THE BARTON & WESTERLY LIFE

NOVEMBER NEWSLETTER

2026



BARTON COMMUNITIES ACTIVITY CENTER

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

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek
CEO, Non-Profit Entities
216-353-2915
aurbanek@bartoncommunities.org

Christina Stover
Lead Activities Coordinator
216-353-2933
cstover@bartoncommunities.org

JeAnna MarBury Sr.
Activities Coordinator
216-353-2839
jmarbury@bartoncommunities.org







The offices will be closed on Wednesday, November 11, Thursday, November 26, and Friday, November 27 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
Tasha Thompson Ext. 2 — tthompson@bartoncommunities.org
Front Desk Coordinator
Linda Lopez Ext. 0 — frontdesk@bartoncommunities.org

Service Coordinators Press 3 or Dial by Extension
WI South Building
Last Names A-M, please contact Paul. Last Names N-Z, please contact Milica.
WII North Building
Paul Keiper Ext. 7 — pkeiper@bartoncommunities.org
WIII West Building
Milica Djordjevic Ext. 9 — mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team
Tony Nester — Maintenance Superintendent
Maceio Williams — Maintenance Tech
Mike Evans — Maintenance Tech
Tim Ferris — Maintenance Tech
Lenny Gwin — Maintenance Tech
Michael Murphy — Unit Turn Tech
Carolyn Copeland — Lead Custodian WIII West Building
Angela Sciarrino — Custodian WII North Building
Shawnna Thomas — 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

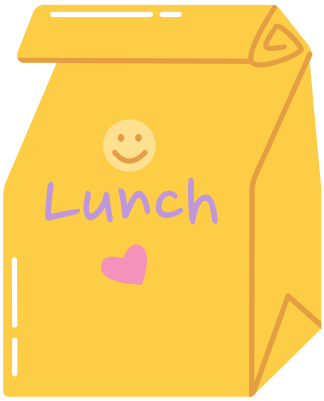
Hodge Podge Resale Shop
Hours: Monday 9 a.m. - 12 p.m.,
Wednesday 9 a.m. - 12 p.m., &
Thursday 6 p.m. - 8 p.m.

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.



November 19:
Broccoli cheddar soup, salad, breadstick, and pie

November Movie Days

Popcorn is provided at each movie!

Grease

When: Monday, November 2
Time: 2 p.m. - 4 p.m.
Where: Faulhaber Auditorium





Pursuit of Happyness

When: Monday, November 9
Time: 2 p.m. - 4 p.m.
Where: Faulhaber Auditorium

Sleepy Hollow

When: Monday, November 16
Time: 2 p.m. - 4 p.m.
Where: Faulhaber Auditorium



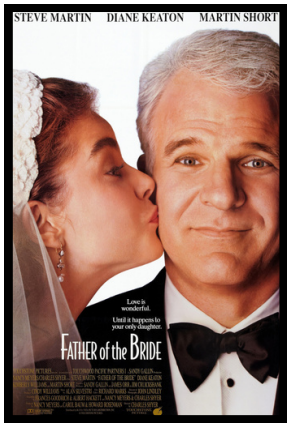


The Shaggy Dog

When: Monday, November 23
Time: 2 p.m. - 4 p.m.
Where: Faulhaber Auditorium

Father of the Bride

When: Monday, November 30
Time: 2 p.m. - 4 p.m.
Where: Faulhaber Auditorium



November Crafts

Magazine Collages

When: Thursday, November 5
Time: 1 p.m. - 3 p.m.
Where: Craft Room





Pipe Cleaner Corn Keychain

When: Thursday, November 12
Time: 1 p.m. - 3 p.m.
Where: Craft Room



Paper Towel Roll Wreath

When: Thursday, November 19
Time: 1 p.m. - 3 p.m.
Where: Craft Room

Residents MUST pre-register for ALL crafts on the Craft Room door.

