



# FEDOR MANOR NEWS

## SANDY'S CORNER

Happy Father's Day to all our Dads! Make sure you all join us for our Father's Day barbecue on Friday, June 23rd. I will be grilling hamburgers and hotdogs. All are Welcome!

Just to let you know that Dennis and I will be on vacation the week of June 3rd. We will have someone from Franciscan Village here in the afternoons from 1:30pm to 4pm to take care of work orders or any building concerns. If you have a medical emergency Do Not pull your pull cords as there will be No One to answer them. Call 911, they have access to the building and apartments.

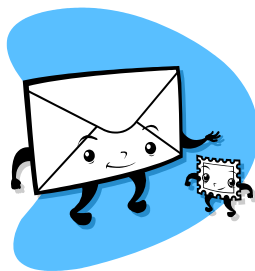
Any other emergencies—**REAL EMERGENCIES**—call Fedor number, Holly will forward the phones at the end of the day/weekend to her number, so she will respond to those calls and determine if it's an emergency or if it can wait until the weekday.

Please do your best to work with us during this time. I like Holly very much and I'd like to keep her....so be nice!! Lol! Sean Campbell will be back with us to fill the vacant maintenance position beginning Friday, June 8th.

Be safe and enjoy the warmer temperatures!

Sandy

## POST OFFICE ON WHEELS



Need Stamps?? Need Packages sent??

**TRY POST OFFICE ON WHEELS!**

When: Last Friday of every month

Where: Front entrance on Ridgewood

Time: 3:30-4:00pm



### The Service

Coordinator can be reached at : 216-521-1092. The Office is located on the first floor in the Lakewood Division on Aging area.

### HERE TO SERVE YOU

- ◇ *Sandy Rodriguez.....Property Manager*
- ◇ *Holly Linden.....Office Manager*
- ◇ *Dennis Markley.....Superintendent*
- ◇ *Sean Campbell.....Asst. Superintendent*
- ◇ *Dan Taylor.....Service Coordinator*

# DAN'S BLURB

Welcome to Summer Everyone!

June is probably my favorite month of the year. I love the warm weather, long days and return to outdoor activities. Staying active is very important to everyone, including seniors.

One thing to remember though when you are out in the heat of summer is to stay hydrated. Dehydration can rapidly affect seniors causing symptoms of confusion, dizziness, difficulty walking and rapid heart rate among others. Remember to wear a hat and have a bottle of water with you to drink when out in the summer heat. If you are out in the heat and start feeling poorly, don't wait, get yourself indoors and in the air conditioning and drink plenty of water. Have fun, be active but be safe!

Speaking of dizziness, recently a resident took a fall in the LDOA lunchroom. Several people asked me afterward, why didn't I run over and help the individual up? All of us in of Division of Aging are trained in emergency first aid, CPR and use of the defibrillator. Part of that training tells us that anytime someone falls not to help them up.

Though it seems the opposite of what you would think is right, more harm can be done in assisting someone up who is hurt. Training tells us to give them a chair to see if they can get themselves up or make them comfortable and call 911 and have them assessed by the professionals. It isn't out of lack of caring that we don't rush to help someone up, it's our training.

Many questions continue to come in about the Farmer's Market Voucher program, no official word has come down yet on when or if we will get them again this year. Usually, though, early June is when we hear about the sign up day. As soon as I know anything, I will post signs in the elevators and on the bulletin board outside the Fedor Manor office with instructions. I will also post information on my new Facebook page "Service Coordinator-Fedor Manor". I also post information on many other activities, events and benefits at this site also.

As always, if you need help with anything, feel free to come down to my office or give me a call at 521-1092.

Enjoy June!

Dan

## UPCOMING EVENTS

- ◆ Saturday, June 3rd @ 5:30pm in the Patio—Join us for an evening of music with the RCA DUO—Hosted by Toni Cleveland—Refreshments/snacks served for those attending
- ◆ Monday, June 12th @ 2pm in the Patio—Alzheimers Presentation—Effective Communication Strategies
- ◆ Wednesday, June 14th @ 2pm in the Patio—Join us for our monthly birthday celebration
- ◆ Wednesday, June 14th @ 7pm—Movie Trivia Night with Toni Cleveland
- ◆ Saturday, June 17th @ 11:30am—Aromatherapy Class— with Toni Cleveland
- ◆ Monday, June 19th— 1pm to 4pm—CASH for your unwanted God & Silver/in the Patio
- ◆ Wednesday, June 21st @ 2pm—Ice Cream Social with Maria Mars
- ◆ Friday, June 23rd @ 2pm in the Patio—Calling All Father's—it's your annual barbecue!! Moms welcome too....sign up in the Office
- ◆ Monday, June 26th @ 2pm in the Patio—Join us for a presentation by Denture Solutions who will be servicing your dental needs at Fedor. Come get more information.

