



Have you tried the monthly gourmet specials featuring tasty & healthy recipes from award-winning Cleveland Clinic Chefs?

Help Yourself to GO Foods! Look for the sticker on a variety of tasty food options.



This means each serving:

- Less than 4g of saturated fat.
- Less than 4g of added sugars & syrup
- Less than 600mg of sodium
- 0g of trans fat
- 100% whole grains

Café Specials

Homemade Hummus

w/ veggies

Sept. 29th—\$2

call ahead x 5266

Looking for a healthier option to fast food?

Check out the Crossroads Café menu (attached)

Order ahead and the kitchen will have it ready and waiting for you to pick up.

CIM COMMITTEE MEMBERS:

REC DEPT: Sarah Arold, Ned Hamad, Sheena Wright

FIRE: Neil Rozman,

ENGINEERING: Lori Daley

POLICE: Mark Fender

HR: Colleen Healey

COMM & TECH: Katie Grace

BUILDING: Kim Bero -Lenio

LAW: Nancy Sikorski

SERVICE: Kyle Hennis

CITY OF STRONGSVILLE

Wellness Mission: To Create a culture that empowers employees and their families through awareness, education and support to engage in and commit to positive lifestyle choices that will enhance their personal and professional lives. As we strive to be the healthiest community we can be, we as leaders are committed to continuously moving forward as the Crossroads of the Nation, the Crossroads of the Community.... The Crossroads in Motion!!



Biometric Screenings

Tuesday, October 6th from 7am -12 noon and Wednesday, October 7th from 5 to 8pm

Reminder: All full-time employees **MUST** participate in **BOTH** annual biometric health screenings in order to maintain current health insurance premium the following year. In the event an employee fails to attend both screenings his/her monthly premium contribution will increase in 2016.

The Rec Department is offering body fat testing October 6th during the Biometric Screenings

- Optional 7 site body fat test with skinfold calipers ▪ Wear shorts and t-shirt
- In assessment room across from front desk (same room used for challenge)
- Results given on the spot ▪ Will take 5-10 minutes per person
- Questions? Call Ned Hamad at x5275

Butternut Squash Soup:

1 T. butter

3 1/2 cups cubed peeled butternut squash

3/4 cup chopped carrot

1/2 cup chopped sweet onion

2 1/2 cups fat-free, less sodium chicken broth

1/4 cup half & half

1/8 t. salt

To prepare soup, melt butter in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt. Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.



Get a Massage Each Month for Only \$39.96!

Full time employees.....indulge yourself with monthly 1-hour massages. Enroll in our massage consistency pass and each month \$39.96 will be deducted from your credit card and you receive one 60-minute massage for that particular month. Massages will roll over into the next month if go unused. One year commitment required. **Call Ned at x5275 for more information.**

Free Kidney Health Check.....see attached flyer

Members that completed their 12-hr minimum

CONGRATULATIONS to the Crossroads in Motion (CIM) Members listed below who have successfully completed the 12 hour minimum workout time at the Ehrnfelt Rec Ctr for **August**. For their dedication to their Health & Wellness these Employees earned one month reimbursement on their individual rec center membership.

Ned Hamad—Rec

Sarah Arold—Rec

Judith Burichin—Police

Pat Russo—Police

Mark Hartze—Rec

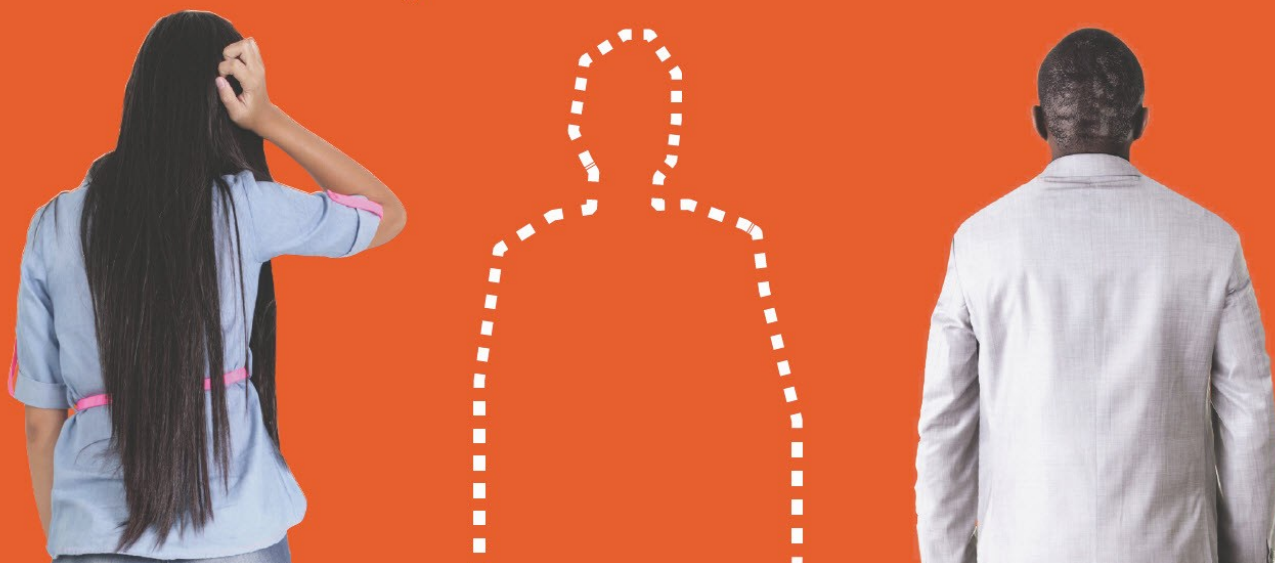
Al Kurilich—Police

Robin Meczka—Rec

Greg Branich—Spouse

Michael Miller—Building

Are you the **1 in 3** at risk for kidney disease?



