

A PROGRAM OF FAMILY & COMMUNITY SERVICES

Telescope



MONTHLY NEWSLETTER OF SCOPE SENIOR SERVICES

See the "Telescope" online at: <http://ourseniorcenter.com/find/scope-of-trumbull-county>
Like us on "Facebook"-SCOPE Trumbull-SCOPE of Trumbull County

SEPTEMBER 2018

"Help Heal Veterans" Kits Available at SCOPE

Our newest Art Creativity Class for veterans is coming in September.

First established in 1971, "Help Heal Veterans" has provided therapeutic arts and crafts kits to hospitalized and homebound veterans for generations. These craft kits help injured and recuperating veterans improve fine motor skills, cognitive functioning, manage stress and substance abuse, cope with symptoms of PTSD and TBI, while also improving their sense of self-esteem and overall physical and mental health.

Please join Kathryn Infante, our creative art class leader, on Tuesday's at the Warren Senior Center at the YWCA on North Park Ave. for this awesome experience. Class will start at 12:30 p.m. and end at 2:30 p.m. We can provide transportation for free if you need it. We also have lunch available. Lunch starts at 11:30 a.m., we need two days advance notice and it's only a \$2 donation.

Since its inception, "Help Heal Veterans" has delivered nearly 31 million of these arts and crafts kits to veterans and veteran facilities nationwide, along with active duty military overseas. Kits range in categories including woodworking, leather, models and a variety of needlecrafts, paint-by-numbers and many others.



Craft kits have helped traumatized veterans improve their motor skills, while also developing better feelings of self-esteem, self-worth. The kits

See "Help Heal Veterans", page 3

Seniors and children working together



Howland SCOPE members recently held a workshop to pass on quilting skills to the younger generation. July 18th and 19th Howland Scope had at least 16 adults and 14 kids attend a very successful two day event. Lunch was served both days. The kids ages were between 8 and 15 years old. Congratulations on a job well done.

SCOPE CLOSED



SCOPE WILL BE CLOSED
MONDAY, SEPTEMBER 3, 2018

Help Heal Veterans, cont. from page 1

help veterans take their mind out of the past and off their pain, letting them live more in the present.

Research concluded that a variety of medical benefits can be derived from working on arts and crafts, including:

- Eye, hand, mind and creative imaginations are stimulated by arts and crafts.
- Arts and crafts elicit the patient’s goals, values and interests in the activity process.
- Art therapy is a creative method of expression.
- Craft therapy is a form of treatment service that assists individuals in improvement of fine motor skills, cognitive, physical and social aspects of their lives.
- Craft can help clients realize that through the design process, or process of taking raw materials or minimally prepared substances and processing, assembling, and forming then, the clients can do the same with their lives.



It can be concluded that crafts can be an empowering way to functional mental health as it minimized the stressors and hold positive illusions, while it can strengthen the sense of coherence and self-confidence and self-acceptance.

Please join us on Tuesday’s for this awesome experience. Please call 330-399-8846 for more information and to register for the “Help Heal Veterans” Art Creativity Class.



Join us for our lunch program at the Cortland SCOPE. Nutritious and tasty lunches are served Monday through Friday at 12 p.m. Call 2 days ahead by 2 p.m. Donation \$2 - 330-675-2486.



- Jean Cauffield, 97**
- Dorothy Dunmire, 95**
- Wanda Crawford, 93**
- John Blasko, 93**
- Rhoda Montellese, 83**
- Margaret Moran, 93**
- Leola Trimble, 91**

**Mercy Health
Neighborhood Health
Watch
FREE**

**Cholesterol Screening
Glucose Screening
Blood Pressure Screening
(Fasting preferred from MIDNIGHT)**

Champion SCOPE:
Wed., Sept. 5
9:30—11:30 a.m.

Lordstown SCOPE:
Wed., Sept. 26
9:30-11:30 a.m.

Howland SCOPE:
Tues., Sept. 11
10 a.m.-12 p.m.

Warren SCOPE:
Thur., Sept. 20
10 a.m.-12 p.m.

