

Fedor Manor News

December 2021

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.



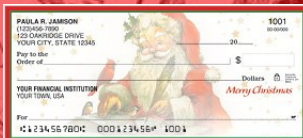
Recertifications

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.



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.



Office hours

Are Monday - Friday from 9am-3pm.

If you have an afterhours maintenance emergency, please call 216-226-7575 and press 1.



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 require a signup sheet will have one placed on the sign-up table. Please check each event flyer for more information.



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.



Welcome Our Newest Residents

Diane Griffin in 614
Kathy Taylor in 703
Susan Clerkin in 805
Melvin Cuillio in 1009

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.



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.



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.



Loud Noises

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



Facebook



Like our facebook page <https://www.facebook.com/fedormanorapartments>

Words With Wendy

Happy Holidays, Merry Christmas, and Happy Kwanzaa! I wish you all health, happiness, and many blessing in the new year. I can't believe I have been your service coordinator for almost a year now.

Chair yoga will be held on December 13th at 9:00 am.

On December 16th the National Alliance on Mental Illness will be here to discuss mental health 101. Please use the sign- up sheets if you would like to attend.

The next grocery delivery will be on December 21st. Please come down to get your bag of groceries at about 1:45. If you would like a bag and are not registered, or you no longer want to receive the bag, please let me know. Please also call me if you need assistance getting the bag to your apartment.

I will be off from December 22nd thru January 5th for the holiday.

I would like to talk this month about creating a budget.

1. Using a blank calendar, find your payday. Write the amount you get paid on that day and circle it. Also include the day you receive your SNAP benefits.
2. Next, write down your household bills on the blank calendar on the day of the month that they are due.
3. Subtract your household expenses from their income and you will see how much money you have left at the end of the month.

This exercise is a great way to make sure your income can cover all your expenses.



Words With Wendy (Continued)

This exercise is a great way to make sure your income can cover all your expenses.

Here are some examples of expenses you may want to list on your sheet:

Rent

Cable

Phone

Groceries including eating out

Personal care

Household supplies

Entertainment

Co-pays for medications

Gifts for birthdays and holidays

Clothing

Haircut

Car expenses



How to eat right when money's tight:

1. Plan your weekly meals and snacks. Preparing in advance will help you know what you need and help you put leftovers to good use.
2. Have something to eat before you go shopping. It's easier to stick to your list when you are not hungry.
3. Check the "sell by" or "use by date" to buy the freshest food possible.
4. Store food right away to keep it fresh and safe.
5. Buy only the amount of food you can use before it spoils.
6. For added savings, sign up for the store discount card.
7. Use store circulars to look for sales and use coupons.

Words with Wendy (Continued)

If you do not receive SNAP benefits (food stamps) and would like my help to apply, please let me know. I have the application, and I am happy to help you fill it out. If you receive mail from Case Bank it may be important information from The Department of Job and Family Services. Don't ignore this mail as it may be regarding your Medicaid or SNAP benefits. Please let me know if you need my assistance renewing your benefits.

The Transfiguration Parish at 12608 Madison Avenue in Lakewood has a food pantry. The pantry is open on the fourth Wednesday of each month and on the third Wednesday in December. They are open from 10 until noon. No ID is required.

The Church of God on 3150 W 58 Clark Street in Cleveland has a food pantry on the third Saturday of every month starting at 9. Their phone number is 216-281-2958.

On the bulletin board on the first floor, I have a list of places where community meals are provided and a map to show you where they are located.

Starting on January 11th at 9:00 on the second floor, there will be hair cutting available for men and women. The cost is \$12 per haircut. Please call Kris to make an appointment 216-287-6634. This will be available every Tuesday depending on the interest.

Wendy LaCasse, LISW
Service Coordinator
216-712-4010



December Birthdays!

Allan Majid December 1st Apt 714

Janice Martin December 3rd Apt 306

Eddie Statzer December 7th Apt 909

Louie Frye December 9th Apt 1101

Sylvester Savage December 13th Apt 507

Charlotte Dickens December 14th Apt 602

Freida Bailey December 18th Apt 1002

Carlos Pareja December 21st Apt 312

Kristaq Mile December 21st Apt 802

Jerry Laster December 22nd Apt 1015

Lois Nolan December 26th Apt 308



Hershey's Peanut Butter Blossoms

Ingredients:

48 Hershey Kisses
1/2 cup Shortening
3/4 cup Reese's Peanut Butter
1/3 cup Granulated Sugar
1/3 cup Granulated Sugar (for rolling)
1/3 cup Brown Sugar
1 Egg
2 tbsps Milk
1 Tsp Vanilla Extract
1 1/2 cups All Purpose Flour
1 tsp Baking Soda
1/2 tsp Salt



Directions:

Step 1- Heat oven to 375 F. Unwrap Hershey kisses.

Step 2– Beat shortening and peanut butter in large bowl until well blended. Add 1/3 cup granulated sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla ; beat well. Stir together flour, baking soda and salt; gradually beat into peanut butter mixture.

Step 3 - Shape into 1-inch balls; roll in granulated sugar and place on ungreased baking sheet.

Step 4– Bake 8 to 10 minutes or until lightly browned. Immediately press a chocolate into the center of each cookie: cookies will crack slightly around the edges. Remove from cooking sheet and place onto a wire rack. Cool completely.

Important Information

Don't forget that you may "rent" the common areas out for events. If the event is a personal event, your family is more than welcome. If the event is an activity for residents, no outside guests are allowed. This includes both friends and family.

The Board hosted lunch will take place on Thursday, December 9th at 12 pm. If you signed up to have your meal delivered a member of our staff or the board will promptly deliver your meal. If you're signed up to have your meal; with us, we are so excited for you to join us for the holiday!

