



PAGES 18-23: Updates on local services during the pandemic

Council on Aging provides consistency in an uncertain time

By Mary Flenner

When the Lake County Council on Aging (CoA) was making plans and setting goals for 2020, a pandemic certainly was not on their calendar.

However, throughout this health crisis, the CoA has been able to quickly adapt to continue to bring services to local seniors who counted on them so much.

Linda Llewellyn, director of community services says, "The Council on Aging has the passion and commitment to be there for seniors and ensure we are providing services that will help them to be at their best, and to successfully live independently in their own home."

Most everything the CoA does involves social interaction with the senior citizens served by the agency. To continue be a vital resource in Lake County

during the pandemic, the CoA has been creative in modifying just about every service the agency routinely provides to seniors.

"The first and most important part of our meal services is to ensure that we are providing nutritious meals to seniors. To do that safely, we had to make modifications to both Meals on Wheels and the Lunch Place centers, while still providing meals that meet one-third of the daily recommended nutrition factors," adds Llewellyn.

Initially, Meals on Wheels deliveries were cut back from five days per week to just two, with multiple meals delivered at a time. The CoA is slowly ramping their services back up and will soon be offering Monday, Wednesday and Friday delivery to their existing senior clients.

The CoA's congregate Lunch Places closed when senior centers closed, so



those were modified to be drive-through pick up programs where seniors can now pick up a pack of five meals for the week. Delivery is available for those who aren't able to do drive-through pick up.

This careful planning, along with additional safety practices, were also implemented in the kitchens where the food is prepared.

"When volunteers come into the kitchen, everyone has their temperature taken. If someone doesn't feel well, they are sent home. Food workers wear N-95 masks or face shields and everyone practices as much social distancing in the kitchen as possible," Llewellyn says.

Another key to the success in support-

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Elder abuse awareness

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CoA & partners help local senior couple

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Agencies team up to provide groceries

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CoA's Maribeth Grablovic retires after more than a decade of service

After nearly 11 years of service, Maribeth Grablovic, the Lake County Council on Aging's executive assistant to the CEO has retired. Her last day on the job was July 2.

Maribeth grew up in Willowick, currently resides in Mentor with her husband Al, and previously spent 23 years at AmTrust Bank before coming to the Lake County Council on Aging in 2009.

"When I came to the Council on Aging, it was a totally different working environment compared to the bank. I really enjoyed learning a whole new type of industry and all the wonderful people you get to meet along the way," says Grablovic.

"My position at the Council on Aging is a very inspiring kind of job. I really,

truly enjoy going to work every day. What makes it special is all the different people you meet, whether my fellow employees, our community partners, or the amazing seniors of Lake County. This role gave me insight into the partners within Lake County and how they all interact and work together for the benefit of the seniors. It was really eye opening. It gives you a good feeling at the end of the day knowing how many people are out there working for our seniors."

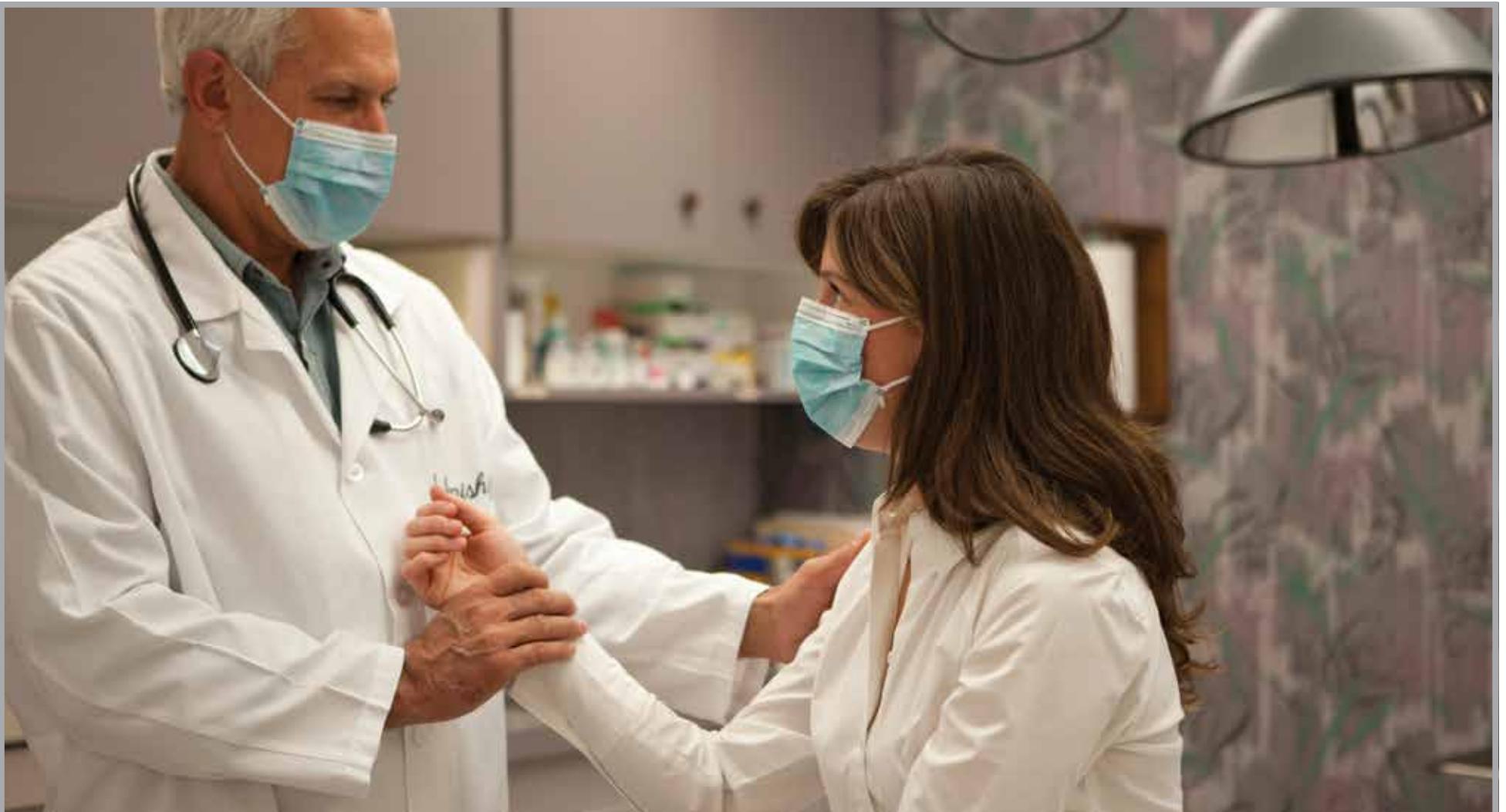
Some of her major projects at the CoA included overseeing the annual March for Meals fundraiser and coordinating minutes and materials for board meetings, which she says was always fascinating to be a part of.

She also managed the CoA's social media and website, which she saw evolve as computer systems and digital communication grew throughout her career. "Never pigeon-hole yourself. Always be willing to help or learn something new. I've always wanted to learn more because that's how you help your company advance," she recommends.

Grablovic's favorite events include the Council on Aging's 40th anniversary event in 2012, and the annual Senior Day at the Lake County Fair. "We would give out lunches to 300 - 400 people in

See RETIREMENT on page 7





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Safety has always been a key element of patient care at University Hospitals. We are following COVID-19-related guidelines from the U.S. Centers for Disease Control and the Ohio Department of Health to keep our patients safe at our hospitals and physician offices. We will continue to provide excellent care in a safe environment, even though things may look and feel a little different.

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Lake County Council on Aging



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Life has changed the past few months, but the Council on Aging is still here for you!

Since 1972, the Lake County Council on Aging has been committed to providing comprehensive and high quality services and programs to seniors in our communities. With the outbreak of COVID-19, however, life has changed drastically. Changes to our daily routines, concerns about the virus, and its global economic impact are weighing on each of us. Our agency has had to think creatively and strategically to adapt our programs to safely meet the needs of Lake County's most vulnerable population. Since early on, we have remained in close contact with government officials and our health district to help guide our decision-making and to help protect the public and our staff.

Like so many of our partners and local businesses, we have started to carefully bring back or expand services that were originally suspended during the early stages of coronavirus. There are several updates in this issue of Bridge from our colleagues in Lake County regarding a slow return to normalcy including the latest from our agency. Although our main office remains closed to visitors and personal appointments, we have services which are available and we want to ensure your essential needs are met and encourage you to call us at (440) 205-8111. Our phone lines are open, and our resource specialists are ready to assist you with questions and support. If we can't help you directly, we will connect you to other organizations that can.

We want to make sure older adults feel safe and remain connected. To stay up-to-date on how we can help you or your loved one during these trying times, please visit our website at lcco.org and our Facebook page. Our hearts go out to all those who have been affected, to our healthcare workers and all essential employees who have helped keep our lives going.

In closing, I thank you for your cooperation during this critical time. Hopefully, by working together, we will get through this crisis safely. We look forward to getting back to normal operations soon.

Please stay safe,

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.

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.

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

www.lcco.org



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- John Thomas, Board President
- Joseph Tomsick, Chief Executive Officer
- Dan Miller, Bridge Editor
- Direct Market Publishing, Advertising Sales, Design
- PM Graphics, Printer

Bridge Editorial

Send editorial comments and suggestions to
Dan Miller at
editor@lcco.org.

Bridge Advertising

Contact: Kim Miller
Direct Market Publishing
(440) 799-8882
thebridgeads@yahoo.com

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Forbes House is here to help in abusive situations

Abuse comes in many forms; it is not defined by age, sex, race, geography, class or religion. Abuse can come from a spouse, a partner, a sibling, an offspring, a friend or a caregiver... anyone!

