

2025

# The Village News



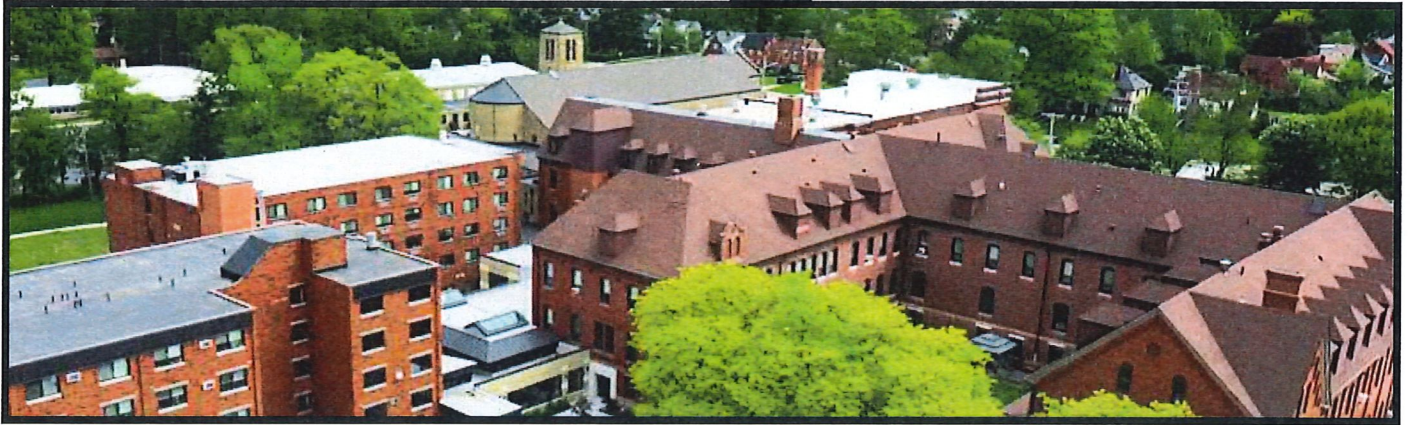
July Edition

Main Office: 216.941.3330

Open 8am-1pm (Atrium Desk)

Service Coordinator: 216.941.4600

Fax: 216.941.7758



## Community Updates

*Welcome Home*

**JOYCE  
JUDY  
ROBERTA  
VALERIE**

**JACQUELINE  
GEORGE  
HILDA  
KATHI**



THE MOBILE OFFICE WILL VISIT  
OUR SITE ON MONDAY THE 14TH  
FROM 2-2:20PM

### OUR TEAM

Alister Englehart, **Property Manager**  
Colleen Barry, **Asst Property Manager**  
Brian Rockas, **Site Superintendent**  
Heather Carey, **Occupancy Specialist**  
Etta Smith-Wells, **Service Coordinator**  
Josh Torres, **Maintenance Technician**  
Jeff Krall, **Maintenance Technician**  
Maureen Fleming, **Compliance Assistant**  
Nancy Carver, **Receptionist**  
Michelle Shaffer, **Beautician (216.315.6869)**  
Jeannie Daloisio, **Village Resale (216.282.6954)**

### WELCOME TO THE TEAM!

Nancy's now a full week into her time with us here at Franciscan Village and joins us at the Front Desk! She brings a passion for service and a wealth of wisdom from her previous work.

"Hello, my name is Nancy Carver and I'm happy to introduce myself as the new receptionist for Franciscan Village! I'm honored to be part of the compassionate and professional team that serves this warm and welcoming community. Please don't hesitate to stop by the front desk if we haven't met yet. I'll be there 8am to 1pm, Monday through Friday. Together with the team, I'm here to help make this a warm and enjoyable place to call home."



*Welcome*



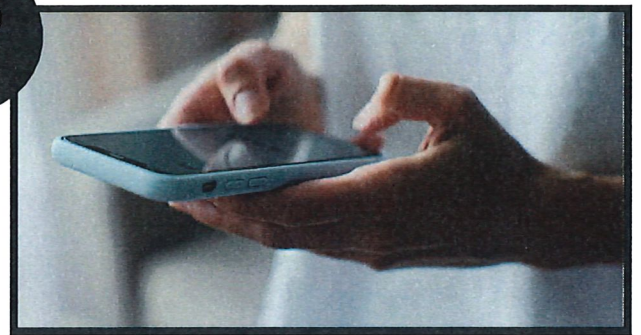
# LETTER TO THE EDITOR

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The following question has been submitted by a tenant to our Main Office:

**Q: Is there a way that I can check which laundry machines are in use, before I lug all my clothes up there?**

Great question! Our team has been working with AERC to pursue this, and are excited to announce that tenants can now check to see which machines are in use by using [laundrycat.com](http://laundrycat.com). Simply add your laundry card # (located on the back of your card) and you will be able to view the machines for your building and their status. Enjoy!



