Census 2020
What you need to know!
By Deanna Adams

It’s time once again for the U.S. Census, when America comes together to count every resident in the United States to create national awareness and be a part of history. The Census Bureau is part of the Department of Commerce and has been taking a count of the population every 10 years since 1790. Its purpose is to serve as the leading source of quality data about the nation’s people and economy. It counts the population of a country, and at the location where each person lives. The census asks questions of people in homes, and group living situations, including how many people live or stay in each home, as well as the sex, age and race of each person. The most recent populace statistic was in 2010, which showed a U.S. population of 308,745,538—a 9.7% increase since the previous census in the year 2000.

The Council on Aging would like you to know what to expect as we prepare for the 2020 decennial census coming this March.

Why take a census?
You may not realize it, but everyone benefits from the census. An accurate population count impacts us all. Businesses use the census data to decide where to build factories, offices, and stores, which helps create jobs. Real estate developers and city planners use the census to plan new homes and improve neighborhoods. Local government agencies use the census to ensure public safety to plan new schools and hospitals. And then, of course, residents use it for community initiatives involving legislation, quality-of-life and consumer advocacy.

In addition, federal funds, grants and support to states, counties and communities are all based on population totals, with breakdowns by sex, age, race and other factors.

Did you know?
Your community benefits the most when the census has an accurate count. When you respond to the census, you help your community get its fair share of the fiscal funds. Each year, more than $675 billion goes toward hospitals, fire

March for Meals celebrates 15 years

On Saturday, March 21, 2020, the Council on Aging’s annual March for Meals event will return to the Great Lakes Mall at 7850 Mentor Avenue in Mentor to celebrate its 15th anniversary! The event for Lake County is one of hundreds of local programs across the country that will reach out to their communities to build support for Meals on Wheels.

The annual March for Meals commemorates the historic day in March 1972 when President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals On Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

Through this program, hundreds of seniors in Lake County who live alone and are in need of food receive nutritional meals delivered right to their homes.

“We often use the phrase ‘More than a Meal’ when talking about the home-delivered meal program,” said Council on Aging board president Sunny Masters. “These daily meals are of course the nutritional part, but the visit by one of our incredible volunteers can sometimes play a more critical role. They provide a friendly greeting and a baseline safety check on seniors who can be frail and at risk. This has a significant, positive impact on the health, well-being, and social connectedness of our homebound seniors.”

The indoor event begins with registration at 8:00am, followed by the walk kickoff at 8:45am. The walk route is a one-mile indoor loop. Participants can join individually or as part of a walk team. In addition to camaraderie and
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To make an appointment, call **440-876-8050**.
Monday through Friday 8:30 a.m. – 4 p.m.

**UH Broadview Health Center /Center for Orthopedics**
5901 Royalton Road, Suite 1400
Broadview Heights, OH 44147
To make an appointment, call **440-771-7947**.
Monday through Friday 8:30 a.m. – 4 p.m.

**UH Sheffield Health Center /Center for Orthopedics**
5001 Transportation Drive
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To make an appointment, call **440-517-5982**.
Monday through Friday 8:30 a.m. – 4 p.m.
A message from the CEO

As chief executive officer of the Lake County Council on Aging, it is my pleasure to welcome you to the first quarter 2020 edition of Bridge. Shortly after the agency was founded in 1972, it began publishing this newspaper to offer information pertinent to Lake County seniors, their loved ones and caregivers. To this day, we work hard to give our readers topics that provide information and resources, and promote all aspects of healthy, valued, and creative aging.

Through the compassionate work of our staff, volunteers and board of trustees, the Council on Aging continues to help our older population achieve an optimal quality of life, discovering new things, enjoying new friendships, and participating in the society around us. Along with a caring community of partners, we are able to deliver essential senior services that help individuals find ways to make aging manageable and enriching.

This year will see new initiatives underway to further enhance our agency’s impact in Lake County. One launching soon is a partnership between the Council on Aging and Lake Health to pilot a study evaluating the impact of post-discharge home-delivered meals on older adults’ nutritional intake and hospital readmissions. Getting proper and adequate nutrition can be a big challenge for older individuals who are returning home after a hospital stay and we know that nourishment at a time of healing can lead to continued recovery and independence. I hope to have a good report to share with you in the next edition of Bridge.

Additionally, we are collaborating on a strategic plan with the board of county commissioners and fellow members of the Senior Services Levy Coalition to further focus on the growing needs of Lake County seniors.

We will gather on Saturday, March 21 to celebrate the 15th anniversary of March for Meals at Great Lakes Mall. This is our primary fundraiser for our meals program and I hope that we can count on you to join us! Your generosity has brought us a great distance in the march against senior hunger and I am grateful for the continued support we receive from our community. Please see how you can get involved with our March for Meals in this issue of Bridge.

Thank you for your confidence in us.

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.

Features

Community Champions Week
To benefit the Meals on Wheels program

Subaru Share The Love event
Third annual blizzard bag promotion a success

Saluting Lake County centenarians
Do you know someone turning 100 years or older?

Fraudsters charged in $10 million scheme
The BBB offers tips to help protect you

Laketran
Dial-A-Ride now accepting prepayment

Sheriff’s Corner by Sheriff Frank Leobruno
Learn more about scams

Your Well-Being

Food safety tips
By Lake County General Health District

Tailored treatment for chronic pain
By University Hospitals

New cancer prevention center now open
By Lake Health

Council on Aging Departments

Volunteer Services
The perfect time to volunteer

Community Services
Sharing joy and nutrition at the holidays
CoA celebrates social workers

Cooking With Cathy
Nutty barley bake

Calendar
Events during January, February and March 2020

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.lccoa.org

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Census from page 1
departments, schools, roads, public works and other vital programs. The information also helps health providers predict the spread of diseases through communities with children or elderly people. When disasters hit, the census tells rescuers how many people will need their help.

