

The Breakwater Buzz

Issue 12

Independent Living Rocky River

December 2023

Campus Directory

Main Number 440-333-5401

Breakwater ext. 3

Fax - 440-356-9039

Lakeside Assisted Living ext.4

Care Center Rehabilitation ext 5

Department Heads

Kelly Riley - Executive Director

Kim Zdanowicz - Marketing Director

Ken Penny- Resident Accounts

Ignacio Tellez- Executive Chef

Nicole Gulak- Dining Services Manager

Ashlee Wilson- Business Office Manger/

Housekeeping Manager

Tracey Swisher - Life Enrichment

Coordinator

Breakwater Hair Salon

440-356-6659

Tini Filippi - Stylist

Gloria Gonzalez - Nails



December

All the months go past,
Each is like a guest.
December is the last,
December is the best.
Each has lovely things,
Each one is a friend.
But December brings
Christmas at the end!



Our mission is to encourage the active, vibrant and independent lifestyle of our residents while providing a homelike atmosphere to enrich our community and the lives of those we serve.

Normandy Logistics

Westwood Lane

"A Building Rooms"

WTR: Theater Room

WP: Westwood Pub

WGR: Game Room

Riverwood Lane

"B Building Rooms"

RKA: Riverwood Kitchen & Arts

RWS: Riverwood Studio

RS: Riverwood Salon

Avalon

"New Atrium Section"

ADR: Avalon Dining Room

APD: Avalon Private Dining

AVH: Avalon Hall

AH: Avalon Hearth (in Atrium)

Other

LC: Lakeview Cafe

FC: River Fitness Center

L: Lobby

CMC: Cove Media Center

TL: Thurber Library

Daily Dining Schedule

Lakeview Cafe

Breakfast (LC)

7 days a week

7:30am to 10:30am

Lunch (LC)

7 days a week

11:30am - 1:30pm

Avalon Dining Room

Dinner (ADR)

5:00pm seating & 6:00 seating

Pick Up (ADR) &

Delivery Times

4:30pm & 6:00pm

What to do if you get SCAMMED?

1. Contact the fraud departments of the three major credit bureaus.
2. Remove fraudulent info from your credit report.
3. Add fraud alert and freeze your credit report.
4. Close any accounts that have been compromised or opened by thief.
5. File a Police Report
6. Change all affected account passwords
7. File a report with the Federal Trade Commission (FTC) at IdentityTheft.gov or 1-877-438-4338

Kenny's Corner

Current Scams Targeting Seniors

5 Biggest Holiday Scams

- Social media ads that lead you to fake online stores. ...
- Fake delivery notification texts. ...
- Fraudulent charities that steal your money. ...
- Bogus deals on hard-to-find items or airline tickets. ...
- Fake surveys, giveaways, and other phishing emails impersonating well-known brands.

Did you know that Kenny is a Notary ?
Please call ahead if you need his service.



MUSIC
feeds the soul

Monthly Musical Entertainment

Avalon Hall

Thursday, December 7th @ 7:00 pm

Classical Pianist Adam Bergeron

Saturday, December 9th @ 3:30pm

Debbie and David Winter Concert

Monday, December 11th @ 7:00pm

3rd Grade Carolers from St. Christopher

Thursday, December 14th @ 7:00pm

Avon Lake Women's Chorus

Wednesday, December 20th @ 7:00pm

Carnegie Mellon Student Flautist Ellie Clark:AVH

Thursday, December 21st @ 7:00pm

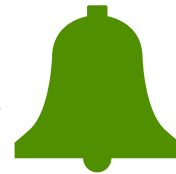
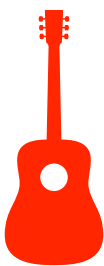
Remember When Barbershop Quartet

Saturday, December 23rd @ 3:30pm

Violinist Marybeth Ions

Thursday, December 28th @ 7:00pm

Singer Debra Rose



THE NORMANDY
PRESENTS ...

**TECH FRIDAYS
WITH TAK
AT BREAKWATER**

**PRESENTATION
STARTS
PROMPTLY AT
2 P.M.**

Tak has over 30 years of experience. Holds Bachelor of Science in Computer Information Science and Executive MBA from Cleveland State University.

Presentations

June 2

Curating Memories

August 4

There's an app for that!

