



Spaghetti dinner fundraiser a huge success
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Council on Aging 2019 Annual Report
Special Insert

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Are you prepared for emergencies?

By Deanna Adams

In the past few years, there has been a lot of talk about the upsurge in disasters, both man-made and natural. And it's not just talk. Statistically, there has been an increase in natural disasters, accidents, and power outages that disrupt our daily lives.

Would you know what to do in an unexpected event?

"Dialing 911 is still the first thing you need to do in an emergency," says Joe Busher, director of EMA (Emergency Management Agency). "This will connect you to first responders who can guide and assist you."

The director's job is to maintain the Emergency Operations Center and coordinate county programs with first responders, both locally and regionally, and Busher has a long history of public safety service in Lake County. He served 32 years as a fire fighter with the Mentor Fire Department where he became deputy chief. He works with all public safety and private agencies collaboratively to prepare, plan for, and mitigate against natural or manmade disasters.

The EMA protects Lake County communities by coordinating with disaster response and preparedness that includes threatened or actual natural disasters, acts of terrorism, or other man-made disasters. And when it comes to emergencies, women, children, seniors, and those with disabilities, are particularly susceptible. "Being prepared ahead of time is imperative, and we have a lot of resources for that preparation," Busher says. "To aid senior residents, we work closely with



Joe Tomsick, chief executive officer for Lake County Council of Aging. The CoA and your local senior centers are the best places to get information, learn how to prepare yourself and others, and make plans far in advance of a situation."

While none of us can control the weather or prevent disasters from happening, there are steps we can all take to minimize risks from known hazards. It's imperative to know what to prepare for an emergency. Planning now can lessen panic and may even save your life!

Keep in mind that power outages can cause the immediate closure of grocery stores, put ATM machines out of order, and prevent you from conducting normal day-to-day activities, including being able to get from point A to point B if gas stations shut down.

See EMERGENCIES on page 4

2020 Census: Lake County seniors are reminded about the importance of completing their census

Baby boomers have changed the face of the U.S. population for more than 70 years and continue to do so as more enter their senior years, a demographic shift often referred to as a "gray tsunami."

The 2020 Census will provide the most up-to-date count of the baby boom generation, now estimated at about 73 million.

Born after World War II, from 1946 to 1964, the oldest boomers will turn 74 next year. When the last census was taken in 2010, the oldest had not even turned 65.

Since then, about 10,000 a day have crossed that age threshold and by 2030, all boomers will be at least age 65.



"Data from the 2020 Census will show the impact of the baby boomers on America's population age structure," said Wan He, head of Aging Research Programs for the Population Division of the U.S. Census Bureau.

Why knowing where boomers are matters

Knowing about the number of people age 65 and older is important for tribal, local, state and federal lawmakers. They will use 2020 Census statistics to help decide how to spend billions of dollars annually in federal funds on critical public services for the next 10 years.







Everyone uses roads, hospitals and emergency services but some state and federal programs target specifically older populations — such as money for senior citizen centers, job-training programs, and Medicare Part B health insurance.

See CENSUS on page 6



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UH Ahuja Medical Center Orthopedic Injury Clinic 3999 Richmond Road Beachwood, Ohio 44122 To make an appointment, call 216-545-1505 . Monday through Friday 8:30 a.m. - 4 p.m.	UH Geauga Medical Center Specialty Clinic 13207 Ravenna Road Chardon, Ohio 44024 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 Sheffield Village, Ohio 44054 To make an appointment, call 440-517-5982 . Monday through Friday 8:30 a.m. - 4 p.m.
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Lake County Council on Aging



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Council on Aging is meeting the needs of local seniors during this unprecedented time

These are truly trying times for all of us as we face a global pandemic, panic buying that has left grocery shelves nearly empty and supplies in great demand. The fact that the Council on Aging works with a population that is more vulnerable to the effects of the coronavirus, has compelled us to be especially vigilant in light of the current health threats.

A significant portion of this edition of Bridge is devoted to how coronavirus (COVID-19) is forcing many agencies like the Council on Aging to implement temporary changes to the way we serve our senior community. We've compiled this information to help you weather the storm. For the first time in our history, we have also decided to mail Bridge to all senior households in Lake County so that you are aware of many of the valuable resources and supports that are available throughout our community.

Our agency has had to make several modifications to our operations due to the COVID-19 outbreak, including implementing a "no contact" delivery method for our Meals on Wheels program and congregate drive-up service.

Although the agency's main office on East Avenue in Mentor is closed to the public, staff will continue to provide information, referral and support services for seniors, caregivers and family members by phone only, for the foreseeable future. Information and assistance specialists are available Monday through Friday, 8:30 am – 4:30 pm, with a live receptionist available part of the day. It is advised to check the website at www.lcco.org for any changes or updates.

Also included in this edition you will find our special insert of the agency's 2019 annual report. If you take the time to read through the report, you will more deeply understand and appreciate the impactful role that Council on Aging plays to ensure our clients' needs.

We will continue to do our best to meet the growing needs of our aging population in Lake County, and you too can play an important role at this difficult time. Try to do the neighborly thing and check in by calling your elderly neighbors and friends. I'm sure they would love to hear from you.

I thank our staff, board and volunteers for their dedication to making the Council on Aging a great success since 1972. If you would like to show your personal support of the Council on Aging, please visit our online donation page.

Sincerely,

Joseph R. Tomsick, CEO, Lake County Council on Aging

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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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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



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Emergencies from page 1

Of course, most of us know that we all should stock up on certain items that are needed—water, food and flashlights—when an emergency deprives us of necessities like running water, electricity, and gas. However, in addition, purchasing an emergency backup system, such as a generator (inverter or portable) is something to consider. Just be sure to hire a professional to install it properly.

While we all depend on our cell phones nowadays for communication, one form of preparation that often gets overlooked is registering your phone with emergency services. Since wireless phones are mobile, they are not associated with one fixed location or address. Today, with the steady decline in landline registrations in the past few years, many of us no longer have a home phone. Because of this, it is highly recommended that you register your cell by logging onto the Lake County disaster website. The ability to reach 911 from your wireless phone has become a vital public safety tool.

“This is very important,” Busher notes. “Many people don’t realize

that there is no legal way to get a wireless number into our system. But once they are in the system, it will always be transferred if there are any forthcoming changes, so once we have it, there’s no worry in the future.” The website to visit to register is at the end of this article.

Remember: Any major disaster could temporarily overwhelm police, fire and ambulance and first responders. Both the Red Cross and FEMA recommend that you try to be self-sufficient for at least 72 hours following a disaster.

So here are three important steps on how to prepare for any type of emergency:

Know the risks in your region: The more common potential hazards in northeast Ohio are flooding, wind storms, winter storms, earthquakes, human diseases (pandemics), and animal diseases.

Make a plan: Being prepared will help things go much smoother, be less confusing, hectic, even less frightening. Make a list and write down these imperative questions while noting how you’ll address each one:

- Do you know how you’ll be no-

tified about emergency alerts and warnings? As mentioned above, if you no longer have a home phone, you need to register your cell phone in the Lake County Ohio Emergency Management Agency website (see end of article).

- Do you know your evacuation route, if any? Put into place a shelter and a documented, detailed, communication plan. Gather your family or caregiver for a group meeting to discuss and address all needs, and allot responsibilities among each other.
- How will you handle care for children, the elderly, or disabled in your family, or others close to you? Explore the many links to resources and also study what to do for your pets.
- Be sure to discuss all needs and responsibilities, including how everyone in your network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Consider these factors when developing your plan: Different ages of members within your household, who should be responsible for assisting others, and of course, medical needs involving prescriptions and/or disability access and needs including devices and equipment.
- Lastly, create your own personal network among those you will want to immediately contact in an emergency. Be sure to have your most important person listed in your phone as ICE (In Case of Emergency) which helps first time responders and emergency room personnel locate that person’s updated medical information, emergency/medical contacts, medical insurance information, blood type, name, address and a photo verification of the individual.

Prepare a Kit: Preparation, of course, involves having items on hand that you will need. These in-

clude stocking up on water, first-aid kit, food (canned vegetables, soups, peanut butter, cereals, boxed snacks, cat/dog food, etc.), flashlights, manual can opener, batteries and phone charger, toiletries, cash, and important papers in an accessible area. In some cases, buying in bulk is recommended.

Special needs

Once again, develop a plan of action to manage and deal with any risks concerning disabled residents. Mobility, hearing, learning, or seeing disabilities can create specific needs that individuals need to address to be able to respond to an emergency. The Red Cross urges everyone concerned to become “Red Cross Ready” for any urgent situation. This goes beyond being informed. Here are some important things to know:

- There needs to be an emergency plan in place that begins with a back-up power supply for essential medical equipment, along with assembling a special survival kit.
- People with disabilities, and their caregivers, need to know about managing communications, equipment, service animals, and knowledge of home hazards. And, of course, have a medical alert system that allows someone to call for help if a person is immobilized in an emergency. Most alert systems require a working phone line, so have a back-up plan, such as a cell phone, if the regular landlines are disrupted.
- Instruct those who may need to assist the person in an emergency on how to operate necessary equipment. Also, label equipment and attach laminated instructions for equipment use.
- It is also a good idea to have a manual wheelchair for backup. And to store backup equipment (mobility, medical, etc.) at a neighbor’s home, school, or your workplace.

For more information concerning all emergency concerns, see these links below:

www.lakecountyohio.gov/ema

www.lakecountyohio.gov/ema/Preparedness/Notification

www.lakecountyohio.gov/ema/Response

www.lakecountyohio.gov/ema/Resources

cityofmentor.com/sign-lake-county-reverse-911

www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html

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COA names new director of community services

By Deanna Adams

The Lake County Council on Aging has been a blessing for area seniors since its inception in 1972. The organization is a trusted resource for aging adults, their families and caregivers, with a dedicated staff and group of volunteers who work together to enhance the quality of life for older adults.

And now one of their employees has been promoted to director of community services. Linda Llewellyn's former position was community and volunteer engagement manager, a rather long title, but one that effectively described her duties. "My job was to recruit and train volunteers, which number over 500 now, who we rely upon for our Meals on Wheels, the Lunch Place sites, and other necessary programs." In her new role, Llewellyn oversees the nutrition programs, as well as the episodic and special events, while also supervising volunteers.

Llewellyn says she initially became involved because the CoA's mission was important to her. That mission is, and always has been, the same: To provide aging adults and their support system with services and opportunities that will enable them to achieve an optimal, self-defined quality of life. "We have such a meaningful connection with the community, and we make a direct impact on the seniors' lives," she says.

That personal connection is measured each day through dedicated workers, such as Llewellyn. The Lunch Place, where seniors enjoy nutritionally balanced meals Monday through Fridays, is offered at several Lake County locations, such as Eastlake, Wickliffe, Mentor, Madison, and Painesville. (These sites are closed during the pandemic.)

However, difficult times, such as the recent pandemic, has kept even active seniors sequestered in their homes, and so The Meals on Wheels program is more important than ever. Under normal condi-



Linda Llewellyn

tions, volunteers deliver food to homebound seniors in Lake County five days a week. That means coordinating more than 4,000 meals per week. However the coronavirus has forced the CoA to limit deliveries to just twice per week. For both scenarios, the volunteer efforts are greatly appreciated.

"Just someone's presence at their doorstep with food can make someone's day, even with just a short, casual conversation," says Llewellyn. "I'll never forget one day early in my career here, when I went to deliver a meal and I happened to compliment the woman on her sweater, and her face just lit up! She went on to tell me that her grandson had given it to her and because he's out of town, she doesn't get to see him often. She said, 'I wear it because it reminds me of him, so thank you so much.' The simplest thing, yet, you never know how your actions and words can make a difference to someone."

The regular visits are also a way to let shut-ins know there are people out there who care. "The Meals on Wheels program allows us to conduct well checks. Our clients know this and it gives them a sense of security that if they don't answer the door, we will investigate to see if they're okay," says Llewellyn.

Other volunteer opportunities at the CoA include working in the kitchen, being a packer, serving at a Lunch Place site, grocery shopping for clients, or just visiting people in their homes to give them a little company. All of these programs are on hold right now, but the need will be great once the current crisis ends.

"What we do, the staff and volunteers, goes beyond the obvious services," says Llewellyn, who is clearly proud of the organization. "We really put our hearts into it and we're engaged in the people's lives. I call it a compassionate place of helpfulness."

If you are interested in one of the CoA services, or would like to become a volunteer, see www.lcco.org, or call (440) 205-8111.

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.

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SOS Spaghetti Dinner event a huge success!

Over 300 people showed up to celebrate the Support Our Seniors (SOS) Valentine's spaghetti dinner on Thursday, February 13, despite the cold and snow. The event was held at the beautiful Perry Senior Center with live entertainment by Kevin Hupka as "Elvis." The SOS Levy Committee was able to raise nearly \$8,000 from tickets sold, sponsors and basket raffle!

A very special thank you to the sponsors of this year's event – Tapestry Senior Living Wickliffe, Altercare of Mentor, Family Eye Care, Burges & Burges Strategists, Brunner Sanden Deitrick Funeral Home & Cremation Center, Madison Healthcare, Cardinal Woods, Grand River Cellars, Hofbrauhaus Cleveland, Great Harvest Bread Company, and JKL Tours. Your sponsorship greatly contributed to the success of this event!

