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New Painesville Lunch Place
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SAVE THE DATE: March for Meals event at the Great Lakes Mall • Saturday, March 21, 2020



COUNCIL ON AGING EVENTS

AARP Smart Driver Course

October 8
(See page 5)

Medicare Checkup Presentations

October 10–November 1
(See page 12)

Blizzard Bag Food Drive

December 9–14
(See page 8)

Amazon Smile to support the Council on Aging

Entire holiday season
(See page 13)

Laketran is a booming, and essential asset for Lake County

Celebrating 40 years of helping Lake County residents to get around town

By Deanna R. Adams

It's hard to believe there was ever a time when you wouldn't see those big Laketran buses moving down the highways. This accessible mode of transportation has been a true benefit for the entire community, in and outside of Lake County. Did you know that there are more than 750,000 customers who use the Laketran system on a regular basis? While many senior citizens take advantage of this regional convenience, there are others who do so as well, and they are from all walks of life: shoppers, bikers, hikers, commuting employees, people with disabilities or illnesses—anyone who needs to get from one place to another can hop a ride on Laketran.

But back in 1974, it ran on meager fuels.

Frank Polivka was the first employee and general manager of Laketran from 1974-2003. "The need for public trans-



Seniors on a Dial-A-Ride bus

portation in Lake County has always been great," he says, "and in the early days, it was a real unmet demand, especially for seniors. There were more older women than who didn't drive and needed to go shopping, to doctor visits, really anywhere." He adds that cab companies were the only viable means, but were limited, and often with scattered service.

The Lake County Council on Aging,

which began around that same time, in 1972, had a hand in helping make this transit system happen. "We were originally contracted with the small non-profit, Special Transportation Services," recalls Lyle Shull, who was CoA coordinator of group services in 1978, then director of community services, until retiring in 2016. "We only had two vans then, and bound to just one driver to pick up seniors for doctor appointments or to the senior lunch sites. We were the first county to do it."

"It was a patchwork quilt of services in the beginning, nothing in place," adds Polivka. "We literally started from scratch, from ordering all the office supplies, acquiring a tax ID number, to getting a vehicle. Back then, it was essential for people with great needs, such as cancer patients having to get to their treatments."

What was then called the Lake County Regional Transit Authority be-

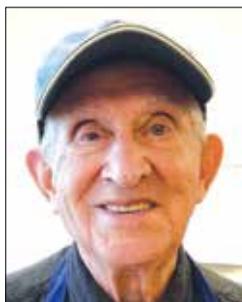
See LAKETRAN on page 4

CoA salutes volunteers over 90 years old!

By Stacy Turner

Since a well-balanced diet is an important part of staying healthy while aging, the Lake County Council on Aging (CoA) partners with 10 area senior centers to provide nutritious food each weekday for seniors throughout the county. Each site provides healthy meals delivered to homebound seniors via the Meals on Wheels program. In addition, four sites (Eastlake, Madison, Painesville and Wickliffe) offer active seniors the opportunity to come in and enjoy a meal at Lunch Place kitchens, where meals like beef stew, breaded chicken, or stuffed peppers are served with an extra helping of companionship on the side.

Linda Llewellyn, volunteer coordina-



Michael Bonelli



Bill Kozich



Gerri Cintula



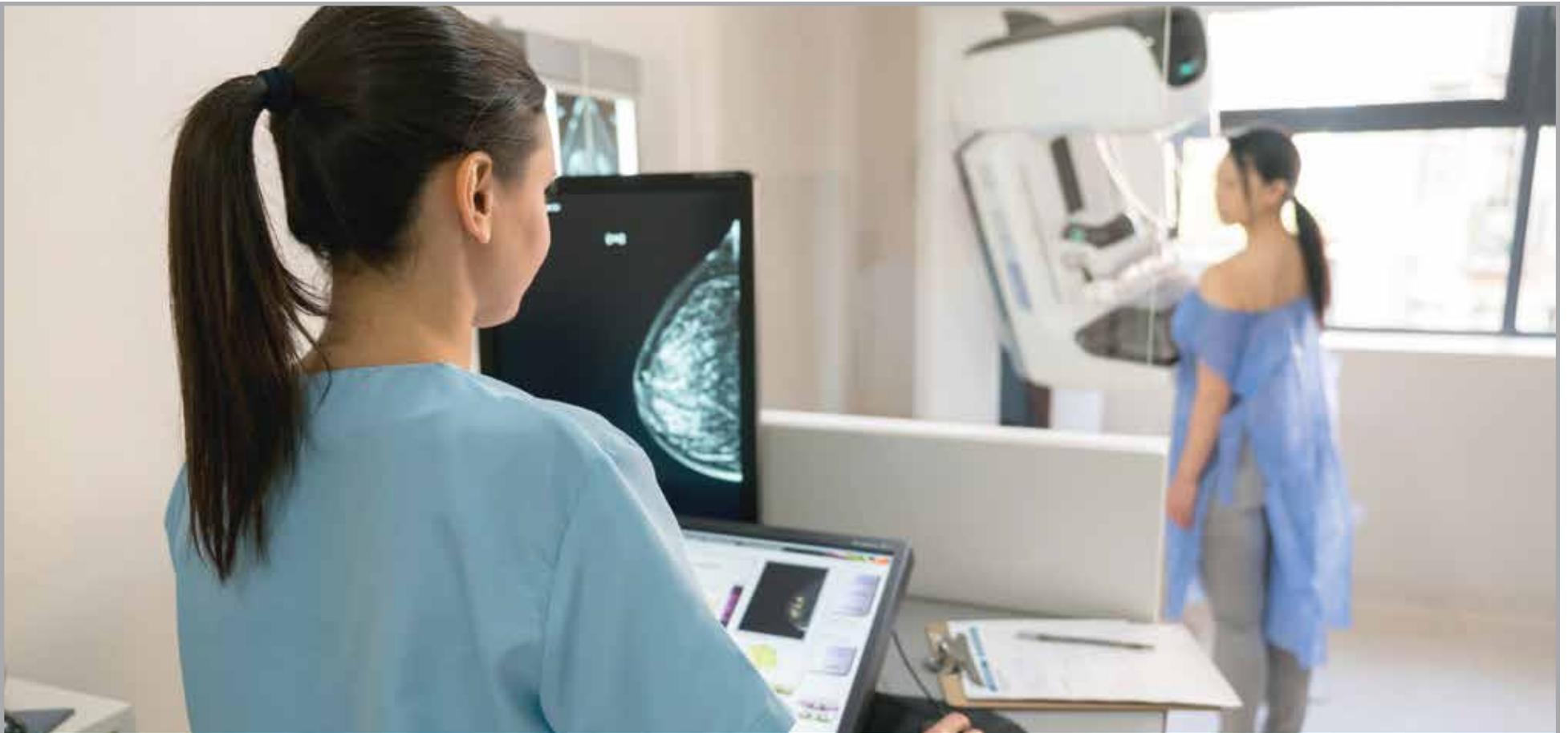
Katie McGiffin

tor at the CoA, is always looking for more volunteers to help support these wonderful programs. According to Llewellyn, opportunities include "a little bit of everything" including drivers, kitchen support, grocery shoppers, friendly visitors, and more. "Every person has something to contribute," Llewellyn explained. "Each person has something different and brings something unique to their role."

And while they have volunteers of all ages, the majority of CoA volunteers are retired individuals. A select group of these volunteers are over 90 years old and bring a world of experience to the organization.

Michael Bonelli began volunteering in the kitchen at the Painesville nutrition center in January of this year. The active senior shared, "I got lonely at

See VOLUNTEERS on page 5



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A message from the CEO

Can you believe “Y2K” was 20 years ago? We were so anxious about the arrival of the new millennium. The experts had predicted chaos, power failures, computer disasters, and fear. In fact, many of us decided to stay home on Dec. 31, 1999 because if Y2K was going to cause chaos, we were going to play it safe.

Fortunately, the new year arrived around the globe, mostly without incident. But we were also in a pre-911 world that didn’t have Facebook, iPads, smartphones, YouTube and Twitter! I mention this because it shows how time flies and how the world can change. Locally, these past 20 years have greatly helped Lake County to improve the quality of life for our older population, thanks to a deep desire to learn more about the needs of an aging community.

The board of trustees and I, our staff and volunteers continue to plan for tomorrow as we reach out to our partners and public officials in charting the future of aging in Lake County in meaningful ways. For example, thanks to funding through the Senior Services Levy and an agreement with the board of commissioners, we began administering a new in-home care program this fall. This initiative will provide assistance to eligible seniors with nonmedical activities like bathing and personal care. Soon we will finalize a partnership with Lake Health to offer a short term meal program upon discharge from the hospital, and our volunteer department is working on a new opportunity for individuals to enjoy camaraderie through a friendly telephone call.

What makes initiatives like these so gratifying is that they are locally and partner-driven. Can you only imagine what wonderful opportunities the next 20 years will bring for older adults? Now is the time for creativity and new ideas to shape what Lake County looks like by 2040. The keys are strong leadership, a desire for innovation and a continued social concern that Lake County cares about its older persons.

As we approach the end of the year, I hope that you can take some time to lend a hand to a senior neighbor, become a friendly visitor or volunteer to deliver a meal – the reward is the spirit of giving.

May you have a most peaceful, thankful and joyous final quarter of 2019.

Sincerely,

Joseph R. Tomsick

Remember the CoA in your estate!

To leave a bequest is to make a permanent statement of your values. It is by this act of charity that the world will remember what you cared about and what you stood for. If providing for seniors matters to you, consider a gift to the Lake County Council on Aging in your estate plans.

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The Lake County Council on Aging will be closed on the following days:

- Monday, Oct. 14: Columbus Day
- Monday, Nov. 11: Veterans Day
- Thursday/Friday, Nov. 28/Nov. 29: Thanksgiving
- Tuesday, Dec. 24: Office closes at 2 pm
- Wednesday, Dec. 25: Christmas Day
- Tuesday, Dec. 31: Office closes at 2 pm
- Wednesday, Jan. 1: New Years Day

Mission Statement

The Lake County Council on Aging provides aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined quality of life.

The Council on Aging maintains a policy of equal opportunity in matters of program, contracting or employment regardless of national origin, sex, race, handicap, politics, religion, color or age.

