

# Fedor Manor News November 2023 Issue #1

## Recurring Building Rules:

### 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.

### 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 matter. **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 sign up sheet.



### Office Hours

Monday - Friday 9am-3pm



#### Staff

Holly Linden (Property Manager)

Shauna Lako (Occupancy Specialist)

Angie Workman (Office Assistant)

Nicholas Thorpe (Maintenance Supervisor)

Wendy Lacasse (Service Coordinator) Not Shown

Sean Campbell (Maintenance Tech) Not Shown

Lydia Perez (Custodian)

## 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. Do not sign up if you don't 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 printed from the office is not present the appliance is ready to use. Do not over fill 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 and 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

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

## Like our Facebook page

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

## 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 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.

## 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 sheet 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 and 7am



## Holly's Happenings

I hope this letter finds you in good health and high spirits. As a member of our vibrant community, I wanted to share with you a recap of October 10th, 2023, resident meeting.

### 1. Roof Repairs:

The roof has been approved and we are still moving forward slowly. American Roofing is finishing up a job before us and our building will be next. Thankfully they were kind enough to fix any issues that were causing the leaking so if it can't get done this season, we should be ok for the winter. Once the roof is underway parking may be difficult because there will be a crane in our parking lot periodically throughout the construction period. Notices will be given in advance to instruct you on where to park.

### 2. Parking Lot Lights:

Solar lights have been installed in the parking lot. They will need to charge to get to the maximum wattage, please give them time while we figure out the best scenario. We urge all residents to remain vigilant, report any suspicious activities promptly, and ensure that your personal properties are always secured.

### 3. Car Registration:

Starting in the month of September all car owners will be required to bring down their current insurance card and your updated registration for the new year. We need these documents to keep your file current and to prevent your car from being towed. We will send a reminder at the beginning of the month. Please turn these in ASAP.

### 4. Cable/WI-FI

Please do not forget to turn in your survey for Cable and WI-FI. The deadline was October 31st, but we have extended it to Friday November 3rd.

### 5. Newsletter

As previously discussed at the resident meeting, the newsletter will no longer be delivered to you monthly. You will be able to come to the first floor and read the newsletter or get it on our website [fedormanorapartments.com](http://fedormanorapartments.com).

### 6. Emergencies

Do not call Wendy or the office if there is an emergency, please be sure to call 911!!!!!!

### 7. Mary's Leave

Mary will not be returning after the birth of her baby girl. She received a promotion and is going to be the new Occupancy Specialist at Westerly. We are excited for Mary and wish her the best. We have hired a new receptionist name Angie Workman, please be sure to stop and say hi to our new addition.

### 8. No Smoking Policy

Remember that the no smoking policy will go into effect July 2024. You will not be permitted to smoke ANYTHING in the building. You may still smoke but it must be outside and 30 ft from any entrances.

We value your feedback and suggestions, so please feel free to reach out to us with any ideas or concerns you may have. Together, we can continue to make our community a welcoming and thriving place for all.

Thank you for your attention, and we look forward to your continued support and involvement.

## Words with Wendy:

Hello Fedor Manor Residents,

November is Native American Heritage Month and Diabetes Awareness Month. Happy Thanksgiving to all of you. Veteran's Day is November 11<sup>th</sup>. Thank you to all the veterans of Fedor Manor for your service. I am very thankful for all of you. Thank you for your trust in allowing me to help you.

I wanted to write this month about getting the most out of your doctor's visits. Clear and honest communication between you and your physician can help you both make smart choices about your health. Begin with some preparation before your health exam. Make a list of any concerns and questions that you have. Bring this list to your appointment, so you won't forget anything. If you have more than a few items to discuss, put them in order and ask about the most important ones first. Even if the topic seems sensitive or embarrassing, it's best to be honest and upfront with your health care provider. Remember, your doctor is used to talking about all kinds of personal matters.

Consider taking along a family member or friend when you visit the doctor. You may want some alone time with your doctor to discuss personal matters. You could ask your family member or friend to stay in the waiting room for part of the appointment. Let your companion know in advance how he or she can be most helpful. If you don't understand something, ask questions until you do. Take notes about what the doctor says or have your companion help with this. Remember that members of your health care team, such as nurses and pharmacists can be good sources of information. Ask about the best way to contact your doctor. After your appointment, if you are uncertain about any instructions or have other questions, make sure you reach out to your doctor. Don't wait until your next visit. Let your doctor know what has happened in your life since your last visit such as if you have fallen or been treated in the emergency room. Let your doctor know about any changes in your medication or any effects they have had on you. Remember to take your eyeglasses and hearing aids with you for your visit. Let the doctor and staff know if you have a hard time seeing or hearing or if you need an interpreter. Don't be afraid to let your interpreter know if you did not understand something that was said, even if you need to ask that it be repeated several times.

For those who missed the presentation from Anthony Lima, Licensed Massage Therapist. Here is some information he shared at the presentation. He stated that a massage can assist with reducing stress, lowering your blood pressure and heart rate, can relieve joint pressure and pain, and decrease fear and isolation. Touch is important and can increase your immune system functioning. Massage can stimulate the nervous system, can soften hardened tissue, and tightened muscles, can relieve constipation, and relieves the mind and improves sleep. The long-term benefits of massage are that it can aid in stroke recovery, correct improper gait, and balance, and ease your dependence on pain medication. He states all people can benefit from massage. He will be coming to Fedor Manor to do massages at a discounted rate. The cost is \$29 for 30 minutes, \$42 for 45 minutes, and \$55 for 60 minutes. Gift cards will be available for purchase. He tailors the massage to the condition of the person. Most massages are performed while you are unclothed (underwear only) but you will be draped and not exposed. You can decide what you want, the kind of pressure you want, and for how long you want the massage. Light lotion is used with no scent. Please contact him if you are interested in participating at 216-704-0794. He will be here on November 3<sup>rd</sup> starting at 10:00 in room #207.

