

THE BARTON & WESTERLY LIFE

JANUARY NEWSLETTER 2026



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

The Barton offices will be closed on Thursday, January 1 and Monday, January 19 for the holidays.



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

Assistant Property Manager

Grace Steiner Ext. 3 — gsteiner@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

Christy Rose Ext. 0 - frontdesk@bartoncommunities.org

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

Lamontay Black — Maintenance Tech

Aaron Armstrong — Maintenance Tech

Maceio Williams — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII North 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-January. Will reopen in February!
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 9 a.m. - 12 p.m.,
Wednesday 9 a.m. - 12 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.

January 15:

Soup, salad, bread, and cookie

January 29:

Sub sandwich, chips, and cookie



January Movie Days

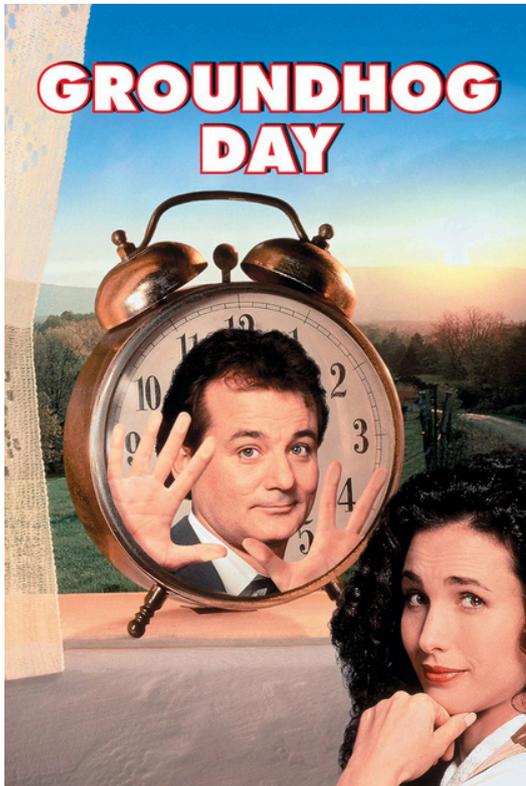
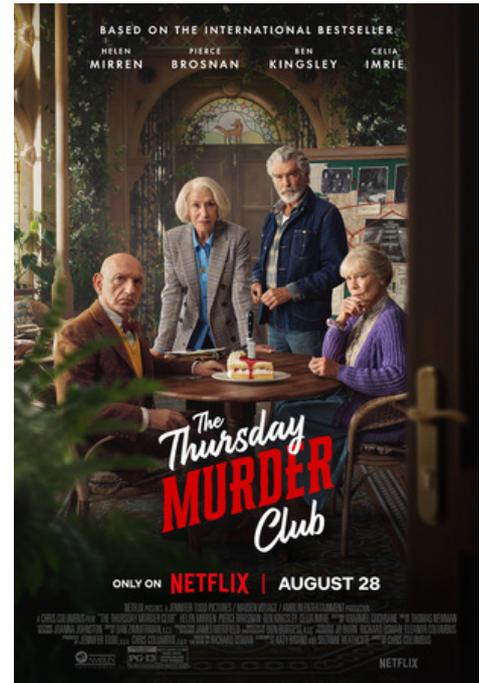
Popcorn is provided at each movie!

Thursday Murder Club

When: Monday, January 5

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

Where: Faulhaber Auditorium



Groundhog Day

When: Monday, January 12

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

Where: Faulhaber Auditorium

Martha

When: Monday, January 26

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

Where: Faulhaber Auditorium



January Crafts

Winter Scene Door Hanger

When: Thursdays, January 8 & 15

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

Where: Craft Room



Winter Gnomes

When: Thursday, January 22

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

Where: Craft Room

Watercolor Salt Craft

When: Thursday, January 29

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!

January Activities

Craft Show Conversation

When: Thursday, January 8

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

Where: Cafe

Were you a vendor for the Craft Show in November? Did you purchase crafts from the craft show? Join us to debrief about the whole event!



