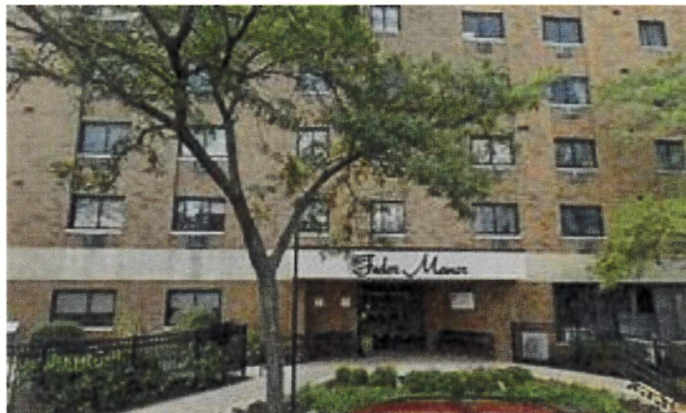




FEDOR MANOR MONTHLY NEWSLETTER

MARCH ISSUE # 3




HOW THE MONTH OF MARCH GOT ITS NAME:


Named for the Roman god of war, Mars. This was the time of year to resume military campaigns interrupted by winter. March was also a time of many festivals, presumably in preparation for the campaigning season.



OFFICE INFO:



OFFICE HOURS:
MON - FRI: 9-3PM

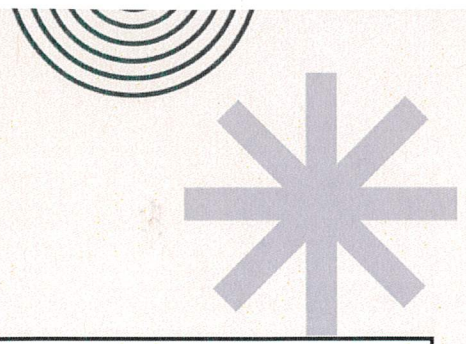


FEDOR STAFF:
HOLLY LINDEN - PROP. MANAGER
SHAUNA LAKO - OCC. SPECIALIST
ANGIE WORKMAN - OFC. ASSIST.
WENDY LACASSE - SERVC. COORD.
NICK THORPE - MAINT SUPERVISOR
SEAN CAMPBELL - MAINT TECH
LYDIA PEREZ - CUSTODIAN

OFFICE PHONE #:
216-226-7575
SERVICE COORDINATOR PHONE #:
216-712-4010



Important Information:



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 or let the office know. 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 washer & 2 dryers in use per tenant. NO POWDER DETERGENT & DO NOT use SCENT BEADS in the DRYERS! If an out of order sign is not present the appliance is ready to use. Do not over fill the washers & 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.

Shopping Carts:

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

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.

Facebook Page:

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

Events:

Check the calendar for any upcoming events. All event dates and times will be posted. Signup sheets will be placed on the signup 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.

Important Information, cont.

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 or on the outside patio. 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 more information on this topic.

After Hours Maintenance Emergencies:

If you have an afterhours emergency, please call 216-226-7575 and press option 1 to be connected to the emergency 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. Please keep entryways clear.

Deliveries:

When placing orders, make sure companies have your current apartment number. The office will not accept deliveries on your behalf.

Safety:

For your safety, do not allow anyone into the building unless they are visiting you.

Pets:

It is your responsibility to clean up after your pet and dispose of waste properly. Dogs should be kept on leashes/harnesses and be controlled at all times.

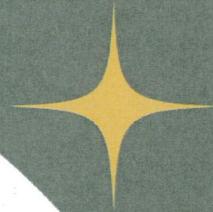



Hello Fedor Manor Residents,

March is Irish Heritage Month, and National Colon Cancer Awareness Month. If you need a colonoscopy and need assistance arranging this along with transportation to your procedure, please let me know. The Cleveland Clinic has a program to assist with this.

This month I want to talk about how to save money when shopping at the grocery store. Grocery stores and supermarkets are laid out in very specific ways to get you to stay longer in the store and buy things you don't need. Here are some ways you can save time and money while shopping.

1. The healthiest and freshest foods are usually on the outside walls but are often separated to force you to walk through the whole store. Map out your shopping route. Less expensive alternatives tend to be on high or low shelves.
2. Make a list and stick to it. Search weekly flyers and coupons before shopping and set a budget. Use free store reward or membership cards to save.
3. Don't shop on an empty stomach and don't rush your shopping trip.
4. Look for generic items. Many generic brands are made by the same companies that make name brand products. Try generic brands because you are often just paying for the name with the name brand products. Don't be fooled by brand name coupons. Generic products are often still cheaper even after the brand name coupon.



5. Buy fruits and vegetables that are in season as they often cost less. Look for frozen or canned fruits and vegetables to save money. Properly store fresh fruits and vegetables to reduce spoilage.

