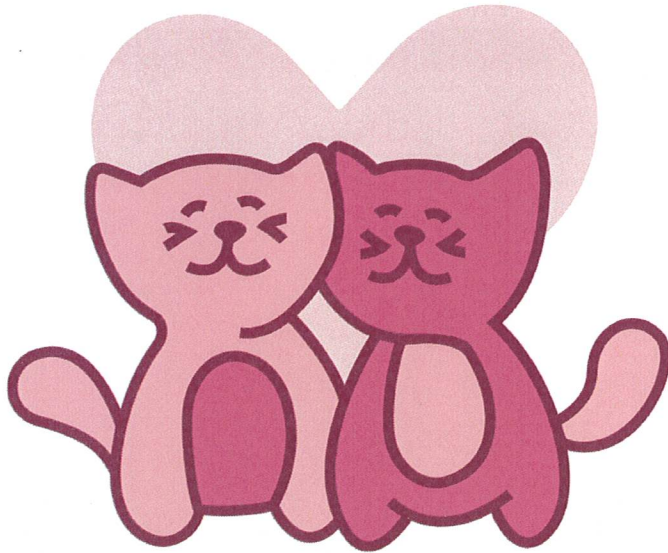


Fedor Manor

NewsLetter

February 2025



Office Hours:
Monday - Friday 9 am - 3 pm

Before we adopted the Latin name for our second month, Old English used much more vibrant names to describe the month now known as February. The most common Old English name was Solmonath, which literally means "mud month."

A lesser-used term was Kale-monath, which meant "cabbage month." Perhaps, the medieval English were eating a lot of cabbage in February?

Maintenance Requests:

If you have any maintenance request please call the office immediately to start a work order. This is to ensure gets fixed in a timely manner. DO NOT fix it yourself and DO NOT wait to report it.

Recertifications:

Those of you who are due for recertifications will be delivered paperwork to sign and return at your scheduled interview. If you cannot make it please call Shauna at 216-226-7575 to reschedule. It is very important to come to your scheduled meeting to keep your rent subsidy.

Events:

To attend any event planned by the office staff you must sign up on the events corresponding signup sheet.

Promptness:

Please be on time to any scheduled event you signed up for. If you are unable to attend, please remove yourself from the signup sheets. Most events are planned based on the number of participants. Please do not sign up if you do not plan to attend.

Laundry Room Rules:

Please share the laundry room with your fellow residents. Only 2 washers and 2 dryers in use per tenant. No powder detergent! If an out of order sign is not present the appliance is ready to use. Do not over fill the washers and dryers.

Bag of Groceries:

We will no longer be delivering the bag of groceries which is dropped off every third Tuesday of the month. You must come downstairs to pick it up. If you do not your bag of groceries will be donated. It will be listed on the calendar each month.

Pictures:

We will be taking pictures at our monthly events and putting them on our social media page. If you do not wish to have pictures of you included, please let us know.

Shopping Carts:

The office has shopping carts if needed. Please see office staff to use them

No Smoking:

As of July 1st Fedor Manor has become a no smoking building. By law you may not smoke within 30 feet of any entrance way. This means that you may not smoke by either entry door, the outdoor patio, or the outside stairway entrance. You must move away from the building to smoke. Smoking on the building grounds can result in a lease violation. Please see your house rules for information on this topic.

After Hours Maintenance Emergencies:

If you have an afterhours emergency, please call 216-226-7575 and press 1 to be connected to the emergency service line. Please do not call the maintenance crews phones or knock on their doors. The emergency service will contact them if needed.

Socializing:

Please refrain from 'socializing' in front of any of the building's entryways. This can make it difficult for other residents to enter and exit the building while also causing a safety hazard.

Events:

Check the calendar for any upcoming events. All event dates and times will be posted. Signup sheets will be placed on the sign-up table. Please check each event flyer for more information.

Loud Noises:

Please be mindful of your neighbors and keep the noise to a minimum between the hours of 10pm & 7am.

