

The Village News



April Edition

Main Office: 216.941.3330

Open 8am-1pm (Atrium Desk)

Service Coordinator: 216.941.4600

Fax: 216.941.7758



Community Updates

Welcome Home

SUSAN **CARL**
LAURA **KEENAN**
MELVIN **NANCY**
DOUG **MARIANNE**



THE MOBILE OFFICE WILL VISIT
 OUR SITE ON MONDAY THE 14TH
 FROM 2-2:25PM

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, **Administrative Assistant**
 Michelle Shaffer, **Beautician (216.315.6869)**
 Jeannie Daloisio, **Village Resale (216.282.6954)**

WHAT'S OVER IN THE RECTORY?

For the next few months, we'll be highlighting the many special spaces available to all of our tenants in the Franciscan Village Activity Center, otherwise known as "The Rectory". To start, we'd like to highlight one of our favorite spots to shop!

VILLAGE RESALE

Score fantastic deals at the Village Resale Shop! From decorations and household items to furniture, you'll find something special at a fraction of the cost. The main shop is open Wednesdays and Fridays from 1-3pm, located on the 2nd Floor of the Rectory. The Furniture Room is open Thursdays from 2-4pm and is located on the 5th floor of B Building. AND..did you know we take Donations? Call Jeannie at 216.282.6954 if you've got something you'd like her to take a look at!



LETTER TO THE EDITOR

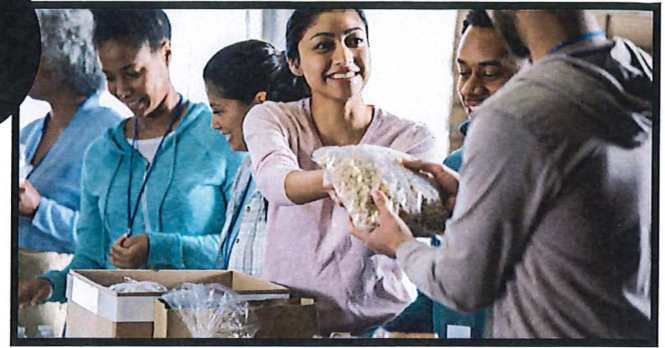


The following question has been submitted by a tenant to our Main Office:

Q: I'm not always here when my packages get delivered. Can I tell Amazon to leave it with "Reception" or "the Office"?

Thank you for your question! Unfortunately, due to our policy, staff are not permitted to receive deliveries for residents. We apologize for any inconvenience this may cause. To ensure you receive your packages as smoothly as possible, we recommend:

- A) that you enter your intercom # into the delivery notes for your package, and carry your cell phone with you at all times when you are expecting a package so that even if you are off-site, you can still buzz the delivery staff into the building. -and-
- B) that you keep tabs on the delivery status for your packages through your Amazon account so that you can anticipate its delivery window as closely as possible.

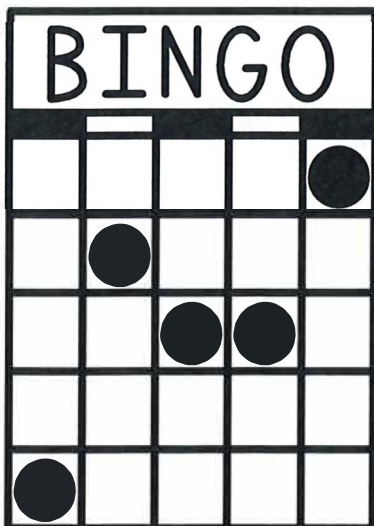


THIS MONTH'S GOOD IDEA

Volunteer at the Village!

Did you know there are many ways to volunteer right here in our community? We're looking for friendly faces to help us in our Activity Spaces and with our various events. Your time and skills can truly brighten someone's day! If you're interested in learning more about our volunteer opportunities, please reach out to the Main Office. Each and every one of you has a different set of gifts, and we'd love to find a way for you to leverage those strengths to make our community and even better place!

HIGHLIGHT EVENTS



FREE BINGO SHEETS!

Get ready for a night of laughter and friendly competition at our volunteer-led Bingo Night! We're gathering on Thursday, the 17th at 6:00 PM to enjoy an evening of classic bingo. As a special treat, everyone will receive TWO FREE sheets to play. It's a fantastic opportunity to connect with neighbors and have a great time. And, if you have a clear voice and a friendly demeanor, consider joining our team of volunteer callers. Contact the Main Office to learn more and become a part of our bingo family!