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, and 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.

Thanks to all our friends, family, sponsors and of course, our seniors that helped make our event so special. Your support is very much appreciated.

Census from page 1

"The census is really important to us in the aging community," said John Haaga, of the National Institute on Aging in Washington, D.C. "It's our only way to figure out how things are different across the country, what areas are aging faster, where elderly disabled people live, or where older people are concentrated, like Appalachia or West Virginia, because young people are leaving for the cities." Older people are remaining behind there.

Other states, such as Florida, have large older populations because people are moving there to retire, according to Haaga.

By using Census Bureau statistics and its geographic information system, analysts and community planners can get a refined picture of where older Americans live and how close they are to the services they need. That helps lawmakers or business people decide where to open health clinics or senior citizen centers, among other services.

"You can start to look at specifics like how many older people are living alone who are more than 10 miles from an adult day care center," Haaga said. "You can

answer questions of access and how to improve it."

The census is a nonpartisan Constitutional mandate and an opportunity to help shape the future of the community in which we live. Data from this census is what will drive funding to Lake County and its programs and services every year for the next ten years.

All census responses are protected by law and personal identifying information is never shared, only data is extracted. The Census Bureau can not share information with any other authority—not law enforcement, the IRS, FBI, ICE, or zoning departments for example," she added.

The census will never ask you for money, your credit card number, or any political or religious information. You do not have to download software or install anything onto your computer or phone to respond. And, census workers will never need to come into your home or ask you anything about anyone other than those who live at your address.

To learn more or fill out your census, visit 2020census.gov or call 844-330-2020.

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ASSISTED LIVING

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Brownstones offer sunrooms, patios or balconies, optional fireplaces, and heated underground parking. Enjoy flexible meal plan, and amenities right outside your door.



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The Fairmount Health & Rehabilitation Center provides compassionate care with a focus on quality of life, as well as short-term rehabilitation after illness or injury.



RANCH HOMES

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Homestead exemption can reduce your property tax

The homestead exemption is a form of property tax reduction in real estate taxes for those who qualify. The deadline is now on December 31, 2020. This is a good time to review some of the requirements for Homestead Exemption. If you have any further questions, feel free to call the office at 440-350-2536 or you may download the application from our website www.lakecountyohio.gov/auditor/Forms.

Who is eligible to file the homestead exemption?

In July 2013 the law governing homestead exemption was changed to an income-based program for homeowners who were 65 years of age or totally disabled (if less than 65) and owned and occupied their home as of January 1. If you have been enrolled in the homestead program prior to 2013 you are grandfathered in and are not subject to the income requirement.

If you are a veteran who is 100% permanently and totally service-connected disabled, then you may be entitled to an additional credit. VA disabled veterans do not have any income requirements but must provide a copy of their VA disability letter and DD214 to receive the homestead exemption.

In order to file for the homestead exemption, you must meet certain criteria. You must be 65 years of age during the year in which you first file for the homestead exemption, or be perma-

nently and totally disabled.

The income is based on your modified adjusted gross income. This is your OAGI (Ohio adjusted gross income), which is located on line 3 of the state income tax return statement plus line 11 of the Ohio schedule A of the state income tax return statement. The total income for the tax year 2019 must be under \$33,600. This income based program applies to homeowners that are turning 65 in 2020 as well as persons qualifying under the disability exemption.

You must own and occupy your home or manufactured home and it is your primary place of residence as of January 1, 2020. For all forms of qualifying ownership, please refer to page two of the homestead application (DTE105A).

In Lake County, proof of age is a requirement. A photocopy of a driver's license, state of Ohio ID card, birth certificate or current or expired passport must be included with your application. The application may be filed in person at the auditor's office or postmarked on or before December 31, 2020.

If your property is in a trust, we are requiring a copy of the page or pages that indicate the type of trust. Per Ohio law, certain irrevocable trusts do not allow you to qualify for the exemption.

If you would have qualified for homestead in 2019 and did not apply, please check the "late application for prior year" box on the application as well as the current application box. If you are

filing a late application, then the total amount of income must be under \$32,800 for tax year 2018.

Does disability qualify me for homestead?

If you are claiming a physical disability, you must have the certificate of disability form signed by a physician licensed to practice medicine in Ohio or you may submit a certificate from any approved state or federal agency that classifies you as permanently and totally disabled.

If you are claiming a mental disability, you must have the certificate signed by a physician or psychologist licensed to practice in Ohio or you may submit a certificate from any approved state or federal agency that classifies you as permanently and totally disabled.

If my application has been accepted, how will I be notified?

If you have qualified, the exemption will appear on the tax bill you receive the following January. The auditor's office will review the information you provided and determine if you qualify for the homestead exemption. They will notify you before the end of the year in which you filed only if your application has been denied.

If you need more information please call the Lake County Auditor's Office. Please remember that the deadline for your homestead exemption application is December 31, 2020.

TELEVISION & CRT MONITOR COLLECTION

May 9, 2020

Lake County residents only - **No Businesses**

Lake County Fairgrounds

1301 Mentor Avenue, Painesville Township
(Commercial Building near entrance; follow signs)

Saturday, May 9, 2020

9:00 a.m.-3:00 p.m. *Rain or shine*

Tube TV/CRT monitors will be accepted for a nominal fee, see below for pricing. Cash or check only (payable to Lake County Dept. of Utilities) are accepted.

Flat/LCD/Plasma screens any size - *FREE*

Screens sized 21 inches or less - \$5 each, cash/check only

Screens sized more than 21 inches, all projection & console sets - \$10 each, cash/check only

PROHIBITED ITEMS: No trailers permitted and any other type of electronics will not be accepted.

Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

For more information about the Television and Monitor Collection:
LakeCountyOhio.gov/Utilities - See Special Collections Information

Call the OSU Extension at 440-350-2582 or
the Solid Waste District at 440-350-2644



HOUSEHOLD HAZARDOUS WASTE COLLECTION

June 6, 2020

Lake County residents only - **No Businesses**

Lake County Fairgrounds - FREE to residents

1301 Mentor Avenue, Painesville Township

Saturday, June 6, 2020 9:00 a.m.-3:00 p.m. *Rain or shine*

ACCEPTED ITEMS INCLUDE:

- **Automotive fluids:** motor oil, gasoline, coolants, antifreeze, grease.
- Oil based paints, varnish, shellacs, stains, aerosols, polyurethanes, primers, and grout.
- **Bulbs & batteries:** all sizes (lead acid & household) & fluorescents.
- **Household cleaners & solvents:** thinners, kerosene, turpentine, lighter fluid, and paint strippers.
- **Liquids/solids:** pool, lawn & garden chemicals, pesticides, weed. killers, spray insecticides, photography, "hobby" chemicals, mercury, empty propane tanks, roofing tars, drive sealers, and adhesives.

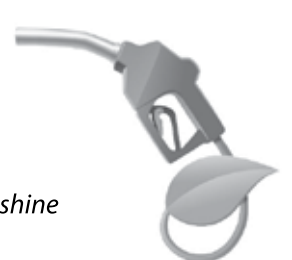
PROHIBITED ITEMS: Ammunition, explosives, medical waste including prescription medicines, smoke alarms or any other item not on the accepted list.

GUIDELINES: Leave product in original container, or label contents if known. Bring materials **ONLY** during collection event, as trained technicians will unload your vehicle.

Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

For more information about the HHW Collection:
LakeCountyOhio.gov/Utilities - See Special Collections Information

Call OSU Extension at 440-350-2582 or
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Your Well-Being

Beating stroke disabilities

By Lake Health

Through intensive therapy, Al got back everything that his stroke took away.

On March 20, 2019, Al Grywalski, 73 and in good health, woke feeling a little out of sorts, but chalked it up to not having eaten yet. A big breakfast didn't help, and though he noticed slight weakness in his right foot, he dismissed the issue thinking it was no big deal. At 1:30, he headed to the Painesville Y for his normal workout. But after experiencing a surprising weakness in his right arm, he cut the workout short. Then, walking to his car, he noticed balance problems. He drove directly to the TriPoint Emergency Room, announced that he thought he having a stroke, and the staff flew into action.

Diagnostics, decisions and determination

A CT scan confirmed the stroke—a blood clot at the base of Al's brain stem. After treatment with a clot-busting drug, a subsequent scan showed the clot had dissolved and was gone. However, due to brain damage already done, Al's right foot, leg, arm and hand were paralyzed and he had speech issues.

The next night in the hospital, lying awake, Al considered everything. Just two months earlier, his wellness exam had resulted in a clean bill of health. He also remembered his wife Barb had occasionally said, "When something unfortunate happens to you, you can choose to be either bitter or better." Al decided he wasn't going to spend his life sitting in a chair. He was determined to get back everything he'd lost.

"Rehabilitation care after stroke requires a sustained and coordinated effort from a large team that may include the patient, family and friends, doctors, nurses and many

types of therapists all working to achieve the best possible outcome," says Nicholas Detore, MD, medical director for Lake Health's Center for Comprehensive Rehabilitation (CCR). "Inpatient rehabilitation facilities offer the highest level of coordinated interdisciplinary care for patients after stroke."

CCR is a 12-bed inpatient facility with private rooms, located at the Continuing Care Campus in Concord Township. Patients receive a minimum of three hours of intensive therapy a day, five days a week. After three days in the hospital, Al moved to CCR for intensive therapy and recovery.

"Boy was that the right choice!" says Al. "I met the therapists I call my miracle workers. Their skill, determination and encouragement was extraordinary. After a month with them, they had me walking with a cane, beginning to use my right hand and speaking pretty plainly with only a little trouble saying my 'Ls'. The challenges were difficult. It was almost two weeks before I could peel a banana with my right hand. After two-and-a-half weeks, I was able to tie my own shoe—but it took me five minutes. It was probably the most difficult thing I've had to do in my life. But thanks to Dr. Detore and all the wonderful staff at CCR, along with subsequent home and outpatient therapy, I've gotten everything back."

After leaving CCR, home and outpatient therapists got Al driving, writing, gardening and even cross-stitching. He's still gaining strength with workouts at the Y. CCR staff told him that stroke patients can keep improving for three years or more with determination and perseverance.

"Never give up, just keep on going," says Al, who thanks his wife Barb, the rehab staff, his friend Darrel, his St. Bede Church community and the blessings of God for his recovery.

Please donate to the Council on Aging

The Lake County Council on Aging continues many essential services throughout the pandemic, including delivering nutritious meals to the county's most vulnerable seniors. Donations will help us replenish food supplies, subsidize personnel, and enable tech-based efforts to check in on isolated elderly recipients. Please consider a tax-deductible donation by calling our office at (440) 205-8111, or going online at www.lcco.org.

Medicare 101

By Jennifer McLaughlin

Aging and Disability Resource Center Manager, Council on Aging

It has been estimated that nearly 10,000 people turn 65 every day. Are you one of them? Perhaps you are over 65, but deciding to retire so you are eligible for Medicare in 2020? If you answered "yes" you will be happy to know that the Council on Aging is offering several opportunities this spring for you to get the important information you need about Medicare! Volunteers certified by the Ohio Senior Health Insurance Information Program (OSHIIP) from the Council on Aging will explain the various components of Medicare, provide information on timelines for initial eligibility so you can

avoid penalties, and offer insight on some things to consider when choosing original Medicare vs a Medicare Advantage Plan. Each interactive presentation will allow for Q&A.

This year the Council on Aging is excited to offer evening presentations throughout Lake County to best serve the needs of those who are still working. Please contact the site directly to register for a presentation.

Please note that presentations in April and May were scheduled for other areas but have been postponed until further notice. The dates below are also subject to cancellation.

Monday, June 8 • 6:30 pm Madison Public Library 6111 Middle Ridge Road (440) 428-2189	Tuesday, June 23 • 6 pm Morley Public Library 184 Phelps Street (440) 352-3383
Tuesday, June 9 • 4 pm Willowick Senior Center 321 E. 314th Street (440) 585-5112	Friday, September 18 • 10 am Madison Senior Center 2938 Hubbard Road (440) 428-6664

OSHIIP is funded by a federal grant and by the state of Ohio; and administered but the Ohio Department of Insurance. The program provides free, objective health insurance information and educa-

tion. In addition to presentations, OSHIIP volunteers also provide individual Medicare counseling. For more information, call the Council on Aging at (440) 205-8111.



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

LCCoA:

I have been blessed... and I am sending my thanks to Jim, Tracy and Rita for their kindness and patience in helping me fill out and forward needed forms. My deep appreciation and best wishes.
Judy

LCCoA:

Thank you to all of you for excellent service, for friendly smiles, for making my day brighter. From my heart... deep appreciation.
Lydia

Mr. Tomsick:

Thank you to the Meals on Wheels program. It has been a godsend to me. I've noticed that the meals lately have a bit more variety and are tastier. Please let your staff and volunteers know that their work is appreciated.
Ruth

Hi, Linda,

Today was my first day delivering multiple meals to my clients. I must admit, I've been worried about the changes, but everything went perfectly.

I want to acknowledge the diligence, support and positive attitudes of Barb, Jackie and the ladies in the kitchen. I believe things went well because of them. I'm grateful to have the help and guidance of such dedicated women. Thank you for keeping us up to date on changes in protocol.