Your part
By law, Americans are required to participate and answer the U.S. Census Bureau survey, and you could be fined for failure to comply. Jennifer McLaughlin, Aging and Disability Resource Center manager for the Lake County Council on Aging, wants to assure Lake County residents that the census process guarantees safety, security and confidentiality. The Census Bureau is bound by federal law to protect your information, and your data is used only for statistical purposes. Your responses are compiled with information from other homes to produce statistics, and never identify your home or any person in your home.

“Sometime in March, every household will receive the census form,” McLaughlin says. “It will include all the information you need to know concerning your participation. It’s important in terms of funding, programs and services.” She adds that the census is completely nonpartisan.

You can choose among three ways to respond: By telephone, mail, or online. “No one will come to your home unless you do not respond,” McLaughlin notes. “If you respond right away, no one will bother you at your residence.”

It’s important to know that the Census Bureau will never call you for responses. You will need to take the initiative and respond online, by phone, or mail. Keep in mind that the Census Bureau will never ask you for your Social Security number, money or donations, anything on behalf of a political party, nor ask for your bank or credit card account numbers. Please note: If someone claiming to be from the Census Bureau asks you for one of these things, it’s a scam, and you should not cooperate.

Special circumstances and counting young children
There are, of course, varied life circumstances that need to be included in this census. These are:

• On-campus student housing, correctional facilities, military bases, health care facilities, and shelters.
• People who live in more than one place (snowbirds).
• People who are moving on Census Day (April 1, 2020).
• People who are born or die on Census Day (April 1, 2020).
• People experiencing homelessness.

It is also important to remember to count any children under the age of 18 presently living with you. This will be all children living in your household, including grand-children, nieces and nephews, the children of friends, and children who split their time between households, if they are living with you on April 1, 2020. Also include newborn babies, even those who are still in the hospital as of April 1, 2020.

The decennial census is no easy undertaking. That is why it is important that each person in Lake County is counted. It’s easy and won’t take much time. When you receive your invitation to respond in the mail in the spring, quickly take 10 minutes to answer 10 questions, knowing that your participation will help ensure that federal funding flows right back to Lake County and stays in our community!

To learn more, visit 2020census.gov. You can also follow the U.S. Census Bureau on social media: facebook.com/us censusbureau or twitter.comuscensusbureau.

March for Meals from page 1
walking for a great cause, participants will receive morning snacks, a goodie bag and musical entertainment. Business sponsorships are available at a number of varying levels.

To participate, just fill out the entry form on page 10 of this issue of Bridge and return it to the Lake County Council on Aging at 8520 East Avenue, Mentor, Ohio 44060. You may also register at www.lccoa.org.

This is a wonderful way for friends, veterans groups, churches and families to support the seniors of Lake County. Please join us on March 21 as we march for meals!
March is the month when Meals on Wheels programs across the country reach out to their communities and build support that will enable them to serve America’s seniors all year long. The 18th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier.

“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, president and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”

One observance during March for Meals is Community Champions Week. From Monday, March 16 through Friday March 20, Lake County public officials, agency directors, business and industry leaders, local celebrities, and other interested parties will participate in a countywide event to show support for our community’s senior citizens by delivering meals with a seasoned volunteer, packing delivery bags at nutrition sites, serving meals to Lunch Place guests, and raising awareness of the important impact of Meals on Wheels.

Each day one of the Council on Aging’s nutrition sites will be featured:
- Mon., March 16: Painesville
- Tues., March 17: Eastlake
- Wed., March 18: Wickliffe
- Thu., March 19: Madison
- Fri., March 20: Mentor

Celebrated in many different ways across the country, the experience is a great opportunity for these leaders to meet our volunteers, interact with the senior community we serve, and see first-hand the value of the Council on Aging’s nutrition program. Over the years, this event has helped the agency to engage powerful figures in our community, earn media attention and help raise public awareness for the nutritional and social needs of seniors. In addition, this event gives businesses and individuals an opportunity to take a close look at Council on Aging programs and determine if they would like to volunteer in any capacity.

“Senior hunger and isolation is widespread and heartbreaking in Lake County,” said Nancy Niehus, community services director for the Council on Aging. “For many, our volunteers deliver the only meal seniors will eat all day and their visit with the volunteer could be the only personal interaction they have.”

Public officials, business and industry leaders, faith community representatives, police and fire, fraternal organizations and any others who may be interested in participating in Community Champions Week should email Niehus at nniehus@lccoa.org or call her at (440) 205-8111 ext. 241.

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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.lccoa.org for more details.
Try something new at Lake Metroparks this winter!

Today’s seniors are using free time for a variety of active leisure activities—hiking, cross-country skiing and snowshoeing to name a few. We no longer want to watch life and opportunities pass us by, we want to get out and participate! We are looking for new things to do and places to see to check off our bucket lists.

With this in mind, Lake Metroparks is joining the fun by creating opportunities to introduce active people to the outdoors. Many activities can be done on your own or join a group program.

We have more than 50 miles of trails to hike, nine different parks along the river, five ponds to fish, six lakefront parks to explore and cross-country ski and snowshoe rentals.

To experience the many adventures that can be had right here in Lake County, visit lakemetroparks.com or call 440-358-7275 to set up your next adventure.
Caring for a loved one is often overwhelming. Wouldn’t it be comforting to have a trusted partner help you navigate through your options and oversee their care, legal, and financial needs? You are not alone—we will be with you every step of the way.

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Lake County Council on Aging
Radio show for Lake County seniors! Tune into “Our Aging World” on 101.5 FM and 1330 AM!

Listen 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 from 2pm – 3pm. The show focuses on issues, resources and opportunities for those Lake County residents 60 and older, their family members or caregivers.

Donate to Council on Aging
You have lots of options when it comes to giving. Every day, our agency helps isolated seniors in Lake County, stay safe, healthy and in touch with a caring community around them.