Cortland SCOPE:
Tues., Sept. 25
10:30 a.m.-12:30 p.m.

Niles SCOPE:
Fri., Sept. 28
9:30-11:30 a.m.

SCOPE is funded by the Trumbull County Senior Services Levy, United Way of Trumbull County, the City of Warren, the City of Niles, Howland Township, Champion Township, the Village of Lordstown, City of Cortland, Downtown Development Group, Trumbull Career & Technical Center, Lordstown Local Schools. and the Area Agency on Aging District 11.

The deadline for the October 2018 edition of the “Telescope” is Thursday, September 13, 2018. Send us your stories and interesting pictures. You can give them to your center manager or email them to j.fabian.scope@gmail.com

All material is subject to the approval of Mike Wilson, Director of SCOPE Senior Services



Linda Bagaglia, a Cortland SCOPE member, participated and won the "What the National Anthem Means to Me" essay contest in Cortland recently. A copy of her essay is shown below. The national anthem was penned by Francis Scott Key on September 14, 1814 while detained on a British ship bombarding Ft. McHenry in Baltimore Harbor.

February 28, 2018

What the National Anthem Means To You
By Linda M. Bagaglia

When I hear the National Anthem it does something to me. In the music I hear the freedom that this country gives to us.

I hear the cries of the mothers, wives and children, for the loss of their loved ones.

I hear the cry of the soldiers that lost their lives for our freedom.

I hear the veterans that still struggle to forget what they experienced on the battlefield and still struggle to get help for their heroic sacrifice.

That is what the National Anthem means to me.

P.S. I was almost five years old, November 11, 1941, when the Nazi occupied my town. I know how terrifying war truly is.



"MIKE'S MUSINGS"
BY: Mike Wilson, Director

Thank You to Our Main Funding Sources

SCOPE's mission would not be possible without the financial support of donations and grants by individuals, businesses, Trumbull County Senior Levy, Area Agency on Aging District 11, and the Trumbull County United Way. SCOPE also receives match dollars or in kind donations to our senior levy funding from our six communities which house a Center in their political subdivision. These are Champion, Cortland, Howland, Lordstown, Niles, and Warren. We also receive financial support from our parent organization, Family & Community Services, Inc. based in Ravenna.

Recently, our Trumbull County Commissioners approved our main funding source through the senior levy in the amount of \$424,177.00 to SCOPE for the 2018-2019 fiscal year. We are also receiving a \$7,500 grant for our Travelling Pantry food deliveries. The funding for our six centers is not a blank check, but a reimbursement based on our activities and supportive service work which SCOPE does each month. The process works as the Senior Services Advisory Council makes the recommendation to the commissioner after the council's senior center sub-committee extensively reviews all of the submissions from the nine centers located in the county including the six SCOPE Centers. The SSAC sub-committee reviewed the grant application submitted by SCOPE and recommended the funding.

This was my second year submitting the application which was four inches thick of information and I would like to thank Director Emeritus Ralph Smith who returns to assist with the grants as well as to Kim Haase for the Travelling Pantry grant. This showed me how hard of work our staff and the Levy sub-committee and council do to ensure the proper spending of those levy tax dollars. Diane Siskowic-Jurkovic, CPA is the Senior Services Administrator who does a great job in auditing SCOPE and all of the other centers on a monthly basis.

We at SCOPE are grateful to Trumbull County Commissioners Mauro Cantalamessa, Frank Fuda and Dan Polivka, Senior Levy Director Diane Siskowic-Jurkovic, and the Senior Services Council Members who review and work on providing the funding to support our seniors. We also thank United Way President Ginny Pasha, her board and the review panels for their benevolence in helping SCOPE serve our members and clients.

The last three years SCOPE has expanded its mission from serving 2,500 to over 3,800 residents a year.

(More photos, page 5)

First Annual SCOPE Medicare and Health Insurance Review Event

Open Enrollment for Medicare Healthcare is almost here. We all know how confusing it can be as we find ourselves asking such questions as 'What's new in my plan or other plans?' 'Should I keep the same plan?' 'Will it cost more?' and so on.

