GARFIELD HEIGHTS SENIOR CENTER
5407 Turney Road
Garfield Hts., OH 44125

SENIOR HI-LITES
MARCH 2020

Open: Monday through Thursday
8:30 a.m. – 2:00 p.m.
216-475-3244

CITY OF GARFIELD HEIGHTS
Mayor, Vic Collova

Michael Dudley, Councilperson, Ward 1
Charles Donahue, Councilperson, Ward 2
Michael T. Nenadovich, Councilperson, Ward 3
Shayla Davis, Councilperson, Ward 4
Jason Blake Councilperson, Ward 5
Matt Burke, Councilperson, Ward 6
Tom Vaughn, Jr., Councilperson, Ward 7

SOCIAL SERVICES DIRECTOR:
Kathy Rush-Parsen.........................475-3244

ACTIVITIES COORDINATOR:
Annie Hoover..............................475-3244

CLERICAL SUPPORT II
Laketia Gaston.............................475-3244

ADMINISTRATIVE ASSISTANT II
Joe Snyder.................................475-3244

STAFF
Heidi Milczewski.........................Bus Driver
Angelo Musarra...........................Bus Driver
Lorenza Roberts.........................Bus Driver
Ralph Redmon...........................Meals Driver
Katie Granfors...........................Kitchen Aide

NEWS FROM KATHY

It is with mixed feelings that we say goodbye to yet another great employee at the Senior Center. Our bus driver, Heidi, will be leaving us soon and, although we are so happy for her as she moves on to fulfill a dream, we are so sad to see her go.

We will have a small celebration around lunch time to wish her good luck on her last day, March 3rd. Please join us to say goodbye to our dear Heidi-Ho!

MISSION STATEMENT:
The mission of the Garfield Heights Senior Center is to provide information and a range of services, activities and volunteer opportunities, which promote personal growth, health, friendship and independence for older persons.

POLICY STATEMENT:
It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color, national origin or handicap.

"Funded (in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA)."

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH: $1.25

ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!
MARCH BIRTHDAYS

*BARBARA  KOZMA  2/29
CHERYL   PINKNEY  3/4
WOJCIECH  BAKON  3/8
JANETTE  THORN  3/8
THERESA  TEPLIK  3/11
MARY   JONES  3/12
FRANK  TEPLIK  3/16
WILMA  MITCHELL  3/16
MARINO  OGLIO  3/24
CHIYOKO  WILLIAMS  3/24
LUCY  MARSHALL  3/29
JIM  STONEKING  3/31

Make sure to come in on Birthday Thursday to enjoy cake provided by Broadview Multi Care and receive your birthday gift from The Village at Marymount! If we missed your birthday, please call us and let us know so we can update our birthday list.

POST OFFICE ON WHEELS

The next visit from the Post Office on Wheels will be on Tuesday, March 24 around 9:30 AM. This is a great opportunity to pick up some postage for cards or postcards to send to all your family and friends.

SITE COUNCIL MEETING

Our next site council meeting will be on Tuesday, March 10 @ 9:30 AM in Room 118. Anyone is welcome to attend the Site Council meeting as a guest.

COFFEE WITH MAYOR COLLOVA

Do you have any questions, comments or concerns about Garfield Heights? Join us for Coffee with the Mayor this month and hear what Mayor Vic Collova has to say about what is going on in Garfield Heights!

WHEN:  Monday, March 2
TIME:   9:30 AM
WHERE:  Dining Room

Welcome to the new seniors who have joined the Senior Center in February! We encourage you all to come in and join us on a frequent basis!

JOYCE GRANFORS
VELMA STENNETT
KEN BICAN
MERION HALL
JOYCE MATHIS
LINDA ZIEMBA
JOYCE ZIEMBA

COST FOR TRANSPORTATION

Just a friendly reminder that there is a small fee for transportation:

Senior Center - $0.25 round trip
Medical Trips - $2.00 round trip
Errands (Bank, Pharmacy, Grocery) - $3.00 round trip

EXERCISE CLASS INFORMATION

Exercise will be canceled on the following days this month:

March 2   No morning exercise is Mayor
          Collova speaks past 10:00 AM
March 10  No morning exercise
March 12  No morning exercise
March 31  No jazzercise

TRY SUDOKU!