November Activities

Food Box Distribution - Cleveland Food Bank



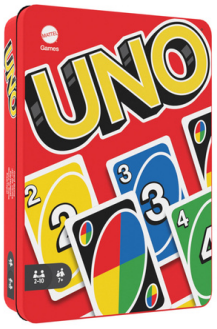
When: Friday, November 6
Time: 10 a.m. - 2 p.m.
Where: Cafe
You must pre-register.
Contact: Christina at (216) 353-2933

Pet Club



When: Saturday, November 7
Time: 1 p.m. - 2 p.m.
Where: Greenhouse
As 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. Hosted by Vonni.

UNO Game Play



When: Tuesday, November 10
Time: 1 p.m. - 2 p.m.
Where: Cafe
Join us in the cafe to play UNO with friends and staff! All are welcome!



ROOTS
OF AMERICAN MUSIC

Roots for American Soul Musical Performances

When: Thursday, November 12
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.

November Activities

November Birthdays



When: Friday, November 13
Time: 2:30 p.m. - 3:30 p.m.
Where: Cafe
Join us in the cafe for cake and a fun game! All are welcome!

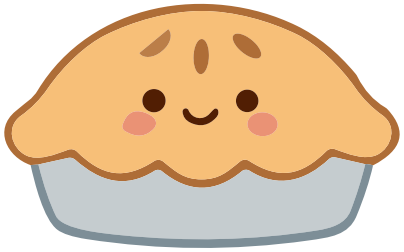


LCR Game Play

When: Tuesday, November 17
Time: 1 p.m. - 2 p.m.
Where: Cafe
Join us to play LCR with friends and staff! All are welcome!

Pie Tasting

When: Monday, November 23
Time: 1 p.m. - 2 p.m.
Where: Cafe
Join us for a tasting of various pies!
Must sign-up by Wednesday, November 18.



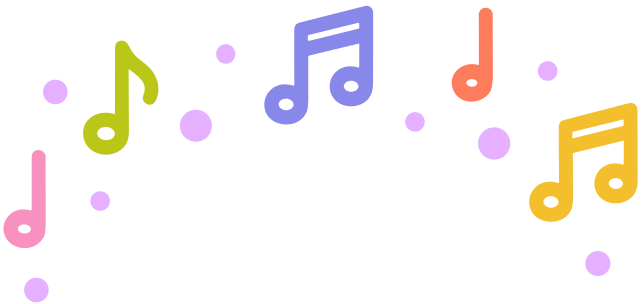


Prize Bingo

When: Wednesdays, November 4 & 18
Time: 3:30 p.m. - 4:30 p.m.
Where: Cafe
Come join friends and win fun prizes!

M2B2 Band Rehearsals

When: Thursdays, November 5 & 19
Time: 7 p.m. - 9 p.m.
Where: Faulhaber Auditorium
All are welcome!




Barton Center
Arts & Crafts Show
Join us for a craft show of items
made by our senior residents!
All are welcome!
When: Saturday, November 7
Time: 10 a.m. - 2 p.m.
Where: Barton Center Cafe
14300 Detroit Avenue

BARTON CENTER PRESENTS

OUR 4TH ANNUAL CHILI COOK-OFF

Join us in the Cafe for a staff-made chili cook-off.
All are welcome!



When: Thursday, November 12
Where: Cafe
Time: 12 p.m.- 1 p.m.

O’Neill Healthcare presents...

Grief Around the Holidays
Lunch & Learn

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

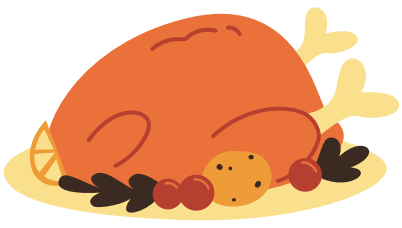
It’s hard to believe the Holiday Season is upon us! The Holidays affect us all differently. Many of us love this season, the hustle and bustle, snow flying and of course the many parties we will be invited to....