Food Box Distribution - Cleveland Food Bank

When: Friday, January 9

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

Where: Cafe

You must pre-register.

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

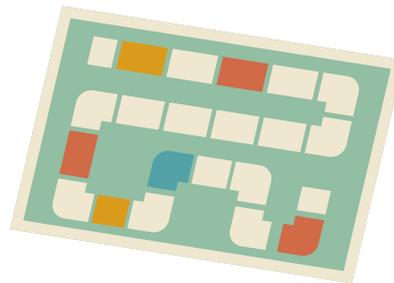
Hot Cocoa & Board Games

When: Monday, January 12

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

Where: Cafe

Join us to play board games and drink hot chocolate! Bring your own games or play the ones provided. All are welcome!



January Birthdays

When: Friday, January 16

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

Where: Cafe

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

January Activities

Music Bingo

When: Tuesday, January 20

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

Where: Cafe

Join us in the Cafe for an extra game of music bingo with JeAnna!



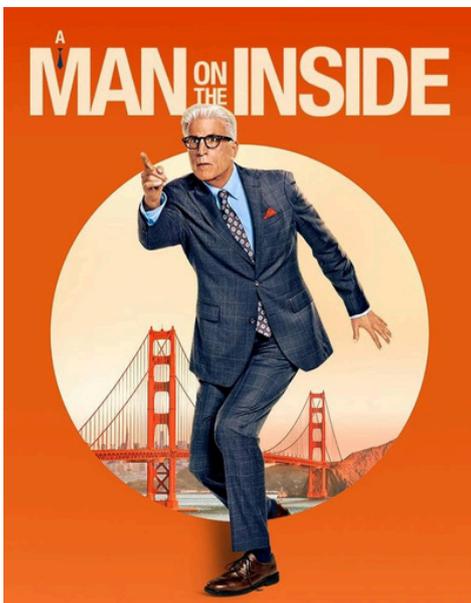
“Man on the Inside” TV Showing

When: Every Friday, starting January 9

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

Where: Faulhaber Auditorium

A new season of *Man on the Inside* has dropped! Join us to watch both seasons of this show starring Ted Danson as a private investigator within a nursing home.



Prize Bingo

When: Wednesdays, January 7 & 21

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

Where: Cafe

Come join friends and win fun prizes!



M2B2 Band Rehearsals

When: Thursdays, January 8 & 22

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

Where: Faulhaber Auditorium

All are welcome!

AEROBIC LINE DANCE



HOSTED BY

Connect NGA



BEGINNERS & ADVANCED



DATE: Friday, January 23

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

WHERE: Cafe



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, January 27
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



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 *Beautiful Ugly* 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