Facebook Page:

<https://www.facebook.com/fedormanorapartments>

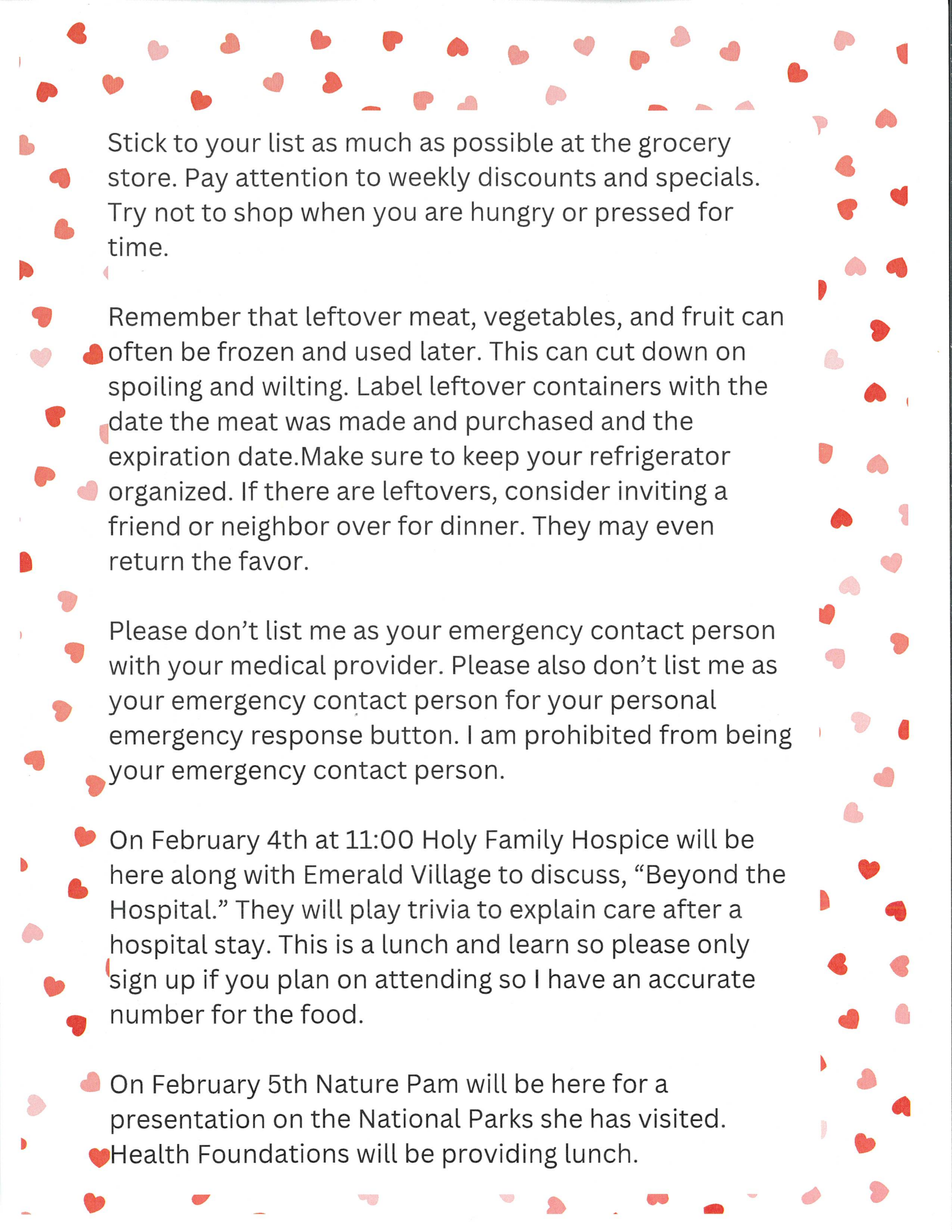


Hello Fedor Manor Apartments,

February is Black History Month. This month was created to focus attention on the contribution of African Americans to the United States. It honors all Black people from all periods of U.S. history. It is also the Chinese New Year. February is American Heart Month. This month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that reduce the risk of heart disease. The perfect Valentine's Day gift is the gift of heart health. Get a checkup and know your numbers such as blood pressure, cholesterol, and blood sugar.