## THIS MONTH'S GOOD IDEA

Good news, tenants! You can now text our main number, 216-941-3330, for your convenience.

We'll be monitoring messages during standard business hours, Monday through Friday, from 8 AM to 4 PM. If you send us a text after hours, we'll get back to you on the next business day.

In addition, our team will be looking to implement text (SMS) blasts to the community regarding upcoming activities and events, over the next couple of months. Stay tuned!

## HIGHLIGHT EVENTS

### JULY PICNIC

Get ready for some fun in the sun at our July Picnic! Join us on Wednesday, July 23rd, at 12 PM for a delicious spread of hot dogs, hamburgers, and various sides. We're excited to host this year's picnic at the brand new Father Cregan Pavilion. If the weather doesn't cooperate, we'll simply move the festivities indoors to the Community Room, so the fun won't be rained out! The cost to attend is just \$5.00 per person. RSVP to the Main Office by 7/16.

### COFFEE HOUR

Get ready to perk up your afternoon! Join us for Coffee Hour on Tuesday, July 15th, at 1 PM in the Community Room. For just **\$1.25**, you can enjoy a warm cup of coffee and a delicious donut. It's the perfect opportunity to relax, socialize, and enjoy a sweet treat. We can't wait to see you there!

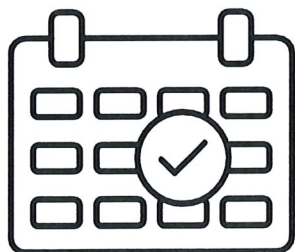


## COMMUNITY NOTES

### RESERVE OUR SPACES!

Did you know you can reserve the Community Room and the Father Cregan Pavilion for your personal events? Whether you're planning a gathering with fellow tenants or hosting outside guests, these spaces are available for your use!

To learn more about reservations, including rules and availability, simply stop by the Main Office. Our staff will be happy to provide you with a copy of the reservation guidelines and help you discuss potential dates and times for your event.



### Volunteer Needs

Are you looking for a way to get more involved in our community? We're on the lookout for enthusiastic tenants who would be interested in volunteering to lead one of our monthly or weekly activities! We're currently seeking individuals to help organize and lead our popular Walking Club and Hot Dog Day events. However, if you have another activity in mind that you're passionate about, we'd love to hear your ideas too!



**PAINT PARTY**  
**TUES 7/8**  
**1-3:30 PM**  
**ACTIVITY ROOM**

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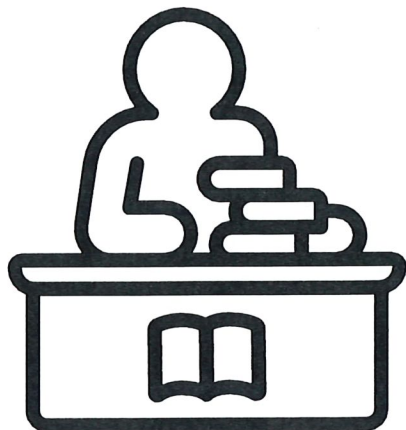
**216.855.1675**  
**TEXT/CALL Jude**  
**\$15/person**  
**CRAFT ROOM**

## NEW Librarian Position

Are you a book lover with a knack for technology? Our community library is looking for a new **Librarian** to join our team! This rewarding position comes with a **monthly stipend**.

We're particularly interested in candidates who are comfortable with technology, as this is becoming an increasingly important part of our library services. If you're interested in this exciting opportunity, please provide your **name to the office** along with your answers to the following questions:

1. Why do you want to work in the library?
2. What do you like about our community?
3. Tell us about your background with technology.
4. What is your favorite book?





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# NOTES FROM THE SERVICE COORDINATOR



## Summer Heat Arrives with a Dangerous Punch: What You Need to Know

With the official start of summer on June 20, much of the United States is already in the grip of a nearly historic heat wave. A powerful and dangerous weather phenomenon known as a heat dome is settling over large portions of the country, driving temperatures into triple digits, even in places that haven't experienced this kind of heat in over a decade.