Take care, and stay safe.
Best regards, Carla



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.

Elizabeth Shinhearl, Mentor

104 years old, born on 2/29/1916

Elizabeth is a leap year baby!

Joe Nally, Mentor

100 years old, born on 2/2/1920

Joe is a WWII veteran!

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

For the past four 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 info you send will be kept confidential and is for use on a centenarian certificate only.

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Council on Aging winter fundraiser

One for the record books!

On Thursday, February 20, 2020, the board of trustees of the Lake County Council on Aging held its annual "Winter Break" fundraiser event at Pastina Restaurant in Mentor. The Longo-Greci family and staff welcomed the committee, community and more importantly, the cause. The restaurant couldn't have been more professional and accommodating.

The two-hour event was enjoyed by over 180 guests who filled the bar area and enclosed patio. The celebratory atmosphere was enhanced by two very active side boards and sellers, over 30 universally attractive auction gift baskets from local businesses and residents, and a delicious menu with a variety of homemade pizzas, appetizers and soft drinks. The next day, the committee announced

that over \$8,000 was raised for the Council on Aging's March for Meals event.

The LCCoA board and staff are thankful for all who came together to create a wonderful night. Since March for Meals was canceled due to coronavirus, this prelude event made a huge difference for the agency and the community it serves.

The board looks forward to hosting another big event in 2021! Great appreciation to the sponsors of Winter Break 2020, JLP CPAs, Brunner Sanden Deitrick Funeral Home and Cremation Center, Manning & Clair Attorneys at Law, Matrix Tool and Machine Inc., Ohio Living Breckenridge Village and Ohio Living Home Health and Hospice.



Maribeth found a buyer for the Chinese auction tickets.



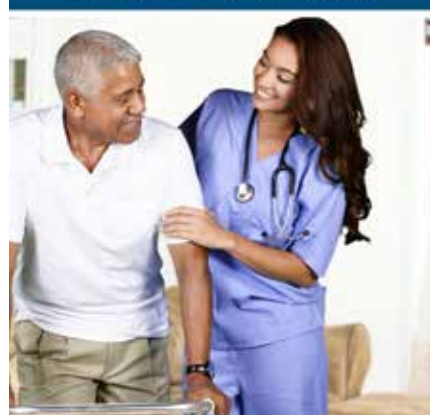
Board Vice President John Thomas offers a hug to Nancy Krause, a CoA employee and volunteer.



Board Member Kimmie Tutolo with friends of the Council on Aging.



Thank you to one of our sponsors, Matrix/ Rich Wilson and family.



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Conveniently access affordable, quality health care 24/7 with a virtual visit to University Hospitals



Dr. Roy Buchinsky

Let's be honest, when you're sick it usually comes over you at the most inconvenient times. During a busy project at work, on the

weekends, in the middle of the night at 3 am, or over the holidays when your family is in town.

"A virtual visit to University Hospitals provides care at the exact place and time my patients need it," says Roy Buchinsky, MD, director of wellness at University Hospitals Ahuja Medical Center. "Physicians and nurse practitioners can diagnose, recommend treatment and prescribe medication for nonemergency medical issues, over the phone or through video conferencing."

To get started, you simply need a laptop, tablet or smart phone to access this confidential service any time of day or night, 24 hours per

day, 365 days per year. "Virtual care eliminates the need to travel and brings the care right to you instead," explains Dr. Buchinsky. "You can call a member of the virtual care team—all practitioners are board certified in family medicine, internal medicine, emergency medicine or pediatrics—or use the video camera on your laptop, tablet or smartphone if you prefer a face-to-face consultation."

What can be diagnosed and treated during a virtual visit?

- Acne, rash, dermatological concerns
- Allergies
- Constipation
- Cough
- Diarrhea
- Ear problems
- Fever
- Flu
- Headache
- Insect bites
- Nausea, vomiting
- Pink eye

- Respiratory problems
- Sore throats
- Urinary problems/UTI
- Vaginitis
- Vomiting

The cost of a visit is \$49 or less, depending on your insurance—much less costly and more convenient than a trip to the emergency room in the middle of the night! Please check with your insurance company to see if virtual care is covered.

You don't need to travel far at all to receive exceptional care. To schedule an appointment with a provider from the comfort of your own home, please visit VirtualVisit.UHhospitals.org. From your smartphone, you can also text "uhvirtual-visit" to 635-483 to get started.

Virtual visits are also a wonderful option for patients in need of primary care and other medical care, as University Hospitals Ahuja Medical Center closely monitors the ever-changing coronavirus (COVID-19) global pandemic.

Please remember to take the following precautions during this time:

- If you are sick, stay at home. If you have a fever, stay home for at least 24 hours after your fever is gone without having used fever-reducing medicines.
- Avoid close contact with people who are sick, and avoid crowds. If you are taking care of someone who is sick, try to stay six feet away—this is the distance virus-containing droplets can travel through a sneeze or cough.
- Wash your hands thoroughly and frequently with soap and water or use an alcohol hand gel that contains at least 60% alcohol.
- Cover your coughs. Sneeze into a tissue or your elbow and wash your hands.
- Clean frequently touched surfaces and objects at home, such as door knobs and cabinet

See Virtual Care on page 12

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Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio

How old is the office of sheriff, and how is a sheriff different then a police officer ?

A sheriff's office and a police department are both law enforcing organizations. Both have the goal of providing public safety, but they differ in many ways.

One important difference is in their area of jurisdiction. A police department is responsible for law enforcement in a specific city, municipality, town or village. They are established under municipal regulations where the chief of police is appointed, and he or she hires other police officers and detectives to assist in policing that municipality, town or village. The police department also performs various public services such as safety education, school resource officers, and other security functions in their communities. As well, they often provide security at a mayor's court or municipal court within their jurisdiction. The first police department was established in Boston in 1838, followed by New York City in 1845.

However, a sheriff's office has a wider jurisdiction over the entire county. One of the functions of a sheriff is providing law enforcement services/emergency response to the unincorporated areas (townships) in the county that do not have their own police departments. A sheriff's duties are more expanded then a police department in



the fact that besides law enforcement patrol he/she must: maintain the county jail; provide security to the courts of common pleas (felony courts), juvenile, probate, and domestic relations courts; transports thousands of prisons each year to and from state prisons, holding facilities, courts, and extraditions from other states; is responsible for the service or delivery of legal documents that include court summonses, subpoenas, and law suits; conducts sheriff's sales, evictions, repossessions, property appraisals, and the seizure and sale of property ordered by the courts; handles the CCW process for the County; registers and monitors all sex offenders, as well as arson offenders; heroin task force; detective bureau; SWAT, Marine patrol, and other specialized services.

Unlike the chief of police who is appointed, a sheriff is elected in Ohio every four years. The office of sheriff can be traced back over

1,000 years to England. It roots began in 871 under King Alfred the Great. Alfred the Great created a new governmental unit known as the "shire." It was the forerunner of the modern day "county". Each "shire" was led by a "reeve" (chief). It was the responsibility of the "shire-reeve" to maintain law and order within his "shire" (county). In those early days there were no police, no judges, no magistrates, etc. The sheriff did everything. He had the power to arrest, to raise armies, collect taxes, preside over courts, deal with traitors, and did everything on the king's behalf.

In the Battle of Hastings in 1066 the Saxon King Harold was defeated by the Normans. The Normans centralized power under the king and it was the sheriff who became the enforcer of the law throughout the kingdom. Even after the despotic King John was forced to sign the Magna Carta restoring basic rights and freedoms in England, the office of sheriff maintained its critical importance of keeper of the peace.

It should be noted that the role of sheriff is mentioned nine times in the Magna Carta. In 1182 King Henry the 2nd commanded the shire-reeve to open "gaols" to house prisoners until they could be tried by the king's traveling or circuit judges. Soon the shire-reeve became the sheriff, and gaols became the jails.

When the first colonies were established in Virginia in 1634 one of their first actions was to elect a sheriff. Thomas Jefferson in his work called "The Value of Constitutions" stated that "the office of sheriff is the most important of all executive offices of the country." During the 1700s and 1800s American sheriffs were given a

broad range of responsibilities by colonial and state legislatures. Among the duties included maintaining jails and workhouses. The enforcement of law, maintenance of the peace, and the handling of criminals throughout the judicial process were responsibilities given to the sheriff. As westward expansion evolved it was the Sheriff who was needed to establish order in the lawless territories where the fastest gun often ruled.

Today there are over 3,000 counties in the United States, and almost everyone has a sheriff charged with maintaining order. Alaska is the only state in the union where a sheriff's office does not exist. It is equally important to note that the office of sheriff was the first county office created in the United States.


A little Ohio history connects the office of sheriff with the term "buckeye." The office of sheriff was in place in Ohio prior to statehood. Before statehood was achieved in 1803 the sheriff was appointed by the colonial governor. The first appointed sheriff was Colonel Ebenezer Sproat in 1788 who covered the area of all of eastern Ohio from the Ohio River to Lake Erie. It was during this time that the native Americans near Marietta coined the phrase "He's a buckeye!" when they saw Sheriff Sproat in a parade because he stood six feet tall and carried a drawn sword. When the native Americans saw him in all of his gallantry they cried out "heap big hetuk", the native American name for buckeye. The nickname never left him and was gradually conferred on all Ohio citizens.

Today there are 88 counties in Ohio, and in each the sheriff is the chief law enforcement officer.

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Virtual care from page 11

handles with soap and water.
•Avoid frequently touched surfaces in public places, such as elevator buttons, handrails and door handles. If you must touch a surface, use a tissue or your sleeve to cover your hand or finger.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of exposure to the disease.

Please visit, UH's dedicated

COVID-19 website to learn about precautions the healthcare system is taking to ensure patients are kept safe and healthy, learn how you can keep yourself and family health at work and at home, and stay up to date on the latest information from the Centers for Disease Control and Ohio Department of Health by visiting [UHhospitals.org/services/coronavirus](https://www.uhhospitals.org/services/coronavirus).

If you have questions about cases and testing, please call the Ohio Department of Health's hotline at 1-833-427-5634 or visit the website, coronavirus.ohio.gov.



WELCOME FROM OUR CEO



Joseph R. Tomsick
CEO

As we reflect on another year of milestones and new beginnings, we pause to thank our staff, board members, volunteers and stakeholders who share our passion to support Lake County residents as they age. Together we continue to write a truly remarkable story of success. The Council on Aging has been Lake County's trusted resource for seniors and their caregivers for 48 years. Our symbol, the butterfly, signifies endurance, transformation and hope. It reminds us of the long journey we've traveled, and it teaches us that one can overcome many real-life challenges and soar to new heights. Today we are maintaining those heights and taking our agency to the next level. 2019 was an incredible year for the Lake County Council on Aging. As part of our commitment to excellence, we continued to meet goals that were established through the Lake County board of commissioners' community needs assessment and the agency's strategic plan, Vision 2020.

One of the objectives of the 2015 assessment was to integrate in-home services for frail seniors. Our largest accomplishment for 2019 was a partnership between the Council on Aging and the board of county commissioners to launch the nonmedical In-Home Care Program. This service now provides personal care assistance once per week for Lake County seniors including supervision with bathing and light housekeeping.

Earlier in the year, the Council on Aging began a new collaboration with Project Hope to bring a delivery of lunchtime meals to the Painesville senior shelter, christened Hope House. Project Hope provides guests with intensive goal planning and consultation with existing senior services in the community to transition them to their own residences within 30 to 90 days upon arrival.

The Council on Aging also partnered with the board of commissioners to bring the 3rd annual "Aging in Lake County" conference. The October event focused on the important role that health systems and community stakeholders play in addressing the social factors that contribute to poor health and disparities between low-income and more-affluent neighborhoods.

In the fall, the Lake County Council on Aging opened its newest 'Lunch Place' senior dining location, at the Painesville Nutrition Site located within the Extended Housing Wellness Center, 270 E. Main Street in downtown Painesville.

Throughout the year, the agency continued to provide educational opportunities like safe drivers courses, public benefits counseling, and providing assistance with completing and submitting HEAP applications, assisting Lifeline with the Summer Crisis Program (SCP), and helping seniors during Medicare Open Enrollment period. The Council on Aging also assisted with seniors' farmer's market vouchers and even a turkey giveaway during Thanksgiving week.

In December, the Council on Aging partnered with all of the members of the Senior Services Levy Coalition to collect non-perishable food items. Working with volunteers from local business, these shelf-stable food items were packaged in "blizzard bags" and delivered to at-risk seniors as emergency food in the event severe winter weather or other crisis would prevent Lake County Meals on Wheels delivery.

To make progress as a nonprofit organization takes many people working well together. I am thankful to our staff for their amazing work toward improving the quality of life for those we serve, and to our dedicated volunteers for their tremendous work and commitment to helping others. And finally, I want to express my most sincere gratitude to the voters of Lake County who have continued to show how important it is to support our seniors.

It is my pleasure to present our 2019 annual report.

Sincerely,

Joseph R. Tomsick

MISSION

The 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.

VISION

The vision of the Council on Aging is to be recognized by the community as its most valuable resource for aging adults and their support system. In conjunction with community partners, the Lake County Council on Aging will provide the highest level of education, advocacy, services and support.