I want to talk this month about strategies to save money on food. One of the most effective strategies to save money on food is to stop wasting food. Choose simple recipes that don't require ingredients you don't foresee using in other recipes. Avoid recipes that call for large amounts of ingredients that are currently high in price.

Plan out your meals you will eat for the week. Consider your leftovers. Start by choosing meals that use ingredients you already have, especially those that may be wasted if you don't eat them soon. Looking into local sales can help you determine your meals for the week.



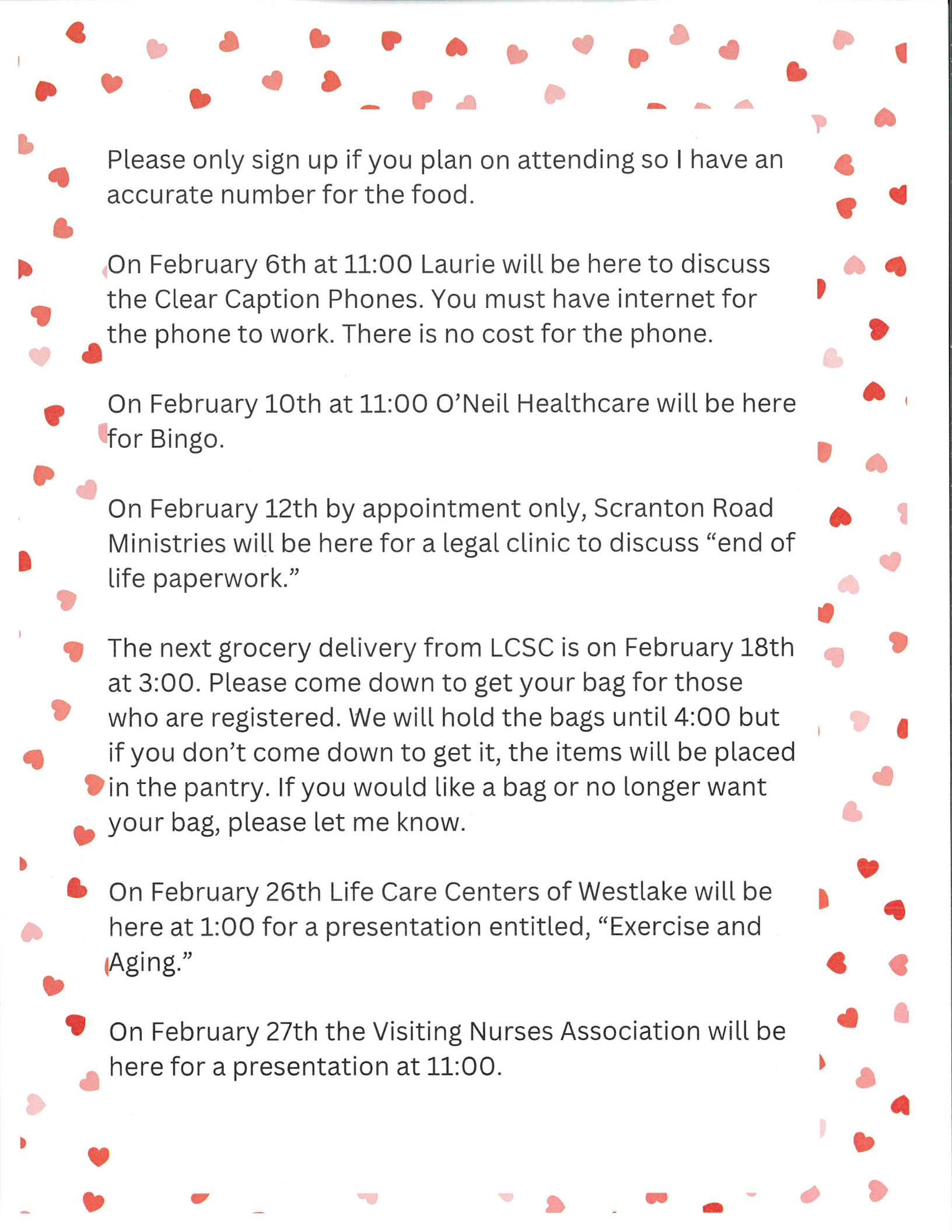
Stick to your list as much as possible at the grocery store. Pay attention to weekly discounts and specials. Try not to shop when you are hungry or pressed for time.