Please consider a tax deductible donation by calling our office at (440) 205-8111, or going online at www.lccoa.org.

Roger & Judy Sustar surprise seniors on Sweetest Day

On Sweetest Day, volunteers delivered meals and added a special item for all the ladies along the Council on Aging meal routes. Thanks to a gift from Roger and Judy Sustar, roses were hand-delivered to show a little extra love to our community. The Sustars donated a total of 27 dozen roses. The Council on Aging is greatly appreciative and would like to thank them for this kind act of generosity.

The Greater Cleveland Food Bank, the Western Reserve Area Agency on Aging and the Metro-health System partnered to provide turkeys to several northeast Ohio counties. In Lake County, the Council on Aging was given close to 100 frozen turkeys to distribute to seniors in great need. A dozen volunteers helped the agency pack and deliver the turkeys.

The lake County Council on Aging also worked with area senior centers in identifying clients.

“We’re hopeful that next year we can increase the number of donated turkeys to more closely match the number of individuals who can really use this special gift,” said Joe Tomsick, CEO of the Lake County Council on Aging.

The Lake County Council on Aging is greatly appreciative and would like to thank them for this kind act of generosity.

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.lccoa.org and sign up for our free, monthly online newsletter.

Peace of mind in knowing she is receiving the care she deserves.

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Peace of mind in knowing she is receiving the care she deserves.

Caring for a loved one is often overwhelming. Wouldn’t it be comforting to have a trusted partner help you navigate through your options and oversee their care, legal, and financial needs?

You are not alone—we will be with you every step of the way.
Welcome to 2020! New years are often a time to begin new habits and new goals. Did you set a New Year’s resolution for 2020? New Year’s resolutions are often about change or improvement; lose the extra weight, start exercising, accomplish a goal or help others. You are not alone. Thousands of Ohioans make resolutions and one of the most common is to volunteer. They want to help those less fortunate and contribute positively to their community to make life better for all.

A great way to put your resolution into action this year is to answer the question, “What’s important to me?” Is it your parents, your children, animals, the sick, the homeless, the schools, the environment or something else? Seek out a nonprofit organization that provides services for what’s important to you. Call or email them to ask about volunteer opportunities. Is it just what you’re looking for? If so, do it and you will have accomplished your first resolution for 2020.

If you would like to help seniors age well in their own homes and have an optimal, self-defined quality of life or volunteer in honor of your parents or grandparents or maybe even to pay it forward for your own senior years, the Lake County Council on Aging has a volunteer opportunity for you. Council on Aging volunteers provide services that enhance the nutrition and health of a senior through Meals on Wheels home-delivered meals, social dining at our Lunch Places throughout the county, or as a grocery shopper for a homebound senior. Our need for nutritious food is universal. It is a basic necessity that is required to be healthy and age well. You can provide this vital service to 1–50 seniors in a two- to four-hour time period each week. It’s a great way to make a meaningful difference in the lives of seniors.

Looking for more of a connection to an individual senior or two? The Council on Aging has opportunities to be a friendly visitor or friendly caller to a senior. Visitors provide a social interaction in the senior’s home one a week or every other week. Callers connect with a senior twice a week to have a 15 minute chat by phone. Both activities provide much needed companionship and interaction that reduces loneliness and social isolation for seniors. The positive results are significant for senior and volunteer.

There are more opportunities to make a difference in the lives of seniors. Everyone has something to share that benefits another. Let us help you find the right volunteer opportunity to accomplish your 2020 New Year’s resolution. We look forward to meeting you in 2020.

Call Linda Llewellyn at (440) 205-8111 ext. 228 or email Lllewellyn@lccoa.org. Visit www.lccoa.org for more information on volunteer opportunities and a volunteer application.

Volunteers are currently needed to join our team in the following nutrition sites and other volunteer positions.

- Meals on Wheels delivery drivers in Eastlake (3), Madison (1), Mentor (1), Painesville (2) and Wickliffe (1).
- Kitchen assistant/Lunch Place host in Painesville (5).
- Kitchen assistance in Mentor (1).
- Grocery shoppers (3) various locations in Lake County.
- Friendly callers (2).
- Administrative support (1–2.)

If you are a caring, positive person who would like to help seniors, we’d love to talk with you. Call Linda at (440) 205-8111 ext. 228 or email Lllewellyn@lccoa.org.
Sharing joy and nutrition at the holidays

By Linda Llewellyn
Community and Volunteer Engagement Manager, Council on Aging

Holidays bring to mind a time with family, lots of love, and good food. For seniors who live alone, it can be a difficult time of the year. They may not have family to share lots of love and good food with. Cooking a full turkey or ham for one doesn’t make a lot of sense and may be too difficult, let alone what to do with all the leftovers. Missing loved ones can even be depressing for many. The usual joys of the holiday just aren’t there for some.

Luckily, Lake County Council on Aging, Lake Health, and 42 volunteers were there for Lake County seniors. On Thanksgiving Day and Christmas Day, Council on Aging and Lake Health partnered to provide a holiday meal in lieu of the normal Meals on Wheels home-delivered meal. Lake Health kitchens at TriPoint and West medical centers prepared and packed a traditional holiday meal along with dessert for nearly 250 seniors on Thanksgiving and Christmas combined.

On Thanksgiving Day, 34 volunteers arrived at 10:30 in the morning. Many of the volunteers were couples who were volunteering together and there was even a family of four. The volunteers got their directions for the seniors along with their meal and a handmade Christmas ornament to each senior. Thanksgiving and Christmas volunteering has become an event that volunteers look forward to each year. The card-making volunteers swing into gear a month or two before the holiday and put their creative energy to work making one-of-a-kind special cards and gifts. School students, church groups, Girl Scouts, women’s groups and friends all get in on the action.