SERVICES

Established in 1972, the Lake County Council on Aging has worked hard to make a difference in the lives of seniors living in Lake County. The agency plans, provides, develops and coordinates services for all people 60 years of age and older and has established itself as the trusted resource in the county for seniors, their families and caregivers.

Together with community partners and its board of trustees, the Lake County Council on Aging strives to provide the highest level of education, advocacy, services and support. Our entire staff is dedicated to preserving the dignity, independence and peace of mind for the aging population of Lake County.

Programs offered include social work services, information and assistance, Meals on Wheels, Lunch Place cafes, options counseling, homemaker service, in-home nonmedical services, benefits assistance and volunteer opportunities. The Council on Aging is Lake County's Aging and Disability Resource Center, providing assistance and counseling services for seniors and those 18 and over with disabilities.

OUTREACH EFFORTS

The goals of our outreach efforts are to increase the community's knowledge of the services and programs available for seniors in Lake County. Throughout the year, the Council on Aging staff works very hard at identifying individuals eligible for assistance, linking them to resources, and of course delivering services through the Council on Aging.

In order for us to educate the public, the agency uses numerous avenues of marketing and services including public presentations, reports, speeches, information tables and booths, flyers, brochures, newspapers, magazines, cable TV, the Web, Facebook, Twitter, Bridge and our weekly radio broadcast, "Our Aging World," on WINT radio.

In 2019 the Council on Aging answered and managed 22,598 phone calls and saw nearly 1,300 registered visitors to the East Avenue office. This past year 384 outreach efforts meant approximately 46,067 individuals received information on our services. Nearly 50,000 copies of Bridge were distributed in 2019, while our website, www.lcco.org, received 45,469* page views. *Figure based on average visits reported by Google Analytics.

GERIATRIC ASSESSMENT PROGRAM

Since 2016, the CoA has been proud to partner with Lake Health to manage the Geriatric Assessment Program (GAP). This multi-disciplinary, outpatient evaluation program is designed to offer assessment of senior's medical, emotional, cognitive, and functional status, and offer recommendations regarding maintaining health and safety in the community. GAP patients are seen at the Lake Health SOM Center Campus clinic by a geriatrician and clinical health psychologist. An occupational therapist completes an in-home safety evaluation, and a simulation-based driving assessment is completed if warranted. The assessment is wrapped up with a patient and family meeting to discuss findings and recommendations. A social worker from the CoA coordinates the program. Patients can come from anywhere in northeast Ohio; however, those who participate in the GAP and are residents of Lake County are easily connected back to CoA for ongoing support and services.

• In 2019, the GAP program saw 63 patients.

CURRENT BOARD OF TRUSTEES

Our accomplishments would not be possible without the dedication, expertise, and guidance of our board of trustees, a dynamic group of people who are committed to our mission. Members of the board of trustees of the Lake County Council on Aging volunteer to serve multi-year terms and generously support our efforts with their time, talent and passion.



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CURRENT COUNCIL ON AGING STAFF

The Lake County Council on Aging would like to extend its appreciation for the amazing work done by an extraordinary team. Your dedication to serving our community is greatly appreciated.

- Kristi Ballinger Social Worker
- Fran Beale Social Worker
- Sharon Bralley Nutrition Aide
- Patricia Brassell Receptionist
- Bernardine Brooks Social Work Manager
- Nicole Brown Social Worker
- Jean Carlton Nutrition Site Coordinator
- Jamalliah Colón Nutrition Aide
- Selena Cox ADRC I & A Specialist
- Sandra DeMeza Homemaker
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- Debi Holland Director of Finance
- Christopher Jochum HR & Safety Manager
- Tereasa Kirkpatrick Nutrition Site Coordinator
- Nancy Krause Nutrition Site Coordinator
- Dionne Liddy Nutrition Aide
- Linda Llewellyn Director of Community Services
- Rachel Love Social Worker
- Jennifer McLaughlin ADRC Manager
- Catherine Mekulsia Finance Assistant
- Jim O'Connor ADRC I & A Specialist
- Jackie Oliverio ADRC I & A Specialist
- Danielle Phillips In-Home Services Manager
- Christine Meyers-Rieder Homemaker
- Tracy Rogan Benefits Specialist
- Barbara Sawicki Nutrition Site Coordinator
- Ann Schiele Agency Services Assistant
- Isabel Shank Homemaker
- Renee Shea Nutrition Aide
- Renee Sonnie Nutrition Site Coordinator
- Beth Swain Social Worker
- Susan Swain Receptionist
- Lydia Timperio Homemaker
- Joseph Tomsick Chief Executive Officer
- Sheilah Vaccariello Nutrition Aide
- Melissa Weber Social Worker
- Kathy Wingo Nutrition Services Assistant
- Sharon Zuzek Nutrition Aide

SOCIAL WORK SERVICES

Thanks to funding from the Lake County Senior Service Levy, the Council on Aging is able to offer social worker services at no cost to Lake County residents age 60 and over to help older adults live safely and independently in the community. Our goal is to provide broad-based services that meet the needs of our clients and their families. From evaluating and screening for COA services such as home-delivered meals, to assisting clients who may be experiencing multi-system, complex needs, our social workers provide support and assistance.

There has been an identified need for more intensive services for clients who more frequently present to the Council on Aging with multi-system needs. Advanced age, dementia, mental and physical illness, poverty, substance abuse, and limited family support are all factors that necessitate a comprehensive and collaborative approach to service delivery.

Generally, social workers provide an in-home assessment and consultation; education, counseling, and support; referrals and linkages to available resources. The plan is to link each client’s individual needs with support and referral assistance to a myriad of community services. Our goal is to empower older adults to achieve successful independent living.

- 2019: Social Work Services:
- Provided services to 1,335 unduplicated seniors.
 - Provided 2,280 in-home visits (a 5% increase from 2018).
 - Completed 598 new client psychosocial assessments.
 - Completed 449 annual reassessments.
 - Completed 3,787.23 direct service HOURS.
 - Completed 9,490 total units of service.

THE AGING AND DISABILITY RESOURCE CENTER (ADRC)

In partnership with the Western Reserve Area Agency on Aging, the Lake County Council on Aging serves as the ADRC for Lake County. The ADRC provides services to residents who are aged 60 and over, as well as those aged 18 and over with a disability. The premise of the ADRC is “there is no wrong door,” and it functions as a starting place for accurate, unbiased information on all available community services and supports. There are three core services offered through the Lake County ADRC: information and assistance, options counseling and benefits assistance.

Information & Assistance (I&A)

Information & assistance is a fundamental service of the ADRC. I&A specialists take the time to listen to the caller and establish a personal rapport. This is crucial because those who call the agency may not always know to ask for a service by name. I&A specialists assist callers with determining their needs and preferences then provide unbiased information on programs and services that can help meet their needs and support independence. I&A specialists also link callers to other organizations that can help. Some areas of assistance include: housing options, transportation, personal care, respite care, and legal services. When appropriate, I&A specialists follow up with individuals to ensure the information provided was beneficial and offer other resources if necessary.

2019: Provided 3,843 information and assistance contacts.

Options Counseling

Options counseling takes information & assistance another step further by providing assistance to individuals, family members, and caregivers in need of long term care support to make informed choices about the services and settings that best meet their needs. Individuals and caregivers receive unbiased information about various long-term care support options and the resources to help pay for services. The program also provides decision-support to identify next steps in the process and help in connecting with services if needed.

2019: Provided a total of 521 hours of options counseling assistance to 262 unduplicated individuals.

Benefits Assistance

Benefits assistance is a service that provides information and assistance related to public benefits. The benefits specialist screens for eligibility and guides individuals through the application process for public benefits including Medicaid, Supplemental Nutritional Assistance Program (SNAP), Homestead Tax Credit, the Home Energy Assistance Program (HEAP), Medicare Savings Programs and the Low Income Subsidy (aka Extra Help). Unbiased information and assistance related to Medicare is provided through Ohio Senior Health Insurance Information Program volunteers.

- 2019:
- Provided a total of 691 hours of benefits assistance to 581 unduplicated individuals.
 - Twelve Ohio Senior Health Insurance Information Program (OSHIIP) volunteers provided Medicare information, education and assistance to 1,005 individuals totaling 578 volunteer hours of assistance.

SENIOR NUTRITION PROGRAMS

The importance of the senior nutrition programs is well documented and clearly illustrated by the number of people taking advantage of these programs locally as well as across the country. Participants benefit from improved nutrition, less worry over food insecurity, and many see improved health as a result. In addition, over half of the seniors enrolled in our programs live alone. Both the home delivered meal program and Lunch Place dining help combat social isolation. Families find comfort in knowing their loved ones have one less thing to worry about, knowing that a nutritious mid-day meal is available and the associated companionship helps make each day a little brighter.

Lunch Place

The Painesville Lunch Place opened at the downtown Painesville nutrition site last fall, making the number of senior dine-in locations now four. Each Lunch Place site is located within a short drive of nearly every Lake County resident. In 2019, lunch sites served nearly 29,000 meals to 525 seniors. Many attend daily, while others come to eat when their favorite meal is on the menu, or when they are in the building for other activities. Regardless of their motivation, the diners find a good meal, friendship, laughter or sometimes a game of cards at their dining table.

2019 LUNCH PLACE MEALS	
Location	# meals served
Eastlake	7,574
Madison	6,382
Painesville	307
Wickliffe	13,433
Total Congregate Meals	28,757

Home-Delivered Meals (Meals on Wheels)

With the assistance of volunteer kitchen aides and drivers, nearly 174,000 meals were delivered to seniors who are unable to get out or shop, have difficulty seeing or standing to prepare meals, or live within modest means. Over 1000 clients received meals last year, and the number continues to grow steadily. Clients are served a hot meal 5 days a week with a frozen meal option to cover weekends to assure there will be at least one complete, nutritionally balanced meal available every day.

2019 HOME-DELIVERED MEALS	
Home-Delivered Site	Total by Site
Eastlake	33,175
Madison	17,868
Mentor	48,616
Painesville	43,330
Wickliffe	23,185
Passport Meals	7,572
Total Home-Delivered	173,746

Funding for the senior nutrition program comes from different sources. The Older Americans Act funds meals through the Western Reserve Area Agency on Aging. The Lake County Senior Services Levy also funds a significant portion of the meals. These local dollars help keep our older residents healthy, properly nourished, and assure that someone is looking in on them regularly. The United Way also provides funding specifically for the congregate Lunch Place sites. In addition, the meal participants have an opportunity to contribute a portion of the cost of their meals through an anonymous donation system. This process assures that no one is turned away due to their inability to contribute toward their meal.

HOMEMAKER SERVICES

Managing a home is often one of the main obstacles to living independently for aging adults. The Council on Aging’s home-maker program is a light housekeeping program committed to helping Lake County seniors sustain independent living by performing house hold chores they can no longer do or need assistance in completing. In addition to cleaning tasks, our home-makers provide socialization and a safety check to promote a safe, clean and comfortable environment where seniors can feel a greater sense of confidence and security.

Services include cleaning the kitchen and bathroom, light dusting and vacuuming, changing bed linens, emptying garbage and mopping. The cost for the housekeeping services is based on a sliding fee scale.

2019: Provided 3,188 total units of homemaker services to 212 Lake County senior households.

FUNDING

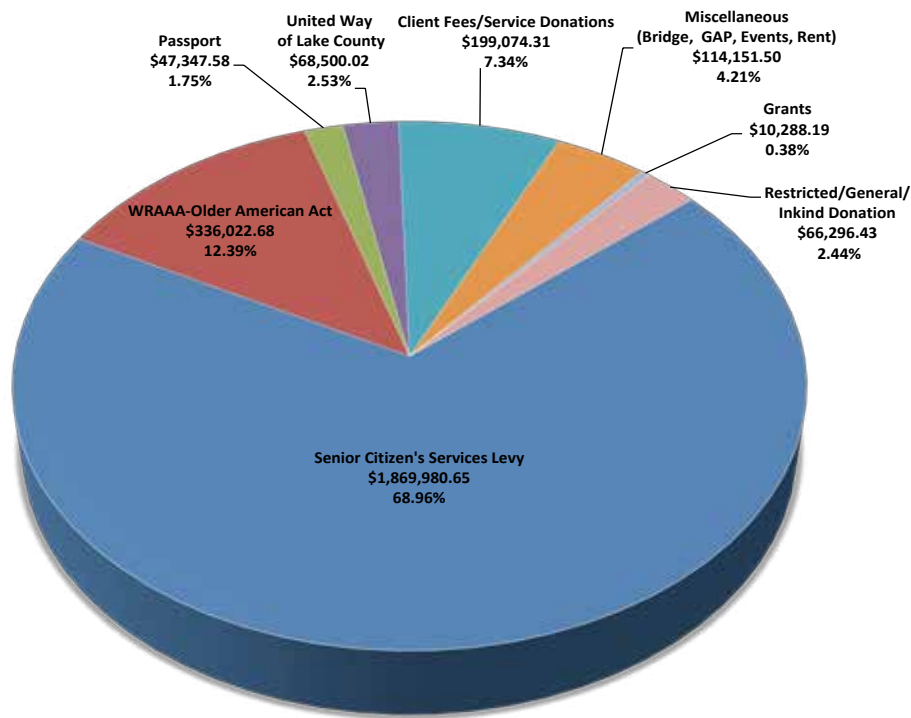
The Lake County Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, Title III Older American Act Awards through the Western Reserve Area Agency on Aging, the United Way of Lake County, various local/national grants, fees and donations. We are humbly grateful to the hundreds of individuals who are listed within this report who made financial contributions to the Council on Aging in 2019.