### Understanding Heat: Dry vs. Humid

Two primary types of heat affect our bodies in different ways: dry heat and humid heat.

#### What Is Dry Heat?

Dry heat typically occurs in desert climates such as Phoenix and Las Vegas, where temperatures soar above 90°F but the humidity remains below 30%. This low moisture allows sweat to evaporate quickly, helping the body cool more efficiently. While this might make dry heat feel more bearable, prolonged exposure—especially in temperatures above 100°F—can still lead to serious health issues, including heat stress.

#### What Is Humid Heat?

Humid heat is common east of the Rocky Mountains, where moisture from the Gulf of Mexico travels northward during the

summer. In this environment, high humidity (above 30%) traps moisture on the skin, reducing the body's ability to cool itself through evaporation. As a result, humid heat is often more dangerous, increasing the risk of heat-related illnesses even when temperatures are only in the 90s.

#### Why Extreme Heat Is So Dangerous

Extreme heat is more than just uncomfortable—it's a significant environmental and public health hazard. It's the leading cause of weather-related deaths in the United States. High temperatures can worsen chronic illnesses like cardiovascular disease, diabetes, asthma, and mental health conditions. Heat can also increase the risk of accidents and facilitate the spread of some infectious diseases.

A key concern during heat waves is heat exhaustion, which begins with symptoms such as:

- Nausea
- Headaches
- Muscle cramps
- Dizziness or fainting





# NOTES CONT'D

These signs indicate the body is becoming dehydrated and struggling to cool itself.

If left untreated, heat exhaustion can quickly escalate into heatstroke, a medical emergency. When internal body temperature rises above 104°F, the body's cooling systems begin to fail. This can lead to:

- Disorientation or unconsciousness
- Organ failure
- The leaking of toxins into the bloodstream
- Cardiac arrest

Heatstroke can kill within minutes if not treated immediately. Experts describe it as "an explosive disease," capable of overwhelming multiple systems in the body at once.

## The Role of the Heat Dome

The current heat wave is being driven by a heat dome's massive high-pressure system that traps hot air underneath it. This dome causes air to sink, suppressing cloud formation and making it even harder to find relief from the sun.

Regions like the Northeast, not typically known for extreme heat, are especially vulnerable due to limited shade and infrastructure that isn't designed to handle such high temperatures.



## Stay Safe

As we navigate this sweltering start to summer, it's vital to:

- Stay hydrated
- Avoid outdoor activity during peak heat hours
- Use fans and air conditioning where possible
- Check on vulnerable neighbors, especially the elderly
- Know the signs of heat exhaustion and heatstroke

With preparation and awareness, we can stay safe and support one another through this record-setting season.

## STAY SAFE THIS SUMMER HEAT SAFETY TIPS

### BE SUN SMART

Wear sunscreen and loose, lightweight, and light-colored clothing.

Don't forget a hat!



Avoid staying in the sun for extended periods.

Find shade and take frequent breaks.

### HOT CARS

Do not leave people or pets in a closed vehicle.



### STAY HYDRATED

Drink water and electrolytes throughout the day to replace fluid lost to sweat & heat. Don't wait for extreme thirst to drink.



### CHECK ON OTHERS

Check on elderly neighbors and family members to ensure they are staying safe.



### KNOW THE SYMPTOMS

Pay attention for signs of heat exhaustion and heat stroke and call 911 in the event of an emergency.

# JULY EVENTS



## Medicare Home Care

Tuesday, July 8 | 1:30 PM | Community Room  
Antavia from Home Care on the Lake will share information about their home care program, which offers services to individuals with Medicare. RSVP 2 Maureen by 7/7



## Right at Home Bingo

Wednesday, July 9<sup>th</sup> | 1:30 PM | Looking for a fun and engaging way to spend some time? Join Right at Home for a lively game of Bingo and to learn more about the opportunities for service through this organization.



## Coffee with the Cops

Wednesday, July 9 | 11:30 AM – 12:30 PM | Community Room  
Come meet and chat with the First District Community Engagement Officers. A great opportunity to ask questions, share concerns, and build community connections.



## Ice Cream Social

Thursday, July 10 | 1:00 PM | Patio  
Enjoy a cool treat with Melanie Mercer from Humana! Come for the ice cream, stay for the fun.  
✦ RSVP with Maureen by July 8



## Ohio Medicaid Changes

Monday, July 14 | 1:30 PM | Community Room  
Elizabeth Rattray, Independent Insurance Broker, will discuss key updates and changes coming to Ohio Medicaid.



