

Fedor

NewsLetter

April Newsletter



Office Hours

Monday - Friday 9 am - 3 pm

Rent Payments:

Starting March 1st, 2024 Fedor Manor has switched from check or money order rent payments to ACH Payments (automatic withdrawal). By now you should have met with office staff to determine which date you would like your rent payment withdrawn from your account.

Maintenance Requests:

If you have any maintenance requests, please call the office immediately to start a work order. This is to ensure it gets fixed in a timely manner. DO NOT fix it yourself and DO NOT wait to report it.

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

Events:

To attend any event planned by the office staff you must sign up on the events corresponding signup sheet.

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.

After Hours Maintenance Emergencies:

If you have an afterhours emergency, please call 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.

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.

Events:

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

Facebook Page:

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

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. 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 washers and 2 dryers in use per tenant. No powder detergent! If an out of order sign is not present the appliance is ready to use. Do not over fill the washers and 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. It will be listed on the calendar each month.

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.

Shopping Carts:

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




Hello Fedor Manor Residents,

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

This month I want to talk about quitting smoking.

For those who missed Dr. Haddad and Dr. Renner's presentation about quitting smoking here are some key points:

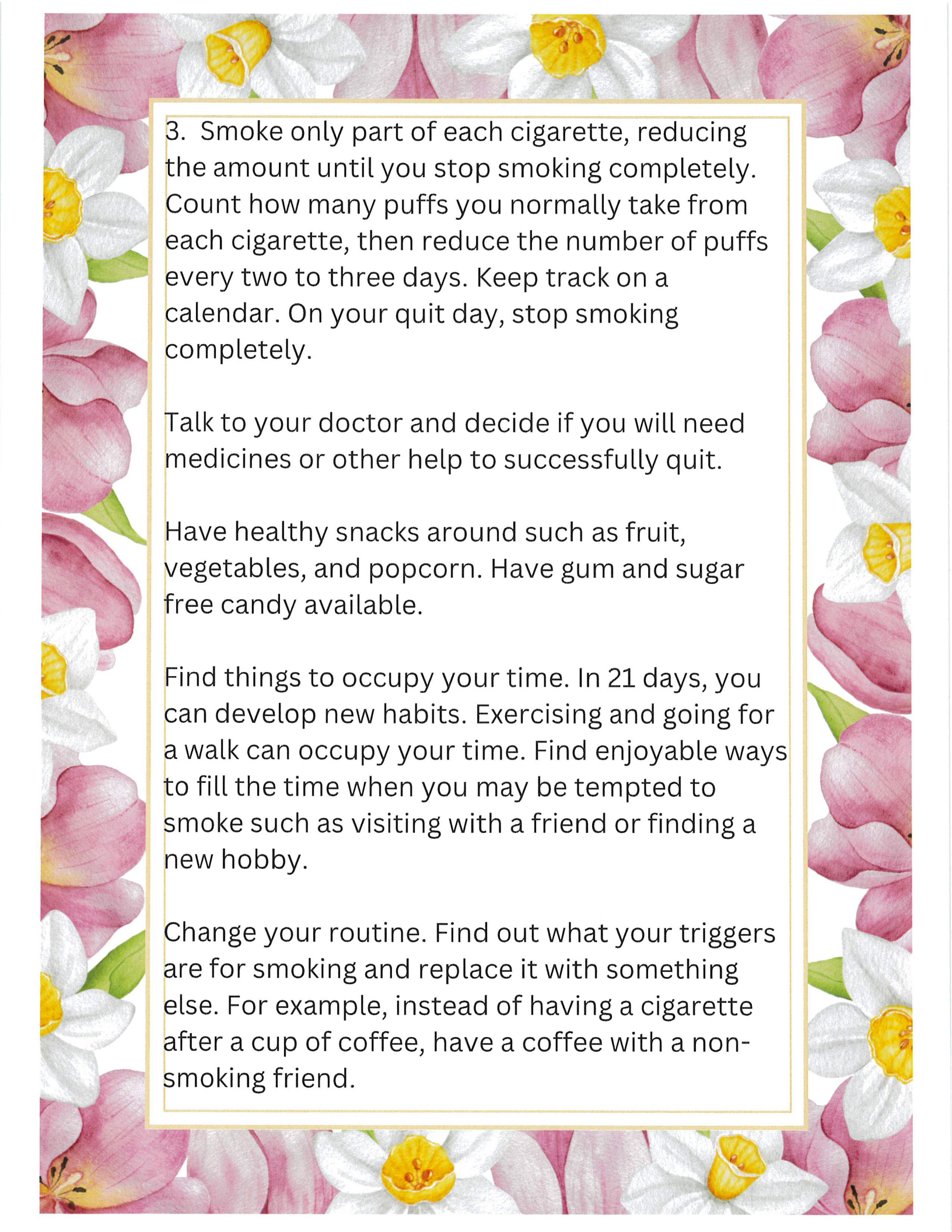
Smoking is the #1 cause of oral cancer. Cigarette smoking is the leading cause of preventable death in the United States. Smoking is a risk factor for heart, lung, and vascular disease. If you stop, you can prolong your life. Smoking increases blood pressure and can cause COPD and can cause cancer in almost any part of the body.