SCOPE has planned a **free** special event for you to have these questions answered and to announce *exciting major changes to your health insurance in 2019!* You, your friends and relatives are invited to **SCOPE'S First Annual Medicare and Health Insurance Review** to be held at the Warren SCOPE Senior Center from Monday, October 1 through Friday, October 5. Each day will feature one healthcare company that will have its 2019 plans presented by a licensed and appointed representative.

Wednesday will be somewhat different in that the talk will be an overview of the different plans available for dental, hearing and vision. There will be time for questions after the daily 10 am presentation. Light refreshments will be served.

You are invited to attend any/all sessions to help you make your healthcare decision for 2019.

Please call Marge Haley at 330/399-8846 with any questions. We look forward to seeing you at this event!

Monday, Oct. 1, 10 a.m.
Anthem Blue Cross/Blue Shield

Tuesday, Oct. 2, 10 a.m.
Aetna/Coventry

Wednesday, Oct. 3, 10 a.m.
Senior Dental, Optical and Hearing Options

Thursday, Oct. 4, 10 a.m.
Humana

Friday, Oct. 5, 10 a.m.
AARP United Health Care

Need a FREE ride to SCOPE?



SCOPE Senior Services is providing free rides to SCOPE Centers for seniors over 60 years of age.

Call the SCOPE Center where you want to travel to and from at least three days before your planned visit. Also, if you want to eat at the Cortland, Lordstown, Niles or Warren Centers you need to let the center staff know that when you call for transportation.

Here is the list of phone numbers to call for each center:

- **Champion 330-847-0503 ext 1638**
- **Cortland 330-637-3010**
- **Howland 330-609-7806**
- **Lordstown 330-824-2173**
- **Niles 330-544-3676**
- **Warren 330-399-8846**

You will need to tell the center what times you want picked up and returned to home based on the events or activities you want to participate in at SCOPE. Use the calendars in the center fold of the Telescope.

SCOPE Senior Services is subsidizing the cost of the trips to offer the free rides. Only rides scheduled by SCOPE for their members coming to visit the center are free. Current fees will apply to all other rides.



Linda Bagaglia with family above and with Cortland Mayor, Jim Woofter below, upon winning the essay contest. See p. 4.

FLU SHOTS

**Wed., September 26
9:30 to 11:30 AM**

Sponsored by Walgreens
Covered by Medicare
Cash Price \$20
All other insurances will be contacted from back of card.

**Niles SCOPE Senior Center
14 East State Street
Niles, Ohio 44446
330-544-3676**

If you have a special need, physical or financial please call.

Satisfied? ... Or not?

*Keeping our Seniors Safe,
Healthy and Mobile*

Trumbull County Senior Levy

provides funding for the following:

- Adult Day Care
- Chore
- Home Delivered Meals
- Personal Care/
Homemaker
- Protective Services
- Transportation
- Community Senior Centers

Any issues/complaints/or well wishes are welcome on-line or by phone.

Contact Diane Jurkovic,
CPA - Senior Levy
Administrator
(330)675-7846
or
(for complaint filing form)

<http://seniorlevyservice.co.trumbull.oh.us>

Or e-mail:
sldrawl@co.trumbull.oh.us
(.75 mil/5 year levy began 2005,
renewed 2010 & 2015)



Commissioners: Mauro Cantalamessa,
Frank Fuda, and Dan Polivka

SCOPE Computer Activities September 2018



Please note that the Howland classes are held on the second floor, requiring students to climb the steps. However, the Cortland SCOPE facility is wheelchair accessible.. If nobody has registered for a class, instructor won't show up.




Call to register!

