordinators** Press 3 or Dial by Extension

## **WI South Building**

Debbie Magda-Vukmanic Ext. 8 — [dvukmanic@bartoncommunities.org](mailto:dvukmanic@bartoncommunities.org)

## **WII North Building**

Paul Keiper Ext. 7 — [pkeiper@bartoncommunities.org](mailto:pkeiper@bartoncommunities.org)

## **WIII West Building**

Milica Djordjevic Ext. 9 — [mdjordjevic@bartoncommunities.org](mailto:mdjordjevic@bartoncommunities.org)

## **Maintenance & Custodial Team**

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Lamontay Black — Maintenance Tech

Aaron Armstrong — Maintenance Tech

Maceio Williams — Maintenance Tech

Deshawn Ramsey — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII 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**

Taking appointment reservations  
starting in mid-December. Will  
reopen in January!  
Call Chris at (216) 287-6634

## **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.**

### **December 18:**

Fried chicken, mac & cheese, coleslaw, and  
cookie





# December Movie Days

Popcorn is provided at each movie!

## The Preacher's Wife

When: Monday, December 1

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

Where: Faulhaber Auditorium



## Miracle on 34th Street

When: Monday, December 8

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

Where: Faulhaber Auditorium

## A Christmas Story

When: Monday, December 15

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

Where: Faulhaber Auditorium



## National Lampoon's Christmas Vacation

When: Monday, December 22

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

Where: Faulhaber Auditorium

## Scrooged

When: Monday, December 29

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

Where: Faulhaber Auditorium



# December Crafts

## Snow Globes

When: Thursday, December 4

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

Where: Craft Room



## Christmas Cards

When: Thursday, December 11

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

Where: Craft Room



## Wooden Holiday-Shaped Ornaments

When: Thursday, December 18

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!**



# December Activities

## Food Box Distribution -

### Cleveland Food Bank

When: Friday, December 5

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

Where: Cafe

**You must pre-register.**

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



## Therapy Dogs

When: Tuesday, December 9

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

Where: Cafe

Feeling sad or lonely around the holidays?  
Join us to cuddle the cutest shih tzu, Rosie!



## Magazine Bingo

When: Wednesday, December 10

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

Where: Cafe

Join us in the Cafe for a new take on  
prize bingo! All are welcome!



## December Birthdays

When: Friday, December 12

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

Where: Cafe

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



# December Activities

## Book Nook Christmas Sale

When: Tuesday, December 16

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

Where: Cafe

Join us in the Cafe for the Book Nook Christmas sale!



## Holiday Caroling

When: Tuesday, December 16

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

Where: Cafe

Join us in the Cafe for some holiday caroling with staff and friends!



## Food for the Soul Performance

When: Thursday, December 18

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

Where: Cafe

Join us in the Cafe for an additional Food for the Soul performance!



## Prize Bingo

When: Wednesdays, December 3 & 17

**\*\*Time: 3:30 p.m. - 4:30 p.m.**

Where: Cafe

Come join friends and win fun prizes!



## M2B2 Band Rehearsals

When: Thursdays, December 4 & 11

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

Where: Faulhaber Auditorium

All are welcome!



# **Volunteers Needed!**

**Interested in volunteering with Barton? Check out the below chances to get involved!**

---

## **Light-Up Lakewood Parade**

**Join us in walking in the Light-Up Lakewood Parade on Saturday, December 6 at 5 p.m.. The route is from Belle Ave to Lakewood Library.**

**Sign-up with Barton staff!**



**Come and listen to:**

**Peddlers of Mirth: Acapella Group**

**When: Saturday, December 5**

**Time: 4 p.m. - 4:15 p.m.**

**Where: Cafe**



---

## **Book Nook Help**

**Help Karen as Betty takes time away. Only needed for a couple of hours a week and MUST like books.**

**See Barton staff or Karen to sign-up.**



PLEASE JOIN US FOR A

*British Royal*

# CHRISTMAS PROGRAM

Please join Julie Koenig of Royally Amused as she discusses royal events leading up to Christmas. The King's Speech, holidays at Sandringham Estate, church on Christmas Day, who trims the tree, and royal gift giving.