Approximately 68.96% of the Council on Aging's 2019 operating funds were received from the Lake County Senior Services Levy and approximately 12.39% from Older American Act Funds. We are sincerely appreciative to the residents of Lake County for their ongoing and future support of this levy.

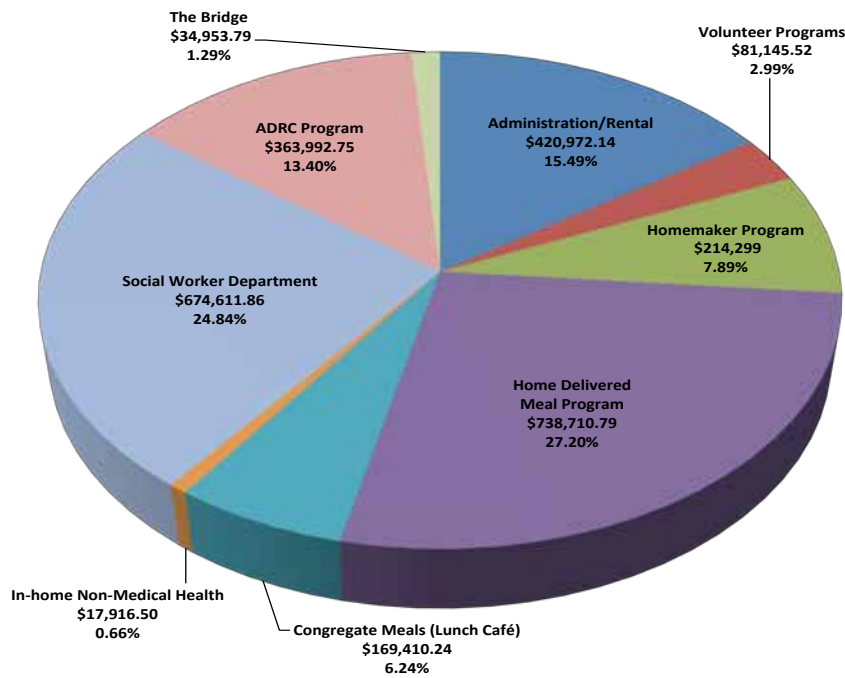
In 2019, the agency applied for and received various grants from the Western Reserve Junior Service League (to purchase new conference room chairs), Subaru America & Meals on Wheels America Share the Love Funds, and John Sherwin Family Fund (for offset to operating costs).

Together, these dollars financially support a range of programs for the Council on Aging to advocate for Lake County's senior population and help them remain within their own homes and community.

2019 Operating Revenue By Source (Unaudited)



2019 Operating Expenses By Department (Unaudited)



The Lake County Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, Title III Older American Act Grants through the Western Reserve Area Agency on Aging, the United Way of Lake County, various grants, fees and donations, and your generosity and support.

HEALTH EQUIPMENT LENDING PROGRAM (H.E.L.P.)

Through H.E.L.P. the Council on Aging accepts donations of gently-used medical equipment such as walkers and rollators, wheelchairs, tub seats and transfer benches, canes, and bedside commodes. These items are checked for safety, cleaned, sanitized, and made available to Lake County seniors in need, free of charge. The Council on Aging also accepts unopened packages of incontinence supplies.

2019: Provided 2,407 pieces of equipment to the Lake County community.

OUR GENEROUS DONORS

The Lake County Council on Aging is grateful for the generous support of our donors. We are pleased to recognize those who contributed to the agency in 2019. From individuals and teams to organizations and foundations, the generosity of these key partners enables the Council on Aging to make a difference in the lives of our older population. We are truly grateful for your support.

\$2500+ David Mitchell Lake Health Meals on Wheels Association of America Mentor Rotary Foundation The John Sherwin Family Fund Visiting Angels of NE Ohio	Mary McGuinness Ann Nasky Jim O'Connor Frank Osewalt Donald Patt Arlene Patti Patty Raymond Brian Rice Anne Rice Nancy Sanden Shirley Shandle Brian Stark John Terchek Robert Wareham Frank Weglarz Dan Weybrecht Dr. Wayne Wiley Robert Williams Eileen Yates	Anna Lunder Jacqueline Luster Thomas Marcel Susan Marinac Karen Melesky Harley Moore Robert Morel Maxine Murphy Boris Music Nancy Myers Robert Myotte Margaret Norsic Bob Oblocki Patrick Ohara Michael O'Neill Cheryl Palmer Betsy Parke Susan Parsons Sean Pell Michael Peppard Michael Pikus Andy Pillar Micahel Primc Marilyn Raishart Douglas Ritley Merle Robb Richard Robie Janis Roth Stanley Rus Sheila Russell Frank Sajn Kenneth Salacienski Jimmy Savastano Lynda Schmidt Michael Schmidt John Schraff Hooper Karen Sergy Doris Silveroli Mary Slak Marion Slejko Tara Smith James Spence Suzanne Staiger Carol Stark Betty Stiles Judith Taylor Richard Terriaco Sheilah Vaccariello Irena Valaitas Mollie Wagner Catherine Weber Kolman Weindorfer George Whalley Michelle Woloszynek Michael Wrobel Sandra Yamaoda Robert Yates Rosemarie Zupancic American Home & Energy Products, Inc Ohio Walk In Showers, LLC Progressive Insurance Vajdich Insurance Agency Inc.	In Memory of James Brazalovics Janis Roth In Memory of Joan Kramer Sandra Yamaoda In Memory of John S. Crocker Susan Marinac In Memory of Lillian Schuster Bobette Kruter In Memory of Louise Hoovler Norman Hoovler In Memory of Louise R. Grob Alan Hoffman In Memory of Mary Ann Heiss Donna Heiss Nancy Myers Dan Weybrecht Lynda Schmidt Beverley Levon Ann Harris-Jacobs Denise Ausperk Progressive Insurance Co. In Memory of Mimi Hovevar Alma Babuder, Joseph Cook Karen Melesky, Robert Morel Michael Primc, Sheila Russell Frank Sajn, Mollie Wagner Judy Clutter, Andy Pillar Narcizo Brescic, Marija Konjicsa Boris Music In Memory of Nancy Collins Harold Collins In Memory of Peter Pikus Mory Brodbeck, Michael Pikus In Memory of Rose & Harold Wiley Dr. & Mrs. Wayne Wiley In Memory of Joe & Betty Sprenger Dr. & Mrs. Wayne Wiley In Memory of Tony Marjenin Chris Lavik In Memory of Tony Petkovsek John Baco, Tony Bogatay Katia Buzdon, Midoslav Gorjup Reneta Heinemeyer Joseph Hovevar, Frank Kogovsek Charles Kohli, Anna Lunder Bob Oblocki, Stanley Rus Jimmy Savastano, Mary Slak Kolman Weindorfer
\$1000 - \$2,499 Carver Financial Services, Inc. Griffin Technology Group Schraff Thomas Law LLC TLC Home Medical Supplies University Hospitals Geauga Medical Center Western Reserve Area Agency on Aging Western Reserve Junior Service League	\$500 - \$999 Donald Castora Christine Gish Peter Hauptman Donna Heiss James Jenkins Alison (Sunny) Masters Geraldine Mayhurst Roger Sustar Joseph Tomsick Albert Woehrl Absolute Home Health Brookdale Senior Living Eaton Family Credit Union Laketran Stevic-Rust and Associates LLC Sunset Industries, Inc.	\$1 - \$99 Hal Abraham Erica Acheson-Dunay Frank Adamic Gayle Alanen Denise Ausperk Alma Babuder Loretta Babuder John Baco Anthony Barabani Tony Bogatay Narcizo Brescic Mary Brodbeck Phyllis Brunner William Buckman Kevin Buehner Katia Buzdon Sharon Champa William Chepla Judy Clutter Daniel Cogán Joseph Cook Robert Corlett Robert Davidson Robert DeGraff Frank Dombek Althea Donald Robert Galen David Gilmer Midoslav Gorjup Ann Harris-Jacobs Robert Hayes Gene Haywood Renata Heinemeyer Debby Henkhuzens Joseph Hovevar Elizabeth Holaday Norman Hoovler Marjorie Jackson Richard Katila Elmer Kish Spence Kline Richard Kocemba Charles Kocher Frank Kogovsek Charles Kohli Marija Konjicsa Bobette Kruter Melanie LaForce Tereasa Lagerlof Chris Lavik Thomas Lennox Beverley Levon Bob Linsell Harry Lovely E. Lovsin Jeff Luecht	In Honor of Catherine Weber Coralin Semancik In Honor of Lousie R. Grob Alan Hoffman IN MEMORIAM The following are donations made to honor the life of someone who has passed and to keep their memory alive. In Memory of Angela Lucrezi Merle Robb In Memory of Charles R. Ely Robert Williams In Memory of Charlotte Taylor Patty Raymond In Memory of David Golby Loretta Babuder In Memory of Ella Polzer Frank Dombek In Memory of Evelyn Allen Michael Wrobel In Memory of Faith J. Kern Debby Henkhuzens In Memory of Filomena Castora Donald Castora In Memory of Frank Zupancic Rosemarie Zupancic In Memory of Janet Herman Janis Roth
\$250 - \$499 Nick Brunner Barb Henderson Rick Kojan John P. Thomas James Hayes Megan Coy Fred Kuhar Colleen McCarthy Albert Widmer Kimberly Tutolo Advanced Audiology Concepts Association of Specialists in Aging Baker Hostetler Brunner Sanden Deitrick Funeral Home Corwin & Jenkins CPAs Enpac LLC Erie Bank Griswold Home Care Home Instead Hospice of the Western Reserve Kline Rosticoll Construction Kovalcheck Family Lake County Veterans Services Lakeland Lifeline, Inc. Marous Brothers Construction Meister Media Mentor Ridge Foundations Health Services NMS, Inc. Ohio Living PeerPlace Networks Precious Care Assisted Living Taylor Made Home Care LLC Vicon Fabricating Vista Springs Quail Highlands Volk Optical	\$100 - \$249 Jaclyn Breier A.W. Burnside Michael Calvo Debra Catalano Shannon Cianciola Anthony Coladangelo Harold Collins Samuel Cowling Carole Czeck Thomas Dice D. Ernes Lorraine Fende Gini Geffert Joel Glass Traci Hissam Alan Hoffman Roger Jones Robert Juhasz Eric Jylanki Richard Kessler Ruth Kuhn	In Memory of Angela Lucrezi Merle Robb In Memory of Charles R. Ely Robert Williams In Memory of Charlotte Taylor Patty Raymond In Memory of David Golby Loretta Babuder In Memory of Ella Polzer Frank Dombek In Memory of Evelyn Allen Michael Wrobel In Memory of Faith J. Kern Debby Henkhuzens In Memory of Filomena Castora Donald Castora In Memory of Frank Zupancic Rosemarie Zupancic In Memory of Janet Herman Janis Roth	IN KIND A-1 Mr. Limo Busy Bees Pottery & Art Studio Cardinal Woods Cherished Companions Home Care Chick-fil-A Cleveland Cavaliers Cleveland Monsters Ferrante Winery The Fine Arts Association Gateway Retirement Community Gloria Jean's Coffee Governor's Port & Governor's Pointe Grand River Cellars Great Lakes Caring Great Lakes Mall Hofbrauhaus Cleveland Holden Forests & Gardens Hundley Cellars Jenniffer & Company Ladies & Gentlemen Salon Lake County Captains Lake Metroparks Mentor Ice Breakers Mentor Salt Cave Ohio Lottery Commission Petitti Garden Center Quail Hollow Resort Rabbit Run Community Arts Association Roli House Mentor Sam's Club Texas Roadhouse Today's Family Magazine Trolley Tours of Cleveland Wickliffe Country Place WINT Integrity Radio Zappy's Auto Wash ...and the hundreds of seniors who made regular donations toward their meals in 2019!

VIAL OF LIFE

The Vial of Life is a program that allows individuals to have medical and family contact information ready in their home for emergency personnel to reference during an emergency. The kit is used to provide the senior's medical information in the event that the person is not able to speak or remember this information. A red, magnetized pouch is placed on the individual's refrigerator, where first responders are readily able to locate the information.

2019: Completed 541 Vial of Life applications.



Lake County Council on Aging
8520 East Avenue
Mentor, Ohio 44060
(440) 205-8111
www.lcco.org

Our dedicated and compassionate volunteers help fulfill our mission every day of the year. Whether it's their kind words, helping hand or generous heart, they are essential to our success, and we thank them.

Special Thanks to Our Adopt a Route Partners

Adopt a Route Partners are businesses and service organizations in Lake County who engage their employees in ongoing volunteer service through the Lake County Council on Aging Meals on Wheels program to enhance the community.

Businesses who engage employees in community service have higher employee satisfaction and employee engagement. The Adopt a Route program is a program that benefits the employees and the business while supporting the Lake County Council on Aging and directly impacting our clients in Lake County.