TENANT MEETINGS

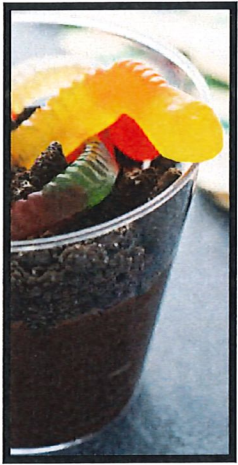
Mark your calendars! Our April Tenant Meetings will be held on Wednesday, April 23rd in the Community Room. We will have two sessions: one at 11:00 AM and another at 1:00 PM. Please attend the session that best fits your schedule to stay informed and share feedback.



COMMUNITY NOTES

Unit Sales - 416B and 513B

Unit Sales! Don't miss out on these opportunities to find treasures! Unit 416B will be open for sales on Monday, April 7th from 2-4 PM. Following that, Unit 513B will be open on Tuesday, April 8th from 2-4pm. Come and see what you can discover!



**GET YOUR
SPRING
DIRT AT
YOUR
DOOR!**
4/29 2-4PM

Cart Tracking

To ensure the availability of our community carts for everyone's use, we'll be implementing a tracking system on each cart. This will allow us to quickly locate carts that are not returned to their designated holding areas promptly after use. We kindly remind everyone that carts should be returned immediately after use and not left in hallways. Your cooperation helps maintain a smooth and efficient system for all residents.



Gardener Meeting

Annual Gardeners Meeting! Calling all members of our communal garden program! Join us for our annual meeting on Friday, April 25th at 11:00 AM in the Community Room. We'll be discussing plans for the upcoming season, rules of the program, sharing gardening tips, and connecting with fellow gardeners. Your input is valuable, and we look forward to seeing you there!

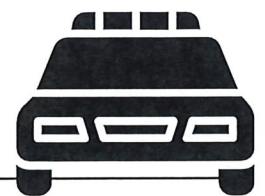


Help Keep Our Community Safe!

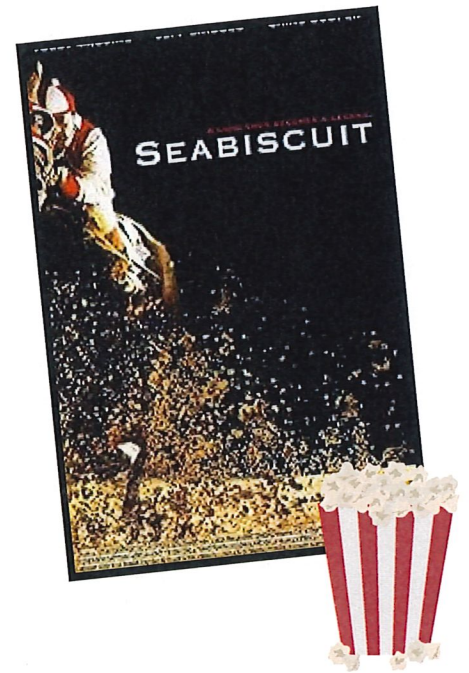
We want to remind all residents about the importance of securing your vehicles. Please double-check that your car doors are locked after parking. Additionally, we urge you to report any and all suspicious activity you observe on our premises or in the neighborhood to the Main Office.

To further address safety concerns, we encourage you to attend our monthly Coffee with the Cops events. This is a valuable opportunity to share your observations and concerns directly with local law enforcement in a relaxed setting.

Important: If you suspect illegal activity is occurring on our premises, please contact local law enforcement immediately. Your prompt reporting is crucial in maintaining a safe environment for everyone.



THIS MONTH'S MOVIE NIGHT



**Happy
Birthday**

APRIL BIRTHDAYS!!

