

# The Breakwater Buzz

January 2019

Issue 1

Our wishes for you in the New Year

GOOD HEALTH for January

LOVE for February

PEACE for March

NO WORRIES for April

FUN for May

JOY for June and July

ACHIEVEMENTS for August

HARMONY for September

GOOD FORTUNE for October and November

HAPPINESS for December

2019

2019

**HAPPY NEW YEAR**

# 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

# DAILY DINING SCHEDULE

## Lakeview Cafe

Continental & Hot Breakfast (LC)

7 days a week

8:00am to 10:00am

Sunday Hot Breakfast (LC)

8:00am to 12:00pm

All Day Menu (LC)

10:00am to 4:00pm

## Avalon Dining Room

Dinner (ADR)

5:00pm to 7:00pm

# TIDBITS BY TRACEY

Happy New Year to everyone, make it a great year filled with new friends and new experiences!

Speaking of new, our bus has arrived. I think you will find it cozy when you are out and about on your trips. A smaller bus has so many added benefits. Talking amongst each other won't be as difficult, parking and navigating will be easier and anyone can drive it!

I also want to acknowledge our floor greeters: John and Carolyn Rowland, Russ Sanders, Dick Donaldson, Dick Boyd, Herb Hoppe, Barb Palumbo, Grace Neumann, Richard Walther and Elaine Letcher. You make a difference in the lives of our new residents and I couldn't be more appreciative! Thank you.

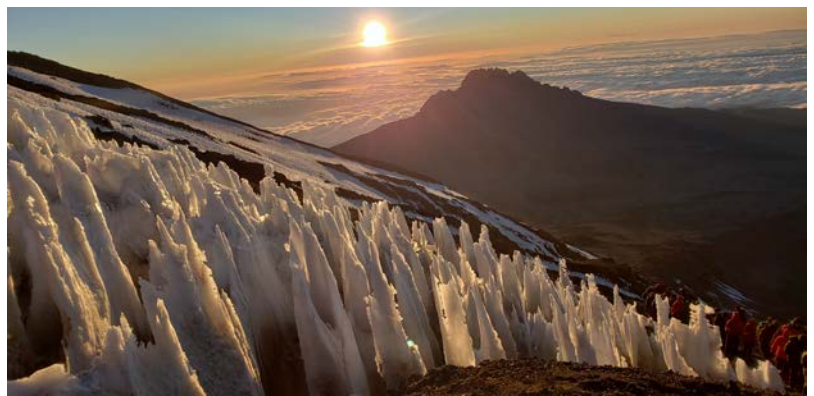
## KENNY'S KORNER

### Latest Scams to Look Out For:

- "There is a lawsuit filed against you by the Internal Revenue Service, and there is an on-bailable arrest warrant issued under your name. Before we move forward with a lawsuit, please contact us as soon as possible at 84-312-7487. I repeat....."
- A call to demand immediate payment using specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand payment without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.
- Grandkids calling saying they need to be bailed out of jail scam.
- **Computer Virus Scam & Computer Servicing Scams.**

# YOU WILL NOT WANT TO MISS THIS!!!

Jason has decided to come and share his African adventure with everyone through a slideshow. This will take place on **Wednesday, February 6th at 7:00pm** in the Avalon Hall as part of Normandy University. Come down and support Jason and his trip to Africa!





The kitchen and serving staff would like to thank everyone who joined us for our holiday parties. We were really thrilled to see your families enjoying the meals and service that you all get to enjoy on a daily basis.

Thank you

**Chef Marc and the entire food service Staff**



## **WESTWOOD PUB NEWS!**

Come down and check out our new bartender, Megan Swift. Megan is very knowledgeable when it comes to making a drink. So make sure you come down and introduce yourself so she can get to know everyone here at the Breakwater better.

### **Daily Drink Specials**

Everyday (M-F) there will be a specialty drink. Stop down at the pub to see what they may be!