HOWLAND			CLASS DESCRIPTION
DATE	DAY	TIME	
Sep 10	Mon	1-3	Open Help Session for Windows Computers & Software
Sep 13	Thur	10-11:30	Windows 10 Start Menu
Sep 17	Mon	1 - 3	Open Help Session for Windows Computers & Software
Sep 17	Mon	7 - 8	WRIPCA Computer Users Meeting (open to all)
Sep 20	Thur	10-11:30	Personalizing Windows 10
Sep 24	Mon	1-3	Open Help Session for Windows Computers & Software
Sep 27	Thur	10-11:30	Internet Basics
Oct 1	Mon	1-3	Open Help Session for Windows Computers & Software
Oct 1	Mon	7-8	WRIPCA Computer Users Meeting (open to all)
Oct 4	Thur	10-11:30	Email Basics



CORTLAND			CLASS DESCRIPTION
DATE	DAY	TIME	
Sep 7	Fri	10-11:30	Windows 10 Start Menu
Sep 7	Fri	12-2	Open Help Session for Windows Computers & Software
Sep 14	Fri	10-11:30	Personalizing Windows 10
Sep 14	Fri	12-2	Open Help Session for Windows Computers & Software
Sep 21	Fri	10-11:30	Internet Basics
Sep 21	Fri	12-2	Open Help Session for Windows Computers & Software
Sep 28	Fri	10-11:30	Email Basics
Sep 28	Fri	12-2	Open Help Session for Windows Computers & Software
Oct 5	Fri	10-11:30	Searching the WEB
Oct 5	Fri	12-2	Open Help Session for Windows Computers & Software

**Warren Center
330-399-8846**


MONDAY

9 a.m.  Revive Adult Fitness
 10:30 a.m.  Mindfulness Mondays
 *11:30 a.m. Lunch \$2,
 (reserve 2 days ahead)
 12 p.m. Zumba Chair
 12:30 to 3 p.m. Cards (500)
 1 p.m. Beginner Line Dance
 5 p.m. 2nd Monday. American
 Legion. September through June.
 7 to 9 p.m.  Square Dance Lessons \$5.

TUESDAY

9:30 a.m.  KaleidoSCOPE Art Class
 11 a.m. Line Dance
 w/Karen Elder \$3.
 *11:30 a.m. Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m. Sewing with Lakita
 12:30 p.m.  Help Vets Heal Art Class
 1 p.m. Mahjongg group
 4:30 p.m. Riverside Railroad
 7 p.m. Bridge & Stephen Foster
 Barbershop



WEDNESDAY

9 a.m.  Revive Adult Fitness
 10 a.m. 2nd Wednesday,
 Casino. Sign up and pay ahead
 10:30 a.m.  Bubble Drum Fitness
 *11:30 a.m.  Lunch \$2,
 (reserve 2 days ahead)

THURSDAY

10:30 a.m.  Bible Study
 *11:30 a.m. Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m. Bingo
 2:30 p.m. Little Bingo

FRIDAY

9 a.m.  Revive Adult Fitness
 9:30 a.m.  New tappers \$1.50
 *11:30 a.m. Lunch \$2,
 (reserve 2 days ahead)
 12 p.m.  Off Our Rockers Parade
 Team Practice
 12:30 p.m. Cards (500)


* New lunch program. Call 2 days
 ahead by 2 p.m. Donation: \$2
 330-675-2486

**Niles Center
330-544-3676**

MONDAY

8:45 a.m.  9/17.....Dental Van once a
 month. Call center 2 months in
 advance for appointment
 10 a.m. Bridge
 11 a.m. Arthritis Exercise with Tricia \$1
 11:45 a.m. Lunch \$2
 1 p.m. Quilting & Sewing
 12:30 p.m.-7 p.m. Monday night
 cards & optional snack \$2



TUESDAY

9:30 a.m. Square Dancing, \$3
 11:30 a.m. Lunch \$2
 11:30 a.m.  Line Dancing with Dorie
 1-5 p.m. 9/25 BLOOD DRIVE
 7 p.m. Friendly Squares call
 Gene Hammond 330-534-4426



WEDNESDAY

9 a.m. Laptop or Ipad help \$2
 9:45 a.m. Chair Yoga with Tricia, \$1
 10:45 a.m. Chair Belly Dance with
 Tricia, \$1
 11:30 a.m. Lunch \$2
 12:30 Cards
 1 p.m. Bingo
 1 p.m. Texas Holdem
 5-6:30 p.m. The "Weigh-Inn"
 Weight Loss Support Group