6. Buy in bulk and share the cost with a neighbor or a friend.

If you would like to apply for food stamps (SNAP), please let me know and I would be happy to help you apply. Please are interested in the bag of groceries from Lakewood Community Services Center that are delivered here on the 3rd Tuesday of every month, please let me know. Transfiguration Parish has a food pantry. Please see the flyer outside of my door if you want more information about it. Reminder that we have a small freezer and refrigerator on the first floor. Please donate things you don't need and take what you need. There is also a small food pantry on the first floor.

On March 3rd from 1:00 until 2:00 Michelle Waldron, Licensed Insurance Agent, will be here for a presentation.

On March 7th at 1:00 Brian, Pharmacist from Fairview Hospital, will be here to talk about "Medication Safety."

On March 11th John Thayer along with his dogs will be here at 1:00 for Name That Tune.

On March 13th at 10:30 K-9 Caring Angels Therapy Dogs will be here.



On March 17th Officer Mazor will be here at 11:00 for a safety presentation.

On March 27th Dr. Abdallah from the Cleveland Clinic Center for Family Medicine will be here at 11:00 am presenting on a senior health topic.

On March 31st Dr. Papadimos from the Cleveland Clinic Center for Family Medicine will be here at 11:00 am presenting on a senior health topic.

Wendy LaCasse
Service Coordinator





MARCH

BIRTHDAYS

3/5 Persida Stingu #203

3/6 Howard Berning #808

3/7 Ella Cruz #910

3/8 Mary Matzek #902

3/9 Francine Forcier #214

3/9 Beverly Chadock #1006

3/14 Vicky Norris #401

3/18 Floarea Bozin #305

3/20 Ysolina Sanchez #708

3/26 Cathy Moore #307

3/31 Minerva Rivera #1001



Join us Wednesday, 3/19 at 12:30 pm

**for the monthly birthday party! Even if March is not
your birthday month all are invited to celebrate
with cake and hot dogs!**

St. Patrick's Day Sandwich Sale

Monday, March 17 - 12:30 pm

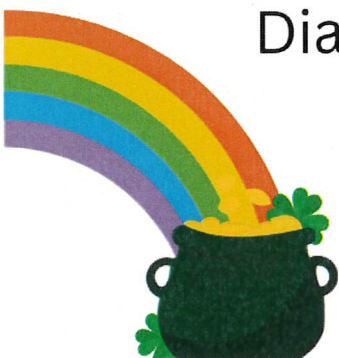
\$ 6 for a sandwich and chips

See office BEFORE 3/14 to order sandwich
*sandwiches may be eaten downstairs
or taken 'to go.'

Choose From:

- **Corned Beef on rye**
- **Roast Beef on rye**
- **Turkey & Swiss on rye**

We are ordering the sandwiches from
Diana's Deli & Restaurant on 117th
here in lakewood



CHAIR *Yoga*



**We will be hosting Chair Yoga
Friday, March 7th at 11:00 am
&
Friday, March 21st at 11:00 am**



Dionne Olivia

200 HR CYT

Hello! I'm a Certified Yoga Teacher specializing in Chair Yoga for our senior citizens. I have a passion for working with the elderly and improving their overall health and well being.

CHAIR YOGA FOR SENIOR CITIZENS

Guided by Dionne Olivia

Chair yoga is a gentle form of yoga practiced while seated or using a chair for support. It is designed to accommodate individuals with limited mobility, making it especially beneficial in nursing home settings. This form of exercise allows seniors to experience the physical and mental benefits of yoga, including improved flexibility, strength, and balance, without requiring them to get on the floor or perform high-impact movements.

Chair Yoga is tailored to the needs of residents, focusing on slow, controlled movements and breathing exercises. Offering a safe way to enhance mobility, reduce stress, and improve overall well-being.





CHAIR YOGA

FOR SENIOR CITIZENS

Guided by **Dionne Olivia**

Benefits

- **Improved Mobility and Flexibility:** Regular practice helps maintain or increase joint flexibility and mobility, which is crucial for seniors who may experience stiffness or arthritis.
- **Enhanced Balance and Strength:** Chair yoga strengthens muscles, improving balance and reducing the risk of falls.
- **Pain Relief:** The gentle stretches and movements can help alleviate chronic pain or discomfort, particularly in the back, joints, and hips.
- **Mental Well-Being:** Deep breathing and mindfulness techniques reduce stress and anxiety, promoting relaxation and mental clarity.
- **Social Interaction:** Group chair yoga classes foster a sense of community and provide an opportunity for socialization among residents.

Overall, chair yoga in nursing homes offers a holistic approach to health, addressing both physical and emotional well-being while enhancing quality of life for elderly individuals.