Fill the grid so that every row, column and 3×3 box contains the digits 1 to 9, without repeating. The answer key is on page 6.

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ST. PATRICK’S DAY PARTY
Sponsored by Bella Care Hospice.
Woodside Senior Living and Village at Marymount

Join us for our annual St. Patrick’s Day Party! We will kick off with the Garfield Heights Jazz Band at 10:00 AM, lunch at 11:30 AM, bagpipe entertainment at 1:00 PM and then raffle baskets before we wrap up at 2:00 PM. *We will serve our regular Western Reserve meal for the party. Make sure to sign up on March 2 or March 3 for lunch!

WHEN: Thursday, March 12
WHERE: Dining Room
TIME: 10:00 - 2:00 PM
COST: Free!
RSVP: By March 3

LUNCH BUNCH TRIP TO BONEYARD

The Boneyard is a warehouse style restaurant that has just about anything you could ask for - soup, wings, burgers, salads, seafood, pizza, sandwiches and much more!

WHEN: Monday, March 16
DEPART: 11:00 AM
RETURN: 2:00 PM
COST: $2.00 (cost of lunch on your own)
SIGN-UP: March 2 - 10
LOCATION: Broadview Heights

PAINT & LUNCH AT JENNINGS

Join us for another paint and sip event at Jennings! We will enjoy mimosas while following direction of an instructor to paint a masterpiece. We will have pizza and salad for lunch afterwards!

WHEN: Thursday, March 19
DEPART: 10:15 AM
RETURN: 1:30 PM
COST: $2.00
SIGN-UP: March 4 - 11

TRIP TO GREAT NORTHERN MALL

Come with us to the Great Northern Mall to get some of your shopping done. Please keep in mind that we will be gone during lunch, so bring some extra money for the food court!

WHEN: Tuesday, March 31st
DEPART: 10:00 AM
RETURN: 2:00 PM
COST: $2.00 (lunch & shopping on own)
SIGN-UP: March 17 - 25
LOCATION: North Olmsted

MARCH EVENTS

MARCH SPEAKERS

MARCH 4: A Cleveland Clinic Police Officer will be here at 10:00 AM for a presentation about self-defense.

MARCH 18: A representative from the Visiting Nurses Association will be here at 10:15 AM for a presentation about their company.

MARCH 25: A representative from Medical Mutual will be here from 10:00 - 11:00 AM with an information table in the dining room if you have any questions about your plan.

MARCH 30: A representative from The Heights will be here at 10:00 AM for a presentation over the 10 signs of Alzheimer’s Disease.

HAVE SOME FUN WITH US ON...

MARCH 3 Bingo w/ Broadview Multi Care
MARCH 11 Bingo w/ The Heights
MARCH 12 St. Patrick’s Day Party
MARCH 26 Bingo w/ Care Source

SENIOR PRODUCE MARKET

The Greater Cleveland Food Bank will facilitate the delivery of healthy and nutritious produce to the Senior Center on the third Tuesday of every month. Please bring your own bag and purple registration card! If you would like to register, please call Joe at 216-475-3244.

WHEN: Tuesday, March 17
WHERE: Dining Room
TIME: 1:00 - 2:00 PM

POETRY CONTEST

Are you an aspiring poet or simply enjoy writing new and creative verses? Make sure to participate in the Garfield Heights Senior Center 2020 Poetry Contest!

Poems can be on any appropriate topic and must be original work. The deadline for poem submission is March 23. Please write legibly and include your name on each page if applicable.

The 1st place poem will win $50 and 2nd place poem will win $25! Winning poems will be announced in our April newsletter. Good luck!
**COMING SOON**

**MARY KAY**

A representative from Mary Kay will be here for a fun color event! Test out some makeup products and see what colors look best on your face. You can even purchase products at the end if you wish. This event is limited to 10 people.