September 1

Streaming

October 6

Internet Street Smarts(TM)

November 3

Gmail: its not only email

December 1

Tech Device Shopping

geek
with a
heart

Hand-holding You
in the Digital World™

© 2023 geek with a heart



Current Events

Stay in the know.
All are welcome .
We meet every Thursday at
10:00am in the RWS

Notes from Nicole Dining Room Manager

nicole@thenormandy.com

440-333-5401 x 3

We hope you are enjoying the new menu, lot's of choices to pick from, as they say; variety is the spice of life!! Please remember, alternatives are made to order and will take a bit longer to come out of the kitchen .

Don't be shy, if something isn't to your liking, tell the server and we will be happy to make you something else .

Keep a look out for all the invitations I am about to deliver, we have parties and meals galore! The sooner you return your RSVP the better. This way, you won't forget or worse yet, misplace it.

The holiday season is upon us and I want to take a minute to tell you a bit about Room Rentals and Holiday Catering .

Breakwater has several spaces available to rent for your next family or club function. To reserve, simply call the main number or send me an email.

We have the Private Dining Room that is off the main dining room. This secluded quiet space can accommodate a large crowd that wants to be seated together at one or two tables in a peaceful setting. You can order off our menu or have a menu customized for your event.

***** All rentals must be arranged through me, Nicole, and approved no less than week in advance; room rates and conditions will apply.*

Happy Holidays !!!

Saturday Series

1:00 pm in the Theater



NEW!

Set during the Cold War era, orphaned chess prodigy Beth Harmon struggles with addiction in a quest to become the greatest chess player in the world.

*Missed an episode?
Let us know
and we will
turn it on for
you.*

Lakeview Cafe,
Tuesday, 5th December
2023 @ 2:00pm

the art of tea

Enjoy a classic
British tea-time

Discover the art of tea
making with Fortnum &
Mason English Teas.

Enjoy Traditional tea-time sweet
treats & a presentation about tea

Royally Amused Event
with Julie Koenig



Men's Group Lunch Out Thursday, December 28th

Depart at 11:30am

Fat Head's Brewery

Just Lunch with Ken Penny and Augie Stanley

Sign-up in Book CMC

Listen fellas, we know you are out numbered
so best to stick together around here, FIND A

BUDDY AND BRING HIM TOO!

Weekly Grocery Shopping



Departure Times:

11:00 AM

1:30 PM

Wednesday, December 6th

Wednesday, December 13th

Wednesday, December 20th

Wednesday, December 27th

*Sign up sheets in Activities Book



Departure Times:

11:00 AM

Friday, December 1st

Friday, December 8th

Friday, December 15th

Friday, December 22nd

Friday, December 29th

* Sign up sheets in Activities Book



Westlake
Location

Departure Time: 11:00 am

Wednesday, December 13th

Wednesday, December 27th

Now going
twice a month
per your
requests!



**Podiatrist Dr. Kane will be
visiting**

EVERY OTHER month

Next Visit:

December 6th

**Please note.. if your visit is not
covered by Medicare, there is a
\$60 charge to see Dr. Kane.**

**Please sign up in the Activities
Book located in the Cove Media
Center.**



**Connect
Hearing**

Samantha with Connect Hearing will be
here every other month to change
batteries and clean hearing aids.

**Please sign up in Activities Book in the
Cove Media Center.**

Next Visit is 12/12

**@ 10:00-11:30 am in the
Wellness Center**

Nurse Practitioner

Marie Grosh

Board Certified Adult and Geriatric
Primary Care will make house calls .

To become a patient please call

440-427-5077

marie@housecallsofthefalls.com



Blood Pressure Checks

Every Monday at

2:30 in Thurber Library

Need Physical Therapy?

Contact Jenna Kodrin with
Freedom Therapy
440-363-3050

Feeling Sick ?

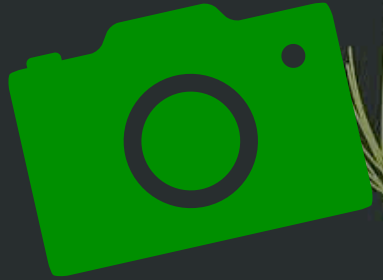
Wellness Tray Delivery

***If you are under the weather please call the
front desk and order a complimentary Wellness
Tray that include GingerAle , Crackers,
Chicken Soup and Jello.***

**Getwell
SOON!**

Photo Gallery

North Pointe Ballet Nutcracker, Kent State Fashion Museum, Black Friday Shopping with Hand & Arm Massages



LIVE LIFE TO
THE FULLEST

**HAPPY
BIRTHDAY**

Eileen K.	12/3
Marion B.	12/3
Mary D.	12/8
Nancy R.	12/10
Adele M.	12/10
Suzanne M.	12/12
Robert R.	12/14
Wallace A.	12/22
Patricia G.	12/20
Jim A.	12/24
Vera S.	12/30
Mitzi B.	12/31



Join us in the pub to celebrate
with cake and music on
Friday, December 22nd starting
at 3:30 pm. Friends and Family
Welcome !