On November 2<sup>nd</sup>, Phyllis, Dietician from the Cleveland Food Bank will be here at 1:00 to discuss, "Healthy Eating for your Immune System." Please only sign up if you plan on attending as there will be perishable food items available for those who attend. The food items to make the recipe are generously provided by Lakewood Community Services Center.

The next podiatry clinic will be on November 7<sup>th</sup>. Please call Pinnacle Foot and Ankle if you would like to participate at 330-339-6233.

On November 9<sup>th</sup> from 4:00 to 5:30 students from the Rocky River Key Club will be here to help with your phones and tablets. Please only sign up if you plan on attending as you will be matched with a student. These students are volunteering their time so let's show them our gratitude and kindness.

On November 14<sup>th</sup> at 1:00 Assisted Hands Home Care will be here for watercolors and music. Please sign up if you would like to attend.

On November 15<sup>th</sup> from 11:00 to 12:30 CCHAP Meals will be here to talk about their meal program and nutrition, provide food samples, and play bingo with prizes. Please sign up if you would like to attend.

On November 16<sup>th</sup>, Phyllis, Dietician from the Cleveland Food Bank will be here at 1:00 to discuss, "Healthy Eating for Brain Health."

On December 1<sup>st</sup> at 11:00 please join me in making holiday cards for patients at the Hospice of the Western Reserve. I will have holiday music playing and cookies available. You can also make a card for a neighbor to brighten their day.

On December 5<sup>th</sup> an attorney from Scranton Road Ministries will be here from 9:30 to 10:00 to discuss, "Forms for End of Life." If you would like to meet with the attorney after the presentation for help with the forms, please call me and I can schedule an appointment for you. They can help with the living will, financial power of attorney, and transfer upon death for your vehicle.

There will be a \$25 gift card raffle at the end of each month. You will be entered every time you attend a presentation. Please be on time and stay for the entire presentation to be included in the raffle.

Please call if you have any concerns or questions that I can assist with. If you are having a medical emergency, please do not leave a message on my answering machine. Please call 911. Please note it could take me up to one to two days to return your call.

Thank you,

Wendy LaCasse

Service Coordinator

## November Birthdays:

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Ghodratolhagh Nayyeri #904 November 1st

Gary Anderson #204 November 5th

Judy Yackly #303 November 6th

Barbara George #911 November 8th

Carlos J. Rivera #510 November 10th

Robert Kiss #410 November 11th

Lucy Jones #901 November 11th

Carol Simmonds #202 November 12th

Rada Georgescu #502 November 16th

Jon Geca #404 November 17th

Susan Clerkin #805 November 19th

Michael Crockett #215 November 20th

Robert Smolek #315 November 23rd

George Dimitrie #504 November 25th

Nancee Mazzei #804 November 25th

Norma Sambolin #811 November 26th

Dorothy Herrick #811 November 30th



## October Birthday Party





# Fedor Family Feast

Come and join your Fedor Manor family on  
Wednesday November 22nd at 12pm for our first  
annual Fedor Manor Feast.

Meal catered by Apple Spice Catering

You must sign up to attend

Please sign up by November 15th, 2023

We hope to see you there



## Pictures from October Events:



### Costume Contest Winners:

- #1 Grinch
- #2 Mona Lisa
- #3 Witch Box



If you'd like pictures featured in the newsletter and/or on our Facebook page, please submit your photos to the office staff no later than the 22nd of each month. **We are only accepting pictures of residents/employees from official Fedor Manor events and current updates. This *does not* guarantee a feature in the newsletter**



## Up coming November Events:

**11/1/2023 @ 10:00am - 2:00pm**

Pest Control on the 10th and 11th floors

**11/2/2023 @ 1:00pm**

Phyllis - Dietician from Cleveland Food Bank to discuss "Health eating for your immune system".

**11/8/2023 @ 10:00am - 2:00pm**

Pest Control on the 2nd and 3rd floors

**11/9/2023 @ 4:00pm**

Rocky River Key Club to help with phones and tablets

**11/10/2023**

Staff Off Veterans Day

**11/13/2023 all day event**

Michelle Waldron to help with Medicare open enrollment by appointment

**11/14/2023 @1:00pm**

Assisted Hands for watercolors and music

**11/15/2023 @ 10:00am-2:00pm**

Pest control 4th and 5th floors

**11/15/2023 @ 11:00am**

CCHAP Meals to discuss their program and play bingo with food samples

**11/16/2023 @1:00pm**

Phyllis, Dietician from Cleveland Food Bank "Healthy Eating for Brain Health"

**11/18/2023 @ 10:00am-2:00pm**

Pest Control 6th and 7th floor

**11/22/2023 @ 10:00am –2:00pm**

Pest control 8th and 9th floors

**11/22/2023 @12:00PM**

First Annual Fedor Family Feast

**11/24/2023 Happy Thanksgiving**

Staff Off

**11/29/2023 @ 10:00am -2:00pm**

Pest Control 10th and 11th floors