**WHEN:** Wednesday, April 1  
**WHERE:** Room 118  
**TIME:** 12:30 - 2:00 PM  
**COST:** Free!  
**SIGN-UP:** March 18 - 25

**SPRING DRAMA PERFORMANCE - SEUSSICAL THE MUSICAL**

Seussical is a musical by Lynn Ahrens and Stephen Flaherty, based on the children's stories of Dr. Seuss, with most of its plot being based on Horton Hears a Who! while incorporating many other stories. The musical's name is a portmanteau of "Seuss" and "musical". It has spawned two US national tours and a West End production, and has become a frequent production for schools and regional theatres. This trip is at the Garfield Heights Center for the Performing Arts. *We will order box lunches for everyone attending the trip unless you wish to pack your own.*

**WHEN:** Thursday, April 2  
**DEPART:** 9:30 AM (school bus)  
**RETURN:** 2:00 PM  
**COST:** Free!  
**SIGN-UP:** March 16 - 24

**LUNCH BUNCH TO THE COFFEE CUP**

Time to try something new! The Coffee Cup is a family owned hidden gem with a large menu and reasonable prices. Breakfast, lunch and dinner are served at all times during the day.

**WHEN:** Wednesday, April 22  
**DEPART:** 11:15 AM  
**RETURN:** 1:30 PM  
**COST:** $2.00 (lunch on your own)  
**SIGN-UP:** April 6 - 14  
**LOCATION:** Bedford

**ANNOUNCEMENTS**

**DR. DIAMOND**

The next appointment day for the podiatrist, Dr. Diamond, is Thursday, April 9. Just a reminder to please call the Senior Center the week of April 6th to schedule an appointment.

**MONTHLY 50/50 RAFFLE**

50/50 raffle tickets will be available March 23 - 26 in the dining room from 9:00 - 11:00 AM. We will pull the winner before lunch on March 26 at 11:30 AM. Tickets are 6 for $5.00 or $1.00 each. Winners do not need to be present - even better! This is a true 50/50 raffle with half of the proceeds going back to the Garfield Heights Senior Center Site Council.

**MIND CHALLENGE UPDATE**

Our Mind Challenge team traveled to Strongsville on February 10 for the 'Smart Sixteen' competition. We were one of the top teams along with Broadview Heights! We're at a great start, so keep up the good work! Their next event is the 'Elevated Eight' competition on Monday, March 9 at Strongsville. Make sure to cheer on our team as they compete to make it to the finals.

**SNAP-Ed**

SNAP-Ed is a free nutrition education program serving participants and low-income individuals eligible to receive SNAP (Supplemental Nutrition Assistance Program) benefits or other means-tested federal assistance programs throughout Ohio. The goal of the program is to improve the likelihood that families and individuals who receive SNAP benefits will make healthy food choices and choose active lifestyles.

Join the class for a free series of programs that will give you easy ideas that will help stretch your food dollar, use simple tasty cooking techniques and eat healthier this summer and beyond. Each class will include a food tasting.

**WHEN:** Thursdays from April 2 - April 16  
**WHERE:** Room 018 (basement)  
**TIME:** 9:30 - 11:00 AM  
**COST:** Free
**Massages**

Tara will be here on **Thursday, March 19** for massages. Massages are $5 for 10 minutes. Please call Annie to schedule an appointment. Appointment times will start at 9:30 and go until 12:30 PM. Walk-ins are only available if the time slot is not filled.

**Memory Exercises**

Have some fun and train your brain with us during our memory exercise classes! Keep checking each newsletter to see when our memory exercise classes will be! It will vary each month.

**Craft Class**

Our craft class will be on the 2nd and 4th Wednesday of every month. The class will be in the solarium from 9:45 - 11:15 AM. Every month will be a different craft! We are limiting the class to 4 people, so please make sure you sign up with Annie in advance.

**Bingo W/ Broadview Multi Care**

Broadview Multi Care will be here for bingo this month! Bingo is FREE and on the first Tuesday of the month at 12:30 in the Dining Room. No volunteers needed!

**Bingo W/ The Heights**

The Heights is here once a month for bingo! Bingo is FREE and on the second Wednesday of the month at 12:30 in the Dining Room. No volunteers needed!

**Bingo W/ Care Source**

Just a reminder that Care Source is here once a month for bingo! Bingo is FREE and on the fourth Thursday of the month at 12:30 in Room 118. No volunteers needed!

**Free Hearing Screenings**

We are taking a little break from hearing screenings with Hear USA. There will be information in the newsletter about when we will start back up!