At the Willowick Senior Center, the Craft Corner gathered to make pine cone Christmas trees for the home-delivered meal clients in their community. The volunteers often deliver on both holidays and a growing number of volunteers deliver each year. They sign up early and look forward to this rewarding day of service. The only sad part is that we have to decline a few volunteers participation because all of our openings have been filled. Soon, we may have to hold a lottery so that we can share this joyful service opportunity with new volunteers.

Lake County Council Aging thanks all of its volunteers who made the holiday season a special time for Lake County seniors for sharing joy and caring for others. They exemplify the spirit of the season.

Help support Bridge
Become a Bridge Patron!

There are three levels of patron support:
- Platinum ($100 per year)
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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.

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!

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Eastlake Senior Center</td>
<td>1580 East 332nd Street, Eastlake</td>
<td>(440) 975-4268</td>
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<tr>
<td>Fairport Harbor Senior Center</td>
<td>1380 East Street, Fairport Harbor</td>
<td>(440) 354-3674</td>
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<td>Kirtland Community &amp; Senior Center</td>
<td>7900 Euclid Chardon Road, Kirtland</td>
<td>(440) 256-4711</td>
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<tr>
<td>Madison Senior Center</td>
<td>2938 Hubbard Road, Madison</td>
<td>(440) 428-6664</td>
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<td>Mentor Senior Center</td>
<td>8484 Munson Road, Mentor</td>
<td>(440) 974-5725</td>
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<tr>
<td>Painesville Senior Center</td>
<td>933 Mentor Avenue, Painesville</td>
<td>(440) 853-2004</td>
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<tr>
<td>Perry Community/Senior Center</td>
<td>2800 Perry Park Road, Perry</td>
<td>(440) 259-3772</td>
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<tr>
<td>Wickliffe Senior Center</td>
<td>900 Worden Road, Wickliffe</td>
<td>(440) 373-5015</td>
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<tr>
<td>Willoughby Senior Center</td>
<td>36939 Ridge Road, Willoughby</td>
<td>(440) 951-2832</td>
</tr>
<tr>
<td>Willoughby Senior Center</td>
<td>321 East 314th Street, Willowick</td>
<td>(440) 585-5112</td>
</tr>
<tr>
<td>Concord Township 55+ Group</td>
<td>7671 Auburn Road, Concord Twp.</td>
<td>(440) 639-4650</td>
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<tr>
<td>Willoughby Hills Community Center</td>
<td>35400 Chardon Rd., Willoughby Hills</td>
<td>(440) 951-1826</td>
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Lake County Council on Aging celebrates social workers

By Bernardine Brooks, MPA, LSW, Council on Aging

Social Work Month is celebrated each March as a time to celebrate the great profession of social work. The theme for Social Work Month 2020 is Social Workers: Generations Strong.

As we enter a new decade it is important to look back and honor the powerful, positive impact the social work profession has had on our society for generations. Additionally it is important to highlight the life-affirming work that social workers from all generations have accomplished. Those from the Greatest Generation (those born 1910-1924; the parents of the Baby Boomers) to the Z Generation (those born 1997-2012; meaning the oldest is 23 years old and the youngest is 8.)

The National Association of Social Workers (NASW) is celebrating its 65 anniversary in 2020 and thus Social Work Month is a great opportunity to remind social workers of the important work NASW has been doing for decades.

Social work is one of the fastest growing professions in the United States. Today, there are more than 700,000 social workers in our nation and according to the Bureau of Labor Statistics that number is expected to rise 11 percent in the next decade.

Social workers can be found in hospitals, schools, centers for veterans, nonprofits and in local, state and federal governments. They are highly trained and skilled to work with Lake County seniors to help improve their quality of life and to provide them with the needed supports in order to remain safely in their own home.

As the senior population continues to age it is imperative to have social workers who can assist, counsel, provide linkage to services and to help plan for their long-term care needs. The Lake County Council on Aging is proud to be a leader in providing services in Lake County.

Thank you to the Council on Aging social work team!

Kristi Ballinger
Fran Beale
Bernardine Brooks
Nico Brown
Janet DiCicco
Jean King
Rachel Love
Jennifer McLaughlin
Mary Rusbasan
Melissa Weber

Lake County Council on Aging celebrates social workers

Mail registration form and payment to:

Lake County Council on Aging
8520 East Avenue
Mentor, OH 44060
or fax to: (440) 205-7055
Questions? Call (440) 205-8111

Method of Payment

Total Due: $_________________

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Ohio Living Breckenridge Village North apartments include one, two or three bedrooms, one or two full baths, full kitchen, spacious closets and storage, complimentary laundry room on each floor, bi-weekly housekeeping services and a flexible meal allowance. A straight lease option is available for our one-bedroom apartments.

Brownstone Homes
Designed with carefree living in mind, these homes feature floor plans with fully equipped open kitchens, sunrooms, patios or balconies, laundry rooms, optional fireplaces, spacious storage, and heated underground parking. A flexible meal plan is available, and other amenities including a pub, community room and library make the Brownstones a popular choice.

Ranch Homes
Our two- and three-bedroom ranch floor plans can be modified by our residents to reflect their personal lifestyles. Many have had completed room additions, skylights and sunrooms. Customized features may also include fireplaces, built-in bookcases, patios and more!

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The Nason Center offers programs, events and activities that are designed to provide stimulation consistent with the abilities and interests of the residents. For those with early memory loss, we offer a program created to help diminish anxiety and lessen confusion by creating a secure and relaxed atmosphere.

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When long-term care is needed, we offer compassionate care with a focus on quality of life. Families can have peace of mind that comes from knowing that their loved one is well cared for. In short-term rehab we work with each patient to achieve their goals and return home safely. With proven outcomes and decades experience, we provide care you can count on.

Veale Wellness & Aquatic Center
The Veale Wellness & Aquatic Center offers the latest equipment and therapy techniques in a spacious, beautiful and welcoming environment to help you on your path to recovery. Our professional clinicians offer one-on-one sessions with a variety of innovative treatment options to help you achieve the best possible outcomes.

