



THE BARTON & WESTERLY LIFE

JULY

NEWSLETTER

2026



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

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS

Allison Urbanek

President

216-353-2915

aurbanek@bartoncommunities.org



Christina Stover

Lead Activities Coordinator

216-353-2933

cstover@bartoncommunities.org



JeAnna MarBury Sr.

Activities Coordinator

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jmarbury@bartoncommunities.org

Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

pschraff@bartoncommunities.org



**The Barton offices will be closed on Friday,
July 3 for the holiday.**

**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

Linda Lopez 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

Deshawn Ramsey — Lead Maintenance Tech

Allen Roslan — Maintenance Tech

Maceio Williams — Maintenance Tech

Michael Evans — Maintenance Tech

Tim Ferris — Maintenance Tech

Leonard Gwin — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII North Building

Mary Curtis - Custodian WI South Building

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

This phone is not answered during business hours

BARTON CENTER SHOPS

Book Nook

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

The Corner Store

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

The Library

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

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.

Salon & Barber Shop

Hours: Thursdays or Fridays
11 a.m. - 2 p.m.
Call: Chris Fordyce to schedule
appointment.
(216) 287-6634

\$7 Lunch Delivery by Barton Center

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

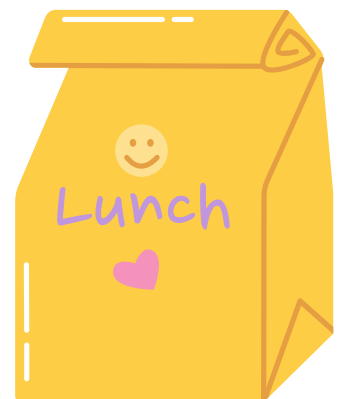
Meals can be prepaid at The Corner Store.

July 16:

Pulled pork, baked beans, chips, and cookie

July 30:

Stuffed peppers, mashed potatoes, salad, and
cupcakes



July Movie Days

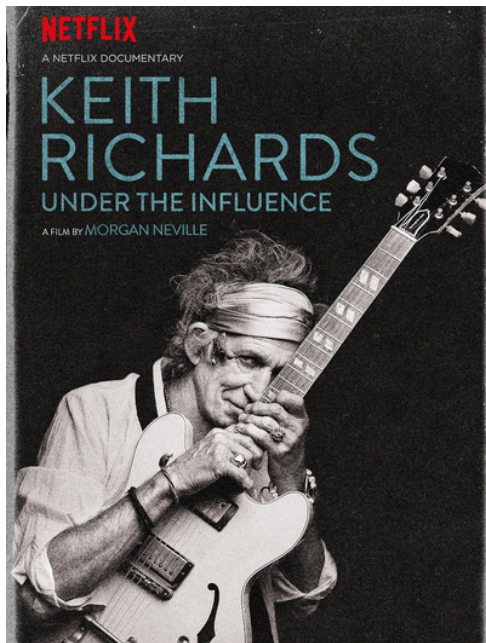
Popcorn is provided at each movie!

