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## Fighting COVID Fatigue

Lake County has many opportunities to help with depression and for you to stay connected!

By Deanna Adams

**C**ovid fatigue. Chances are you've heard the term by now. If you've been feeling down, tired of being nervous about going outside your home, sick of worrying about seeing other people, even family and friends, and just want to get this year over with, you are most likely suffering from this most common affliction.

And you are not alone. Many people are feeling the same. And it's become even more difficult as time passes because COVID fatigue syndrome causes people to want to give up. To risk getting sick rather than staying sequestered inside their homes. They stop listening to, and having faith in, health leaders, and even scientists.

We all know that stress can have long-term effects on both our mental well-being and our physical health. And mental and physical health go



hand-in-hand. And while this crisis has affected everyone to one degree or another, it can have devastating results for isolated seniors.

Adrienne Green, program director for the Lake Health Center for Geriatric Psychiatry, has worked with seniors for years, both at Lake Health, and the Lake County Council on Aging

and has seen first hand how isolation and lack of socialization can result in mood changes that adversely affect the elderly.

"We work with seniors 65 and older who may be suffering from mental health struggles, such as depression, anxiety, hallucinations or dark or suicidal thoughts," Green says. "Isolation from family and less social interaction can cause people to feel overwhelmed with loneliness.

"So many had been enjoying a very active life with all the outside activities being offered in their community. Then to suddenly not be able to get out and enjoy being with others has been extremely hard, especially for those predisposed to depression."

But there are ways that you and your family members can get through this crisis. When it comes to opportunities in connecting with others, Lake County still has much to offer.

See COVID FATIGUE on page 4

## March for Meals goes virtual in 2021

**T**he Lake County Council on Aging has shifted its annual "March for Meals" fundraiser for 2021 to a virtual event.

For the first time ever, the agency will be shifting from an in-person gathering to a virtual fundraising event due to the coronavirus pandemic. Beginning Monday, March 1, 2021, the Council on Aging will kick off a month-long celebration.

This Lake County event will be one of hundreds of local programs across the country that reaches out to their communities to build support for Meals on Wheels. Now more than ever before, the Lake County Council on Aging needs the support of our community and is asking our neighbors to take part in this fundraiser to help support the ever-growing number of seniors reaching out for nutritional support.

"We often use the phrase 'More than a Meal' when talking about the home-delivered meal program," said John Thomas, Council on Aging board president. "These daily meals are of



course the nutritional part, but the visit by one of our incredible volunteers can sometimes play a more critical role. They provide a friendly greeting and a baseline safety check on seniors who can be frail and at risk. This has a significant, positive impact on the health, well-being, and social connectedness of

our home-bound seniors."

Nationally presented by Meals on Wheels America, the annual March for Meals events commemorate the historic day in March 1972 when President Richard Nixon signed into law a measure that established a national nutrition program for seniors 60 years and older. Since 2002, Meals On Wheels programs from across the country have joined forces for the annual awareness campaign to garner the financial support needed to fill the gap between the seniors served and those still in need.

Through the Meals on Wheels home-delivered meal program, hundreds of seniors in Lake County who live alone and are in need of food receive nutritional meals delivered directly to their homes.

"If you have ever received a warm  
See MARCH FOR MEALS on page 17

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# There is hope for normalcy in 2021 – this too shall pass!

As a new year begins, I believe we can collectively say that all of us want a better year ahead. We are all very tired of this pandemic that has changed our lives. If you're like me, you probably can't wait for the day when we will be able to freely visit, see and spend time with family and friends, enjoy live music and sports events again, and attend community gatherings.

The good news is that we will get there someday.

My wish for 2021 is that it brings energy and encouragement, hope and optimism each day, for all of us. We need to do our best to avoid the fatigue that is associated with this virus and not let our guard down. It is still so important for all of us to take proper precautions, maintain safe distancing, avoid crowds and wear masks. And someday, we will sense that the anxieties, fears and uncertainties of 2020 will have started to fade.

Long before coronavirus, we've known the important role that the Lake County Council on Aging has played for the seniors in our community. For almost 50 years, we have continued to deliver critical home-based programs for seniors, from social work to nutrition, homemaker to benefits assistance, working hard to meet changing needs. 2020 made us focus on the essential services we provide, and to continuously serve an increasing number of seniors in need of help, while ensuring the financial stability of the agency.

