



# Strongsville

e-Newsletter

May 2010

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[www.strongsville.org](http://www.strongsville.org)

## Important Dates

**Ongoing:**  
**May 6 & 7th:**  
**Mon, May 31st:**

**Registration for Spring/Summer Classes**  
**White Elephant Sale at the Senior Center**  
**Memorial Day, Center CLOSED**

## National Stroke Month - Be Aware

May is National Stroke Awareness Month. Stroke is the third leading cause of death in America, killing about 137,000 people each year, and a leading cause of adult disability.

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain.

When either of these things happen, brain cells begin to die and brain damage occurs. When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory.

How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.

For example, someone who has a small stroke may experience only minor prob-

lems such as weakness of an arm or leg. People who have larger strokes may be paralyzed on one side or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability. Everyone has some risk of stroke. Some factors are beyond your control such as being over 55 years of age, being a male, being African-American, having diabetes, and having a family history of stroke.

However, some risk factors you can control such as smoking, being overweight and drinking too much alcohol.

Symptoms of a stroke are:

\*SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.

\*SUDDEN confusion, trouble speaking or understanding.

\*SUDDEN trouble seeing in one or both eyes.

\*SUDDEN trouble

walking, dizziness, loss of balance or coordination.

\*SUDDEN severe headache with no known cause.

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

**Face:** Ask the person to smile. Does one side of the face droop?

**Arms:** Ask the person to raise both arms. Does one drift downward?

**Speech:** Ask the person to repeat a simple sentence. Are the words slurred? Can he repeat the sentence correctly?

**Time:** If any of the symptoms are present time is important - brain cells are dying. Call 911 or get the person to the hospital immediately.

Approximately 795,000 strokes will occur this year. Strokes can happen at any time regardless of age, sex or race. Be aware of the signs and symptoms so you can ensure you or a loved one gets help immediately.

Source: [www.stroke.org](http://www.stroke.org)



Enjoy locally grown and produced vegetables, fruits, flowers, jellies, baked goods and more!

**Thursdays  
Aug 5-Sept 30  
3:00-7:00pm**

Located at 13213 Pearl Road, north of Rt 82 behind the Communication Building (former library).

# 5th Annual Strongsville Recreation Triathlon

Test your endurance in this 1/2 mile indoor swim, 10 mile bike on Johnny G Spinners and 3.1 mile outdoor run. Register by August 11th. Sat, August 21 Ages: 18+ Fees: \$35-45\*



## Strongsville Youth Commission (SYC)

The SYC is a group of high school students and adult mentors living in Strongsville working towards enhancing their community. The SYC gives sophomores, juniors and seniors the chance to develop leadership skills, learn business skills, get involved in the community and develop programs for their peers.

Come and hear from your peers what the SYC is all about. This informational meeting is for upcoming sophomores, juniors and seniors living in Strongsville. Listen to current members as they share their experiences in leadership development and actively participate yourself.



**Monday, May 17th**

**7:00 - 8:30 pm**

**Ehrnfelt Recreation Center (Sr. Meeting Room)**

For those interested in becoming a member, applications will be handed out after the meeting. If you are unable to attend, you can pick up an application at the front desk beginning May 18th. Deadline for all applications is 9:00pm Friday, June 4th. The first meeting of the new session will be held Monday June 14<sup>th</sup>.

For more information contact Kristen Nykiel at [kristen.nykiel@strongsville.org](mailto:kristen.nykiel@strongsville.org)



### Health

### Screenings

FREE for all ages, held each month in the Senior Center :

#### Blood Pressure

3rd Tues, 10:30am-1:00pm

#### Diabetes Screening

3rd Tues, 10:30-11:30am

2nd & 3rd Fri, 8:30-11:30am

## Fitness

### Train for a Triathlon

Sign up and train for the 5th Annual Strongsville Recreation Triathlon!

Come learn the proper triathlon training techniques as you are guided through this 12 week program by our Triathlon Master Trainer, Registered & Licensed Dietician and Personal Trainers.

The program includes mini-lectures and a training program that covers running mileage; drills to improve time; interval training; techniques for combining running with your swim program; proper swim distances for training; effective Spinning training; and, proper nutrition.

This 12 week program begins with an initial meeting discussing the training program, nutrition guidelines, and triathlon format.

Your program fee includes a training manual, lectures, T-shirt and triathlon registration.

