



PLAN of Northeast Ohio
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CELEBRATING
150
YEARS
1875-2025

PLAN is a division of JFSA Cleveland



Ohio Arts
COUNCIL

March Photos



Coloring Group at Beachwood Mall



Pie-Iron Cooking at the Metroparks



Art Explorations Mask Making

PEOPLE, PLACES & Plan

A Newsletter for Members of Plan

Cleveland Sews with PLAN!

By Becky Rinaldi

This month PLAN members will have the opportunity to work again with Cleveland Sews, a local organization focused on using sewing and other sewing related activities to build skills and confidence. Cleveland Sews will bring sewing machines and the supplies needed for PLAN members to complete several simple sewing projects, including a pillow, tote bag, and zippered bag!

Founded in 2016, Cleveland Sews is a fantastic program dedicated to workforce development and education that strengthens the bonds within Cuyahoga County. Their mission is to create jobs, promote stability, and inspire hope in community members who have faced challenges due to racial and economic inequalities. By working closely with other community organizations, they bring together employers, trainers, and apprentices to support individuals as they find sustainable opportunities in the sewing industry. Through skill-building, they not only empower individuals but also help revitalize our communities and the sewing industry as a whole.

Cleveland Sews has developed what they call a Circular Economy Bridge Program. This trauma-informed, arts-based enrichment initiative teaches participants the basics of building a circular economy through creativity, upcycling, and sewing. Participants learn valuable skills through fun, project-based activities and product creation. As they develop their sewing and arts skills, they create meaningful connections with themselves and the environment, all while forming supportive relationships in a safe, nurturing, and creative space. Like PLAN, Cleveland Sews is all about fostering growth, creativity, and community!

Cleveland Sews will be at the Wednesday evening Art Explorations group which meets from 5:30-7pm. Contact Becky with questions or to RSVP!



PLAN artist Carol showing off her pillow!

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Save the Date: *Fiddler on the Roof!*

On **Wednesday, May 7th**, PLAN will attend *Fiddler on the Roof* at the Cleveland Playhouse! Tickets are \$25. The show is at 7:30pm and transportation is provided.

A deeply moving tale about community and generational values, *Fiddler on the Roof* is a heartwarming story of fathers and daughters, husbands and wives, and love and laughter.

Cleveland Play House, founded in 1915, is America's first professional regional theatre and is located in the Playhouse Square theater district, the largest performing arts center in the US, outside of New York!

PLAN members can RSVP for the play starting April 1st.

An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY)



planofjfsa.org

For more information about a group or to RSVP for any activity, please call Becky Rinaldi at 216.509.8685 or email at rrinaldi@jfsa-cleveland.org

PLAN (Planned Lifetime Assistance Network) of Northeast Ohio promotes friendships, connections to community and improved quality of life for members through its Holistic Recovery Program, and creates peace of mind for families with its Lifetime Planning Services.

2025 Mental Health News & Updates

Diet and Nutrition for Good Mental Health

Adapted from the Mental Health America Resource Page (www.mhanational.org)

The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count.

New Science is Connecting Two Major Issues:

Poor Diet

Unhealthy diets lead to major health problems like diabetes, heart disease, obesity, and cancer. Because of this, poor diet is the main cause of early death in developed countries. Nearly 20% of all deaths worldwide can be linked to unhealthy eating habits.

Mental Illness

At the same time, mental illnesses are the biggest cause of disability and illness in the world. Depression alone is one of the top five leading causes of disability across the planet.

Better Diet, Better Mental Health

A healthy diet includes a full range of vegetables, fruits, legumes (lentils, chickpeas, beans), fish, whole grains (rice, quinoa, oats, breads, etc.), nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not the staples of your diet.

People who eat a diet high in whole foods such as fruits, vegetables, nuts, whole grains, legumes, fish and unsaturated fats (like olive oil) are up to 35% less likely to develop depression than people who eat less of these foods.

Highly processed, fried and sugary foods have little nutritional value and should be avoided. Research shows that a diet that regularly includes these kinds of foods can increase the risk of developing depression by as much as 60%.