APRIL 25



Mon	Tues	Wed	Thurs	Fri
	1	2 PARFAIT PARTY 11	3	4 FATHER ROB 11 DEDICATED - D LOBBY
7 STATE FARM 1	8 EASTER BUNNY GAME NHT 6 COMM ROOM	9 COFFEE W/ COPS 11:30 NATIONWIDE 1	10 PCP TALK 12 KARAOKE 6	11 BROADWAY PHARMACY 1
14 MEMORY CARE 1 	15 EASTER BUNNY GAME NHT 6:30 A&C ROOM	16 	17 BINGO 6	18 Good Friday OFFICE CLOSED MOVIE NIGHT 6
21 EUCH MINISTER 11	22 FOOD BANK EARTH DAY 12 COFFEE HOUR 1	23 TENANT MEETINGS 11 & 1	24 LINE DANCE 2	25 GARDENER MTG 11 BOOK CLUB 2
28 EMS 10:30 FALL PREVENT 1:30	29 SPRING DIRT 2	30 		
ACTIVITY CENTER				
WEEKLY PROGRAMS:				
FITNESS ROOM	24/7	SILVER SNEAKERS	FRIDAY	10
ACTIVITY ROOM	24/7	RESALE SHOP	WED & FRI	1-3
LIBRARY/COMP LAB	24/7	FURNITURE SHOP	THURSDAYS	2-4
		WII BOWLING	WEDNESDAYS	1
		TAI CHI/WEIGHTS	WEDNESDAYS	10:30

NOTES FROM THE SERVICE COORDINATOR



Have you ever encountered someone who is consistently unkind, cruel, or malicious toward others? Such individuals often express negativity and lack empathy. According to Vocabulary.com, this behavior is characterized by or indicative of "a mean person."

Understanding and Addressing Mean Behavior

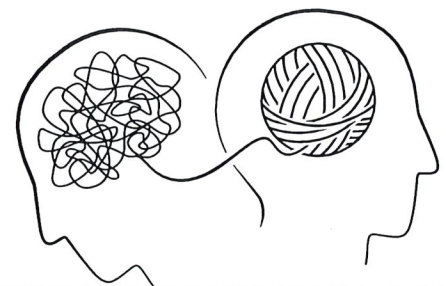
Most people do not intentionally act mean toward others, but a lack of self-awareness may prevent them from understanding their behavior and taking steps to improve. If you recognize patterns of meanness in your actions, this discussion may help you understand why you behave this way and how to change. Being mean on occasion does not make you a bad person, but identifying the root causes of such behaviors can help you grow into a more compassionate individual.

Understanding the Causes of Mean Behavior

Negative feelings such as anger, frustration, irritability, and sadness can contribute to mean behavior. Identifying and addressing these underlying

emotions can help change how you interact with others. Cultural differences can sometimes lead to misunderstandings about behavior. What may seem rude or mean in one culture may be considered normal in another. Taking time to understand different perspectives can prevent unnecessary conflicts and hurt feelings.

Certain mental health disorders, such as borderline personality disorder, bipolar disorder, and intermittent explosive disorder can lead to emotional dysregulation, causing angry outbursts and poor treatment of others. Even social anxiety can result in perceived rudeness, as someone struggling with it may appear irritable or disengaged. Feelings of inadequacy and self-doubt can manifest as mean behavior, often to assert dominance or compensate for insecurity. Traumatic experiences, especially in childhood, can shape behavior and lead to meanness. A history of physical or emotional abuse may create a deep-seated distrust of others, resulting in defensive or aggressive behavior.



NOTES CONT'D

Dealing with Mean People

1. **Protect Your Emotional Well-Being**

Limit interactions with mean individuals and engage in activities that promote relaxation and self-care. Remember, you cannot control others' behavior, but you can control how you respond.

2. **Seek Support**

Talking to a trusted friend, family member, or professional about your experiences can provide emotional relief and guidance on handling difficult interactions.

3. **Distance Yourself When Necessary**

If someone's mean behavior is causing you significant distress, it may be best to step away from the relationship or minimize your contact with them.

4. **Recognize Your Control**

While you cannot control another person's actions, you can control your response. Some individuals may act mean solely to provoke a reaction. By choosing not to engage, you take power away from their behavior.

Addressing mean behavior—whether in yourself or others—requires self-reflection and effort. By understanding the underlying causes and taking proactive steps, individuals can foster more positive interactions and improve their relationships.