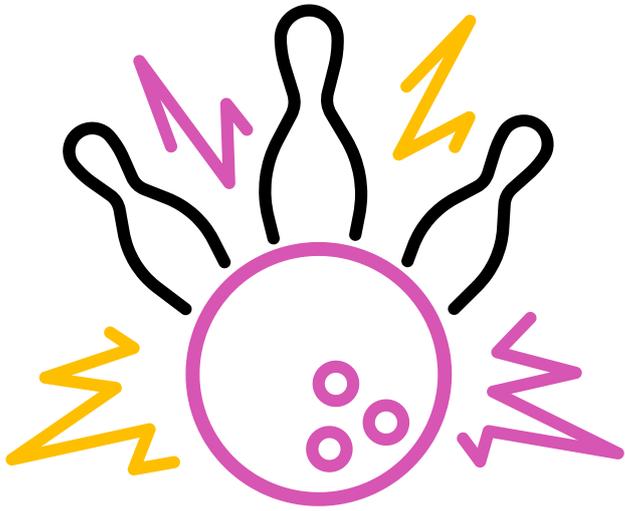
When: Wednesdays,
January 14 & 28

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,
January 14 & 28

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

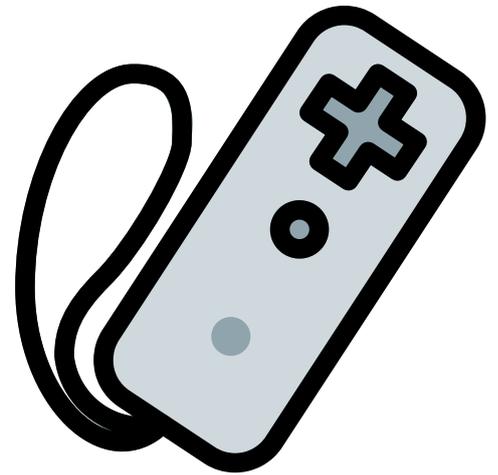
Where: Cafe

Wii Bowling

When: Wednesdays,
January 7 & 21

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

Where: Cafe



Friday Trivia

When: Friday, January 30

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



Karaoke

When: Saturdays, January 3 & 17

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

Where: Cafe

with Ron & Lilie Walden



Health & Wellness

Activities

Balance Class

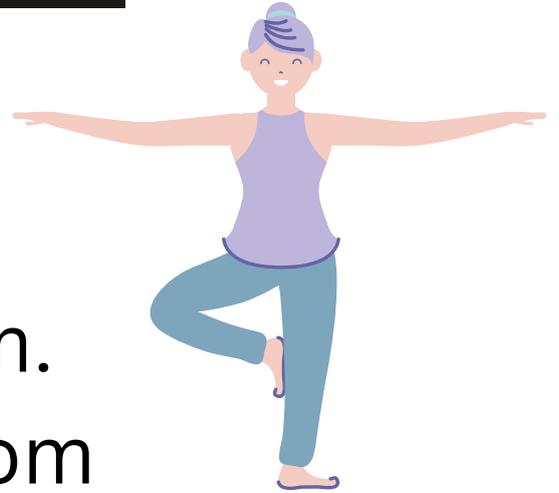
When: Every Monday

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.**

NO CLASS ON MONDAY, JANUARY 19!



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.



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



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, January 14 & 28

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

Where: Community Room
with Ron & Lilie Walden



Barton Center

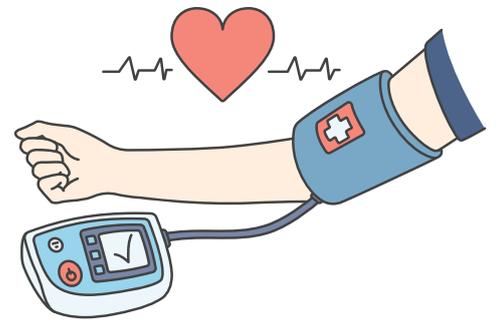
Wellness Corner

Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, January 15

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

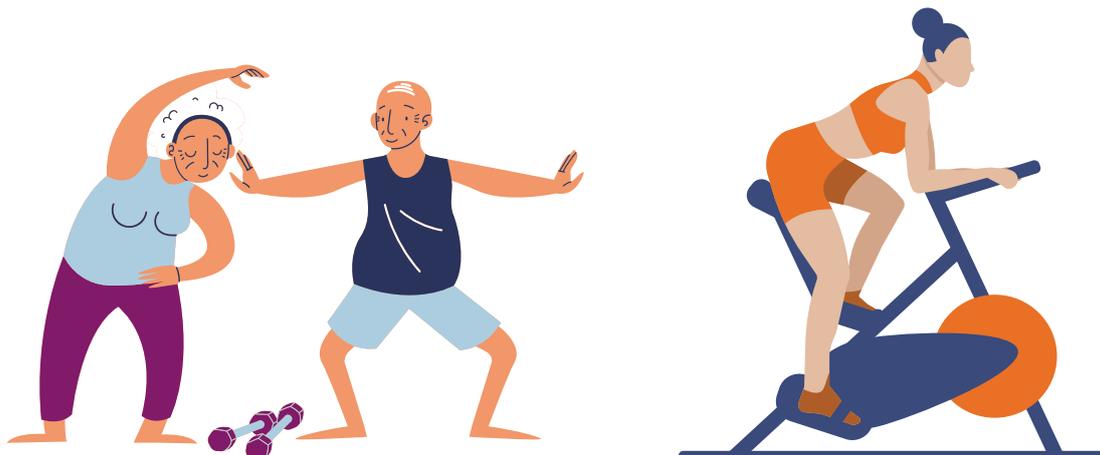
Where: Cafe



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, January 12
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, January 14

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,

Happy 2026! I hope you all had a wonderful holiday season with your loved ones.

