Exciting PLAN News!
Reprint of letter sent to all PLAN members

Hello! I hope you are enjoying the start of summer and are looking forward to the sun and warmth of the season!

I am writing today to share some exciting news about PLAN. In July, we will move to a new, recently remodeled building on Commerce Park in Beachwood! The new building is clean and spacious, with a full kitchen, an art room, additional room for storage and other useful features!

As we get settled into the new space, we will be able to increase our program offerings, including more life skills classes like cooking or budgeting, a return of weekly open-art studios, as well as trying out some drop-in activities like gaming, comic, or other special interest groups.

The JFSA YouthAbility and Day Support Program will also be housed in the facility and the cooperation of these three programs operating in one space will optimize services for everyone. We are excited for you to help make it feel like home!

I also want to communicate another change beginning in July. Due to many factors outside of our control we are all experiencing rising costs, and so has PLAN. Therefore, it has become necessary to increase our dues to $600 per year. The increase is going into effect in July because the PLAN budget is based on the fiscal year (July-June) rather than the calendar year. If you’ve already paid your 2023 dues the increase will be effective the next time your membership payment is due.

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Exciting PLAN News!
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To make this transition easier, I have included in this letter a form that will allow PLAN, through the JFSA finance department, to directly debit your bank account or charge a credit card for your membership dues. You can pay the entire sum yearly or in monthly installments of $50. Please return the form to me or mail to JFSA at the address above, attn. Karen Tindel. Contact me with any questions about this process or completing the form.

I am so excited for the future of PLAN and your continued involvement! Stay tuned for more information about an upcoming open house where you can check out our new building. As always, if you have any comments, questions, or suggestions, feel free to contact me at 216-509-8685 or at rinaldi@jfsa-cleveland.org!

What is Paratransit and How Do I Get a Pass?
by Becky Rinaldi

Currently, when activities are held at the JFSA building, PLAN members are expected to coordinate their own transportation to and from the activity. This expectation will continue at our new building. Sometimes, PLAN activities are held after the building “closes” and members are unable to wait for transportation in the building’s lobby. One of the features of our new building will be dedicated space for waiting for transportation! Whether you are waiting for a friend, family member, UBER, or paratransit, PLAN members will have a clean, comfortable space to wait for rides.

Many PLAN members utilize the Cleveland RTA Paratransit system. The Americans with Disabilities Act requires that those not able to independently ride public buses be provided with an equivalent, corresponding service for their transportation needs within the established service area. Paratransit fits that requirement.

Not everyone is eligible for Paratransit services. To determine if you qualify for Paratransit service, answer these questions:

- Are you unable, as a result of a physical or mental impairment, to travel on public transit without the assistance of another?
- Do you need a wheelchair lift or similar device to board the vehicle, but one is not available at the Rapid Transit station where you wish to board?
- Do you have an impairment-related condition that prevents you from traveling to or from a station or stop on the public transit system?

If you responded “yes” to any of these questions, you may be eligible for RTA’s Paratransit service, as outlined by the Americans with Disabilities Act.

There is an application process to receive a Paratransit certification pass. If you would like to learn more about getting a pass, your case manager, counselor, or PLAN can help you get started. With door-to-door service within a five-mile radius of your home, Paratransit is a great way to be more independent!

JFSA Shuttle-On-The Go!
By Becky Rinaldi

Another transportation option, JFSA’s Shuttle-On-The-Go! provides free round-trip local transportation to current JFSA clients. The shuttle helps older adults remain active and independent, by providing rides to medical appointments, personal appointments, visiting loved ones in hospitals and nursing homes, grocery shopping, social engagements, etc.

To schedule a ride:
Three business days in advance, call 216-378-3438 between 9:00 a.m. to 5:00 p.m. After 5:00 p.m., please leave a message. Your call will be returned by the end of the next business day. Reservations are subject to availability.