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

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

When: Monday, November 16
Time: 12 p.m. - 1 p.m.
Where: Cafe

You must sign up with Barton Center by Tuesday, November 10.





AEROBIC LINE DANCE

HOSTED BY

HConnect NCA



BEGINNERS & ADVANCED

DATE: Friday, November 20

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, November 24
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?



NCA Community Connector Corps
Funded by AmeriCorps

IConnect NCA

NCA

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: Monday, November 30
Time: 1:30 p.m. - 2:30 p.m.
Where: Cafe





Beginner's Spanish Class

When: Every Tuesday
Time: 3 p.m. - 4 p.m.
Where: Cafe
Join Esteban & Maria to learn beginner's Spanish!
It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



Book Club

When: Wednesday, November 4

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

Where: Craft Room

We are discussing *The Housemaid* and will be given *Motor Mouth* 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: Wednesday, November 11

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

Where: Faulhaber Auditorium

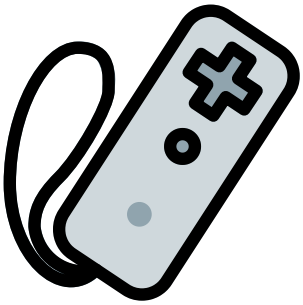
Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

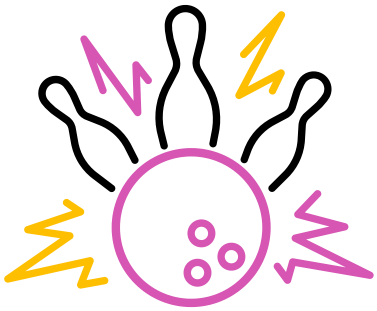
Wii Bowling

When: Wednesdays, November 4 & 18

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

Where: Cafe





Tabletop Bowling

When: Tuesday, November 3

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

Where: Cafe

This will be the last session before the holiday break!

Karaoke

When: Saturday, November 7

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

Where: Cafe

with Ron & Lilie Walden





Tony Singing Performances

When: Sundays, November

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!

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 11/26!

Health & Wellness Activities

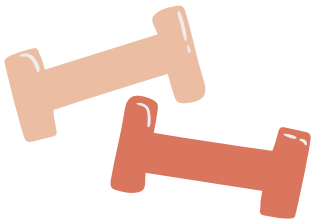


Balance Class

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, November 11 & 25
Time: 11 a.m. - 12:30 p.m.
Where: Community Room
with Ron & Lilie Walden





Women's Bible Study

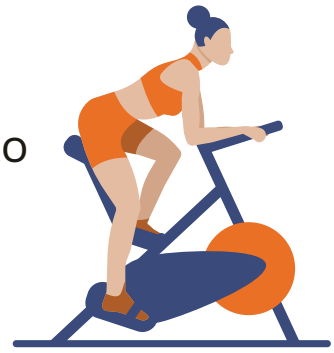
When: Wednesday, November 18
Time: 11 a.m. - 12:30 p.m.
Where: Greenhouse
with Lilie Walden

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

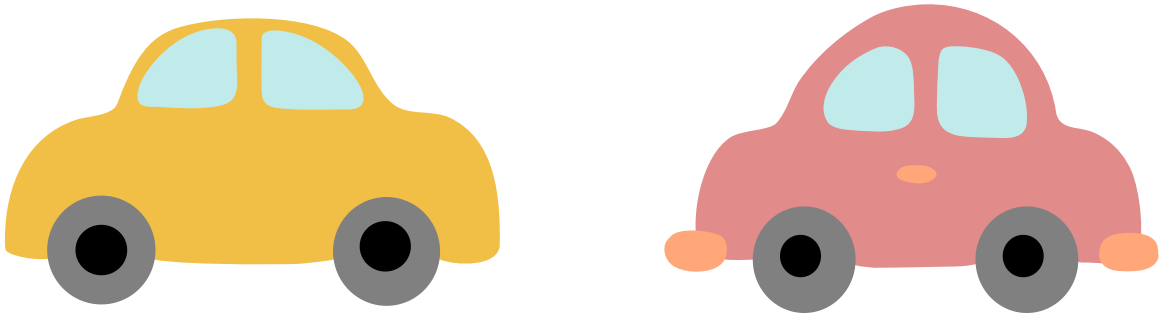
When: Monday, December 7
Time: 10 a.m. - 5 p.m.
Where: Wellness Center

