

THE BARTON & WESTERLY LIFE

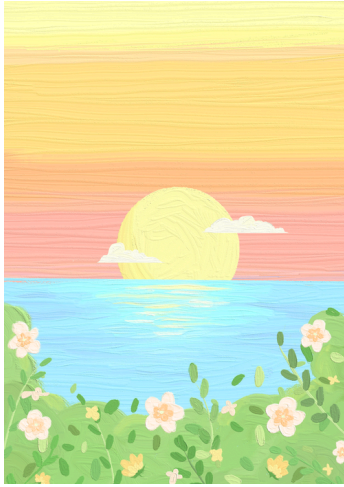
AUGUST NEWSLETTER 2026



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

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



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President

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aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

216-353-2933

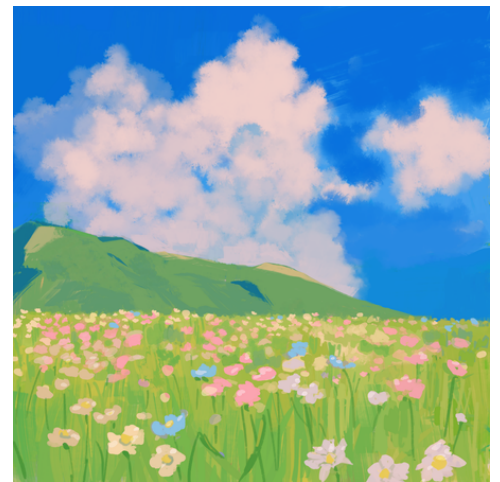
cstover@bartoncommunities.org

JeAnna MarBury Sr.

Activities Coordinator

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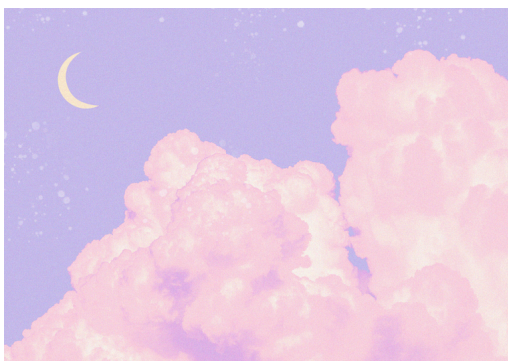


Pam Schraff

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

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

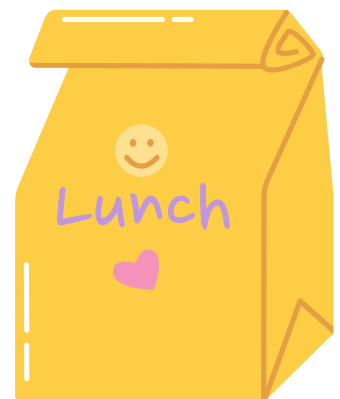
\$7 Lunch Delivery by Barton Center

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.

August 6:

Subway 6" turkey & ham sub, chips, and cookie



August Movie Days

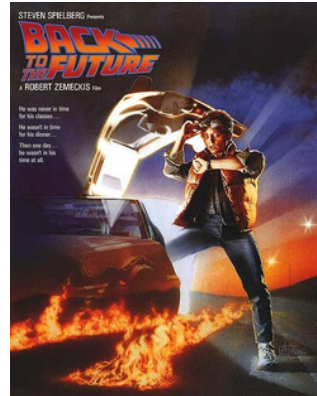
Popcorn is provided at each movie!

Back to the Future

When: Monday, August 3

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

Where: Faulhaber Auditorium



Wake Up Dead Man:

A Knives Out Mystery

When: Monday, August 10

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

Where: Faulhaber Auditorium

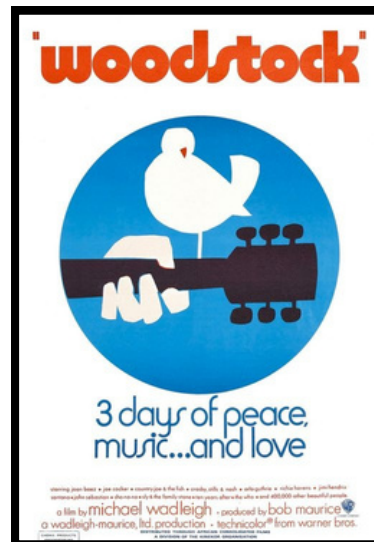


Woodstock

When: Monday, August 17

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

Where: Faulhaber Auditorium



Hit Man

When: Monday, August 24

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

Where: Faulhaber Auditorium



Song Sung Blue

When: Monday, August 31

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

Where: Faulhaber Auditorium



August Crafts

NO CRAFT ON THURSDAY, AUGUST 20!