Food Can Change Your Brain

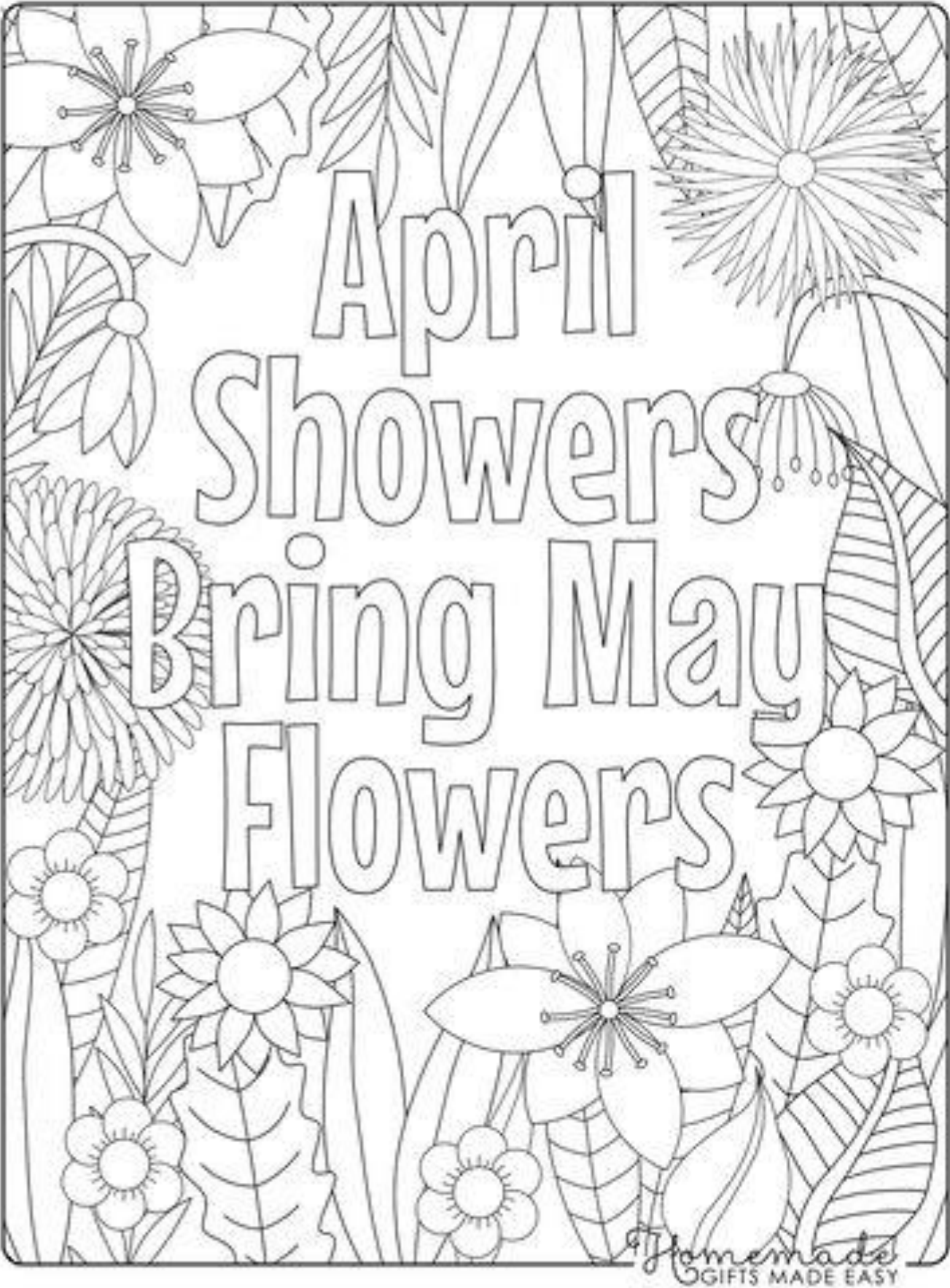
Diet is linked to the hippocampus, a key area of the brain involved in learning, memory, and mental health. People with healthy diets have more hippocampal volume than those with unhealthy diets.

Eating more fruits and vegetables, whole grains, legumes, fish, olive oil, and other healthy foods while eating less unhealthy junk and processed foods can be an effective treatment strategy for depression.

One study found that 1/3 of participants with depression experienced full relief of their symptoms after improving their diet. The more people improved their diets, the more their depression improved.

A Healthy Diet Doesn't Have to be Expensive

A healthy diet can actually be cheaper than junk and processed food. Save money by choosing canned or frozen vegetables and fish, and dried fruits and beans. These are nutritionally similar to fresh foods, stay good longer, and are usually less expensive!