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, December 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 recent resident meeting. We appreciate your participation, feedback, and continued involvement in making Westerly a wonderful place to call home.

We would also like to thank everyone who joined us in celebrating Debbie Magda-Vukmanic. Debbie has been a tremendous asset to our community, and while she will be greatly missed, we wish her all the best in her next chapter!

Maintenance Updates

Our Maintenance Department is wrapping up the annual maintenance inspections. These inspections generated a significant number of work orders, and our team is working diligently to address them as quickly as possible. We appreciate your patience and understanding as they work through the list.

Please report any maintenance concerns to the office as soon as possible so we can ensure they are documented and addressed appropriately.

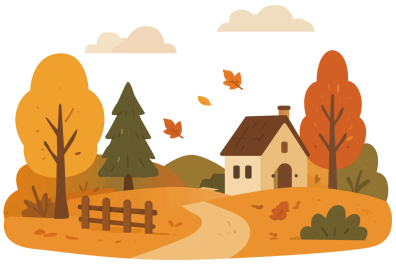
Welcome to Our New Maintenance Supervisor!

We are excited to announce that Antoni (Tony) Nestor will be joining our team as our new Maintenance Supervisor!

Please join us in welcoming Tony to the Westerly community. We look forward to having him on board and are excited about the experience and support he will bring to our team.

As always, if you have any questions, concerns, or would like to schedule a meeting, please do not hesitate to contact our office. We are here to assist you and are committed to providing a positive living experience for all our residents.

Thank you for your continued support, patience, and cooperation. We truly appreciate each of you and are grateful to have you as part of the Westerly community!



Warm regards,

Meghan Curran
Property Administrator



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 Barton Center and community spaces are a shared space for residents to utilize to visit friends, family, and neighbors. Please 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, please report matters to the office to address any concerns or issues promptly.
- Bulk pickup is every 1st and 3rd Wednesday of the month. Please bring items to North building lobby.
- Residents should not remove any signs from within the elevator or throughout the property. If you would like a copy of the notice, please reach out to the office.
- It is very important to immediately report any pest control issues to the office. Residents should not be self-treating, as it interferes with the products the exterminator uses.
- Residents should be properly dressed when answering the door and while in the common areas.
- Shopping carts are not permitted on the property. Removing carts from the local grocery stores is considered theft.
- Smoking is not allowed in the apartments. If you choose to smoke, please do so at least 30 feet from the entrances.

Service Coordinators' Corner

Dates to Remember:

Lakewood Community Services Center
The monthly food delivery for November will be on Friday, November 20 (the 3rd Friday of the month), approximately between 3:30-5:00pm. You must be in your apartment to receive it. If you will not be home, contact your Service Coordinator to advise. If you no longer want to receive the groceries, or you are interested in receiving the monthly delivery, contact your Service Coordinator.

Home Energy Assistance Program (HEAP):
The deadline for applying for the benefit (a one-time government check towards your heating costs) for this season is May 31, 2027. If you need assistance with the application, please contact your Service Coordinator. Recipients of a subsidy program are not eligible.

Medicare Review with Michelle Waldron (Independent Medicare Broker):
Most of the time slots are filled up for November. If you still need to consult with Michelle, or have questions about Open Enrollment or Medicare changes, contact your Service Coordinator.

