

Fedor Manor News

November 2021

Rent Payments

Rent is still due by the 5th of the month, please be sure to place it in the slot on the office door. DO NOT use an envelope.



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 Eboney at 216-226-7575 to reschedule. It is very important to come to your scheduled meeting to keep your rent subsidy.



Office hours

Are Monday - Friday from 9am-3pm. If you have an after hours maintenance emergency please call 216-226-7575 and press 1.



Blog

If you've written something you would like featured in our monthly newsletter send a copy to my email Slako@fedormanorapartments.com Or drop a copy off to the office.



Building Staff

Holly Linden - Property Manager

Eboney May - Office Manager

Shauna Lako - Office Assistant

Dennis Markley - Maintenance Supervisor

Sean Campbell - Maintenance Tech

Lydia Perez - Custodian

Wendy LaCasse - Service Coordinator

Dept of Aging side 216-712-4010

No Smoking

By law you may not smoke within 30 feet of any entranceway. 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.



Events

Check the calendar for any upcoming events. All event dates and times will be posted. Events that requires a sign up sheet will have one placed on the sign-up table. Please check each event flyer for more information.



Facebook

Like our facebook page

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



Pictures

We will be taking pictures at our monthly events and putting them on our social media page. If you do wish to have pictures of you included, please let us know.



Promptness

Please be on time to any scheduled event you signed up for. If you are unable to attend, please remove yourself from the sign-up sheets. Most events are planned based on number of participants.



Shopping Carts

Tenants must sign up at the office to use the shopping carts. Please see a staff member to use them.



After Hours Maintenance Emergencies

If you have an after hours maintenance emergency, please dial 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.



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 and pick it up. If you do not your bag of groceries will be donated. It will be listed on the calendar each month.



Bird Feeding

While we are an animal loving facility, we ask that you please refrain from feeding the birds. It can attract other animals to the building.



Loud Noises

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

Shh...

Socializing

While we understand the appeal to be outside with our friends. We kindly ask that you 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.



Fabulous Words With Freida

"Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life!"

- Harsh Goenka from Twitter



Words From Wendy

Hello Fedor Manor Residents,

Happy Thanksgiving to you all. I am thankful this year for all the residents and staff at Fedor Manor. It has been such a pleasure getting to know you all. Thank you for your trust in me to help you. I am here to help in any way that I can.

November is Native American Heritage month. This month is a time to celebrate the rich and diverse culture, tradition, and heritage of these remarkable Americans who deeply enrich the quality and character of our nation.

November 11th is Veteran's Day. It is a time to pay respect to those who have served. Thank you to the veterans at Fedor Manor who have served our country.

Happy Hanukkah! This is celebrated November 28th thru December 6th.

Chair yoga will be held on November 8th at 11:00. Please sign up if you would like to attend so we can keep this wonderful exercise program going. We need at least 5 participants to continue this program. Please sign up at least by Friday before the class is scheduled.

On November 9th at 11:00 Angels Home Health Care will be here to do a presentation on depression and anxiety and do blood pressure checks. Please use the sign-up sheets on the first floor to register.

The bag of groceries for those who have registered will be held on November 16th at about 1:45. Please come to the first floor to pick up your groceries. If you would like to receive a bag and are not registered, please let me know. If you receive the bag of groceries and no longer want them, please let me know as soon as possible. We tend to end the day with quite a few unwanted bags.

The next podiatry clinic will be held on December 1st on the second floor. The podiatrist will be doing toenail cutting and callus care. Please call me if you want to register to see the doctor, even if you have seen him in the past.

Mark your calendar if interested in learning more about mental health. The National Alliance on Mental Illness will be here on December 16th to talk about mental health 101.

If you have an authorized representative on file with The Department of Job and Family Services, there is a new form that needs to be completed. They will no longer accept the old forms. Please contact me if you need assistance with this.

Words From Wendy (Continued)

I thought I would talk this month about how to declutter and keep your apartment clean. Decluttering can seem like an overwhelming task but in the end, you will be surrounded by things that make you happy.