There will be a resident only gift exchange taking place on Tuesday, December 14th at 12pm. To participate all you need to do is bring a gender neutral gift valued at no more than 10 dollars to the lobby.

Wendy will be out of the office from December 22nd until January 6th.

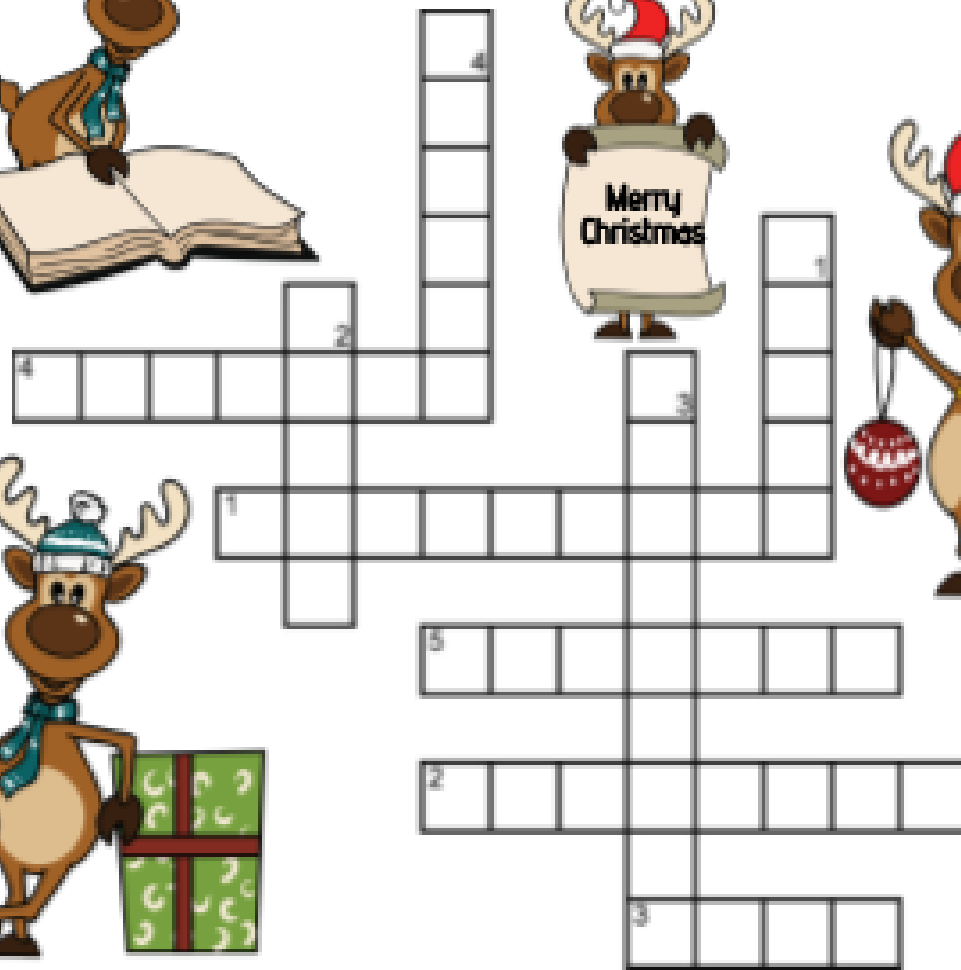
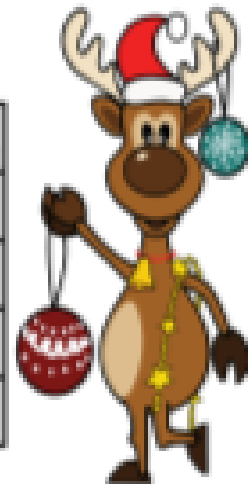
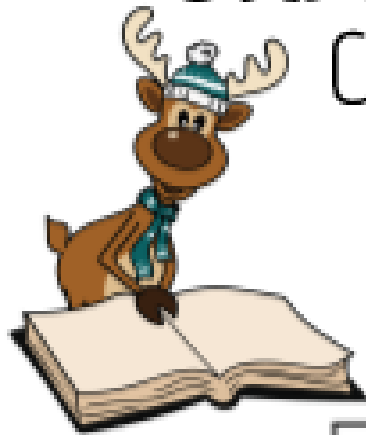
Fedor Manors Office will be closed December 23rd and 24th for the Christmas Holiday. We Will also be closed December 30th and 31st for the New Year.

Merry Christmas and have a safe and happy New Year.



Christmas Time

Crossword



Across

1. Hung on the fireplace
2. Fly Santa's sleigh
3. Cold, wet flakes
4. Left out for Santa to eat
5. How Santa gets inside the house

Down

1. Santa's helpers
2. Placed under the tree
3. Hang these on the tree
4. Bright things hung on outside of house

December Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) Podiatry Clinic @  Pest control floor 4 	2)	3) Bingo Nights @7pm/  Dental Clinic 	4)
5)	6)	7)	8) Pest Control floor 5 	9) Board Christmas lunch @ 12pm 	10) Bingo Nights @7pm 	11)
12)	13) Chair Yoga @ 11am  Forward Bend	14) Gift Exchange @12 	15) Birthday Party @ 1pm  Pest control floor 6 	16) Mental Health 101 @ 1pm 	17) Bingo Nights @7pm/  Dental Clinic 	18)
19)	20)	21) Food Delivery Day 	22) Pest Control Floor 7 	23) Christmas Break Office Closed	24) Christmas Break Office Closed / No Bingo	25) 
26)	27)	28)	29) Pest Control floor 8 	30) New Years Break Office Closed	31) New Years Break Office Closed/ No Bingo	Jan 1st 

All Event dates and times are subject to change.