Service Coordinators' Corner

Service Coordinators bring you:
McGregor Pace

Program of **A**ll-**I**nclusive**C**are
for the **E**lderly

Live at Home, Your Goal, Our Priority





Learn about McGregor Pace's specialized trained team of medical profesionals that work together to coordinate your medical needs, the benefits of the program, who qualifies, and how to enroll

Date: 11/13/26
Time: 1:30pm-2:30 pm
Location: Barton Center Cafe

Giant Eagle Raffle included

Service Coordinators' Corner

Signature HEALTH

Westerly Service Coordinators Bring You:

Hope, Connection, and Help: Understanding Suicide and Prevention for OlderAdults

Join us for an informative hour with

Adrienne Green, LISW-S

Director of Geriatric Services at Signature Health

Thursday, November 19

1:30-2:30 PM

Location: BartonCenter Restaurant

Raffle for Giant Eaglegift card included!!!

Service Coordinators' Corner

CASE WESTERN RESERVE UNIVERSITY
School of Dental Medicine

Case Western Reserve University's Dental Clinic is bringing top-tier dental care directly to Westerly Senior Apartments. Keep your teeth healthy, fresh, and strong without the hassle of leaving home!

Services are provided by skilled 4th-year CWRU dental students under the supervision of faculty doctors Dr. Mahalaha and Dr. Raza.

We Provide

- **Dental Screenings: Comprehensive check-ups for oral health.**
- **Preventive Care: Professional cleanings for teeth and gums.**
- **Denture Services: Custom full dentures, partials, precision adjustments, and repairs.**
- **Personalized Care: Tailored treatment advice and specialist referrals.**

Ready to smile with confidence?
Call us today to get started!

Phone: [216] 368-6840

Case Dental will be here:

Wednesdays, November 4
10:30 a.m. - 2 p.m.
Wellness Center

Service Coordinators' Corner

Sepsis: The Common Cause of Death You've Never Heard Of

By: Anne-Marie Botek (www.agingcare.com/topics)

What Is Sepsis?

Sepsis occurs when an infection triggers an exaggerated immune response throughout the body. Also referred to as blood poisoning and septicemia, it is the most common cause of death in hospitalized patients in the United States. According to the Centers for Disease Control and Prevention (CDC), an estimated 1.7 million American adults develop sepsis each year and 270,000 die as a result.

The human body is constantly bombarded with potentially infectious viruses and bacteria, and healthy people are usually able to fight off these microbes with little effort. But, when an infection isn't subdued quickly enough, the immune system can kick into a dangerous state of overdrive, causing the body to injure itself in an attempt to get rid of invaders. If left too long, sepsis can escalate into a fatal condition called septic shock, which is marked by extensive tissue damage and organ failure.

Common Causes of Sepsis in Elderly Individuals

Anyone can develop sepsis at any age, and it can start off as practically any kind of infection. Influenza (flu), pneumonia, sinus infections, UTIs, cellulitis and C. difficile are all common infections in older adults that can lead to sepsis. Wounds are also susceptible to infection, so seniors who have had surgery, developed pressure ulcers, or even incurred a small cut or a bug bite should take every precaution when it comes to proper hygiene and wound care. A newer source of concern is COVID-19, which can lead to severe pneumonia and viral sepsis in some people.

Service Coordinators' Corner

Increasing Sepsis Awareness
Even though it kills hundreds of thousands of people in the U.S. every year, relatively few people have heard of sepsis. Spreading awareness is crucial because it can develop and become life-threatening in such a short period of time. According to Martin Doerfler, M.D., associate chief medical officer at Northwell Health based in New Hyde Park, N.Y., at least 50 percent of people who go into septic shock do not survive.

In fact, Summerour had no idea what it was that nearly ended his life until he got home from the hospital. "The doctors called it an infection," he recalls. "They said my immune system had become compromised, but they didn't really put a name to it."