# HAPPY FATHER'S DAY

# ★HAPPY★ BIRTHDAY!

*The things you taught me I will always know.*

*How could I not? The roots have sunk so deep:*

*All lessons of the heart that I will keep*

*No matter who I am or where I go.*

*Kids learn from what their parents are, and so*

*You are my book of life, the thoughts I reap;*

*Only in your arms I quiet sleep;*

*Under my words your voice sings soft and slow.*

*From you I learned the rules of right and wrong*

*Against which I at times had to rebel,*

*Though with regret I carry with me still.*

*How lucky I am to have been loved so well,*

*Even as I pushed against your will,*

*Relying on a father fair and strong.*



1	Clarice Drake	605
2	Pat Goodland	204
4	Josephine Roman	501
5	Kathleen Clock	614
8	Pat Roop	615
11	Irene Ribar	1110
11	Linda Payne	902
14	Toni Seko	609
16	Alyce Schwabe	913
23	Margarita Cortes	712
24	Gerri Gamble	1007
29	Ruth Polcha	211

**PLEASE DO NOT LEAVE BOXES OR TRASH IN THE GARBAGE CHUTE FRONT ROOM. IF YOU HAVE LARGE BOXES, TAKE THEM TO THE DUMPSTER OR LEAVE IN THE BACK EXIT HALL OF THE ELEVATOR. THANK YOU FOR HELPING US KEEP OUR BUILDING CLEAN!!**

## HUD MOR & NOAA

On Wednesday, June 20th Assisted Housing Management will be performing our HUD Management & Occupancy Review—we may need to enter some random units—we will give you 24-hr notice..

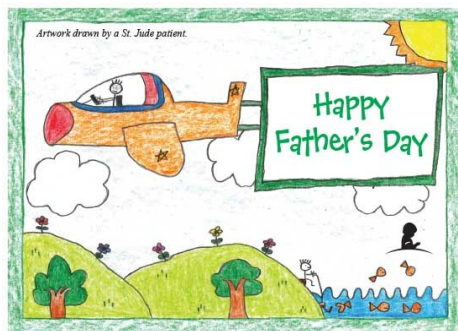
Also, that same day, Northeast Ohio Apartment Association will be touring the building for the Annual Key Awards Judging. So let's try to keep the building clean, clean, clean!



## MAY BIRTHDAY BUNCH



Thee monthly Birthday Celebrations has really taken off. Every month more and more people join us to sing Happy Birthday & enjoy cake and ice cream. Feel free to join us!





## FEDOR MANOR

12400 Madison Avenue  
Lakewood, Ohio 44107  
Phone: 216.226.7575

*Providing Safe, Decent &  
Affordable Housing  
for Persons 62 years and Over*

JOIN US FOR  
OUR  
FATHER'S DAY BARBECUE  
JUNE 23 rd  
@ 2:00PM  
FREE!

## SKILLET DINNER That even a Dad can make!

### INGREDIENTS:

- ◆ 1 package of Kielbasa
- ◆ 8 red skinned potatoes
- ◆ 1 small onion—peeled and diced
- ◆ 2-3 peppers (green/red/yellow—sliced)
- ◆ Salt & Pepper



### DIRECTIONS:

Par-boil potatoes in skins. Cool. Either remove the skins or cube with skin on. Cut kielbasa into bite sized pieces and fry in a little bit of olive oil. Slice onions and peppers and fry until tender then mix in the potatoes until warm. Add salt & pepper to taste.....*then have A...*

# HAPPY FATHERS DAY!

## SUMMER SCRAMBLER

UNSCRAMBLE THE WORDS BELOW:

1. rSmuemr \_\_\_\_\_
2. taSew \_\_\_\_\_
3. olPo \_\_\_\_\_
4. nmwiimSg \_\_\_\_\_
5. nirerlpSk \_\_\_\_\_
6. macreeIC \_\_\_\_\_
7. ihnsSuen \_\_\_\_\_
8. Wlaotenmre \_\_\_\_\_
9. Piccin \_\_\_\_\_
10. osHodtg \_\_\_\_\_
11. sPcelpio \_\_\_\_\_
12. iSswimut \_\_\_\_\_
13. Vctioaan \_\_\_\_\_
14. apCnmgi \_\_\_\_\_