# SHOPPING

<b>Wednesday 1/2:</b>	1:00 Giant Eagle, Marc's
<b>Friday 1/4:</b>	Resident Errand Bus Run (Bank Run) *Choose Time
<b>Monday 1/7:</b>	1:00 Lake Road Market, Heinen's, Whole Foods
<b>Wednesday 1/9:</b>	1:00 Giant Eagle, Marc's
<b>Friday 1/10:</b>	Resident Errand Bus Run (Bank Run) *Choose Time
<b>Monday 1/14:</b>	1:00 Lake Road Market, Heinen's, Whole Foods
<b>Wednesday 1/16:</b>	1:00 Giant Eagle, Marc's
<b>Friday 1/18:</b>	Resident Errand Bus Run (Bank Run) *Choose Time
<b>Monday 1/21:</b>	<b>1:00 Lake Road Market, Heinen's, Whole Foods</b>
<b>Wednesday 1/23:</b>	1:00 Giant Eagle, Marc's
<b>Friday 1/24:</b>	Resident Errand Bus Run (Bank Run) *Choose Time
<b>Monday 1/28:</b>	<b>1:00 Lake Road Market, Heinen's, Whole Foods</b>
<b>Wednesday 1/30:</b>	1:00 Giant Eagle, Marc's



# BANKING INFORMATION

## First Federal Of Lakewood

Thursday, 1/3: Bank in Thurber Library 9:30am-11:00am

Thursday, 1/17: Bank in Thurber Library 9:30am-11:00am

## Quick Bank Run (included in errand bus runs)

Every Friday this month

# ENTERTAINMENT W/ GARY

## 3pm-5pm in the Westwood Pub

Wednesday, January 9th

Friday, January 18th

Wednesday, January 23rd

Contribution Day:

Wednesday, January 30th

# RELIGIOUS SERVICES

## Catholic Mass

Sundays at 10:00am  
1/6, 1/13, 1/20, 1/27

## Rosary

Every Wednesday at  
6:30pm  
Held in Cove Media  
Center

## Episcopalian

1/25 @ 11:00am  
Held in Avalon Hall  
All are welcome!

# January Upcoming Events

## **Wednesday, January 2nd**

### **Grab-A-Donut Day - in LC**

This month's donuts are donated by Stan Doenecke. Thank you for your kind donation!

If you have any interest in partaking in Grab-A-Donut Day, let Nicole know and she will be happy to set that up!

## **Saturday, January 5th**

### **Nook Book Club Meeting at 1:30pm in the AVH**

We will be discussing our November book. "Little Fires Everywhere" by Celeste Ng

## **Wednesday, January 9th**

### **Pictorial Directory Picture & Bio Day 11:00am & 3:00pm in AVH**

The time has come for new resident headshot pictures! At this time we will have you come down to the Avalon Hall for your headshot and to also get a small bio on you for TV in the Lobby. For all of you that want a new photo taken, that will take place later on the same day.

## **Thursday, January 10th**

### **Line Dancing w/ Melissa - 2:30pm in RWS**

Come join Melissa French for another fun afternoon of line dancing! No need to have a partner. Everyone is welcome.

## **Thursday, January 10th**

### **ArtsConnect @ 4:00pm in AVH**

Performer will be announced the first week of January

## **Monday, January 21st**

### **Food Service Meeting - 2:20pm in the AVH**

Join Matt and Marc in the Avalon Hall to provide feedback of our food program. All questions welcome!



# HAPPENINGS AT THE NORMANDY



## **Bible Study**

***Every Friday at 1:00pm in the  
WTR***

Join Marcia as she leads our weekly Bible stories!

## **Men's Group**



***Men's Outing!!***

***Men's Group will regroup in  
January 2019!***

Join one of the men from our staff to enjoy a beer and talk about more outings for the future.



**Wednesday, January 16th**

**8:00am in the Avalon Dining Room**

## **Post Office on Wheels**

***Monday, January 21st  
11:30-12:00 outside the Lobby  
Doors***



## **Blood Pressure Checks**

***Every Monday at 2:30pm in the  
Thurber Library***



## **Current Events**

***Tuesday Mornings 10:50am in the  
AVH***

# Library News



Happy 2019 Breakwater Library 📖 Readers and Friends. We want to thank you for all your support this past year with so many wonderful current titles donated and your continued use of both the books from our Thurber Library & those on loan from the Rocky River Library.