May your
**DECEMBER
BIRTHDAY**

*Be to blame for you
being out of control
at every holiday party*

Yellow Blossom Designs

Staff

Executive Chef Nacho
— 12/17
Server- Xhon - 12/19
Server - Fatjona - 12/27

Make a wish !



Library News



Library News December 2023

Hope you have Christmas and Winter on your mind. Everywhere we look, from the Pub to our traditional huge tree in the Dining Room, we are reminded that December is here. As I write this, I'm looking forward to our Grounds Staff lighting up our campus for all to see.

We are excited to bring out our Christmas, Holiday & Winter books. You can find them "stacked" on our Feature Table. It is filled with wonderful books, many Large Print, all to help you get in the Holiday mood. We hope you will come in and pick out one to enjoy while you celebrate this beautiful season. They do not need to be signed out, just returned back to the table. Many are paperback and we also ask that you return them to the Holiday Table. These paperbacks sometimes tend to get lost since they have no Normandy markings.

Rocky River Library new books will continue to come in batches, so continue to stop by and look for new titles all the time. As always, these need to be signed out in the Brown Sign Out Book next to the RR Library Shelves.

Our Library also received a stack of new DVDs and, since we have nowhere to display or store them, we added them to the already half full shelves of DVDs in our Westwood Theater Room. These are available for you to use on the Theater Room DVD Player or borrow to look at on your own DVD player. They just must be returned to the shelf, as you would a library book.

Most of our Large Print donations are coming from family members who give them as gifts to our Residents. If you are a Large Print reader, consider letting your family know a gift of a Large Print book can also be a gift to our Breakwater Library!

Look for our new Breakwater Bookmarks, a special gift from your Librarians

**Barb Palumbo, Laurie Soc
& Rose Mary Zverina**

**We wish you a very Merry Memory & Book-filled
Holiday!**

HOTELS - Rollaway Beds



Do you have friends or family visiting from out of town?

Normandy has a relationship with 2 hotels in the area ready to help accommodate! If you would like them to stay with you, we also rent Rollaway Beds with fresh linens including the pillow for only \$15 per night, call Ashlee to reserve .

Courtyard by Marriott Cleveland Westlake 440-871-3756 \$109 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY

Extended Stay America Suites 440-899-4160 \$59.00 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY

Tech Support

Help that comes to your home;
set up, troubleshoot , repair ...

Daniel Anderson

440-364-3194

dan@technologyllc.com

Brian Toth

440-823-7068

**Independent Contractors*



Did you know that you can drop off your old electronics at the Library? Bring your small electronics and printer cartridges and recycle them sustainably in the collection bin in the Lobby.



ROCKY RIVER PUBLIC LIBRARY



Bella Mio Cat Grooming

info@bellamiocatgroom.com

281-671-7020

Nail cutting & Grooming

www.BellaMioCatGroom.com



Nook Book Club

BREAKWATER NOOK BOOK CLUB

Here come the Holidays! What a special time of year to celebrate with family and friends. Because everyone is so busy shopping, baking cookies, writing Christmas cards and decorating, we will take the month of December off.

Just a reminder, because our November Book Club meeting is scheduled for the Saturday of Thanksgiving weekend, we are moving the meeting to Saturday, December 2nd. You will have an extra week to read ***First Ladies***.

For anyone interested in joining us and reading ***First Ladies***, we have several Nook e-readers available and loaded with the book. Just let the front desk know.

You will see a wonderful display of Christmas books available in our Library. Hopefully, you can find time to relax from all the activities listed above and enjoy an uplifting tale.

We will get back to our normal routine in January when we will be reading ***The Golden Spoon***. Watch for the synopsis in the January ***BUZZ***.