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

Why are people so tired on April 1st? Because they just finished a 31-day March. – Unknown

April 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.

Board Games

L	O	P	E	R	A	T	I	O	N	A	G	C	D
K	G	O	H	D	E	R	H	C	L	O	G	A	E
N	E	M	S	O	Y	I	D	L	O	B	M	N	S
U	B	O	A	O	I	V	O	U	T	A	O	D	C
L	Y	N	D	M	L	I	F	E	H	T	U	Y	R
P	R	O	R	C	L	A	I	M	E	T	S	L	A
R	R	P	E	H	S	L	A	A	L	L	E	A	B
E	O	O	D	E	K	P	E	H	L	E	T	N	B
K	S	L	L	C	N	U	N	J	O	S	R	D	L
S	A	Y	A	K	L	R	A	O	L	H	A	R	E
R	I	D	B	E	I	S	G	N	D	I	P	L	E
I	E	N	N	R	A	U	N	G	G	P	A	N	K
S	C	H	E	S	S	I	E	B	O	G	G	L	E
K	N	H	T	S	L	T	J	O	R	A	G	U	O

TRIVIAL PURSUIT
LIFE
OTHELLO
BATTLESHIP
SORRY
MOUSETRAP
BALDERDASH
KERPLUNK
CHESS
JENGA
CHECKERS
BOGGLE
SCRABBLE
CANDY LAND
MAHJONG
MONOPOLY
OPERATION
CLUE
RISK
DOOM

Play this puzzle online at : <https://thewordsearch.com/puzzle/536/>

Physical Activity and Nutrition

N	I	B	I	F	R	O	S	T	B	I	T	E	I
O	S	S	E	S	R	U	R	E	B	I	F	M	I
I	E	M	I	N	E	R	A	L	S	E	O	K	H
T	T	S	N	U	O	E	O	O	I	X	I	S	H
I	I	N	I	T	N	I	A	R	P	S	O	C	Y
R	T	I	A	R	S	N	T	B	S	S	H	Y	P
T	E	M	R	I	N	T	R	R	O	I	R	O	
U	P	A	T	E	C	A	L	O	R	I	E	S	T
N	P	T	S	N	W	O	R	K	O	U	T	I	H
O	A	I	O	T	A	R	H	U	N	G	E	R	E
E	G	V	R	S	E	T	D	I	P	I	L	E	R
O	H	Y	D	R	A	T	I	O	N	S	F	I	M
R	S	I	S	O	R	O	P	O	E	T	S	O	I
U	E	X	E	R	C	I	S	E	T	T	E	T	A

NUTRIENTS
STRAIN
CALORIES
EXERCISE
FIBER
HYPOTHERMIA
APPETITE
HYDRATION
NUTRITION
WORKOUT
MINERALS
FROSTBITE
OSTEOPOROSIS
VITAMINS
HUNGER
LIPID
SPRAIN

Play this puzzle online at : <https://thewordsearch.com/puzzle/3099/>

Brain Teasers

New for 2025, this space will feature brain teasers and word problems to help stretch your mind! The first PLAN member to call with a correct answer will win a \$10 gift card to Walmart.

Problem:

You are driving a bus. When you begin your route, there is an old woman named Mrs. Smith, and a young boy named Raymond are on the bus.

At the first stop, the old woman leaves, and a salesman, named Ed, enters.

At the next stop, Jack and his sister Jill get on, as well as three women with shopping bags. The bus travels fifteen minutes, then stops and Raymond gets off and a man and his wife get on.

Next, a woman with a bird in a cage gets on the bus.

What is the name of the bus driver?

Creative Writing & Art Exploration

Why poetry? Poetry helps us come into greater attention, connection, and wisdom. Like a spiritual practice, it helps us encounter ourselves and the sacred.

Epistle to PLAN

By Merle Ross

Let us pay a form of homage to those in PLAN who have come before us. Let us rejoice in a program that has given us so much to our very lives. Let it be known the staff support has the ability to move mountains. In their duties and daily toil. But let us not again ever forget the many who have come and gone.

