Council Gardens

A welcoming community for active senior living

SUMMER 2024

THINGS to LOOK FORWARD in FALL SEASON

During this upcoming Fall season, you can enjoy:

- Our gardens' harvesting days and the beautiful nature landscapes
- The celebration of traditional holiday events
- Tenant trips to the apple farm, Amish country, and Museum of Natural History
- On site classical music programs and concerts by local musicians

We continue our partnership with the **Benjamin Rose Institute on Aging** and are conducting a series of Social Group conversations on mental health and geriatric health related issues.

The Council Gardens Library and Social Hall (Dining Room) are open for multiple **Life Enrichment programs** and classes.

The book exchange program with the Public Library is active. You have a good opportunity to choose books in English or Russian from our library or order books of your interest from the Cleveland Heights Branch Library.

There is also a rich collection of **audio books on CD**s. You can borrow a book and a player to enjoy at home.

Please come to our **Tenant Brunches**, become a member of the **Writing Workshop**, practice physical exercises at our volunteer organized **Wellness Group**, and take **English Classes,** if you need to improve your language skills.

The Management and Social Services Department are always looking for the new ideas and suggestions from our tenants.

ONLY AT COUNCIL GARDENS

Each year Council Gardens receives generous support from multiple donors who help our Life Enrichment programming to flourish. Donations and grants are received from Board and community members, from organizations, and from tenants. The generosity of Board members gave us the opportunity to invite different bands to our holiday celebrations, to set up Zoom meetings, and to organize monthly trips to museums, parks, and art exhibits. The recent grant from the National Council of Jewish Women will update lobby and breezeway furniture; will purchase lighted plant stands; and will purchase puzzles and games for tenants.

We would like to thank everyone who contributed to our Friends campaign. The funds donated this spring allowed us to expend our interest-free emergency loan program.

For more information about the program please talk to Marina

SENIOR FRAUD IS ON THE RISE

To protect the senior community, the IRS issued a warning about the rising threat of impersonation scams. These scams are targeting older adults by pretending to be government officials, aiming to steal sensitive personal information and money.

The scammers use advanced techniques to fabricate credibility, here are just a few examples of their schemes:

- **Impersonation of known entities**: Fraudsters often pose as representatives from government agencies — including the IRS, Social Security Administration and Medicare. By spoofing caller IDs, scammers can deceive victims into believing they are receiving legitimate communications.

- **Claims of problems or prizes**: Scammers frequently fabricate urgent scenarios, such as outstanding debts or promises of significant prize winnings. Victims may be falsely informed that they owe the IRS money, are owed a tax refund, need to verify accounts or must pay fees to claim non-existent lottery winnings.

- **Pressure for immediate action**: These deceitful actors create a sense of urgency, demanding that victims take immediate action without allowing time for reflection. Common tactics include threats of arrest, license suspension or computer viruses to coerce quick compliance.

- **Specified payment methods**: To complicate traceability, scammers insist on unconventional payment methods, including wire transfers, payment apps or gift cards, and often require victims to provide sensitive information like gift card numbers.

If an individual receives an unexpected call from someone claiming to be from the Social Security Administration, Medicare or IRS, but they have not been notified by mail about any issues with their account, **they should hang up immediately**.

Do not return the call using the number provided by the caller or the one displayed on their caller ID.
If an individual has fallen victim to elder fraud, he/she can contact the **National Elder Fraud Hotline** at **833-FRAUD-11 (833-372-8311)**. The hotline operates Monday through Friday, from 10 a.m. to 6 pm

HOW TO STAY SAFE DURING EXCESSIVE HEAT

Outdoor Activities

- Slow down. Reduce, eliminate or reschedule outdoor activities until the coolest time of the day.
- Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat and sunlight.
- Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Use sunscreen when outdoors.

Eating and Drinking

- Eat light, cool, easy-to- digest foods such as fruit or salads. Don't leave food sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
- Drink plenty of water (not very cold), non-alcoholic and decaffeinated fluids, even if you don't feel thirsty.

Cooling Down

- Use air conditioners or spend time in air-conditioned locations.
- When using portable electric fans do not direct the flow of the air toward yourself, the dry blowing air will dehydrate you faster, endangering your health.
- Take a cool bath or shower.

Check on Others

- Check on older, sick or frail neighbors. Keep your pets safe during tumultuous heat waves.
- Don't leave valuable electronic equipment, such as cell phones and GPS units, sitting in hot cars.

THE SWING

by Judith Brice

Oh, the joy of swinging on a swing! It is one of my earliest childhood memories and I am certain that it is true for you as well. The first playground that I went to was in kindergarten at my grade school in the Bronx. Our class lined up in the hallway and we all made a mad dash to the swing set. It didn't take much to learn how to swing – you knew how to hold on to the ropes attached to the seat and lean back, Next, the motion of your legs which were out straight going forward then bent at the knees going back. But it usually took an adult to start your motion by pulling you back as far as possible to give you super momentum. To say this was exhilarating is an understatement!

Swinging teaches full body coordination and improves the sensory system of a child. It develops spatial awareness, and gross and fine motor skills. This also teaches the child rhythm and balance and encourages social interaction as children must cooperate and play together.

In 1885, Robert Louis Stevenson wrote a poem, "The Swing", published in *A Child's Garden of Verses.*

How do you like to go up in a swing,

Up in the air so blue?

Oh, I do think it is the pleasantest thing

Ever a child can do!

Up in the air and over the wall,

Till I can so wide,

Rivers and trees and cattle are all

Over the countryside.

After considering all the benefits, there are also dangers to watch out for. The most common injury results from a fall. A child should never jump off a swing. But the worst possibility is associated with strangulation. Injuries usually occur because the child was wearing a piece of clothing which became entangled in the swing.

Recently, I created a drawing centered around the silhouette of a girl on a swing. The best part of this experience can be that it is in nature. This is where you can hear birds singing, see butterflies flying, and stars coming out on a crisp fall evening.

Many people who have their own children experience this activity all over again. When they do, memories may come back of their own childhood when life was simpler and even happier. A time when a child can dare to dream big…

DRAMA OF NATURE

by Drinda Kiner

The silence of the pre-dawn

sets the stage for the drama

of the coming day.

Will it be a musical?

Featuring whimsical bird melodies,

rustling leaves and humming bees.

Or will it be a tragedy?

Starring broken branches,

dropping purple petals,

and crying grey clouds.

Or could it be a comedy?

With scampering squirrels,

fuzzy waddling ducklings,

and smiling colorful pansies.

Whatever the storyline,

This play, starring Nature,

will be unique.

Worthy of an Oscar,

A Tony, and definitely

a standing ovation.

COUNCIL GARDENS WRITING WORKSHOP GETS TOGETHER EVERY TUESDAY, AT 3:00 PM, IN THE LIBRARY. JOIN THE GROUP, HELP YOUR CREATIVITY TO FLORISH!

BEAUTY IS EVERYWHERE – (SO ARE BUNNIES)

BEES, HUMMINGBIRDS, BUTTERFLIES IN OUR POLLINATOR GARDEN



PATIOS DECORATED BY OUR STAFF AND VOLUNTEERS




OUR GARDENS AND ORCHARD