It comes from a mouth once laced with loving words now spewing profanities full of hate and anger. It comes from arms that once wrapped your body with a warm hug now pushing, choking and punching. It comes from the hand that once provided money now limiting and controlling your access to it. This is important because frequently abuse is brushed off as bad behavior or "that's just how Joe is," when in fact it is not

okay at all.

If someone's behavior changes yours negatively, producing anxiety and you find yourself actively doing things to avoid a potential confrontation or an angry outburst by your abuser you may want to re-evaluate your relationship.

You want to get out and Lake County's only domestic violence shelter, Forbes House is here to help. From our 24-hour Helpline to support groups, legal advocacy and individual counseling we are here to help. If you or someone you know is in an abusive relationship and needs immediate assistance, please call our Help Line at (440) 357-1018.



Community-based organizations like the Lake County Council on Aging need your support! Donate today to help us provide vital services like meals to older adults in your neighborhood. Mail your tax-deductible donation to:

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ing seniors through the pandemic was being able to quickly onboard new Meals on Wheels recipients.

Llewellyn explains, "Previously, a social worker would spend two–three hours in a senior's home assessing their needs. We changed our process and were able to do phone assessments. We also sped up our process. In the past there could be a two-week lag from when a senior signed up for the program until they received their food. We didn't feel that was acceptable during the pandemic," she says. Currently, new members can receive their food about a week after signing up.

The Council on Aging saw their food assistance programs grow during the pandemic and are proud to have been able to successfully provide their services to so many.

"Our Lunch Place congregate program grew from about 40 diners to 90 diners through our pickup service. And our Meals on Wheels program saw a 35% increase in Q1 during the pandemic, and we currently deliver to about 650 homes," says Llewellyn.

To deliver to those 650 seniors requires the dedication of about 45 volunteers per week, like Lynn Manteuffel, who has been a Meals on Wheels driver and CoA volunteer since 2018.

Manteuffel says, "You establish relationships with these people. Since I retired, I crave that interaction with people. I thoroughly, thoroughly enjoy it."

For seniors, it's not just the meal, but the social interaction that comes with Meals on Wheels.

Manteuffel continues, "I don't just drop off the food and leave. We talk and get to know each other. People know me by name. It's such an enriching experience and I love working with the seniors. When you see the appreciation that people give you it makes it all worth it."

Manteuffel says it's important to take each client's needs into consideration, especially during the pandemic. "If a person can barely walk, you can't just stick the food on the door and walk away. You have to take the right precautions

and look at each client's needs."

During the pandemic, agency staff committed extra time to the routine check-in call so that they could have a little bit of conversation with seniors that may be struggling with the isolation from all the pandemic related restrictions. "It's not ideal, but we're trying to provide service the best we could during the change in delivery," says Llewellyn.

These services have been so important because that familiarity offers a lot of reassurance during this stressful time.

"For many of our seniors this became their lifeline. It became their one normal constant during a time when their doctor may not have been doing appointments, their family wasn't visiting—every other aspect of life became unusual and scary. So it was critical for us to create that normalcy and offer an extra level of comfort and some assurance that we're going to get through this together," Llewellyn continues.

While the pandemic forced the CoA to close its offices to client visits and restrict home visitations, its staff remains accessible via phone, with receptionists available for assistance and social workers and other staff available to work with seniors through phone calls.

Some programs like the home-maker cleaning services had to be put on hold completely, but resumed June 22. The rest of the CoA's services will most likely follow senior center reopening schedules. "Even though we're social distancing and wearing masks, we just want to be cautious about how many people we're bringing to seniors' doorsteps," says Llewellyn.

"To be a Meals on Wheels driver only takes a commitment of an hour to an hour-and-a-half depending on how many people you are delivering for," says Manteuffel. The Council on Aging is also flexible around when volunteers are available and how often they are able to help.

If you're interested in volunteering, visit lcco.org or call (440) 205-8111 to learn more.

Appreciation to United Way of Lake County

The Lake County Council on Aging acknowledges its most sincere gratitude for recently approved, continued funding from the United Way of Lake County, through June of 2021. Your partnership over the years has been critical to assisting the agency meet the needs of our senior population.



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio

Your sheriff's office at your fingertips

We are extremely excited to announce the release of the Lake County Sheriff's Office sheriffs app smartphone application. This smartphone app will serve as a new way for our sheriff's office to connect with our Lake County residents and visitors, providing information quickly and efficiently to anyone with a smartphone.

Once downloaded for free to your cell phone it provides quick access to items of public interest and is extremely easy to use. In just a few clicks, users can:

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Staying informed in today's technological age is important and this tool makes it extremely easy to stay in touch with what is going on across Lake County. Our hope is to keep our residents well informed about our operations and keep you posted on important news alerts, accidents, and other critical advisories across our notification banner. Please take a moment to download it on your phone — you will not be disappointed.

And best of all, the Lake County Sheriff's Office app is available to download for FREE in the App Store and Google Play by searching "Lake Sheriff OH" or just, "The Lake County Sheriff's Office." Just look for the round black and gold circle medallion of our sheriff's office.

Western Reserve Junior Service League awards grant to Council on Aging

In an effort to offer more safety and security to the main office and the surroundings of the Lake County Council on Aging, the agency has been awarded a grant through the Western Reserve Junior Service League (WRJSL) to install an exterior surveillance camera system.

On-site safety is important to deter crime while also providing security for staff, visitors, volunteers and seniors seeking assistance. Throughout the year, the main office on East Avenue is host to numerous community health fairs, educational programs, monthly

board meetings, staff trainings.

The WRJSL has been a great partner to the LCCoA over recent years, especially in grants that are specific to agency security. On behalf of the board of trustees and entire staff, the agency is grateful for the continued support of 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.

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.

Congratulations to the CoA's new board members!

The Lake County Council on Aging announces the election of two new members to its board of trustees as well as the full slate of officers for 2020-2021. The newly elected board members are Lynnmarie Landwei-Phillips and Mindy Mallett-Kovalcheck.

"I welcome these talented individuals to our board," said John Thomas, newly elected president of the board. "They embody the spirit of our Lake County community and bring talent, expertise and energy to the table."



Lynnmarie Landwei-Phillips

Holding a Bachelor of Science in art education and special education from BGSU, Lynnmarie Landwei-Phillips has worked for the Lake County Board of Developmental Disabilities/Deepwood for over 30 years in a variety of positions providing services and supports to individuals with disabilities and their families.

"I have lived and worked in Lake County for the majority of my life and I am looking to volunteering more in our community and want to support this important and potentially vulnerable group," said Lynnmarie. "The Council on Aging creates community connections for older adults to receive the care, services and supports they need to maintain an active healthy lifestyle and has been a life saver for several people I know."

The agency is greatly appreciative to Sunny Masters who served as board president since 2018 and prior leadership roles. She will remain on the board in a trustee position. The Council on Aging congratulates the four newly elected and re-elected board officers for 2020 — John Thomas, president; Shannon Cianciola, vice-president; Kimberly Tutolo, vice-president elect; and Jim Jenkins, treasurer secretary.

"I am privileged to have such a committed and talented board guiding our agency," said Tomsick. "Our accomplishments would not be possible without their dedication, expertise, and direction."



Mindy Mallett-Kovalcheck

Having served on the board of Big Brothers/Big Sisters of NEO (six years), Habitat for Humanity (four years), the Lake County Historical Society (seven years), and Feel Good Foundation (17 years), Mindy Mallett-Kovalcheck has been a long time supporter of the Council on Aging.

"I grew up in Lake County in a family that truly believes in serving and giving back to the community in which we live and I have a long history with Meals on Wheels," Kovalcheck said. "When I was a child, I rode along with my mother when she delivered meals, and I currently drive. I know this organization is so very much more than that, and I am anxious to get involved and help spread awareness to the next generation of the needs of our elder population."



Community-based organizations like the Lake County Council on Aging need your support! Donate today to help us provide vital services like meals to older adults in your neighborhood. Mail your tax-deductible donation to:

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World Elder Abuse Awareness Day

By Jennifer McLaughlin

Aging and Disability Resource Center Manager, Council on Aging

June 15 is known as World Elder Abuse Awareness Day (WEAAD). This day, and oftentimes the entire month of June, is set aside to raise awareness of elder abuse as a public health and human rights issue.

Historically, the Association of Specialists in Aging together with other local partners, including Adult Protective Services, the Lake County Council on Aging, and local law enforcement, has planned some sort of event to commemorate WEAAD.

However, plans for the 2020 event were halted by COVID-19. Even though the pandemic interfered with many events this year (WEAAD or otherwise), the issue of elder abuse still exists. Ironically, the pandemic has increased isolation for many seniors who were forced to shelter in place since the elderly are one of the most at-risk age groups.

Elder abuse includes physical abuse, emotional or psychological abuse, sexual abuse, neglect, financial exploitation, and self-neglect. It is estimated that one in 10 adults over the age of 60 have experienced some sort of elder abuse; and 90% of abusers are family members. (Source: National Center on Elder Abuse Administration.)

Sadly, approximately only one in 15 cases of adult abuse are re-

ported.

During the month of June you might have noticed silhouettes of men at various locations in Lake County. These 15 silhouettes – one painted purple and the other 14 painted white – represent this statistic. This year and last, the silhouettes were placed at the corner of Fairgrounds Road and Mentor Avenue in front of the Life Brand Cowboy Church to raise awareness of elder abuse.

Lake County Adult Protective Services (APS) assesses and investigates referrals of abuse, neglect, self-neglect, and exploitation of vulnerable adults, 60 years of age or older, living in the community. Mary Udics, social services supervisor, reports that during 2019, Lake County APS conducted 459 assessment/investigations of elder maltreatment and received an additional 127 hotline calls pertaining to open cases.