Mandala Suncatchers

When: Thursday, August 6

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

Where: Craft Room



Fall Wreath Making

When: Thursday, August 13

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

Where: Craft Room

Stencil Tea Towels

When: Thursday, August 27

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!**

August Activities

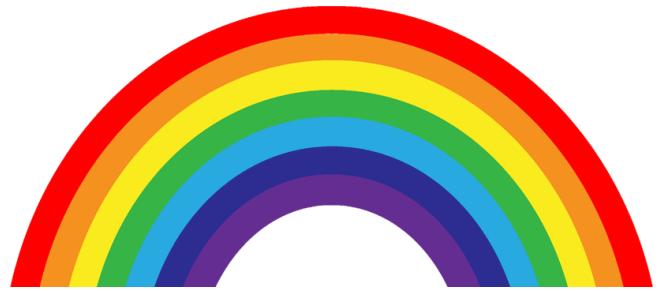
Cleveland LGBT Center Table

When: Thursday, August 6

Time: 11 a.m. - 2 p.m.

Where: Cafe

Join us in the cafe to learn about the older adult programs the LGBT Center offers. All are welcome!



Food Box Distribution - Cleveland Food Bank

When: Friday, August 7

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

Where: Cafe

You must pre-register.

Contact: Christina at (216) 353-2933



August Birthdays

When: Friday, August 17

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

Where: Cafe

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



Dessert Tasting Tasting

When: Monday, August 17

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

Where: Cafe

Join us for a dessert tasting of various desserts! **Must sign-up by Wednesday, August 12.**



August Activities

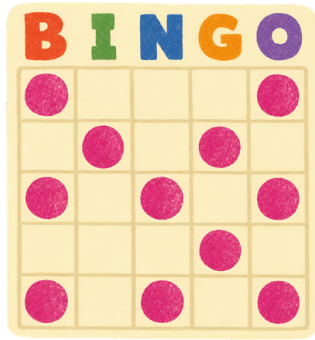
Pet Club

When: Saturday, August 22

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

Where: Greenhouse

Much as our fur babies love us, they also need time with their own kind, let's arrange dog walks, pet sitting exchange, and volunteers in case of emergency.



Prize Bingo

When: Wednesdays, August 5 & 19

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

Where: Cafe

Come join friends and win fun prizes!

Roots for American Soul

Musical Performances

When: Thursdays, August 13 & 27

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

Where: Cafe

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.



ROOTS
OF AMERICAN MUSIC

M2B2 Band Rehearsals

When: Thursdays, August 6 & 20

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

Where: Faulhaber Auditorium

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, August 25

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?



AEROBIC LINE DANCE



HOSTED BY

Connect NCA



BEGINNERS & ADVANCED

DATE: Friday, August 21

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, August 28

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

Where: Cafe



Beginner's Spanish Class

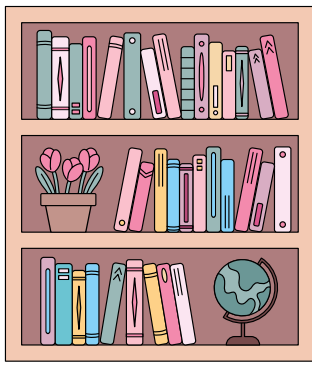
When: Every Tuesday

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, August 5

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

Where: Craft Room

We are discussing *The Midnight Librarian* 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,
August 12 & 26

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

Where: Faulhaber Auditorium

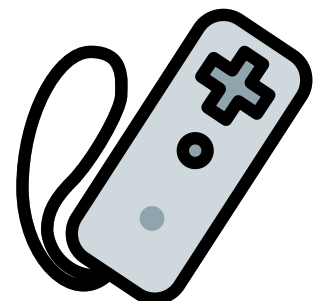
Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

Wii Bowling

When: Wednesdays, August 5 & 19

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

Where: Cafe



Seated Volleyball

When: Friday, August 14

Wednesday, August 26

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: Saturday, August 1

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

No class on 8/11!

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.

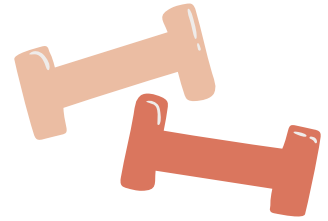
Where: Community Room

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, August 26

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

Where: Community Room
with Ron & Lilie Walden



No Bible Study on 8/12 due to the Health Fair!