1. Donate clothes or items you don't wear anymore.
2. Clean up every time you cook. Dirty countertops attract household pests. Wash your dishes daily.
3. Wipe up messes as they happen. Put things away after you use them can make a big difference.
4. When you buy something new, toss, sell, or donate an older item to create space for the new item. Less stuff in your apartment is less stuff you must manage.
5. Get in the habit of making your bed. Simply making the bed each day will have a domino effect, allowing you to keep everything neat and tidy.
6. Use a hamper for dirty clothes.
7. Take out the trash when you leave your home. Grab trash from the bathrooms every time you take the kitchen trash out.
8. When you keep your countertops free of clutter, not only is it more visually appealing, it makes it easier to wipe down.
9. Clear out old stuff from the fridge as you make your grocery list. Clean out expired food from your kitchen cabinets.
10. Use disinfecting wipes for a quick clean of your bathroom sink.
11. Doing a big declutter will make cleaning so much faster in the future.
12. Start with just five minutes per day of decluttering. Do another five minutes tomorrow and another the next day. Tackle one space at a time. Use the three-box method and label them "keep", "trash", and "donate." Doing a little bit each day can make a difference.
13. Get rid of duplicate items.
14. Keep your garbage disposal and sinks clean to prevent fruit flies.
15. Keep a designated spot for items you want to keep. Everything needs a home.
16. Go thru your mail each day. To work thru paper clutter, think about what can be shredded, filed, or recycled. Get rid of cardboard boxes.
17. Don't treat your home like a storage unit. Keep what you need and what makes you happy. Try to get out of the mentality that you might need it someday. Ask yourself, "have I used this item in the last year?" If the answer is no, you may want to think about getting rid of it.

Looking at one freshly cleaned-out space might inspire you to clean out the rest of your apartment. Think about what you can gain by decluttering. You gain space, time, and energy among other things.

The following are some agencies that will take your donations:

Simple Recycling 216-662-4483

Common Threads 440-641-1311

Savers 440-356-1186

American Cancer Society 440-333-6307

Goodwill 440-937-3305

Volunteers of American 1-800-873-4505

Church Street Ministry 440-239-0549

Habit for Humanity 216-429-3631

Words From Wendy (Continued)

If you feel you need assistance with household chores, please reach out to me. Options or Passport may be available for you. There are also private agencies you can hire.

There will be a hearing clinic on November 19th at 1:00. Please see me if you would like to register to see the hearing specialist. The clinic will be provided by Earl Gentile. Here is some information about his services:

1. Each appointment last about 30 minutes.
2. Cleaning the ears before the hearing test if needed is \$25. If you purchase a hearing aid, there is no charge for the ear cleaning.
3. There is no insurance that will pay to have your ears cleaned before the hearing test.
4. Medicaid may pay for the cleaning of your hearing aid. The charge to have your hearing aid cleaned is \$45. This includes the cleaning of the ears if needed before the hearing test.
5. Medicaid and some advantage plans may pay for the cost of the hearing aid. Mr. Gentile's office can check on this for you if a hearing aid is needed.
6. Payment for services can be cash, check or credit card, or an invoice can be sent to you.

If you missed the presentation by John Winters from the Lakewood Police Department here are some tips to stay safe:

1. Don't leave your keys in the car or your car running. Keep your car and apartment doors locked.
2. Don't let anyone in the building that you don't know. Make sure the door closes behind you.
3. Be aware of your surroundings. Trust your instinct. If it doesn't feel right, get out of the situation quickly. Know who is behind you when out walking.
4. When crosses the street, make eye contact with the driver before crossing.