As a reminder, smoking is strictly prohibited inside the building, including individual apartments and common areas. Your adherence to this policy is essential for maintaining a healthy community. Please make sure to use the designated smoking areas outside, which are conveniently located at least 30 feet away from all entrances.

I'm excited to inform you that we have a Shred-It Event scheduled for Friday, January 16, 2026. The truck will be stationed on the east side of the Barton Center entrances, so mark your calendars!

Additionally, I want to emphasize the importance of using the laundry equipment in your own building. We've had reports of residents utilizing laundry facilities in other buildings, which can lead to inconveniences for everyone.

I also apologize for the cancellation of last month's town hall meeting. I appreciate your understanding and will ensure that we reschedule soon, with ample notice sent out regarding the date and time.

If you have any questions or would like to discuss anything further, please don't hesitate to reach out to me directly.



Thank you for your cooperation!

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

We hope you a had a peaceful Holiday Season and you are ready to start the New Year! Welcome 2026!!!

Dates to Remember:

Lakewood Community Services Center Grocery Delivery is on the third Friday of each month. This month it will be on January 16. If you signed up to receive the food, you need to be in your apartment between 3 pm and 5 pm to receive it. High School student volunteers from Help 2 Others (H2O) will bring the bag(s) to your door. If you have any questions, or if you know you will not be home, please give your Service Coordinator a call.

Case Western Reserve University (CWRU) Dental School will be presenting, “There’s a Dentist at the Westerly?” Yes, it is true. Aeysha Kisner, Dental Assistant, will be able to answer your questions about who qualifies to be seen by the dentist, and how the program works. You will find her in the BC dining room, Thursday, January 8 from 1:30 p.m. to 2:30 p.m..

Michelle Waldron, Insurance Broker, Healthy Insurance for Seniors, will share information on what is new with Medicare Advantage Plans (aka Part C). Between January 1 and March 31, every year, there is an additional open enrollment for folks who do not like the Advantage Plan they chose for 2026. Come get your questions answered, Thursday, January 15 from 1 p.m. to 2 p.m. in the BC dining room.

Service Coordinators' Corner

Join your Service Coordinators with Welcoming...



Community Program Aeysha Kisner, Dental Assistant,
Lifelong Smiles Dental Program

Thursday, January 8
1:30 p.m. to 2:30 p.m.
In the BC Dining Room

“There’s a Dentist at the Westerly?”

Come to Learn more about What They Offer,
How to Sign Up, along with as much
information as You Need

RAFFLE FOR A \$25 GIANT EAGLE GIFT CARD

Service Coordinators' Corner

Join your Service Coordinators with Welcoming...



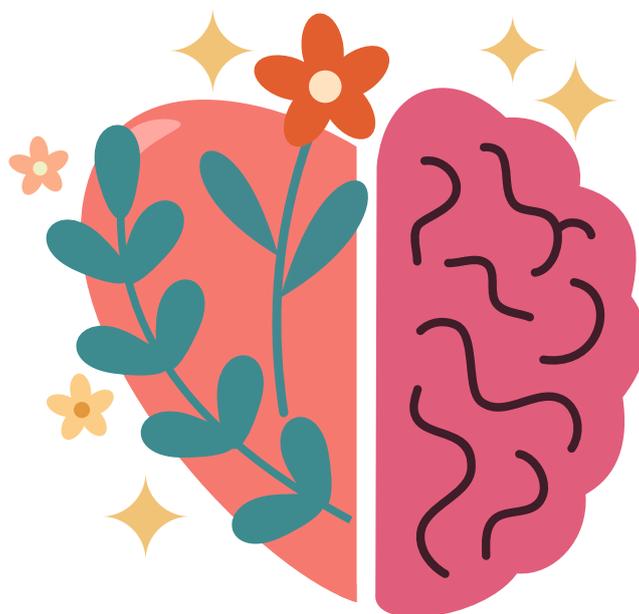
Visiting Nurses Association of Ohio

Tuesday, January 13

1 p.m. to 2 p.m.