Thank you to all the volunteers serving on behalf of the following businesses and organizations:

ASA
Cardinal Woods
Creative Solutions to Independence
Enpac
Griswold Home Care
Heartland
Hospice of the Western Reserve
Lake County Commissioners
Lake County Council on Aging
Madison Healthcare
Mentor Rotary Club
Painesville Rotary Club
Wickliffe Community Place

Volunteers serve in mission critical roles to make a significant contribution in the lives of the clients of Lake County Council on Aging through multiple programs.

Nutrition Centers – 44 nutrition assistant volunteers assisted with general meal preparation, packing and were the friendly faces that served food at four Lunch Places, our congregate meal sites.

Meals on Wheels Delivery – 428 volunteers delivered nutritious meals supporting independence while promoting the social, physical and emotional well-being of seniors.

Friendly Visiting – 19 friendly visitor volunteers provided companionship to Lake County seniors who have few opportunities for social interaction through engaging conversation enhancing the life and well-being of the client.

Friendly Caller Program – Five volunteers maintained an ongoing relationship by providing a social connection to reduce loneliness and social isolation.

Letters of Love and Hand-Crafted Cards – Nearly 1,000 hand-crafted greeting cards were shared on Valentine’s Day, Fourth of July, Thanksgiving and Christmas. The number of individual and group volunteers has grown significantly in the past year to **43 volunteers** and includes several who live outside of Ohio.

Ohio Senior Health Insurance Information Program (OSHIIIP) –
Seven volunteers provided information to resolve Medicare, Medicaid
 and secondary health insurance questions.

Grocery Shopping – 39 grocery shopping volunteers met bi-weekly with clients enabling them to remain independent in their own home and enhancing their nutritional well-being.

Administrative – 18 administrative volunteers provided support in the business office to ensure the delivery of services.

Lake County Fair Parade – Meals on Wheels was represented by lead vehicle, **7 adults and many children** in toy cars all highlighting the home delivered meal service while throwing candy and sharing a fly

Senior Day at the Fair – Lake County Council on Aging with the help of **13 volunteers** provided a delicious box lunch to 300 seniors.

Blizzard Bags – The Blizzard Bag Food Drive, an annual event collected more than **6,000 food items at 15 collection locations** to provide seniors with emergency food resources. **75 Volk Optical employees** successfully sorted the food donations into types of food and packed a 3–4 day food supply into 110 blizzard bags.

Thanksgiving and Christmas Meal Delivery – The holidays can be a difficult time of year to be alone for many seniors. **77 volunteers** delivered a holiday meal from Lake Health Medical Centers to 119 seniors on Thanksgiving and 100 seniors on Christmas.

In 2019, **634 volunteers** who served in **777 volunteer assignments**, sharing their time, talents and skills. Volunteers contributed **30,802 hours of service**, a 10% increase over 2018; often in multiple roles and locations. Independent Sector sets the national average value of a volunteer's time at \$25.43. LCCoA volunteers added \$783,307 in value to services.

Thank you to the dedicated volunteers of Lake County Council on Aging. The generous and compassionate service of our volunteers is essential to the Council on Aging, the clients that we serve and the community as a whole.

*Duplicated count

Better Business Bureau wants you to avoid coronavirus scams

As the COVID-19 pandemic spreads, so does uncertainty and fear: two elements that con artists thrive on. During these stressful times, the Better Business Bureau recommends consumers to be especially alert to avoid falling for a scam.

Report price gouging. Anyone who suspects price gouging during a declared state of emergency should report it to BBB.org/AdTruth. This non-profit organization will follow up with reported companies and will work with the appropriate agencies to address particularly grievous cases.

Think twice before you click. If you receive an unsolicited text or email from someone you don't know asking you to click on a link, don't do it. In a reported recent

scam, consumers received SMS messages saying a mandatory online coronavirus test was necessary, one they could complete by clicking a link. Scammers are using links and attachments like these that will download malware onto your electronic devices and steal personal information.

Do your homework. Even if a call or message seems to come from an official source, research it before handing over sensitive information, such as your name, address, or banking information. Scammers often try to earn consumers' trust by impersonating reputable, official institutions.



Don't accept calls from strangers. Con artists may call your home claiming to work for the government or healthcare system. Remember, neither the government, nor any healthcare related agencies make unsolicited calls to individuals.

Avoid any "miracle" cures. Some scammers have been advertising miraculous cures and secret government vaccines. The claims are false as there are no U.S. Food and Drug Administration-approved vaccines or drugs to prevent coronavirus, and no approved vaccines, drugs, or products specifically for curing coronavirus available for purchase online or in stores.

Research before you donate. If you feel compelled to support a coronavirus related cause with a financial donation, make sure the charity is legitimate.

Be alert to stimulus payment scams. According to official sources, payments are expected to be issued automatically, with no action required from most people. No one will call, email or text you from the government about your check, and you should never pay any fees to receive your stimulus payment. Nor should you receive a message on how to find out the status of your stimulus payment. To get the latest updates on economic impact payments, check the official irs.gov website regularly.

Help available for COVID-19 related stress/anxiety

The impacts of the COVID-19 pandemic are not confined to physical health. The Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board wants individuals experiencing stress or anxiety to know there's free, confidential help available.

According to ADAMHS Executive Director Kimberly Fraser signs of stress can include worry, fear, sleep issues, eating issues, pulling away from friends/family, trouble concentrating, feeling helpless, and increased smoking and/or drinking.

Available Lake County resources include:

- To explore help options call the ADAMHS Compass Line at 350-2000 or 918-2000 (both 440). Compass Line hours are Monday - Friday, 8:30 am-4:00 pm.
- For help dealing with stress and anxiety call Crossroads Health's Coronavirus Warmline at (440) 754-3340. Warmline hours are Monday-Friday, 8 am-8 pm.
- If stress becomes overwhelming call the 24/7 Crisis Hotline at (440) 953-8255.

For additional information about the ADAMHS Board and its network of service providers visit www.HelpThatWorks.us.

COMPUTER & ELECTRONICS COLLECTION

April 25, 2020

Lake County residents only - **No Businesses**

Lake County Fairgrounds - FREE to residents
1301 Mentor Avenue, Painesville Township
(Commercial building near entrance)

Saturday, April 25, 2020

9:00 a.m.-1:00 p.m. *Rain or shine*

ACCEPTED ITEMS:

Battery back-ups, cable boxes, CD/DVDs, CD/VCR/DVD players, cell phones, circuit boards, coffee makers, computers/towers, curling irons, digital cameras, digital office phones, docking stations, fax machines, game systems, hair dryers, hard drives, keyboards, laptops, microphones, microwaves, modems/networking, printers, radios, scanners, servers, speakers switches, tablets, toasters, typewriters, wires/cables, vacuums and most other corded or rechargeable household electronics.

PROHIBITED ITEMS:

TVs, CRT monitors, exercise equipment, large appliances, bulbs, and loose batteries. No trailers permitted.

See website for complete list of **ACCEPTED & PROHIBITED ITEMS** at:
LakeCountyOhio.gov/Utilities - Special Collections Information

Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

Call OSU Extension at 440-350-2582 or
the Solid Waste District at 440-350-2644



SCRAP TIRE COLLECTION

May 2, 2020

Lake County residents only - **No Businesses**

Lake County Fairgrounds

1301 Mentor Avenue, Painesville Township
(Follow the signs at entrance)

Saturday, May 2, 2020

8:00 a.m.-1:00 p.m. *Rain or shine*



FREE: Up to six (6) automobile/light truck tires **WITHOUT** rims

- **\$2.00** each, tires without rims, cash/check only
- **\$4.00** each, tires on a rim, cash/check only
- **\$10.00** each, any oversized tire, cash/check only

Personnel will be on hand to collect the required fees and correct change is appreciated. Cash or check only, payable to the Lake County Dept. of Utilities.

Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

For more information about the Scrap Tire Collection:
LakeCountyOhio.gov/Utilities - Special Collections Information

Call OSU Extension at 440-350-2582 or
the Solid Waste District at 440-350-2644



Security awareness during COVID-19

By Lake County Sheriff
Frank Leonbruno

People are changing as a result of the coronavirus but criminals are not. They are using the epidemic of COVID-19 to prey on people even more. They are not only continuing to use telephone and Internet scams to steal from you right in your home, they are using your fears and concerns over this contagious disease to attempt to steal from you.

Criminals will be sending fake emails, texts, and making calls claiming to be from the CDC (Centers for Disease Control) to offer information on the virus, and offer fake cures and vaccines. They will use similar means to claim they are charitable organizations, offer financial relief, or try to sell you fake testing kits for the virus. They will try to sell you counterfeit gloves, N95 masks, protective gowns and more. They are looking to capture your personal information and banking information at best, and at worst will take your money for merchandise that will never come.

Be extremely cautious of any financial interactions during this time regarding any sales calls, texts, emails or online offers. We recommend:

- Do not open email attachments or click

links from senders you do not know.

- Do not provide your username, password, date of birth, Social Security number, financial information in any email or telephone call.
- Do not purchase things without first verifying that the source is legitimate. Be very inquisitive and ask friends and family before you do anything using your banking information.
- If you do not know the number of the person calling, don't answer. Let them leave a message because they will if it is important.
- Don't respond to Internet offers for what I have mentioned above, they are most likely attempts to defraud you of your money during this very scary period.

Do not panic during this time. And do not overwatch the news because it runs 24 hours a day and 90% is the changing information on the coronavirus. Stay informed but do not obsess on the news. Talk to people you trust and share with them your concerns and seek guidance when needed.

Your best action is to be reasonable, cautious of making purchases during this time for things you do not normally buy, and most importantly relax. We will get through this together!

Adult Protective Services remain available thru COVID-19 crisis

Lake County Adult Protective Services (APS) has continued with our day-to-day business throughout these trying times. Our 24/7 hotline continues to be maintained by social work staff, thus allowing for the ability to receive referrals at any point in the day.

Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are still being assigned based on the nature of allegations that have been reported. Our social work staff is meeting with seniors, while practicing recommendations to maintain safe distances. APS is also maintaining phone contact with the seniors throughout the case assignment, as well, to ensure that basic needs are being met and that our seniors have access to available services in the community.

APS goals:

- To prevent, reduce, or remedy conditions causing endangerment to the older adult.
- To maximize the adult's independence and self-determination.
- To keep the adult safe in the least restrictive environment possible, or their own home.
- To educate family members about available supportive services in the community and assist in linking families to service providers.

Please contact Adult Protective Services hotline at (440) 350-4000, press 1, for questions or to report concerns.



The Preserve
SENIOR LIVING
AT MENTOR RIDGE

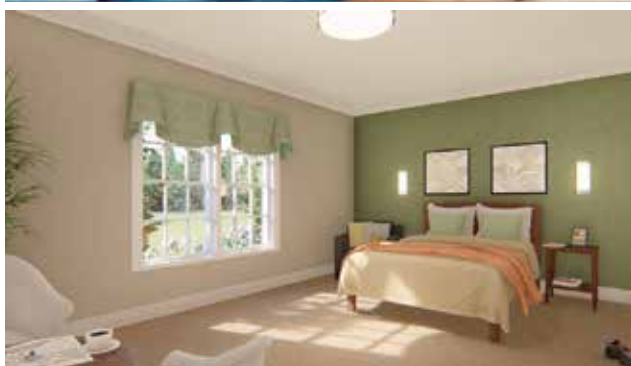
The Preserve
8161 Norton Pkwy, Mentor, Ohio 44060

PROUD MEMBER

COMING SOON SUMMER 2020

You've trusted us for skilled nursing care; now, you can live on our campus and receive the highest-rated care in our new Assisted Living and Memory Care property.

MENTOR RIDGE HEALTH AND REHABILITATION'S CLAIM THAT IT OFFERS THE HIGHEST-RATED CARE IS BASED ON ITS CURRENT 5-STAR CMS RATING, MARCH 2020.




Call 440.493.1549 to learn more about our spacious one and two-bedroom units. | www.the-preserve.net

Crossroads Health continues mental health services during COVID-19

"It is not more bigness that should be our goal. We must attempt, rather, to bring people back to...the warmth of community, to the worth of individual effort and responsibility...and of individuals working together as a community, to better their lives and their children's future." —Robert F. Kennedy

Today, more than ever, Robert F. Kennedy's words about the warmth of community and the worth of individual effort ring true for all us at Crossroads Health. Through these difficult times, each and every one of us at Crossroads Health want you to know that we are here for you—to connect with you, to provide individualized care for your mental health needs—safely, responsibly, and confidentially.

Your health and well-being is our primary concern. We continue to take preventative health measures to ensure the safety and well-being of our staff, clients, and families. To continue to minimize the spread of COVID-19, we have transitioned to



services being provided via telephone and video. We have also implemented the Crossroads Health Coronavirus Warmline at (440) 754-3340. Call this number first for help with COVID-related stress, anxiety, or uncertainty.

For more information on coronavirus (COVID-19)-related stress factors and resources, including virtual support groups visit: <https://crossroadshealth.org/coronavirus-lake-county-crossroads-health>.

You can also contact us at (440) 255-1700 to schedule an appointment, or to discuss details about how Crossroads Health can help you through our challenges of today, for a better tomorrow.