**Blood Pressure Screenings**

Woodside Senior Living will be here once a month for blood pressure screenings. They will be here on the 3rd Tuesday of every month from 10:00 - 11:00 AM.
**NEWS YOU CAN USE**

**IN LOVING MEMORY**

In loving memory of our friends that have been near and dear to our hearts over the past several years.

**TOM GALLAGHER**

"Your presence we miss, your memory we treasure, loving you always, forgetting you never."

**A SPECIAL THANK YOU...**

As many of you know, Wanda Long was an avid bingo player at the Senior Center. In honor of Wanda, her family donated new bingo calling equipment to the Senior Center for all to enjoy. We miss Wanda dearly and we thank her family for this wonderful donation!

**THANK YOU**

**PRESIDENT'S CORNER**

Did you know? Being forgetful is not only normal, it makes you smarter. The main function of memory is to improve decision making, and forgetting irrelevant details helps you to be more intelligent and make informed decisions.

**Joy Hresko**

**CRAFT CORNER**

The lucky winner of the Valentine’s Day bear was Larry Hoy. Congratulations! A special thank you to Missy, Dot Lisy and James Bonness for their donations to the Craft Room in February.

**Barb Dines**

**AARP TAXES**

AARP free tax assistance will be available on Fridays until April 3. Please keep in mind that you will have to use your own transportation for this service since it is outside of Senior Center hours. Options for appointment times include 9:15, 10:30, 12:00, 1:30 and 2:30 PM. Please call the Senior Center for an appointment.

**EASTER BAKE SALE**

Get ready to buy some baked goods! Our bake sale will be on Wednesday, April 8 and Thursday, April 9 this year. We will be accepting donations on Tuesday, April 7 (homemade or store bought baked goods). We have also had a few requests for sugar free items! If you would like to donate for our bake sale and have any questions, please call Annie at 216-475-3244.

**FOR YOUR ENTERTAINMENT**

**SUDOKU PUZZLE ANSWER KEY**

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**FEBRUARY RIDDLE ANSWERS**

- What’s always coming, but never arrives? **TOMORROW**
- I am a seed, three letters in the name. Take away two and I sound quite the same. What am I? **PEA**
- What’s as small as a mouse but guards a house like a lion? **LOCK**
- What loses its head every morning only to get it back every night? **PILO**
- What gets whiter the dirtier that it gets? **CHALKBOARD**

**MARCH RIDDLES**

*Answers will be on the next newsletter.*

- What makes a loud noise when changing its jacket, becomes larger but weighs less?
- When it was young, it had a tail. When it grew up, it had knees.
- What English word retains the same pronunciation, ever after you take away four of its five letters?
- What demands an answer, but asks no questions?
- The more you take from me, the bigger I get. What am I?
THANK YOU TO OUR FEBRUARY SPONSORS!!

Broadview Multi Care provides the cake for Birthday Thursday every month! They also sponsor bingo every other month!

Village at Marymount provides the birthday gifts for Birthday Thursday every month! They also donated a basket for Valentine’s Day!

Pleasant Lake Villa sponsors bingo every other month!

Woodside Senior Living sponsors blood pressure checks once a month! They also donated a basket for Fat Tuesday.

Care Source sponsors bingo once a month!

Hear USA sponsors hearing screenings once a month!

The Heights sponsors bingo once a month!

The Oaks of Brecksville, of Saber Healthcare Group, donated cupcakes for Valentine’s Day!

Thank you
“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade.”

-Charles Dickens
St. PATRICK'S DAY CELEBRATION

9:30 - 2:00 PM
THURSDAY, MARCH 12
Garfield Heights Senior Center
5407 Turney Road Garfield Hts

Join us for our annual St. Patrick's Day Party! The Garfield Heights High School Jazz Band will perform from 10:00 - 11:00 AM, lunch will be served at 11:30 AM (sign up during regular meal reservation days), a bagpiper will perform at 1:00 PM and baskets will be raffled before we wrap up at 2:00 PM. This event is FREE and open to seniors (60+) in Cuyahoga County. Please RSVP and reserve your meal by March 3.