Lake County Council on Aging

8520 East Avenue, Mentor, Ohio 44060
Open Monday through Friday 8:30 am – 4:30 pm

www.lcco.org



LAKE COUNTY COUNCIL ON AGING

BRIDGE

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CENTURY 21
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Laketrans from page 1

came "Laketrans" in 1979. But with growth came a desperate need for funds to keep it going. Passing the first levy wasn't easy, Shull recalls. "The Council on Aging needed the community to be more aware of the demand. Once the awareness got out, the first levy passed and it grew from there."

Grown it has. From a few vans, to a fleet of buses that include 16 kneeling buses (allowing drivers to lower the bus to curbs for handicapped and elderly riders), 20 motor coaches, and 85 paratransit vans for the ever-popular Dial-A-Ride service. Laketrans also offers commuter service between Lake County and downtown Cleveland from nine Park-n-Ride locations.

"With Lake County being a car community, especially in the mid-80s, residents didn't want a carbon copy of the RTA," explains Laketrans CEO Ben Capelle. "They wanted a more personal approach. Catered to individual needs."

And so, Dial-A-Ride, a door-to-door, assisted transportation service, originated when Laketrans acquired the buses from the Special Transportation Service in 1986 to accommodate the needs of senior citizens and residents with disabilities. "Dial-A-Ride meets so many needs," Capelle notes. "It not only allows seniors to live a more active lifestyle, but provides those with disabilities a way to be employed and be a contributing member of society. Without Laketrans, many people would be trapped in their homes."

Capelle speaks from personal experience. Last June he, himself, had to rely on the services of Laketrans when he fell off a ladder and broke his foot. "You never expect things like that to happen, but they do. I was unable to drive for two months so I was very grateful that we have Laketrans."

The Dial-a-Ride service will take you anywhere in Lake County and to select medical facilities in Cuyahoga County. Laketrans provides over 1,000 Dial-a-Ride trips each day. All drivers are trained to assist riders with disabilities and special needs including CPR/first aid training, disability sensitivity, assisting passengers with service animals, communicating with hearing or visually impaired customers, maneuvering and securing mobility devices, and transferring individuals to a seat.

In addition, Laketrans now provides free rides for seniors going to the Mentor Senior Center. "We coordinated with county commissioners to cover the fare for seniors for rides to the senior center," Capelle says. "While for some, a \$5 round trip isn't much, but for those on a fixed income, it's the difference between getting out or staying home." Seniors can use Laketrans to simply join friends for lunch, or engage in the many programs and events held regularly at the senior centers.

According to a recent study, 25% percent of Lake County's population is 60 years and older, and is set to increase steadily. And with the many services Laketrans offers, comes a greater monetary need.

"The 'silver tsunami' [a metaphor for the growing increase in aging baby boomers] has produced a much greater demand, often beyond our capacity," Capelle says.

"We want to improve our services, but to do that, we need more financial resources." He adds that there has been an 18% percent increase in the Dial-a-Ride ridership since 2015, including a 50% rise in trips to medical facilities.

"We're in a tough spot right now," Capelle adds. "There are new senior and assisted living homes being built throughout Lake County and that creates more demand to transport seniors to medical appointments."

Laketrans is using cash reserves to balance its 2019 budget to maintain services, but without additional revenue, Laketrans will have to make some cuts, including more than 30 percent of its Dial-a-Ride service. Laketrans is funded by a quarter of a percent sales tax, fare revenue, federal aid for capital expenses, and state assistance. Sales tax levies are crucial to sustain current services. Capelle is hopeful that sufficient funds will be made available to enable Laketrans to maintain and eventually expand their services.

To learn more about Laketrans and its services, see www.laketrans.com. Administrative office hours are Monday-Friday from 8:00 am to 4:30 pm. Phone: (440) 350-1000 or toll-free 1 (888) 525-3872. All offices are located at Laketrans at 555 Lakeshore Blvd. in Painesville Township. To schedule a trip, call (440) 354-6100 or use Request-a-Ride to book online.

Volunteers from page 1

home and wanted something to do." He spoke to Linda at church and asked, "I'm 94 -- would you take me?" Bonelli volunteers three times a week helping to prepare meals for delivery. He noted that he's already recruited a friend to join him. "I love it!" he gushed. "The people are wonderful!" So much so that he planned to bring them homemade pizzelle cookies to share with them the next day.

This energetic man dreamed to serve his country as a pilot, but was denied due to a medical issue. Undeterred, he earned a private pilot's license. While he no longer flies solo, he recently served as a copilot just three months ago. A retired barber, several former customers visit him at home for a haircut. Not one to sit idle, Bonelli set his hedge trimmers aside to discuss his volunteerism. When asked his secret to longevity, he shared that he exercises daily, eats a balanced diet and gets to bed by 8:30 each night.

Ninety-three-year-old **Bill Kozich** volunteers at the Wickliffe nutrition site. "I'm just an ordinary guy," he shared.

Kozich works one day a week in the kitchen with four other volunteers preparing meals for weekday deliveries.

"It doesn't take special skills," he explained. "You just give your time to go and do it."

He began volunteering in 2012, "to be busy and do something." Kozich chose CoA because, "I heard they work with older people, and they do a good thing." Seven years later, he's still helping that good thing continue. He enjoys the camaraderie in the kitchen in Wickliffe; he lives in the community and enjoys seeing friends during his weekly shift. He volunteers three days at another senior center, as well. "I'm not a special guy," he insisted, "I just wanted something to do."

Geraldine Cintula has worked 23 years at the Madison Senior Center. She started in 1996 when the center first opened; she was 71 at the time. "I thought I'd help out," she shared. Today, at 94 years old, she's an expert in preparing meals for the Meals on Wheels delivery program. "I love it there," she gushed, "it's like my second home!"

Prior to retirement, Cintula worked with plants in local nurseries. This avid Elvis fan has books, magazines, and clothing, including an impressive collection of 38 T-shirts that feature the king of rock and roll. She enjoys the king's music on CDs, movies, and the 1,900 cassette tapes of the 'Just Elvis' radio program. Fellow fan club members will be visiting to see her extensive collection.

She volunteers at the Madison center two to three times per week. In addition, she also hosts 'Gerry's Game' once each month, where seniors bring in an inexpensive wrapped gift to participate. Gerry draws numbers (out of an Elvis container, of course), and seniors take turns selecting a gift. Gifts are opened, traded or stolen. "It's a lot of fun," Cintula laughed. "People really look forward to it each month." She acknowledged that not everyone is fortunate to be as healthy as she is. "Some people can't get out," she explained. "They rely on this service. And it's fun, helping people get their lunches."

Katherine McGiffin, known as Katie, has been volunteering at the Eastlake location for four years. "I've been volunteering most of my life," she explained. "As a den mother, a Girl Scout leader, and on the PTA," she explained. "Volunteering is a way of life," she added.

Before retirement, she served as a secretary in various departments at Lakeland Community College and volunteered at her church. After

she retired, she spent 26 years volunteering at Lake West Medical Center. When helping to transport patients in beds or wheelchairs became more difficult, she began looking for other ways to help out in the community.

McGiffin knew a few people who volunteered at CoA and, since she had some time on her hands, she went to find out more. She had a choice of locations to assist, and decided to volunteer in another community to give herself the opportunity to meet some new people. She's been working at the Eastlake location for four years.

"This is a very worthwhile program that needs a lot of help," she explained. "I work with a great crew."

The CoA recruits volunteers in a variety of ways — through community events, local publications, on their Facebook page, and via signs at each program location. And you don't have to be 90 years old or even a senior. All ages are welcome to help support the CoA's many wonderful programs.

For more information, contact Linda Llewellyn at (440) 205-8111.

AARP Smart Driver Course returns to Council on Aging on October 8

With winter approaching, now is a great time to sharpen driving skills by participating in the AARP Smart Driver program, presented through a partnership between AARP and the Lake County Council on Aging. Lake County residents age 50 and over are eligible for the workshop which will take place on Tuesday, October 8, from 10:30 am–3 pm at the Council on Aging office, 8520 East Avenue in Mentor.

We will take a half-hour break for lunch which will be made available for registered participants that day. Those attending will learn defensive driving techniques and strategies, review new traffic laws, rules of the road and more in the four hour course. They will discover how to adjust their driving to age related changes in

vision, hearing, and reaction time through an interactive discussion about the changing technology on newer vehicles and the warning signs that suggest it's time to give up the keys.

Drivers who successfully complete the AARP course could be eligible for a car insurance discount. The main thrust of the course is about giving drivers every possible advantage now, and as they age, to be able to continue to drive safely for as long as they can. There is no exam, and all work is in the classroom.

Seating is limited. Class fees are \$15 for AARP members and \$20 for nonmembers. Reserve a spot today by calling the Council on Aging at (440) 205-8111. Attendees are asked to bring their driver's license and AARP card to the class.

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Getting Ahead program helps those in poverty to build a stronger future story

By Bernardine Brooks, MPA, LSW, Social Work Manager, Council on Aging

On August 28, 2019 the Willoughby United Methodist Church and the McKinley Community Outreach Center celebrated the successful completion of the Getting Ahead program (GA) in Lake County. The 16-week program was co-facilitated by Sue Penicka and Bernardine Brooks (Lake County Council on Aging) and seven local individuals (GA investigators) successfully completed the program.

The program's full name, "Getting Ahead in a Just-Gettin'-By World," offers useful tools, practical advice and valuable communication skills to help individuals and families who are directly affected by poverty, whether it is generational or situational.

The seven GA investigators who participated learned to identify their strengths in order to build a stronger personal future story. They learned that in order to stabilize their lives and get out of poverty they needed to build resources of which money is only one of them. They realized that the more resources a person has in all areas, the easier it is to make changes and live well.

In one of the learning modules they completed a self-assessment in terms of the 11 resources

available to them (physical, mental/cognitive, social capital, spiritual, financial, emotional, language, integrity and trust, motivation and persistence, relationship/role models and knowledge of hidden rules) and then developed an individual plan to strengthen one or two of these resources.

One exercise had the investigators describe and define what poverty looked like. Three investigators had been sleeping in recliners because they did not have mattresses. The facilitators, as part of identifying resources and building social capital, were able to contact community agencies and all three individuals received new mattresses.

Part of the program was to investigate income and wage information, housing costs, debt to income ratio, and the rules of money. As a result of exploring their individual situations, one investigator obtained a new job. Another gained the confidence to request a raise and received it, and was also able to obtain a car by understanding the role of money and making small changes to her finances. The camaraderie and support for each other grew as they offered each other advice on how to manage conflict, how to manage destructive behaviors of family members, how to save money on groceries, or how to write a

resume. Many of the activities were challenging but through courage and honesty they became empowered to make the necessary changes that would improve their lives.