Learn about all the royal and not so royal traditions as we go back to the days of Queen Victoria and discuss the traditions that we still celebrate today.

**When: Thursday, December 4**

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

**Where: Auditorium**





# **D's Accessories Pop-Up Shop**

**When: Monday, December 8**

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

**Where: Cafeteria**

D's Accessories will be selling jewelry, clothes, purses, and other accessories to Barton Center residents at affordable prices. Join us in the Cafe to check out her beautiful pieces, just in time for the Holiday season!



# **NATURE PAM PRESENTS:**

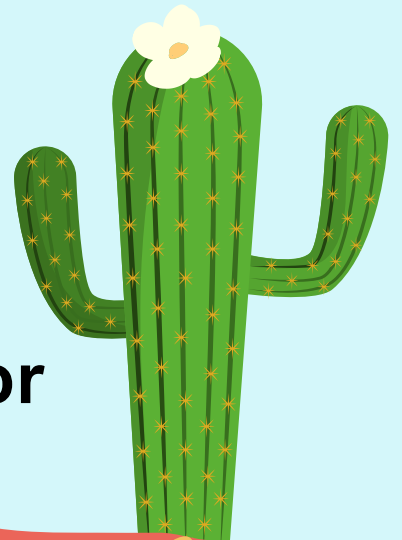
**Grand Canyon: Magnificent Rim to Rim  
w/ Meteor Crater: A Lasting Impact**

**When: Monday, December 8**

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

**Where: Cafe**

**Must pre-register to Barton  
Staff by Friday, December 5 for  
the lunch!**





# **Lakewood Library Quarterly Visit**

**When: Thursday, December 11**  
**Time: 9 a.m. - 12 p.m.**  
**Where: Carr Lounge**

**Join us in the Cafe for the  
Lakewood Library's last  
Quarterly Visit of the year! You  
can check out books, sign-up for  
a library card, and ask any  
questions you have.**







# **HOLIDAY COOKIE DECORATING WITH THE GIRL SCOUTS!**

**WHEN: THURSDAY, DECEMBER 18**

**TIME: 5:30 - 6:30 P.M.**

**WHERE: CAFE**



**BARTON CENTER'S**

# **Jingle Ball**

**WHEN: FRIDAY, DECEMBER 19**

**TIME: 12 - 2:30 P.M.**

**WHERE: CAFE**

**JOIN US FOR A HOLIDAY CELEBRATION IN  
THE CAFE. THERE WILL BE A LUNCH  
PROVIDED BY KAREN KING STARTING AT  
11:30 A.M., AND AN ELVIS PRESLEY  
IMPERSONATOR STARTING AT 2:30 P.M. IN  
THE AUDITORIUM. THERE WILL ALSO BE  
HOLIDAY TRIVIA, FESTIVE MUSIC, AND FUN!  
PLEASE SIGN-UP WITH BARTON STAFF BY  
MONDAY, DECEMBER 15. ALL ARE WELCOME!**

# 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, December 23  
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?





# Center Member Group Activities



## Coffee With Friends

When: Every Saturday

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

Where: Cafe

---

## Wednesday Morning Coffee

When: Every Wednesday

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

Where: Cafe



## 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!



# Book Club

When: Wednesday, January 21

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

Where: Craft Room

We are discussing *The Borrowed Life of Frederick Fife* and will be given *The Authenticity Project* 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.



# 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.



---

## Stories On Paper

When: Wednesday,  
December 10

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

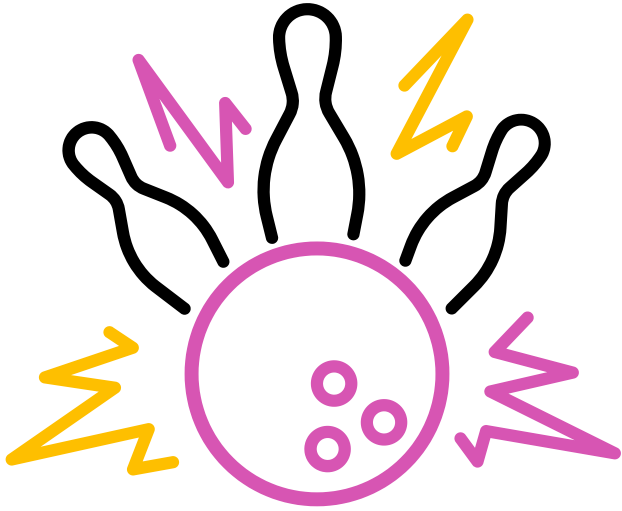
Where: Faulhaber Auditorium

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

Is taking a winter break. It will start back up in January.