We are using the beginning of the year to take a look at our table where we often feature books with a theme, such as the Christmas/ Winter books we featured in December. We have also featured books on early presidents & Cleveland history. This month we would like to hear from you... Has the Feature Table been useful or of interest to you? Do you look at it all? What themes would you like us to feature? Other suggestions? Look for the questionnaires on our table this month. You can also catch Barb or Laurie if you have any ideas you'd like to discuss.

**(RR Library books due back Sunday 1/6 for pickup and delivery of new books on 1/8)**

Librarians

Barb Palumbo & Laurie Soc  
& Ruth Thurber (Advisor)



## Pictorial Directory

**New Updates coming this month!!**

The time has come for new resident headshot pictures! At this time we will have you come down to the Avalon Hall for your headshot and to also get a small bio on you for the TV in the Lobby.

For all of you that want a new photo taken, that will take place later on the same day.

**Wednesday, January 9th in the Avalon Hall**

**New Residents - 11:00am**  
(You will get a paper sent to your door that Monday)

**Updated Photos - 3:00pm**

## Little Fires Everywhere by Celeste Ng

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned – from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

**Saturday, January 5th @  
1:30pm in the Cove Media Center**



**December  
Book  
Discussion**

# Normandy University

In the AVH & WTR

## FIRST WEEK OF JANUARY

January 2nd @ 7p  
January 3rd @ 10am  
January 4th @ 7pm

**NO NORMANDY UNIVERSITY**  
S1E4 State of the Rebellion  
Vernice Jackson as Mary Bethune

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Shapes of States  
Women in History

## SECOND WEEK OF JANUARY

January 8th @ 10am  
January 9th @ 7pm  
January 10th @ 7pm  
January 11th @ 10am

S4E2 Pride and Power  
Vocals (crowd pleaser)  
S1E5 Living on the Edge  
**NO NORMANDY UNIVERSITY**

Life Below Zero  
Debbie Darling  
Shapes of States  
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## THIRD WEEK OF JANUARY

January 15th @ 10am  
January 16th @ 7pm  
January 17th @ 10am  
January 18th @ 7pm

S4E3 Falling Apart  
Vocals (crowd pleaser)  
S1E6 Use It or Lose It  
**NO NORMANDY UNIVERSITY**

Life Below Zero  
Greg Piscura  
Shapes of States  
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## FOURTH WEEK OF JANUARY

January 22nd @ 10am  
January 23rd @ 7pm  
January 24th @ 10am  
January 25th @ 7pm

S4E4 Deadly Tracks  
Vocals & Keyboard  
S1E7 Church and States  
Lou Henry Hoover

Life Below Zero  
Ted Litchney  
Shapes of States  
Alice Wills

## FOURTH WEEK OF JANUARY

January 29th @ 10am  
January 30th @ 7pm  
January 31st @ 10am

S4E5 Breaking Through  
**NO NORMANDY UNIVERSITY**  
S1E8 A Boom with a View

Life Below Zero  
--  
Shapes of States

# Musical Entertainment In AVH & WP

## **SATURDAY ENTERTAINMENT**

January 5th @ 2:30pm: WP  
Barry Kelly - Guitar & Vocals

January 12th @ 2:30pm: AVH  
Daniel Elish - Saxophone

## **NORMANDY UNIVERSITY MUSIC SERIES**

January 9th @ 7:00pm: AVH  
Debbie Darling - Vocals

January 16th @ 7:00pm: AVH  
Greg Piscura - Vocals

## **ARTSCONNECT SERIES**

January 10th @ 4:00pm: AVH

# happy birthday

We feel that birthdays are special days! If your birthday is this month, a member of our management staff will personally deliver a birthday surprise!