THURSDAY

9 a.m.  Ukulele Class with Richard, Free
 10 a.m. Tai Chi, \$2
 11 a.m.  Arthritis Exercise with Tricia, \$1
 12 p.m. Line Dancing with Karen, \$3
 11:30 a.m. Lunch \$2
 2:15 p.m. Chair Zumba
 2 p.m. Book Club (1st Thursday)
 6 p.m. Thursday Nite Clean People

FRIDAY


9 a.m. Laptop /Ipad help \$2
 9 a.m.  Doctor, Call for appt.
 9:30-11:30 a.m. Monthly Screenings
 with Mercy Health. Call for date.
 11:30 a.m. Lunch \$2
 1 p.m.  KaleidoSCOPE Art Class
 1 p.m. Choir Practice
 12:30 p.m. Card Game "65"
 2 p.m. Choir Sings at Vista Briarfield
 the 2nd Friday of the month

* New lunch program. Call 2 days
 ahead by 2 p.m. Donation: \$2
 330-675-2486






**Howland Center
330-609-7806**

MONDAY

10 a.m.  Computer classes
 10 a.m. to 3 p.m. Bridge Club
 12:30 p.m. Yoga \$3.00
 1:45 p.m. Mexican Train Dominos
 7 p.m.-9 p.m. WRIPCA
 "Computer Club" 1st - 3rd Mon.

TUESDAY

8:30 to 10 a.m.  Bocce
 12:30 p.m. Bingo
 12:30 p.m. Book Club, 3rd Tuesday
 12:30 p.m. Mahjongg 1st, 2nd,
 4th Tues. of ea month
 4 to 6 p.m.  Bocce
 6 to 8 p.m.  Bocce
 7 p.m. American Legion,
 AUX Riders, Meetings


WEDNESDAY

9 a.m. Ohio Star Quilters 1st,
 3rd, 4th Wed. each month
 10 a.m. to 3 p.m. Bridge Club
 1st Wed. of each month
 7 p.m. Line Dance, \$5, Gloria Stone

THURSDAY

10 a.m. Computer Classes -
 Various-contact center
 10.00 a.m. to 12 p.m. Needle
 Arts—Crocheting and Knitting
 3 p.m. - 8:30 p.m. Cards/
 MAHJONGG

FRIDAY

11:30 a.m.- 2 p.m. Line Dance,
 Norm Flavell - \$3.00
 2 to 4 p.m.  Mahjongg

Daily at 9 a.m.—Open time for
 Exercise Equipment/Fitness



Howland quilters busy at work helping
 children learn to quilt. Story on page 1.

Lordstown Center
330-824-2173


MONDAY

10 a.m.Bingo - \$.25/card
 *11:30 a.m.....Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m.  SilverSneakers FLEX
 Stretch
 1 p.m. ...Cards & crafts, Wii bowling
 1 p.m.Poker (penny ante)

TUESDAY

9:30 a.m.Wii Bowling
 9 a.m.Bridge
 10 a.m.Cards & crafts
 12:30 p.m.  KaleidoSCOPE
 Art Class
 *11:30 a.m.....Lunch \$2,
 (reserve 2 days ahead)
 1 p.m. Bridge, Wii bowling, cards
 & crafts


WEDNESDAY

9:30 a.m.Wood carving
 10 a.m.Wii bowling, cards &
 knitting & crocheting
 *11:30 a.m.....Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m.  SilverSneakers
 FLEX Strength
 1 p.m.Wii bowling, cards,
 knitting & crocheting
 6 p.m.—9 p.m.Game Night
 (last Wednesday of month)

THURSDAY

9 a.m.Bridge
 10 a.m.Wii bowling & cards
 *11:30 a.m.....Lunch \$2,
 (reserve 2 days ahead)
 1 p.m.Wii bowling, cards & crafts

FRIDAY

10 a.m.Bingo \$.25/card
 *11:30 a.m.....Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m.  SilverSneakers FLEX
 Stretch
 1 p.m.Wii bowling, cards & crafts


* New lunch program. Call 2 days ahead by 2 p.m. Donation \$2 - 330-675-2486

Cortland Center
330-637-3010

MONDAY

10:30 a.m.Arthritis Exercise \$2
 *12 p.m.....Lunch \$2,
 (reserve 2 days ahead)
 11:30 a.m.Chair Fitness, Free
 4 to 6 p.m.Pool League
 will return in the Fall.