Remember that leftover meat, vegetables, and fruit can often be frozen and used later. This can cut down on spoiling and wilting. Label leftover containers with the date the meat was made and purchased and the expiration date. Make sure to keep your refrigerator organized. If there are leftovers, consider inviting a friend or neighbor over for dinner. They may even return the favor.

Please don't list me as your emergency contact person with your medical provider. Please also don't list me as your emergency contact person for your personal emergency response button. I am prohibited from being your emergency contact person.

On February 4th at 11:00 Holy Family Hospice will be here along with Emerald Village to discuss, "Beyond the Hospital." They will play trivia to explain care after a hospital stay. This is a lunch and learn so please only sign up if you plan on attending so I have an accurate number for the food.

On February 5th Nature Pam will be here for a presentation on the National Parks she has visited. Health Foundations will be providing lunch.



Please only sign up if you plan on attending so I have an accurate number for the food.

On February 6th at 11:00 Laurie will be here to discuss the Clear Caption Phones. You must have internet for the phone to work. There is no cost for the phone.

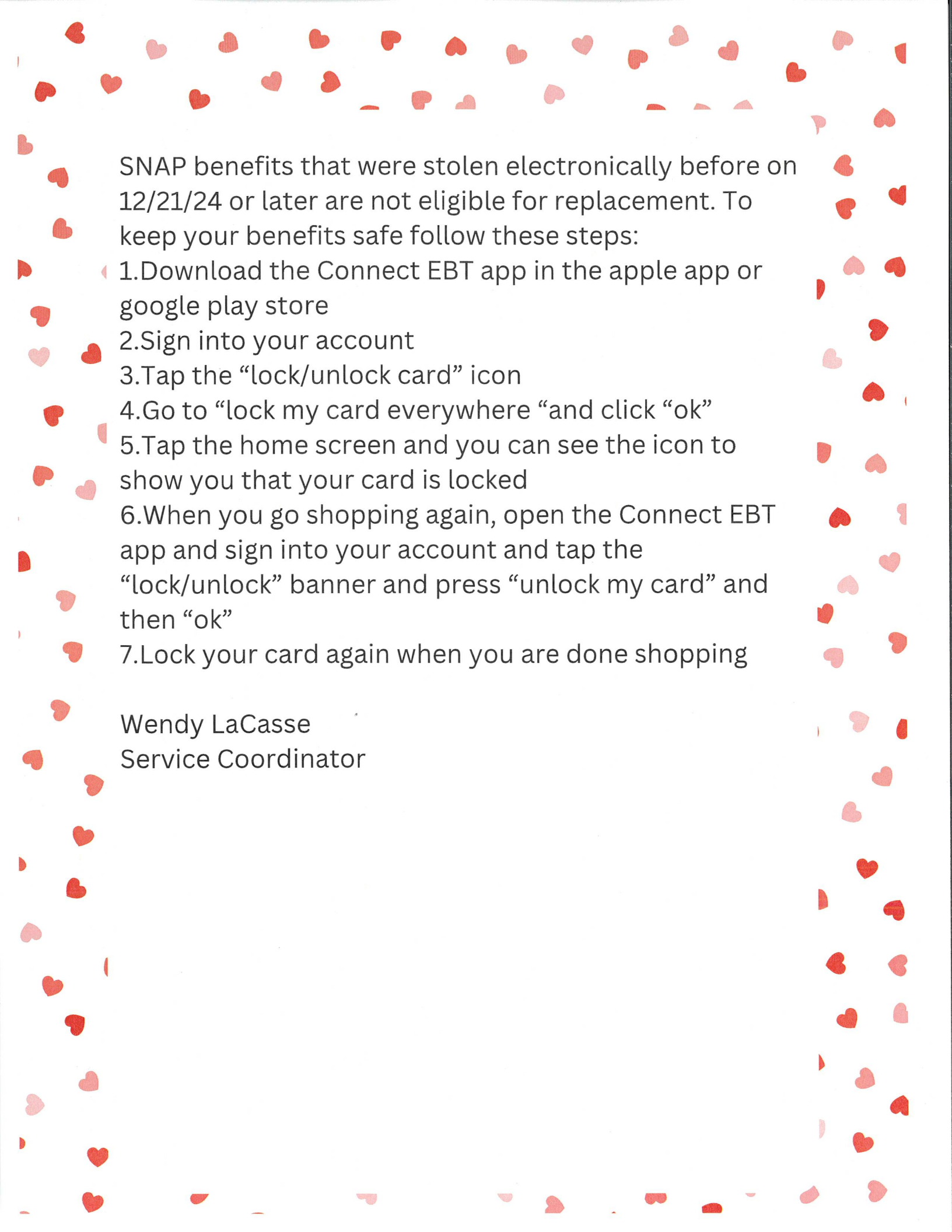
On February 10th at 11:00 O'Neil Healthcare will be here for Bingo.