This event is sponsored by Woodside Senior Living, Bella Care Hospice and The Village at Marymount.
BAKE SALE

APRIL 8 & 9

9:00 - 1:00 PM

CIVIC CENTER LOBBY
5407 TURNEY ROAD
GARFIELD HTS, OH 44125

Sponsored by the Garfield Hts. Senior Center Site Council

WE WILL BE ACCEPTING DONATIONS (HOMEMADE AND STORE BOUGHT) ON TUESDAY, APRIL 7TH
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<td>SELF DEFENSE PRESENTATION @ 10</td>
<td>MEMORY CLASS @ 10:45</td>
<td>Shopping @ Giant Eagle</td>
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<td>COFFEE W/MAYOR</td>
<td>BON VOYAGE HEIDI!</td>
<td>10:00: Flexibility Class</td>
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<td>9:30: Wii Bowling</td>
<td>9:30: Lite Aerobics</td>
<td>11:30: Lunch</td>
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<td>@ Drug Mart</td>
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<td>9:30: Books &amp; Puzzles</td>
<td>10:00: Strength Training</td>
<td>12:30: This &amp; That</td>
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<td>ST. PATRICK’S DAY PARTY</td>
<td>Shopping @ Drug Mart</td>
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<td>MIND CHALLENGE</td>
<td>SITE COUNCIL @ 9:30</td>
<td>9:45: Craft Class (Solarium)</td>
<td>@ 10:00 – 11:30 AM</td>
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<td>MASSAGES @ 9:30 – 11:30</td>
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<td>BONEYARD @ 11-2</td>
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<td>GREAT NORTHERN MALL @ 10-2</td>
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<tr>
<td>10:00: Flexibility Class</td>
<td>11:30: Lunch</td>
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<tr>
<td>11:30: Lunch</td>
<td>12:30: Tai Chi</td>
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### March 2020 WRAAA Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>*Spaghetti 1/2 c w/Sauce</td>
<td>*Antigua Blend ¼ c</td>
<td>*Green Beans ¼ c</td>
<td>*Broccoli ½ c</td>
</tr>
<tr>
<td>*Antigua Blend ¼ c</td>
<td>*Mashed Potatoes ½ c</td>
<td>*Corn w/ Red Peppers ¾ c</td>
<td>W.G. Biscuit, 2 oz.</td>
</tr>
<tr>
<td>*Carrots ¼ c</td>
<td>*Red Cabbage ½ c / 1PC</td>
<td>W.G. Dinner Roll</td>
<td>Sliced Apricots ½ c</td>
</tr>
<tr>
<td>Whole Grain Wheat</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
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<tr>
<td>Tropical Fruit ¼ c</td>
<td>Pineapple Chunks ¼ c</td>
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<td>ALT = CS TR</td>
<td>ALT = CBG T</td>
<td>ALT = CBG T</td>
<td>ALT = CBG RB</td>
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<tr>
<td>9 *Sliced Ham 3 oz. w/Pineapple Glaze</td>
<td>*BBQ Chicken Breast 3 oz.</td>
<td>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz.</td>
<td>*Chicken Stir Fry 3 oz. Orienta Blend ½ c</td>
</tr>
<tr>
<td>*Au gratin Potatoes ½ c</td>
<td>*Sweet Potatoes ½ c</td>
<td>*Green Beans ¼ c</td>
<td>*Carrots ½ c</td>
</tr>
<tr>
<td>*Cauliflower/Broccoli ½ c</td>
<td>*Brussels Sprouts ½ c</td>
<td>Sauled Mushrooms ½ c</td>
<td>*Brown Rice ½ c</td>
</tr>
<tr>
<td>2 Whole Grain Wheat</td>
<td>W.G. Butternilk Biscuit 2 oz.</td>
<td>Whole Grain White</td>
<td>W.G. Vanilla Wafers</td>
</tr>
<tr>
<td>Sliced Peaches ½ c</td>
<td>Mandarin Oranges ½ c</td>
<td>Sliced Apricots ½ c</td>
<td>Sliced Pears ½ c</td>
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<td>ALT = CS RB</td>
<td>ALT = CBG RB</td>
<td>ALT = CBG RB</td>
<td>ALT = CBG TR</td>
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<tr>
<td>*W.G Pasta ½ c Sauce 2 oz.</td>
<td>*Baked Beans ½ c</td>
