

Join a 55+ Groups

Returning in July

Mah Jongg - Mondays & Wednesdays, 1pm-3:30pm

* Walking Group—Thursdays, 9:00am-10:30am

Interested in starting a group? Call the 440-639-4650 and let's talk about it!

**Location varies, so please call for details*

Reserve your time slot online or by
contacting the Community Center at
440-639-4650.



Blood Drive

Concord Community Center

Fireplace Room

**Tuesday, July 14, 2020
10:00 a.m. to 3:00 p.m.**



Visit: www.redcrossblood.org

Use sponsor code: concordcc

Concord Township 55+ Social Group Come Join Us, Virtually!



July Edition

Concord Township Community Center
7671 Auburn Road
Concord Township, Ohio 44077
(440) 639-4650

Hi friends!! We, at the Recreation Department miss seeing you! We hope you're staying well and enjoying the beautiful summer weather. Did you enjoy last month's newsletter? Do you have ideas for August's newsletter? Do you miss chatting with us? Please feel free to contact us! We are working hard to come up with safe and fun ways to get together in the fall. More news to come!

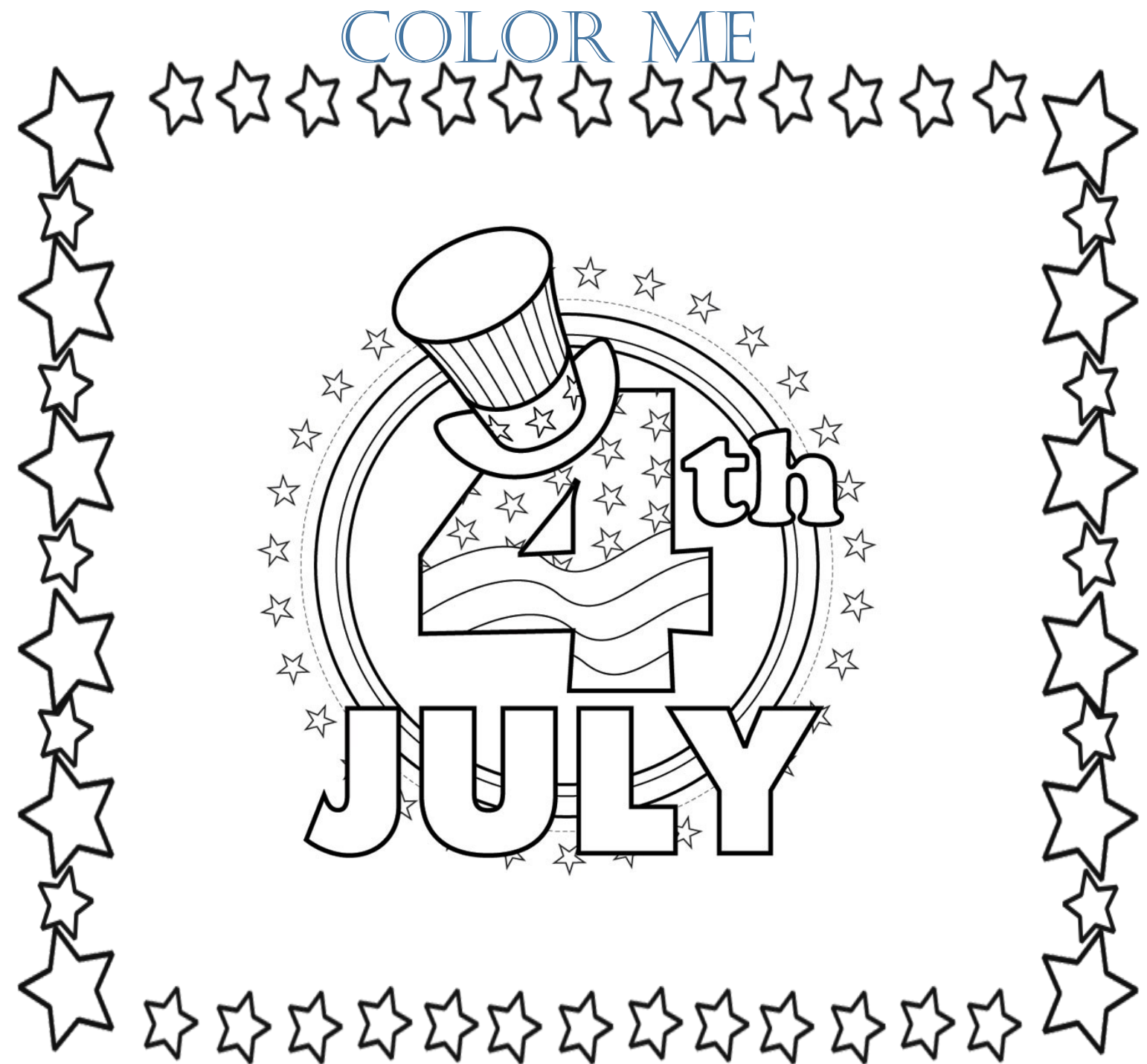
Your friend,
Rachel

We can be reached the following ways:

Phone: 440-639-4650

Email: Recreation@concordtwp.com

Missing you all,
Debra Esker
Rachel Lamb
Susie Cobb
Star Bruno



Websites to check out:

<https://concordtwp.com/departments/recreation/>

<https://wethrivetogether.org/>

<https://sudoku.com/>

<https://cardgames.io/>

<https://www.mylakeoh.com/>

<--- If you see a class you want to try, call our technology wizard, Susie Cobb and she will get you all set up!

Summer Safety Tips:

- * **HYDRATE!** Make sure you're drinking water throughout the day. Did you know, drinking 2 glasses of water upon waking helps activate internal organs? Drinking a glass of water 30 minutes before a meal helps digestion. Adding a slice of lemon to your water, adds a beautiful and healthy touch to your glass of hydration.
- * Each day, check out the daily weather. It's never a good feeling to get stuck in a rainstorm without an umbrella, however planning a walk with a friend at a new park and learning while on your walk that the humidity will be on the rise could be dangerous.