Crossroads Health offers a continuum of recovery and mental health programs and services for all people, at any age or stage of life. Visit www.crossroadshealth.org.

Help is available to veterans and families during COVID-19

The Lake County Veterans Service Office (VSC) provides many types of assistance to veterans and families. The office is currently closed to the public but the staff is still available to help with a variety of services.

Emergency financial assistance is available for basic living needs such as rent, utilities, and food, etc. Other needs will be considered on a case by case basis. Applications can be submitted via email, fax, drop off, or USPS. Financial help can usually be provided in three to five days. For more information on eligibility and how to apply, please call the office at (440) 350-2904 or email veteransservices@lakecountyohio.gov.

Veteran service officers can also discuss VA and other benefit eligibility and assist in completing the necessary forms and act as advo-

cates during the entire process. The use of the VA's e-benefits website is discouraged; let the VSC staff assist you to ensure you receive the benefits you have earned. All services are provided free of charge.

The VSC, in partnership with Laketrans, provides free transportation to medical appointments. Reservations are required 2–12 business days in advance of your trip. Reservations are made by calling Laketrans's customer service center at (440) 354-6100.

The Lake County VA Outpatient Clinic in Willoughby is currently closed for appointments but is available at (440) 269-4600 for telehealth and other information. All VA prescriptions are available only through mail order; please call the clinic.

Please call or email today for more information.

Please donate to the Council on Aging

The Lake County Council on Aging continues many essential services throughout the pandemic. Donations will help us replenish food supplies, subsidize personnel, and enable tech-based efforts to check in on isolated elderly recipients. Please consider a tax-deductible donation by calling our office at (440) 205-8111, or going online at www.lcco.org.



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Lake County General Health District answers your most frequently asked questions about COVID-19

The information about COVID-19 is changing every day, and it can be very difficult to figure out fact from fiction. While COVID-19 is a new disease and we are still learning more about it, Lake County General Health District has assembled some of its most frequently asked questions to help clear up some misinformation.

Q: How does someone with COVID-19 spread the virus to others?

A: COVID-19 is generally thought to be spread from person to person through respiratory droplets, or when people are in close contact with one another. While people are considered the most contagious when they are experiencing respiratory symptoms, there is some evidence the virus can be transmitted before people show obvious symptoms. This is why staying six feet away from others is so important.

Q: Can COVID-19 be spread through food, including refrigerated or frozen food?

A: Currently there is no evidence to support transmission of COVID-19 associated with food. However, it may be possible that a person can get COVID-19 by touching a

surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. If grocery shopping in a store, wipe down your cart if sanitizing wipes are available, consider using hand sanitizer if you have it, and wash hands with soap and water for at least 20 seconds as soon as you are able. If receiving a grocery delivery, try to stay at least six feet away from the delivery person and wash your hands with soap and water as soon as everything is put away.

Q: Can I get COVID-19 from opening my mail?

A: The risk of contracting COVID-19 from touching mail or a shipped package remains very low. Maintain a six-foot distance from anyone delivering mail or a package, and be sure to wash your hands after handling it.

Q: Is COVID-19 airborne?

A: No, the virus is most often spread from person to person through respiratory droplets. It's safe to take a walk outside, but be sure to practice social distancing.

Q: I can't find spray cleaner or sanitizing wipes in the store. Can I use bleach to clean?

A: You can use a diluted household bleach solution if appropriate for the surface: 5 tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons of bleach per quart. Follow the instructions on the package, ventilate your space, and remember to never mix bleach with ammonia, alcohol, vinegar, or other household cleaners.

Q: What are the best sources of information about COVID-19?

A: Websites we use are:

- coronavirus.ohio.gov
- www.cdc.gov/coronavirus/2019-ncov
- www.who.int

Lake County General Health District is doing all it can to give you the best information and keep you safe. Visit our website at www.lcghd.org/2019-novel-coronavirus-ncov/. You can also ask questions via email at COVID19@lcghd.org or call us at (440) 350-2188. Lake County will get through this with everyone's help. Stay safe!



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Project Hope for the Homeless responds to coronavirus (COVID-19) pandemic

Emergency shelter remains open, seeks emergency funds for increased hours of service

Project Hope for the Homeless, the only emergency shelter in Lake County, remains open and has expanded hours of operation to assist with shelter in place orders by the state.

Project Hope for the Homeless is keeping up with CDC guidelines. We increased procedures for disinfecting; reminded guests, staff and volunteers to wash hands continually; conducted a deep cleaning of the facility from a vendor; and will work with the Lake County General Health District to make proper accommodations if any quarantine is necessary.

The adult shelter is now open 1 pm to 7 am weekdays and 24 hours daily on weekends. During the week, adult guests can go to the Salvation Army from 7 am to 1 pm. Our "Families Moving Forward" program now operates 24 hours every day in a separate wing of our 25 Freedom Road facility. We continue to shelter three seniors 24 hours per day at our off-site Hope House.

"We thank the community for supporting us knowing that we remain open during this crisis," said Judy Burr, Project Hope for the Homeless executive director.

Ways to help Project Hope for the Homeless include:

1. Pray daily for everyone to be safe.
2. Visit www.projecthopeforthehomeless.org/donate to help us with funding to extend our hours after Gov. Mike DeWine's order to "stay at home."
3. Visit www.projecthopeforthehomeless.org/current-needs to see our needed items.
4. Visit www.projecthopeforthehomeless.org/volunteer/ to sign up to volunteer.
5. Visit www.projecthopeforthehomeless.org and Facebook at www.facebook.com/projecthopeforthehomeless for updates.

Forbes House available in your time of need

Governor Mike DeWine's effort to keep Ohioans healthy and safe from COVID-19 via a "stay-at-home" order is working, but the reality is staying home isn't healthy or safe for thousands on a normal day, let alone during a global pandemic. The governor's order recognizes this as it specifically exempts victims of domestic violence stating, "Individuals whose residences are unsafe or become unsafe such as victims of domestic violence are permitted and urged to leave their homes and stay in a safe alternate location."

Lake County's only domestic violence shelter, Forbes House, is that safe alternative. They serve the community around the clock all year, and while that has not changed, their intake has slightly. They have added health-related questions and are taking precau-

tionary measures such as taking staff and survivors' temperatures daily, cleaning and disinfecting community areas multiple times a day with heavy focus on high-touch areas like light switches, door knobs and stair railing, social distancing between survivor families and monitoring or relocating anyone with symptoms.

Forbes House, like so many other community-based nonprofits, is here to serve those who need them most. This pandemic is slowing and stopping regular business but it is not slowing or stopping the behavior of abusers. Forbes House wants everyone who is suffering to know that they are here to help.

If you or someone you know is in an abusive relationship and needs immediate assistance, please call the Forbes House help line at (440) 357-1018.

THANK YOU

The Council on Aging would like to thank the following who have stepped up to help the agency in various ways during this crisis:

- First responders, city workers and fire chiefs from Madison, Eastlake and Wickliffe for assisting with the drive-up meal program.
- Karen Bowersox for creating beautiful facemasks for CoA staff.
- Dale Smith for donating boxes of grocery bags and labels for the food delivery.
- St. Gabriel Church for a large donation of new grocery bags.
- Thanks also to the dozens of individuals and organizations who have reached out to help us. Please contact us at (440) 205-8111 to be placed on a special COVID-19 volunteer list.
- Greg Smolik from Best Solutions Inc. for donating N95 masks to the agency.

United Way of Lake County establishes relief fund

At United Way of Lake County, we know that you are being forced to navigate your way through these unprecedented times. We are in this with you.

While the COVID-19 pandemic is forcing us to change the way we operate, we are still working to serve Lake County. Our building is closed and our staff is working remotely as we practice social distancing, but United Way of Lake County's work goes on.

We established a Lake County relief fund and have been working with our partner and human service agencies to identify critical needs and resource gaps to determine the best use of funds raised. One



of the critical needs that has been identified is the need to provide groceries to our county's elderly who are isolated and either fearful of

leaving the house or unable to do so. A portion of the funds were recently used to provide temporary relief to Lake County seniors in need of home delivered groceries.

If you are in a position to give to the Lake County Relief Fund, please consider doing so online at uwlc.org/give, by texting LCRRelief to 44321 or by mailing a check payable to United Way of Lake County to: United Way of Lake County, Att: Relief Fund, 9285 Progress Pkwy, Mentor, OH 44060. While we are all separated, please remember that you are not alone.

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Facilities Available Throughout Lake County

Lifeline program updates during COVID-19 Period

Lifeline's office remains open and staff is available via phone and email. While we have suspended all face-to-face intake appointments indefinitely, our lobby is open for clients to drop off documentation Monday–Friday, 8:30 am to 4:30 pm.

Kinship Navigator Program

We continue to offer one-on-one navigation and resource connections over the phone and via email. Our kinship coordinator can be reached by calling 2-1-1 or emailing heather@lclifeline.org. All educational sessions have been canceled through June, but we hope to reschedule these in September. Please check with 2-1-1 later this summer for a fall schedule.

2-1-1

The 2-1-1 hotline remains fully functional 24/7. We are working hard to keep our resource database as up to date and accurate as possible with agency hours, programs and changes, given the ever-changing environment.

We are experiencing a significant surge in calls in response to COVID-19, so we ask that callers be patient, as wait times may be longer than usual.

HEAP WCP / HEAP

The HEAP winter crisis program and winter reconnect order have been extended until May 1, 2020. The deadline for general HEAP applications has been extended through June 1, 2020. We're able to process applications via phone or online at energyhelp.ohio.gov, but applicants still need to get required documentation to us (either via mail, email or our drop box in our lobby). This will allow all income-eligible Lake County residents, including seniors, to continue to access this important service.



Ohio updates application process for energy assistance programs in response to COVID-19

The Ohio Development Services Agency (Development) and the Lake County Council on Aging are working to help keep Ohioans safe during this time of emergency. Recently, Governor Mike DeWine declared a state of emergency regarding COVID-19, and Ohio Department of Health Director Amy Acton, M.D., MPH have issued orders to limit social interactions to prevent the spread of COVID-19.

Effective immediately, those wishing to apply for HEAP or PIPP can call the Lake County Council on Aging for assistance by completing an application over the phone. Required documentation can be mailed to the Council on Aging office or sent via fax or email. For a list of required documentation or to complete an application over the phone, please call (440) 205-8111.

Ohioans can visit the website www.energyhelp.ohio.gov to start their application and upload the required documents prior to their appointment. If you do not have access to the Internet and/or cannot upload your documentation, the Lake County Council on Aging can complete your application over the phone.

"Working with our local providers, we have been providing Ohio families with the support they need to manage their energy bills, and now this support is even more important," said Lydia Mihalik, director of the Ohio Development Services Agency. "The online application, in a normal scenario, makes it easier to apply and reduces the length of an in-person appointment, but now it is providing a bridge to assistance during an

incredibly difficult time."

Development will also extend the Winter Crisis Program (WCP) until May 1, 2020 to align with the Public Utilities Commission of Ohio's extended Winter Reconnect Order and the regular Home Energy Assistance Program (HEAP) will be extended until June 1, 2020.

Development's interactive voice response phone lines will not be available, however Ohioans may continue to call (800) 282-0880 and select option 2, to be transferred to their local energy assistance provider.

The Home Energy Assistance Winter Crisis Program helps income-eligible Ohioans pay their heating bills and can assist with fuel tank placement, fuel tank testing and furnace repair. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for WCP and HEAP assistance. For a family of four the annual income must be at or below \$45,062.50. Ohioans must have a gross income at or below 150% of the federal poverty guidelines to qualify for PIPP. For a family of four the annual income must be at or below \$38,625.00.

Ohioans that have a regulated utility and have been issued a disconnect notice are eligible for a one-time WCP benefit if they have not already received a WCP or regular HEAP benefit.

For more information about the features of the Winter Crisis Program locally and what is needed to apply, contact Lifeline Inc., Lake County's community action agency, at (440) 350-9160. Additional information can also be found at www.energyhelp.ohio.gov or by calling (800) 282-0880.

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Home-delivered grocery program

As the nation responds to the coronavirus pandemic, Laketan, Lifeline, Council on Aging, RSVP, the Lake County Board of Commissioners and United Way of Lake County recently joined forces to provide temporary relief to Lake County seniors in need of home-delivered groceries.



The Council on Aging would like to thank all of the organizations and community volunteers who teamed up to make this program a success.

For more options on alternatives to traditional grocery shopping, please see the article on page 21 of this issue of Bridge.

March for Meals event canceled

For 15 years, springtime in north-east Ohio has meant green grass, baseball, and the Lake County Council on Aging's annual March for Meals celebration. This event draws hundreds from the local community to raise awareness for over 350,000+ Ohio seniors who are threatened each year by hunger, and over seven million meals that are served through this program each year to those residents.

Unfortunately, this year in response to the ongoing concerns and suggested safeguards associated with the COVID-19 (coronavirus), the Lake County Council on Aging was forced to make the decision to cancel the event scheduled for Saturday, March 21 at the Great Lakes Mall.

"The health and safety of those who would be participating at the event is at the forefront of this decision", said Joe Tomsick, CEO of the Council on Aging. "As you know, the goal of this event every year is to continue our Meals on Wheels program and bring aware-

ness to the importance of nutrition for isolated seniors. They depend on us, for many, that meal delivery is their only daily interaction."