Women's Bible Study

When: Wednesday, August 19

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

Where: Greenhouse
with Lilie Walden



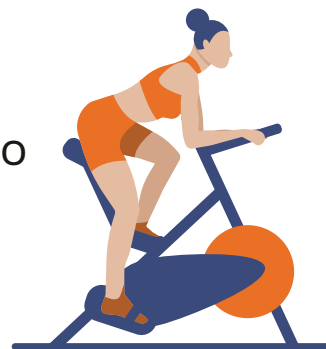
Barton Center Wellness Corner

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, September 9

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 Westerly Apartments,

Thank you to everyone who attended our July resident meeting. These meetings are a valuable opportunity to share your questions, concerns, and suggestions, and I appreciate those who took the time to participate.

I also want to acknowledge the concerns that have been raised regarding the landscaping. We understand your frustrations and want you to know that we are listening.

This is a new process for our team, and we are continuing to learn and make improvements along the way. We sincerely appreciate your patience and grace as we work through this transition and strive to provide the level of service you deserve.

As always, please don't hesitate to reach out if you have any questions, concerns, or would like to schedule a meeting. Your feedback is important, and I am always happy to help.

Thank you for your continued support, patience, and cooperation. We appreciate having you as part of the Westerly Apartments community.

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: Lakewood Community Service Center will be delivering groceries on **Friday, August 21** between **3:00 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.

HOME ENERGY ASSISTANCE PROGRAM: Season 2026-2027 began in July. Remember if you wish to apply for HEAP, you must reapply every year and those with rental assistance are not eligible. There is a new way to send over the HEAP applications, please reach out to your Service Coordinator to find out how and if you need assistance with the application.

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

H.E.A.P.

(Home Energy Assistance Program)

July 1, 2026 through May 31, 2027

The Ohio Department of Development
Helps with Paying Utility Bills
For Individuals Who:

- DO NOT receive a Subsidy.
- Meet income Requirements, Based on:

175% of Poverty:

1 Person = <\$27,930

2 Persons = <\$37,870

(Utilities ARE Included with your Rent)

Contact your Service Coordinator
at 216-521-0053,
& Follow the Prompts to:

DEBBIE/WI/SOUTH EXT 8

PAUL/WII/NORTH EXT 7

MILICA/WIII/WEST EXT 9

Service Coordinators' Corner

Service Coordinators Present....

MEDMINDER



**Learn about
Medminder's automatic
pill dispenser that works
with insurance
companies and gives
reminders to take your
meds.**

Date: 08/04/26

Time: 1:30 pm-2:30 pm

**Location: Barton Center
Cafeteria**

**Raffle to Giant Eagle
Gift Card**



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



Voter Registration Event Thursday, August 20

10:30 a.m. to 1:30 p.m.

DiningRoom/Barton Senior Center

Register to Vote

Check Your Voter Status

Register for Vote by Mail

Change Your Voting Address

Volunteers from the League of Women Voters will be on
hand to help you.



Service Coordinators' Corner

Discover the Health Benefits of Volunteering

Giving back might just be the secret to staying young. As we age and retire, we gain the freedom to discover new interests, strengthen social bonds, and contribute to the community. Many seniors find that volunteering is more than just an activity that keeps them occupied; it also contributes positively to their health.

The health benefits of volunteering for seniors go beyond mental well-being. It can also lead to better physical health and, ultimately, help you live longer. Read on to discover how active participation in volunteer work can help you live healthier and longer.

7 Senior Health Benefits of Volunteering

Here are nine ways volunteering can improve the well-being of older adults:

1) Improved Mental Health

Charity work can boost your mental health by helping you build strong connections within your community, which significantly reduces the risk of loneliness and social isolation. Many older adults who volunteer also find a sense of purpose through meaningful activities, which enhances their self-esteem, self-worth, and overall psychological well-being.

Service Coordinators' Corner

A study published in *The Gerontologist* explored how volunteering activities affect seniors' self-perceptions of aging and subsequent mental health outcomes. Research results indicate that people who engage in volunteer activities develop more optimistic views of aging, which subsequently results in reduced symptoms of depression. The effects were most prominent in those volunteering more than 100 hours per year, which would be as little as 2 hours per week. Volunteering helps seniors see aging in a more positive light, which can boost their mental well-being and overall happiness.