The non-emergency number to call Officer John Winters is 216-521-6773

Cell number is 216-333-6173

Wendy LaCasse,
Service Coordinator
216-712-4010

November Birthdays

Ghodratolhagh Nayyeri November 1st Apt 904

Gary Anderson November 5th Apt 204

Judith Yackly November 6th Apt 303

James Kennon November 9th Apt 911

Carlos Rivera November 10th Apt 510

Marian Haine November 11th Apt 607

Lucy Jones November 11th Apt 901

Robert Kiss November 11th Apt 410

Carol Simmonds November 12th Apt 202

Dennis McElroy November 13th Apt 413

Rada Georgescu November 16th Apt 502

Jon Geca November 17th Apt 404

Robert Smolek November 23rd Apt 315

George Dimitrie November 23rd Apt 504

Nancee Mazzei November 25th Apt 804

Norma Sambolin November 26th Apt 813

Phyllis Wilson November 29th Apt 801

Dorothy Herrick November 30th Apt 811

Thanksgiving Turkey



Ingredients:

- 2 Tablespoons dried Parsley
- 2 Tablespoons ground dried rosemary
- 2 Tablespoons rubbed dried sage
- 2 Tablespoons dried thyme leaves
- 1 Tablespoon Lemon Pepper
 - 1 Tablespoon Salt
- 1 (15lb) Whole Turkey, Neck and Giblets removed
 - 2 Stalks Celery, chopped
 - 1 Orange, cut into wedges
 - 1 Onion, Chopped.
 - 1 Carrot, Chopped
- 1 (14.5 ounce) Can of Chicken Broth
- 1 (750 milliliter) Champagne

Directions :

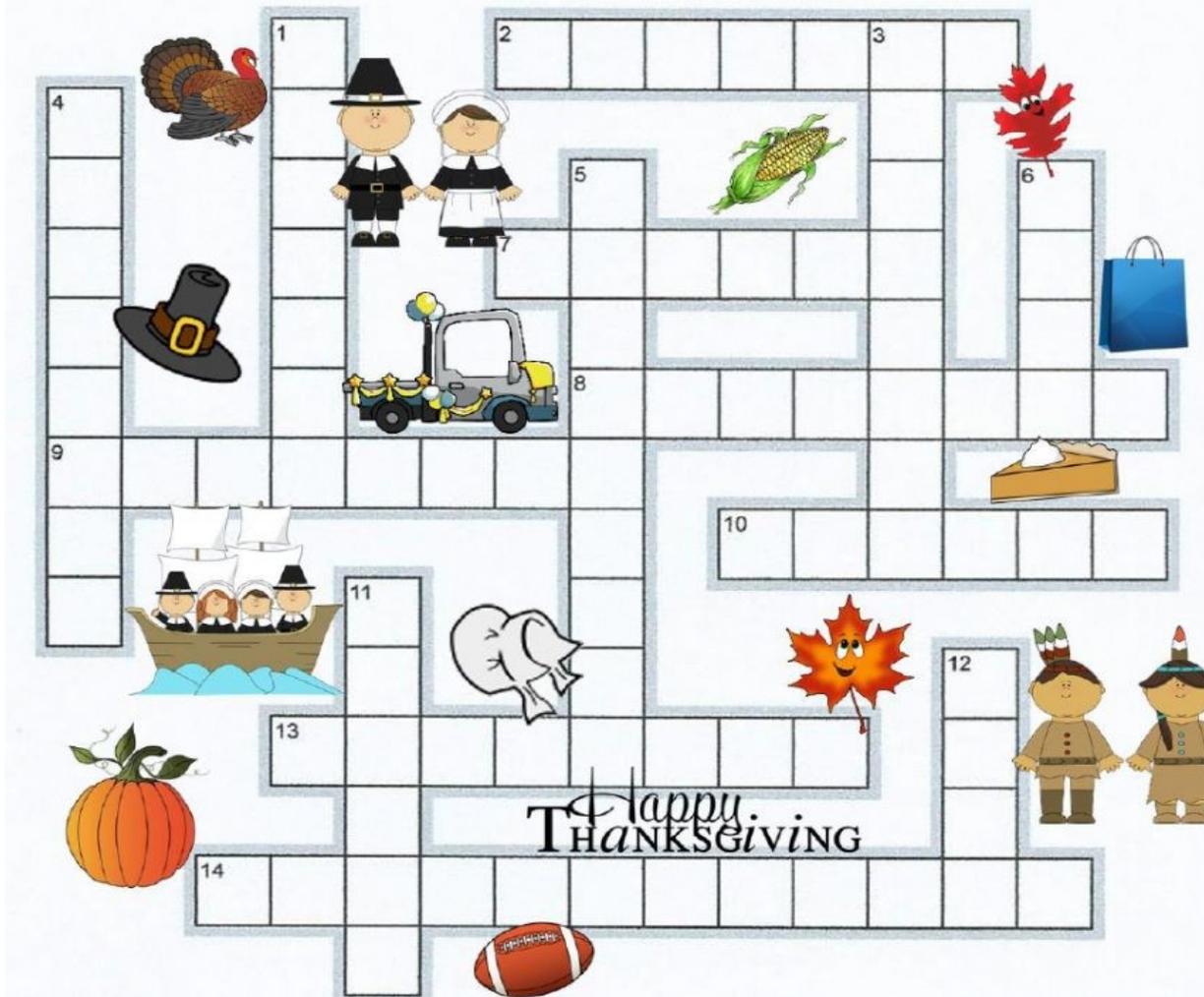
Step 1 - Preheat oven to 350 degrees F (175 degrees C) line a turkey roaster with sheets of aluminum foil long enough to wrap around turkey,

