

FEDOR MANOR MONTHLY NEWSLETTER

APRIL ISSUE # 4



HOW THE MONTH OF APRIL GOT ITS NAME:

From the Latin word aperio, "to open (bud)," plants begin to grow in this month. In essence, this month was viewed as spring's renewal.

OFFICE INFO:

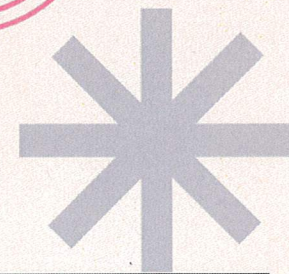
OFFICE HOURS:
MON - FRI: 9-3PM

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.

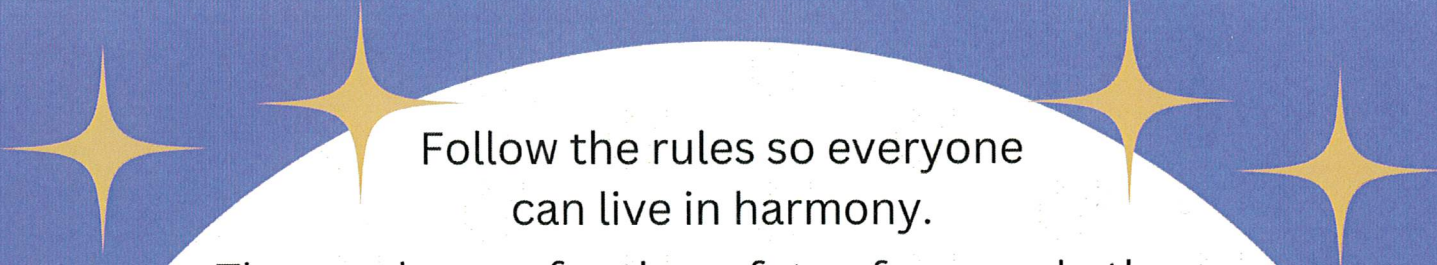


Hello Fedor Manor Residents,

April is Arab American Heritage Month. It is also National Volunteer Month. Thank you to all the volunteers at Fedor Manor. I especially appreciate your help on grocery delivery day.

Thank you for all that you do to be a good neighbor. I see so many of you willing to help your neighbor in the building. Thank you for being thoughtful, kind and caring.

This month I wanted to give some reminders on apartment etiquette. Please respect your neighbor's privacy. Avoid intruding on private conversations and avoid gossip and rumors. Communicate with respect and courtesy. If a conflict occurs, use open and calm communication. Keep shared areas clean. Please dispose of any trash and clean up any spills. Be respectful of noise levels, especially during early morning and late hours. With the shared walls, ceilings, and floors, this means if you are loud your neighbors will hear you. Be aware of how much noise your visitors might be making. There is a way to become part of the community where you live and keep your private space. A simple "hello" with people you ride the elevator with is a good place to start. A smile and a wave can go a long way to forging good relationships with your neighbors. Avoid leaving garbage beside the chute. If something does not fit bring it to the dumpster. Please don't let your laundry occupy the washer and dryer all day while others are waiting to use it. Keep the inside of your apartment clean. Get involved! Attend resident meetings, presentations, activities or get involved in your community. Introduce yourself to your neighbors but don't knock on their doors.



Follow the rules so everyone
can live in harmony.

These rules are for the safety of you and others
in the building. A little bit of courtesy and kindness
can go a long way. Please do not let anyone in the
building that is not your invited guest.

On April 4th Pinnacle Foot and Ankle will be here for a
podiatry clinic. Please call Theresa at 330-339-6233 if you
would like an appointment.

On April 7th at 11:00 O'Neil Healthcare will be here for Bingo.

On April 9th Signature Health will be here for a presentation
on "Brain Health." They will talk about ways to keep your mind
sharp and will also talk about depression and managing stress.

On April 11th NAMI will be here for a presentation at 11:00
entitled, "Older Adults and Mental Health."

On April 16th the Western Reserve Area Agency on Aging will
be here at 11:00 for a "Sip and Paint" class.

On April 18th AARP will be here at 11:00 to talk about "Driver
Safety."