- * Sun protection - If you're going to be outside, protecting yourself from harmful UV rays is important. Avoiding **direct** exposure to the sun during 10am-4pm is ideal on a sunny day. Wearing a sunscreen that works for you, wearing a wide brimmed hat and sunglasses, and finding shade are all good ways to enjoy the beautiful weather and practice sun safety. If you're able to, keep a small bag in your car with a small bottle of sunscreen, hat, sunglasses and perhaps even a small battery operated hand held fan.
- * Did you know that **some** medications make you more sensitive to the sun? It's called photosensitivity. It's possible, you could sunburn more easily or have a itchy or sensitive skin. It's a good idea to check with your doctor or pharmacist to be sure. Some common medications to check : some antibiotics, some older antihistamines, some sulfonylurea drugs for diabetes, some heart medications.
- * Whenever possible, relax in the air conditioning on a hot and humid day. Did you know there are assistance programs especially for seniors on a fixed income? The Home Energy Assistance Program or H.E.A.P. is there to help. Please call 1-800-282-0880 for more information.
- * **KNOW THE SIGNS OF HEAT RELATED ILLNESSES!** Now is a good time to review the symptoms of dehydration, heat stroke, heat exhaustion, and heat syncope.
- * Mosquitos, ticks, biting flies, and gnats are such pests. Protect yourself against those pesky little critters. There are a range of products that work from sprays, balms, to even wristbands with essential oils which naturally repel.
- * Stay in touch. Have at least one friend or loved one that you check in with daily. Let them know your plans if you're heading out for a walk. Be sure to let someone know your outdoor exercise plans, whether it's a nice walk through your neighborhood or you're planning a hike through one of Concord's beautiful parks.

Summer Safety Tips

- *Stay Hydrated.
- *What's the weather?
- *Limit your time outside.
- *Stay protected from the sun.
- *What are your prescription side effects?
- *Stay cool!
- *Know the signs of heat related illnesses.
- *Don't be bugged by bugs.
- *Stay in touch.