In the BC Dining Room

“Brain Health & Memory Games”



Service Coordinators' Corner

Join your Service Coordinators with Welcoming...

Medicare Advantage Open Enrollment
January 1 Through March 31 (Annually)

HEALTH INSURANCE FOR SENIORS, LLC

MICHELLE WALDRON, BROKER



You have another opportunity to
make changes to your Medicare
Advantage coverage!

Join us for an informative presentation

Thursday, January 15

1 p.m. to 2 p.m.

BC Dining Room

Lakewood Community Services Center

2026 Grocery Delivery Dates

January 16th

February 20th

March 20th

April 17th

May 15th

June 19th

July 17th

August 21st

September 18th

October 16th

November 20th

December 18th

Deliveries are ALWAYS the third Friday of the month.

Groceries are delivered to your apartment, after 3 pm,
by volunteer students who participate in the
H2O Volunteer program, (Help 2 Others)

Contact your Service Coordinator for more information.

Service Coordinators' Corner

Smoking Cessation Health Center Some Overlooked Reasons to Quit Smoking

By: Charlene Laino

WebMD Feature

You know smoking causes lung cancer, emphysema, and **heart disease**, but you're still lighting up. To help you get on the wagon, we have compiled a list of little-known ways your life can go up in smoke if you don't kick the habit.

From an increased risk of blindness to a faster decline in mental function, here are 10 compelling -- and often surprising -- reasons to stick to your commitment. And so, you don't have to go it alone, we've also put together a step-by-step guide on how to use WebMD Resources to get started. No butts about it!

Alzheimer's Disease: Smoking Speeds Up Mental Decline

In the elderly years, the rate of mental decline is up to five times faster in smokers than in nonsmokers, according to a study of 9,200 men and women over age 65.

Participants took standardized tests used to detect mental impairment when they entered the study and again two years later. Higher rates of mental decline were found in men and women -- and in persons with or without a family history of dementia or Alzheimer's disease, the researchers reported in the March issue of the journal *Neurology*.

Service Coordinators' Corner

Smoking likely puts into effect a vicious cycle of artery damage, clotting and increased risk of stroke, causing mental decline, writes researcher A. Ott, MD, a medical microbiologist with Erasmus University Medical Centre in the Netherlands.

The bottom line: The study provides substantial evidence that chronic tobacco use is harmful to the brain and speeds up onset of Alzheimer's disease, Ott says.

Lupus: Smoking Raises Risk of Autoimmune Disease

Smoking cigarettes raises the risk of developing lupus -- but quitting cuts that risk, an analysis of nine studies shows. Systemic lupus erythematosus -- known as lupus -- is a chronic autoimmune disease that can cause inflammation, pain, and tissue damage throughout the body. Although some people with lupus have mild symptoms, it can become quite severe.

For the analysis, Harvard researchers reviewed studies that examined the relationship between cigarette smoking and lupus. Among current smokers, there was "a small but significant increased risk" for the development of lupus, they report. Former smokers did not have this increased risk, according to the study, which appeared in the March issue of *Arthritis & Rheumatism*.

Service Coordinators' Corner

Blindness: Smoking Raises Risk of Age-Related Macular Degeneration

Smokers are four times more likely to become blind because of age-related macular degeneration than those who have never smoked. But quitting can lower that risk, other research shows.

Age-related macular degeneration is a severe and progressive condition that results in loss of central vision. It results in blindness because of the inability to use the part of the retina that allows for 'straight-ahead' activities such as reading, sewing, and even driving a vehicle. While all the risk factors are not fully understood, research has pointed to smoking as one major and modifiable cause.

"More than a quarter of all cases of age-related macular degeneration with blindness or visual impairment are attributable to current or past exposure to smoking," Simon P. Kelly, MD, an ophthalmic surgeon with Bolton Hospitals in the U.K, wrote in the March 4, 2004 issue of the BMJ. He came to his conclusion after reviewing three studies involving 12,470 patients.