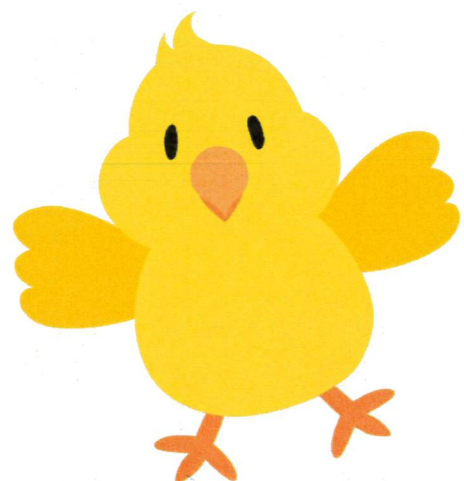
The Earl Gentile Hearing Clinic will be on April 25th by
appointment on the second floor. Call Earl's office if you
would like an appointment at 440-333-3272.

On April 25th, Dr. Wagner from the Cleveland Clinic Center for
Family Medicine will be here for a presentation at 11:00.

In case of an emergency, you may want to have a bag of items ready which could include the following:

Flashlight
First aid kit
Canned food, protein bars, and peanut butter
Bottled water
Cell phone charger
Radio
Pet food and supplies
Soap, personal supplies and hand sanitizer
Paper towels and toilet paper
Blanket
Medication and glasses

Wendy LaCasse
Service Coordinator



A decorative border surrounds the text, featuring various flowers in shades of pink, white, and yellow, along with butterflies in similar colors. The background is white with scattered small dots and leaves.

April Birthdays

4/5 Katica Babin #1110

4/7 Donald Gamary #1004

4/9 Linda Harkless #706

4/10 Ellen Barrett #313

4/13 Tanisha Broadway #714

4/14 Lynnette Taylor #205

4/15 Lydia Perez - Staff

4/16 Pam Valentine #704

4/16 CiCi Winfield #1103

4/20 Marthan Brown #814

4/21 Diane Griffin #614



**Join us Wednesday, 4/16 at 12:00 pm
for the monthly birthday party! Even if
April is not your birthday month all
are invited to celebrate with cake and
hot dogs!**

Fedor Manor

LAKEWOOD POLICE DEPT.
NON-EMERGENCY
NUMBER: 216-521-6773

1991 - TV CHANNEL TO
WATCH CAMERAS
FACING DOORS



You can also view our newsletter
on our website at:
www.fedormanorapartments.com



Community Room WIFI
(1st, 4th, 5th, 11th floors)
FedorManor-Guest
Password: Manor123



Once a month we celebrate
that month's birthdays with
cake & hot dogs. Even if it is
not your birthday month feel
free to join us in celebrating

Fedor Manor - This month...



Earl Gentile Hearing Clinic

will be here Friday, April 25

Call 440-333-3271 if you would like to schedule an appointment.



Haircuts by Kris

Kris is a licensed beautician who comes here once a month. She will be here Tuesday, April 8, call her to schedule a haircut appointment: 216-287-6634.

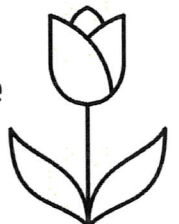


Blood Pressure & Glucose Checks

On Tuesday, April 15, a community paramedic will be here to do free blood pressure and glucose checks. They will be set up in our downstairs community room.



April is nature's way of saying, 'Let's bloom and shine brighter than ever!'



CHAIR *Yoga*



**Join Dionne, a certified yoga
instructor, for Chair Yoga**

**Fridays at 11:00 am
starting in April**

**Yoga will take place in the
11th Floor Library**

Garden Club Meeting

MONDAY APRIL 7TH AT 11:00 AM

New Members Welcome to Join!

The garden club will host
their first meeting of the
season in the
downstairs community room.





You are invited to our

Spring

FLING PARTY!

APRIL

WEDNESDAY

30

12:00 PM

\$3 – Admission

See office staff to purchase ticket

**JOIN US FOR OUR SPRING FLING PARTY!
THERE WILL BE FOOD, GAMES, PRIZES
AND A CASH RAFFLE!
SEE THE OFFICE TO PURCHASE A TICKET!**

Sign up by Fri 4/25/25

A decorative border of daisies and grasses surrounds the central text box.

