

# The Breakwater Buzz

Issue 1

Independent Living Rocky River

January 2024

## 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



## Happy New Year

Be someone who listens, and you will be heard.

Be someone who cares, and you will be loved.

Be someone who gives, and you will be blessed.

Be someone who comforts, and you will know peace.

Be someone who lives with joy, with Purpose, as your own light brightly shines.

Be, in every moment, the special. Someone you are truly meant to be.

Happy New Year !

WISHESPHOTOS



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](https://www.IdentityTheft.gov) or 1-877-438-4338

**Kenny's Corner**

## Current Scams Targeting Seniors

### **Sweetheart Scams**

According to the FTC, Americans lost \$201 million to romance scams in 2019. Seniors — especially widows, widowers and recent divorcees — may be particularly vulnerable to these scams which can start through social media platforms, online dating sites, or in person. The scammer will devote an extensive amount of time to wooing an individual before asking them for money to solve a problem. For example, they may pose as a member of the military deployed overseas and claim they need financial help to return to the U.S. In the worst cases, victims may end up wiring money to this fraudster repeatedly.

Protecting yourself: Always stay on your guard and prioritize in-person relationships with people you trust. Educate yourself on [the warning signs](#) of a sweetheart scam, and don't provide financial assistance to anyone you haven't met in person. Keep in touch with family and consult with a professional if an online relationship seems phony.

MUSIC  
feeds the soul

*Monthly Musical Entertainment*



**Avalon Hall**

*Saturday, January 6th @ 3:30 pm*

**Music with Abraham :AVH**

*Thursday, January 11th @ 7:00pm*

**Debbie Darling & David Strieter  
Musical Story of Jule Styne : AVH**

*Saturday, January 20th @ 3:30pm*

**Sing-Along with Jenny :AVH**



*Thursday, January 25th @ 7:00pm*

**Olu Mann's African Drumming :AVH**





## 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](mailto:nicole@thenormandy.com)

440-333-5401 x 3

Happy New Year to everyone!

I sure hope you all savored every minute of our Holiday Season; time for us to lay back a tiny bit and relax!!!! A labor of love indeed.

Just a reminder, if you plan to purchase a birthday cake to share in the dining room, PLEASE schedule this with me so that the servers are aware of the plan. Do not just drop and go, this must be arranged through me, thank you.

Next soiree - Valentine's Day !

### Saturday Series

1:00 pm in the Theater Room

**Julia**

**NEW!** 2 seasons



Exploring the life of television chef Julia Child, who pioneered the cooking-show genre, during an evolving time in American history.

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



Nora the Explorer Traveling  
Live Animal Show!!!!

**Animal Kingdom**

Thursday January 18th  
7:00 pm  
AVH



**Men's Group Lunch Out**  
**Thursday, January 18th**

**Depart at 12:00**

**Joe's Deli in River**

**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, January 3rd

Wednesday, January 10th

Wednesday, January 17th

Wednesday, January 24th

Wednesday, January 31st

\*Sign up sheets in Activities Book



## Departure Times:

11:00 AM

Friday, January 5th

Friday, January 12th

Friday, January 19th

Friday, January 26th

\* Sign up sheets in Activities Book



**Westlake  
Location**

Departure Time: 11:00 am

Wednesday, January 17th

Wednesday, January 31st

**Now going  
twice a month  
per your  
request!**





***Podiatrist Dr. Kane will be  
visiting***

***EVERY OTHER month***



***Next Visit:***

***February 7th***

**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.***

***March 12th***

***@ 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*

*Office Decorating Contest Winner Nicole Gulak!*




LIVE LIFE TO  
THE FULLEST



# Birthday Celebrations !

Rose S.	1/1
Nancy O.	1/2
Jim B.	1/5
Fausto H.	1/6
Bob R.	1/11
Kenneth R.	1/15
Daniel M.	1/21
Linda O.	1/21
Yvonne F.	1/25
Erna T.	1/30
Michael B.	1/31



Join us in the pub to celebrate  
with cake and music on  
Friday, January 19th starting at  
3:30 pm. Friends and Family  
Welcome !