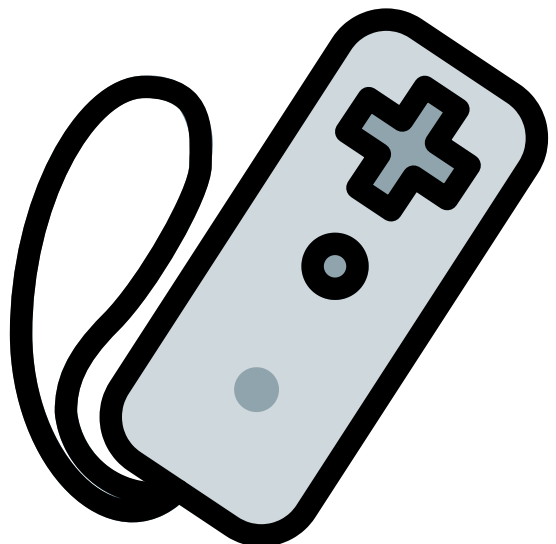
---

## Wii Bowling

When: Wednesdays,  
December 3 & 17

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

Where: Cafe



# Karaoke

When: Saturdays, December 6 & 20

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

Where: Cafe  
with Ron & Lilie Walden



---

## 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.**





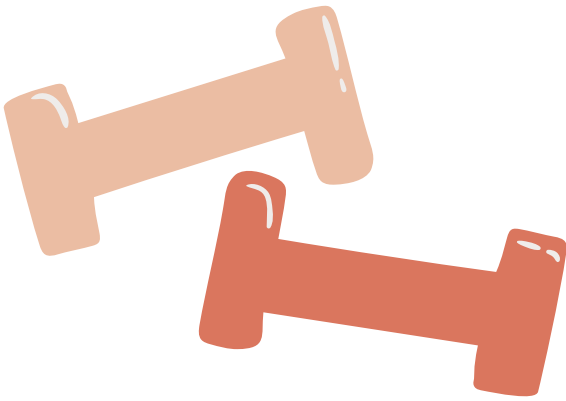
# Movement & Lightweights Class

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: Thursdays, December 4, 11, & 18

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

Where: Community Room

Jan is retiring after December.

Please share your well wishes with her!



# Creative Therapy Activities

## Art Therapy

When: Every Tuesday

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

Where: Craft Room  
with Jocelynn



---

## Music & Memories Class

When: Every Thursday

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

Where: Community Room  
with Gavin

No class on Thursdays, December 25  
and January 1.



# Religion & Worship

## Activities



### Rosary Services

When: Every Tuesday

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

Where: Community Room  
with Ms. Tyburski

---

### Bible Study

When: Wednesday, December 10

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

Where: Community Room  
with Ron & Lilie Walden



# Barton Center

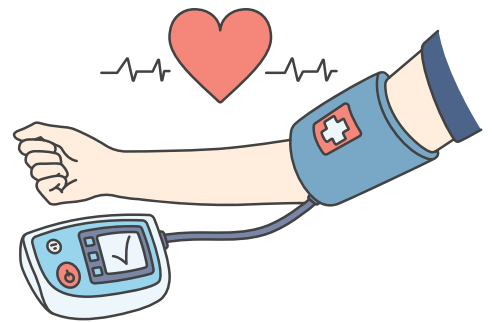
## Wellness Corner

### Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, December 18

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](mailto:GITmassage@hotmail.com)



---

**Free Hearing &  
Hearing Aid Checks**

**When:** Monday, December 1  
**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**  
**Must book in ADVANCE**



**(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.**

**Westgate Trip:**  
**Wednesday, December 10**

**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,**

**As we embrace the colder weather, I want to take a moment to remind everyone that smoking is strictly prohibited inside the building, including apartments and common areas. Your cooperation in this matter is crucial for maintaining a healthy living environment. Please utilize the designated smoking areas outside, which are conveniently located at least 30 feet away from all entrances.**