Reminders

Parking: Fedor Manor does NOT have assigned parking. Please make sure your Parking Pass is hanging from your rearview mirror when parked in our parking lot. Visitor parking is the slab of parking spaces beside where construction is happening next door.

Laundry Issues: If at anytime a washer or dryer is not working please let the office know, we will need to know the machine number, it looks like a mini license plate and is located on the front of the machine. Also, if a machine 'takes' your money, call CSC to report it, their phone number is on the back of your blue laundry card. The kiosk also sells laundry cards, \$5.



GRAHAM CRACKER ICE BOX CAKE

INGREDIENTS:

Bananas

14 oz. box of graham crackers

Instant Chocolate Pudding

SUPER COLD milk

1-2 Tubs Cool Whip

DIRECTIONS:

Slice bananas 🍌🍌 Save the one banana for later.

Make pudding following the instructions on their box

Grab a 13×9 pan and your graham crackers (pan size can be flexible of depending upon quantity of crackers, bananas and pudding). Place an even layer of graham crackers on the bottom of the pan. Follow with a layer of sliced bananas on top, then spread half of your chocolate pudding on top.

Repeat those layers using the rest of your pudding.

Cover your ice box cake w/o lid touching pudding.

Refrigerate at least 2 hours (ideally overnight if you can) to make the magic happen. The flavors develop while



GRAHAM CRACKER ICE BOX CAKE

DIRECTIONS CONTINUED :

the graham crackers soften and everything gets nice and cold.

Remove the ice box cake from the fridge and remove the cover.

1. When ready to serve to a group of people smooth out the pudding with a spatula, spoon Cool Whip on top then sprinkle crumbled graham crackers on top of the Cool Whip, add some M&M's, Strawberries, Raspberries, etc ...

2. OR If serving only a couple slices out of the fridge, top each slice with cool whip, etc and enjoy!



SAFETY MEETING NOTES:

Last month Officer Mazor held a safety meeting and went over the many different types of scams many of us may possibly encounter. The next few pages are the many different types of scams out there and what we can do to be aware of them and protect ourselves.

Some other helpful tips shared at the meeting was to never carry unnecessary personal information on your person, such as your social security card. Shred all outdated documents that contain personal information. If a bill you are expecting in the mail does not arrive, contact the company ASAP. When out shopping, if not paying cash, use a credit card, not a debit card whenever possible.

A lot of scams come through email & text. Do not click on things if you don't know what it is. Or, you can always call whatever company supposedly sent the text/email and ask them about it.

Car Theft - always lock your car. Do not leave any valuables in your car. Do not keep spare keys inside your car.



Unwanted Calls

Here's how they work:

You pick up the phone and hear a recorded message — a robocall — or a live person selling something. Maybe it's not who your caller ID said it was. It's frustrating, and you just want it to stop.

Recorded sales calls are illegal, unless you give a business written permission to robocall you. If your number is on the Do Not Call Registry, you're not supposed to get any sales calls — live or recorded. But scammers ignore the rules about when and how they can call you.

Scammers can use technology to make their calls look like they come from anywhere: the IRS, a business you know, a neighbor, or even your own number. Because phone numbers can be faked, you can't trust your caller ID. So now what?

Here's what you can do:

- 1. Hang up.** Don't press a number. Just hang up the phone on unwanted calls. Consider call-blocking services to reduce the number of unwanted calls you get. Ask your phone carrier about call blocking and read expert reviews about your options. Learn more at ftc.gov/calls.
- 2. Pass this information on to a friend.** You may know what to do about unwanted calls, but chances are you know someone who doesn't.





Want to know more? Sign up for consumer alerts at ftc.gov/subscribe.

...Pass it ON

Please Report Scams

If you get scam calls or illegal robocalls, please report them to the Federal Trade Commission.

- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261.
- Go online: ReportFraud.ftc.gov

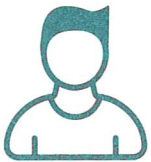
Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.





Grandkid and Family Scams

Here's how they work:



You get a call: “Grandma, I need money for bail.” Or maybe an email from someone claiming to be your brother or a friend who says they’re in trouble. They need money for a medical bill. Or some other kind of emergency. The caller says it’s urgent — and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they’re not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one’s email account, all to make it seem more real. And they’ll pressure you to send money before you have time to think.