## *Staff*

Maintenance - Rick M.  
1/28  
Accounting - Jamesha  
1/20

Make a Wish !





# Library News



## January 2024

**January is here again! Seems we were just celebrating last year and here we are again. Change is the underlying story for most of us but, I'd rather look at opportunities waiting for each of us this year. Our Breakwater Library is a wonderful place to start the New Year. We have a surprising assortment of new books waiting for you; both mystery and fiction in large print. Come in and find your next adventure in reading for 2024.**



## **Happy New Year!!!**

**From your Breakwater Librarians Barb Palumbo, Laurie  
Soc, & Rose Mary Zverina**

## 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](mailto:dan@technologyllc.com)

Brian Toth

440-823-7068

*\*Independent Contractors*



*Bella Mio Cat Grooming*

[info@bellamiocatgroom.com](mailto:info@bellamiocatgroom.com)

281-671-7020

Nail cutting & Grooming

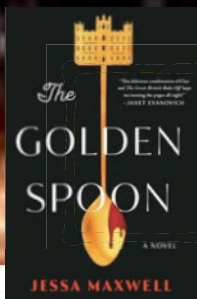
[www.BellaMioCatGroom.com](http://www.BellaMioCatGroom.com)

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.

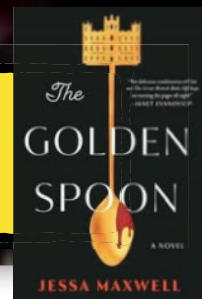


ROCKY RIVER PUBLIC LIBRARY





# Nook Book Club



Happy New Year!

Sometimes after all the excitement of the Holidays, it is nice to take a deep breath and relax. What better way to do that than with a good book.

Think about reading our current selection and joining us for a lively discussion. Even if you haven't read the book, you are welcome to join and see if it is a fit for you.

Books are available on Nook e readers, courtesy of the Normandy. They can also be obtained in hard copy and on e readers and tablets from the Rocky River Library. However, there may be a wait list.

For those of you who watch cooking shows, this month's book might ring a bell.

Our next Book Club Meeting is January 27 at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room.

## JANUARY BOOK CLUB SELECTION

### ***The Golden Spoon***

By Jessa Maxwell

It's all fun and game shows until a body is discovered, a DEAD BODY that is...and everyone is a suspect in this debut by Jessa Maxwell. A delicious combination of *Clue* and *The Great British Bake Off*.

Every summer for the past ten years, six awe-struck bakers have descended on the grounds of Grafton, a leafy and imposing Vermont estate that is not only the filming site for "Bake Week" but also the childhood home of the show's famous host, celebrated baker Betsy Martin.

The author of numerous bestselling cookbooks and hailed as "America's Grandmother," Betsy Martin isn't as warm off screen as on, though no one needs to know that but her. She has always demanded perfection and gotten it with a smile, but this year something is off. As the baking competition commences, things begin to go awry. At first it's merely sabotage---sugar replaced with salt, a burner turned on high---but when a body is discovered, everyone is suspect.

A sharp and suspenseful thriller for mystery buffs and avid bakers alike. *The Golden Spoon* is a brilliant puzzle filled with shocking twists and turns that will keep you reading late into the night until you turn the very last page of this incredible debut.

# WESTWOOD PUB

Monday-Friday 3-6 pm

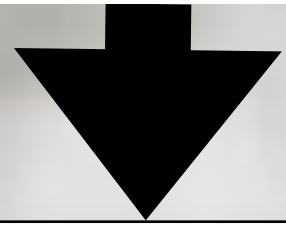
## FOOD MENU

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

## BEER & WINE

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

LIVE MUSIC



## Live Entertainment

**1/8 3:30-5 David Strieter**  
**Pianist Keyboard**

**1/12 4-5:30 Freddie Hill**  
**Singer Songwriter Guitarist**

**1/19 3:30-5 David Strieter**  
**Birthday Special**

**1/23 3:30-5 David Pearson**  
**Singer Guitarist**

**1/26 3:30-5 Tracy Marie**  
**Singer Songwriter Guitarist**

**1/30 3:30-5:30 John Lucic**  
**Singer Guitarist**

**DRINK**  
*Responsibly*  
**DON'T SPILL IT**  
★  ★

**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 !**



# Religious Services in the AVH



## Father Keller

Sunday, January 7th at 11:00 am

Sunday, January 14th at 11:00am

Sunday, January 21st at 11:00 am

Saturday, January 27th at 4:00 pm

*Rosary Every Wednesday  
4:00 pm in the CMC*



## ST. PETER'S EPISCOPAL CHURCH

Open to all Denominations

Tuesday, January 23rd

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**



Resident, church member and Docent , Bob Reid takes us on a guided tour of this magnificent landmark!