Concord Scavenger Hunt

I hope you enjoyed the "Grateful" Scavenger Hunt published in the June 55+ Newsletter. This month, I'm giving you a chance to tour Concord Township. Each location will have some items to look for. Know of a little gem in Concord, call the Recreation Department and let us know!

Old Stone School

- 1) "Silly" walking signs
- 2) Can you name the plants surrounding the Old Stone School tended to by our very talented Star Bruno?
- 3) Our Little Free Library

Concord Community Center

- 1) Can you find the "Garden Club" stepping stone in the flower bed just out side of the flag pole area?
- 1) How many trees are in our tree lawn?
- 2) Our Little Free Library

Concord Woods Nature Park

- 1) What type of fish can you see in the pond?

Fire Stations

- 1) Have you ever met our 1st responders? Stop by and say "hi"

Town Hall

- 1) Can you name the plants surrounding Town Hall tended to by Concord's very talented Garden Club?

Gazebo

- 1) Can you name the plants surrounding our Gazebo tended to by Concord's very talented Garden Club?
- 2) Have you ever walked the path with the commemorative bricks?



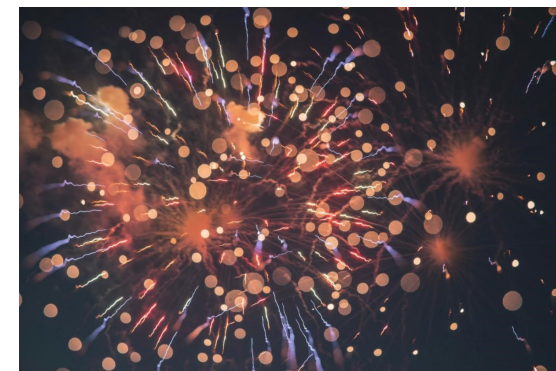


Celebrating Concord Residents!

Notable Concord Residents: Did you know a book is being written about Concord Township history in honor of our upcoming Bicentennial? One of the chapters celebrates 'Notable' residents, and we need your help! We are seeking your recommendation(s) of past or present residents who have made a significant contribution to the development of our township. Send your thoughts to Recreation@concordtwp.com by JULY 31st!



The Concord Township Recreation Department continues to plan for our special Bicentennial Year, coming up in 2022. If you have any old pictures of life in Concord, please consider sharing them with us for possible inclusion in the book. We are also accepting artifacts and other historic documents like books, report cards, bills of sale, and more! Contact the Recreation Department for more information at 440-639-4650.



Citizen of the Year: Nominate someone to be this year's "Citizen of the Year"! Each year, Concord Township recognizes one person who exemplifies dedication to community and the betterment of our township. Do you know of someone worthy of this prestigious honor? Tell us about them! Nomination forms can be found at <https://concordtwp.com/departments/recreation/>.

		Best Catch				Ranking				City			
		Trout	Perch	Walleye	Bass	1	2	3	4	Concord	Mentor	Chardon	Painesville
Name	Lawrence												
	Dan												
	Lee												
	Bob												
City	Concord												
	Mentor												
	Chardon												
	Painesville												
Ranking	1												
	2												
	3												
	4												

Fishermen from all of Northeast Ohio took place in a fishing competition. The top four fisherman are left, who will be the winner?

- The four fisherman are Dan, the one that caught a bass, the one that placed 1st, and the one that lives in Concord.
- Lawrence caught a perch.
- Lee and the fisherman that live in Mentor were the competitors that placed 1st and 4th
- Bob and the fisherman from Painesville were the competitors to catch the bass and trout.
- A fisherman who's name starts with an "L" won the competition and he lives in Chardon.
- The fisherman from Chardon caught the walleye.
- Dan lives in Painesville and did **not** place 4th.
- The fisherman from Concord and the one that caught the bass placed 3rd and 4th.
- The fisherman from Painesville caught the trout and the fisherman from Concord caught perch
- Lawrence lives in a city that starts with a "C".
- Bob and the fisherman that caught the trout placed 4th and 2nd.



Name	Best Catch	Ranking	City
Lawrence			
Dan			
Lee			
Bob			