TUESDAY

10:30 a.m. to 3 p.m.  Bridge
 11 a.m.Chair Yoga
 *12 p.m.....Lunch \$2
 (reserve 2 days ahead)
 Club meets during winter months. 3rd
 Tuesday.

WEDNESDAY

10 a.m.Cards: open for play-
 ers
 10:30 a.m.Arthritis Exercise, \$2
 10:30 a.m.Bridge Players
 *12 p.m.Lunch \$2,
 (reserve 2 days ahead)
 12:30 p.m.....Arthritis Exercise
 \$2
 1 p.m. to 3 p.m.Coloring for
 stress management & relaxation

THURSDAY

10 a.m. to 3 p.m.Mahjong
 10 a.m.Cards, Sewing
 Open and free
 *12 p.m.....Lunch \$2,
 (reserve 2 days ahead)
 3 p.m. closing on Thursdays

FRIDAY

10 a.m.  Computer classes
 10 a.m.Art Group, Free
 Cards: Open/ 500 Bid or Pinochle
 Open recreation.....Darts, Pool,
 Corn Hole
 *12 p.m.....Lunch \$2,
 (reserve 2 days ahead)
 * New lunch program. Call 2 days ahead
 by 2 p.m. Donation \$2 - 330-675-2486



Champion Center
330-847-0503 x1638

MONDAY-CLOSED



TUESDAY

10 a.m.Cards
 11:30 a.m.  *SilverSneakers
 FLEX Strength
 1 p.m.  *SilverSneakers
 FLEX Stretch

WEDNESDAY

10:30 a.m.Open Discussion
 11:30 a.m.Lunch
 12 p.m.Speaker TBA
 12:30 p.m.- 2:30 p.m.Bingo

THURSDAY

10 a.m.Scrabble
 11 a.m.  *SilverSneakers FLEX
 Strength
 12:30 p.m.  *SilverSneakers FLEX
 Stretch

FRIDAY-CLOSED



We need yarn and fabric for our
 needle arts programs. Deliver to any
 SCOPE or we will pick up by calling
 330-399-8846.

**REMEMBER SCOPE WITH
 A SPECIAL GIFT**

Please remember to include
 SCOPE in your last will and
 testament whether its money,
 stocks or gifts so we can continue
 to offer services to our seniors.
 Please talk with your attorney or
 administrator about this idea to
 donate to SCOPE.

If you want to privately discuss
 special giving or trusts please
 contact SCOPE Director, Mike
 Wilson, at 330-399-8846 or
 mwilson@fcsOhio.org



Want to improve balance and prevent falls?



Tai Chi is a gentle exercise that helps senior citizens by increasing strength with slow graceful movements while breathing deeply.

Every **Thursday at 10 a.m.** at the Niles SCOPE Senior Center
330-544-3676

Start anytime.
Cost \$1 per class.
Instructor Mark Pringle



TAI CHI EXERCISES

Time to review your current Medicare plan for cost, convenience, and coverage

Since the addition of the prescription benefit to Medicare, Medicare Part D, in 2006, this is the 13th consecutive open enrollment period which begins October 15 and continues through December 7. As in the past, there are adjustments to deductible amounts; initial coverage limits; donut hole coverage for both generic and brand name medicines; total out of pocket costs; catastrophic coverage costs; and increased premiums related to household income.

In light of these changes, the basic considerations have remained the same through the years. Plans need to be annually reviewed for cost, convenience, and coverage.

