

FEDOR MANOR MONTHLY NEWSLETTER

JUNE ISSUE # 6



HOW THE MONTH OF JUNE GOT ITS NAME:

Named for the Roman goddess Juno, patroness of marriage and the well-being of women. Also, it comes from the Latin word juvenis, which means "young people."

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



Fedor Manor

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

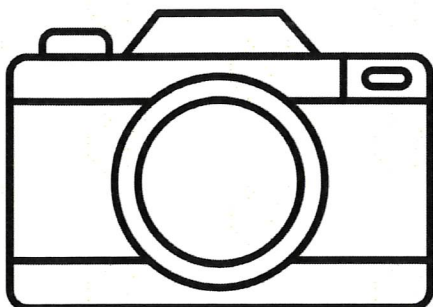
1991 - TV CHANNEL TO
WATCH CAMERAS
FACING DOORS



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



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



Fedor Manor - This Month...



Haircuts by Kris:

Kris is a licensed beautician who comes here once a month. She will be here Tuesday, June 10th. Call her at 216-287-6634 to schedule an appointment.



Help build a flower box:

On June 4th starting at 10:00 am we will be planting flowers into hanging fence boxes which will decorate Fedor Manor's outside fencing. Come help us beautify our outdoor space! **weather permitting**



Blood pressure & glucose checks:

On Tuesday, June 17th at 2:00 pm, a community paramedic will be here to do free blood pressure & glucose checks. They will be set up in our downstairs community room.

Hello Fedor Manor Residents,

Happy Father's Day to all you wonderful dads and grandfathers. I would like to acknowledge, thank, support, and recognize the LGBTQ+ community for all their outstanding accomplishments and contributions to society and to our community as June is LGBTQ+ Month. June is also a time to celebrate Juneteenth. This is an annual holiday commemorating the end of slavery in the United States. It is also a time to highlight the resilience, solidarity, and culture of the Black community.

This month I want to talk about how to take care of your eyeglasses. The following are some tips from Eyenstein's Optical:

- The best way to clean your glasses is an optical lens cleaner and a clean microfiber or cotton cloth
- You may also use Dawn dish soap and warm water
- Always wet both sides of your lenses before wiping them
- Never leave your glasses in a car or in direct sunlight
- Keep your glasses out of the reach of pets and children
- Never clean your glasses with household cleansers
- Do not use hairspray near your glasses
- Never use your shirt to wipe your glasses
- Do not use paper products such as paper towels or tissues to clean your lenses

- Never lay your glasses with the lenses facing down
- If they are not on your face, keep them in your case

On June 2nd at 11:00 Racheal from O'Neil Healthcare will be here for Bingo.

On June 11th OSHIP will be here at 11:00 to talk about Medicare.

On June 13th at 11:00 Dr. Bakich will be here from Pinnacle Foot and Ankle. Please call Theresa at 330-343-8460 at his office if you would like an appointment.

On June 18th Alan from Riverview Martial Arts will be here for a Senior Self Defense class at 1:00. This is a class for seniors and does not include the traditional karate self-defense. He will give you ideas on how to protect yourself and what to do in certain dangerous situations. Please don't miss this important presentation.

On June 25th at 1:00 the Hospice of the Western Reserve will be here for a memorial service. Please join us as we remember those we have lost at Fedor Manor. If you would like to speak at the service or share your talent of singing or playing an instrument, please let me know.

·A physician from the Cleveland Clinic Center for Family Medicine was here for a presentation on, “Increasing Your Fiber Intake.” He stated that women over age 50 should get 22 grams of fiber per day and men over 50 should get 28 grams of fiber per day. Talk to your physician first and introduce fiber slowly. Some good sources of fiber are raw almonds, raspberries, prunes, avocado, pears, and beans. Be careful of the salt in the almonds and beans that you buy. Look for unsalted nuts and low sodium beans. He stated that freezing fruit and vegetables does not affect the fiber content. Please see the list of high fiber foods.

Wendy LaCasse
Service Coordinator
216-712-4010



Donuts & Discussion

**When: First Friday of Every Month 9:30 am – 10:00 am
(starting June 6)**

Where: Presentation Room

Join us for donuts and an open discussion!

We'll be covering building news, share updates, and go over all your suggestions.

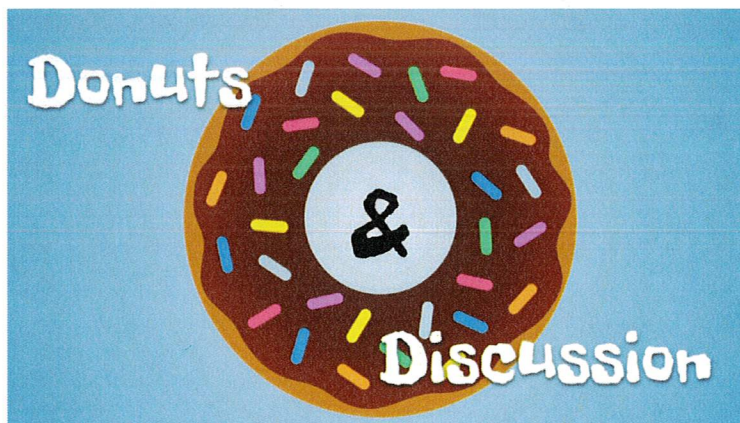
Have a comment, question, or concern?