Choose a quit day and stick with it. Tell other people about your quit day. Have a discussion with your doctor about quitting. Write out your plan and follow your plan. Never quit trying to quit. If you fail to quit, try again. When you decide to quit, get rid of the cigarettes, vape, matches, lighter and ashtray in your apartment. Make it difficult for yourself to have to get the cigarettes. Contact your primary care doctor to discuss ways to help you quit smoking.

Choose a method for quitting such as the following:

1. Stop smoking or vaping all at once on your quit day. This method works best for some people because it doesn't drag out the quitting process.
2. Cut down on the number of cigarettes you smoke each day or how many times you vape until you stop completely. For example, if you smoke 20 cigarettes each day, cut down to 10 per day for two to three days. Next, cut down to five cigarettes for two or three days. Keep track on a calendar. By your quit day, stop smoking completely.



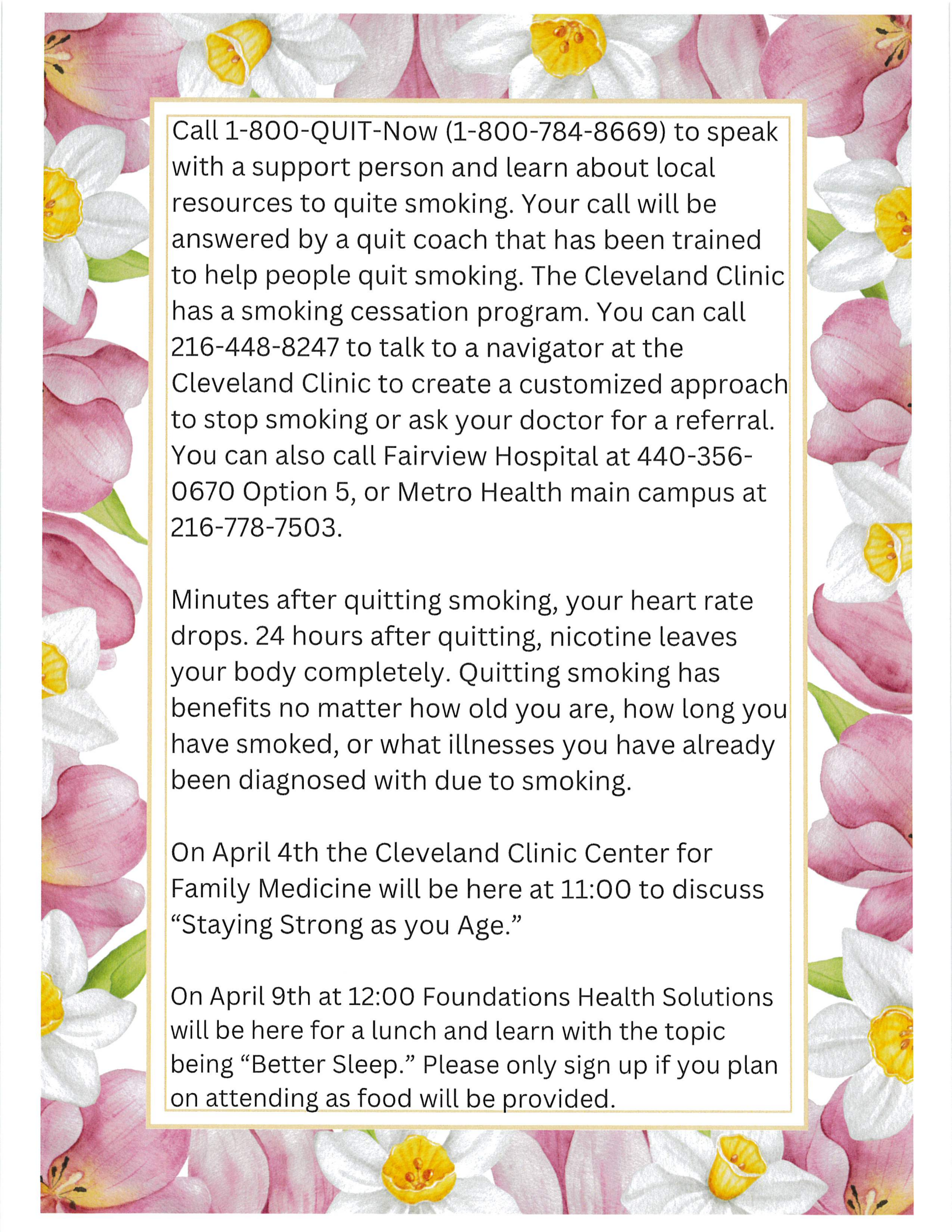
3. Smoke only part of each cigarette, reducing the amount until you stop smoking completely. Count how many puffs you normally take from each cigarette, then reduce the number of puffs every two to three days. Keep track on a calendar. On your quit day, stop smoking completely.

Talk to your doctor and decide if you will need medicines or other help to successfully quit.

Have healthy snacks around such as fruit, vegetables, and popcorn. Have gum and sugar free candy available.

Find things to occupy your time. In 21 days, you can develop new habits. Exercising and going for a walk can occupy your time. Find enjoyable ways to fill the time when you may be tempted to smoke such as visiting with a friend or finding a new hobby.

Change your routine. Find out what your triggers are for smoking and replace it with something else. For example, instead of having a cigarette after a cup of coffee, have a coffee with a non-smoking friend.