Call 440.954.8359 to see where you belong at Ohio Living Breckenridge Village!

You Belong Here

Nutty Barley Bake
(Found on Taste of Home)

Ingredients:
1 medium onion, chopped
1 cup medium pearl barley
½ cup slivered almonds or pine nuts (or I’ve used walnuts or pecans)
¼ cup butter, cubed
½ cup miniced fresh parsley
¾ cup thinly sliced green onions
¼ teaspoon salt
½ teaspoon pepper
2 cans (14½ ounces each) beef broth (I’ve also used veggie broth)

Directions:
• In a large skillet, sauté the onion, barley and nuts in butter until barley is lightly browned. Stir in the parsley, green onions, salt and pepper.
• Transfer to a greased 1 quart baking dish. Stir in broth. Bake uncovered at 350 for 1½ hours or until barley is tender and the liquid is absorbed.
• If desired, you can sprinkle with additional parsley and green onions.

Pick up a roasted chicken, make a salad, and you have a delicious meal. You can freeze individual portions for a future meal.

Besides eating well, we cannot forget about the benefits of any kind of exercise. Take a daily walk, visit your senior center, make a new friend, relax and be good to yourself and others!

Happy New Year!!!
May this year be filled with happiness, friends, family and good health. I’m sure we all have made resolutions for this coming year, and a great one to start with is better food choices. By adding plenty of fruits, veggies and protein to our diets we can make a big difference in how we feel.

I came across this recipe that I would like to share as a delicious side dish to your meal:

Nutty Barley Bake
(Found on Taste of Home)

Ingredients:
1 medium onion, chopped
1 cup medium pearl barley
½ cup slivered almonds or pine nuts (or I’ve used walnuts or pecans)
¼ cup butter, cubed
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¼ teaspoon salt
½ teaspoon pepper
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Besides eating well, we cannot forget about the benefits of any kind of exercise. Take a daily walk, visit your senior center, make a new friend, relax and be good to yourself and others!

By Cathy Mekulsia, Finance Assistant, Council on Aging
**100**

Saluting Lake County

Centenarians

Congratulations to these residents of Lake County who were recently recognized for having turned at least 100 years of age. They will receive a signed Centenarian Certificate from the Council on Aging.

**Charles Howe, Willoughby**
100 years old, born October 7, 1919
Served in World War II in the U.S. Air Force

**Ms. Jeanne Brodie, Mentor**
100 years old, born December 12, 1919

---

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.lccoa.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: maribeth@lccoa.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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Free health screenings at Council on Aging office in Mentor

Take the time to learn your numbers!

The Council on Aging along with University Hospitals Geauga Medical Center will conduct a free health fair on Wednesday, April 14 between 10am and 3pm. The event will be held in Mentor at the Council office, 8520 East Avenue and the screenings will take only about 15–20 minutes to complete. Participants will receive personalized information about indicators that can help determine the risk of developing chronic health conditions.

“We’re very excited to bring this mini health fair back to the Council on Aging,” said CEO Joe Tomskick. “We’ve reached a milestone with our seventh health fair and interest continues to grow. We’re always interested in getting our senior community to take part in activities that promote health and fitness.”

Health screenings offered that day will measure cholesterol, blood sugar, body mass index (BMI), blood pressure, stroke, balance and memory. Participants can also talk to physical therapists about posture and body balance, get valuable information about medications. No appointments are needed. The health screenings will be available for Lake County seniors and their caregivers from 10am until 3pm.

For more information you may call UH Geauga Medical Center at (440) 214-3180.
Fraudsters charged in $10 million tech support scheme

Submitted by BBB

Federal investigators have officially charged a group who targeted older adults and other vulnerable groups in a massive tech support scheme. The ring of scammers was led by Romana Leyva and Ariful Haque and victimized nearly 7,500 people between March 2015 and December 2018.

The scam began with a popup on the victim’s computer informing them that their technology had a virus. The popup also contained a phone number and prompted the victim to call and have the virus removed. The provided number led victims to an Indian call center where scammers then took control of the victim’s computer and pretended to repair it. The charges for “fixing” the victim’s technology fluctuated, increasing up to thousands of dollars in charges to rid computers of nonexistent viruses.

The same ring of fraudsters also ran another variation of the scam where they contacted victims for alleged refunds. Scammers would inform victims that the tech support business had closed, and the victim was due a refund for services charged. However, during the refund process, the victim was informed that they had actually received too much money in their refund and would have to reimburse the company, sometimes for up to thousands of dollars, usually in gift cards. Tech support scams are a particularly lucrative scheme for fraudsters, and they show no sign of slowing down.

BBB offers the following tips to protect you:

- Don’t give up control. Never give control of your computer to a third party unless you know it is the representative of a computer support team you contacted.
- Legitimate tech support companies don’t call out of the blue. A popular way for thieves to get in touch with victims is through cold calls. The callers often claim to be from a tech company. But remember that scammers can spoof official looking phone numbers, so don’t trust your caller ID.
- Look out for warning screens. Nearly half of tech support scams begin with an alert on the victim’s computer screen. This popup will have a phone number to call for help. Instead of calling, shut down your computer and reboot it.
- Be wary of sponsored links. When you search online for tech support, look out for sponsored ads at the top of the results list. Many of these links lead to businesses that scam consumers.
- If you are a victim of a tech support scam:
  - Run your antivirus software.
  - Take your computer to a trusted local business and have it checked out.
  - Remove any software that authorizes remote access to your computer.
  - Change the passwords you use to access your computer, bank, and other sensitive sites.
  - File a report with BBB Scam Tracker and with law enforcement authorities, such as the FTC.

Better Business Bureau Serving Greater Cleveland is located at 2800 Euclid Avenue, 4th Floor in Cleveland. Call (216) 241-7678 or visit www.bbb.org for more info.