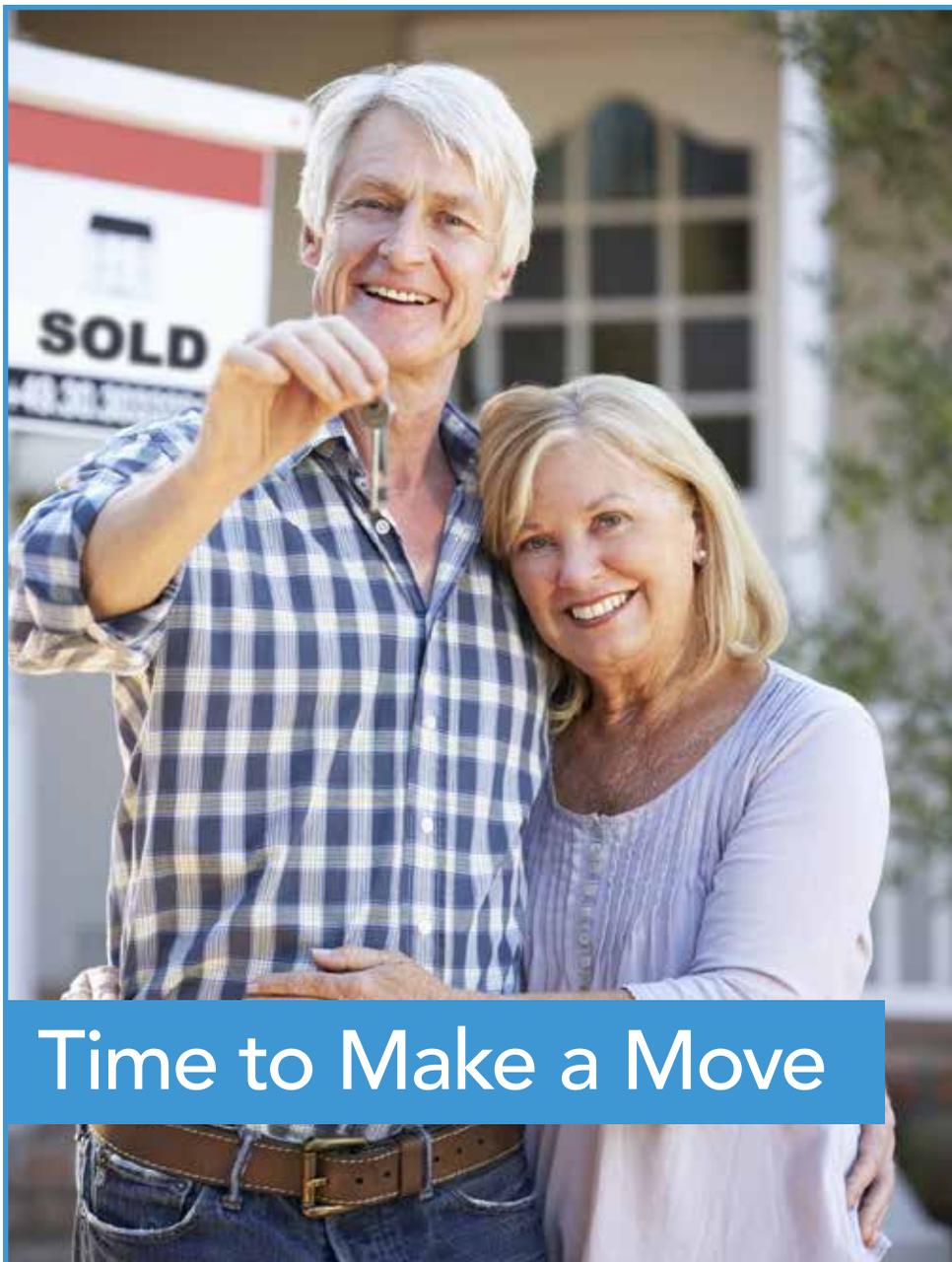
At the end of Getting Ahead, the GA investigators were asked to assess how the program had worked for them in the areas of stability of life, financial resources, emotional resources and physical resources.

The majority of the investigators reported that they now experienced less stress and felt more relaxed. They felt they had reduced the use of predatory lending, started utilizing regular banking services and started saving some money.

In terms of emotional resources the majority of the investigators stated that they had developed a more positive attitude, were able to use positive self-talk and learned ways to successfully negotiate their needs.

The majority of the investigators stated that they were able to make decisions based upon future impact instead of remaining in "the tyranny of the moment".

For further information or to inquire about future classes, please contact Sue Penicka at (440) 479-6807.



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Pancake breakfast a huge success!



Mother Nature provided a gorgeous day for the 2019 Grandparents Day Pancake Breakfast held on Sunday, September 8 at the beautiful new David E. Anderson Willoughby Senior Center. The former mayor himself actually served guests most of the morning. This marked the third year for the annual Support Our Seniors (SOS) Levy Committee pancake fundraiser. An estimated 350 community members came to the center to enjoy pancakes and sausage donated by Perkins, and accordion entertainment provided by Joe Tomsick. The SOS Levy Committee was able to raise over \$6,000 from tickets sold, sponsors and basket raffle.

A very special thank you to the sponsors of this year's event - Friends of Laketrans, Brookdale Wickliffe, Lifeline Inc., Home Instead Senior Care, Mentor Ridge Health & Rehab, Burges & Burges, Lake County General Health District, the Tomsick Family, Family Eyecare Clinic, Kurt Law, Hospice of the Western Reserve, Brunner Sanden Dietrick Funeral, Wildlife & Bat Control Company, Lake County Council on Aging, Deborah

Loughner, LLC, C-Town Sports Cave, Susan Cannavino, Conway Land Title, Lake County Treasurer Lorraine Fende, Ohio Living Home Health & Hospice, Panini's, Giacomo's Carpet Cleaning Services, Cardinal Woods, Lake County Adult Protective Services, Wickliffe County Place, LakeMed, Crossroads Hospice, and Madison Health Care.

The SOS Levy Committee works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. The levy currently brings in approximately \$4.4 million dollars each year to help support many of the county's senior services such as meals on wheels, social work services, homemaker services, home repairs and modifications, the senior centers, the Volunteer Guardianship Program and Adult Protective Services. These are only a few of the many critical services addressed with the levy funding. Every five years the Senior Services Levy is up for renewal on the ballot. These fundraising events help to ensure a successful campaign and keep these vital funds supporting our seniors.

Donate your unwanted vehicle to the Council on Aging

If you have a car, boat, RV, or other vehicle that you no longer want or need, you can donate it to the Lake County Council on Aging, receive a tax deduction for the sale price of the vehicle, and make a hassle-free contribution to help seniors in our community. The vehicle does not need to run and all the work is done for you!

The Lake County Council on Aging works with Donation Line LLC to process vehicle donations. They

will arrange to pick up your vehicle at no cost. To donate, go to www.donationline.com and under "Select a Charity," select Lake County Council on Aging.

You may also call 1-877-CARS-4-US (1-877-227-7487) toll free to make arrangements. Please use extension code 2135 to ensure that the Lake County Council on Aging will receive the proceeds from your gift. Thank you!

Hearing can affect memory!

Call Now for a hearing check **440-205-8848**

Blizzard bag food drive returns to Lake County

Earlier this year, Meals on Wheels America (MOWA) awarded the Lake County Council on Aging a grant of nearly \$5,000 for the agency's impressive efforts to raise community awareness and support of local homebound and socially isolated Lake County seniors during Subaru of America's "Share the Love" campaign. The move is designed as a way for Subaru dealers to give back to their local communities throughout the holiday season.

One of the qualifying activities was the agency's "blizzard bag" food drive. "We are very excited to announce that the Lake County blizzard bag food drive will continue in 2019," stated Joseph Tom-sick, CEO of the Council on Aging. "Last year the entire county got involved and we hope to repeat the success this year." Collected food is distributed to seniors in need for situations when storms, power outages or other events prevent our Meals on Wheels delivery or make it difficult to obtain or prepare food.

This year, from December 9-14 the Lake County Council on Aging will team up with Lake County senior centers and the Mentor Ice Breakers to collect nonperishable food items to be placed in emergency "blizzard bags." The bags provide a supply of a few shelf-stable emergency meals to help assure no senior goes hungry during a possible emergency.

Food donations can be dropped off at the Council on Aging administrative office at 8520 East Avenue in Mentor, at our five nutrition site locations, most Lake County senior centers or at the Saturday, December 14 home game of the Mentor Ice Breakers at the Mentor Civic Arena.

"Subaru retailers and Meals on Wheels have worked together since 2008, helping deliver over one million meals to seniors every day," said Ellie Hollander, president and CEO, MOWA.

Meals on Wheels America has been one of Subaru's national charities for twelve consecutive years.

Volunteer Services

Fall transitions bring colorful leaves and opportunities

By Linda Llewellyn

Community and Volunteer Engagement Specialist, Council on Aging

Fall is a time of transition. Lake County Council on Aging is an expert at providing seniors with services to ease life transitions: Meals on Wheels and lunch at congregate Lunch Places in senior centers to improve nutrition; Health Equipment Lending Program to provide items needed after a hospital stay; information and assistance to find the right services; information to choose the best Medicare plan; grocery shoppers to go to the store for necessities; homemakers to keep homes clean; information to explore options for the future; and case managers to bring it all together.

Council on Aging also provides volunteer opportunities which assist in providing many of the services above and also providing a way to ease transitions in a volunteer's life. Volunteering is an excellent way to ease from the demanding schedule of full-time employment to the lack of schedule in retirement. Volunteering a day or two each week can provide the routine of a schedule to create structure in your week and to make the most of your time. Volunteering keeps you socially active and introduces new people into one's life. Volunteering provides a purpose in life; a way to give back and express gratitude, a way to contribute to the community in a positive manner, a way to help those who are experiencing challenges and need support, and a way to help one's self.