Ages: 18+

Initial Meeting: Tues, June 1 @ 6:00pm

Triathlon Date: Sat, August 21 @ 8:00am (first heat)

Fee: \$35

*\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

## Health Benefits of Bell

### Peppers

Source: [www.everynutrient.com](http://www.everynutrient.com)

\*Bell peppers are a good source of vitamin C, thiamine, vitamin B6, beta carotene, and folic acid.

\*Red bell peppers have significantly higher levels of nutrients than green. Red bell peppers also contain lycopene, which is a carotene that helps to protect against cancer and heart disease.

\*Possibly due to their vitamin C and beta carotene content, bell peppers have been shown to be protective against cataracts.

## Summer Day Camp

The Ehrnfelt Recreation Center offers summer day camp for children. Activities include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Pick up a registration packet at the front desk to get information about the different age groups, field trips, camp policies and to register.

Ages: 6-13 years      Fees: \$115-125\*

Camp meets Monday~Friday, 9am-4pm  
Before and after camp hours available

Camp begins the week of June 14th

## Adult and Senior Programs

### Viva Las Vegas ~ Senior Day!

Once again this year the Ehrnfelt Senior Center wants to celebrate in Sin City style by inviting all of our seniors to join us for our "Viva Las Vegas Senior Day". Come out and enjoy a day of casino games, entertainment, door prizes, Al a carte lunch and much more all in a Las Vegas style atmosphere! Keep watching for more information . Admission to this event is free!

Wed, May 19      10:00am-1:00pm      Ages: 50+

### New Evening Yoga (starting May 13)

Beginning May 13th, we will offer Yoga on Tuesday and Thursday evenings; 5:30 – 6:30pm. They will be separate six week sessions; allowing you to take one or both evening programs. Increase your core strength, while stretching your whole body; helping to improve stamina and release stress. All are welcome.

6 Week Session Fees: \$18-26\*      Drop-In Fee: \$4-6\*

### Senior Golf Outing

Come enjoy an afternoon outing with other seniors on the links at Royal Crest Golf Club in Columbia Station. You'll play a mixed scrabbles of 9 holes, including a cart, and end with a picnic under the pavilion. Registration required by June 2.

Tues June 8      1:00pm      Fees: \$22-26\*

### Dog Obedience

This course will cover heeling/sitting, sit/stay, down/stay, stand/stay and come when called. These commands will help you to bring out the best in your pet. Pet must be at least 4 months old, have a 6 foot leash and choker chain, and have proof of vaccinations for first class. Instructor: David Moore of Doo the Dog

Mon, May 17-June 28 (no class 5/31)      7:00-8:00pm      Fees:\$80-92\*

## Youth Programming

### PreSchool Day Camp

Do you have an active, inquisitive preschooler in need of some summertime fun? Come join us at preschool day camp where we'll explore the joy of summer through books, crafts, games, snacks and much more. If an individual wants to cancel enrollment in preschool day camp, it must be requested at least 7 days prior to the first day of that particular camp session. **Refunds will not be given if requested less than 7 days prior to the first day of camp.** Now enrolling!! Registration packets available at the front desk.

Ages: 4-5 years      9:00am-1:00pm  
Mondays, Tuesdays & Thursdays      Fees: \$33-45\*

*\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

# Brown Rice Stuffed Peppers

## Ingredients

- 1/2 cup finely chopped onion
- 2 garlic cloves, minced
- 2 tsp olive oil
- 2 14-oz cans low-sodium chicken broth
- 1-1/2 cups long-grain brown rice
- 1/2 tsp dried oregano
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- 1/8 tsp paprika
- 1 14-1/2-oz can diced tomatoes, drained
- 1 11-oz can whole-kernel corn with bell peppers, drained
- 2 tbsp chopped cilantro
- 8 small bell peppers

## Preparation

- \*In a large saucepan, cook onion and garlic in oil over medium heat until onion is tender, about 5 min.
- \*Stir in broth and bring to a boil; add rice, oregano, black pepper, salt and paprika. Simmer, covered, about 40 min or until rice is tender and liquid is absorbed.
- \*Remove from heat and stir in tomatoes, corn and cilantro.
- \*Heat oven to 400 degrees F.
- \*Slice 1/2 inch off tops of bell peppers and set aside; remove seeds. In a baking dish, arrange peppers in a single layer and fill each with rice; cover with



pepper tops. Tent peppers with foil and bake until just tender and rice is heated through, about 30 min.