To report concerns of abuse, neglect, or exploitation of a vulnerable senior in the community, please contact the 24-hour Lake County Child and Elder Abuse hotline at (440) 350-4000, press 1.

For more information on how you or your organization can increase awareness of elder abuse, please visit eldermistreatment.usc.edu/weaad-home.



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 visiting our website at www.lcco.org. Thank you!

Volunteers step up

By Linda Llewellyn

Director of Community Services, Council on Aging

COVID-19 has brought many changes to our everyday reality. Restrictions, fear, masks, social distancing, sanitizing, gloves, temperature taking, illness and even death impact all of our choices and decisions. COVID-19 has changed how Council on Aging (CoA) services are provided to seniors since March 2020 and it continues to change.

The one constant through this pandemic has been the dedication and support of our amazing volunteers. Volunteers have adjusted to schedule changes, delivery changes, safety changes, and service changes with a positive “can-do” attitude. They have been the key ingredient in the ability of the CoA to be able to provide essential services to seniors in Lake County.

Volunteers have been steadfast in delivering meals to seniors in Lake County. They have ensured that home-delivered meal seniors have received nutritious meals for every day of the week and Lunch Place clients received a meal for every weekday. Even more important than

meals has been the social connection with a friendly face that lets seniors know they are not alone and everything hasn't changed. Their usual volunteer is still there to bring meals, say hello and check on their well-being. This has provided so much comfort and reassurance in a difficult time.

As Meals on Wheels begins expanding our delivery schedule, volunteers are returning or increasing their volunteer service. We are also welcoming new volunteers to our kitchens and Meals on Wheels delivery. We are so very grateful for the dedicated commitment and support of CoA volunteers. They are our everyday heroes. We could not have gotten through this pandemic without our volunteers!

Volunteers Needed

We are in current need of volunteers to assist in the nutrition site kitchens and to deliver meals on Monday, Wednesday and Friday mornings in Wickliffe, Eastlake, Mentor and Painesville. Please call (440) 205-8111 for more info.

Retirement

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the big tent at the fair. You would see the same people year after year and they would remember you. That's a great feeling!”

She also loves volunteering as a Meals on Wheels driver and, “getting to interact with the people behind the door,” and socializing during her route.

“Through the years, the Council has grown leaps and bounds; we have so many ties to the community. Our social work department has really grown, and we offer many new programs and services. Joe (CEO Joseph Tomsick) came on board in 2012, and I can't say enough about what he's done to turn our non-profit into a premier agency. Getting to see Joe in action is pretty special. Joe and all of our management team and employees are really doing great things.”

She continues about the strong leadership at the Council on Aging. “It's all about attitude. When you deliver news to Joe, it's never met as a burden, it's a challenge. He's always positive. I really and truly felt that when he asks your opinion, he wants it and he wants to hear what you have to say. He really makes

you feel valuable as an employee.”

When she looks back on her career, her best advice to others is, “It's important to be willing to adapt to change because change is inevitable. What's here today may not be here tomorrow. You just have to welcome change and go along with it. Always be willing to learn and you never know how it might benefit you. And always keep an open mind and a smile,” she says.

“I'm going to miss the camaraderie of all the staff and my work family at the CoA. But it's time for me to devote more time to my own family. I have 94- and 96-year-old parents in Willowick who need more of my time.”

With her children living out of state, she's excited to also have more time to spend with her four grandchildren and have the freedom to take more day and weekend trips.

“It's been a great ride. I've been so grateful for all the new opportunities that were presented to me and all the new people I got to meet. Thank you for everything,” she concludes.

Congratulations on your well-deserved retirement, Maribeth!



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Wheelchair drive August 1, 2020

Joni and Friends Wheels for the World nonprofit will be holding a wheelchair drive August 1, from 9 am to 1 pm in the parking lot of St. Noel Church, 35200 Chardon Road, Willoughby Hills.

Since this event will take place outdoors, with only a few collection volunteers, minimal contact will take place. We are collecting used wheelchairs (manual only) in any condition. Please no walkers or canes as we have an overabundance at this time. Tax-deductible receipts are available.

Wheels for the World provides life-changing mobility to people impacted by disability around the world. Wheelchairs are cleaned and repaired to like-new condition in prison programs and sent to someone in need at no cost to the recipient.

Picture the person who is going to receive the wheelchair. A person



with limited mobility is tragically often excluded from life in their community because they have no way of moving around. But the gift of a wheelchair literally lifts someone from the dirt to a seat of dignity and opportunity. A child may be able to go to school or an adult will be able to get around more easily, work, and not be bound to their house.

Change a life! For questions please contact Karen or Bruce Fraley at fraleyk@sbcglobal.net or (440) 946-1605.

Important news from Lifeline

Lifeline's office is open. We are currently offering a mix of in person appointments and over the phone intake, and our lobby is open for clients to drop off documentation Monday-Friday, 8:30 a.m. to 4:30 p.m.

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 indefinitely. Please check with 2-1-1 later this summer for a possible 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 continue to experience 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

The HEAP Summer Crisis Program will begin July 1 to assist with electric bills, air conditioners and fans. More details on SCP will be available later in June and are available by calling 2-1-1 or our office at (440) 350-9160.

VITA Tax Clinics

We have resumed tax clinics at our office. Tax preparation appointments are available by calling (440) 354-2148.

Lifeline's office has moved! We are now located at One Victoria Place Suite 265A in Painesville.

CoA weekly radio show

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 features guests over the telephone with a variety of topics, from 2-3 pm. You may also stream the show live at no cost on tunein.com. Search WINT.





Edward and Carol Cline enjoying their new, safe laminate floor thanks to the Veterans Service Commission, The Home Depot and the Council on Aging.

Another Council on Aging success story

By Bernardine Brooks, MPA, LSW, Council on Aging

Senior Lake County residents, Edward and Carol Cline live independently in their own home. Mr. Cline is an 86-year-old veteran and served with the Coast Guard. According to his granddaughter he “is very proud and does not like to ask for help.” Unfortunately, Mr. Cline was diagnosed with Parkinson’s disease and his wife, who’s abilities to perform activities of daily living have become compromised, is showing the beginning stages of dementia. She utilizes a rollator to assist her with her mobility, and Mr. Cline has become her primary caregiver.

Mr. Cline began to have multiple falls in the home and as the result of one particular fall it necessitated a trip to the hospital and stitches in his head. A major cause for the falls was the frayed and worn, aging carpeting in the home. Due to the carpet’s many trip points, Mr. Cline was falling and Mrs. Cline was not able to safely maneuver her rollator as well as she needed. These problems led to multiple other concerns.

Due to limited finances it was not possible for the couple to afford to remove the carpeting and replace it with laminate flooring. Nichole, the Clines’ granddaughter, contacted the Lake County Veterans Service Commission inquiring into assistance. The Veterans Services Commission then contacted the Lake County Council on Aging (CoA) and one of the agency’s licensed social workers met with the couple and their granddaughter

to assess the need and identify a possible intervention.

The Council on Aging social worker recognized the risk that the carpeting posed for the couple and realized that by removing carpeting, the associated dangers could be drastically diminished and help the couple remain independent in their own home.

Falls are a threat to the health and safety of older adults and can reduce their ability to remain independent and negatively affect their quality of living. According to the Center for Disease Control and Prevention, each year millions of older people age 65 and older fall. Falls are serious and costly, sometimes causing serious injury such as broken bones, head trauma or hip fracture. Each year, three million older people are treated in emergency departments and over 800,000 patients are hospitalized because of a fall injury*.

Not all falls cause injury, but once an older person falls, the fear of falling may become as significant as an actual fall by causing them to limit or stop their everyday activities or becoming more isolated.

In order to assist this couple and help them remain safely in their own home, the CoA, the Veterans Service Commission and The Home Depot, in partnership with The Home Depot Foundation, worked collaboratively to purchase the flooring.

The family provided the labor and the home was transformed.



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.

Anita Gabor, Madison

100 years old, born on 4/26/1920

William Robert Boyd, Thompson

100 years old, born on 7/6/1920

World War II veteran and a “founding father” of the city of Mentor.

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 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

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.

After the flooring was installed Nichole asked her grandfather how he liked the new floor and he said “I love it and it has made my life a lot easier.” She stated he is very thankful and overwhelmed with appreciation for what was done for him and his wife. Nichole also noticed her grandfather is happier and not as stressed as he was previously, and he definitely is not falling!

This is a success story all around. When agencies work together in partnership great things can be

accomplished and another older couple is able to continue to live independently and safely in their own home. Special thanks to Nichole, the granddaughter, Veterans Service Commission, The Home Depot and the Council on Aging for all their efforts in making this dream come true.

**Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. Accessed August 5, 2016.*



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The Fine Arts Association in Willoughby to hold fundraiser

The Fine Arts Association (FAA) is hosting an online fundraising auction, "Race to Embrace the Arts," a "\$25k" online fundraising auction with over 80 items and experiences to bid on.

This year, FAA is honoring their most senior board emeritus, Alan Wright and his wife Gloria. Both have served as leaders actively supporting the arts at FAA and throughout northeast Ohio over the many years. The auction runs through July 16.

To learn more, please visit www.fineartsassociation.org/donate.

Please help FAA continue to provide enriching arts programs and services by taking part in this event.

For questions about Race to Embrace The Arts, please email: Yvonne Delgado Thomas at ythomas@fineartsassociation.org.

Educational opportunities

To ensure the safety of everyone involved, all summer camps, classes, and private music lessons with FAA will take place remotely.