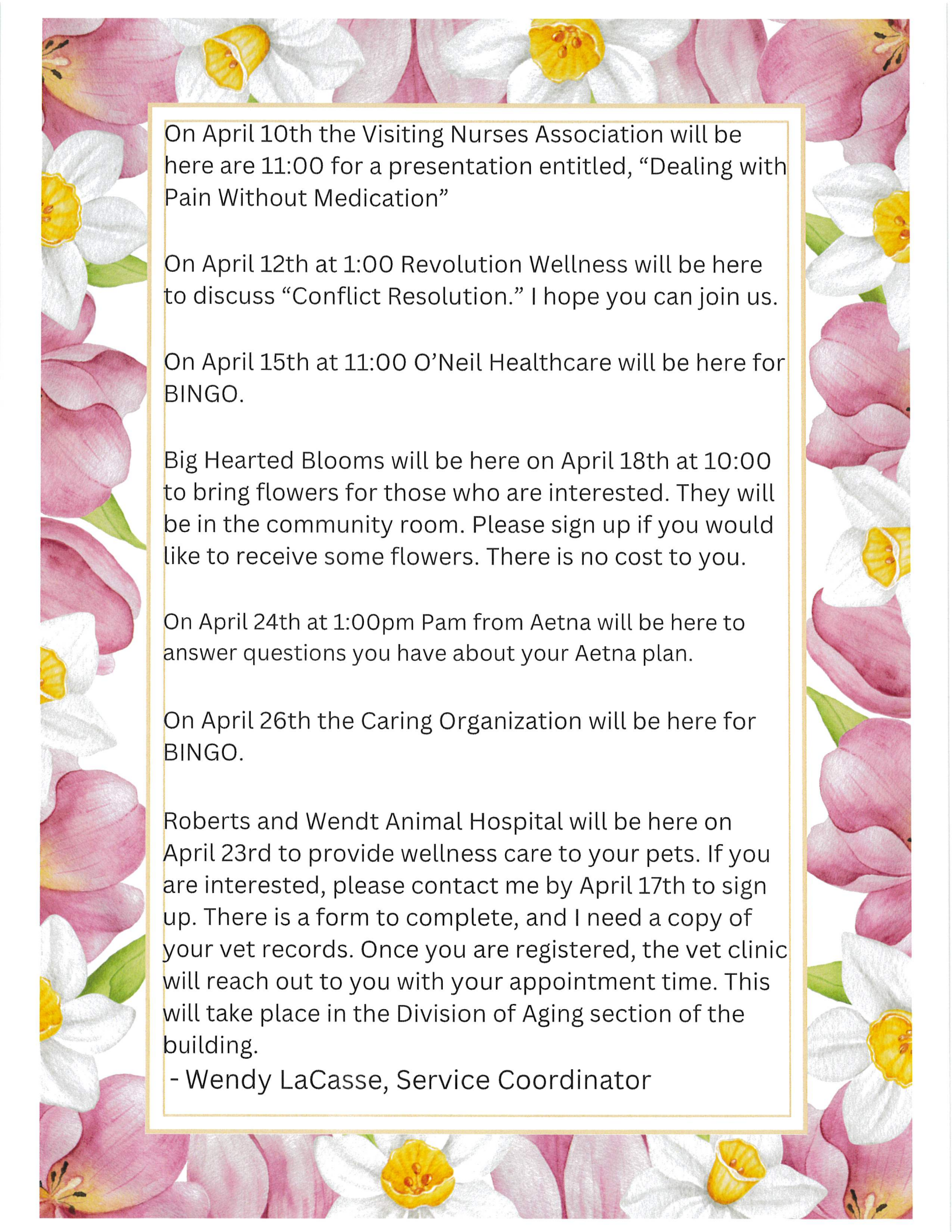


Call 1-800-QUIT-Now (1-800-784-8669) to speak with a support person and learn about local resources to quite smoking. Your call will be answered by a quit coach that has been trained to help people quit smoking. The Cleveland Clinic has a smoking cessation program. You can call 216-448-8247 to talk to a navigator at the Cleveland Clinic to create a customized approach to stop smoking or ask your doctor for a referral. You can also call Fairview Hospital at 440-356-0670 Option 5, or Metro Health main campus at 216-778-7503.

Minutes after quitting smoking, your heart rate drops. 24 hours after quitting, nicotine leaves your body completely. Quitting smoking has benefits no matter how old you are, how long you have smoked, or what illnesses you have already been diagnosed with due to smoking.

On April 4th the Cleveland Clinic Center for Family Medicine will be here at 11:00 to discuss “Staying Strong as you Age.”

On April 9th at 12:00 Foundations Health Solutions will be here for a lunch and learn with the topic being “Better Sleep.” Please only sign up if you plan on attending as food will be provided.



On April 10th the Visiting Nurses Association will be here at 11:00 for a presentation entitled, “Dealing with Pain Without Medication”

On April 12th at 1:00 Revolution Wellness will be here to discuss “Conflict Resolution.” I hope you can join us.

On April 15th at 11:00 O’Neil Healthcare will be here for BINGO.

Big Hearted Blooms will be here on April 18th at 10:00 to bring flowers for those who are interested. They will be in the community room. Please sign up if you would like to receive some flowers. There is no cost to you.