Servings: 8

Calories: 205g

Fat: 2.5 Fiber: 5g

Ladies Home Journal  
www.lhj.com

# Aquatics

## Lifeguard Review & Challenge

Renew your certification before it expires.

Sat, May 22 OR Sun, June 6 9:00am-5:00pm

Fee: \$100-120\*

## CPR-PR Review & Challenge

Renew your CPR for the professional rescuer.

Sat, May 22 OR Sun, June 6 1:00-5:00pm

Fee: \$50-60\*

## Lifeguard Training

Become a certified lifeguard.

Mon & Wed, April 12-May 12 ~ 7:00-10:00pm AND Sat, April 1 ~ 9:00am-5:00pm

OR Mon-Fri, June 14-18 ~ 9:00am-5:00pm

Fees: \$175-225\*

## Water Safety Instructor Course

Become certified to teach learn to swim classes.

Sun, April 11-May 30 ~9:00-2:00pm OR

Mon-Fri, June 14-18 ~ 9:00am-5:00pm

Fees: \$175-225\*



Spots still open on the  
[Sea Monkey Swim Team.](#)  
Don't miss out!

# Sport Programs

## Youth Tennis Lessons

Learn basis skills, rules and sportsmanship. Call Kelli Pariano with questions at 330-391-9911. Fee:\$95-111\*



T/TH, June 22-July 15	M/W June 21-July 14
5-8 years 8:30-9:30 am	5-8 years 5:00-6:00 pm
9-12 years 9:30-10:30 am	9-12 years 6:00-7:00 pm
13-16 years 10:30-11:30 am	13-16 years 7:00-8:00 pm

T/Th July 27-August 19	M/W July 26-August 18
5-8 years 8:30-9:30 am	5-8 years 5:00-6:00 pm
9-12 years 9:30-10:30 am	9-12 years 6:00-7:00 pm
13-16 years 10:30-11:30 am	13-16 years 7:00-8:00 pm

## Youth Outdoor Pick-Up Basketball

Different games, tournaments and types of open play will be facilitated. Be sure to bring your snacks, sun screen and water bottles! The group will be led by an adult supervisor.

Mon, June 14-August 16 10:00am-12noon

Grades: 3-6 (just completed) Fee: \$30-40\*

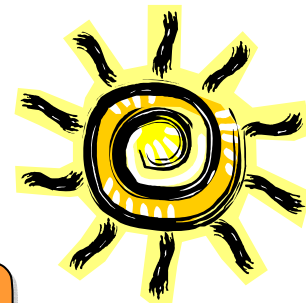
Location: Courts @ Foltz Parkway  
(behind soccer field)



\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.



# Summer



# Membership

**Choose your package:**

**May 23-August 20, 2010**

**June 13-September 10, 2010**

**Receive all the benefits of a year long membership!**

**\*Reduced registration fees\***

**\*Priority registration on most programs\***

**\*Free fitness assessment and orientation\***

**\*6-pack of 50% off coupons to bring in friends\***

**\*40% savings on open skate admission at Iceland USA\***

**\*Membership can be applied towards a yearly membership before expiration\***

**Please note that the Aquatic Center is closed for Annual Cleaning 8/23-9/7**

**The Center is closed for Annual Cleaning 8/23-8/25**

	<u>Resident /FT Work in Strongsville</u>	<u>Non-Resident</u>
<b>Adult Individual</b>	<b>\$148</b>	<b>\$247</b>
<b>Couple*</b>	<b>\$213</b>	<b>\$347</b>
<b>Youth (Ages 4-18)</b>	<b>\$87</b>	<b>\$162</b>
<b>College Student*</b>	<b>\$87</b>	<b>\$162</b>
<b>Family*</b>	<b>\$246</b>	<b>\$419</b>
<b>Senior (Age 60+)</b>	<b>\$81</b>	<b>\$149</b>
<b>Senior Couple</b>	<b>\$149</b>	<b>\$279</b>
<b>Military*</b>	<b>\$81</b>	<b>\$149</b>

**\*See the front desk for detailed descriptions.**

**440.580.3260 ~ [www.strongsville.org](http://www.strongsville.org)**

**Ehrnfelt Recreation Center**

**18100 Royalton Road, Strongsville**