This year's event was slated to be the largest yet for the Lake County Council on Aging. They have been overwhelmed with the support they have received from planned attendees and sponsors. For consecutive years, the Council on Aging has been fortunate to have the support of title sponsors Lake Health and Visiting Angels for their March for Meals efforts, in addition to an outpouring of support from the local business community.

While Meals on Wheels efforts plan to continue, the Council on Aging is still in need of donations to meet the growing volume of need they are seeing during the COVID-19 crisis. For those interested in supporting, they can still do so at www.March4Meals.org.

For a complete list of March for Meals sponsors, please see the graphic below.





2020 March for Meals

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Laketrans continues operations, encourages essential travel only

Over the last few weeks, Laketrans has taken a number of precautions to provide a safe working environment for employees as well as a safe transit experience for its customers. As an essential service, Laketrans continues to operate to provide essential trips to work, shopping or medical appointments.

Laketrans CEO Ben Capelle explained, "We are glad to do our part in getting our community through this crisis, but for your safety and the safety of our employees, we encourage everyone to follow the governor's order to stay at home, especially high-risk populations like seniors."

A list of examples of essential trips includes:

- To obtain necessary services or supplies for yourself and your family and household members.
- To and from work when no other travel alternatives are available.
- To engage in activities or perform tasks essential to your health and safety, or to the health and safety of your family or household members.
- To care for elderly, minors, dependents, persons with disabilities or other vulnerable persons.
- To and from educational institutions for purposes of receiving materials for distance learning, for receiving meals, and any other related services.
- To return to a place of residence from outside the jurisdiction.
- Required by law enforcement or court order.

Social distancing on board Laketrans

Laketrans has implemented many precautions to encourage social distancing onboard buses.

- Laketrans has suspended fare collection to limit interaction between drivers and customers.
- Laketrans has limited the number of customers permitted on a Dial-a-Ride bus at any given time.
- Local Route customers must board and exit from rear door, unless ADA ramp is needed.

- Customers on Local Routes and Park-n-Ride must sit apart to while on board.

Seniors on the Go and ADA Applications

Laketrans continues to individualize outreach efforts, including their Seniors on the Go program, to help seniors get information they need about Laketrans services or the ADA program. Normally an in-home program, Laketrans is now providing information by calling (440) 350-1067 or virtually via Zoom.

Sanitation & cleaning procedures

Laketrans's standard protocol is to wash and sanitize our buses daily. Laketrans sanitizes its building and buses with an electrostatic disinfectant sprayer and continues to wipe down high touch points areas. Drivers are equipped with antiseptic wipes to use throughout the day and are able to wear gloves and a mask.

Laketrans's administrative building is closed to the public. Any visits to the Laketrans headquarters must be by appointment only.

Laketrans encourages everyone to follow the Ohio governor's stay-at-home order and only travel if essential, as well as to follow the recommendations of the CDC to stop the spread of germs.

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For more information about Laketrans, visit www.laketrans.com or call customer service at (440) 354-6100.



Outside Mentor CDC, Laketrans practices social distancing by limiting the number of passengers on each Dial-a-Ride bus.

Western Reserve Area Agency on Aging

Your connection to programs and services

The experts of the Aging and Disability Resource Center (ADRC) at the Western Reserve Area Agency on Aging are available to provide information, assistance, and referrals to help connect you to the long-term services and supports for individuals age 60 and older and adults with disabilities in Lake, Geauga, Cuyahoga, Lorain and Medina counties.

A telephone evaluation is conducted to assist callers and their families in identifying their long-term care needs and options. The ADRC's certified resource specialists can provide verbal and written information and professional guidance that enable callers to make informed choices and gain access to long-term care services and supports.

What long-term services and supports can WRAAA connect callers to?

- Federally funded Older American Act Programs such as home-delivered meals, transportation, Family Caregiver Support Program, health and wellness programs, and etc.
- Financial assistance programs like HEAP and PIP for utility assistance, Medicaid, Medicare programs such as QMB for Medicare premium assistance, low-income subsidy for prescription drug assistance, and etc.
- Community resources available throughout our five-county area such as those offered at senior centers, services for independent living, local and county departments of aging, food banks/pantries, and

various other social service agencies that support seniors and adults with disabilities

- Assessments that determine eligibility for Medicaid home and community-based waiver services that provide in-home services for qualifying individuals. Programs include PASSPORT, assisted living waiver, MyCare Ohio waivers and many others.
- Assessments that determine eligibility for and facilitate nursing facility placement.
- Information and referrals can be provided over the phone or mailed to callers in addition to scheduling an in-person assessment by a registered nurse or licensed social worker in the privacy of your own home.*

Contact an ADRC certified resource specialist M-F, 8:00 am-5:00 pm. See how we can help!

- Call (216) 539-9240 or 1-800-626-7277.
- Complete an online request by visiting www.areaagingsolutions.org. Click "programs and services," then click "Aging and Disability Resource Center."

*Due to COVID-19, in-home assessments have been temporarily substituted with telephone assessments only.

The Lake County Council on Aging serves as the Aging and Disability Resource Center for Lake County. For more information on ADRC services in Lake County, please call (440) 205-8111.

Ordering groceries online

With delivery and/or curbside pickup

With the increased spread of COVID-19, it's more important than ever to remain at home as much as possible and away from the general public. While some grocery stores offer senior shopping hours (listed below), it's even more beneficial to avoid entering a grocery store at all. Stores like Giant Eagle make this easy with options such as their curbside express, which is a service where employees bring the groceries right out to your car, with no interaction necessary.

Online grocery ordering

How it works:

- 1. Plan ahead.** Due to the coronavirus outbreak, many grocery pickup and delivery services can take up to a week, so place your order as early as possible. Giant Eagle offers the capability to continue to add to your order up until the day before.
- 2. Place an order online.** Visit your grocer's website, select your local store, and add items to your virtual cart. You can visit www.GiantEagle.com to begin.
- 3. Select pickup or delivery if it's an option.** You'll need to make an account before you check out and enter payment information. This is usually a simple process and will make the process even faster the next time you order. You can also be confident that most grocers have a very secure form of online payment.
- 4. Remember—no tipping allowed!** Most grocery stores do not allow tipping. For example, Giant Eagle employees could even be fired for accepting a tip, so refrain from offering or tempting them to accept.

Giant Eagle's curbside express service is free, while home delivery fees start at \$5.95.

A Willoughby, Ohio Giant Eagle curbside express team member says, "It's a great service; you get to skip the lines. It's understandable that we are booked up quite a bit. But the website opens up new delivery slots each day at 8 pm." "Now we're starting to get a lot more items back in stock. We're

not really out of anything right now," he continues. If an item is out of stock, their team will call you to find a similar replacement item.

Instacart grocery delivery

Instacart is another online service that provides grocery delivery for various stores including Heinen's, Aldi, BJ's Wholesale, Sam's Club, CVS and even Target. Instacart does charge a small service fee as well as a delivery fee and adjustable driver tip.

To order online, visit them at www.instacart.com and make an account. Instacart will even remember your favorite items and make it easy to order them again. You then simply select your desired delivery date and a two-hour delivery window. The delivery person will leave the groceries on your doorstep, so there is no interaction required.

Instacart does offer an express membership which provides unlimited free delivery for \$9.99/month or \$99/annually, which is worth considering if you have a difficult time getting to the store or shopping on your own.

Senior shopping hours

Many grocery stores are offering designated hours for seniors to shop away from the general public. Remember, the goal of the designated shopping hours is to protect seniors from the general public, not the other way around.

**Giant Eagle
Senior Shopping Hour**
Monday – Wednesday
6–7 am

**Marc's
Senior Shopping Hour**
Daily: 6–7 am

**Drug Mart Senior and
Immune Compromised Hour**
Daily: 9–10 am

Marc's also offers walk-up or curbside prescription service for their pharmacies. Call for more information.

Other grocers may also have new curbside or delivery options as well. Call your local grocer for more info and remember to avoid going into stores if at all possible.

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Council on Aging prioritizes senior meals during coronavirus

Although the Lake County Council on Aging has announced several temporary changes to its operations due to the COVID-19 outbreak, the agency's priority now is to support Lake County seniors who are in need of meals because of the stay-at-home orders.

The Council on Aging offers both a home-delivered meal program as well as a drive up, "grab-n-go" program for seniors who are able to drive. Referrals to the agency's two main meal programs continue to increase daily and because they need to preorder the number of meals each week by Wednesday, seniors need to call (440) 205-8111 as soon as possible. New referrals for the programs are assessed case by case, with an application completed by phone and a release of information form mailed with a return stamped envelope.

"We are making changes to our operations to ensure the safety of our employees, clients and our volunteers," said Joe Tomsick,

chief executive officer of the Lake County Council on Aging. Tomsick has implemented several temporary modifications to the agency's services, in order to provide essential services while ensuring the financial stability of the agency. "We have a great responsibility to our senior population and to the residents of Lake County to be careful stewards of the Senior Services Levy funding," Tomsick said. "With all of these factors in mind, we've had to suspend certain programs and temporarily lay off a small number of staff. We hope that these are all temporary measures, so that we can soon focus on moving forward."

Other programs that have seen major changes in service include the homemaker department, Aging and Disability Resource Center and social work department where all home visits have been canceled. The Council on Aging's medical equipment loaning program is also on hold as is the Friendly Visitor Volunteer Program.

News & Notes

Council on Aging annual meeting to be postponed

Due to the global COVID-19 (coronavirus) pandemic, the board of the Lake County Council on Aging announced in early April, that it had no choice but to make the necessary decision to cancel the agency's annual meeting and awards program, originally scheduled for May 21, 2020.

Protecting the health, safety, and well-being of attendees is paramount. The board will hold officer elections in May, and plans to postpone the annual meeting until the fall.

CoA radio show continues to air and offer important info during pandemic

Even during the coronavirus pandemic, Council on Aging CEO Joe Tomsick continues to broadcast the agency's weekly radio show, "Our Aging World," every Saturday afternoon on both 1330 AM and 101.5 FM. The program is now engineered from a remote studio and features guests over the telephone with a variety of topics, from 2-3 pm.

Senior Day at the Mall canceled

The annual Senior Day at Great Lakes Mall which has become tradition in Lake County since the early 1990s, has been canceled as a result of the coronavirus pandemic.

In early April, the Senior Services Levy Coalition made the decision to cancel the entire event following the government's new public health guidance regarding avoiding social contact and stopping nonessential travel.

Large food donation to Council on Aging

The Council on Aging would like to thank Pastor Royce from the Life Brand Cowboy Church and United Way of Lake County for a major nonperishable food donation. The goods were loaded up and delivered to the CoA offices by members of the Mentor Rotary. All total, close to 500 bags of emergency food were assembled and used for isolated Lake County seniors and the new grocery bag program. Mentor Rotary also made possible a donation of gloves for volunteer drivers.

Western Reserve Junior Service League awards grant to Council on Aging

The Western Reserve Junior Service League (WRJSL) has awarded a grant to the Council on Aging allowing the agency to purchase and strategically place video surveillance cameras at the East Avenue office to monitor the parking lot and exterior of the building.

The WRJSL has been very gracious over the years to help the agency gradually meet its safety and security concerns through a series of phases all funded by the WRJSL.

Membership to Western Reserve Junior Service League is open to all women in Lake, Geauga and Ashtabula counties. If you are interested in joining this group of enthusiastic women who are dedicated to strengthening the community, please visit www.wrjsl.org.



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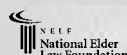
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A community comes together

Thank you to everyone who is donating their time, money and products to help seniors in need during this crisis. You're awesome!



Handmade facemasks donated by Karen Bowersox.



Wickliffe kitchen coordinator Nancy Krause assists the drive-up "grab n go" lunch program.



Sealed meals ready to go with special safety labels.



A look at the amount of canned goods received for emergency bags.

Laketrans encourages Essential Travel only

For the safety of our employees and customers, Laketrans encourages only essential trips be made on public transportation during Ohio's Stay at Home order.

Essential Trips include:

- To obtain necessary services or supplies for yourself and your family and household members.
- To and from work when no other travel alternatives are available.
- To engage in activities or perform tasks essential to your health and safety, or to the health and safety of your family or household members.
- To care for elderly, minors, dependents, persons with disabilities or other vulnerable persons.
- To and from educational institutions for purposes of receiving materials for distance learning, for receiving meals, and any other related services.



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AL SUSINSKAS



Try something new at Lake Metroparks this spring!

Today's seniors are using free time for a variety of active leisure activities—hiking, biking and kayaking 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 as you explore the parks or register for a group program.

We have more than 60 miles of trails to hike, several different parks along rivers and tributaries, eight ponds to fish, six lakefront parks to explore and summer kayak and stand-up paddleboard rentals at Fairport Harbor Lakefront Park.

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.



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440-255-7938

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Middlefield Family Practice

16030 East High St.
Middlefield
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Willoughby Internal Medicine*

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Mentor Pediatrics*

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Mentor
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Willoughby Pediatrics*

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Willoughby
440-942-4844

Chardon Pediatrics*

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Chardon
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Orthopaedics*

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Willoughby
440-602-6670

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440-602-6735

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