On February 12th by appointment only, Scranton Road Ministries will be here for a legal clinic to discuss "end of life paperwork."

The next grocery delivery from LCSC is on February 18th at 3:00. Please come down to get your bag for those who are registered. We will hold the bags until 4:00 but if you don't come down to get it, the items will be placed in the pantry. If you would like a bag or no longer want your bag, please let me know.

On February 26th Life Care Centers of Westlake will be here at 1:00 for a presentation entitled, "Exercise and Aging."

On February 27th the Visiting Nurses Association will be here for a presentation at 11:00.



SNAP benefits that were stolen electronically before on 12/21/24 or later are not eligible for replacement. To keep your benefits safe follow these steps:

1. Download the Connect EBT app in the apple app or google play store
2. Sign into your account
3. Tap the “lock/unlock card” icon
4. Go to “lock my card everywhere “and click “ok”
5. Tap the home screen and you can see the icon to show you that your card is locked
6. When you go shopping again, open the Connect EBT app and sign into your account and tap the “lock/unlock” banner and press “unlock my card” and then “ok”
7. Lock your card again when you are done shopping

Wendy LaCasse
Service Coordinator

FEBRUARY

Birthdays

2/1 Bienvenido Pena #708

2/1 Johnnie Mims #210

2/4 Debra Shupe #414

2/6 Pam Nichols #403

2/6 Douglas Pratt #803

2/8 Jose Casiano #512

2/9 Jeremia Morariu #406

2/9 Marian Bremmer #211

2/10 Jackie Graham #810

2/10 Nenad Stanisic #1113

2/10 Betsy Wirks #613

2/11 Alice Caldwell #508

2/12 Jan Craig #907

2/21 Ioana Eichner #711

2/22 Aida Pagan #701

2/23 Trish LeFlore #515

2/26 Mildred Jenkins #411

2/28 Milentije Miljkovic #908



Valentine's Day
LUNCH
12pm

FRIDAY, FEBRUARY 14

**Join us for a lovely lunch downstairs in the
community room!**

**Lunch will include lasagna,
salad, breadsticks & dessert.**

**\$3 - SEE OFFICE TO
RESERVE YOUR SEAT**

This is a social event, meals are to be eaten downstairs

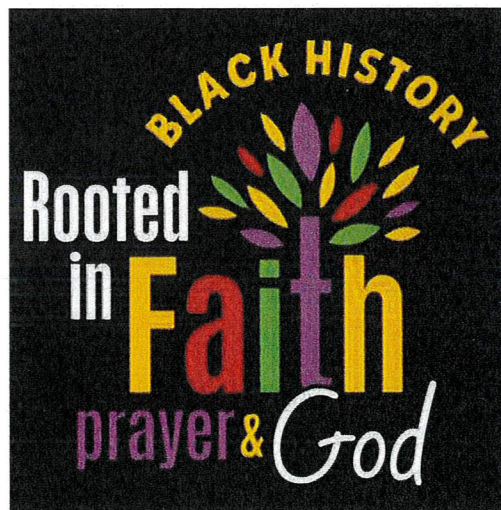
RSVP BY: FEB. 10

FEDOR MANOR

LET US
Praise
HIS NAME
WITH
dancing
PSALM 149:3
With eyes?


PLEASE JOIN YOUR NEIGHBORS
FOR AN AFTERNOON OF PRAISE & WORSHIP
THROUGH SONG AND DANCE
BY
THE GUARDIANS OF PRAISE

SATURDAY, FEBRUARY 22, 2025
1:00 P.M.
(FEDOR PATIO)





• JAZZ MUSIC •
EVENT



**BLACK
HISTORY
INSPIRED**

JOIN US FOR A MUSIC FILLED AFTERNOON
A JAZZ DUO WILL BE HERE PERFORMING

THURSDAY, FEBRUARY 27

2:30-4:00 PM

Wendy is working on bringing in a discount Vet Clinic to Fedor Manor in the spring. We will need 12 or more residents to sign up for them to come. There is a signup sheet on the downstairs community table.



ROBERTS & WENDT ANIMAL HOSPITAL

All appointments must be booked before hand.
We can only accept check or credit/debit cards.

All payments are due at the time of your appointment.

An exam by the doctor is required for all services.

Vaccines:	Exam \$30
Rabies \$30	Fecal exam \$30
Lepto \$25	Anal gland expression \$30
DAPP \$25	Ear cleaning \$40
DALPP \$35	Nail trim \$40
Bordetella \$25	Blood work with a fecal exam \$105
FVRCP \$25	
FeLV \$25	