Here's what to do:

- 1. Stop. Check it out.** Look up your family member’s phone number yourself and call another family member to check out the story.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls, but chances are, you know someone who will get one — if they haven’t already.



Want to know more?
Sign up for Consumer Alerts
at ftc.gov/ConsumerAlerts.

...Pass it ON

Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission.

- Go online: **ReportFraud.ftc.gov**
- Call the FTC at 1-877-FTC-HELP (1-877-382-4357)
or TTY 1-866-653-4261

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.



**FEDERAL TRADE
COMMISSION**

August 2023

ftc.gov/PassItOn



Charity Fraud

Here's how it works:



Someone contacts you asking for a donation to their charity. It sounds like a group you've heard of, it seems real, and you want to help.

But how can you tell what's a scam? Charity scammers want to get your money quickly. They often pressure you to donate right away. They ask for cash, gift cards, cryptocurrency, or wire transfers. Scammers often refuse to send you information about the charity. They won't answer questions or explain how the money will be used. They might even lie and say you already made a pledge to donate.

Here's what to do:

- 1. Take your time.** Don't trust your caller ID. Scammers use technology to make any name or number appear on caller ID. Tell callers to send you information by mail. Do some research. Is the charity real? If callers ask you for cash, gift cards, cryptocurrency, or a wire transfer, it's a scam.
- 2. Pass this information on to a friend.** Probably everyone you know gets charity solicitations. This information could help someone else spot a possible scam.



Tech Support Scams

Here's how they work:



You get a call or message from someone who says they're a computer technician. Or a number appears in a pop-up message on your screen. Or maybe you're looking for tech support and call a number you find in a search engine. The person on the phone says they're from a well-known company like Microsoft or Apple. And they tell you about viruses or other malware on your computer. Maybe they'll ask you for remote access to your computer or say you must buy new software to fix it.

But are they someone you can trust? Judging by reports to the Federal Trade Commission, no. Tech support scammers will try to sell you useless services, steal your credit card number, or get access to your computer to install malware, which could then let them see everything on your computer (including your account passwords).

Here's what to do:

- 1. Hang up.** If you get an unexpected call from someone saying there's a problem with a computer — hang up, it's a scam. If you need tech help, go to someone you know and trust — and call them at a phone number you know to be true (the ones that show up in your search engine aren't always legit).
- 2. Pass this information on to a friend.** You might know these are scammers, but chances are, you know someone who doesn't.



Business Impersonator Scams

Here's how they work:



You get a call, email, text, or message on social media that looks like it's from a business you know. It says there's a problem with your account, or you won a prize. It tells you to call a number or click a link.

But the message isn't really from a familiar business, it's from a scammer. If you call, they'll tell you to send payment or give personal information. They'll insist you can only pay with gift cards or cryptocurrency, or by wiring money or using a payment app, which no honest business will do. Or they'll ask for your Social Security number or access to your computer.

But it was never really that business contacting you, there wasn't a problem, and there was never a prize.

Here's what to do:

- 1. Stop.** If you get an unexpected call, email, text, or message on social media — even if it looks like it's from a business you know — don't click any links. And don't call phone numbers they give you. These are often scams.
- 2. Pass this information on to a friend.** You may not have gotten one of these messages, but chances are, you know someone who has.

April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Chair Yoga Every Fri 11:00am 11th Floor		1 APRIL FOOL'S DAY	2 Pest Control 10th Fl.	3	4 11am Podiatry Clinic appt only	5
6	7 11am BINGO O'Neill Healthcare	8 9AM HAIRCUTS CALL 216-287- 6634	9 11am 'Depression & Brain Health' Pest Control 11th Fl.	10	11 11 am NAMI Older Adults & Mental Health	12
13 <u>Palm Sunday</u> Passover Starts	14	15 2pm BP & Glucose <u>Checks</u> 3pm Grocery Delivery	16 11 am <u>Sip & Paint</u> 12:00 Bday <u>Party</u> Pest Control 2nd Fl.	17	18 Good Friday -STAFF <u>OFF</u> NO BINGO	19
20 <u>Easter</u> Passover Ends	21	22 Earth Day	23 Pest Control 3rd Fl.	24	25 Earl Gentile Hearing Clinic appt only	26
27	28	29	30 12pm <u>Spring Fling</u> \$2 Pest Control 4th		BINGO every Friday 7pm	