Drop it in the box on the event table any time before the meeting.

Let your voice be heard – your input matters!

Come early to get your donuts, coffee & seats.

Discussion will start at 9:30 am SHARP!



DONUTS



FOR DAD

Monday, June 23rd, at 10:00 a.m.

**Join us for a sweet celebration!
Whether you're a dad or just love
donuts—everyone is invited!**

Let's honor the dads in our lives with a treat .



LAKEWOOD

FARMERS MARKET

MADISON PARK | WED 10 AM-1 PM | JUN-OCT



Visit North Union Farmers Market booth to use your Ohio Direction Card to purchase tokens for a dollar-for-dollar match (up to \$25)!

NORTHUNIONFARMERSMARKET.ORG



Lakewood Local Business Spotlight of the month:
Birdietown



Birdietown Indoor Mini Golf Bar & Restaurant

Practically right across the street from Fedor Manor is Birdietown, a new indoor mini golf spot that also has excellent food & cocktails. You CAN bring the grandchildren, but Birdietown is strictly 21 and over after 7:00 pm.

One round of 9-hole mini golf is \$14

(\$12 for children 12 & under)

You can view more online at birdietownncle.com

Chair YOGA

Fridays at 11:00 am



Better BALANCE

Thursdays at 11:00 am



Both activities hosted in the 4th floor community room
****room change****

Chair yoga helps seniors improve flexibility, balance, and strength in a safe, seated format. It supports joint health, reduces stress, and promotes overall well-being.

Better Balance: This gentle, low-impact class helps seniors improve balance, strength, and coordination to reduce fall risk and support everyday movement. It's a safe, supportive way to stay active and confident.



We're Just Joking Around...

What do you call a detective who accidentally solves all his cases?

- Sheer Luck Holmes

What did the buffalo say to his son when he left home?

- Bison

Where does a pirate go to get his hook?

- The second hand store

What do you call a factory that makes okay products?

- A satisfactory

I would tell you a construction joke, but I'm still working on it.

Why did the man fall down the well?

- He couldn't see that well.

I once submitted 10 puns to a joke competition. I really thought that with that many, one was sure to win. Sadly, no pun in ten did.

Where do you take someone who's been in a peek-a-boo accident?

- The ICU

How does NASA organize a party?

- They planet!

I went to the doctor with a suspicious-looking mole. The doctor said they all look that way and I should have left him in the garden.



Fizzy Peach Shake

🕒 Total Time Prep/Total Time: 10 Min.

Yield 6 Servings



🏆 Contest Winner

✅ Test Kitchen Approved

This recipe came about when I was a child living in peach country in Washington. There were fresh peaches everywhere, so my mom and I came up with this beverage. We called it a fizz because there's a bit of bubbling from the ginger ale. This recipe says "summer" to my family and me. Add more ginger ale to make it thinner, or more ice cream to make it thicker. —Teresa Jarnot, Monroe, Washington

Ingredients

- 3 medium peaches, pitted
- 1/3 cup ginger ale, chilled, plus additional for topping if desired
- 2 tablespoons honey
- 1 quart vanilla ice cream
- Optional: Whipped cream and peach slices

Directions

- 1 Place peaches, ginger ale and honey in a blender; cover and process until smooth. Add ice cream; cover and process until combined. Pour into serving glasses. If desired, top with whipped cream or additional ginger ale and garnish with peach slices. Serve immediately.

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 11:00am BINGO O'Neil Healthcare	3	4 10am Flower Box <u>Planting</u> Pest Control 9 th	5 11am Balance Class 4 th Floor every Thurs	6 9:30am Donuts & Discussion	7
8	9	10 Haircuts by Kris call to sched 	11 11am OSHIP <u>Medicare</u> Pest Control 10 th 	12	13 Pinnacle foot & ankle clinic appt only	14 Flag Day 
15 Father's Day 	16 11am Visiting Nurses 'Positivity for the future'	17 2pm BP & <u>Glucose Chx</u> 3pm Grocery Delivery	18 12pm Birthday <u>Party</u> 1pm Self Defense Class Pest Control 11th	19 Juneteenth -Staff OFF 	20 Summer Solstice (first day of summer)	21
22	23 10am Donuts for Dad 	24	25 Pest Control <u>2nd</u> 1pm Memorial Service	26	27 11am Chair Yoga every Fri 4 th Fl.	28
29	30					