One of the biggest challenges to diagnosis and treatment is the ambiguous nature of the condition. "Sepsis is a very nondescript problem, and it may not jump into a physician's mind initially," Doerfler admits. Some of the more common initial symptoms of sepsis, such as fever, elevated heart rate and rapid breathing are also common in many other medical conditions. Therefore, medical professionals can have a difficult time making a definitive diagnosis before a patient begins experiencing severe symptoms, such as confusion, difficulty breathing and a dangerous drop in blood pressure.

Seniors Are at Greater Risk of Sepsis
Seniors are more vulnerable to the damaging effects of sepsis due to age-related decline in immune function. Older individuals are also more likely to have chronic medical conditions, such as diabetes, cancer, liver disease or kidney disease, which can further affect immune responses. For example, diabetics are more susceptible to infection and complications like sepsis because their condition causes slow wound healing.

Furthermore, seniors make more frequent visits to health care settings like doctor's offices and hospitals, where the risk of developing an infection is increased. "The more you encounter the health care system, the more exposure you have to infectious viruses and bacteria," Doerfler points out. Any surgery, no matter how minor, increases a person's risk for becoming septic, as does the insertion of medical devices like catheters, feeding tubes and IVs.

Even if an elder survives a systematic attack, they are likely to live with lasting consequences. Summerour's brush with sepsis left him with stage 3 kidney failure. Even though he says his experience caused a lot of changes in his life, he knows that many people do not fare as well. It is this knowledge that convinced him to become a speaker and advocate for the Sepsis Alliance, a charitable organization dedicated to raising awareness of the disease throughout the U.S.

Organ failure and amputation are some of the more common effects of sepsis, but older adults may also suffer serious cognitive issues afterwards. A study published in the Journal of the American Medical Association shows that nearly 60 percent of seniors who were hospitalized for severe sepsis experienced significant declines in functional and/or mental ability even after they recovered from their underlying infections. Study authors estimate that severe sepsis may result in nearly 20,000 new cases of cognitive impairment in elderly Americans every year.

How to Prevent and Detect Sepsis

There are two keyways to protect your loved ones and yourself from sepsis. The first is using consistent preventative measures to avoid contracting and spreading illnesses and infections. This includes receiving all recommended vaccines, including a flu shot each year, adhering to excellent hand-washing and hygiene practices, and making healthy lifestyle choices that promote a strong immune system.

Service Coordinators' Corner

The second component of protection consists of education and advocacy. If you or a loved one falls ill, it is crucial to know what signs of sepsis to look for and not be afraid to speak up and seek immediate medical help. A study published in the New England Journal of Medicine found that every hour a person with sepsis goes without treatment, their risk of death increases by four percent.

Doerfler says the symptoms of sepsis can be ambiguous, but if your loved one has signs of an infection and begins acting abnormally confused or tired, the safest bet is to go to the hospital. He stresses that a change in mental state is a clear indicator that a person needs immediate medical attention, whether it is due to sepsis or another medical issue. A confused senior may be more resistant to seeking hospital care, but if sepsis is suspected, their objections should be overruled.

The Sepsis Alliance offers the following acronym to help the public remember the telltale symptoms of sepsis and how time-sensitive this serious condition is:

- **T**emperature that is higher or lower than normal (generally accepted as 98.6° F)
- **I**nfection signs and symptoms
- **M**ental decline, such as confusion, sleepiness or difficulty rousing
- **E**xtreme illness marked by severe pain, discomfort and/or shortness of breath

If you notice a combination of any of these symptoms in a loved one, call 911 or seek immediate medical treatment at the nearest emergency room. Be sure to tell the triage nurse and other medical professionals that you suspect sepsis. Nurses and doctors aren't likely to arrive at this conclusion initially, which is why both Doerfler and Summerour say it's a good idea for family caregivers to give hospital staff a nudge in that direction.