Please have the following appointment information available: name, address, phone number, date ride is needed, appointment time, return time, name of destination or provider, destination address, destination phone number, if you use a wheelchair or walker or have an escort.

Shuttle-on-the-Go! Provides rides between the hours of 9:00am and 5:00pm with door-to-door service within 10 miles of the JFSA building.

In the summertime, when the weather is hot, you can stretch right up and touch the sky.
— Mungo Jerry

Your physical health impacts your mental health!
Lessen your chance of severe illness from Covid-19 with a vaccine and booster!
July Thinking Games

Here are some word, number, and thinking games for you. Keep your mind sharp!

If you have access to a computer, you can also create your own word searches at www.thewordsearch.com.

Fourth of July

Sudoku

Sudoku is easy to play, and the rules are simple. Fill in the blanks so that each row, each column, and each of the six 3x2 grids contain one instance of each of the numbers 1 through 6.

![Sudoku Puzzle]

Creative Art & Writing

Rooms to Let: CLE with Artist Kate Snow

PLAN artists worked with Cleveland artist Kate Snow to create an impelling piece for the upcoming Slavic Village Rooms to Let: CLE exhibit. Traditionally set in vacant houses set for demolition, Rooms To Let: CLE is using 2023 to again transform spaces in the historic Broadway-E 55th neighborhood. Working with local artists and business owners the project will use adapted temporary and semi-permanent art installations to beautify retail storefronts and grass lots. The PLAN installation will utilize three windows of a vacant store.

Kate is a painter and printmaker living and working with an autoimmune disorder. Her dedication to “reach beyond her own physical and emotional obstacles” has become an integral part of her process and practice.

Obstacles, or barriers, are important to the installation at Rooms to Let. PLAN artists brainstormed barriers to inclusion that they encounter daily. For example, something as simple as a child proof prescription bottle can be troublesome for a younger person with aching hands. Or, feeling “talked down to” by medical professionals. Artists illustrated the barriers using pictures and words. The illustrations will be posted on the outside of the storefront windows. Viewers will be encouraged to tear down the barriers, revealing pictures of people, showing the importance of inclusion and accessibility for all.

Rooms to Let will occur from 12-6pm on July 8th & 9th in the historic Broadway and East 55th neighborhood.

The 4th of July

Written and illustrated by Shira Josefowitz

July 4th, also known as Independence Day, is a federal holiday in the United States that celebrates the country’s independence from British rule. On July 4, 1776, the Continental Congress adopted the Declaration of Independence, which declared that the American colonies were free from British rule and could govern themselves. The day is marked by patriotic ceremonies, parades, fireworks, and other festivities throughout the country.

Why that date? July 2nd was the date of first ratification of the Declaration, July 4th the date of the final and definitive one. It was, you may not know, not signed by everyone for a while. The engrossed copy (official one) was created July 19th, and the document mostly signed by August 2nd, 1776.

Fireworks have been used in celebrations around the world for centuries. Many cultures believe that the noise and bright lights of fireworks drive off evil spirits. The first use of fireworks to celebrate US independence happened in 1777 while the revolutionary war was still taking place. In fact, one of the founding fathers, John Adams said that he hoped the anniversary of independence would be marked for years to come by “guns” and “bonfires” and “illuminations.” Fireworks are non-lethal reminders of the rifle and cannon fire with which the thirteen original colonies fought and won the Revolutionary War.

Text pictures of your artwork to 216-509-8685 and it will be included in upcoming People, Places, & PLAN publications!

A Moving Riddle

I go up,
I go down,
But I never move.

What am I?

The first person to call Becky at 216-509-8685 with an answer will win a Walmart Gift Card.