**The safety of our community is my top priority. I urge you not to allow anyone in the building who is not here specifically to see you. If you observe any suspicious activity, do not hesitate to contact the Lakewood Police Department at 216-521-6773.**

**Additionally, please refrain from placing any items you no longer need in the common area hallways. Remember that we have scheduled furniture removal days on the first and third Wednesdays of each month.**

**Lastly, shopping carts are not permitted on the property, even though I understand their convenience.**

**If you have any questions or wish to discuss anything further, please feel free to reach out to me directly.**

**Together, let's continue to strengthen our community!**

**Thank you!**

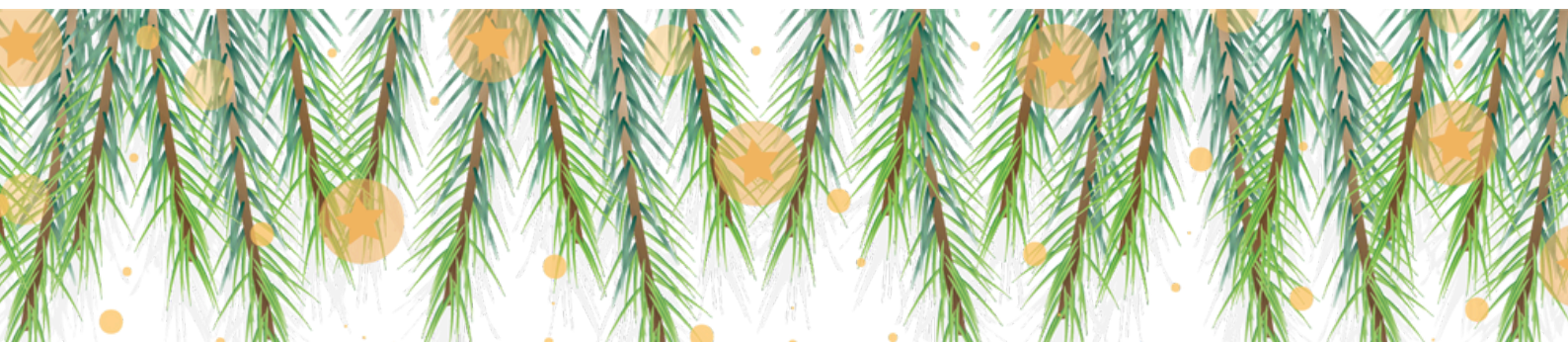
**Warm regards,  
Meg**



# *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.
- Residents should not have foil in their drip pans; it is a safety issue.



# ***Service Coordinators' Corner***

**Service Coordinator Message:** Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold. May you have a prosperous New Year. Wishing you a happy, healthy New Year.

**Lakewood Community Services Center:** Lakewood Community Services Center monthly food delivery for December will be Friday, December 19th 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.

**HEAP: 2025/2026 Reminder:** The new season for HEAP started July 1st 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 phone benefit program, on-line benefits checkup and entitlement programs, 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), etc. Also, Service Coordinators can connect you with community resources and agencies such as Lakewood Division of Aging and Lakewood Community Services Center.



# *Service Coordinators' Corner*



Westerly Service Coordinators bring you...

Ann DeWerth, Esq., Legal Director

Scranton Road Legal Clinic

**ADVANCED  
PLANNING  
THURSDAY,  
DECEMBER 4  
1:30-2:30PM  
BARTON  
CENTER  
CAFÉ'**

**RAFFLE TO GIANT EAGLE INCLUDED**

**LEARN ABOUT:**

**WHAT DOCUMENTS  
TO HAVE IN PLACE**

**WHAT IS A LIVING  
WILL**

**THE DIFFERENCE IN  
POWER OF  
ATTORNEY AND A  
DO NOT RECECITATE  
ORDER**

**WHO WILL TAKE  
CHARGE WHEN YOU  
CAN'T**

**SCRANTON ROAD  
LEGAL CLINIC**

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

# ***Service Coordinators' Corner***

Westerly Service Coordinators bring you...

an educational hearing health seminar with  
Cochlear Americas, a manufacturer for  
hearing solutions.