Your current plan will soon begin mailing out the Annual Notice of Change booklet, a starting point for learning about the upcoming changes to your plan. The recommendation that you review your Medicare options *EVERY* year

remains the same. Medicare part D plan comparisons can be done at www.medicare.gov

Or call 1-800-MEDICARE (1-800-633-4227) 24 hours a day

Or call OSHIIP at 1-800-685-1578

*Ohio Senior Health Information Program

Or call your local OSHIIP volunteer Debbie Zador, for an appointment at SCOPE at 330-399-8846

It was said by Theodore Roosevelt, way before the beginning of Medicare,

"The best thing you can do is the right thing, the next best thing you can do is the wrong thing, the worst thing you can do is nothing."

This is your yearly opportunity to "do the right thing" and review all the plans; then decide and enroll in the Medicare D plan that will provide you with the most cost effective coverage for your medicines for the upcoming year.



Lunch & Learn
Friday,
September 21, 2018
12 p.m.

Visiting Physicians

Call the Niles SCOPE Senior Center for more information

330-544-3676

MAKE A VALANCE FOR YOUR WINDOWS.



Next sewing project starts
Tues. Sept 22, 2018 at 12:30 - 2 p.m.
Get McCall's M7033 pattern, measure your own windows, bring your own fabric



or the class can take a field trip to get fabric together. Refreshments are always available.

Warren SCOPE Senior Center
330-399-8846



Monday

Lordstown SCOPE 10 a.m.

Tuesday

Howland SCOPE 12:30 p.m.

Wednesday

Champion SCOPE 12:30 p.m.

Niles SCOPE 1 p.m.

Thursday

Warren SCOPE 12:30 p.m.
(Little Bingo, Thursday, 2:30 p.m.)

Friday

Lordstown SCOPE 10 a.m.

“Ask The Accudose Pharmacist”

Accudose Pharmacy provides SCOPE members free packaging and delivery of prescriptions.
For details please call Joe Bleacher at 330-610-7750

The human body uses inflammation to help fight illness and also protect areas from further harm. In most cases, inflammation is a necessary part of the healing process.

However, some medical conditions cause faulty inflammatory responses. These are called chronic inflammatory diseases.

One of the best measures a person can take to prevent or reduce [inflammation](#) is to try an anti-inflammatory diet. An anti-inflammatory diet involves eating certain foods and avoiding others in order to minimize the symptoms of chronic inflammatory diseases.

What is an anti-inflammatory diet?

The anti-inflammatory diet includes nutrient-dense plant foods, and avoids processed foods and meats.

An anti-inflammatory diet consists of foods that reduce inflammatory responses. This diet involves replacing sugary, refined foods with whole, nutrient-rich foods.

An anti-inflammatory diet also contains increased amounts of antioxidants which are reactive molecules in food that reduce the number of free radicals. Free radicals are molecules in the body that may damage cells and increase the risk of certain diseases.

Many popular diets already follow anti-inflammatory principles. For example, the Mediterranean diet contains fish, whole grains, and fats that are good for the heart. [Research](#) has shown that this diet can reduce the effects of inflammation on the cardiovascular system.

July & August Line Dance Birthdays



The Friday Line Dance class at the Howland SCOPE recently celebrated their birthdays. Pictured left to right: Miyako Kautzman, Mariko Coons, not pictured are Barbara Bancroft, Barbara DuFalla, Norm Flavell



Lordstown SCOPE is looking for active seniors who are interested in playing mah jongg. Lessons will be available for beginners.

The Center is also looking for card players for pinochle, hand and foot and euchre.

A Mexican Train Dominos group is also being formed. Beginners are welcome!!!!

Please contact Marge Haley at 330/399-8846.

Warren SCOPE Square Dance

Our new square dancers will be offering lessons beginning with a fun, FREE evening, Monday, September 10, 7:00 – 9:00 pm. Subsequent lessons will be \$5.00/person. Square dancing is a fun activity, a great cardio exercise, and an enjoyable way to make new friendships. All ages are welcome. Further info 330 898-1997, 330 544-0955, Margie McCummins, (Crosstrailers Square Dance Club).