HAPPY HOLIDAYS

WESTWOOD PUB

Monday-Friday 3-6 pm

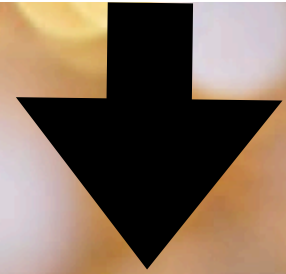
FOOD MENU

CHICKEN WINGS PLAIN, GARLIC PARMESAN, BBQ, MILD CELERY, RANCH OR BLEU CHEESE	6 WINGS \$6.00 12 WINGS \$10.00
ALL BEEF HOT DOG WITH KETCHUP & ONIONS WITH KETTLE CHIPS	\$6.00
CHEESE QUESADILLA WITH SALSA & SOUR CREAM	\$4.00
CHEESE STICKS (5) WITH MARINARA	\$5.00
PEPPERONI FLATBREAD	\$9.00
LOADED FRIES FRIES TOPPED WITH CHEESE, BACON, RANCH AND GREEN ONIONS	\$6.00
BASKET OF FRIES FRENCH FRIES -OR- SWEET POTATO FRIES -OR- ONION RINGS WITH KETCHUP	\$4.00
CHIPS & SALSA	\$3.50

BEER & WINE

PINO NOIR	\$7.00
MERLOT	ALL
CABERNET SAUVIGNON	WINE
CHARDONNAY	
PINO GRIGIO	
REISLING	
WHITE ZINFADEL	
CRAFT BEER	\$6.00
BUDWEISER	\$4.00
BUD LIGHT	
COORS LIGHT	
COORS BANQUET	
MILLER LITE	
CORONA	

[See calendar for
live music schedule !](#)



December Specialty Drink
\$4.00

CRANBERRY
GINGER
GIN FIZZ

TCHERYO1BLOG.COM

Monday- \$ 1.00 off all Martini's

Tuesday - \$2 Chips and Salsa , \$3

Corona, \$5 Margaritas

Wednesday - \$1.00 off all wine

Thursday - \$1 off all beers, Wings 6
for \$4.50 or 12 for \$8.50

Friday- Half off all Appetizers !

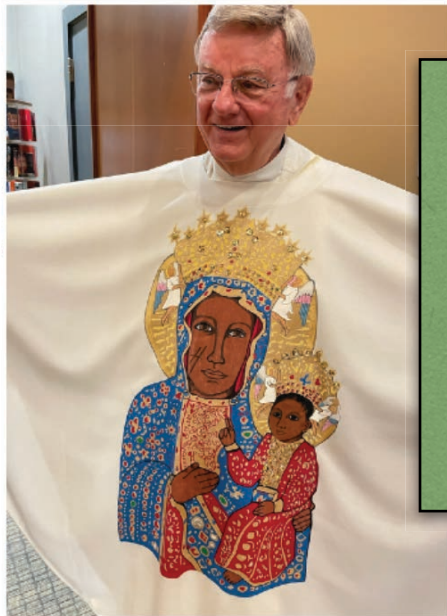
≡DRINK≡
Responsibly
DON'T SPILL IT
★🍷★



TOAST TO THE
holidays!

DECEMBER 2023

Religious Services in the AVH



Father Keller

SUNDAY, DECEMBER 10th at 11:00am
SATURDAY, DECEMBER 16th at 4:00pm
Christmas Day Mass 10:00am

Saturday, December 30th at 4:00pm
NEW YEARS DAY MASS at 10:00

Rosary Every Wednesday
4:00 pm in the CMC



ST. PETER'S
EPISCOPAL CHURCH

Open to all Denominations

Tuesday, December 19th

3:00pm

AVH

Sunday Church Outings

Every Sunday | Departure in Front Lobby

8:15 AM: St. Christopher

8:45 AM: Bay Presbyterian

9:00 AM: Rocky River United Methodist

9:45 AM: St. Peters Episcopal

**Please sign up at the front desk no later than*

Adventure IS OUT THERE



*Sign up sheets located in
Cove Media Center*

The Cleveland Orchestra

Christmas Concert

Severance Hall

Tickets \$85.00

Friday December 22nd

Depart at 1:00pm

Concert 2:30pm

**Please note, once you sign up, you are committing to your seat, if you become ill, we will try to find a replacement guest, if we are unable, you will be responsible for the full price.*

Trip to Malley's to purchase some gifts for you or a friend and then we will stop for a bite at Romano's Macaroni Grill!

Tuesday December 5th

Depart at 10:00 am

Malley's
CHOCOLATES

ROMANO'S
Macaroni
GRILL.

Holiday Light Tour!

Tuesday, December 21st 6:30pm

We will head out around town to check out all of the gorgeous displays !

Shop till you drop!

Tuesday, December 19th

Depart at 10:00 am

Kohls, Target and Marshall's Augie will drop you at your shop of choice. All 3 are within walking distance of each other as well.