Lake County Council on Aging volunteer opportunities include:

The **Meals on Wheels** program helps seniors stay physically healthy and well. Volunteers assist in the kitchen to prepare and pack nutritious meals for driver volunteers to deliver to seniors and Lunch Place volunteers to serve at the senior centers to improve the nutritional health, social connection and overall wellness of seniors. This volunteer position is available weekday mornings till early afternoons depending on the volunteer position. There are currently openings in all nutrition locations; Eastlake, Madison, Mentor, Paines-

ville and Wickliffe.

The **grocery shopping** volunteer opportunity helps seniors, who are no longer able to shop, to have food; stay healthy, avoid accidental injury and be happier as they are able to remain living independently in their own home. This volunteer position can be done weekdays, evenings or weekends. Current openings available.

The **friendly visitor** volunteer position increases a senior's emotional well-being, reduces loneliness, increases socialization and brings positivity and joy into the lives of seniors; often reducing depression. This volunteer position can be done weekdays, evenings or weekends. Current openings available.

Administrative support volunteers serve in the East Ave office assisting with a variety of projects on weekdays ensuring that operations are at their best providing great services to seniors.

Community and event volunteers serve as needed for special events; planning and day of, as well as, other activities that share Lake County Council on Aging's mission in the community.

This fall is a great time to transition into the joy of being a volunteer. Ongoing opportunities in the above positions are available now; as well as, several special opportunities that only occur during the colorful fall and early winter season:

Thanksgiving meal delivery— On Thanksgiving Day morning volunteers are needed to deliver a hot meal and holiday greetings to seniors throughout Lake County who may have no one to share the holiday with. Meals are picked up at Lake Health TriPoint and Lake West Medical Center and take an hour or less to deliver. Prior registration as a volunteer is required.

Christmas meal delivery — On Christmas Day morning volunteers are needed to deliver a hot meal and holiday greeting too. Details are the same as Thanksgiving. Prior registration as a volunteer is required.

See **VOLUNTEERING** on page 19



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LAKETRAN



Lake Health Foundation

Who they are, what they do and how you can get involved

Lake Health Foundation is the fundraising arm of the Lake Health health care system. Their sole purpose is to raise funds and other resources to benefit Lake Health, its programs and services. As an independent community health care system, the funds raised by the Foundation are vital to the success of the entire system.

Lake Health Foundation implements many methods to secured funding including two incredible special events. The first, an award-winning golf outing, the FORE! Wellness Classic, hosts a sold-out field of 320 golfers year after year at two courses simultaneously. Additionally, the award-winning gala, the Glitz, changes themes annually and hosts 600+ guests. Grants are sought from outside funders for specific causes as needed.

As your community health care system, Lake Health and the Foundation support many programs and services that strongly impact our friends and neighbors. Every first-

responder is equipped with 12-lead EKG equipment for quicker, more accurate diagnosis during a cardiac event. Through the Community Care Fund, patients making payments on their outstanding medical bills may have their balance paid off. Individuals facing their personal battle with breast cancer receive a bag of items to provide comfort and healing following their mastectomy. All of this is made possible by the generosity of our community.

Would you like to help us continue our efforts? There are many ways to get involved. Join our Board as an active trustee. Purchase tickets to attend one of our events. Hold a third-party event with the proceeds benefitting Lake Health Foundation. Or simply make an outright donation supporting one of many funds at the Foundation.

Contact the Foundation at (440) 354-1900 for additional information.

ADRC

The Lake County Council on Aging can help you save money this winter

By Jennifer McLaughlin, MSW, LSW

Aging and Disability Resource Center Manager, Council on Aging

Autumn is typically a “fan favorite” since it brings brightly colored trees, cozy sweaters, pumpkin spice anything (and everything!), and cooler temperatures. Unfortunately cooler temperatures mean the beginning of higher heating bills. The Ohio Development Services Agency (ODSA) offers programs such as the Home Energy Assistance Program, known as HEAP, to assist Ohioans with paying their utility bills during. HEAP provides a one-time annual benefit/credit to your main heating source account. The program runs annually from July through March. It is important to note that the program ending in March is a relatively recent change as applications were accepted through June in the past. While applications may be submitted as early as August or September, eligible recipients will typically see the credit on their heating bill starting in January, depending on when the application was received.

To be eligible for HEAP, the total gross annual household income must fall below \$21,857.50 (175% of the federal poverty level) for a household of one or \$29,592.50 for a household of two. The gross income (before deductions) is counted for all household members, and includes income from wages, interest, annuities, pensions, Social Se-

curity (minus Medicare premiums), retirement, employment disability, public assistance, Supplement Security Income (SSI), alimony, child support, unemployment benefits, workers’ compensation, utility allowances and any other indirect income. According to the ODSA, all persons who share a common kitchen and bath are considered members of the same household and must apply on one application.

Although it may seem like a lot of information, the application process is relatively easy, and the Lake County Council on Aging is able to help you to apply for HEAP. You will need to bring your photo ID, Social Security card and proof of income for all household members, and a copy of your heating/utility bill. Staff will help you complete the application, make copies of the required documents, and mail in the application on your behalf. The Council on Aging staff member will also follow up on your application to ensure that it was processed and the credit/benefit was issued.

In the event that more assistance is needed, our knowledgeable staff will explore possible eligibility for other benefits and refer you to our benefits specialist if needed. No appointment necessary. Call the Council on Aging at (440) 205-8111 for more information.

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Do you know someone turning 100 years old... or older?

For the past three years, the Lake County Council on Aging has been honoring those residents of Lake County who have turned at least 100 years old. If you know of someone marking this milestone birthday or even older, please notify us by going online to our website at www.lcco.org and using the fillable form. You will receive a beautiful centenarian certificate from the Council on Aging, along with name and birth date recognition in our quarterly newspaper, “Bridge.”

You may also drop us a note or email and include the following:

- Name of honoree
- Your name (as requestor)
- Your mailing address

- Your phone number
- Honoree date of birth
- Relationship to honoree

Send to:

Council on Aging
Centenarian Project
8520 East Avenue
Mentor, Ohio 44060
or email:

maribethg@lcco.org

Privacy policy:

In order to protect the identity of participants from unwanted solicitation or contacts, we will only print the name, city and birth date of the centenarian. All other information you send to the Council on Aging will be kept confidential and is for use on a centenarian certificate only.

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Community Services

Medicare open enrollment starts in October

Medicare's annual open enrollment period begins on October 15 and ends December 7. If you are on Medicare, this is the time to review your coverage for 2020 since Medicare Part D and Medicare Advantage plans change every year. You could be missing out on big savings if you aren't reviewing your coverage annually!

Understanding your Medicare options can be confusing and overwhelming but you don't have to do it alone — we are here to help! The Council on Aging has trained Ohio Senior Health Insurance Information Program (OSHIIP) volunteers available to help. OSHIIP volunteers provide unbiased information and education about Medicare. We will help you

review your current coverage and look at plan options for 2020. You may call the Council on Aging at (440) 205-8111 to schedule a one-on-one appointment. Please note appointments are required during open enrollment and you will need to bring your Medicare card and a list of current medications.

In addition to one-on-one counseling, the Lake County Council on Aging will be holding Medicare Check-up Presentations throughout the county. These presentations will provide an overview of Medicare including 2020 plan options.

Presentations are free and open to the public but registration is required. Please contact the respective site in the list below to register.

Medicare Checkup Presentations 2019



Wednesday, October 16 • 11:45 am
Perry Senior Center
2800 Perry Park Road
(440) 259-3772

Friday, October 18 • 10 am
Kirtland Senior Center
7900 Euclid Chardon Road
(440) 256-4711

Tuesday, October 22 • 10 am
Mentor Senior Center
8484 Munson Road
(440) 974-5725

Thursday, October 24 • 12 noon
Willoughby Senior Center
36939 Ridge Road
(440) 951-2832

Friday, November 1 • 10 am
Madison Senior Center
2938 Hubbard Road
(440) 428-6664

Thursday, October 10 • 2 pm
Madison Public Library
6111 Middle Ridge Road
(440) 428-2189

Friday, October 11 • 2 pm
Morley Library
184 Phelps Street, Painesville
(440) 352-3383

Tuesday, October 15 • 10 am
Wickliffe Public Library
1713 Lincoln Road
(440) 944-6010

Tuesday, October 15 • 2 pm
Willowick Senior Center
321 E. 314th Street
(440) 585-5112

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Medical equipment donations now being accepted



The Council on Aging is currently accepting donations for gently used medical equipment. Items needed include wheelchairs, rollators, raised toilet seats, quad canes and tub seats. Donations are accepted during our normal business hours. All donations should be clean and in good working order. The agency also loans out medical equipment free of charge. Call (440) 205-8111 or visit www.lcoa.org for more details.

Online shopping? Support the Council on Aging with Amazon Smile!



Amazon (Amazon.com) is the world's largest online retailer of books, music, electronics, computers, software, apparel & accessories, shoes, jewelry and so much more! If you plan to shop online this holiday season and find something at Amazon, please consider first checking in at AmazonSmile. By doing so, when you make an eligible purchase, the company will donate a portion of that purchase price to the Lake County Council on Aging!

The first step is selecting a charity. Search for "Lake County Council on Aging" in Mentor, Ohio. This will link your purchased products to the agency. Although the site is available all year long, this holiday season is a great time to try AmazonSmile.

There is a link available on our website at www.lcoa.org that will take you directly to the site for the Council on Aging. Just look for the "AmazonSmile" logo and happy shopping!

The Lunch Place

Enjoy good food with friends at Lake County Council on Aging meal sites

If you are age 60 or older and are looking for warm companionship and healthy, nutritious food, then schedule time to eat a meal with a friend.

The Lunch Place serves hot lunches five days per week providing 1/3 of the daily-required recommendations of USDA. There is no charge although a suggested voluntary donation of \$1.50 is accepted. A reservation in advance of the meal is also required.

It is never too late to start making positive lifestyle changes. Eating well can help you stay healthy and independent -- and look and feel good -- in the years to come.

More information about the Lunch Place can be obtained by calling the listed numbers.