On April 24th at 1:00pm Pam from Aetna will be here to answer questions you have about your Aetna plan.

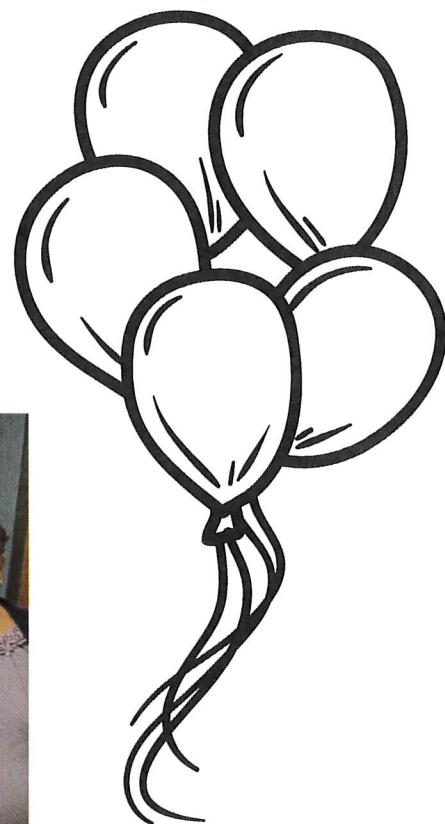
On April 26th the Caring Organization will be here for BINGO.

Roberts and Wendt Animal Hospital will be here on April 23rd to provide wellness care to your pets. If you are interested, please contact me by April 17th to sign up. There is a form to complete, and I need a copy of your vet records. Once you are registered, the vet clinic will reach out to you with your appointment time. This will take place in the Division of Aging section of the building.

- Wendy LaCasse, Service Coordinator

April Birthdays

- #1110 Katica Babin, 4/5
- #1004 Donald Gamary 4/7
- #706 Linda Harkless 4/9
- #313 Ellen Barrett 4/10
- #205 Lynnette Taylor 4/14
- #704 Pam Valentine 4/16
- #1103 CiCi Winfield 4/16
- #814 Marthan Brown 4/20
- #807 Gloria Morales Pacheco 4/21
- #614 Diane Griffin 4/26
- #1104 Gene Swiecicki 4/26
- #608 Walter Klasinski 4/27



March Birthday Crew



Don't forget Monday, April 8th is the Solar Eclipse!

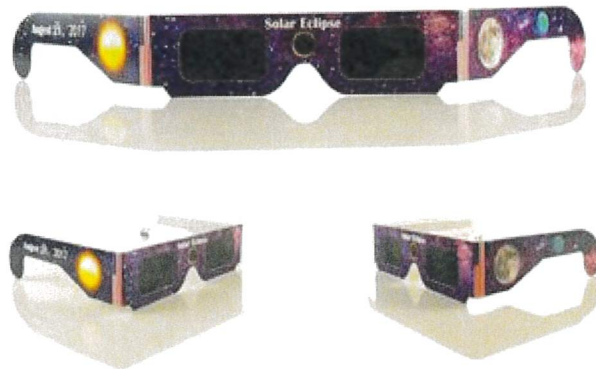
The partial eclipse begins at 1:59 p.m. with totality beginning at 3:13 p.m. (The path of totality is where observers will see the Moon completely cover the Sun.)

If you plan on watching the eclipse, make sure you buy a pair of eclipse glasses to protect your eyes.

During the periods before and after totality — eye protection is required.

Looking at the sun without proper eye protection for even a short time can harm your eyes and risk permanently damaging your retina, according to the American Academy of Ophthalmology.

Your regular sunglasses are not strong enough for eclipse viewing. Here is an example of what the special eclipse glasses look like...



Compared with the last total eclipse that crossed the United States, in 2017, this year's total eclipse will last longer, the sky will fall darker, and the sun itself will put on a much livelier show. And millions more people will be able to step outside their front doors to see one of the most astounding astronomical events of their lives.

It will also be the last major eclipse to cross North America for 20 years. All of that means that it's an especially rare opportunity for casual observers and scientists alike.