Moving Day

| LAT | RUCK | KRAU | NAP | C | EDER | FD | AX | RCS | OUG | AD | KRA | PE | CRE | MOC | VR | CPLAN | NXTENLX | EE | EMD | CUPON | WPG | J | SPS | RK | BGC | SCA | AAO | ES | AAA | ACNX | NKC | UCR | T | SUC | ETA | COLERD | DOP | PA | KE | ERE | FSNAR | T | AE | UIC | S | AS | UN | LOAD | T | WTN | AKP | KE | CWC | CEM | MM | RTG | HER | UTI | NUGHT | RU | FWR | NALV | J | FSA | AAG | J | NLP | CBEA | CH | WOOD | D | P |

Play this puzzle online at: https://thewordsearch.com/puzzle/17670/
An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY) Call Becky at 216-509-8685.

**July 2023**

**Holistic Recovery Schedule**

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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| 2      | Journeys: Walk at Acacia Metropark | 3 | 3pm Art Appreciation, JFSA Art Room  
4:30pm Movie Monday, JFSA Art Room  
6:15pm Zumba, Parking Lot, ($3) | 4 | Independence Day Office Closed | 5 | 12pm Goodtime III Boat Tour, Cleveland ($15) | 6 | 11am Coloring Club  
ZOOM: 3pm Sports Talk  
ZOOM: 3:30pm Musical Moods | 7 | 11am Cleveland Botanical Gardens, Wade Oval ($10) | 8 | 10am Rooms To Let Exhibit, Slavic Village |
| 9      | No Journeys Today  
10am Rooms To Let Exhibit, Slavic Village | 10 | 3pm Art Appreciation, JFSA Art Room  
4:30pm Movie Monday, JFSA Art Room  
6:15pm Zumba, Parking Lot, ($3) | 11 | 10am Coffee & Conversation ($5)  
12pm West Side Lunch Group  
ZOOM: 3pm Trivia Hour | 12 | 10am Walk, South Chagrin Metropark | 13 | 11am Coloring Club  
ZOOM: 3pm Sports Talk  
ZOOM: 3:30pm Musical Moods | 14 | 11am Savers Thrift & Secondhand Store, Cleveland | 15 |        |
| 16     | Journeys: Lunch at Mendel’s Kansas City BBQ | 17 | 3pm Art Appreciation, JFSA Art Room  
4:30pm Movie Monday, JFSA Art Room  
6:15pm Zumba, JFSA Parking Lot, ($3) | 18 | 12pm Smokin Q’s BBQ, Mayfield Village ($20)  
ZOOM: 3pm Trivia Hour | 19 | 10am Walk, North Chagrin Metropark  
1pm Community Volunteers, JFSA Day Support Program | 20 | 11am Coloring Club  
ZOOM: 3pm Sports Talk  
ZOOM: 3:30pm Musical Moods | 21 | 11am Miniature Golf, Mentor Mini Golf ($8) | 22 |        |
| 23/30  | 6/23 Journeys: Pirate’s Booty Mini Golf (Fun & Stuff)  
6/30 Journeys: Near West Theater, Bring It On Musical | 24/31 | 3pm Art Appreciation, JFSA Art Room  
4:30pm Movie Monday, JFSA Art Room  
6:15pm Zumba, JFSA Parking Lot, ($3) | 25 | 10am Coffee & Conversation ($5)  
10am WS Ice Cream Outing  
ZOOM: 3pm Trivia Hour | 26 | 9am Trip to Geneva-On-The-Lake: beach time, lunch, & shopping ($25) | 27 | 11am Coloring Club  
ZOOM: 3pm Sports Talk  
ZOOM: 3:30pm Musical Moods | 28 | 11am Popcorn Shop Ice Cream, Chagrin Falls ($10) | 29 |        |

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We will continue to provide video and call-in activities. If you have an email address and access to a smartphone, tablet, or computer, visit the ZOOM website at https://zoom.us/ and register for an account. Using the ZOOM app or website will allow you to see staff and other PLAN members. If you do not have access to video technology, you can still participate in the virtual activities by calling from any phone! Contact Becky at 216-509-8685 for help!