But other studies show that former smokers have only slightly increased risk of age-related macular degeneration, compared with never smokers, he writes.

Service Coordinators' Corner

Rheumatoid Arthritis: Genetically Vulnerable Smokers Increase Their Risk Even More

People whose genes make them more susceptible to developing rheumatoid arthritis are even more likely to get the disease if they smoke, say Swedish researchers.

In fact, certain genetically vulnerable smokers can be nearly 16 times more likely to develop the disease than nonsmokers without the same genetic profile, according to the study in the October issue of the journal *Arthritis & Rheumatism*.

Swedish researchers asked participants about their smoking habits and screened their blood for a gene-encoding protein sequence called the shared epitope (SE), which is the major genetic risk factor currently linked to rheumatoid arthritis. Compared with people who had never smoked and lacked SE genes, current smokers with SE genes were 7.5 times more likely to have rheumatoid arthritis.

Smokers with double SE genes were almost 16 times more likely to have rheumatoid arthritis, while smokers without SE genes were only 2.4 times more likely to be affected.

Snoring: Even Living with a Smoker Raises Risk

Smoking - or living with a smoker -- can cause snoring, according to a study of more than 15,000 men and women.

Service Coordinators' Corner

Habitual snoring, defined as loud and disturbing snoring at least three nights per week, affected 24% of smokers, 20% of ex-smokers, and almost 14% of people who had never smoked. The more people smoked, the more frequently they snored, the researchers reported in the October issue of the American Journal of Respiratory and Critical Care Medicine.

Even nonsmokers were more likely to snore if they were exposed to secondhand smoke in their homes. Almost 20% of these nonsmokers snored, compared with nearly 13% who had never been exposed to secondhand smoke at home.

Acid Reflux: Heavy Smoking Linked to Heartburn

People who smoke for more than 20 years are 70% more likely to have acid reflux disease than nonsmokers, researchers reported in the November issue of the journal Gut.

Roughly one in five people suffer from heartburn or acid reflux, known medically as gastroesophageal reflux disease or GERD.

The researchers based their findings on two major public health surveys conducted in Norway in the 1980s and 1990s. Just more than 3,100 people who complained of having heartburn and 40,000 people without reflux symptoms answered questions about lifestyle factors including diet, exercise, alcohol consumption, and tobacco use.

Service Coordinators' Corner

Breast Cancer: Active Smoking Plays Bigger Role Than Thought

Other research out in 2004 shows that active smoking may play a much larger role in increasing breast cancer risk than previously thought.

In the study, published in the Jan. 7 issue of the Journal of the National Cancer Institute, researchers looked at breast cancer risk among 116,544 women in the California Teachers Study who reported their smoking status. Between 1996 and 2000, 2,000 of the women developed breast cancer.

The prevalence of breast cancer among current smokers was 30% higher than the women who had never smoked -- regardless of whether the nonsmokers had been exposed to secondhand or passive smoke.

Those at greatest risk: Women who started smoking before age 20, who began smoking at least five years before their first full-term pregnancy, and who had smoked for longer periods of time or smoked 20 or more cigarettes per day.

So, get going and check out WebMD Resources to quit this destructive cycle.

Westerly Resident Survey

Your voice matters. This confidential survey is designed to help our Building Management Team and Board of Directors understand how residents feel about services provided at the Westerly Apartments and Barton Center. Your responses will remain anonymous and will guide us in making thoughtful improvements that enhance comfort, safety, and overall quality of life for everyone in our community. By sharing your honest feedback, you help us create a welcoming environment where all residents can feel at home. **Thank you for taking the time to participate. Your input is important and will make a real difference.**

Participants who complete the online survey can show their email receipt to Christy at the Front Desk and receive a raffle ticket. A drawing will be held for a \$25 gift card to Marc's. There will be two winners drawn.

A paper version of the survey will be distributed in the next few days. If you want to use the QR code to complete the survey, you can use the camera app on your phone to scan the QR code.