Dining Out/In

Sign up Sheet located in CMC



Dragon Tower Chinese Restaurant

Although not the same restaurant the Billingsley family dined at in the movie *A Christmas Story*, this is a close second!

Thursday, December 14th

Depart at 11:30 am

Scenes from "A Christmas Story"



Active for Life Wellness Classes

Riverwood Studio

First Friday of the Month One on One Instruction
Equipment in the Fitness Center

Easy Thai-Chi

Monday's Only 10:00am-10:55am

Instructor:Elizabeth

Tai chi is a gentle, low-impact form of exercise in which you perform a series of motions while focusing on deep, slow breaths. "It's sometimes called 'meditation in motion' because it's a series of exercises that can help harmonize your body's energy and mind."

Seated Yoga Stretch
M,W,F at 11:00am -11:40am

This class consists of low-impact, safe and gentle chair yoga stretching exercises, postures and breathing techniques. The benefits of traditional yoga can be attained all while staying seated. Seated yoga stretches can improve flexibility, circulation and energy levels as well as relief from hypertension, anxiety and chronic arthritis pain on limbs and joints.

Brain and Body
M,W,F at 11:45am -12:30pm

This is one class you don't want to miss! This class is not only great for fall prevention and improving your balance, but incorporates exercises to improve posture, body alignment, memory, mindfulness, strength and flexibility. Overall, this is a well-rounded class with a collective approach to strengthen both mind and body that everyone can benefit from.

Silver Strength
Wednesday Only 10:00am - 10:45am

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, activities for daily living and balance. Hand-held weights or elastic tubing with handles. A chair is used for seated exercises and standing support. This class can be adapted by the participant depending on their fitness level and abilities.

Seated Rhythm
M,W,F at 11:45am -12:30pm

This Ballroom Dancing inspired seated fitness class when attended regularly can help with muscular strength and endurance, flexibility, mental awareness & functioning, and even mood. From spicy Caribbean and Cuban beats to Colombian-style Cumbia and rhythmic ballroom dancing music- This upbeat workout is

25 DAYS OF CHRISTMAS MOVIES

All movies will take place in the Theater Room (WTR)
Popcorn & Hot Cocoa will be provided!

1 Miricle on 34th Street 7:00PM	2 Elf 7:00PM	3 White Christmas 7:00PM	4 Holiday Inn 12:30PM	5 A Christmas Story 12:30PM
6 Holiday Calendar 12:30PM	7 Christmas Chronicles 12:30PM	8 A Boy Called Christmas 7:00PM	9 A Wonderful Life 7:00PM	10 Christmas Chronicles 2 7:00PM
11 A Christmas Carol (G.C. Scott) 12:30PM	12 Home Alone 2:00PM	13 Christmas Vacation 12:30PM	14 Dr. Seuss How The Grinch Stole Christmas 2:00PM	15 Christmas with the Kranks 7:00PM
16 Jingle All The Way 7:00PM	17 The Santa Claus 7:00PM	18 Jack Frost 12:30PM	19 The Santa Claus 2 2:00PM	20 A Charlie Brown Christmas 12:30PM
21 The Polar Express 12:30PM	22 Home Alone 2 7:00PM	23 Scrooged 7:00PM	24 A Christmas Carol - J.Carey 7:00PM	25 Santa Claus is Coming to Town 5:00PM

Invite the grandkids to enjoy a movie!



12/30. 7pm MOVIE New Year's Eve
Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on the celebrated night. A rock star (Jon Bon Jovi) and his ex-lover (Katherine Heigl) clash at an exclusive party; a singer (Lea Michele) becomes stranded with a killjoy (Ashton Kutcher) on the way to a New Year's gig; a nurse (Halle Berry) stays with a dying patient (Robert De Niro) as he tries to hang on long enough to see the ball drop in Times Square one last time.



Let's Play!



Monday

2:00 pm Practicing Your Bridge Game - WGR

7:00 pm Corn Hole - Avalon Hall

Tuesday

1:00 pm Scrabble - WP

7:00 pm Bridge - WGR



Wednesday

1:30pm Cribbage - WP

7:00 Pinochle - WGR

Thursday

3:30 pm Bingo - WGR



Friday

1:30 pm Mah Jongg - WGR



Saturday

1:00 pm Putting Outdoors -
(WEATHER PERMITTING)

2:00 pm Dominoes: RKA

A little of this ,a little of that.