As the news surrounding COVID continues to make headlines every day, no one really knows just when the health crisis will begin to ease. Until then, it's on all of us to maintain a positive outlook, remember that this too shall pass, and to do what we can to keep everyone safe until that day arrives!

In closing, I am thrilled to announce that March for Meals will return to Lake County this year, virtually! Our task force has been busy planning this month-long celebration which kicks off on March 1, 2021. I encourage you to consider helping us make a difference in our community by becoming a sponsor, creating a virtual walk team, or simply by participating in our online raffles.

Respectfully,

Joe Tomsick  
CEO Lake County Council on Aging

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**Mission Statement**

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

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

**Lake County Council on Aging**  
8520 East Avenue, Mentor, Ohio 44060  
Open Monday through Friday 8:30 am – 4:30 pm

[www.lcco.org](http://www.lcco.org)



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## COVID fatigue from page 1

### Resources to help with depression

The pandemic crisis has forced people to avoid close contact with others, and that can especially affect older seniors who need family and friends now more than ever. However, the same organizations adults have relied on for years are still available for help.

There are people and places that can help. The first step is to reach out to someone if you, or someone you know, is losing hope.

Crossroads Health is well known for its dedication in helping people of all ages with mental health issues.

“Crossroads Health offers a phone-base support group for anyone specifically dealing with COVID stress, or for anyone who simply has questions or concerns that need addressed,” Green notes. “We encourage anyone having a rough time of it to talk to their doctor, or a trusted friend or relative. It’s very important to link up with support systems and they are just a phone call away.”

Another call you can make is to the Lake County ADAMHS

Board’s Compass Line, which is available Monday through Friday. This will connect you with a trained triage specialist — someone who can help you sort through your feelings, evaluate your options, and get you connected quickly and firmly with the right local resources. It’s free and confidential, and is a great place to start.

But sometimes, immediate help is needed. At any time of day or night, a person can call the Lake County Crisis Hotline 24 hours/seven days a week. The crisis hotline is confidential and staffed by trained workers who will listen and guide you in the right direction for help and aid.

### Programs and opportunities to help You stay connected

Before COVID, Lake County senior centers were an important pipeline for the community and are sorely missed. The pandemic has taken away what, for many, were daily or weekly rituals in seeing peers and being involved in the number of activities their hometown center offers.

Fortunately, with strict rules in

## Tips for making every day better!

**Establish a good morning ritual.** Get dressed each morning with a purpose in mind. Do something you enjoy first thing, be it a walk, or eating a healthy breakfast with your coffee or favorite kind of tea.

**Exercise.** Incorporate some kind of movement routine, even just 10-minute exercise ritual, be it standing or sitting in a chair. It’s a great and healthy way to cope and keep active.

**Talk to someone.** This can be very beneficial in not feeling like you’re alone in this.

**Constructive thinking.** While we cannot control the situation, we can adjust our thinking. Be compassionate with yourself and others. Remind yourself, “I’m doing the best I can.”

**Mindfulness and gratitude.**

Remind yourself of the good things in your life. Whether it is good health, family, friends, neighbors, be thankful and remember to take it one day at a time.

place in restaurants and shopping areas, these can still be safe places to venture out and socialize, for those who like to go out to eat and see others in a safe and friendly environment. This can give seniors a feeling of normalcy which can help lift spirits.

For those who cannot get out easily or are home bound, computers, tablets or smart phones are a great option to stay connected to family and friends. It’s just a matter of learning a few new skills to exploring a whole new world that is open to everyone at the touch of a screen or click of a mouse.

“We are seeing more and more seniors jumping on the technology bandwagon,” says Denise Powell, director of the Painesville Senior Organization. “After all, it is not going to go away, it’s here to stay. And there truly are some great opportunities for engagement at your fingertips.”

Here are some local resources that are available online to keep seniors busy and socially active:

“We Thrive Together,” was started to increase socialization and reduce social isolation and loneliness in our community. You can take advantage of free events and activities available online, at the senior centers, libraries, and other various local venues. (When they reopen!)

Another resource, “Motivate Lake County,” is an online service that offers local education, information, and resources; weekly and monthly challenges; programming and events; and personal health data tracking and assessments.

