



FEDOR MANOR NEWS

SANDY'S CORNER

Needless to say I was extremely disappointed when I read Dan's blurb. To think that our residents would discriminate against persons who suffer from a mental illness.

I raised two boys who suffered from Attention Deficit Hyperactivity Disorder. The younger one went on to develop Depression as a result of continued failures and no one liking him or wanting him to be around because of his hyperactivity.

The bottom line is that people who suffer from a mental disorder, just want to be normal, like you and me. They can't help being plagued with this disease, and it's because of stigma like this that they refuse to seek help or take medication.

During this time I joined an organization called NAMI (National Alliance for the Mentally Ill). NAMI's mission was to remove/

reduce the stigma associated with mental illness.

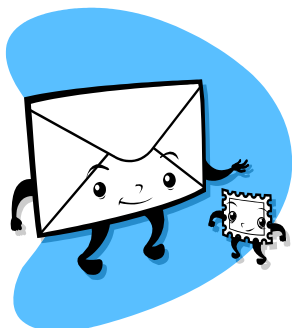
They taught that mental illness is a disorder of one of our body's organs—the brain. How many of us have problems with our heart, kidneys, liver, etc.....all organs in our bodies...yet we don't discriminate with people with heart disease or diabetes.

Think about that....think about that the next time you look at someone who suffers from a brain disorder. Think about how you can help remove the stigma of mental illness by including that person in your life, by looking at the good in the person rather on focusing on erratic behaviors that they cannot control.

Be a catalyst for change!

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

DAN'S BLURB

Happy July Everyone!

July- the month we celebrate our country's independence from Great Britain. And in doing so, our founding fathers set up a country based on the constitution and bill of rights that has flourished for 241 years. To a large extent, what has helped America and Americans flourish over all these years is a common goal of everyone helping everyone to move ahead, succeed, make a life where our children would have it better than we did.

I see less and less of this common goal today than I did yesterday, last year and in the last 20 years. People everywhere, more consumed by what's in it for them and what they get out of it. People seeing others less well-off and instead of offering help, wanting those people removed from their area so they don't bother them or infringe on their rights. When did we stop caring for one another?

Today, I was approached by someone during the lunch program, asking if several other participants could be removed from the lunchroom because they were "mentally ill" and bothering this person. Where is the compassion? The participants this person was referring to were causing no harm, just waiting for their lunches.

The problem is we expect other people to fix what is wrong in America. We blame the President or our representatives, governor or council people thinking they need to make laws or regulations that will make the difference. But the difference starts right there with you and right here with me. How we treat each other. Not excluding others because they are different, but including them because their differences make us stronger.

I don't like getting up on the soap box, so I will end with this. We all want the world to be a kinder, more understanding and compassionate place. But if we look the other way or shun those in need, doesn't that explain why it happens to us when we need help? By the People, for the People!

Don't forget that you have until noon time on Thursday July the 6th to sign up for a chance to win \$50 in Farmers' Market Vouchers. Please see me if you are interested in signing up and as always, see me with any other needs you might have.

Have a great month!

DAN



UPCOMING EVENTS

- ◆ Wednesday, July 12th @ 1pm—Aldi's Trip
 - ◆ Friday, July 14th @ 2:00pm in the Patio—Join us for our July 4th celebration as we celebrate with Grilled hot dogs & Fixings. Free. Sign up in the Office
 - ◆ Wednesday, July 19th @ 2:00pm the Patio—Ice Cream Social with Maria Mars from United Healthcare
 - ◆ Friday, July 21st @ 10am to 1pm—LDOA Annual Senior Picnic at Lakewood Park—
 - ◆ Wednesday, July 26th @ 2:00pm in the Patio—Join us for our monthly birthday celebration. All are Welcome!
- Call 216-529-5005 for information or to make reservations. Donation \$4.00

SENATE BEAN SOUP

Ingredients

- ◆ 2 lbs dried navy beans
- ◆ 4 quarts of hot water
- ◆ 1 1/2 lbs of smoked ham hocks
- ◆ 1 onion, chopped
- ◆ 2 tablespoons of butter
- ◆ Salt & Pepper to taste

Wash the Navy beans & run hot water through them until they are slightly whitened. Place beans into pot with hot water. Add ham hocks & simmer about 3 hrs in a covered pot, stirring occasionally. Remove ham hocks and set aside to cool. Dice meat & return to soup.

Lightly brown the onion in butter & add to soup. Before serving bring to a boil and season with salt & pepper.

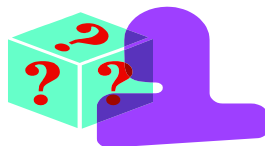
Serves 8.



2	Andrew Weiss	301
2	Gerhard Heinrich	410
10	Theresa Smothers	404
11	Rada Mirkovic	505
13	Karen Almgren	813
17	Blanche Hurt	707
22	Ethel Barnes	512
24	Iris Santana	1014
25	Annie Simmons	302
26	Sharon Sova	1115
27	Marion Hines	311
28	Gerald Keating	213



JUNE BIRTHDAY BUNCH



JUST FOR FUN!

SAY WHAT??

Pangram/PAN-gruhm/noun

A sentence or verse that includes

all the letters of the alphabet.

Example: "The quick brown fox jumps over the lazy dog" is a pangram.

How many Pangram sentences can you make???

OF NOTE



Holly will be updating the Emergency Contact Forms. We have included a form in this newsletter.

Help us to keep your contact information updated in case of an emergency.

Please complete the form and return to the office by the end of July. We will follow up with those who did not return their forms to ensure we have this very important piece of information in your file.

Thank you in advance for your cooperation.



Office will be closed for the 4th of July Holiday. Will re-open Wednesday, July 5th.



FEDOR MANOR

12400 Madison Avenue
Lakewood, Ohio 44107

Phone: 216.226.7575
Fax: 216.226.9309

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

Join us for a

Hotdog & Fixings

Friday, July 14th at 2pm in
the Patio

Free

Sign up in the Office

Aging Gracefully Healthcare Professionals

Farmers Market style

RESOURCE FAIR

*Come for FREE fruits, vegetables,
product information,
and a RAFFLE!!!*

WHEN: TBA

TIME: 1:30-3:30 (Raffle Prizes)

WHERE: The Patio



4th of July Scrambler

UNSCRAMBLE THE WORDS BELOW:

1. krrFsiwoe _____
2. rodemeF _____
3. eneeepndndcl _____
4. bteriLy _____
5. deraPa _____
6. glaF _____
7. Aiercma _____
8. mteAhn _____
9. luJy _____
10. eurSmm _____
11. ittorcaiP _____
12. erebuqBa _____
13. haialhiplPed _____
14. gdnanEl _____