Council on Aging launches new personal care program for seniors

The Board of Lake County Commissioners has partnered with the Lake County Council on Aging on a new, countywide initiative for the senior population. This service, titled the “Non-Medical In-Home Care Program,” will provide two hours of personal care assistance once per week for Lake County seniors 60+ and includes supervision with bathing and light housekeeping.

The program is designed to support Lake County seniors that are not eligible for traditional Medicaid-based programs, but cannot afford to pay privately for the personal care they need. Participants must meet income verification requirements, and have an assessment completed by a licensed Council on Aging social worker. If deemed eligible for the program, individuals will be assigned to one of three area home health care agencies that have contracted with the Council on Aging to provide these services. “Seniors want to live at home for as long as possible and we are committed to helping them achieve that,” said Joe Tomsick, CEO of the Council on Aging. “We strongly believe that this new program will help provide the in-home personal care and support that’s needed to maintain dignity; and help foster independence to enable seniors to stay safe in their home for as long as possible.”

The entire program is being funded through the Lake County Senior Services Levy. “We’re very excited about this and we’re thankful to the commissioners for this opportunity,” added Tomsick. The Council on Aging has contracted with three nonmedical home care agencies to provide this hands-on care and support and anticipates the program to fill quickly.

For more information on the program, eligibility requirements, scheduling and availability, please call the Lake County Council on Aging at (440) 205-8111.

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Food safety tips

By Lake County General Health District

When we sit down to eat a meal, we expect food to be safe to eat, but extra effort is required to assure that food will not cause anyone to become ill. Seniors, young children, and people fighting a serious illness are especially susceptible to food-borne illness, as they may be immunocompromised. These age groups sometimes cannot fight bacterial contamination in food. Take these steps to keep avoid illness caused by eating unsafe food.

Food safety starts with shopping

Make the grocery store your only stop, or your last stop. Don’t leave groceries in a hot car while running other errands. It is a good idea to put a cooler in the car with a large bottle of frozen water or ice packs. When the shopping bags are being packed, watch to make sure raw meat is separated from other foods to prevent contamination from leaking and dripping.

Put groceries away promptly and PROPERLY

There is a right way to load groceries in your fridge, and it is the same way restaurants are required to store their food. Raw meats should be stored on the bottom, or even in a separate drawer so they cannot leak onto anything else. Foods that are ready to eat, such as a salad, cut fruit, or lunchmeat should be put above raw meats and eggs to prevent contamination.

Plan ahead

Do not thaw frozen food at room temperature on the counter. The outside of the food can get too warm and grow bacteria while the inside is still partially frozen. Thaw food in the refrigerator for safety. Thaw a turkey by putting it under cold running water for several hours, or in the refrigerator for several days using a drip pan to catch leaks.

Always wash your hands, and then your produce.

Wash your hands with soap and water before, and frequently during food preparation. Sing the Happy Birthday song or Row, Row, Row your Boat twice to make sure you are washing thoroughly. Wash all produce before slicing or preparing. Use a vegetable brush where practical, especially on melons.

Use care not to cross-contaminate food

While preparing food, work on only one item at a time, and then return it to the refrigerator until it is time to cook. If possible, use separate cutting boards and knives for produce and meat items, or start with foods that will not be cooked, like salads and fruits. Prepare the meats last. Wash everything that comes in contact with raw eggs, raw meat, or raw poultry and its juices, including the sink, utensils, cutting board and your hands.

What about marinating meat?

If marinating meat, it should be done under refrigeration, and not at room temperature. Discard any leftover marinade. Do not use it as a dipping sauce.

How do you know that food is cooked thoroughly if you do not use a food thermometer?

Cook food to proper temperatures using a metal stem thermometer, and not a meat thermometer for the oven. Roast the turkey and stuffing to a minimum internal temperature of 165°F measured in the innermost part of the thigh, and the thickest part of the breast with an accurate thermometer. Do not rely on a pop-up indicator. Ground meats should be cooked to 160°F, and steaks to 145°F. Keep food warm in covered trays at 130°F.

Transporting food

To keep hot food hot, if the size and shape of the container make it possible, wrap it in several layers of newspaper or in a washable blanket. Place it in an insulated cooler, and the food will stay very hot. If the food is in a crock pot or electrical warmer, use an inverter in the car to supply power to the appliance. Wrapping casseroles in newspapers will also help food to maintain the appropriate temperature.

Keep the cold food cold

Attempts should be made to keep cold food as cold as possible while being served. Keep the serving area out of the sun. Place the food container into a larger container with ice. Several bowls of food

See FOOD SAFETY TIPS on page 17

Lake County Master Gardeners offer gardening workshop March 7, 2020

The Lake County Master Gardener volunteers and Lake County OSU Extension are hosting their Home Gardeners’ Workshop on March 7, 2020 at Lakeland Community College in Kirtland. The program starts at 8:45am, and the last session ends at 3:30pm. All who enjoy gardening are welcome!

The keynote speaker is Laura Deeter, PhD, full professor of horticulture at Ohio State University ATI, who will present “KNOW Maintenance Perennials.” Attendees will choose three additional presentations from the following speakers: Ann Rzepka Budziat, Holden Forests and Gardens; Bill Hendricks, Klyn Nurseries Inc.; Danae Wolfe, OSUE; Garrett Ormiston, Cleveland Museum of Natural History; John Barber, Friends of Lower Lake; Laura Bonnell and Natalie Gertz-Young, Master Rain Gardeners; Margaret Rivera, OSUE; Mary Slingsluff, Avalon Gardens; and Sarah Short, OSU.

Topics include: Planting Native Plants for Birds, Shade Garden-
Dr. Lisa Brown, UH Geauga

When you spend each day dealing with aches and pains, routine activities like grocery shopping or walking the dog in the park can seem impossible to accomplish. Your social schedule falls by the wayside, and leaving the house seems like a chore.