The Lunch Place at Eastlake

1580 East 332nd Street
Hours: 8:30 am – 1:30 pm
Phone: 440-946-8822
Coordinator: Barb Sawicki

The Lunch Place at Madison

2938 Hubbard Road
Hours: 8:00 am – 1:00 pm
Phone: 440-428-7002
Coordinator: Glynnis Fox

The Lunch Place at Painesville

270 East Main Street
Hours: 8:30 am – 1:30 pm
Phone: 440-354-6700
Coordinator: Arielle Hilliard

The Lunch Place at Wickliffe

900 Worden Road
Hours: 8:30 am – 1:30 pm
Phone: 440-373-5017
Coordinator: Nancy Krause

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(440) 867-9100

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Painesville Lunch Place serves food and social interaction

September 30 marked the much-anticipated opening of the Painesville Lunch Place, once known as the Painesville Congregate Nutrition Site. Located within the Extended Housing Wellness Center at 270 E. Main Street in downtown Painesville, and operated by the Lake County Council on Aging in their Meals on Wheels kitchen, this senior meal program brings Painesville-area residents together for a hot, nutritious meal, conversation and companionship.

Seniors ages 60 and older are eligible for meals. Spouses of any age, and/or disabled dependents accompanied by eligible seniors may be served also. Annual program registration is required by filling out demographic information and a nutrition screen. Reservations are required to be placed with the site either in person or by phone no later than Wednesday for the following week. It is important to know that meals are ordered specifically for each reservation. In the event of an emergency, prompt cancellations are essential. Cancelled meals may be available on a stand-by

basis to seniors who do not have a reservation, yet desire a meal.

The Painesville Lunch Place serves meals at 11:30 am Monday through Friday with the exception of holidays. Menu items rotate approximately every six weeks. Many guests attend daily and others select days when their favorite foods are on the menu-the choice is yours. If fan favorites such as stuffed cabbage rolls, stuffed peppers, meatloaf, chicken, riblet sandwiches and roast turkey sound appetizing, please join us! Menus may be viewed at the Lunch Place or by visiting www.lcco.org/menus/.

Our guests are offered the opportunity to make a suggested donation of \$1.50 for their meal to help cover the costs that exceed program subsidy; however all guests are served regardless of their ability to contribute. The Western Reserve Area Agency on Aging, United Way of Lake County, Lake County Senior Services Levy, grants, and donations allow this program to help seniors obtain good nutrition in the company of their peers.

See LUNCH PLACE on page 21

Improve your well-being

Join your area senior center!

According to the National Council on Aging (ncoa.org), research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Join your local senior center today!

Eastlake Senior Center

1580 East 332nd Street, Eastlake
(440) 975-4268

Fairport Harbor Senior Center

1380 East Street, Fairport Harbor
(440) 354-3674

Kirtland Community & Senior Center

7900 Euclid Chardon Road, Kirtland
(440) 256-4711

Madison Senior Center

2938 Hubbard Road, Madison
(440) 428-6664

Mentor Senior Center

8484 Munson Road, Mentor
(440) 974-5725

Painesville Senior Center

933 Mentor Avenue, Painesville
(440) 853-2004

Perry Community/Senior Center

2800 Perry Park Road, Perry
(440) 259-3772

Wickliffe Senior Center

900 Worden Road, Wickliffe
(440) 373-5015

Willoughby Senior Center

36939 Ridge Road, Willoughby
(440) 951-2832

Willowick Senior Center

321 East 314th Street, Willowick
(440) 585-5112

Concord Township 55+ Group

7671 Auburn Road, Concord Twp.
(440) 639-4650

Willoughby Hills

Community Center

35400 Chardon Rd., Willoughby Hills
(440) 951-1826

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In Lake County, we take care of our own!

By Judge Mark J. Bartolotta

In the probate court system, people who are unable to adequately care for themselves or their property are now being protected by a dedicated group of professionals and volunteers who comprise this court's new Volunteer Guardian Program (VGP). The VGP is here for those Lake County citizens who have no one else to step up for them. These are their stories.

"Johnny" is a 74-year-old man who was living alone in his home in Mentor. He fell and was unconscious on the floor of his home for up to two days before he was able to crawl to a phone to call 9-1-1. He was taken to Lake West Medical Center for emergency treatment. While there he was suffering from delirium related to his medical condition, diagnosed as metastatic cancer of the liver and/or pancreas. The delirium caused delusions, confusion, visual hallucinations, and an inability to comprehend his condition. He was also diagnosed with major depression, panic disorder, and agoraphobia. He was unable to give informed consent to any further medical treatment.

"Molly" is a 56-year-old woman who is homeless. She had lost her Section 8 housing and had recently been admitted to Windsor-Laurelwood Hospital twice due to reported suicidal ideations. She had been treating with Signature Health for the past few years, but had been engaging in self-neglect. She was diagnosed with schizoaffective disorder, borderline personality disorder, and related cognitive impairment. Her illness had worsened over the past two years and her symptoms had become debilitating. She struggled with severe anxiety, mood swings, and paranoid delusions that prevented her from seeking both support service providers and healthcare from medical/mental health providers.

What do Johnny and Molly have in common? They both were in need of someone to help them get the care they needed when they couldn't authorize it themselves. They both had no family or friends who were ready, willing, or able to take on the role of guardian for them, despite their dire need to have

someone. They both had local entities that knew to reach out to this court for help. That help was provided by the court's new Volunteer Guardian Program.

Earlier this year, the Lake County Probate Court, in partnership with Lifeline, Inc. of Lake County, launched the VGP. Lifeline is Lake County's community action agency that provides assistance and life skills programming to help the thousands of residents who struggle with basic needs. Lifeline has taken on the role as facilitator of the VGP.

Lifeline has dedicated three staff members to operate the program by acting as guardians themselves, as well as recruiting and training others from our community to become volunteer guardians, and providing the necessary support for those volunteers. Each volunteer is screened by a background check through the attorney general's office. They must complete the mandatory guardian training classes facilitated by the Ohio Supreme Court. Lifeline then administers more hands-on training before a volunteer is ready to take on his or her own cases.

Funding for the VGP comes primarily from our fiscal partners including the Lake County Board of Commissioners, the Lake County ADAMHS Board, the Lake County Board of Developmental Disabilities/Deepwood, Lake Heath, and Lifeline, Inc. These entities all played a significant and vital role in helping to establish the VGP. Their support is invaluable to the continued success of the program.

So, what happened to Johnny and Molly? As a result of Johnny's diagnosis and situation, Lake Health reached out to the court, requesting that a guardian be appointed for him. A referral was made to the VGP and the VGP filed an application for appointment of guardian with the court. An emergency appointment for guardian of the person was made for the VGP, thereby giving Johnny a guardian.

Johnny's guardian was able to give informed consent for further treatment of his medical and mental health issues. The guardian was also able to secure a safe place at a local nursing home for him to reside after his discharge from the hospital. In addition, the guardian

also requested the appointment of a guardian of the estate for Johnny due to the possibility that his home may need to be sold for him to pay for the cost of his care at the facility. This court did appoint a local attorney to serve as guardian of the estate, who later discovered that in addition to the home, Johnny had multiple bank accounts that needed to be secured and managed. Both guardians continue to serve on Johnny's behalf.

As for Molly, Signature Health reached out to the court for appointment of a guardian who could oversee Molly's treatment and her self care upon her release from Windsor-Laurelwood. A guardian was appointed for her through the VGP. With the guardian's help, Molly continues to receive mental health treatment through Signature Health. She is compliant with her prescribed medications. And now, Molly has a stable residence that provides her with a safe environment in which to live.

Unfortunately, there are hundreds or maybe thousands of stories similar to Johnny and Molly's in this

county. The probate court currently has roughly 1,200-1,400 open guardianship cases, with more and more being filed each week. Our aging population, the opioid epidemic, and untreated mental health issues all add to our ever-growing numbers. The demand for qualified guardians will continue to increase. This is why the importance of the VGP cannot be understated. Much is being done to help, but more still needs to be done.

I am proud to say that the VGP has been very successful in its infancy in helping to meet the needs of many of those who are most at risk. The court will continue to use local attorneys to act as guardians of the estate for those who have assets to be managed. However, the VGP still needs your help in becoming and recruiting volunteers to act as guardians of the person.

Contact Lifeline online at www.lclifeline.org or by phone at (440) 350-9160 to further explore opportunities to give back to our community, and to encourage others to do so as well. I guarantee a most fulfilling, worthwhile experience.



Mark J. Bartolotta

NorthCoast Entertainment



JINGLE BELLAS CHRISTMAS SHOW with the BELLA ELECTRIC STRINGS

The Bella Electric Strings, led by rock violinist and arranger Nina DeGregorio, are all classically trained, many with masters degrees in violin performances and have rocked audiences worldwide with their blistering solos, unique arrangements — not to mention their beauty and charm.

The girls have performed with some of the biggest names in the business such as Beyonce, Andrea Bocelli, David Foster, Josh Groban, Deep Purple and Cheap Trick to name a few. They also did a live performance with the Killers for none other than President Obama and have appeared on America's Got Talent (season 1).

Bella Electric Strings were featured in a David Foster and Friends concert alongside the legendary songwriter and producer. And recently the girls were the featured string quartet for Richard Marx, backing him up for his Las Vegas all-acoustic show. But that's just a small part of what they do.

Thursday, December 5, 2019

LORAIN PALACE THEATRE 617 Broadway, Lorain

Show 7:00 pm \$30 & \$20

Friday, December 6, 2019

MENTOR FINE ARTS CENTER 6477 Center Street, Mentor

Show 7:30 pm \$30 & \$20

Saturday, December 7, 2019

PACKARD MUSIC HALL 1703 Mahoning Avenue NW, Warren

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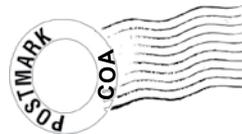
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From Our Mailbag

A few recent notes of appreciation written to the Council on Aging staff.

Jean:

I wanted to thank you for all the time you spent with me last week. You are a wealth of knowledge. I now have much more peace of mind!

Karen

Council on Aging:

We recently had the opportunity to meet with Tracy regarding Medicare questions. We found Tracy to be engaging, knowledgeable and thorough. Her presentation brought us to be confident of our choice and selection.

Steve

Dear Jim and LCCoA:

Thank you for everything you have done for me and continue to do. You are such a blessing!

Alexis

Jim and all LCCoA staff:

Thank you for all you do to help the senior residents of Lake County. As an employee of Lake Health Home Care I witness your

invaluable work first hand every day. Blessings to all of you!

Valerie

Dear Jean:

Thank you for meeting with me twice now... and thank you for helping me with the Medicaid application process. We appreciate your knowledge and experience in advising our family. We love your gentle spirit and are very happy to have met you.