Step 2 - Stir together the parsley, rosemary, sage, thyme, lemon pepper, and salt in a small bowl. Rub the herb mixture into the cavity of the turkey, then stuff with the celery, orange, onion, and carrot. Truss if desired, and place the turkey into the roasting pan. Pour the chicken broth and champagne over the turkey, making sure to get some champagne in the cavity. Bring the aluminum foil over the top of the turkey, and seal. Try to keep the foil from touching the skin of the turkey breast or legs.

Step 3 - Bake the turkey in the preheated oven for 2 1/2 to 3 hours until no longer pink at the bone and the juices run clear. Uncover the turkey, and continue baking until the skin turns golden brown, 30 minutes to 1 hour longer. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

THANKSGIVING

A Thanksgiving crossword puzzle



Across →

2. A synonym for Native Americans.
7. It takes place in New York on Thanksgiving Day.
8. Many Americans love to watch it on Thanksgiving Day.
9. A synonym for grateful.
10. A bird eaten on Thanksgiving.
13. They came to America in 1620.
14. On the fourth Thursday in November.

Down ↓

1. A large orange vegetable.
3. It is Thanksgiving month.
4. The ocean crossed by the colonists.
5. The name of their ship.
6. The American word for Autumn.
11. It is black after Thanksgiving Day.
12. A yellow vegetable.

Fedor Manor Christmas Party

Our Annual Christmas Party will be held on
Thursday, December 9th, at 12pm.

Please sign up with your name, apartment number and if you would like your food packaged to go or if you would like to enjoy your meal in the patio with fellow residents.

You **MUST** sign up for this meal.

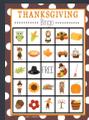
We need an exact count so we cannot take any late sign-ups.
There will be a sign up sheet up until end of day November 10th.

If you do not sign-up you will not get a meal.
We are not ordering any extra meals.



Christmas
PARTY

November Calendar Of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1)	2)	3) Pest Control Floor 10 	4)	5) Bingo Night at 7 pm 	6)
7)	8) Yoga Class at 11 am 	9) Angels Home Health Care Presentation at 11 am	10) Pest Control Floor 11 	11) Happy Veterans Day Office Closed 	12) Bingo Night at 7 pm 	13)
14)	15)	16) Grocery Delivery Day 	17) Monthly Birthday Party at 1 pm/ Pest Control floor 2  	18)	19) Bingo Night at 7 pm/ Hearing Clinic at 1 pm  	20)
21)	22)	23)	24) Pest Control Floor 3 	25) Happy Thanksgiving Office Closed 	26) Office Closed Thanksgiving break	27)
28)	29)	30)				

All events and dates are subject to change.