**Tuesday , January 9th  
Depart at 10:00 am**

Old Stone Church, long a downtown Cleveland landmark, has a congregation dating back to 1820. Officially known as The First Presbyterian Church of Cleveland, it was founded at a time when Cleveland was a village of a few hundred people. As Cleveland has grown in size and importance, Old Stone Church has kept pace, becoming a symbol of spiritual leadership, community involvement and stability in the heart of the city.

**Start your year off on the  
right foot!**

**We will take a drive to Sketchers Factory  
Outlet Store in Strongsville.**

**Both comfort and style for both Men and  
Women. Loafers, boots and tennis shoes, so  
many styles to choose from!**

**Tuesday, January 9th  
Depart at 10:30am**



## **Allen Memorial Art Museum**

**Admission is Free**

**Thursday, January 25th**

**Depart at 11:00am**

Founded in 1917 on the campus of Oberlin College, the Allen Memorial Art Museum is recognized as one of the best academic art museums in the nation.



# Dining Out/In

Sign up Sheet located in CMC



## Shoe Shopping and Lunch!

We will stop for lunch after our trip to  
Sketchers.

Tuesday, January 16th



Locally owned and operated!  
Square 22 Restaurant and Bar  
brings a combination of excellent  
flavors and a wonderful dining  
experience to the heart of  
Strongsville. Come join us to  
Taste, Toast and Savor Square  
22.

# 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





## **Saturday Night Cinema at 7:00pm in the Westwood Theater Room**



**January 6th "Leave the World Behind" 2023 R Horror Drama**  
**Starring : Julia Roberts , Ethan Hawke, Kevin Bacon**

A family vacation on Long Island is interrupted by two strangers bearing news of a blackout. As the threat grows, both families must decide how best to survive the potential crisis, all while grappling with their own place in this collapsing world.

**January 13th "Oppenheimer" 2023 R Thriller**  
**Starring : Robert Downey Jr. , Matt Damon, Emily Blunt**

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

**January 20th "Jim Gaffigan- Obsessed" 2014 Comedy**  
**Starring : Jim Gaffigan**

Comic Jim Gaffigan delivers his sardonic take on topics like eating, exercise, weddings and his five kids in this live stand-up special.

**January 27th "NYAD" 2023 PG-13 Sports Documentary**  
**Starring : Jodie Foster , Annette Bening**

Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.



# 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.

## Lakewood Resident Volunteer Samantha challenges you to a game of Wii Bowling

Every Other Saturday  
at 11am in the WTR



1/6  
1/20

## Your favorite Sweet Treat !

Grab a Donut Day  
Thursday January 25th  
7:30am-10:30am LC

Sponsor - Yvonne Foye



## Sit and Knit



Do you have an unfinished project and lack motivation? Knit fireside with local resident volunteer Shirley, projects are more fun with company.

If you have any questions just stop by and ask!

Saturday January 20th  
11 am till .....

## INTERNATIONAL CHEESE TASTING

Cheesemonger Morgan Cushing will bring several varieties for us to sample!

Thursday January 11th @ 1:00pm  
Kitchen and Arts Room

\*\*\*Registration Required -Sign up in Activities Book



*A Cheesemonger is the "sommelier of cheese". They are expertly versed in cheese groups and characteristics. They will help you select cheese based on flavor ...*

## NATURE PAM

### NATIONAL PARK TRAVEL LOGS

FRIDAY JANUARY 19TH

2:00PM AVH

TAKES US TO .....

TBD

## EATING HEALTHY IN 2024

FRIDAY JANUARY 26TH

10:00 am AVH

BARB BANDAGSKI WITH MY MEDICARE NETWORK GUIDES US TO A HEALTHY MINSET WITH THIS PRESENTATION.