From live video chatting to picking up a creative box of supplies for a project, the FAA team has put together a wonderful array of opportunities for students of all ages and abilities. Creative arts therapy services are also available virtually.

For all other questions regarding FAA's educational offerings, please call FAA at (440) 951-7500 x100.

Performances

While FAA is not able to have performances at their venue, they have developed a free and fun challenge for anyone to participate. It is called "Be a Star: The FAA Theatre Challenge."

This event is all happening on Facebook. You can watch/participate from a cell phone, home computer, or tablet.

For questions about The FAA Theatre Challenge, please email David Malinowski at dmalinowski@fineartsassociation.org.

The FAA building is closed due to the COVID-19 protocol. The customer service phone line will be available on M,W, F, 9 am-5 pm.

Your Well-Being

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By Lake Health



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- Physical therapy visits
- Urgent care and emergency department visits

If you've put off a procedure or a visit, please contact your doctor's office to schedule an appointment.

OUR SAFE CARE COMMITMENT

Your need for health care doesn't take a break, even during a pandemic. Our Safe Care commitment includes many changes while COVID-19 remains a threat, which you'll see when visiting our facilities:

Safe scheduling

Before your scheduled appointment, our team will call and ask you screening questions about any symptoms you're currently experiencing. Patients with certain symptoms will be asked to reschedule routine appointments. We also have convenient virtual visit options so you can get care from the comfort and safety of home. Lake Health Physician Group offices offer convenient online scheduling for both virtual and in-person visits.

Safe registration

When entering our facilities, all patients and visitors will receive a temperature check. You may see

some changes to your registration process, such as plexiglass partitions and disinfection of items such as pens and ID cards before our registration staff hands them to you.

Safe masking

Patients and visitors entering any Lake Health hospital, outpatient facility or physician's office are required wear a cloth mask or face covering – such as a bandana or scarf.

Safe facilities

All patient rooms and common areas of our hospitals, including the lobbies, waiting areas and public restrooms, are being more frequently cleaned and disinfected for your protection. A special UV light system is also being used to help kill pathogens on high-touch surfaces in high-traffic areas of the hospitals, including the emergency department. Lobbies have new furniture layouts and seating restrictions to help promote proper social distancing while waiting. Visitor restrictions remain in effect for all of our facilities.

Safe hands

Frequent hand washing – by you and our team members – helps to slow the spread of germs. Please use the hand sanitizer stations or soap and water to clean your hands properly while visiting.

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attorneys at law

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John P. Thomas

Lindsay C. Jones

Tara M. Pavlovcak

Timothy J. Gibbons
(of counsel)

Emil F. Sos (of counsel)

Andrew Santoli (of counsel)

* Certified Elder Law Attorney by the National Elder Law Foundation

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Feeling stroke symptoms?

Don't let COVID-19 fears keep you from the ER

By Cathy Sila, M.D.
University Hospitals

He first noticed clumsiness in his right hand -- couldn't type, dropped his coffee. The first thing he thought of was, "I am having a stroke." But minutes later, it seemed better so he dismissed the thought. But when he tried to get up from his desk and his right leg gave way, he got worried but decided to lie down and rest.

A few hours later, he woke up and couldn't lift his right arm, and when he called out for his wife, his speech was slurred. She immediately dialed 9-1-1, saying, "Please hurry -- my husband is having a stroke." As they anxiously awaited the few minutes for emergency medical services to arrive, he told her, "I thought it was going to get better."

As a stroke specialist, I have sadly heard that story many times. Stroke symptoms -- weakness on

one side of the body, loss of feeling or vision, inability to think or speak -- are very frightening. Many of us know someone who has had a stroke and the need to deny that this could be happening is sometimes very strong.

What really has me worried now is that since March, most stroke centers across the United States -- including ours at University Hospitals -- have noted a dramatic decline of 30 percent or more in stroke admissions from the emergency room. In the hospital, we have also seen an alarming shift in the types of stroke, with most patients having a very severe stroke.

That has prompted many of us to think the fear of COVID-19 is preventing stroke victims from seeking out emergency care that could save their life and reduce their risk of disability from a stroke. We need to reassure patients and families that University Hospitals' emergency rooms are open 24/7/365 to

provide that life-saving care and following best practices for cleanliness, infection control and employee health so our patients and staff stay healthy.

Strokes and TIAs are medical emergencies

A stroke occurs when a blood vessel in the brain is blocked or bursts. Since the brain needs a constant supply of blood and oxygen from the blood vessels, brain cells can be injured within minutes of a stroke. A transient ischemic attack (TIA) occurs when a blood vessel is blocked for only a short time. These symptoms can last only 10 to 20 minutes but are an important warning sign.

Why are TIAs and strokes a medical emergency? In the first few days, five to ten percent of TIAs are followed by a stroke and 20 percent of strokes can progress or worsen. Emergency testing and treatment can significantly reduce

those risks to two percent or less.

And in the case of an acute stroke, where an artery is blocked, we have effective treatments to restore blood flow to the brain, like tPA the clot buster medicine, and mechanical thrombectomy, where a catheter is threaded through the artery to remove the clot. These life-saving treatments are only effective if given before the brain cells are irreversibly injured, and are most beneficial when treatment starts within hours of stroke symptoms.

Know the warning signs of stroke. And if you think you or someone you know is having a stroke, call 9-1-1 to get emergency treatment that could save their life.

Cathy Sila, MD, specializes in neurology and is director of the Comprehensive Stroke Center at University Hospitals.

To learn more visit UHhospitals.org/Stroke or to schedule an appointment call (440) 901-0953.

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Alzheimer's Association calls for additional action as the state's nursing home crisis grows

The Alzheimer's Association is calling for greater attention to the needs of nursing home and assisted living facility staff and residents as deaths related to COVID-19 climb in those settings.

The association has created a set of public policy recommendations to address the burgeoning needs of nursing homes and assisted living facilities in the areas of COVID-19 testing, reporting and surge activation.

According to some estimates, more than 27,000 residents and workers nationwide have died from the coronavirus at nursing homes and other long-term care communities.

In Ohio, as of May 19, COVID-19 deaths in long-term care facilities represented 60 percent of Ohio's coronavirus deaths, according to reporting by the Columbus Dispatch.

Trey Addison, director of State Public Policy for the Alzheimer's

Association, said, "The Alzheimer's Association acknowledges the strain and difficulties associated with taking care of individuals with Alzheimer's and dementia in the midst of COVID-19. Our recommendations stand out as solutions that will protect patients and assist long-term care facilities with keeping their workers safe."

In Ohio, about 30 percent of the 220,000 individuals aged 65 and older living with Alzheimer's disease live in long-term care facilities. Residents with dementia are particularly susceptible to the coronavirus due to their age, increased likelihood of coexisting chronic conditions, and the community nature of these settings.

Addison said the association has been working collaboratively with the Ohio Department of Aging and while a number of positive steps have been implemented, to better address the issues, the association recommends:

Testing

- Implement daily testing for all new individuals who come onsite, and retesting for returning individuals who enter the facility, in accordance with local guidance.

Reporting

- Protect the privacy of individuals throughout the reporting process.

Surge activation

- Require nursing homes and assisted living communities to implement a care coordination protocol that ensures a smooth transition between care settings if a resident must be moved to another care setting.
- Designate state Long-Term Care Ombudsman and state and federal CMS Surveyors as "essential," ensure they have priority access to personal protective equipment and authorize them to visit long-term care communities.

Overall support

- Require dissemination of essential dementia care standards to aid provisional staff in the delivery of person-centered dementia care.
- Require the use of personal information forms for each resident to allow all staff to quickly identify essential information about the person to help maintain a stable and comforting environment.

- Require nursing homes and assisted living communities to address social isolation and ensure people with dementia are able to communicate with designated family/friends.

"Our recommendations are directly correlated with what we are hearing throughout Ohio, from families with a loved one living in a long-term care and assisted living facility. We are targeting the entire life-cycle from testing to support. If we can be proactive in testing and reporting, the level of cases will hopefully be highly isolated, and dealt with rapidly," Addison said.

In March, the Alzheimer's Association released guidance to help ensure the delivery of high-quality care for people living with Alzheimer's and all dementia in long-term care and community-based settings during the current COVID-19 crisis. Released in collaboration with 36 long-term care and community-based care providers and affiliated associations, the document identifies important care considerations and incorporates evidence-based strategies from the Alzheimer's Association dementia care recommendations to assist staff in long-term and community-based care settings during emergency situations. The document is aimed at focusing nonclinical staff needed during a crisis on the most important considerations in caring for persons with dementia.

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

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

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

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

LCCoA:

Thank you so much for your programs and all that you have done to keep our seniors safe and fed! Since I am unable to visit my mother, I take comfort that you continue to provide for her and her safety. I am a nurse in Rochester, NY and don't dare to visit her (during pandemic) or know when it will be safe to do so. I am so grateful for your programs and volunteers. *God Bless, Ellen*

LCCoA and Partners:

I would like to thank everyone involved with delivering food for the seniors of Lake County. This food came during a difficult time with the virus. The organization, distribution, and the volunteers made sure the food was given in a smooth and friendly way. Thank you for thinking of us seniors. *Diana*

Lake County:

We would like to thank Lake County for all of the successful programs offered to senior citizens

during this pandemic. Residents at Abbott's Manor are extremely grateful for all local agencies and their efforts.