Recently, Motivate Lake County has established a “Connections” program. Through a partnership with the Lake County General

Health District, Painesville Senior Center and We Thrive Together, and in collaboration with the Lake County Council on Aging, there are a number of free programs seniors can now take advantage of to help them stay connected. These include discussion and support groups; games like music bingo and trivia; exercise programs and relaxation sessions; and even virtual trips and speed dating!

COVID has put a strain on all of our lives and with vaccines there is real hope that this will all be over soon. Until then, take advantage of the resources listed above and together we can all get through this.

## LAKETRAN CELEBRATES 25 YEARS OF SERVING LAKE COUNTY VETERANS

**THE VETERANS MEDICAL TRANSPORTATION PROGRAM HAS GROWN TO PROVIDE OVER 10,000 MEDICAL TRIPS ANNUALLY.**



Perry resident Mark Sweeney, served in the US Army in the early 1980s. Since moving to Lake County, Sweeney has relied on the Veterans Medical Transportation to get him to his medical appointments.

“This is a great service. I don’t have a car and people are not always reliable to get me to my medical appointments,” Mark shares, “This program helps me get the care I need and helps me financially.”

Veterans must register with the Veterans Service Commission to be eligible for the free transportation.

For more information on Laketrans’ Veterans Medical Transportation program, call 440-354-6100 or visit [laketrans.com](http://laketrans.com). For more information about the services offered by Lake County Veterans Service Commission, visit [LakeCountyOhio.gov/Veterans](http://LakeCountyOhio.gov/Veterans) or to register for Veterans Medical Transportation, call 440-350-2904.



In partnership with the Lake County Veterans Service Commission and Lake County Board of Commissioners, Laketrans has operated a special Veterans Medical Transportation service for 25 years, ensuring local veterans have accessible transportation to and from medical appointments.

The program guarantees Lake County veterans have access to VA appointments, healthcare and adult daycare centers by providing free door-to-door transportation to veterans and their spouses. Veterans can travel to any medical facility in Lake County and to Louis Stokes Cleveland VA Medical Center, Cleveland Clinic and University Hospitals in University Circle.

### IMPORTANT CONTACT INFORMATION

**Lake County Council on Aging**  
(440) 205-8111  
[lcoa.org/contact-us](http://lcoa.org/contact-us)

**Crossroads Health**  
(440) 255-1700  
[crossroadshealth.org/contact-us](http://crossroadshealth.org/contact-us)

**Motivate Lake County**  
(440) 478-5640  
[info@motivatelakecounty.com](mailto:info@motivatelakecounty.com)

**Lake County ADAMHS Board**  
**General:** (440) 350-3117  
[info@lakeadamhs.org](mailto:info@lakeadamhs.org)  
**Compass Line:** (440) 350-2000  
[compassline@lakeadamhs.org](mailto:compassline@lakeadamhs.org)

**Lake County Crisis Hotline**  
(440) 953-TALK (8255)

**We Thrive Together**  
(440) 478-5640  
[Alyssa@WeThriveTogether.org](mailto:Alyssa@WeThriveTogether.org)

**L.C. General Health District**  
(440) 350-2543  
[www.lcghd.org/contact-us](http://www.lcghd.org/contact-us)



## Laketrans highlights safety protocols

Ensuring public transit remains a safe and reliable option during the COVID-19 pandemic

As COVID-19 case numbers continue to rise in Ohio, Laketrans is joining with the Ohio Public Transit Association and transit systems across the state to launch the “Ride Easy Ohio” campaign.

The campaign highlights safety initiatives to uphold public transportation as a safe and viable option, even in the midst of the pandemic. Best practices include wearing facial coverings, practicing social distancing, cleaning and sanitizing vehicles and facilities, practicing safe hygiene, and employee self-monitoring.

“We want people to know that public transit is a safe place to be. As far as we know, there have been no cases transmitted onboard our buses to date and in a recent survey of our busiest route, 98 percent of our customers said they felt safe riding Laketrans,” shared Laketrans CEO Ben Capelle.

“Keeping public transit safe is a mutual commitment between us and our riders. We provide free masks and hand sanitizer on-board, limit our seating to six feet apart and continue to sanitize our buses daily. We ask that our riders self-monitor, practice safe hygiene and please don’t take transit if you are sick.”

Laketrans has also joined the American Public Transportation Association’s “Health and Safety

Commitments Program” and pledged to meet national standards alongside over 175 transit systems nationwide.

