

## Fedor Manor News January 2022

### 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.



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



### Blog

If you've written something you would like featured in our monthly newsletter, send a copy to my email, [Slako@fedormanorapartments.com](mailto:Slako@fedormanorapartments.com) Or drop a copy off to the office.



### 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.



## Welcome Our Newest Residents

Miljkovic Milentije



## 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.



## 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.



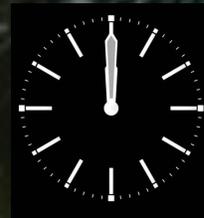
## Bag of Groceries

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.



## 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.



## 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.



HAPPY NEW YEAR Facebook  YEAR

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

## Words from Wendy

I am wishing you all a happy, safe, and healthy new year.

Chair yoga will be held on January 10<sup>th</sup> at 11:00 on the first floor.

The bag of groceries will be available for pick up on January 18<sup>th</sup> at around 1:45 Please call me if you have any questions regarding this.

Martin Luther King Day is on January 17<sup>th</sup>. This day celebrates the life and achievements of Martin Luther King Jr, an influential American civil rights leader.

On February 9<sup>th</sup> at 11:00, Hospice of the Western Reserve will be here to do an art project. Please sign up if you are interested.

Have you checked out Fedor Manor's grateful tree? It is by the main office. Please put up a note telling everyone what you are thankful for.

I know this has been a difficult year for a lot of us because of the fear and anxiety associated with coronavirus. The inclement weather can make it difficult for some people to get out.

Do you sometimes feel lonely? Social isolation is a lack of social connections. Social isolation increases the risk of mortality from all causes. It increases your risk for dementia, depression, anxiety, coronary artery disease, and stroke.

HAPPY NEW YEAR



## Words from Wendy (Continued)

People who remain socially engaged have greater physical, mental, and emotional well-being. Feeling connected to others wards off loneliness and stress. Conversation helps you feel less alone and more supported.

Some ways to prevent social isolation are volunteering, lifelong learning, health and wellness activities, and community activities. Try to exercise, eat healthy and get enough sleep. Find an activity that you enjoy or learn something new.

Try to spend at least 15 minutes talking with a loved one. Check on a neighbor and make sure they are doing ok. Write a letter to people to let them know that you are thinking of them. Allow other people to help you. Some people have a hard time accepting help, but we all need help at some point in our lives. Both helping others and allowing yourself to be helped strengthens our connections with others.

The Greater Cleveland Volunteers has a program called Chat pals. It can provide companionship and emotional support. There is no cost to their service. The program matches participants and volunteers with like-minded interests to talk on the phone once per week. The volunteers have been trained and background checked. If interested, you can call Kirsten at 216-391-9500 ext 2124. There are brochures outside of my office and on the first floor if you want to learn more.



HAPPY NEW YEAR

## Words from Wendy (Continued)

ESOP (Empowering and Strengthening Ohio's People) will be here for a series of financial workshops in January, February, and March.

January 13<sup>th</sup> Recognizing Scams, Fraud, and Exploitation

January 27<sup>th</sup> SCAMO (Bingo to learn about scams)

These presentations will be from 1:00 until 2:00 on the first floor. Please use the sign up sheets if you would like to participate.

On January 7<sup>th</sup> at 11:00, Dr. Wichman from the Center for Family Medicine (Cleveland Clinic) will be here to discuss advance directives. On January 14<sup>th</sup> at 11:00, Dr. O'Brien will be here also from the Center for Family Medicine to discuss exercise as we get older. Please use the sign-up sheets on the first floor if you would like to attend.

The next podiatry clinic will be on February 9<sup>th</sup> on the second floor. Call 330-339-6233 for Dr. Bakich's office at Pinnacle Foot and Ankle to make an appointment.

Thank you for your trust in allowing me to help you.

Take Care,

Wendy LaCasse

216-712-4010



HAPPY NEW YEAR

# January Birthdays

Evalina Cruz January 1st Apt 905

Sandra Vedova January 5th Apt 506

James Andrews January 11th Apt 1106

Thelma Brown January 12th Apt 903

James Fristik January 13th Apt 405

Norman Marasco January 13th Apt 912

Sharon Vassily January 13th Apt 715

Suzanne Martony January 22nd Apt 1114

Kathleen McCue January 26th Apt 415

Shauna Lako January 26th Office

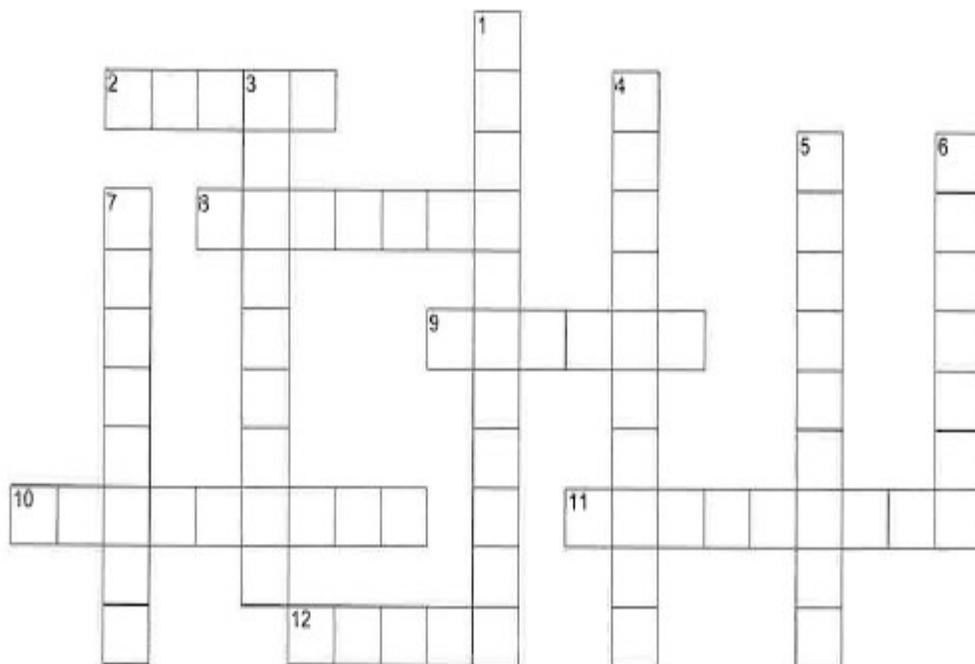
Maria Militiev January 28th Apt 302

HAPPY NEW YEAR

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# HAPPY NEW YEAR

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## ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

## DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

# January 2022 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1) 
2)	3) @ 12:30 Lunch with Simply Virtual 	4)	5)	6)	7) @ 11 Cleveland Clinic Presentation 	8)
9) Olive Garden @2 	10) @ 11am Chair yoga 	11) @ 9am Hair Cuts 	12)	13) @1pm ESOP Presentation 	14) @ 11 Cleveland Clinic Presentation 	15)
16)	17)	18)@9am Hair Cuts/ Grocery Delivery Day  	19) Resident Birthday Party @ 11 	20)	21)	22)
23)	24)	25) @ 9am Hair Cuts 	26)	27) @ 1pm ESOP Presentation 	28)	29)
30)	31)					

All Dates And Times Are Subject to Change