MOBILE MAMMOGRAMS

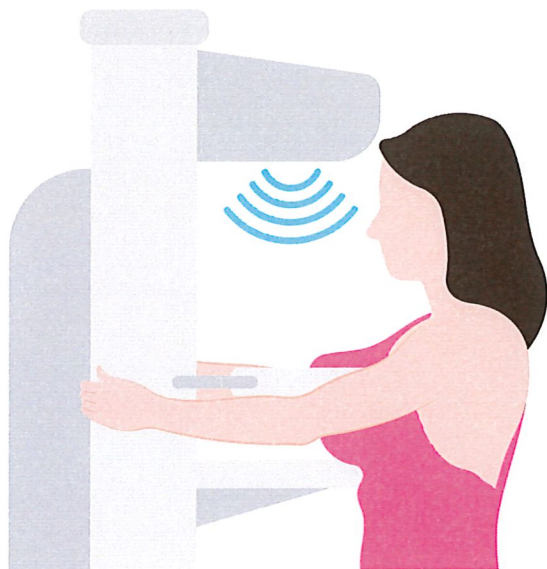
On July 25, the Cleveland Clinic's Mobile Mammogram Bus will be on-site to provide mammography services for all residents—male and female, insured or uninsured. Etta and Maureen will begin accepting sign-ups starting April 1. Don't miss this opportunity to prioritize your health!

Some information about Breast Cancer from The American Cancer Society:

It's estimated that breast cancer in men in the United States for 2025 are:

- About 2,800 new cases of invasive breast cancer will be diagnosed
- About 510 men will die from breast cancer

1 in 8 women in the United States 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, and an additional 59,080 new cases of non-invasive (in situ) breast cancer will be diagnosed.



APRIL EVENTS

Parfait Party
Wednesday, April 2 @ 11 AM
D Building
Join Melanie Mercer,
MarketPOINT from Humana
Health Care, and Reynaldo
Feliciano, Executive Membership
Growth Consultant for Dedicated
Senior Medical Center for a
delicious parfait and an
opportunity to chat with them.

State Farm Insurance
Presentation
Monday, April 7 @ 1 PM
Community Room
A State Farm Insurance
representative will provide
information about rental
insurance, which is valuable for
tenants of Franciscan Village.

Coffee with the Cops
Wednesday, April 9 | 11:30 AM –
12:30 PM
Community Room
Meet and chat with local 1st
District Police Officers to learn
about neighborhood updates
and build community
relationships.

Nationwide Insurance
Presentation
Wednesday, April 9 @ 1 PM
Community Room
A Nationwide Insurance
representative will discuss rental
insurance rates and options,
providing valuable insight for
Franciscan Village tenants.

Primary Care Physician (PCP)
Talk
Thursday, April 10 @ Noon
Community Room
Join Dr. Mary Massie-Story, MD,
as she discusses the importance
of having a Primary Care
Physician. Lunch will be
provided.

✦ RSVP by April 8

Broadway Pharmacy
Presentation
Friday, April 11 @ 1 PM
Community Room
Omar, Pharmacist Tech from
Broadway Pharmacy on West
117th will share information
about their services. Lunch will
be provided.

✦ RSVP by April 4

Memory Care Discussion
Monday, April 14 @ 1 PM
Community Room
VNA will provide insights on
memory loss, covering early,
moderate, and advanced stages
of memory impairment.

✦ Sign up by April 11



APRIL EVENTS CONT'D

Food Bank Distribution
Tuesday, April 22 | 11 AM
Bowling Alley
Update: The Greater Cleveland Food Bank announced that the USDA has canceled 553,000 pounds of food deliveries between April and July.

Earth Day Celebration
Tuesday, April 22 @ Noon
Community Room
Celebrate Earth Day by exchanging and planting seeds! Sponsored by Humana Insurance Company and Dedicated Senior Medical Center.

Book Club
Friday, April 25 | 2 PM
Community Room
Book of the Month: Last Day by Luanne Rice

Emergency Medical Services (EMS) Check-Up
Monday, April 28 | 10:30– 11:30 AM
Bowling Alley
Get a free blood pressure screening and glucose check, courtesy of The City of Cleveland.

Line Dancing
Thursday, April 24 | 2 PM
Community Room
Join us for fun and movement! All ages, wheelchairs, and walkers are welcome!

Fall Prevention Presentation
Monday, April 28 | 1:30 PM
Community Room
Oniel's Health Care will provide fall prevention tips to help older adults stay safe. Over 14 million adults (1 in 4) report falling each year—learn how to prevent it!

📌 RSVP where required and join us for these valuable community events!