Soul Surfer

When: Monday, July 6

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

Where: Faulhaber Auditorium



Keith Richards Under the Influence

When: Monday, July 13

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

Where: Faulhaber Auditorium

American Graffiti

When: Monday, July 20

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

Where: Faulhaber Auditorium



Meet the Fockers

When: Monday, July 27

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

Where: Faulhaber Auditorium

July Crafts

Bird House Painting

When: Thursday, July 2

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

Where: Craft Room



Vase Printing

When: Thursday, July 9

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

Where: Craft Room



Rock Painting

When: Thursday, July 16

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

Where: Craft Room



Water Bottle Flowers

When: Thursdays, July 23

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

Where: Craft Room



Beaded Dragonflies

When: Thursday, July 30

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!**

July Activities

Food Box Distribution -

Cleveland Food Bank

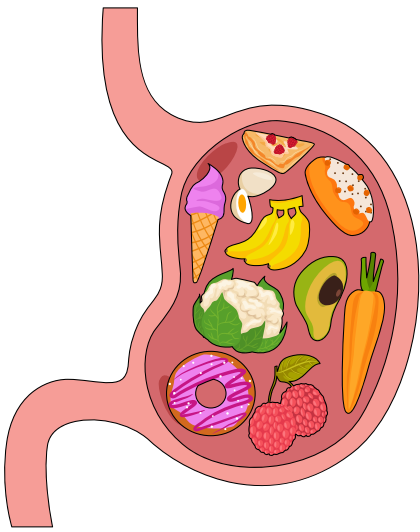
When: Friday, July 10

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

Where: Cafe

You must pre-register.

Contact: Christina at (216) 353-2933



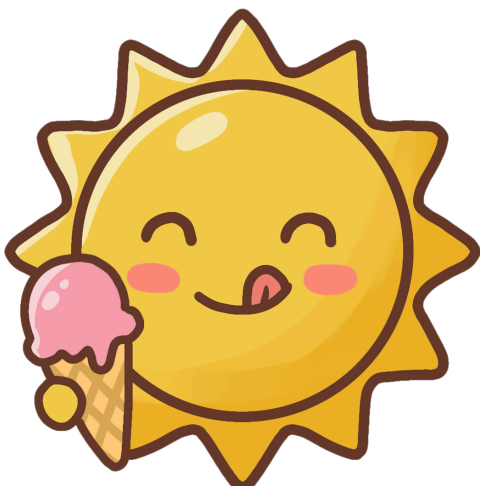
July Birthdays

When: Friday, July 17

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

Where: Cafe

Join us in the cafe for popsicles and a fun game! All are welcome!



Probiotics vs. Prebiotics

Presentation

When: Monday, July 13

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

Where: Cafe

Join us for a presentation on the difference between probiotics and prebiotics in foods and drinks to encourage good digestive health.



Ice Cream Tasting

When: Monday, July 22

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

Where: Cafe

Join us for an ice cream tasting of various different ice cream flavors.

Must sign-up by Wednesday, July 15.

July Activities

Pet Club

When: Saturday, July 25

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

Where: Community Room

Much as our fur babies love us they also need time with their own kind, let's arrange dogs walks, pet sitting exchange, (they would rather not be alone) and volunteers in case of emergency.



Prize Bingo

When: Wednesdays, July 1 & 15

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

Where: Cafe

Come join friends and win fun prizes!

M2B2 Band Rehearsals

When: Thursdays, July 9 & 23

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

Where: Faulhaber Auditorium

All are welcome!



Tony Singing Performances

When: Sundays, July 12 & 26

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

Where: Faulhaber Auditorium

Tony performs 40's and 50's music, standards, and show tunes. All are welcome!



Meet the Cleveland Gorilla Family.



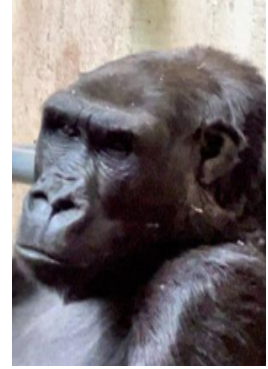
Mokolo
Age 38
Silverback



Fredrika
Age 51
Matriarch &
foster mom



Kebi Moyo
Age 35
Kunda's mom



N'neka
Age 27
Kayembe's
birth mom



Tusa
Age 36
Lowest in
hierarchy



Kayembe
Age 4
Cleveland's
first gorilla



Kunda
Age 2-1/2
Playful
toddler



Jameela
Age 2
Newest baby
Texas baby

Tuesday, July 7

1 p.m. - 2 p.m.

In the 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: Tuesdays, July 7 & 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?





COOKOUT



When: Friday, July 17

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

Where: Cafe

**Join us for a cookout to
kick off summer! Sign-up
is required. Please see
Barton Center staff by
Tuesday, July 14 to reserve
your spot!**



AEROBIC LINE DANCE



HOSTED BY

Connect NCA



BEGINNERS & ADVANCED

DATE: Friday, July 17

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

WHERE: Cafe



Center Member Group Activities



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!