## SPRY Bingo and Tabling

Tuesday, July 18 || 11:00 AM | Mark your calendars! Spry Bingo is happening on July 18th at 11 AM, promising a morning of exciting calls and potential wins! Then, join us at 1 PM for Spry Tabling, where you can engage in lively discussions and connect with others. We can't wait to see you there!



## Food Bank Distribution

Tuesday, July 22 | 11:00 AM | Bowling Alley  
Please be prompt. If you're unable to pick up your box, make arrangements for someone to do so on your behalf.



## Line Dancing

Thursday, July 24 | 2:00 PM | Community Room  
Get moving and have fun! Music and dance are great for both your physical and mental health—and a wonderful way to socialize.





# JULY EVENTS



## Book Club

Friday, July 25 | 2:00 PM |  
Community Room

Join us for this month's discussion of "Camino Island" by John Grisham. All are welcome!



## City of Cleveland EMS Health

Monday, July 28 | 10:30 AM –  
11:30 AM | Bowling Alley

Stop by for a free blood pressure and glucose screening provided by Cleveland EMS.



## Hydration with O'Neills

Monday, July 28 | 1PM | A  
Terrace

Join us on O'Neills' outdoor terrace for a special event on summer hydration for seniors! Get practical tips and advice to stay cool, energized, and healthy all season long.



## Medicare/Medicaid Updates

Thursday, July 31 | 1:00 PM |  
Community Room

Michelle Waldon, Health Insurance for Seniors, LLC, will be here to provide updates. Stay informed about recent updates that may impact your coverage.

📌 RSVP with Maureen by July 29



## Mobile Mammography

Friday, July 25 | 9:00 AM – 3:00  
PM | B Parking Lot

The Fairview Hospital Mobile Mammography Bus will be here to provide screenings for all—insured, underinsured, and uninsured.

📌 Contact Maureen if you haven't already scheduled an appointment.

🔍 Did you know?

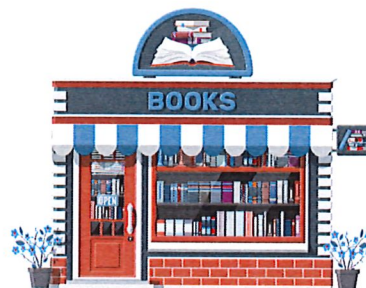
1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.

In 2025, an estimated 316,950 women and 2,800 men will be diagnosed with invasive breast cancer.

Approximately 510 men will die from breast cancer.

An additional 59,080 cases of non-invasive breast cancer are expected.

We're excited to share a fantastic new local gem: Reading Room CLE! This isn't just any bookstore; it's a nonprofit organization that collects and resells donated books, using all profits to fund vital literary and literacy programs in our community. Located right next to Walgreens at 17021 Lorain Ave, Cleveland, OH 44111



# JULY 25

Mon	Tues	Wed	Thurs	Fri
30	1	2	3	4
			BINGO 6	OFFICES CLOSED HAPPY 4TH OF JULY!
7	8	9	10	11
	PAINT PARTY 1 HOME CARE 1:30 LCR 6 COMM ROOM	COFFEE W/ COPS 11:30 RIGHT AT HOME BINGO 1:30 MUSIC SERIES 4	ICE CREAM 1 KARAOKE 6	
14	15	16	17	18
MDICAID CHNGE 1:30 KNIT 4 CANCER 2	COFFEE HOUR 1 CARD GAMES 5 ACTVITY ROOM,			SPRY BINGO/TABLE 11
21	22	23	24	25
EUCH MINISTER 11	FOOD BANK GAME NHT 6:30 ACTVITY ROOM	SUMMER PICNIC 12 MUSIC SERIES 4	LINE DANCE 2	MAMMOGRAM 9-3 BOOK CLUB 2
28	29	30	31	
EMS 10:30 HYDRATION 12			MEDI UPDATES 1	
WEEKLY PROGRAMS:				
ACTIVITY CENTER				
FITNESS ROOM	24/7	BALANCE	MONDAYS	1
ACTIVITY ROOM	24/7	TAI CHI/WEIGHTS	WEDNESDAYS	10:30
LIBRARY/COMP LAB	24/7	WII BOWLING	WEDNESDAYS	1
		RESALE SHOP	WED & FRI	1-3
		FURNITURE SHOP	THURSDAYS	2-4
		SILVER SNEAKERS	FRIDAY	10