Happy Black History Month

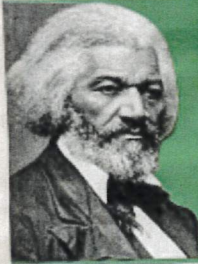
WHAT WE LEARN FROM

Black History



CHALLENGE

like
Rosa



REFORM

like
Frederick

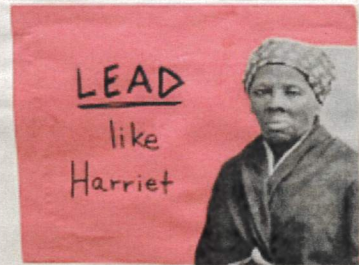


STAND

like
Nelson

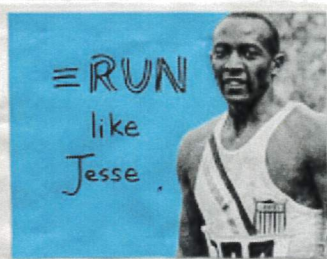


Inspire
like
Louis



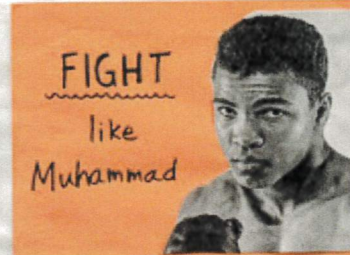
LEAD

like
Harriet



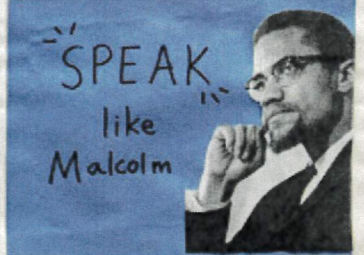
≡ RUN

like
Jesse



FIGHT

like
Muhammad

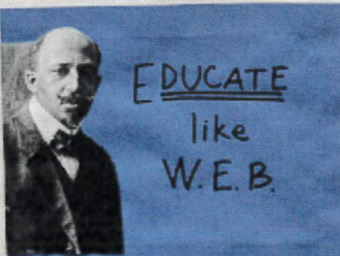


SPEAK

like
Malcolm

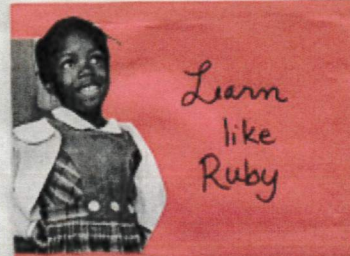


SHOOT for the
Stars
like
Mae



EDUCATE

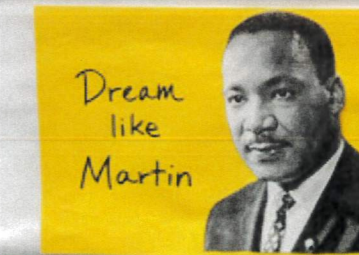
like
W.E.B.



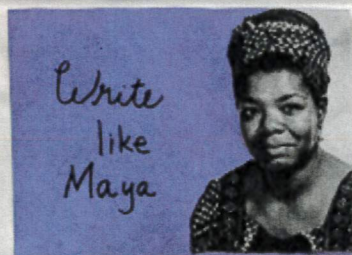
Learn
like
Ruby



Play
like
Jackie



Dream
like
Martin



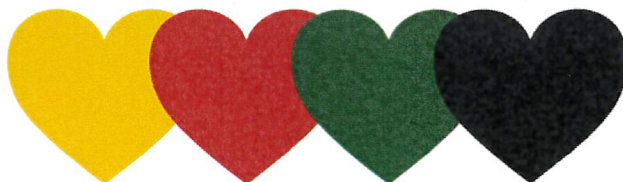
Write
like
Maya



PROTEST
like
Angela



INVENT
like
George



Candied Bacon Crackers Recipe



Ingredients:

32 rectangular buttery crackers
(such as 'Club' crackers)

10-12 center cut bacon slices
(or turkey bacon) cut into 3 1/2-
inch pieces

3 Tbsp. maple syrup, divided

Black pepper (optional)



Directions:

Step 1: Preheat oven to 300 degrees, arrange crackers on an oven-safe wire rack on a cookie sheet lined with aluminum foil.