A Lightning Bolt
A Metaphor By Joyce Baskins

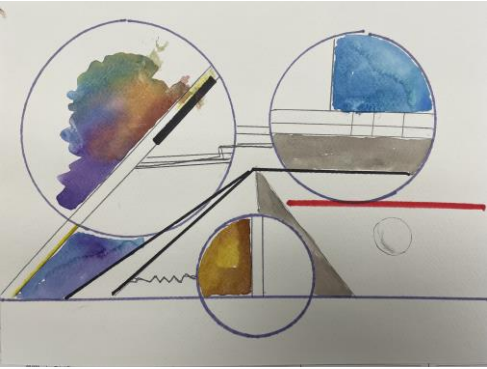
She’s a bolt of lightning
Splitting the Sky
Lighting up the Neighborhood
Beautiful, yet dangerous
Don’t get in her way
She could knock you out,
Or knock some sense into you
You never can tell!

Helping Hands
A Metaphor By David Conway

Relief are the helping hands
That show their true intentions
which action rather than words
They sow the seeds of encouragement and hope
Which blossom into flowers of experience,
confidence, and grace,
Even as we fall like a ton of bricks from space.

Exploring Abstract Expressionism

Wassily Kandinsky, often regarded as the father of abstract art, was a trailblazer in transforming how we perceive and experience painting. His work stands at the crossroads of art, music, and spirituality, where colors and shapes evoke emotions rather than represent the physical world. Through his innovative approach, Kandinsky opened the doors to abstract expressionism, influencing generations of artists who followed, including those of us at PLAN



Leo Hollman



Joyce Baskind



Irene Bussey

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

An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY) Call Becky at 216-509-8685.

April 2025

Holistic Recovery Schedule

ZOOM

COMMUNITY or KINDNESS
CENTER (KC)

JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>10am Weekly Walk, JCC Indoor Track</div> <div>12pm Community Volunteers: JFSA Day Program, KC</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>2</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Cleveland Sews, KC Art Room</div>	<div>3</div> <div>10am “Six” the Musical, Garfield Heights Center for the Performing Arts</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>4</div> <div>11am Coffee & Conversation, Van Aken Market Hall (\$)</div>	<div>5</div>
<div>6</div> <div>Journeys: 12:30-2pm Good Deeds Day with YouthAbility</div>	<div>7</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>8</div> <div>10am Weekly Walk, JCC Indoor Track</div> <div>12pm Community Volunteers: JFSA Day Program, KC</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>9</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Cleveland Sews, KC Art Room</div>	<div>10</div> <div>11am Coloring Club, Beachwood Mall</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>11</div> <div>11am Holden Arboretum, Kirtland (\$)</div>	<div>12</div> <div>11am Coffee & Conversation, Van Aken Market Hall (\$)</div>
<div>13</div> <div>Journeys: Cleveland Museum of Art, Cherry Blossoms</div>	<div>14</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>15</div> <div>10am Weekly Walk, JCC Indoor Track</div> <div>12pm Community Volunteers: JFSA Day Program, KC</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>16</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Cleveland Sews, KC Art Room</div>	<div>17</div> <div>11am Coloring Club, Beachwood Mall</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>18</div> <div>11am Coffee & Conversation, Van Aken Market Hall (\$)</div>	<div>19</div> <div>12pm Celebrate Taco Week, Cilantro Taqueria (\$)</div>
<div>20</div> <div>Journeys: Lunch at Yours Truly, Solon (\$)</div>	<div>21</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>22</div> <div>10am Weekly Walk, JCC Indoor Track</div> <div>12pm Community Volunteers: JFSA Day Program, KC</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>23</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Cleveland Sews, KC Art Room</div>	<div>24</div> <div>11am Coloring Club, Beachwood Mall</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>25</div> <div>11am Cherry Blossom Sketching, Wade Lagoon</div>	<div>26</div> <div>11am Coffee & Conversation, Van Aken Market Hall (\$)</div>
<div>27</div> <div>Journeys: Cleveland Metropark Zoo (\$)</div>	<div>28</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba (\$)</div>	<div>29</div> <div>10am Weekly Walk, JCC Indoor Track</div> <div>12pm Community Volunteers: JFSA Day Program, KC</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>30</div> <div>4:30-7pm Field Trip to Cleveland Sews</div>		<div>Thursday ZOOM activities are again exclusively on ZOOM. If you do not have access to video technology, you can still participate in the virtual activities by calling from any phone!</div> <div>Contact Becky at 216-509-8685 for help!</div>	