## **Understanding hearing loss and cochlear implants**

Are you or a loved one struggling with your hearing even when using hearing aids? You are not alone. Learn more about hearing loss solutions including what to do and where to go when hearing aids are not enough.

**Date: Friday, December 12**

**Time: 1:30 pm-2:30 pm**

**Location: Cafe**

**(Giant Eagle gift card raffle included)**



## *Service Coordinators' Corner*

# Case Western Reserve University Dental Clinic at Westerly Apartments

Community Dental Health Services

---

We will be seeing patients on the  
following days in December. If you  
would like to make an appointment,  
please call 216-368-6840



**Wednesday,  
December 10  
Starting at  
10:30 a.m.**

**Wednesday,  
December 17  
Starting at  
10:30 a.m.**



# *Service Coordinators' Corner*

## **Women and Heart Disease**

Taken from: <https://www.cdc.gov/heart-disease/about/women-and-heart-disease.html>

Over 60 million women (44%) in the United States are living with some form of heart disease. Heart disease is the leading cause of death for women in the United States and can affect women at any age.

In 2023, it was responsible for the deaths of 304,970 women—or about 1 in every 5 female deaths. Only about half (56%) of US women recognize that heart disease is their number 1 killer.

Knowing the facts about heart disease—as well as the signs, symptoms, and risk factors—can help you take steps to protect your health and seek proper treatment if you need it.

### **Types:**

**Coronary artery disease:** The most common heart disease is caused by plaque in the walls of the arteries that supply blood to your heart and other parts of your body. After menopause, women are at a higher risk of coronary artery disease because of hormonal changes.

**Arrhythmia:** This condition is when your heart beats too slowly, too fast, or in an irregular way. A common example is atrial fibrillation.



# ***Service Coordinators' Corner***

**Heart failure:** Heart failure is when your heart is too weak to pump enough blood to support other organs in your body. This condition is serious, but it doesn't mean your heart has stopped beating.

## **Symptoms**

Although some women have no symptoms, others may have:

- Angina—usually felt as a dull or heavy chest discomfort or ache.
- Pain in the neck, jaw, or throat.
- Pain in the upper abdomen or back.

These symptoms may happen when you're resting or active. Women also may have other symptoms, including:

- Nausea.
- Vomiting.
- Tiredness that won't go away or feels excessive.

## **Risk factors**

High blood pressure is a major risk factor for heart disease. More than 58.9 million women in the United States (45.7%) have high blood pressure (defined as 130/80 mm Hg or higher) or are taking blood pressure medicine. This includes almost 1 in 5 women of reproductive age.

Having high blood pressure increases the risk of developing heart disease and stroke and can lead to early death. High blood pressure is often underdiagnosed in women, and fewer than 1 in 4 women with high blood pressure (22.8%) have their condition under control. Black women are nearly 60% more likely to have high blood pressure than white women.

# *Service Coordinators' Corner*

Several other medical conditions and lifestyle choices can put women at higher risk of heart disease, including:

- High LDL (low-density lipoprotein) cholesterol
- Smoking
- Diabetes
- Excess weight
- An unhealthy diet
- Physical inactivity
- Drinking too much alcohol
- Stress and depression

## **Reducing Risk**

- Know your blood pressure. Having uncontrolled blood pressure can lead to heart disease, stroke, kidney failure, and dementia. High blood pressure has no symptoms. It's important to check your blood pressure regularly and report elevated readings to your health care team.
- Talk to your doctor or health care team about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- Quit smoking. If you don't smoke, don't start. If you do smoke, learn ways to quit.
- Talk to your doctor about checking your cholesterol and triglycerides.
- Get at least 150 minutes of physical activity each week. Even short "doses" of activity are good for your heart.
- Make healthy food choices. Having overweight or obesity raises your risk of heart disease.
- Limit how much alcohol you drink to one drink a day.
- Manage stress levels by finding healthy ways to cope with stress.

If you suspect, you may have symptoms of heart disease, schedule an appointment with a health provider.