

Solon TIMES

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Photo by Michael Steinberg

Liz Martin, a fitness instructor at the Solon Senior Center, leads the cardio drumming class, a class that helps participants work on balance while providing a cardio workout. Fitness classes at the senior center are coded to let participants know exactly what areas of fitness and health they are working on, while providing socialization and a fun, family-type atmosphere.

Senior 'fitness family' grows

By MICHELE COLLINS

For many senior citizens, especially during the winter season, the Solon Senior Center serves as their exercise home. And, according to Jenn Herman, the fitness activity coordinator for the center, it also serves as their "fitness family."

"I like to tell people that this is your fitness family. We look out for

one another," she said. "If someone has not attended in a while, other class members might reach out to them. I also hear them share information about other classes they enjoy. It is a very welcoming group."

She added that the benefits of taking part in exercise and fitness classes are paramount for seniors' healthy aging.

"We offer classes that help with balance, cardio, flexibility and general fitness," Ms. Herman said. "We have come up with a designation in the Senior Sentinel newsletter, which is sent to all members, that categorizes the classes by which areas they work on." The categories include strength, cardio, balance and flexibility and mindfulness.

The cardio-drumming class, for example, is for cardio and balance. It also helps with flexibility, because there is a stretching segment, according to Ms. Herman. She said the class includes an educational piece, which discusses why the class is designed as it is.

Arthritis exercise class works on

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Workplace safety hits home from experience

By MICHELE COLLINS

When Brig. Gen. Beth A. Salisbury was stationed in Baghdad, Iraq, she went to work on May 12, 2009, in the U.S. military counseling clinic at Camp Liberty just like she had every other day. Little did she know that the events of that day would change her life and lead her to her current career path, where she counsels businesses on preparation and training for the potential of workplace violence.

Gen. Salisbury's camp was the victim of a violent incident which resulted in a U.S. soldier turning a gun on his fellow soldiers, leaving five dead.

On Jan. 11, Gen. Salisbury, who has 33 years of service in both

active and reserve positions with the Army, spoke to the Western Reserve Safety Council during a lunch-and-learn program about her experience with workplace violence at Solon Community Center.

The safety council includes a group of Solon and surrounding area employers who meet monthly to address workplace safety concerns, as part of a Solon Chamber of Commerce program. The council, numbering about 75, listened intently to Gen. Salisbury's experience and, more importantly, to her recommendations on what they could do to make their workplace environments safer.

"I am going to tell all of you to go

Turn to Safety on Page 6

Noise study rejects Route 422 barriers

By MICHELE COLLINS

Despite ongoing appeals to city officials regarding noise on Route 422, ODOT rejected a barrier request based on financial guidelines.

For many years, Solon Ward 5 Councilwoman Nancy Meany has heard about the noise. The noise made by cars and trucks driving down Route 422 in Solon, past the homes, many of which are close to the highway.

Her constituents have asked her what can be done to lessen the noise, as it interferes with their lives, keeps them indoors and wakes them at night.

City Council and Mayor Edward Kraus wanted to see if there was some way to lessen the noise or if the Ohio Department of Transportation could build a noise barrier.

"We have been trying to get ODOT to do a noise study of the 422 corridor," Ms. Meany said. "This fall when they said they would do it, we were so hopeful."

She said ODOT District 12 officials said, in order to conduct a noise analysis of residences along Route 422, the city would need residents' support. She said the city had requested residents sign a petition. Solon residents did sign that petition – 360 of them.

The noise analysis was conducted by Enviroscience in November for both the north and south sides of Route 422 in Solon for homes on Bainbridge and Brainard roads, Spring Grove, Derby Downs, Meadowdale, Naylor and Echo Hill

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