Joanna and the residents of Abbott's Manor

Renee:

Thank you for everything you and the Eastlake team are doing to provide not only a meal, but also hope to so many seniors in the community. I know these are very difficult times but I do appreciate your service and dedication. Keep up the hard work and stay strong! *Tessa*

Hi Jennifer:

Just wanted to thank you for all of your help as my retirement draws closer. I really appreciated your guidance through some very confusing moments that I do not think I could have figured out without some help. Thank you again. *Otto*

Selena:

I want to let you know I greatly appreciate all you have done for me. You have made my unforeseen health issues a little easier to manage with all of your kindness and equipment. Thank you so much. *JoAnn*

LCCoA:

Thank you to all for your excellent services, for friendly smiles, for making days brighter! From my heart... deep appreciation. *Lydia*

AmazonSmile partners with the Council on Aging

AmazonSmile is a website operated by the online shopping giant, Amazon, with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate toward the charitable organization of your choice. The Lake County Council on Aging is registered on Amazon Smile and we encourage you to get connected the next time you shop online! What does this mean? 0.5% of your eligible purchases will go to the Council on Aging – at no cost to you!

Here's how to connect: When you search "Amazon Smile," you will be directed to a link which



then asks you to search for the charity of your choice. Search "Lake County Council on Aging, Mentor, Ohio" to be directed to our link!

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HERE WHEN YOU NEED US

Your safety and the safety of our employees is our top priority. When you decide you are ready to travel again, Laketrans will be there to pick you up.



HEAP Summer Crisis Program

Provides help with utility bills, AC repairs and more!

Beginning July 1, the Ohio Development Services Agency and Lake County Council on Aging will help income-eligible Ohioans maintain their utility service through the Home Energy Assistance Summer Crisis Program. The program helps eligible Ohioans pay an electric bill, purchase an air conditioning unit or fan, or pay for central air conditioning repairs. This year, the program will run from July 1 until September 30, 2020.

“In years past, the Council on Aging has assisted Lifeline, Inc., Lake County’s community action agency, with helping seniors apply for this program at various senior centers in our area. Unfortunately, the senior centers are still closed due to COVID-19 and it is not known if they will open in time (or in what capacity) for the Council on Aging to be able to assist with the application process at the centers,” states Jennifer McLaughlin, manager of the Aging & Disability Resource Center at the Council on Aging. “We will continue to do everything possible during this time to ensure seniors have information and resources to access the benefits they need.”

The Summer Crisis Program assists low-income households with an older household member (60 years or older), or households that can provide physician documentation that



cooling assistance is needed for a household member's health. Examples of conditions can include lung disease, chronic obstructive pulmonary disease, asthma, etc. This year, households that were diagnosed with COVID-19 in 2020, have a disconnect notice, have been shut off, or are trying to establish new service on their electric bill are also eligible for assistance.

Ohioans can visit energyhelp.ohio.gov to start their application prior to their required appointment. For more information on how Lifeline,

Inc. will be processing applications for the SCP, please call them directly at (440) 350-9160.

Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. In general, the assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$45,850.00.

Also new this year, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program locally and what is needed to apply, contact the Lake County Council on Aging at (440) 205-8111. Additional information can also be found at www.energyhelp.ohio.gov or by calling (800) 282-0880.

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Laketrans has been providing essential transportation service to Lake County for over 45 years and has continued safe, reliable operations throughout the coronavirus pandemic.

As businesses continue to re-open and Ohio enters the recovery phase of the coronavirus pandemic, Laketrans continues to make the safety and well-being of employees and customers a top priority. The transit agency has put a number of new protocols into place to promote a safe experience on board their buses.

Social distancing

Laketrans is encouraging social distancing on-board buses, while boarding buses, and while waiting at all bus stops and Park-n-Rides lots. Laketrans is encouraging social distancing by:

- Requiring customers, not from the same household, sit six feet apart on buses by limiting seating.
- Requiring customers sit six feet from the bus driver.
- Installing driver barriers on Local Routes and Park-n-Ride buses.
- Scheduling fewer customers per bus on Dial-a-Ride trips.
- Monitoring ridership on Local Routes and Park-n-Ride to allow customers to safely social distance while on board.

Personal protective equipment

Laketrans strongly encourages all customers and employees to wear a mask while on public transportation. All Laketrans employees are equipped with masks, hand sanitizer, and sanitation spray to use as needed on-board the buses.

If you need a face mask, you can request a free mask by calling Laketrans's customer service at (440) 354-6100. Customers are encouraged to call a few days before you plan to ride and a reusable Laketrans face mask will be mailed to you.

Cleaning and sanitation

Laketrans continues to clean and sanitize all buses and their office building daily using an electrostatic disinfectant sprayer. High touch point areas are wiped down at least daily and drivers are equipped with disinfecting wipes and spray to use throughout the day as well.

Contactless fare collection

As of March 30, Laketrans implemented a prepayment system for all Dial-a-Ride trips. This means that all Dial-a-Ride trips must be paid for in advance, with funds stored in a customer's Dial-a-Ride account. Fares are paid when you schedule your reservation by phone or online.

This summer, the second phase of the EZfare mobile ticketing app will be implemented. Customers are able to purchase and store bus passes on their smartphone using

the EZfare app. When boarding the bus, customers can scanning a barcode from the app on the new electronic ticket validators in all Local Route and Park-n-Ride buses.

Implementing these contactless payment procedures on all Laketrans services is an additional way for the transit agency to encourage social distancing and limit contact as customer's board.

Now, more than ever, Laketrans is committed to providing safe, reliable transportation options that many seniors rely on a daily basis.



When you decide you are ready to travel again, Laketrans will be there to pick you up.

For more information about Laketrans service, please call Laketrans's customer service department at (440) 354-6100.



2020



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Items located in the front/back seat will not be accepted.



Hazardous Waste Collection - June 6 & October 3, 9 a.m. to 3 p.m.

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

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



Electronics Collection - August 15, 9 a.m. to 3 p.m.

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, wires/cables, typewriters, vacuums and most other corded or rechargeable household electronics.

Prohibited items: NO TRAILERS PERMITTED Any large appliances (stoves, washers, dryers, dishwashers, etc.), batteries (alkaline, wet cell, dry cell), any light bulb, carbon monoxide detectors, exercise equipment (bike, elliptical, treadmill, etc.), cassette tapes, broken/bare CRTs, gas powered equipment, freon containing devices/materials (refrigerators, air conditioners, de-humidifiers, etc.), household hazardous waste, materials containing liquids, devices containing liquid mercury (thermostats, switches, medical devices, thermometers), PCB containing materials, propane tanks, radioactive materials, smoke detectors.



Television Collection - August 15, 9 a.m. to 3 p.m. Fees may apply, cash/check only

Accepted items: Flat/LCD/Plasma screens any size, FREE. Screens sized 21 inches or less, \$5 each, Screens sized more than 21 inches, projection & console sets, \$10 each.

Prohibited items: NO TRAILERS PERMITTED and any other type of electronics cannot be accepted.



Tire Collection - Canceled for 2020 due to COVID-19 restrictions

Tires can be brought to the Lake County Landfill for a nominal fee. Car and pickup tires without rims, up to 20" are \$3.00 each. Semi-truck tires without rims, over 20" are \$5.00 each. Tractor and agricultural tires without rims are \$15.00. Limit six tires in each of the previous categories. Open Mon.-Fri., 7 a.m.-3:30 p.m., Sat 9 a.m.-1 p.m.



Sponsored by the The Lake County Board of Commissioners,
Solid Waste District, Ohio State Extension, and the Department of Utilities.
For specific questions call (440) 350-2908 or (440) 350-5766

Agencies team up to serve seniors during the pandemic

After the March 22 announcement of Ohio Department of Health's (ODH) stay-at-home order, Laketran, the Lake County Board of Commissioners, Lifeline, the Lake County Council on Aging, RSVP of Lake County, the Greater Cleveland Food Bank, and United Way Lake County quickly joined forces to provide relief to Lake County seniors in need of home-delivered groceries.

Both Lifeline and the Council on Aging began receiving phone calls from seniors in need of food who were concerned about leaving their home and potential exposure to coronavirus. Working with the Greater Cleveland Food Bank to provide fresh produce and purchasing shelf-stable items from Marc's with funding from the board of commissioners, Senior Services Levy and United Way Lake County relief fund, the agencies stepped into action and put together a program to deliver preselected groceries to seniors' homes.

During the six-week program, 2,535 senior households received free, fresh, home-delivered groceries

delivered by Laketran. The Greater Cleveland Food Bank donated over 25,000 lbs. of produce. Lifeline and the Council on Aging fielded requests for service taking over 1,500 phone calls. RSVP of Lake County provided 25 community volunteers serving 375 hours. Donating over 3,000 employee hours to the program, Laketran employees assisted with managing the logistics to purchase, assemble and deliver the groceries.

Since the lifting of the stay-at-home order, the organizations have continued to collaborate by holding a curbside distribution of fresh produce and dairy items. Operated from Laketran's Mentor Park-n-Ride, 450 senior households are supplied produce and dairy items weekly through the USDA's Farm to Families Food Box Program administered by the Greater Cleveland Food Bank. The program has been extended to run through Wednesday, August 12. Seniors interested in registering should contact the Council on Aging at (440) 205-8111 or Lifeline at 2-1-1 to sign up. Registration is required. See page 23.

Local agencies are working together to provide boxes of fresh produce.



Boxes of produce being loaded onto Greater Cleveland Food Bank trucks to be made available for curbside pick-up.



Congressman David Joyce, Council on Aging CEO Joe Tomsick, and Lake County commissioners Hamercheck and Young along with other leaders visit the distribution location.



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News & Notes

Lake Geauga Association of Realtors contribute to LCCoA

The Lake County Council on Aging received a large financial donation from the Lake Geauga Area Association of Realtors (LGAAR). The organization's president, Richard Piraino, reached out to the Council on Aging, and on behalf of the LGAAR members, presented a check in the amount of \$1,250 to be used to support the expanding needs of the agency's nutrition program.