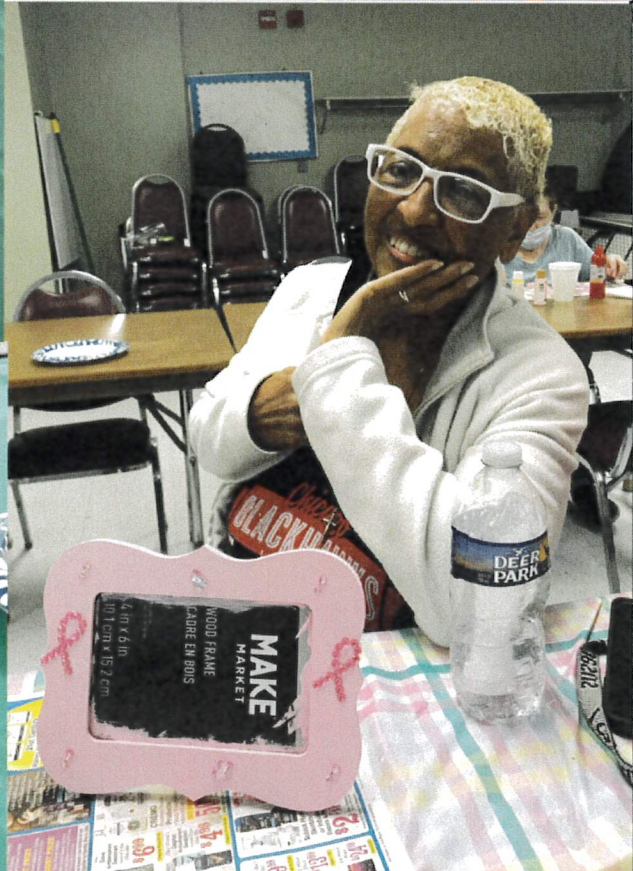
Notes from the *safety meeting:*

Last month Officer Winters held a safety meeting to provide us with some great safety reminders:

- Do not let anyone into the building who is not here to visit you. Even if you know who the visitor is, don't assume that the resident they are here to visit would like them here.
- If you are ever afraid/nervous to exit your car to enter the building, call the police, 216-521-6773, and ask for an escort into the building.
- If you have a car do not leave anything of value in plain sight. Put items in glove box or trunk.
- Walk in pairs



March's Crafter's Corner





Reminder

If you sign up for an event, party, or class and are unable to attend please either cross your name off on the signup sheet or call the office to let them know you are unable to make it.

Some events we need an accurate head count for food, supplies or class size requirements.

Thank you - Fedor Office

*Dear Residents,
Some parties/events held here at Fedor Manor may have a small admission fee price to attend. While we do offer a lot of free events, to be able to host special parties or events be advised for some events there will be an admission fee.*

2024 April

SUN	MON	TUE	WED	THU	FRI	SAT
	1 April Fool's Day	2	3 Pest Control 9th Floor	4 11am Cle Clinic 'staying strong as you age'	5 7pm BINGO	6
7	8	9 9am-5pm Haircuts by Kris 11am Resident Meeting 12pm lunch & learn 'better sleep'	10 Pest Control 10th floor 11am 'Dealing w/pain w/o medication	11 12pm OSHIP to discuss Medicare	12 1pm Revolution Wellness 'Conflict Resolution' 7pm BINGO	13
14	15 11am O'Neil Healthcare BINGO	16 Grocery Delivery 2pm-ish 2pm BP & Glucose checks	17 12:30pm April Bday Party Pest Control 11th floor	18 10am Big Hearted Blooms Floral Delivery	19 7pm BINGO	20
21	22	23 1:30-4:30 Vet Clinic	24 Pest Control 2nd floor 1pm Aetna learn about your plan	25 11am Cle Clinic Health topic presentation	26 1pm BINGO - Caring Organization 7pm BINGO	27
28	29 1pm Crafter's Corner	30 12pm Spring Fling Party, \$3				