## residents

504A	Bill Greaser	1/2
311A	Nancy Oakley	1/2
206B	Richard Walther	1/4
303A	Louise Kocis	1/4
309A	Anne McGuire	1/8
401A	Eric Peterson	1/8
202B	Ora Calhoun	1/12
502B	Win Johnson	1/19
516A	Delphya Gagliardi	1/19
203B	Lucille Robbins	1/22

## January Birth Stone & Flower Garnet & Carnation

Garnet is the birthstone for January and the stone that celebrates the 2nd anniversary of marriage. The name "garnet" comes from the Latin word "Garanatus" meaning reedlike in reference to a pomegranate. This reference makes sense as small garnets look like the bright red seeds you find in a pomegranate.

The carnation comes in several different colors to convey different meanings much like roses. A pink carnation means affection, while a red carnation means "I love you".

## staff

RA	Cecile Sawadogo	1/10
D	Andy Steele	1/14
B	Megan Swift	1/20
HK	Jana Stevic	1/26
M	Wilson Gonzalez	1/29

# Grab-A-Donut Day

Wednesday, January 2nd

Donuts provided by Stan Doenecke

Thank you for your generous donation!



## Podiatrist

We have a wonderful traveling podiatrist who comes to visit every month!

Dr. Kane - Tuesday, January 22nd  
Starting at 3:30pm

# Tea w/ Tracey!

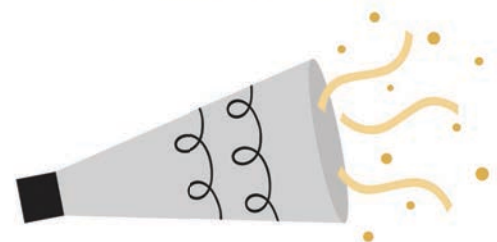
**Tea with Tracey** will be held in the Lakeview Cafe:

**Wednesday, January 16th**  
**3:00pm-5:00pm**



Cool weather is upon us. Join us for holiday teas, treats and, of course, Tracey Swisher!

# HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F  
 G R B K G Z T Y Z I Z Z J Q C O M P X B  
 M D M B T B K T P X N S L T K C X X W T  
 M I Q C R A E Y W E N O Z J K S K R N H  
 L P D M V X P N Z J L O V Z V Y D Z Q G  
 G P E X A X K O Q N C O U N T D O W N I  
 F V Z N D S S M B P C Y W V F T W F B N  
 T R S P S P A R K L E R S H Q T O J A D  
 P J O L B Y V M S Y L N N N R C A F L I  
 Y L P E N S K R O W E R I F Z N Y C L M  
 X J K E B D P P G W B K N J U G J W O J  
 W I S C F S F L D B R G P A J E X A O K  
 Q S C A O W D J R M A W R T J H Q H N C  
 F R Q K J N W P A R T Y P O P P E R S O  
 K E P A U J F G X M I Z X R T S X K Q L  
 V E N R I Y E E B G O Q Y I U P H K Y C  
 Y H I S I R E O T J N O I T U L O S E R  
 Q C S H A P P Y G T B O U V C D L R Z G  
 R M Q G Q X Y B N O I S E M A K E R G F  
 N A E N K V K T Y F H R R A Y R Y I A V



Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers





## **DOCUMENTARIES**

**Saturdays in the WTR at 4:00pm**

### **January 5th - "Out of Many, One"**

In this documentary short, a diverse group of men and women discuss their personal journeys as they prepare for the U.S. citizenship test.

**(1hr 28min)**

### **January 19th - "Walt"**

Through exclusive footage and interviews with friends and family, this documentary traces the complicated life of legendary animator of Walt Disney.

Stars: Dick Van Dyke, Roy Disney,  
Art Linkletter

**(1hr 28min)**

## **WEDNESDAY MOVIES**

**Wednesdays in the WTR at 2:00pm**

### **January 2nd - "Seven" (1995)**

A seasoned homicide detective and his new partner are on a desperate hunt for a killer whose gruesome crimes are based on the Seven Deadly Sins.