Contact Me:

Phone: 440.429.0654

Email: thedionneolivia@gmail.com



BINGO

CALLERS NEEDED

**FRIDAY NIGHT BINGO IS LOOKING FOR
VOLUNTEER BINGO CALLERS**

**PLEASE CONTACT THERESA IN
308 IF INTERESTED**

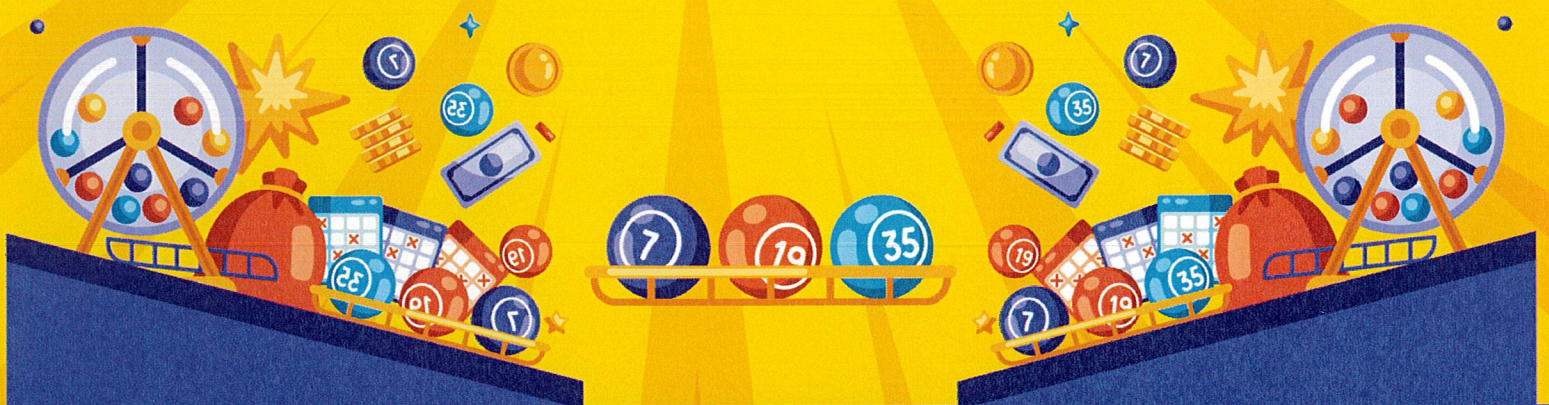


BUILDING BINGO

**Are you playing building BINGO?
If not, why not?**

Fedor Manor has a 'building BINGO' game that all residents are encourage to play. If you do not currently have a BINGO card, see the office for one! Monday - Friday we will post that day's BINGO number in the office window and we continue to play until we get a WINNER! When we have a winner we will announce it and then start a new game!

Join in on the fun - winners do get a prize!



REMINDER:

IT'S THAT TIME OF YEAR AGAIN!

TIME TO RESET

DAYLIGHT SAVINGS IS SUNDAY, MARCH 9TH. MOVE CLOCKS AHEAD ONE HOUR BEFORE YOU GO TO BED ON SATURDAY, MARCH 8TH. (CELL PHONE CLOCKS RESET AUTOMATICALLY)



Irish Boxty

Boxty is a traditional Irish potato pancake made with leftover mashed potato and grated raw potato.

Ingredients:

1 ½ cups grated raw potatoes

1 Tablespoon milk

1 cup all-purpose flour

salt & pepper to taste

1 cup leftover mashed potatoes

¼ cup olive oil

1 large egg

Directions:

Step 1: Gather the ingredients

Step 2: Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.

Step 3: Whisk egg & milk together in a separate bowl; mix into the potatoes. Season to taste with salt & pepper.

Step 4: Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3-4 minutes per side. Drain on a paper towel-lined plate.



Important Notice to All Residents

No Smoking in the Building

This is a friendly reminder that smoking is not permitted inside the building. For the comfort and safety of all residents, we kindly ask that you refrain from smoking indoors.

Residents are welcome to smoke outside the building, but please ensure that you do so at least 30 feet away from any entrances to maintain a clean and healthy environment for all.

Thank you for your cooperation in helping us keep our community safe and enjoyable for everyone!

If you have any questions, please feel free to contact the management office.

Sincerely,

Fedor Manor Management





Pics from February Events



March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 1pm Insurance Agent Presentation	4 Mardi Gras	5 6th Floor <u>Pest Control</u> Ash Weds.	6	7 11am <u>Chair Yoga</u> 1pm Medication Safety	8
9 Daylight <u>Savings</u> move clocks ahead	10 11am Alzheimer's Assoc. Pres.	11 9am <u>Haircuts</u> 1pm Name that Tune w/dogs	12 11am 'Cooking for <u>One or Two</u> ' 7th Floor Pest Control	13	14 1pm Crafter's Corner	15
16	17 11am Safety <u>Meeting</u> St. Patrick's Day Sandwich sale \$9	18 11 am Advncd <u>Directives</u> 2pm BP & <u>Glucose Chx</u> 3pm Grocery Delivery	19 12:30pm <u>Bday Party</u> 8th Floor Pest Control	20 First Day of Spring	21 11am Chair Yoga	22
23	24	25	26 9th Floor Pest Control	27 11am Cleveland Clinic Presentation	28	29
30	31 11am Cleve Clinic Presentation					