The Lake County Council on Aging is very grateful for the support of the Lake Geauga Area Association of Realtors!

PPE donated to the Council on Aging

The Lake County Council on Aging has received a generous donation of personal protective equipment (PPE) from the Lake County Emergency Management Agency as well as items from the Prescription Assistance Program.

This equipment is helping Council on Aging staff and volunteers minimize exposure to COVID-19. The agency is grateful to Joel Lucia, former health commissioner of Lake County, and EMA director Joe Busher for their contributions. The personal protective equipment included items such as gloves, masks and face shields, all being utilized now in the field.

Griswold Gives Foundation makes grant

A grant to buy the new insulated meal delivery bags was made possible through the Jean Griswold Foundation's Griswold Gives COVID-19 Emergency Relief Program.

Thirty new insulated delivery bags for the Lake County Council on Aging's (CoA) home delivered meal program were purchased with the funds from Griswold Home Care. The grant was made by Griswold Home Care director Brian Rice, a long time supporter, volunteer meal deliverer and past board member of the CoA.

"During such uncertain times, it's important to lend a hand to local nonprofits serving the growing number of people in need – especially seniors," Rice said. "This agency has been a good partner to

seniors and Griswold Home Care, and we are strong supporters of the Council on Aging's meals program and we're happy to provide the new insulated delivery bags. We know the need among local seniors will continue to be high during this crisis period."

Meals on Wheels America and Subaru

The Lake County Council on Aging (CoA) was awarded \$3,036.74 from Meals on Wheels America and Subaru America for participating in the national campaign entitled "Share the Love." CoA was one of only 19 agencies in the state of Ohio chosen to receive these special grant dollars through the 2019-2020 Subaru Share the Love Event.

If you recall, back in December of 2019, the Council on Aging collected nonperishable food items which were placed in emergency "blizzard bags." The bags were distributed by our volunteers to Meals on Wheels recipients for those times when storms or other events will prevent a meal from being delivered by a Council on Aging volunteer over the winter. By creating this blizzard bag food drive, the Council on Aging earned points toward the Share the Love campaign. Volunteers from Volk Optical helped fill the blizzard bags as part of a community service project and the agency is deeply grateful for their assistance once again.

Slovenian Workman's Home Donation

Joe Bradac, president of the Slovenian Workman's Home of Cleveland, recently made a legacy donation to the Lake County Council on Aging with funds received from the closure of the Slovenian Workman's Home estate.

This financial contribution makes it possible for the Council on Aging to continue to meet the ever growing needs of Lake County's senior population, particularly during the coronavirus epidemic. The agency thanks the former board and members of the Slovenian Home on Waterloo Road for this kind and generous contribution.

Thank You!

Don't fall victim to COVID-19 fraud

The Senior Medicare Patrol (SMP) has been receiving complaints of unsolicited callers using the fear and uncertainty from the COVID-19 pandemic to prey on Medicare beneficiaries.

Be wary if you receive an unsolicited phone call that offers:

- To send you COVID-19 testing kits, vaccines, prescriptions, supplies such as masks, creams, and hand sanitizer, or even a COVID-19 treatment package. Beneficiaries who give out their information sometimes get back or orthotic braces in the mail instead.

- A new Medicare card and COVID supplies in exchange for a Medicare number. Medicare will not call you to offer a new card or request information in order to issue a new card.

- More Medicare insurance coverage. Insurance companies who do not already have a relationship with a beneficiary cannot initiate a call. Information about changes to Medicare coverage because of the pandemic can be found on this practice tip from the National Center on Law & Elder Rights.

To protect yourself, we recommend that you:

- Contact your own doctor (not a doctor you've never met who calls) if you are experiencing potential symptoms of COVID-19.

- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, or home visits. Personal information that is compromised may be used in other fraud schemes as well.

- Be suspicious of anyone going door to door offering free COVID-19 testing, supplies, or treatments.

- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.

- For Medicare coverage questions, contact the local State Health Insurance Assistance Program (SHIP) at shiptacenter.org or 1-877-839-2675.

For more information and resources related to COVID-19 fraud, errors, and abuse, visit the SMP National Resource Center's COVID-19 Fraud web page.

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Meals on Wheels America awards COVID-19 response grants to Council on Aging

COVID-19 poses its greatest threat to vulnerable seniors, and Meals on Wheels is on the front lines, keeping older Americans safe and nourished.

The Lake County Council on Aging (CoA) was awarded two grants totaling \$100,000 from the Meals on Wheels America COVID-19 Response Fund. The grants will provide relief to the agency for increased costs related to COVID-19, including the purchase of additional frozen and weekend meals among other items.

“Since the outbreak began, our agency has seen close to a 36% increase in the number of meals we are serving in our community,” said Joe Tomsick, CEO of the Council on Aging. “These generous grants provided by Meals on Wheels America help our organization offset many of the increased costs due to the additional meals, and it provides several thousand shelf-stable emergency meals for seniors on the program. We are grateful for their support which allows us to continue serving more than meals to those that need it most.”

In just over two months since establishing the Meals on Wheels COVID-19 Response Fund to meet the increased demand for services, Meals on Wheels America has distributed more than \$10.2 million in emergency funding to local senior nutrition providers like the

CoA actively responding to the evolving COVID-19 crisis across the country.

“With all Americans being urged to remain at home, we are experiencing a new wave of homebound seniors who may not know from where their next meal will come,” said Ellie Hollander, president and CEO, Meals on Wheels America. “Local Meals on Wheels programs are uniquely positioned to reach these at-risk individuals and are working tirelessly to adapt to the rapidly evolving situation, deliver meals safely and respond to an unprecedented increase in need.”

Meals on Wheels America, the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger, has seen an outpouring of support from corporations, foundations and individuals, and continues to raise much-needed funding during this uncertain time. To date, 520 local providers have been awarded COVID-19 response grants.

“These dollars will go a long way in helping us meet the growing need for meals in Lake County over the next several months as we all face the coronavirus together,” Tomsick said.

He credits his great staff and volunteers who work hard to serve the senior community every single day.

Adult mentors needed for program

Torchlight Youth Mentoring Alliance provides mentoring to youth in Lake, Geauga, and Ashtabula counties. In our traditional community-based program, we are in need of mature adult mentors to share friendship, consistency, and positive life experiences with a child/teen that has similar interests. Mentors and mentees typically get together a few times each month for a few hours each time. We also have five additional programs, created to serve the needs of our community. More information can be found on our website at <https://torchlightyouthmentoring.org>.

COVID has impacted our ability to match mentors and mentees, and

as of June 1, were happy to once again be able to do so, but our wait list of kids waiting for mentors has grown to 28.

Mentors have been creative during this time, getting together virtually with their mentees, and have used this as another tool to connect regularly. We are hopeful that this summer will provide opportunities for mentors and mentees to get together safely and that we have volunteers to help decrease our wait list.

Please contact Donna Bares at dbares@torchlightyouthmentoring.org for additional information or apply to be a mentor online at torchlightyouthmentoring.org/#/programs.

Current CDC recommendations for at-risk adults

Like many illnesses, older adults face higher risks of contracting COVID-19 and/or experiencing complications, particularly if they also have chronic medical conditions. According to CDC, if you are at higher risk of getting very sick from COVID-19, you should:

- Get up-to-date information about local COVID-19 activity from public health officials.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Choose a room in your house that can be used to separate sick household members from others.
- Take everyday precautions to keep space between yourself

and others:

- o Wash your hands frequently.
- o Avoid touching your eyes, nose, and mouth with unwashed hands.
- o Stay home when you are sick.
- o Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- o Clean and disinfect frequently touched objects and surfaces.
- o Wear a cloth face cover when you go out in public.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.

We encourage concerned individuals to follow state and local health department communications for the best information and accurate instructions for each unique community.

Project Hope for the Homeless continues COVID-19 response

Emergency shelter remains open with expanded hours of service

Project Hope for the Homeless, the only emergency shelter in Lake County, remains open with expanded hours for our guests to help limit the spread of COVID-19.

The adult shelter is open 1 p.m. to 7 a.m. weekdays and 24 hours daily on weekends. During the week, adult guests can go to the Salvation Army from 7 a.m. to 1 p.m. Our “Families Moving Forward” program operates 24 hours every day in a separate wing of our 25 Freedom Road facility.

At our off-site Hope House, we continue to shelter three seniors 24 hours per day, and these guests were granted extended time to stay at the facility. To help with social distancing, we reduced the maximum number of guests at the adult shelter and have sheltered any overflow at a local hotel. Both of the programs offered off site also receive case management services. After-care services also continue but with limited in-person contact.

Project Hope for the Homeless

keeps up with CDC guidelines for disinfecting along with reminding guests, staff and volunteers to wash hands continually.

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 keep our extended hours of service or mail a donation to Project Hope for the Homeless, P.O. Box 2035, Painesville, OH 44077.
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 our website www.projecthopeforthehomeless.org and Facebook at www.facebook.com/projecthopeforthehomeless for updates.

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Staying Connected Check-in Service

Available through the
Ohio Department on Aging

Due to the COVID-19 emergency, older adults are at a heightened risk of contracting this disease and having more serious complications.

We know that issues of isolation and loneliness may increase as family members resume their normal routines. Isolation can have serious emotional and physical impacts on any of us, but especially on older adults.

During a time when physical distancing has become necessary, many older Ohioans are finding it harder than ever to feel connected to the world and people around them.

This is why the Ohio Department of Aging created the “Staying Connected Check-in Service.” The Staying Connected service provides a FREE, daily check-in by phone for Ohioans age 60 or older. This service provides comfort and can connect you with aging network information and support. It's easy to get started. Explore the resources below to learn more.