**Starring: Brad Pitt, Morgan Freeman,  
Gwyneth Paltrow  
(2hr 6min)**

### **January 9th- "Happy Gilmore" (1996)**

A failed hockey player turned unconventional golf whiz is determined to win a PGA tournament to save his grandmother's house with the prize money.

**Starring: Adam Sandler, Christopher  
McDonald, Julie Bowen  
(1hr 31min)**

### **January 16th- "The Little Rascals" (1994)**

Inspired by Hal Roach's "Our Gang" TV series, this delightful family film promises shenanigans from the funniest little mischief makers of all time

**Starring: Travis Tedford, Brittany Ashton  
Holmes, Whoopi Goldberg  
(1hr 22min)**

### **January 23th- "Honey we Shrunk Ourselves" (1997)**

Scientist Wayne Szalinski's invention shrinks him, his brother and their wives so effectively that their children believe that they have disappeared.

**Starring: Rick Moranis, Eve Gordan,  
Robin Bartlett  
(1hr 15min)**

### **January 30th - "Good Will Hunting" (1997)**

When professors discover that an aimless janitor is also a math genius, a therapist helps the young man confront the demons that are holding him back.

**Starring: Robin Williams, Matt Damon,  
Ben Afflack  
(2hr 6min)**

# WEEKEND MOVIES

Saturday Nights at 7:00pm in WTR



**1/5 - “The Theory of Everything” 2h 3min. (2014)**

As his esteem grows in the world of physics, Stephen Hawking’s body is ravaged by ALS, forcing his increasing dependence on his devoted wife, Jane.

**Stars: Eddie Redmayne, Felicity Jones, Charlie Cox**

**1/12 - “The Green Mile” 3h 8min. (1999)**

When a prison guard discovers that a death row inmate possesses mysterious powers, he tries desperately to prevent the condemned man’s execution.

**Stars: Patricia Clarkson, Doug Hutchison, Sam Rockwell**

**1/19 - “The Bourne Ultimatum” 1h 55min. (2007)**

In this third Jason Bourne film, the trained assassin travels the globe on a quest to reconstruct his past — and thus clear the way for his future.

**Stars: Matt Damon, Julis Stiles, David Strathairn**

**1/26 - “The Break-Up” 1h 46min. (2006)**

Cohabiting couple Gary and Brooke’s petty spats turn into an all-out battle for their home condo.

**Stars: Vince Vaughn, Jennifer Anniston, Joey Lauren Adams**

# WEEKEND MOVIES

Sunday Nights at 7:00pm in WTR



**1/6 - "Blazing Saddles" 1h 32min. (1974)**

This gleefully satirical take on Hollywood westerns follows the tortured trail of a freed slave who's elected as the sheriff of a racist town.

**Stars: Cleavon Little, Gene Wilder, Slim Pickens**

**1/13 - "Turner and Hooch" 1h 39min. (1989)**

Fastidious detective Scott Turner is saddled with a slobbering new partner: a dog named Hooch, whose previous owner was killed.

**Stars: Tom Hanks, Mare Winningham, Craig T. Nelson**

**1/20 - "The English Patient" 2h 41min. (1996)**

Ralph Fiennes stars as a horribly burned pilot who recounts a tale of doomed romance to the nurse tending to him in his World War II-era drama.

**Stars: Ralph Fiennes, Juliette Binoche, Willem Dafoe**

**1/27 - "The Aviator" 2h 50min. (2004)**

Leonardo DiCaprio portrays eccentric tycoon Howard Hughes, who turned a small fortune into a massive one by building Hollywood and aviation empires.

**Stars: Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale**

# Tuesday Outings

## Carrabbas For Dinner

**Departure:** 4:30pm

**Tuesday, January 8th**

**Cost: Price of meal**

Lets enjoy some authentic Italian cuisine. There have been many requests to dine at this restaurant. Make sure you sign up and come on out!!