<td>*Green Peas ½ c</td>
<td>*Mashed Potatoes ½ c</td>
</tr>
<tr>
<td>*Spinach ½ c 1PC Lemon Juice</td>
<td>*Antigua Blend ½ c</td>
<td>Cape Cod Blend 1/2 c</td>
<td>*Green Beans ½ c</td>
</tr>
<tr>
<td>*Carrots ½ c W.G. Wheat</td>
<td>2 Whole Grain White</td>
<td>1 Whole Grain Wheat</td>
<td>2 Whole Grain Wheat</td>
</tr>
<tr>
<td>Sliced Peaches ½ c</td>
<td>Chunky Applesauce ¼ c</td>
<td>Mixed Fruit ¼ c</td>
<td>Banana</td>
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<tr>
<td>ALT = CS RB</td>
<td>ALT = CBG T</td>
<td>ALT = CBG T</td>
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<tr>
<td>23 *Stuffed Cabbage 6 oz. w/ Sauce 2 oz.</td>
<td>*Breaded Fish 4 oz Tartar Sauce 1 PC</td>
<td>*Lemon Gravy 2 oz/ Chicken 3 oz.</td>
<td>*BBQ Rib Patty 3 oz.</td>
</tr>
<tr>
<td>*Mashed Potatoes ½ c</td>
<td>*Brown Rice ½ c</td>
<td>*Green Beans ½ c</td>
<td>BBQ Sauce 1 PC</td>
</tr>
<tr>
<td>*Cape Cod Blend ½ c</td>
<td>*Brussel Cabbage ½ c</td>
<td>2 Whole Grain White</td>
<td>*Sweet Potatoes ¼ c</td>
</tr>
<tr>
<td>2 Whole Grain Wheat</td>
<td>*Kyrolo Blend ½ c</td>
<td>Mixed Fruit ¼ c</td>
<td>*Broccoli Sprouts ¾ c</td>
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<tr>
<td>Sliced Peas ½ c</td>
<td>Whole Grain White</td>
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<td>Whole Grain Bun</td>
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<td>ALT = CS RB</td>
<td>ALT = CBG TR</td>
<td>ALT = CBG TR</td>
<td>Fresh grapes 1 c</td>
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<tr>
<td>30 *Beef Sloppy Joe 4 oz.</td>
<td>*Hamburger 3 oz Ketchup 2 PC</td>
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<tr>
<td>*Green Peas ½ c</td>
<td>*Seasoned Potato Wedges ½ c</td>
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<tr>
<td>*Harvard Beets ½ c</td>
<td>*Baked Beans ½ c Whole Grain Bun</td>
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<tr>
<td>Whole Grain Bun Sliced Apricots ½ c</td>
<td>Chunky Applesauce ¼ c</td>
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<td>ALT = CS RB</td>
<td>ALT = CBG TR</td>
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<tr>
<td><strong>Cold Plate Lunch:</strong></td>
<td><strong>Hot Lunch:</strong></td>
<td><strong>Boxed Lunch:</strong></td>
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<tr>
<td>-Chicken Salad with Croissant</td>
<td>Available on Monday</td>
<td>Available on Monday</td>
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<td>(ALT = CS)</td>
<td>Monday through Thursday</td>
<td>Monday through Thursday</td>
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<tr>
<td><strong>Available on</strong></td>
<td></td>
<td>T= Tuna</td>
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<tr>
<td><strong>Spring Lettuce Salad with Chicken Breast</strong></td>
<td></td>
<td>TR = Turkey</td>
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</tr>
<tr>
<td>(ALT = CBG)</td>
<td></td>
<td>RB = Roast Beef</td>
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<tr>
<td><strong>Available on</strong></td>
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</tr>
<tr>
<td><strong>Tuesday through Thursday</strong></td>
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Meal reservations need to be made every Monday or Tuesday for the following week and may be done over the phone or in person. Lunch is served Monday - Thursday at 11:30 AM, but we ask that you arrive by 11:00 AM to sign in for your meal.

**Menu Approved By:**
Ann Stahlheber MS, RDN, LD

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Western Reserve Area Agency on Aging - 2020