Lisa Brown, MD, pain medicine specialist at University Hospitals Geauga Medical Center, puts patients’ bodies and minds at ease by tailoring chronic pain treatment to the individual. “I’m known in the community to take on some really tough cases – I was trained to be cautiously aggressive,” she says. “When it comes to certain malfunctions and therapies, I’ve seen patients crawl in to my office and dance out that day.”

Dr. Brown has roots at UH Geauga, where she opened the Comprehensive Pain Management Center and has been practicing her entire career. What started as three patient consultation spaces filled up quickly, and has expanded into her own building with numerous treatment rooms.

Dr. Brown says patients have learned to expect two things from her:

1. **She manages expectations.** Her goal is to improve function so patients can continue to lead their lives as normally and pain free as possible.

2. **She will never abandon patients.** If a specific therapy doesn’t seem to be working, Dr. Brown doesn’t give up and discusses a variety of treatment modalities with patients.

At UH Geauga, specialists are trained to treat a variety of conditions, including: post-operative pain, back pain, headaches and migraines, myofascial pain, neuropathic pain, spasticity, and herniated discs. Some therapies routinely prescribed include:

- Spinal cord stimulators implanted for nerve pain, in which patients can adjust stimulation to their needs.
- Radiofrequency ablation of the nerves for lower back pain treatment.
- Pain pumps that automatically distribute low doses of medication, so patients don’t have to remember to take pills.
- A minimally invasive surgery used to treat spinal compression fractures, called a kyphoplasty. The procedure involves inflating a balloon device into the vertebrae to create space and filling it with cement to regain its normal shape. It’s Dr. Brown’s favorite procedure to perform.
- Physical therapy and aqua therapy: Treatment plans don’t always begin prescribing pain medication and surgeries. Dr. Brown’s team explores a variety of techniques to see what works best for each patient and sometimes begin with conservative treatment methods.

“I feel very blessed to take care of patients,” says Dr. Brown. “During the time I have with them, even if it’s only 15 minutes, I look them in the eyes, and make sure I get to know them and what they’re dealing with on a personal level.”

In addition to serving the local community, Dr. Brown actively serves with her church on mission trips and for her country on military missions. She’s a member of the Air Force Reserves, travels monthly for trainings throughout the nation and deploys overseas.

She says being a physician and military member helps her stay strong and compassionate for patients in all of the communities she serves, on the ground and in the skies.

You no longer need to live with chronic pain, or travel far to get relief close to home. To schedule an appointment at UH Geauga Medical Center, please call (440) 901-1426.
Lake Health opens cancer prevention center
Offers a range of services for prevention and risk assessment

By Lake Health

The Cancer Prevention Center at the Perrico Health Campus in Willoughby provides patients access to the most advanced services for the prevention of cancer, including genetic testing to help identify inherited gene mutations that may increase risk for developing breast cancer, colon and prostate cancer, melanoma, pancreatic cancer, ovarian cancer and other diseases. The new testing program makes it easier and more convenient for patients to identify and manage their cancer risk.

“I’ve spent my career trying to detect cancers in an early stage. This is the first time I’ve felt positive about more effectively preventing cancer completely, especially in some patients at higher than average risk. New advances in genetic testing enable us to delve deeper into cancer risk – in fact, we can now screen for a total of 34 genetic markers that show if a patient is predisposed to developing certain cancers in their lifetime,” said gynecologist Liese Vito, MD, medical director of the Lake Health Cancer Prevention Center.

How it works

Currently, Lake Health offers cancer risk assessments to patients at routine mammography and gynecological visits. By early 2020, they hope to provide the assessment in all Lake Health primary care practices. The self-assessment, completed on an iPad, calculates cancer risk in minutes, based on family history and factors specific to the individual.

For patients identified as high risk, they offer genetic testing and collect a blood or saliva sample at that same visit.

Lake Health has partnered with Ambry Genetics to provide genetic testing to eligible patients. Due to Ambry’s extensive contracts with insurance companies, testing is affordable and accessible for most patients. Four out of five patients pay $0. For those who do pay, the average cost is less than $100.

Results are available in two to three weeks. A physician will provide the results in person and discuss implications for future care. No-cost genetic counseling is available to patients who test positive for a cancer gene mutation.

Prevention is next

Using the results of the risk assessment and genetic testing, the Cancer Prevention Center will make individualized recommendations to reduce the patient’s risk of developing cancer. They’ll create a personalized screening plan to detect cancer early when it’s most treatable. They may recommend surgeries or medication to reduce cancer risk.

“Genetic testing gives us the opportunity to more effectively prevent cancer and save lives,” says Dr. Vito.

For more info about the Cancer Prevention Center, call (440) 269-2610.

Food safety tips from page 15

Food safety tips can be placed into a low, flat storage container, or even a small baby pool with a bag of ice. If people are eating over a long period of time, it is best to put food into smaller containers, and put them out more frequently so the food stays cold. Custard pies, including pumpkin pie and sweet potato pie, must be stored in a refrigerator.

What about leftovers?

If the leftovers are to be saved, do not leave the food out for more than two hours. Consider discarding food that has been sitting out for longer than two hours. Place hot food into small containers and put them in the refrigerator immediately. Leave the lids off to allow the heat to escape. When cool, put the lids on. When in doubt, throw it out.

Please contact the Lake County General Health District at (440) 350-2543 with any questions.
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CALENDAR

JANUARY

Antique Roadshow
Monday, January 20 • 7pm
1713 Lincoln Road, Wickliffe
(440) 944-6010
www.wickliffepl.org

Learn about antiques and bring one (1) item to be evaluated by Tom Jerpbak of “Ye Old Oaken Bucket” in Painesville. Evaluation limited to the first 25 people. If you don’t have an antique, join us anyway for an interesting evening.