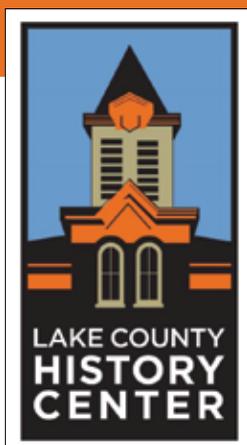
Donna

Adrienne G:

I can't thank you enough for all your help and insight. I can't begin to express how valuable it's been to get a better understanding of the landscape in Cleveland and the resources.

You are such a blessing!

Adrienne S.



415 Riverside Dr.
Painesville

Mark Your Calendar!

Lake County's Most Elaborate Holiday Event
Home for the Holidays

December 6, 7, 8 • 11 am-4 pm

- Lavish décor throughout the house
- Delicious, beautifully wrapped food gifts in the Emporium
- Lite lunch at the Christmas Café
- Craft vendors
- Delight in the 'Magical Musical Machines'
- Meet Father Christmas
- **General admission: \$5 per person; \$3 children under 12; kids under 3 free**
- **Group Day - Dec. 5** (10 or more guests): Tour/lunch/shopping \$18 per person



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We're here for your family.

Caring for someone with dementia isn't easy.

Hospice of the Western Reserve is here to help. We focus on improving quality of life for dementia patients through specialized care, innovative programs like art and music therapy, and customized care plans that ensure dignity and comfort.

Hospice of the Western Reserve also educates caregivers on what to expect, including techniques to make caregiving easier.

If your loved one has been diagnosed with dementia, **insist on Hospice of the Western Reserve**. Your journey to compassionate care begins with us.

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New talus replacement surgery uses custom, 3D-printed prosthesis

By Lake Health

For the first time in nearly three decades, Tammy Wilkes is able to walk with dramatically less pain thanks to a revolutionary talar bone replacement surgery using a custom, 3D-printed prosthesis. The replacement, which was performed in November 2018 by podiatrist Jonathan Sharpe, DPM, marked the first time a 3D-printed talus has been used at Lake Health, one of the few health systems in Ohio to offer the innovative procedure.

A culmination of traumatic injuries sustained at age 17 and many subsequent surgeries, Wilkes' talus bone died from lack of blood supply—a condition called avascular necrosis. The talus is critical in allowing normal foot and ankle motion for walking and everyday activities.

To compensate for the malunion deformity, Wilkes, age 47, said she had to adjust the way she walked.

Her foot and leg ached constantly and over time she also experienced back pain and additional injuries including ankle sprains and fractures.

As her pain increased, it became nearly impossible for Wilkes to walk and keep up with her young daughter, she said. She reached out to Dr. Sharpe, who had performed two of her previous surgeries. An MRI showed more than half of her talus was dead as a result of her multiple foot and ankle injuries. Subsequently, the bone was collapsing causing debilitating pain.

“The talus connects the lower leg and foot and is crucial for foot and ankle mobility. Traditionally, the treatment to manage loss of a talus bone has been to fuse the ankle,” Dr. Sharpe explained. “Unfortunately, this leaves the patient with a stiff ankle and limited movement and functionality. Ms. Wilkes was the ideal candidate for the new 3D-printed talus replacement, which enabled her to regain up to 75 percent

of normal ankle function.”

Wilkes' new cobalt-chrome talus, which was custom made based on her unique anatomy, weighs less than a pound and was 3D-printed by Additive Orthopaedics, Dr. Sharpe said. During the one-hour surgery performed at TriPoint Medical Center, Dr. Sharpe removed Wilkes' collapsed talus and replaced it with the prosthesis that perfectly replicated her original bone.

“It's truly a life changing procedure. Total replacement of the talus using this approach provides patients with outstanding mobility and weight bearing capability that wasn't previously achievable,” Dr. Sharpe said. “This technology has huge potential in terms of addressing a very challenging problem in the proper patient and restoring his or her quality of life.”

At seven months post-op, Wilkes is very pleased with her outcome. She said her recovery from the surgery has been faster than previ-

ous surgeries, although she is still coping with moderate swelling. She continues to attend weekly physical therapy sessions to regain full movement and increase stability in her ankle. She said soft tissue massage and cupping have helped reduce the swelling. She also started aquatic therapy to accelerate her progress and improve overall strength in her legs. The results have been remarkable, Wilkes said, and she can now more easily navigate steps and uneven ground.

“I can't say enough good things about Dr. Sharpe; he is the best surgeon I've ever had. I'm so grateful for his expertise and the compassionate care that both he and his office staff provides. He is so kind and down to earth that when he came to see me after my surgery, he thanked me,” Wilkes said. “I'm truly the one who is thankful; he has improved my life in a huge way.” Contact Dr. Sharpe's Concord office at (440) 350-9595.

Holiday time is an important time to support our seniors

By Joel Glass, CoA Volunteer

The holiday season can be the happiest time of the year for many. Special meals, parties and gift giving among family and friends make the month of December very festive. At this time, one's life is often filled with anticipation and excitement as the fall and winter holidays draw near. And yet, there are many individuals, especially seniors, who as a result of being isolated, are unable to fully enjoy the holiday season.

The Lake County Council on Aging's mission is to benefit the well-being of seniors in the Lake County area. Throughout the year, various services are made available to help seniors maintain an independent lifestyle. During this holiday season, it becomes incumbent on staff, volunteers, friends, family, and neighbors to offer as much support and kindness to our senior clients, so that, they too can experience holiday joy. We need to consider ourselves to be a part of their extended family, so they

realize that others do care for them. Being supportive to a senior can be the greatest holiday gift they could receive.

On behalf of the Lake County Council on Aging, we hope that our clients enjoy the holiday festivities that will be shortly forthcoming. Your happiness and well-being is a most important concern for the Lake County Council on Aging during this time.

One very special way to make the holidays brighter for homebound seniors in Lake County is to consider volunteering to deliver food on Thanksgiving and Christmas mornings. It's a great way to demonstrate the holiday spirit of giving. Through a partnership with Lake Health, hot holiday meals are prepared, packed and picked up at TriPoint Medical Center and West Medical Center.

If you would like to volunteer on the mornings of either November 28 or December 25, call the Council on Aging at (440) 205-8111 and ask for Linda. Positions fill quickly so please call today!



shopgreatlakesmall.com

Taking care of women

By University Hospitals

Women tend to make most health care decisions for their families, but you can't take care of everybody else when you're not taking care of yourself. An annual visit to your OB/GYN is a good place to start.

The basics and beyond

A comprehensive annual exam from a women's health specialist includes the basics – height, weight, blood pressure and blood work to measure glucose and cholesterol levels. These routine measurements can give an indication of your overall health and wellness and find small health issues before they become big problems.

Your women's health provider will also ask you more in-depth questions about your health, especially any changes you have noticed in your body, and talk with you about any concerns. Next, he or she will perform or recommend preventive health screenings for

you based on your age, lifestyle and family history. Screenings are tests that can detect diseases early, before any symptoms occur.

Women's health experts recommend the following screenings:

- **Breast exam** – This is a physical examination of the breasts for detecting breast cancer. Women younger than 35 should have a breast exam every three years; annually for women 35 and older.
- **Pelvic exam** – This is an internal exam that evaluates the health of the internal reproductive organs.
- **Pap test** - detects cervical cancer or changes in the cervix that could develop into cancer. Your health care provider will collect cells from your cervix to be examined under a microscope. Women between 21 and 65 with normal Pap tests need to have one every three years or, starting at age 30, every five years with an HPV test (see below).



- **HPV test** – Another lab test that is performed on cells collected from the cervix, it detects the virus that causes cervical cancer. Start HPV testing at age 30. If your Pap test is normal, the HPV test is negative and you do not have any other risk factors for cervical cancer, you do not need another Pap test for five years. Most women can stop HPV testing at age 65.
- **Skin check** – Your health care provider will examine any moles that look abnormal and may refer you to a dermatologist for further testing to check for skin cancer.

Other preventive steps

In addition to your annual exam, your provider may also recommend additional tests and vaccines that are important to protect your health. These may include:

- **Mammogram** (breast x-ray) – You need an annual mammogram starting at age 40 until your doctor tells you that you no longer need to be screened for breast cancer.
- **Bone density testing** – This is a type of special x-ray that measures the strength of your bones. Medicare covers the test for women starting at age 65 and then every two years.
- **Colonoscopy** - This is a test to

detect colon and rectal cancer. New guidelines from the American Cancer Society recommend starting this test at age 45. The good news is you only have to repeat it every 10 years if it is normal. If the screening finds polyps, you may need to be screened more frequently. Also, if you have a family history of colon cancer, you may need to begin screenings at an earlier age.

- **Cardiac calcium scoring** – This is a one-time CT of the heart that can determine your future risk of heart attack. Adults 55 and older are eligible for this test.
- **Low dose lung CT** – A fast and painless CT of the lungs to detect lung cancer at an early, treatable stage. Smokers and former smokers who quit less than 15 years ago, 55 and older with a 30-pack-year history of smoking (average of one pack a day for 30 years or two packs a day for 15 years) should have this test annually.

Need a women's health provider?

If you don't currently have a relationship with a women's health specialist, call (855) 428-6849 to make an appointment with a women's health provider at a UH location near you.

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Connect with the Council on Aging



Want to receive news and announcements about senior services, programs, resources and information? Take the time right now to visit www.lcco.org and sign up for our free, monthly online newsletter.

Are you ready to fight the flu?

By Lake County
General Health District

Getting a flu vaccine every year is the best way to protect yourself and your family from flu and its potential complications. The Centers for Disease Control (CDC) recommends that everyone six months and older get vaccinated by the end of October, as it may take up to two weeks for the vaccine to be fully effective. Flu vaccination is especially important for people 65 years of age and older because they are at a higher risk of developing complications from flu as immune defenses weaken with age. Between 70% and 90% of flu-related deaths typically occur in people 65 years of age and older, and over half of flu-related hospitalizations are among people in that age group.

The "high dose vaccine" is recommended for people 65 years or older. It contains four times the amount of antigen as a regular flu shot. Recipients of this vaccine typically develop a stronger immune response following vaccination.



The timing of flu season is unpredictable, but seasonal flu activity typically begins to increase in October, peaks between December and February, and can last into May. The 2018-2019 flu season lasted a record-breaking 21 weeks. Flu vaccines have been updated for 2019 to better match circulating viruses.

Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience vomiting and diarrhea. You may be infected with the flu and have respiratory symptoms without a fever. If you get sick with these symptoms, call

your doctor right away. There are antiviral medications that can treat flu illness and help prevent complications if given within the first few days of illness.

The CDC recommends a three-step approach to fight flu:

1. Get a flu vaccine.
2. Take everyday actions to stop the spread of germs. Avoid close contact with sick people if possible, and stay home if you are sick. Cover your mouth and nose with a tissue when coughing or sneezing. Avoid touching your eyes, nose or mouth. Wash your hands often.
3. Take flu antiviral medications if your doctor prescribes them. Antiviral drugs can make illness milder and shorten the time you are sick.

Fight flu this season by getting yourself and your loved ones a flu vaccine. For additional information, visit www.cdc.gov/flu/resource-center/ or call the Lake County General Health District at (440) 350-2554.

Volunteering

from page 8

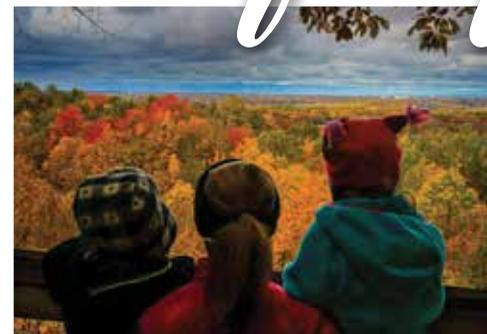
Thanksgiving and Christmas holiday cards – Hand-crafted cards make the perfect addition to the holiday meals delivered from a Lake Health hospital to seniors throughout Lake County. It adds a special touch. Guideline list is available.

Blizzard bag – Food drive and bag packing to create blizzard bags for seniors to have extra food in case of Meals on Wheels closure due to winter weather that prohibits delivery. Food is collected at several sites throughout the county, sorted and packed into blizzard bags.

Consider becoming a Lake County Council on Aging Volunteer to bring colorful transition to yourself and Lake County seniors. Get started today by calling Linda Llewellyn at (440) 205-8111 or emailing LLlewellyn@Lcco.org.



TOP FIVE PARKS *for fall color*



Chapin Forest Reservation

With a panoramic view of everything from Lake Erie to the Cleveland skyline, the view of fall colors is one of the best overlooks anywhere.

Indian Point Park

Enter from the upper parking lot for a spectacular view over the Grand River valley.

Girdled Road Reservation

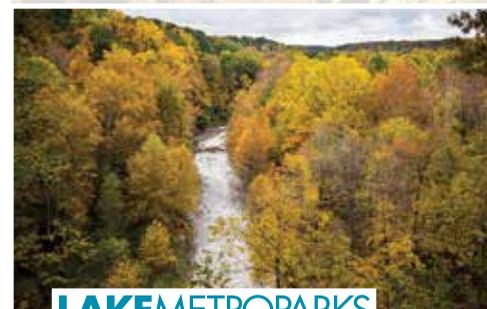
Stroll Skok Meadow to the scenic overlook and enjoy a meadow of native wildflowers.

Hell Hollow Wilderness Area

Explore a stunningly unique overlook of the Paine Creek valley.

Pete's Pond Preserve

Slowly become engulfed in beautiful yellow fall colors in this two-mile round-trip trail.



Trail Cart Tours Accessible Adventures

Scenic trail cart tours are available for people with limited mobility and their guests. Enjoy a guided ride along beautiful trails to scenic views and special locations. This is a great way to have fun and enjoy an "accessible adventure."

Scheduled tours are available for \$5 per person or arrange a custom tour by calling 440-358-7275. Rate: \$40/hour for one cart \$80/hour for two carts



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PHOTOS BY ANDREW CROSS, BRIAN FOWLER, NEIL JENTOFT & COURTNEY KEMPERS

Mentor Rotary donates to Meals on Wheels program

Mentor Rotary Club President Dale Smith presented a \$3,000 check from the Mentor Rotary Foundation to Council on Aging CEO Joe Tomsick and our board members during the August 2019 board meeting. The donation will be used to address required maintenance issues at our Meals on Wheels nutrition site kitchens. Our sincere thanks to Mentor Rotary Club for this generous donation and for all the good work they do for our community and beyond! (Pictured L-R: CoA board member Nancy Sanden, CEO Joe Tomsick, and Mentor Rotary President Dale Smith.)



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Your Well-Being

Support groups for caregivers of people with dementia

By the Alzheimer's Association

The Alzheimer's Association Cleveland Area Chapter offers free programs and services in support of all forms of dementia.

Visit alz.org/Cleveland to learn more about their chapter and free services. They're here all day, every day at (800) 272-3900.

The Mentor office at 8522 East Avenue is open to the public M-F 8:30 a.m. to 4:30 p.m.

Caregiver Support Group Meetings in Lake County

Madison

2nd Friday • 6:30–8:00 pm
Madison Public Library
6111 Middle Ridge Road

Mentor

2nd Thursday • 1–2:30 pm
Mentor Senior Center
Afternoon 1 8484 Munson Road

Mentor

Last Thursday • 1–2:30 pm
Mentor Senior Center
8484 Munson Road

Mentor

4th Monday • 6:30–8:00 pm
Brookdale at Mentor
5700 Emerald Court

Painesville

4th Tuesday • 10–11:30 am
Painesville United Methodist Church
71 North Park Place

Willoughby

3rd Wednesday • 1:30 pm–3:00 pm
Breckenridge Village - Osborne Center
36855 Ridge Road

Caregiver groups provide emotional, educational and social support for family members and caregivers. In this caring and confidential setting, members are able to share their feelings and experiences, as well as engage in problem solving. Caregivers develop coping methods and support each other in their journey with Alzheimer's disease and other dementias.

Each group has a different personality so you are welcome to try a couple of groups to find the one that is the best fit for you.

For more information about Lake County caregiver support groups contact Jennie Laeng at jlaeng@alz.org or (216) 342-5611.

The Alzheimer's Association 24/7 Helpline (800) 272-3900 is always available for questions, concerns or resources.

Help support Bridge! Become a Bridge Patron

PLATINUM LEVEL PATRONS

David Gilmer, Concord
Visiting Angels
Dr. & Mrs. Wayne & Coletta Wiley

SILVER LEVEL PATRON

Virginia Sierputowski, Willoughby

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There are three levels of patron support:

Platinum (\$100 per year)
Gold (\$55 per year)
Silver (\$35 per year)

Patron names will be printed in every issue of Bridge for one year.

To become a Bridge patron, please make check payable to:

Lake County Council on Aging
8520 East Avenue
Mentor, Ohio 44060

Be sure to designate which level you would like to join.

Tune into the "Our Aging World" with Joe Tomsick on 101.5 FM

Listen weekly to the Council on Aging's radio show every Saturday afternoon on both 1330 AM and 101.5 FM. The program, "Our Aging World," is hosted by CEO Joe Tomsick, from the Council on Aging and heard at a new time slot, 2 – 3 pm.

The show focuses on issues, resources and opportunities for those Lake County residents 60 and older.



**SAVE THE DATE!
March for Meals 2020!**

The board of trustees of the Council on Aging has selected Saturday, March 21, 2020 as the date for the 14th annual March for Meals celebration at Great Lakes Mall. Please save the date and join us from 8 am until 10 am.

March for Meals is a national campaign initiated and sponsored by Meals on Wheels America. Hundreds of senior nutrition programs across the United States, like the Council on Aging, participate in March for Meals to help raise the necessary funds to serve more members of the senior community.

Thanks to CT Consultants!

Our most sincere appreciation to CT Consultants for their generous donation of several sets of game tickets for the Lake County Captains and Cleveland Indians. The engineering and architectural firm asked that the Council on Aging use the tickets to randomly honor agency volunteers.

We thank CT Consultants for their continued support and this most kind and gracious offer to recognize the tremendous efforts of our team of volunteers.

New time for CoA radio show

“Our Aging World,” the Council’s weekly radio show has moved to a new time slot on WINT Radio. The program which focuses on resources, events and benefits available for seniors within Lake County, can now be heard on Saturday afternoons beginning at 2 pm. You can tune into either 1330 AM or 101.5 FM.

Senior Day at the Fair

The Lake County Council on Aging welcomed hundreds of seniors to the Lake County Fair on July 26. Those who attended had the opportunity to learn about available services within our community, and meet several public officials. Spirit Media hosted games and entertainment while the day’s sponsors provided a mini health fair with health information, services and giveaways.

Lunch Place from page 14

Other Lunch Places are located within the senior centers in Eastlake, Madison and Wickliffe.

For more information or to contact the Council on Aging with questions about Lunch Place

For the 7th year in a row, the Lake County Council on Aging provided and served hundreds of boxed lunches to seniors who participated that hot July day, along with ice cold water. The agency would like to thank all of those who contributed to our participation at the Senior Day activities.

**Kudos to
Mentor Public Library**

The Mentor Public Library has been hosting various donation drives all year as part of their 200th anniversary celebration. Several local nonprofits have been the recipients of these charitable endeavors. During the month of September, the library collected winter coats and blankets for the Lake County Council on Aging to distribute to seniors who may be in need of assistance this winter.

The Council on Aging wishes to thank all of those who made donations or contributions to the coat drive.

CoA staff training

The entire staff of the Lake County Council on Aging completed crisis prevention and intervention training this summer. The training was part of the agency’s plans for staff development which surfaced during last year’s staff meetings facilitated by Professor Connie Golden, department chair for the Lakeland Business Management Department.

In late September, Professor Golden once again volunteered her professional expertise to guide the staff through some team building exercises. The Council on Aging wishes to thank Roger Sustar from Fredon Corporation for his generous donation toward the all-staff training lunch.

**Tim Groves Memorial
Golf Outing**

The Lake County Council on Aging was a recipient of \$500 proceeds from the 2019 Tim Groves Memorial Golf Outing. The donation was presented by Randy Carver, president of Carver Financial Services, the organizer of the annual event.

registration, call 440-205-8111. Reservations for the Painesville location may be made by calling 440-354-6700 from 7:30 am–1:30 pm weekdays or stopping by the Lunch Place.