**Sign up in the Activities Book.**

## Pier W

**Departure:** 11:00am

**Tuesday, January 15th**

**Cost: price of meal**

Perched high on a cliff overlooking Lake Erie this 'romantic' Lakewood 'classic' boasts 'breathtaking city views' but is 'impressive on all counts' from the 'artistically presented' seafood to a staff that would 'walk on water for you if it could,' renovations have turned this 'old sailing ship into a sleek ocean liner' so 'try to get a window table'

**\$\$\$ - Price range \$10-\$30**

**Sign up in the Activities Book.**

## Original Pancake House for Breakfast

**Departure:** 10:00am

**Tuesday, January 22nd**

**Cost: price of meal**

**The Original Pancake House** was founded in Portland, Oregon in 1953 by Les Hight and Erma Hueneke. Drawing upon their many years of experience in the culinary field, and their extensive working knowledge of authentic national and ethnic pancake recipes they were able to offer without compromise this unique and original menu which has gained national acclaim.

**Price range \$7.99-\$13.79**

**Please sign up in the Activities Book!**

# Thursday Outings

## Pearl of the Orient - Rocky River

**Departure:** 11:00am      **Thursday, January 3rd**      **Cost:** Price of meal

George Hwang has owned and operated Pearl of the Orient Restaurant in Rocky River since 1984. "The Pearl" as locals say is the place to go for an authentic Asian dining experience.

**Sign up in the Activities Book.**

## Fratellos - Avon Lake

**Departure:** 11:00am      **Thursday, January 10th**      **Cost:** price of meal

Online Review: My favorite restaurant! Love the chicken fratello. It is the only dish I have ever ordered at any restaurant that I didn't feel the need to salt or pepper! The warm bread and garlic butter are to die for! It is rare to find a place with both great food and service.

**Sign up in the Activities Book.**

## Brio - Westlake Crocker Park

**Departure:** 11:00am      **Thursday, January 17th**      **Cost:** price of meal

Online Review: We had lunch here one day, enjoyed it so much went back for dinner the next night. Starts with a delicious bread and chopped salads that were really fresh. Both meals were fantastic and enough to take home too.

**Please sign up in the Activities Book!**

## Sangria - Westlake

**Departure:** 11:00am      **Thursday, January 24th**      **Cost:** price of meal

Online Review: One of my favorite restaurants! It's a hidden gem. The food is delicious! I recommend it to anyone. I love the Bandeja Paisa, soooo much food. I can never eat all of it. The arepas are great too. Service is awesome. They're all nice and I've never had an issue with my orders.

**Sign up in the Activities Book.**

## Donauschwaben German Club - Olmsted Twsp

**Departure:** 11:00am      **Thursday, January 31st**      **Cost:** price of meal

Our favorite German restaurant to go to. We unfortunately missed out on this one a couple months ago due to staffing issues, but we are going back now!

**Sign up in the Activities Book.**



# Employee of The Month

Thank you  
for your hard  
work and  
dedication to  
the residents!

**Matt Patterson**  
Cook



# Employee High Fives

Emily Falkenberg  
Ben Djire  
Kenny Bennett  
Merlena Ward  
Christian Searles

# Employee of The Year



This year's employee of the year award was presented to Ken Penny. Ken has been with the Normandy for 10 years. He is the one you all come to for rent payment, Cox solutions, scam calls, etc. We are very grateful for all that Ken has done here at the Breakwater and forever thankful for all of his hard work and dedication. Thank you from all of us here at the Breakwater!

# Thank You

for your generosity to all of us during this Holiday Season!

Ashlee Negrey

Jacey Fisher

Jasmina Menmedagic

Rudina Tortulli

Broad Shogk

Lemka Corro

Nike Hube

Jon Michael Jones

Ken Penning

HATTY BURNS

Nicole Gulak

Eric Sko

Andy Stuk

Amanda  
Magorite

M. Lull

Patty Sack

Justino Domyz

Man

Matt Pomeroy

mona Williams

Darlene Bowen

Patricia Busser

Alketa Ahmeti

Julia T. Tatum

Lynzo-Dee Shio

Stephanie Prizak

Kiri Zdanowicz

Cecile Sawadogo

Ruthie Henriksen

Marino Blazevic

Ben DJIRE

Mirena Ward

Ryan Baur