Ice Festival
Saturday, January 25 • 9am – 9pm
Sunday, January 26 • 9am – 5pm
Lake Metroparks Farmpark
8800 Euclid Chardon Road, Kirtland
www.lakemetroparks.com

Watch the creativity of Aaron Costic of Elegant Ice Creations—an award-winning ice sculptor who regularly competes at the Winter Olympics. He took home gold in Torino and bronze in Nagano and is a nine-time world champion. Watch Aaron and other local carvers during ice carving demonstrations (Sunday only) and speed carving competitions scheduled throughout the weekend.

Saturday night’s festivities will conclude with a large fire inside a six-foot tower of ice.

On both days, visitors will also be treated to many other winter-themed activities and Farmpark’s daily activities. Visitors will also enjoy crafts, a hot cocoa and s’mores bar, fire pits and live music.

Regular Farmpark admission applies. Farmpark members and children under 2 get in free.

MARCH

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 are in the lobby at the following locations:

- SOM Center Campus
  5105 SOM Center Road, Willoughby
  March 2 • 10am – 3pm
- West Medical Center
  36000 Euclid Avenue, Willoughby
  March 9 • 9am – 4pm
  March 10 • 9am – 3pm
- TriPoint Medical Center
  7590 Auburn Road, Concord
  March 23 • 9am – 4pm
  March 24 • 8am – 3pm
- Mentor Campus
  9485 Mentor Avenue, Mentor
  March 25 • 10am – 3pm

For more information contact Lake Health Volunteer Services at (440) 354-1665.

The Collinwood School Fire of 1908
Wednesday, March 4 • 7pm
Willowick Library
263 E. 305 Street
(440) 943-4151

Join local author Edward Kern as he shares the tragic story of the Collinwood School Fire. Free. To register, please visit WE247.org.

Adult Spelling Bee
Sunday, March 8 • 2pm
Fairport Harbor Public Library
335 Vine Street, Fairport Harbor
(440) 354-8191
https://fairportlibrary.org

Spelling bees aren’t just for kids. There are plenty of adults out there who also enjoy beefing up their spelling skills and learning new words.

Keep your mental acuity in tip-top shape by participating in a library spelling bee!

Maple Sugaring Weekends
March 7 & 8, 2020 • 9am – 5pm
March 14 & 15, 2020 • 9am – 5pm
Lake Metroparks Farmpark
8800 Euclid Chardon Road, Kirtland
Visitors take a wagon ride to the Woodland Center to witness the maple production process as sap is collected from a network of tubing and 1,000 taps! After collection, watch as the sap is boiled and turned into maple syrup and candy.

Discover how trees are tapped and see the tubing that connects the taps. Sample maple syrup and candy, make a maple craft, help gather sap and learn how to make maple syrup in your own backyard! Pancakes served all day in the café ($7 ages 12 and older; $4 ages 2 to 11).
Scams— phone scams, email scams, mail scams. The list seems to be endless. Just hearing the word brings us frustration and fear. Who can you trust?

First and foremost, know that there are many people out there trying to steal from people, especially seniors. Rather than break into your home criminals today seek to rob you over the phone, through the mail, or over your computer. The more common scams are grandparent scams, sweepstakes scams, funeral scams, insurance and home improvement scams. They are extremely good con artists with very ingenious plots to take your money. Every week we take reports from people young and old who have been scammed.

It is difficult to explain all of the scams out there in a short article, but I can offer you a few tips to avoid being scammed.

1. Know the person you are dealing with, especially in any money transaction. Unless you know them never give out your credit card or bank information.
2. Don’t answer the phone if you don’t recognize the number. If it is important they will leave a message.
3. Don’t give out your personal information over the phone or computer unless you know for sure who it is.
4. Read your bank statements and look for transactions you did not make.
5. Never allow any stranger into your home. If it sounds to be good to be true, it’s not true. Don’t be pressured.

Call your family, call your senior center, or call the police if you have a question. Explain to them about any call asking for money, selling you something, or asking for a donation. Get their input.

The good news is you are in control. Being patient and thoughtful only comes from the wisdom of years. When in doubt, check it out!

Spaghetti dinner event to benefit the Senior Services Levy

The Support Our Seniors (SOS) Levy Committee will be hosting the 2nd annual Spaghetti Dinner on Thursday, February 13, 2020 from 4:00 to 7:30pm at the Perry Senior Center located at 2800 Perry Park Road in Perry. Dinner will be served from 4:30 to 6:30pm and live entertainment will be provided by “Elvis” from 5:00 to 7:00pm. The evening will end with a Basket Raffle drawing at 7:00pm. Tickets for the dinner are $15 for adults (including seniors), $5 for children under 12; and free for children under the age of five. Dinner, sponsored in part by Tapestry of Wickliffe, will include spaghetti, meatballs, salad, bread, coffee, iced tea or water, and a variety of desserts. Beer and wine will be available for purchase.

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 Lake County 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.

Advanced tickets can be purchased beginning in January at the Lake County Council on Aging, any of the 10 Lake County senior centers, RSVP, and Lifeline, Inc. Tickets will also be sold at the door. Please contact soslakecounty@gmail.com for more information.

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440-479-2619
cpurpura@sbcglobal.net

AARP Smart Driver Course returns to Council on Aging on April 7

With spring 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, April 7, from 10:30am–3pm 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.
I’m feeling sick - do you think our family doctor has weekend hours?

He’s closed on weekends...but you could try Lake Health Online Quick Care!

What is that?

A virtual visit with Lake Health providers. No appointment needed.

Plus, visits are only $40, which is similar to or less than many insurance copays at an urgent care.

And you can do it on weekends?

You can use it seven days a week, including evenings and weekends, from 7 am to 11 pm. Get started at lakehealthquickcare.zipnosis.com

Thanks! I’ll try it.

Feel better soon! ❤️❤️❤️