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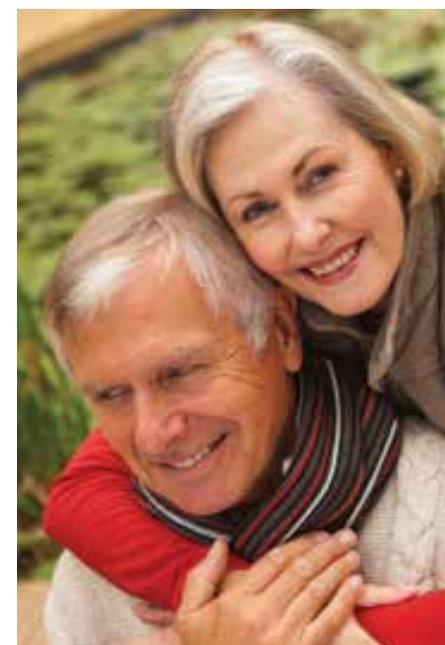
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CALENDAR

OCTOBER

Collective Goods Fundraising Sale

Lake Health Auxiliary is hosting a fundraising event open to the general public from Collective Goods.

All proceeds benefit Lake Health Auxiliary. Collective Goods provides incredible prices on several name brand items and exclusive labels including Marvel, Lego, Sharper Image, Gund, Kitchen Envy, Whimsical Garden, Multitech Solutions and many more. Sales held in the lobbies at:

TriPoint Medical Center
7590 Auburn Road, Concord
October 7 • 9 am–4 pm
October 8 • 8 am–3 pm

SOM Center Campus
5105 SOM Center Road, Willoughby
October 14 • 10 am–3 pm

Mentor Medical Campus
9485 Mentor Avenue, Mentor
October 21 • 10 am–3 pm

West Medical Center
36000 Euclid Avenue, Willoughby
October 28 • 9 am–4 pm
October 29 • 7 am–3 pm

For more information call Lake Health Volunteer Services at 440-354-1665.

Ohio's Wicked History: True Crime Author Jane Ann Turzillo

Tuesday, Oct. 22, at 6:30 p.m.
Mentor Public Library Main Branch
8215 Mentor Avenue
440-255-8811
www.mentorpl.org

Hear stories of the wickedest Ohioans history has to offer: murderers, tricksters, train robbers, and more. Award-winning true crime author Jane Ann Turzillo will tell tales of Ohio's wicked past. Turzillo is the author of several books documenting Ohio's criminal past. Books available for purchase and signing. Registration required.

Manry at Sea

Thursday, October 24 • 6:30 pm
Willowick Library
263 E. 305 Street

The film "Manry at Sea" describes the life and achievement of Robert Manry who sailed Tinkerbelle, a 13-

foot sailboat, solo across the Atlantic Ocean in 1965. Douglas Manry, Robert's son, will be on hand to answer questions after the film. To register, visit we247.org or call 440-943-415. Program is free.

NOVEMBER

Cut the Cord: Get Rid of Cable & Save

Wednesday, November 6 • 7 pm
Mentor Public Library (Main Branch)
8215 Mentor Avenue
440-255-8811
www.mentorpl.org

Discover options to get rid of cable and ways to cut costs. Discover how to get free TV, including using an easy-to-install antenna or free streaming video services. Explore options for streaming video devices, including Roku, Apple TV, Google Chromecast, or Amazon Fire TV Stick and what shows you can access with them, including live TV and sports. Find out which of the many streaming video services from Hulu, Sling, Netflix, to Playstation Vue and many more are best for you. Make sense of all the confusion of switching from cable to another service and the technical parameters needed to do so. Find out how much you can save. Presented by Joe "the Coupon Guy" Daugirdas. Registration opens October 16.

Masquerade Jewelry and Accessory Sale

Lake Health Auxiliary is hosting the annual fundraising event open to the general public from Masquerade Jewelry and Accessories – all items are \$5.00! Proceeds benefit Lake Health Auxiliary. Sales are held in the lobby:

TriPoint Medical Center
7590 Auburn Road, Concord
Begins November 10 at 10 pm and runs continuously to November 12 at 2 pm.

West Medical Center
36000 Euclid Avenue, Willoughby
Begins November 12 at 10 pm and runs continuously to November 14 at 2 pm.

For more information call Lake Health Volunteer Services at 440-354-1665.

Cleveland's Great Lakes Exposition

Wednesday, November 13 • 7 pm
Wickliffe Public Library
1713 Lincoln Road, Wickliffe
440-944-6010

Hear the story of how, right in the middle of the Great Depression, Cleveland put on the biggest party it has ever thrown. John Vacha, local historian and the author of "Meet Me on Lake Erie, Dearie" will introduce you to the Streets of the World, Cliff Wilson's Snake Show and more. Free.

Candy Land Gone to the Birds

November 23–January 1
Noon–5:00 pm

Penitentiary Glen Reservation
8668 Kirtland-Chardon Rd., Kirtland
This indoor holiday tradition continues! Candy Land comes to life as a giant game board that takes you on a fun birding adventure through an enchanting display featuring a variety of colorful habitats. Scavenger hunts, a new craft and other activities are fun for the whole family! Snacks and nature-themed gifts are available for purchase.

Each Saturday enjoy an outdoor campfire with s'mores and animal chats. Each Sunday meet live animals and their keepers at the Kevin P. Clinton Wildlife Center.

Enjoy holiday shopping at The Nature Store with unique nature-themed gifts. Snacks and beverages are also available. Snowshoe rentals, weather permitting. Also, weather permitting, there will be train rides on Saturday, December 7 from 1 to 3 pm.

Free to all; all ages welcome. Closed Thanksgiving, Christmas Eve, Christmas and New Year's Eve.

DECEMBER

Home for the Holidays

December 6, 7 8 • 11 am–4 pm
Lake County History Center
415 Riverside Drive
Painesville
440-639-2945
www.LakeHistory.org

- Lavish décor throughout the house
- Delicious, beautifully wrapped food gifts in the Emporium
- Lite lunch at the Christmas Café

- Craft vendors
- Delight in the "Magical Musical Machines"
- Meet Father Christmas
- General admission: \$5 per person; \$3 children under 12; kids under 3 are free
- Group Day - December 5 (10 or more guests): Tour/lunch/shopping \$15 per person

Holiday Concert featuring the Erie Heights Brass Ensemble

Monday, December 9 • 6:30 pm
Mentor Public Library (Main Branch)
8215 Mentor Avenue
440-255-8811
www.mentorpl.org

The Erie Heights Brass Ensemble will perform an evening of your favorite holiday tunes. Free to attend. Open to all.

Lake Health Holiday Sale

Lake Health Auxiliary is hosting the annual Holiday Sale in partnership with Dillard's department store which are open to the general public. Proceeds benefit Lake Health Auxiliary. Sales are held in the lobby:

TriPoint Medical Center
7590 Auburn Road
December 9 & 10 • 7 am–7 pm

West Medical Center
36000 Euclid Avenue, Willoughby
December 11 and 12 • 7 am–7 pm

You may also shop in the Dillard's store on Friday, December 13 and Saturday, December 14 from 10 am to 9 pm and use the checkout at the Origins counter, first floor or customer service on the second floor mentioning your sales are to benefit Lake Health Auxiliary.

Call Lake Health Volunteer Services, 440-354-1665 for more information.

DIY Day: Winter Holiday Edition

Saturday, December 14 • 10 am–4 pm
Eastlake Library
36706 Lakeshore Boulevard

Join in for a day of making and crafting with a winter holiday theme. Sign up for one of the crafting events or drop by one of the walk-in programs in the magazine area. To register, visit we247.org or call 440-942-7880. Free.



SCHRAFF
THOMAS
attorneys at law

Patricia J. Schraff, CELA*
John P. Thomas
Lindsay C. Jones
Timothy J. Gibbons
(of counsel)
Emil F. Sos (of counsel)
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Wickliffe

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COOKING

with Cathy

By Cathy Mekulsia, Finance Assistant, Council on Aging

Eat your veggies!

Remember Mom telling you to “eat your veggies?” Well it turns out that Mom knew best. Veggies are the most health-benefiting foods you can eat.

They are an excellent source of vitamins, minerals and fiber. Take a moment and cut up a mixture of veggies about the same size (asparagus, broccoli, zucchini, halved Brussels sprouts, green beans, red & yellow peppers and carrots to name a few). Place in a large bowl, add a little olive oil, Italian seasoning, garlic salt, parsley flakes, salt and pepper OR rosemary, basil and thyme (or spice of your choice) and gently toss/massage into veggies.

Place on large baking sheet and bake at 400-450 for 20-30 minutes. Toss veggies halfway through to cook and brown evenly. Enjoy a half plate as a side to the following recipe for a delicious meal.

Refrigerate veggie leftovers and enjoy with tomato soup (or your choice of soup) for lunch the next day.

QUINOA UNSTUFFED PEPPERS

(Found on Taste of Home)

- 1½ cups vegetable stock
- ¾ cup sweet onion, chopped

- ¾ cup quinoa (buy the pre-rinsed)
- 1 garlic clove, minced
- 1 pound Italian turkey sausage
- ¼ tsp. garam masala (found in spice section)
- 1 medium sweet red pepper, chopped
- ¼ tsp. pepper
- 1 medium green pepper, chopped
- ⅛ tsp. salt

In a small saucepan, bring stock to a boil. Add quinoa. Reduce heat; simmer covered until liquid is absorbed, 12–15 minutes. Remove from heat.

In a large skillet, cook and crumble sausage with peppers and onion over medium high heat until no longer pink, 8–10 minutes. Add garlic and seasonings; cook and stir 1 minute. Stir in quinoa.

Place cooled leftover quinoa mixture in freezer containers for easy lunches/dinners. To use, partially thaw in fridge overnight. Microwave, covered, on high in a microwave-safe dish until heated through, stir occasionally.

Besides eating well, it’s important to keep moving. Take daily walks and enjoy the sights, smells and colors of fall. Be good to yourself!

Just For Laughs!



"So what if you've been all around the world.
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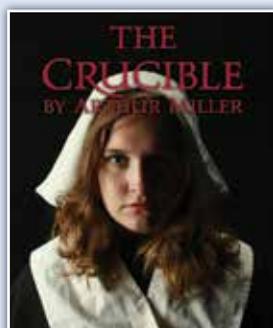


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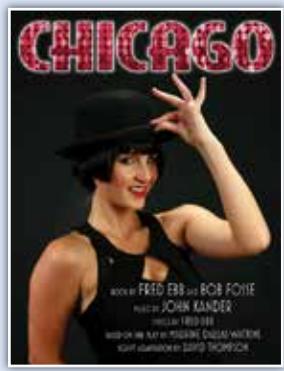
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