



Mayor Robert Stefanik

# North Royalton Senior Center

13500 Ridge Road, North Royalton OH 44133

440-582-6333

**March 2019**

Office Hours: 8:00 a.m. – 4:00 p.m.

## Cleveland Food Bank

Don't let the name Cleveland Food Bank have you thinking they can only help you with food issues. The Cleveland Food Bank outreach counselor will help you have access to food stamps, prescription benefits, WIC, medical coverage and other assistance programs. The outreach counselor will be at the center on **Monday, March 4** from **11:00 a.m. -12:00** and it is first-come-first-serve basis. Watch the calendar for the next time the outreach counselor will be at the center.

## MyLife and Diabetes Workshop

MyLife and Diabetes free workshop is held every **Tuesday** from **10:00 a.m. -12:30 p.m.** and will end on March 19. The weekly conversations will help people live better with diabetes. Each session will give you tips and tools for managing diabetes, such as: planning your meals, making a fitness plan that fits your life, dealing with high and low blood sugars, managing your stress, pain and fatigue, checking your blood sugar levels, communicating with your doctor. If you are dealing with diabetes, pre-diabetes or have signs of diabetes, join Evi-Base Health Ministries Network to learn more.

## St. Patrick's Day Party

**Monday, March 18** at **11:00 a.m.** we will be celebrating St. Patrick's Day as **Mayor Stefanik** will be providing a free lunch of Corned Beef Sandwich, potato salad, chips, pickle, fruited Jello cup and a dessert sponsored by Pleasant Lake Villa. The party will start off at 11:00 a.m. beginning with an hour of music bingo, followed by a sit down lunch and celebration of all the March Birthday's. We will end with a raffle drawing. Put on your green gear and come celebrate this Irish holiday! Seating is limited so sign up February 25-March 11.

## Free Foot Screening

Are you having foot problems? Have you ever wondered why your feet hurt? Or do you just want to make sure that you are doing everything correctly to keep your feet in good condition? **Friday, March 29** from **10:00 a.m.-11:00 a.m.** is your time to come to the center and receive your free foot screening with Podiatrist Dr. William Zaccardelli. This is a first-come-first-serve screening. Dr. Zaccardelli will be at the center once a month so if you aren't able to come March 29, Dr. Zaccardelli will be back at the center on Friday, April 19 from 10:00-11:00 a.m. to provide basic foot services.

## Daylight Saving

Daylight saving begins **Sunday, March 10** remember to move your clocks forward.



## **Podiatrist**

Are you in need of a podiatrist or just forget to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information and he will do all the paper work for you. Dr. Zaccardelli will be at the center **Friday, April 19** from **10:00-11:00 a.m.** You do not need an appointment, it is first-come-first-serve.