

**Power up**  
**Learn to love your**  
**computer—page 1**

## Get in on the fun Day trips, courtesy of Marymount Hospital

### FRIDAY, FEB. 20

#### Columbus here we come!

Join your friends from Senior Circle Plus for a one-day escape to the capital of the Buckeye state.

We'll depart from the Marymount Hospital parking lot for a guided tour of the historical Ohio State House, the oldest working state house in the country. We'll also visit Schmidt's Meeting Haus in the heart of the German Village for an authentic German buffet lunch, followed by a tour of the village's diverse neighborhoods, landmark attractions and best-kept secrets.

And, of course, you'll have plenty of free time for shopping at the charming stores of German Village and at the new Easton Town Center, with its primo shops and outlet stores.

**Fee:** \$49 for SCP members; \$59 for non-members.

### TUESDAY, MARCH 16

#### Celebrate St. Patrick's Day at a cabaret show in Toledo.

Pack your shillelagh and watch out for the leprechauns as we travel to the Stranahan Theatre in Toledo for a matinee performance from Ireland's Entertainer of the Year, Tony Kenny and his Ireland Show.

Tony will present classic Irish ballads, along with audience sing-alongs,

including the popular, "Danny Boy." He'll be joined on stage by the dynamic duo of laughter, Mac & O, as well as by the Dublin City Dancers and the Dublin City Musicians.

Prior to the show, we'll enjoy lunch with our SCP companions. Space on this trip is limited, so call soon.

**Fee:** \$64 for members; \$74 for non-members.

### FRIDAY, APRIL 16

#### A manly tour (for men and women!)

Gather your friends for an early departure from the Marymount Hospital parking lot. We'll head to Dayton to see a gathering of Eagles at the world-famous Wright Patterson Air Force Museum. After exploring this national treasure, dedicated to the brave men and women who pioneered air travel, we'll see the IMAX film, *Helicopters—Straight Up*.

On the way home, we'll stop in Columbus for a tour of Ohio State University's famous Horseshoe Stadium. Prior to our museum visit, we'll enjoy a delicious buffet lunch in Dayton.

**Fee:** \$49 for SCP members; \$59 for non-members.

**For reservations or for more information on any of the above SCP trips, please call JKL Tours at 440/942-5350.**



## More great activities

### Save the date

Senior Celebration Day  
Wednesday, May 26, 2004  
Marymount Hospital, 12 to 2 p.m.  
Details in the next issue of SCP.

### Computers for scaredy cats

Call **216/587-8093** for upcoming dates and times, and to register.

### House calls

Osteoporosis and Your Back  
Wednesday, January 7, 2004  
Henry F. Fabian, M.D.,  
Orthopedic Surgeon  
Call **216/587-8093** to register.

### Supper club

Second Tuesday of every month  
Call **216/587-8093** for pricing and activities, and to register.

# SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

WINTER 2004



## Taming technology

The computer can be your friend, thanks to the students at Trinity High School

A group of seniors watches as students from Trinity High School demonstrate how to grasp the computer mouse and slide it around on a mouse pad.

"I was afraid of the computer," says one of the seniors, who beamed with pride as she maneuvered the mouse to launch the Internet. "I hated to think that my 5-year-old grandson could do more on a computer than I could."

These seniors are improving their computer skills as part of an intergenerational computer class at the Siena Center at Trinity High School in Garfield Heights.

Free to Senior Circle Plus members and open to all seniors over the age of 55 for a small fee, the class is a pilot program and a partnership between Marymount Hospital and Trinity High School.

Students at Trinity use skills they've learned to teach seniors basic computer skills, including how to use the Internet, e-mail, Microsoft Word and other programs, during two-hour sessions twice a week.

"It's not always the computer skills that are important, but the outcome: How can we lessen the gap between these two groups?" says Mary Glauser, community relations manager for Marymount Hospital.

"We're seeing that students and seniors are learning how much they have in common—despite their age difference."

Since the program began in October, the class has boosted the confidence of the seniors and students.

"It's a win-win situation," says Sarah Szweda, public relations director for Trinity High School.

"Kids take what they've learned at Trinity to teach the seniors, and the seniors love the one-on-one attention. This has been a real springboard, a boost in seniors' confidence for them to know they can do this and a demonstration of our students' communication skills."

Grade 12 student Patrick Straffen, 17, agreed.



"I'm learning a lot about how much we have in common," says Straffen, who wants to become a computer consultant. "I'm in a position where I'm helping someone learn. It's fun—helping the seniors get over the fear that if they push a button, something will be deleted."

Not all seniors enrolled in the program are computer novices. Marilyn, a retired nurse, already had used e-mail to communicate with her friends but wanted to learn how to keep a mailing list for a community organization she coordinates.

The computer training program has new classes starting monthly. Call **216/587-8093** for current program offerings.

For more information about computer classes, please call 216/587-8093.