Check-in calls will be made from 7 a.m. – 6 p.m. daily. You choose the time that suits you. You can place a hold on these calls at any time.

Who can participate?

Ohio residents 60 years of age or older who:

- Have a valid phone number (mobile or landline).
- Provide an alternate contact (preferred but not required).

How it works:

- We will make three attempts to contact you. When you respond, you have these options:

- Confirm you are OK.
- Transfer to learn more about aging services in your area.
- Connect for a friendly chat.

If you do not answer after three attempts, we:

- Reach out to your alternate contact, if one is provided.
- Place a live call to you and your alternate, if previous contacts fail.
- Notify local nonemergency services (e.g., sheriff's office) if live call fails to connect.*

* *This is not an emergency service. If you have an emergency, call 9-1-1.*

Signing up for the Staying Connected Check-in Service is quick and easy.

The service is for Ohio residents age 60 or older. You must have a valid phone number – either mobile or landline. Sign up online at www.stayingconnected.age.ohio.gov or call 1-833-ODA-CHAT (1-833-632-2428) for help signing up.

To sign up, you will need the following information:

- Your name, year of birth, street address, phone number, and email (if available).
- The name of an alternate contact (if providing one), their relationship to you, and their phone number.
- Your preferred one-hour contact window between the hours of 7 a.m. – 6 p.m.

** *Participant must be prepared to receive and respond to a phone connection test as part of this registration process.* **

Council on Aging COVID-19 response continues

The Lake County Council on Aging continues to closely monitor coronavirus (COVID-19) and follow the current guidance from the leading health authorities to ensure the agency is taking the right actions to protect senior clients, volunteers, employees and the communities where we operate.

The agency continues to adapt services and programming to meet the changing needs while remaining vigilant in upholding safety precautions as recommended by the Centers for Disease Control & Prevention (CDC), local governments and the Ohio Department on Aging.

Since the coronavirus outbreak, the Council on Aging has been using all resources within its power to continue to provide vital services that help older adults remain safe and independent in their homes during the pandemic. The demand for home-delivered “Meals on Wheels” by local seniors has grown by more than 35% since March. Meals delivered by a friendly face, at a safe physical distance, have meant so much to those who are more isolated than ever.

The Council on Aging is committed to serving our senior friends and neighbors, while being mindful of person-to-person contact. Although our administrative offices on East Avenue remain closed to visitors and appointments, there is much going on behind the scenes to help local senior citizens remain active and connected. The agency has been working with community partners to ensure that essential services are delivered to Lake County seniors.

Our staff continues to make and receive hundreds of phone calls from seniors seeking information

and assistance, support or referral into the programs like home delivered meals. If you are in need of these meals, please call our office at (440) 205-8111 and we will be glad to speak with you about getting started with the program.

Members of the community are encouraged to call the agency if they are experiencing difficulties or know of someone who is seeking assistance. Phones are being answered by a receptionist Monday thru Friday from 10:30 am until 3 pm, and there are specialists taking calls from 8:30 am until 4:30 pm to help people meet their needs. Oftentimes these calls are transferred to our knowledgeable social work staff who can then coordinate meetings over the phone.

As Ohio slowly reopens, we too are cautiously making changes to the protocols which were put in place in mid-March. Among these changes is an expansion of the delivery of seniors meals from Mondays and Thursdays only to Mondays, Wednesdays and Fridays. This has been a welcome change indeed as it allows for more fresh hot meals for isolated seniors. The Council on Aging has also reactivated our light housekeeping program (known as Homemaker) to serve existing program clients.

The Non-Medical In-Home Care Program continues with services for people who need assistance with bathing, dressing and light housekeeping in accordance with regulations set by the contracted home aid companies.

The agency recognizes the inconvenience COVID-19 service adjustments may have caused, but decisions were made in the best interest of reducing the risk of community spread and exposure.

Lake-Geauga Recovery Centers open to help those with addictions

As an “essential service” as defined by the state of Ohio, Lake-Geauga Recovery Centers remains open during the COVID-19 crisis to anyone struggling with addiction or wants to refer someone struggling with addiction.

We know, in these uncertain and stressful times, that those with addiction issues continue to need care, particularly our senior population. Research has shown that substance

use, abuse and addiction are not limited to a specific age group. Problems related to substance addiction are a central cause of ill health in the population aged 65 and above, especially the abuse of prescription drugs and legal substances. At Lake-Geauga Recovery Centers we provide a wide range of services for adults whose lives have been affected by their own or another's use of alcohol or other drugs, problem

gambling or by mental illness.

We are taking proactive steps to keep our clients and staff safe while serving the needs of our community by continuing to clean and sanitize our facilities and encouraging staff, clients, and guests to follow appropriate personal CDC health practices as the health and safety of staff and clients is our number one priority.

Contact us at (440) 255-0678

to connect with one of our intake counselors and learn more about how to access our services in person or through telehealth without having to come to one of our locations.

For more information about addiction services for you or a loved one, and how to have the conversation, we encourage people to call Lake-Geauga Recovery Centers at (440) 255-0678 or visit us online at www.lgrc.us/services.

Information and assistance is just a phone call away

The Aging & Disability Resource Center (ADRC) at the Lake County Council on Aging works hard to provide individuals with information, assistance and resources to meet their needs through our Department of Information and Assistance (I&A). I&A serves individuals age 60+, adults with a self-defined disability, and their support system. It is the starting point for answers to questions about available community services and supports that can help when the independence of an older adult or person with a disability is challenged.

Oftentimes speaking with an I&A specialist is what is needed to even identify the problem, as many callers have difficulty articulating what it is they are looking for.

By simply calling our office an I&A specialist can assess your needs, identify services to meet those needs, and link you with providers of those services.

Most importantly, we want to know your needs are being met, so our I&A specialist can follow-up with you to ensure that such needs are being taken care of through the referral process.

Typically I&A is provided

through phone calls and walk-ins, however, the agency remains closed to visitors because of COVID-19. An I&A specialist is available by phone Monday through Friday from 8:30 am to 4:30 pm.

The support we offer is one of a kind, and we work with the consumer to make sure all needs are being taken care of.

The ADRC proudly maintains their own resource database of resources including lists of lawn care providers in the summer, snow removal providers in the winter, nonmedical home health agencies, skilled home health agencies; handymen who can help with a variety of jobs, nursing homes, and assisted livings, senior subsidized apartment, and attorneys who specialize in elder law.

This is just an example of the resources available to those who are seeking I&A. It is important to note that these lists are provided as a resource and not considered an endorsement of any kind. Access to these resources and more are just a phone call away.

Call us at (440) 205-8111 to get answers to your questions and information on resources that can help.

Virtual programming for seniors

We Thrive Together (WTT), partnered with organizations across northeast Ohio, to ramp up virtual programming for adults 50 years and older. The events include, but are not limited to, discussion groups, bingo, exercise classes, music, trivia, puzzles, games, presentations, and more.

WTT was started to reduce social isolation and loneliness across our community. Unfortunately, you don't have to go very far to see the face of loneliness. It is everywhere. Social isolation is associated with an increased risk for early death, cognitive decline, and various mental health conditions. The good news is that together we can make a difference.

We Thrive Together was made possible with a grant from the Cleveland Foundation and sponsorships from the Lake County General Health District and the Western Reserve Area Agency on Aging.

WTT is actively seeking more collaborators and sponsors.

Visit WeThriveTogether.org to find a full list of programming available for free to Lake County residents. After registering for an event, you'll receive instructions to join the program either by telephone or with an Internet-ready device. To learn more or to register for an event email Alyssa at alyssa@WeThriveTogether.org or call (440) 478-5640.

WTT also launched the We Thrive Together get-together line. So, if you are feeling lonely, just want to talk, or need a mental break, reach out to the WTT get-together Line.

Join by computer/tablet/smartphone: <https://zoom.us/j/3118484571> or traditional telephone at (312) 626-6799, event ID: 311 848 4571. The line is open Monday through Friday from 8 am to 10 pm.

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Crossroads Health: Caring for our senior citizens in the age of COVID-19

Growing old is, of all things we experience, that which takes the most courage, and at a time when we have the least resources, especially with which to meet frustration.

—May Sarton, poet, from *The House by the Sea: A Journal*

Crossroads Health provides individualized mental health and recovery services throughout all ages and stages of life. We embrace each individual's unique set of life experiences and specific needs—to understand who they are, and support them on their path to who they are becoming—a process without end.

Our senior citizens face a unique complex of overlapping needs: family, medical care, change of life, loss and grief, mental health, financial concerns, and addiction. Our current realities of COVID-19, racial tensions, protests, and political unrest can intensify depression, anxiety, and isolation, compounding our sense of well-being. 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 trauma-informed care for your mental health needs.

We continue to take preventative health measures to minimize the spread of COVID-19 and now offer safe, secure telehealth services via telephone, video-conference, virtual support groups, as well as in-person services. In partnership with Lake County ADAMHS Board, 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.

Of course, we understand that many people are not comfortable with online activity. This is why many individual and group counseling options are available with appropriate social-distancing measures to explore experiences, develop new skills, provide support and socialization, and address personal goals. Please call (440) 354-9924, and we will provide you with services that best meet your needs—safely and securely.

COVID-19 is still with us

Tips for staying healthy

As businesses continue to re-open in Lake County, and many return to their usual activities, it is important to remember that the coronavirus, or COVID-19, is still in our community and will continue to be for some time. By staying at home and changing our behavior the last few months, we have been able to learn new information about the virus, reduce the burden on our healthcare systems, and plan for how we can continue the activities we love in the safest way possible.