Find out at a **free** kidney health check!

Monday, October 19, 2015

9:00 am - 3:00 pm

Strongsville Recreation & Senior Center

18100 Royalton Road, Strongsville, OH 44136

Contact 440-933-4909 or amy.solmoswayne@kidney.org to RSVP

Risk factors include: diabetes and high blood pressure.

What to expect at the event: Risk survey, blood pressure check, body mass index (BMI) measurement, an opportunity to speak with a healthcare professional, free educational materials, and for individuals at risk, an ACR urine test for albumin (a type of protein). *Must be 18 years of age or older to participate.*



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Kidney
Foundation®

KEEP
Healthy™



Urine strips and accessories provided by:

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Additional support provided by:



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Sponsored locally by





18100 Royalton Road



Strongsville, Ohio

*If you would like to place an order for pick-up, call the
Ehrnfelt Senior Center Kitchen at (440) 580-3275 ext. 5266*

GRAB & GO LUNCH

Ready Made - 11am-1:00pm, Monday-Friday

ENERGY BUILDING SNACKS

Hummus with Carrots & Celery	\$2.50	
Two Hard Boiled Eggs	\$1.00	
Soup of the Day	\$1.00	

SANDWICHES

Roasted Turkey	\$2.50	Baked Ham	\$2.50
Grilled Chicken Salad	\$2.50	Tuna Salad	\$2.50
Peanut Butter & Jelly	\$1.50	Egg Salad	\$2.50


SALAD

Simple Green Salad	\$3.50	
Mixed Greens, Cucumbers, Onions, Tomatoes & Bell Pepper		
Add Grilled Chicken	\$1.50	
<i>Dressings: Italian ~ French ~ Honey Mustard Ranch~ Light Raspberry Vinaigrette</i>		

SIDES

Yogurt	\$1.25	
Baked Chips	\$0.75	
Fresh Fruit Cup	\$2.50	
Fruit Bowl	\$5.00	

DRINKS

Bottled Water	\$1.00	
Gatorade	\$1.50	
Soda	\$1.00	

CAFÉ GRILL

Grilled to Order - 11am-12:30pm, Monday-Friday

Hamburger*	\$2.50	Cheeseburger*	\$3.00	Grilled Cheese	\$2.00
Grilled Chicken Sandwich*	\$2.50			BLT	\$2.50
				<i>Bacon, lettuce & tomato</i>	

**Prepared with lettuce, tomato & onion.
Extra toppings available: Cheese (\$0.50), Tomato (\$0.50),
Bacon (\$1.00), add an extra hamburger patty- \$1.50*

Onion Rings \$2.50

French Fries \$2.00



Cleveland Clinic Go! Healthy

Indicates less than or equal to 4g of saturated fat; less than or equal to 4g of added sugar; 600mg or less of sodium

Breakfast at crossroadscafe

Ehrnfelt Rec Center

Served Monday - Thursday from 6:30am to 10:00am
Friday from 8:00am to 10:00am

Daily Café Special

2 Eggs, Hash Browns 2 Bacon or 2 Sausage with choice of Toast \$3.00

Omelet \$4.50

Bacon & Cheese, Sausage & Cheese, Ham & Cheese, Veggies & Cheese with Mushrooms, Onions & Green Peppers, Hash Browns, Toast

Half Omelet Only \$2.50

1 Egg - ½ Order Hash Browns \$2.00
1 piece Bacon or 1 Sausage with Toast

Egg Beaters, Toast \$3.00
Bacon or Sausage with the above \$1.00 extra

Egg Sandwich \$3.00
*½ Egg Sandwich \$2.00
Bacon & Cheese or Sausage & Cheese*

Pancakes \$3.00
*½ Order Pancakes \$2.00
Bacon or Sausage with the above \$1.00 extra*

French Toast \$3.00
*½ Order French Toast \$2.00
Bacon or Sausage with the above \$1.00 extra*

Breakfast Burrito \$4.00

Eggs, onions, mushrooms, tomato and spinach in a 12-inch honey wheat wrap

Egg Beaters substitute, tomato or peanut butter with any of the above add 50 cents

A La Carte

Oatmeal \$2.00

Cereal w/Milk \$1.50

Fruit Cup \$2.50

½ Order of Fruit \$1.50

Muffin \$1.50

Toast and Jelly 1.00

Bagel w/Cream Cheese \$1.50

Cream Cheese \$0.50

Hash Browns \$1.00

One Egg Only \$0.50

Yogurt \$1.25

Coffee or Tea \$1.00

Milk or Juice \$1.00

Hot Chocolate \$1.00



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