Wednesday Morning Coffee

When: Every Wednesday

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

Where: Cafe



Coffee With Friends

When: Every Saturday

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

Where: Cafe

Trivia

When: Friday, July 31

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

Where: Cafe



Beginner's Spanish Class

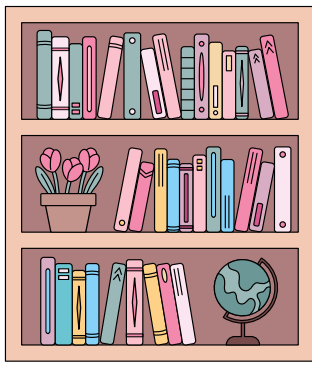
When: Every Tuesday

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

Where: Cafe

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

A yellow speech bubble with the word '¡HOLA!' in bold, black letters. Below it is a string of colorful paper flags in blue, yellow, red, and purple.



Book Club

When: Wednesday, July 1

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

Where: Craft Room

We are discussing *Metro Girl* and will be given *Funny Story* for next month.



Lakewood Public Library: Home Delivery Service

When: Every Tuesday

Are you interested in receiving books, movies/DVDs, or other materials from the Lakewood Public Library? If so, call their Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110. You may also return materials during this time in the Cafe area.



Stories On Paper

When: Wednesdays,
July 8 & 22

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

Where: Faulhaber Auditorium

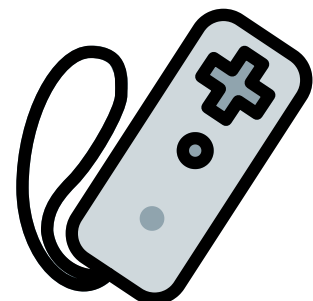
Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

Wii Bowling

When: Wednesdays, July 1 & 15

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

Where: Cafe



Seated Volleyball

When: Wednesday, July 22

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

Where: Cafe

Want to try something new? Join us for seated volleyball. Sign up for a team outside Barton Offices!



Karaoke

When: Saturdays, July 4 & 18

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

Where: Cafe

with Ron & Lilie Walden



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



Health & Wellness Activities



Balance Class

When: Every Monday

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

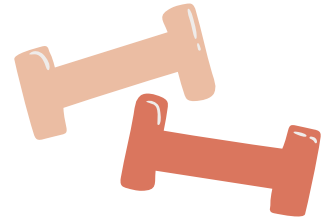
Where: Community Room

Movement & Lightweights Class

When: Every Tuesday

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

Where: Community Room



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, July 8 & 22

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

Where: Community Room
with Ron & Lilie Walden



Women's Bible Study

When: Wednesday, July 15

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

Where: Greenhouse
with Lilie Walden

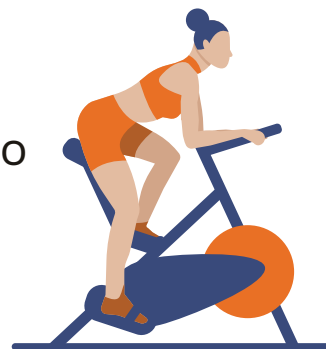
Barton Center Wellness Corner

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



Free Hearing & Hearing Aid Checks

When: Monday, August 10

Time: 10 a.m. - 5 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, July 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,

We had a productive meeting with a representative from MACO. Copies of the presentation are available in both the Westerly and Barton Center offices. It contains valuable information on pest control.

Our maintenance team is working diligently to enhance our landscaping. Since this is a new effort, we kindly ask for your patience as we transition into this role.

As always, please feel free to reach out if you have any questions or would like to schedule a meeting. Your feedback is important, and I am here to help.

Thank you for your continued support and 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).
- 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 and community spaces are 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 and cleanup after use.
- 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.
- 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.
- Please refrain from using drain cleaner in your sinks as it is destroying the pipes.
- Bulk pickup is every 1st and 3rd Wednesday of the month. Please bring items to North building lobby.



