

SANDY'S CORNER



FEDOR MANOR NEWS

Just another year quickly passing us by! So long Summer....hello Fall.

This month I will be having surgery and will be out on medical for about 4-6 weeks. Holly & Dennis will be handling everything here. I will be available to them by phone. So, let's be patient with them during this time.

Thyssenkrupp, our elevator company will most likely be starting the work on the elevators during this time.

We are replacing two of the geared machines for each elevator. Also, they will be replacing some of the parts of the door closers. They will be doing one elevator at a time, so one elevator will be down each time for about 2 weeks.

Again, please be patient during this process. Sometimes as we try to address some of the issues we have in the building, they cause some minor inconveniences,

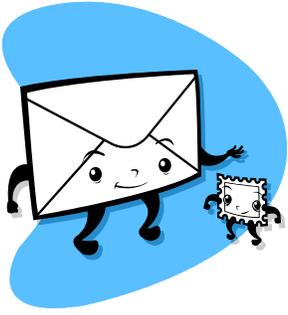
but they are well worth it once it's done!

Finally, we are very proud to announce that we earned an "above average" rating on our MOR (Management & Occupancy Review) from HUD. That means the resident files are in good shape, rent calculations are correct & office procedures are compliant. Holly & I have worked very hard to reach this point and it's paid off! Yeh!

Enjoy the rest of the warm weather and see you in October.

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

September has always been a bittersweet month for me. I love summer and to me September symbolizes the end of summer.

But there are a lot of things to like about September, the cooler nights to sleep, the slowly changing colors of fall, the beginning of another football season and the hope that this year will be different.

I have frequently heard of life compared to a calendar where one is born, like baby New Year, at the beginning of the year. If we were to look at our lives like this, September

would be the “age” many of you are at now, by my limited math skills, somewhere between the 60’s and 70’s.

So often I hear complaints about how bad your lives are, about the difficulties of daily living and I don’t deny any of it. But many of you are in the Septembers of your lives.

Think of all the beauty we will have the opportunity to witness in the weeks and month of this years

coming weeks and month of this year with the changing seasons and how you too are in a beautiful time of your lives with the “changing seasons”.

Before we know it the snow will be flying and it will be bitterly cold. Let’s stop for a moment and enjoy the beauty of September.

Have a great month!

Dan 

UPCOMING EVENTS

- ◆ Wednesday, September 13th @ 7:00pm—Join Toni Cleveland in the Patio for a game of Trivial Pursuit. Refreshments served.
- ◆ Thursday, September 14th @ 7:00pm. “A Night at the Beck Center” with Toni Cleveland. Cost \$10.00 due on the 13th.
- ◆ Friday, September 15th @ 2pm in the Patio—Join us for our monthly luncheon. Rigatoni, salad & garlic bread. Free. Sign up in Office.
- ◆ Friday, September 22nd LDOA—St Mary’s Church & Museum Tour—Includes a Romanian lunch. Cost \$8.00 & \$3.00 Transportation. Call Activities at 216-529-5005
- ◆ Friday, September 29th @ 2pm in the Patio—Monthly Birthday Celebration—Join us for cake & ice cream.



**MARK YOUR CALENDARS
FOR THE ANNUAL HEALTHY
RESOURCE FAIR!
TUESDAY, OCTOBER 10TH @
1:30PM**

SEPTEMBER FACTS

- ◆ The birthstone of September is the Sapphire
- ◆ The birth flower is the Morning Glory

10 BRAIN EXERCISES THAT HELP MEMORY

1. **Test your recall.** Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
2. **Let the music play.** Learn to play a musical instrument or join a choir. Studies show that **learning something new and complex over a longer period of time** is ideal for the aging mind.
3. **Do math in your head.** Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult and athletic — by walking at the same time.
4. **Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and **taste**, which all involve different parts of the brain.
5. **Learn a foreign language.** The listening and hearing involved stimulates the brain. What's more, a **rich vocabulary has been linked to a reduced risk for cognitive decline.**
6. **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
7. **Draw a map from memory.** After return-
8. **Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
9. **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
10. **Learn a new sport.** Start doing an **athletic exercise that utilizes both mind and body**, such as yoga, golf, or tennis.



AUGUST BIRTHDAY BUNCH

Happy Birthday



9/1	ARMAIDA MILLER	1104	9/9	ISABEL COOK	1111
9/2	ROBERT BERANEK	1105	9/12	RON DAVIES	504
9/2	SHARON ELLIS	314	9/20	THEODORE LOTREAN	205
9/6	JUNE SCHILL	809	9/21	HOLLY SAITER	710
9/6	TOM WOZNIAK	1112	9/22	JEAN WOJCIECHOWICZ	610
9/6	ROBERTA KOTALIK	611	9/26	LINDA GAUGHAN	515
9/2	JUDITH ASHBY	603			



FEDOR MANOR

12400 Madison Avenue
Lakewood, Ohio 44107

Phone: 216.226.7575

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

NEWS FROM JAN CRAIG # 907

IT'S THAT TIME AGAIN!!!

Wednesday afternoon Bible Study will begin on September 13th at 1:30pm in the 4th Floor Multipurpose Room. Some Bibles are available or you may bring your own.

We have fun meeting saints and sinners alike in the Scriptures. Do join us!!

Everyone is Welcome! Come meet your neighbors and enjoy some (Koinonia) Christian fellowship.

Join us Friday, September 15th @
2pm in the Patio for
A Rigatoni Lunch
FREE
Sign up at the Office



LABOR DAY SCRAMBLER

UNSCRAMBLE THE WORDS BELOW:

1. ekrroW _____
2. ePdaar _____
3. oyaMdn _____
4. prSebmttee _____
5. kiSret _____
6. mnUpnmetleoy _____
7. Iydtturn _____
8. eeOrmivt _____
9. inoUn _____
10. efiBsten _____
11. eCraer _____
12. yraLoDbba _____
13. cniPci _____
14. doHyila _____