Seniors experience lower stress through volunteer work because it offers meaningful social interactions and support networks. Volunteering generates positive feelings because you have achieved something. These good feelings help to reduce stress. Also, charity work often involves social interactions, which help seniors build supportive networks that can ease stress. Studies have explored how volunteering activities serve as a stress buffer. While the research results could not show a direct link between daily volunteering and overall stress, one study did show an association whereby negative feelings and the negative effects of stress were weaker on days when participants engaged in volunteer work compared to non-volunteering days. This suggests that volunteering may act as a buffer against the emotional impact of stressors. This contribute to improved emotional well-being.

Service Coordinators' Corner

2) Increased Physical Activity

Volunteer work often includes physical activity, which results in better mobility and improved health. The physical actions needed for event planning, meal delivery, or community clean-up activities can help improve one's physical fitness. The Mayo Clinic Health System's research indicates that adults 60 and older who volunteer experience better physical health than their non-volunteering counterparts. Higher activity levels help preserve strength and flexibility and reduce the risk of sarcopenia (loss of muscle), osteoporosis (weakening of bones), dementia, and many other age-associated physical impairments. In addition to reducing many physical risks associated with aging, increasing activity is one of the best natural ways to boost your energy, improve balance, and reduce fall risks.

3) Better Cognitive Function

Mental activity plays a key role in sustaining existing cognitive abilities and improving functions like memory, attention span, and executive skills. Seniors who take part in volunteer activities experience better cognitive functions. This is because they engage in problem-solving activities and learn new skills. One study explains that cognitive activities can effectively reduce the incidence of dementia and preserve overall brain health and function.

Service Coordinators' Corner

Seniors volunteering as mentors or tutors engage in problem-solving by guiding students through challenges. Those assisting in charity fundraisers handle budgeting and logistics, which sharpens their cognitive skills. Researchers investigated how formal volunteering activities affect cognitive functioning over time in older adult populations.

4) Lower Risk of Depression

Seniors who volunteer gain social connections and enjoy purposeful activities, which play a crucial role in fighting isolation and lowering depression risk. A recent study found that senior volunteers faced a 43% lower risk of developing depression than their non-volunteering counterparts. This significant decrease is mainly a result of the meaningful engagement and expanded social networks that charity work fosters. Seniors who take part in volunteer activities sustain an active lifestyle and gain deeper fulfillment.

Seniors who participate in volunteer work find meaningful roles that boost their sense of purpose and self-worth. This result improves their satisfaction and motivation. One study showed that volunteering helped older adults maintain their sense of purpose after they lost major life roles such as being a wage-earner and a parent.

These results prove that volunteering can be a powerful way to inspire purposeful living in older adults, especially for those who feel lost.

Service Coordinators' Corner

5) More Social Connections

Volunteering opens up an opportunity to build important social connections. Having a strong network of like-minded people removes the feeling of loneliness and improves social well-being. It is important to be open to making new friends with other volunteers and community members through consistent interactions.

It's common knowledge that social isolation and loneliness can negatively affect physical and mental health. Even worse, it increases the risk of developing chronic diseases and cognitive decline, as poor mental health is directly linked to a decline in both physical and cognitive functioning. In contrast, maintaining social interactions reduces loneliness and the risk for depression, which elevates mood, instills a sense of belonging and increases overall health.

6) Stronger Immune System

Volunteering helps strengthen the immune system of older adults because it reduces stress. Since charity work usually involves physical activity, it can also help boost your physical health, which has direct effects on your immune system. Moreover, it helps you build social networks that help you ward off loneliness, which has been linked to a weak immune system. Chronic stress and isolation increase cortisol levels (a stress hormone) and eventually weaken the immune system.

Service Coordinators' Corner

7) Longer Life Expectancy

The best health benefit of volunteering is that you might live longer. But how? Mental health improvements, together with physical activity and social connections, lead to a longer and healthier lifespan.

One study showed that individuals aged 50 and above who volunteered 100 hours or more per year experienced benefits such as reduced mortality, better physical health, and improved mental health. Another study even suggests that volunteering may even be associated with a reduction in biological age, as measured by an epigenetic clock that uses the measurements of DNA modifications to predict aging. Although these studies are only correlative, they do provide a strong foundation of the potential benefits of volunteering on aging.

Conclusion

Seniors who integrate volunteering into their regular schedule may have found the cheat code to improve their well-being. As we have seen in this article, the health benefits of volunteering are numerous. This singular lifestyle choice can reduce stress, improve mental health, strengthen social connections, and significantly enhance your overall quality of life. If you are interested in volunteering, please start at home and contact The Barton Center for volunteering opportunities.