The fact remains that those who are at higher risk for serious illness from COVID-19 are those 65 years and older, those with underlying chronic conditions and/or serious conditions such as asthma, diabetes, heart, lung or kidney disease, those who are immunocompromised and those who are obese. There are simple steps you can take to safely resume the activities you enjoy while reducing the risk of becoming ill.

1. Monitor your health for symptoms suggestive of COVID-19. Symptoms may appear 2–14 days after exposure to the virus and may include fever or chills, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. If you have any of these symptoms stay home and contact your healthcare provider. Call 9-1-1 immediately if you or someone you care for has trouble

breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

2. Stay at least six feet, or about two arms' length, from other people. COVID-19 is spread through respiratory droplets, and we know now that people without symptoms can spread the virus to others.

3. When in public, wear a cloth face covering over your nose and mouth. Face coverings may slow the spread of the virus and help those who may have the virus and do not know it from spreading it to others. They provide an extra layer of protection to help prevent respiratory droplets from traveling in the air and onto other people.

4. Wash your hands often, and use hand sanitizer when soap and water are not readily available. Clean and disinfect frequently touched surfaces often.

5. When visiting or dining with friends and family, consider spending time outdoors. Keep social distance and avoid crowded spaces as much as possible.

COVID-19 is something we will live with for quite some time. It is everyone's responsibility to assess their own personal situation and determine the best way to reduce their risk of becoming ill. For additional information on COVID-19, visit www.lcghd.org, coronavirus.ohio.gov, or call our COVID-19 hotline at (440) 350-2188. Stay safe and healthy!

Why preplan with us?

If you like the peace of mind you get from insurance, you'll understand why it makes sense to preplan with us. We know of no other funeral home's policies that work as hard to do all this:

- Spares your family from making detailed decisions at an emotional time
- Ensures that wishes are expressed
- Prevents overspending and can lock in costs

We're experts at preplanning, and know all of the issues that may arise. Call us, you'll be glad you did.



368 Mentor Avenue
Painesville, Ohio
440-357-7544

www.johnsonfuneralservices.net

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Emergency appeal

Consider a donation to the Council on Aging

The Lake County Council on Aging needs your help to protect and care for the most vulnerable people in our community, and meet the growing needs of a population which is more susceptible to the effects of the COVID-19. By donating to the Lake County Council on Aging, you help preserve and enhance services that help local seniors remain safely in their homes during the coronavirus pandemic.

Making a secure donation is easy. You can visit the Lake County Council on Aging website at lcco.org and click the "donate" button to make a secure online donation. Donations can be made in any amount and you will receive an e-mail

confirmation after completing your transaction.

You may also send a check directly to:

Lake County Council on Aging
Attn: Donation Response
8520 East Avenue
Mentor, OH 44060

Please be sure to include a note explaining your motivation for making a donation.

The Council on Aging is a qualified 501(c)(3) tax-exempt organization, and donations are tax-deductible as permitted by law. If you have questions about your donation, please give us a call at (440) 205-8111. Your help and generosity are greatly appreciated!



By Joseph Tomsick
CEO, Lake County Council on Aging

Roadhouse Ribs

A delicious summertime recipe to create seriously awesome, “fall off the bones,” baby back ribs! The slow, oven roasting cooks the ribs to perfection, while the grilling adds the finishing smoky flavor and charring. Your family and friends will be begging you for your “secret recipe!”

Ingredients:

- 1 or 2 large racks of pork baby back ribs
- Aluminum foil
- Salt
- Coarse ground black pepper.

- A bottle of your favorite barbeque sauce (I like “Sweet Baby Ray Honey Barbeque”)

Alternative “Secret Dry Rub”

(Creates enough mix to store in an airtight container and use for four or five additional meals)

- 1 ¼ cup white sugar
- 1 ¼ cup brown sugar
- ½ cup kosher salt
- ¼ cup ground black pepper
- ¼ cup paprika
- ⅛ cup garlic powder

Instructions:

1. Preheat oven to 275 degrees.
2. Cut each large rack of ribs into thirds so that you end up with 3 smaller portions racks.
3. Two options: If you don’t have enough time to make the “secret dry rub,” then simply sprinkle a light coating of salt over both sides of the ribs. Then using a pepper grinder, add a more generous por-

tion of coarse ground pepper over the top and bottom of each rack.

NOTE: If you decide to make up a container of “secret dry rub” as described above, be sure to rub both sides of the ribs generously with the mix!

4. Tear off enough aluminum foil to be able to wrap each individual portion of ribs “loosely.” (It may help to lightly spray the inside of the aluminum foil with a non stick cooking spray to prevent some meat from sticking). Place the seasoned, individual portion of ribs in the middle of the aluminum foil sheet, and between folding upwards, creating a small tented bag, sealed on the sides and top.

Be sure that the bags are sealed as best as possible as there will be a lot of juice that forms during the cooking process, and you don’t want that leaking out into your oven.

5. Place the “rib foil bags” onto

a large baking sheet, and into the oven for 2½ hours.

6. Once the ribs are finished in the oven, remove them and carefully open the bags. The meat should have pulled back about ¼ - ½ inch from the cut ends of the bones. Let them sit for about 10 minutes or so, while you preheat your grill. Coating the grill with cooking spray helps prevent the ribs from sticking.

7. Remove the racks from the foil bags and carefully place them directly on the grill. Brush the first side of the racks with your favorite barbeque sauce. Grill the brushed ribs for about three to four minutes, carefully flip them over and then brush the other side with the sauce, and again, grill for about three to four minutes only. They should be slightly charred in a few spots when they’re finished. NOTE: Watch the grill heat so as not to burn up the ribs. Enjoy!!

Council on Aging not participating in SFMNP in 2020

The Council on Aging will not be participating in the 2020 Senior Farmers’ Market Nutrition Program (SFMNP). This difficult decision was reached after much discussion and careful consideration for everyone involved. As a result of COVID-19 the Council on Aging is still not open to visitors and staff continues to work remotely to serve seniors by phone or email.

Since early April the Council on Aging has been working with the Lake County Board of Commissioners, Laketran, Greater Cleveland Food Bank, Lifeline Inc. and RSVP to provide fresh produce to seniors in need. (See advertisement to the right.) In addition to produce, dairy items and pet food are also available but not guaranteed.

The produce pick-up program is held every Wednesday from noon – 3 pm through August 12 at the Laketran Park-n-Ride located at 8650 Market Street in Mentor. **Preregistration is required!**

Interested seniors can register by calling the Council on Aging at (440) 205-8111 or by calling 2-1-1. Seniors must register every week that they want to pick-up produce. A proxy can pick up the produce for you if you are not able to drive, just let them know when you call to register.

SUBSCRIBE TO BRIDGE!

Call (440) 205-8111 to start receiving your copy of Bridge in the mail. Only \$6 per year for four quarterly issues!

Attention: If you received this copy in the mail, please note it was a special mailing.

Free Produce Pick-up for Seniors



Stay in your car and receive a box of fresh produce and dairy items!

When: Every Wednesday, May 20 - August 12

Where: Laketran Park-n-Ride, 8650 Market St., Mentor

Who: Lake County residents 60 years & older

- **Produce is limited; please register in advance.**
- **New registration required each week.**
- **You will be given a time slot between NOON and 3:00 PM.**
- **Be prepared to open your trunk and have room for the items.**

PRE-REGISTRATION REQUIRED

Call Lifeline at **2-1-1** or **440-639-4420**

Mon - Sun 8:30 AM - 5:00 PM

OR

Call the Council on Aging at **440-205-8111**

Mon - Fri 8:30 AM - 4:30 PM



Good health starts with **good choices.**

Trust the care and appreciate the convenience of the Lake Health Physician Group.

From primary care and pediatrics to surgery and orthopaedics, there's a Lake Health Physician Group near you. Our physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Most of our physicians also offer online appointment scheduling for non-urgent visits at lakehealth.org/schedule.

Chardon Family Practice*

510 Fifth Ave.
Chardon
440-279-1500

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

7580 Auburn Rd.
Concord Twp.
440-352-0400

Hackett Medical Group

8300 Tyler Blvd.
Mentor
440-205-1529

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

OB/GYN*

5105 SOM Center Rd.
Willoughby
440-602-6710

9485 Mentor Ave.
Mentor
440-205-5862

Women's Health Specialists*

4176 State Route 306
Willoughby
440-918-4630

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

Madison Pediatrics*

6270 North Ridge Rd.
Madison
440-428-6225

Mentor Pediatrics*

9485 Mentor Ave.
Mentor
440-205-5800

Willoughby Pediatrics*

36100 Euclid Ave.
Willoughby
440-942-4844

Chardon Pediatrics*

510 Fifth Ave.
Chardon
440-279-1590

Orthopaedics*

36060 Euclid Ave.
Willoughby
440-602-6670

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

Willoughby General Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360

7580 Auburn Rd.
Concord Twp.
440-352-9554

Ophthalmology*

36100 Euclid Ave.
Willoughby
440-946-9555

Pulmonology

9500 Mentor Ave.
Mentor
440-255-5620

Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

Plastic Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

Willoughby Endocrinology*

36100 Euclid Ave.
Willoughby
440-951-1073

Mentor Endocrinology

8300 Tyler Blvd.
Mentor
440-266-5000

Pain Management*

5105 SOM Center Rd.
Willoughby
440-953-5760

9485 Mentor Ave.
Mentor

440-205-5799

Ohio Hand to Shoulder Center

13170 Ravenna Rd.*
Chardon
844-542-6363

7580 Auburn Rd.
Concord Twp.
844-542-6363

25501 Chagrin Blvd.
Beachwood
844-542-6363

provider-based facility*



lakehealth.org