First Day of Hanukkah
Lighting of the Menorah
Avalon Hall
All Denominations Welcome
12/7/23 5:00pm



The History of Christmas

Presented by Bill Head

Two sessions

Friday 12/8 @ 2:30pm

&

Friday 12/15 @ 1:00pm

Christmas is always a wonderful time. And like most events, the more we know about it the more we enjoy it. So let's see if there are any secular roots to a sacred day. Maybe figure out how Santa became Santa and how many Magi were there and how many gospels tell the Christmas story and..... come and find out why it's better to be naughty than nice (or is it the other way around)?

Your favorite Sweet Treat !

Grab a Donut Day
Friday 12/8
7:30am-10:30am LC
Dual Sponsor Eileen Kanda and
Mary Sankovich



Saturday Art Classes

11-12:30 RKA

Instructor Rebecka Mahon

No experience necessary, just show up!

Saturday December 9th

Saturday December 16th

Kwanzaa begins December 26th

Documentary ; The Black Candle

11:00 AM 1hr 43m in WTR

NARRATED BY poet Maya Angelou

SYNOPSIS

The first feature film on Kwanzaa, **The Black Candle** traces the holiday's growth out of the Black Power Movement in the 1960s to its present-day reality as a global, pan-African holiday embraced by over 40 million celebrants.

Resident Spotlight

Meet Isabelita

B.S. Foreign Service, M.A. Political Science, Studied classical Piano and Voice at Eastman School of Music Community Education Division

- Isabelita was born and raised in the Philippines. In 1969, she took a one-year leave of absence from her job and with her two small children came to the U.S. to "pick up" her late husband, Ferdinand, who had just finished his Master of Law at Yale University in New Haven, CT. She had planned only to tour and experience the four seasons, but martial law was declared in her country and prevented their return. Ferdinand had been a law-student political activist, very vocal against Marcos' corruption, and was blacklisted.

- She raised her family in Rochester, NY, where Ferdinand was a legal writer and editor for Lawyers Cooperative Publishing Company, and later became a member of the NY Bar. In 2005, they moved to Shaker Heights to be near their son, who lives in Beachwood. She came to Normandy in 2022.

Work Experience in the Philippines: She worked at the Philippine Department of Foreign Affairs as assistant to the Undersecretary for Economic Affairs, Press Liaison Officer for the Secretary of Foreign Affairs concurrently Vice-President of the Philippines, secretary to the Undersecretary for Administration, and last as the political analyst for the North & South American Desk at the Office of Political Affairs.

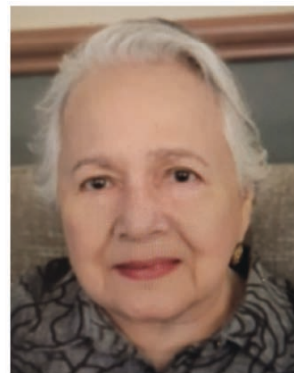
Interests: the Fine Arts; travel (has toured 52 countries); evangelization; interior decorating; reading philosophy, history and religious/spiritual books; languages; Geopolitics

Best Accomplishments: My three fantastic children - Joaquin (a doctor at Metro Health), Rowena (HR Specialist in Charlotte, NC), and Rebecca (Attorney in NYC)

Biggest Disappointment: Not having been able to go home to grow old with her mother and to pursue her career in the Philippine Foreign Service. She had hoped to become a career ambassador of her country, like her contemporaries, some of whom she is still in touch with to keep abreast with the latest.

Goals: To turn every negative into a positive, to use her time more wisely, to learn her faith more deeply, and to learn how to play the guitar.

If you would like to share your story in next months edition of the Buzz; please submit a self-written copy to Tracey's email, tracey@thenormandy.com , you may also include any photos you desire.



Separate detailed invitations
and notices will be hand
delivered to your apartment .

BREAKWATER

December Holidays

12

Tuesday, December 12th

Ugly Christmas Sweater &
Vote for your Favorite
Holiday Office!

15

Friday, December 15th

Resident Christmas Party
Cocktails & Pictures
3:30pm, 4pm & 5pm

24

Sunday, December 24th

Christmas Eve Dinner
4:00PM - 6:00PM

25

Monday, December 25th

Christmas Day Buffet
11:30AM - 1:30PM
Boxed Dinner Delivery
4:00PM

31

Sunday, December 31st

New Years Eve Dinner
Cocktails @ 4:00PM

1

Monday, January 1st

New Years Day Buffet
11:30AM - 1:30PM
Boxed Dinner Delivery
4:00PM