© Can Stock Photo - csp25706819

American Legion Post 700 beautifies Howland SCOPE



Howland SCOPE is being beautified by our veterans from the American Legion Post 700 in cooperative partnership between the Legion and the SCOPE center. Multiple projects are being done by the post to beautify and enhance the SCOPE center for our senior citizens. On behalf of the Legion post, we would like to thank the trustees and administration of Howland township for their continued support of our veterans. Howland American Legion Post 700 invites all veterans to come to their monthly meetings on the first Tuesday of every month at 7 p.m. All are welcome.

Pictured are: Chuck Sayers-Commander; Jim Campbell-1st Vice; Don Winkleman-2nd Vice; Roger Stanley-Historian; Ed Daugherty-trustee; Elvin Nabors. Not pictured John Turner-Sgt at Arms; Al Lambing.

Seniors at Lordstown SCOPE recently enjoyed a day trip to Hartville



New line dance class at Niles SCOPE on Tuesdays



Dorie is now teaching line dancing in Niles on Tuesday at 11:45 a.m.

Computer or Ipad/tablet issues? Get help at SCOPE!

Niles Center
330-544-3676



Wednesday and Friday
9 a.m. to 11 a.m.



Niles SCOPE Book Chat

First Thursday of each month at 2 p.m.

SEPTEMBER

“The Count of Montreal”
By Alexandre Dumas

OCTOBER

“We Were the Lucky Ones”
By Georgia Hunter

Book chat is led by Carrie Kibby from the McKinley Memorial Library. Books are available at the library.



McKINLEY MEMORIAL LIBRARY

SCOPE Traveling Golf League



September 2018 Schedule

Sept. 4 - Bronzewood
9 a.m.

Sept. 11- Bedford Trails
11 a.m. **Breakfast**

Sept. 18- Hidden Oaks
10:30 a.m.

Sept. 25 - Duck Creek
9 a.m. **Steak Fry**



SCOPE Senior Services Directory



SCOPE Senior Services
Mike Wilson, Director
 375 N. Park Avenue
 Warren, OH 44481
 330-399-8846



Warren Center
Ranea Sutliff, Manager
 375 N. Park Avenue
 Warren, OH 44481
 330-399-8846



Niles Center
Ray Novotny, Co-Manager
Sr. Dorothy Kundracik, Co-Manager
 14 East State Street
 Niles, OH 44446
 330-544-3676



Howland Center
John Allison, Manager
Joanne Brown, Asst. Manager
 8273 High Street
 Warren, OH 44484
 330-609-7806



Lordstown Center
Marge Haley, Manager
 1776 Salt Springs Road
 Lordstown, OH 44481
 330-824-2173



Champion Center
Ed Hillman, Coordinator
 528 Educational Highway,
 Warren Oh 44483
 330-847-0503 x1638



Cortland Center
Diane Jordan, Manager
 125 N. Bank Street
 Cortland, OH 44410
 330-637-3010



Prescription Assistance & Medicare Assistance
Debbie Zador
 375 N. Park Avenue
 Warren, OH 44481
 330-399-8846



Foster Grandparents
Fran Comstock, Manager
 375 N. Park Avenue
 Warren, OH 44481
 330-399-8846



Economic Security Initiative
David Raach
 375 N. Park Avenue
 Warren, OH 44481
 330-399-8846



Portage County Senior Center
Theresa Summers, Manager
 705 Oakwood Garden Level
 Ravenna, Ohio 44266
 330-297-3456



Hartville Senior Center
Cindy Billings, Manager
 1244 Lauren Crest St. SE
 Hartville, Ohio 44632
 330-877-2552



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Please check one



- Champion** **Cortland** **Howland**
 Lordstown **Niles** **Warren**

NOTE: We ask for dates of birth from members and participants. This is due to the requirement of the Trumbull County Senior Levy funding for SCOPE. The member or participant's information is NOT sold to any group.