Service Coordinators' Corner

Dates to Remember:

LAKEWOOD COMMUNITY SERVICE CENTER will be delivering groceries on **Friday, July 17 between 3 p.m. - 4:15 p.m..** **The H2O volunteers will not be here to deliver your groceries to your door and are asking all residents who receive the groceries to come to the Greenhouse to pick up their bag.** If you will not be available for the delivery on that day and time or are interested in signing up for the groceries, please contact your Service Coordinator.

Annual Health Fair in August. The Health Fair will be on Wednesday, August 12 from 10 a.m. - 1 p.m.. The Service Coordinators are hosting our annual Health Fair where there will be vendors with information and display tables throughout the ground floor. Mark your calendar and plan to come to visit the vendors, gain valuable information, receive an introduction to their services and products, and participate in the raffles.

Case Western Reserve University Dental School has been coming to Westerly Apartments to do basic dental work for a few months. If you would like more information or you would like to schedule an appointment you can call Aeysha Kisner at 216-368-9840.

Service Coordinators' Corner

**Westerly Service
Coordinators bring you....**



Topic:

Swallowing Safety



Date: 07/09/26

Time: 11:00 am-12:00 pm

Location: Cafeteria

**Light Refreshments will be served
Registration required at the Barton Center
Transportation Desk**

**Free Raffle to Giant
Eagle**

Service Coordinators' Corner

**Westerly Service
Coordinators bring you....**



**Topic: Stroke 101 and
Trauma**



Date: 07/24/26

Time: 1:30pm-2:30 pm

Location: Cafeteria

Free Raffle to Giant Eagle

Service Coordinators' Corner

Westerly Apartments

ANNUAL SENIOR HEALTH & WELLNESS FAIR

Wednesday, August 12, 2026

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

**Learn about valuable
resources**

**Get Free
Screenings &
Information**

*Cholesterol, blood
pressure, diabetes,
and more*

**14300 Detroit Avenue
Lakewood Ohio**



BARTON
COMMUNITIES

Service Coordinators' Corner

Hot Weather Safety for Older Adults

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

Heat-related illnesses

Being overheated for too long or being exposed without protection to the sun can cause many health problems. Heat-related illnesses include the following:

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

Service Coordinators' Corner

- **Heat cramps** are the painful tightening or spasms of muscles in your stomach, arms, or legs. Cramps can result from hard work or intense exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Stop the physical activity you're doing and rest in the shade or in a cool building. Drink plenty of fluids, such as water and sports drinks containing electrolytes. Do not consume alcohol or caffeinated beverages.
- **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling.
- **Heat rash** is a skin irritation from heavy sweating. It causes red clusters of small blisters that look similar to pimples on the skin. Your skin may feel itchy or you may feel "prickly" tingling pain. Keep the infected area dry, use powder to sooth the rash, and stay in cool areas.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be cautious because heat exhaustion can progress to heat stroke.
- **Heat stroke** is a medical emergency in which the body's temperature rises above 104°F. Signs of heat stroke are fainting; confusion or acting strangely; not sweating even when it's hot; dry, flushed skin; strong, rapid pulse; or a slow, weak pulse. Take action to lower your body temperature with cool clothes, a cool bath or shower, and fans.

Service Coordinators' Corner

What raises the risk of heat-related illnesses for older adults?

Older adults are at higher risk for heat-related illnesses and death. Factors that put older adults at greater risk may include:

- Health problems such as cardiovascular, lung, or kidney disease
- Changes in skin caused by normal aging
- Any illness that causes weakness or results in a fever
- Taking drugs such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines that may make it harder for the body to cool itself
- Being on several prescription drugs at the same time
- Having obesity, overweight, or underweight
- Drinking alcoholic beverages
- Becoming dehydrated

Tips to stay safe in hot weather

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages.
- Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find some place you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.

Service Coordinators' Corner

- Make sure to use sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.
- Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

Key points to remember about hot weather safety

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.