Step 2: Arrange bacon pieces evenly over crackers lengthwise, and carefully tuck any overhang under cracker edges (bacon will shrink when cooked).

Step 3:

Add maple syrup

Brush 2 tablespoons of the maple syrup evenly over bacon.

Step 4:

Bake crackers in preheated oven until browned and crispy, 40-45 minutes. Remove from oven; carefully brush evenly with remaining maple syrup and let cool on wire rack for 5 minutes. Add pepper if you like, and serve!



February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 12-3 Jewelry Party
2 Ground Hog's Day	3	4	5 <u>Pest Control 2nd</u> 11am Resident <u>Meeting</u> 12pm Nature Pam lunch & <u>Learn</u> 1pm Dr Massie -	6 11am Clear Caption Phones	7 11am Chair Yoga Demo	8
9 Super Bowl Sunday	10 11am BINGO O'Neil Healthcare	11 Haircuts call Kris 216- 287-6634 10:30 Case Dental presentat.	12 Pest Control <u>3rd</u>	13	14 12pm \$3 Valentine's Day Lunch -buy ticket at office	15 Downstairs community room reserved 2-6pm
16	17	18 2pm BP & Glucose Chx 3pm Grocery Delivery	19 12:30 <u>Bday Party</u> Pest Control 4th	20	21	22 1pm Guardians of Praise
23	24	25	26 Pest Control <u>5th Floor</u> 1pm Exercise	27 2:30 Jazz Duo	28	