## Resident Spotlight

### Meet Fausto

Born January 6, 1924, the first of three children. Birth place was in northeastern Cuba, near the bay where Columbus landed when he discovered the island. The family moved to Havana in 1936. Graduated from high school in 1941 and decided to major in chemical engineering. Applied to Rensselaer Polytechnic Institute and was accepted. Early in my freshman year, the bombing of Pearl Harbor took place and the school entered into an accelerated program (which eliminated summer vacations) so that the class of 1945 graduated in August 1944

Although not a US citizen at the time, I registered for the draft but was exempted because I was already subject to draft in Cuba which entered the war soon after the US did.

After graduation I applied and received a scholarship for a masters degree in chemical engineering at MIT which I completed in the summer of 1945.

I accepted a job offer from Sherwin-Williams in their paint manufacturing plant in Havana but first spent a year in their Research

Lab in Chicago learning about paint technology. After nine years with SW I was offered the opportunity of managing the manufacturing operations of a new plant that would be making and selling Glidden paints in Cuba. This involved my first visit to Cleveland (3 months) to get acquainted with Glidden technology and manufacturing methods. The new business was very successful until Castro took over in Cuba. In late 1960, Castro nationalized all Cuban and US owned businesses. All the management group had standing job offers from Glidden when the expected take over took place.

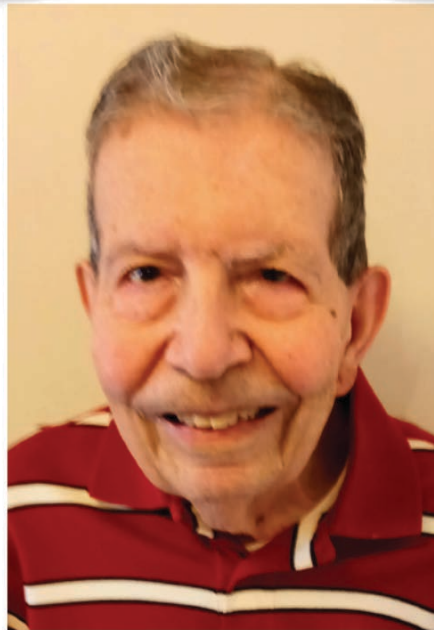
Mary and I were married in 1959 and in October of 1960 came to Cleveland with our first child, a one month old son. Our three daughters were born in Cleveland. In July of 1965, our family (which included Mary's mother and my father) moved to Rocky River and stayed in the same house until we moved to Breakwater in December of 2021. Our family now includes ten grandchildren and three great grandchildren. They all enjoy being together for special family gatherings.

Had various assignments with Glidden. My last one was VP of Operations for their manufacturing plants in Latin America, which included Mexico, Guatemala, Honduras Costa Rica, Panama, Ecuador and three in Brazil. This required frequent travel to those countries and occasionally to Germany and Italy.

Continued on next page .....



After retiring, I spent three years with the CSA Sisters in Richfield assisting with the conversion of their Mother House into Regina Health Center, a retirement and nursing facility for sisters and priests. Mary and I have enjoyed various activities at St. Christopher and St. Luke parishes, including over 20 years of singing in church choirs. As part of St. Chris choir we visited Milan, Florence, Assisi and Rome, singing in a mass at St. Peter's Basilica. In another trip we sang at the church in Salzburg where parts of The Sound of Music were filmed and also visited Vienna and Budapest. We enjoy the many friends we've met here as well as the programs that are offered.



***Fausto will celebrate his 100th birthday  
on January 6th, 2024!***

***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](mailto:tracey@thenormandy.com) , you may also include any photos you want.***



# Thank you

For your generosity to us during this holiday season.

Ron Marilyn  
Shedrick Ashlee  
Michael Tracey  
Patti Lynn  
DOOE Nicole  
Kathleen  
Maurice & Thank you! :)  
Samuel Richardson George Justin  
Gene Ken  
Amr Khedr (Thank You)  
Flutura 😊 Mikail Pamela  
Augie  
Kassandra S.