Laketrans is committed to five safety protocols

1. Following public health guidelines from official sources.
2. Cleaning and disinfecting transit vehicles daily and requiring face coverings and other protections.
3. Practicing social distancing by monitoring passenger loads and capacities.
4. Keeping passengers informed and empowered to choose the safest ways to travel and pay their fare.
5. Putting health first by requiring riders and employees to avoid public transit if they have been exposed to COVID-19 or feel ill.

Throughout the COVID-19 pandemic, including during the Ohio Department of Health’s stay-at-home order, Laketrans has continued to operate as an essential service, providing trips to work, medical appointments and shopping.

Laketrans’s commitment to safety has always been a top priority, and now more than ever, Laketrans wants customers to be assured every precaution possible is being taken to make your ride safe.

## Meals on Wheels America salutes Council on Aging for sharing the love

Community gathers food for 4th annual blizzard bags promotion

In December, the Council on Aging participated in the 13th annual Subaru Share the Love event as a member of Meals on Wheels America — one of four national Share the Love partners supported through the promotion.

The annual food drive was a bit different due to senior centers being closed. Adventure and Ganley Subaru dealers collected non-perishable food items along with several days of “Stuff the Subaru Trunk” at the Council on Aging office. The food items were placed in emergency “blizzard bags.” The bags are being distributed to Meals on Wheels recipients for times when storms or other events prevent a meal from being delivered by a Council on Aging volunteer. By creating this blizzard bag food drive, the Council on Aging will earn points toward the Share the Love campaign and will receive a share of the donations raised by Ohio Subaru dealers.

“We are thankful to Meals on Wheels America and Subaru for

all their past support of our efforts,” said Joe Tomsick, Council on Aging CEO. “For the fourth year, thanks to the generous donations we received from community members, we were able to ensure that clients will have food on hand in the event that winter weather or other emergency prevents the home delivery of their meal.”

In 2020, the Council on Aging was awarded a grant of nearly \$5,000 from Meals on Wheels America for its creative blizzard Bag project and participation in the Subaru Share the Love Event.

### About Meals on Wheels America

Meals on Wheels America is a national organization supporting more than 5,000 community-based programs that are dedicated to addressing senior isolation and hunger. Along with more than two million staff and volunteers, they deliver nutritious meals, friendly visits and safety checks that enable America’s seniors to live with independence and dignity.



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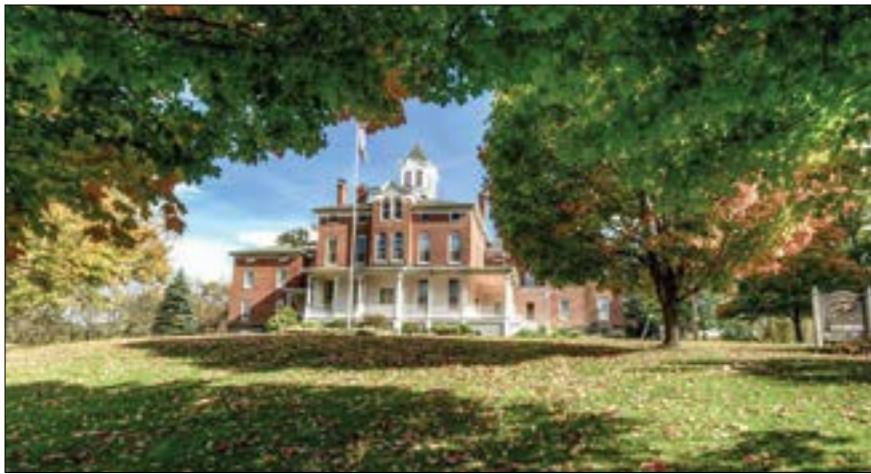
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To leave a bequest is to make a permanent statement of your values. It is by this act of charity that the world will remember what you cared about and what you stood for. If providing for seniors matters to you, consider a gift to the Lake County Council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



## Lake County History Center

A great resource for genealogy, events, exhibits and more

The Lake County History Center lends itself to being more than a museum. The History Center is a great resource for anyone doing research on all things in Lake County even genealogy.

They house archives of memorabilia of families and how the Rotary Club, Lions Clubs and many other organizations may have started.

Like most everyone these days, they will be doing virtual events and have recently created a virtual field trip to Pioneer Village that will be rolling out to elementary schools. And soon they will be

doing virtual story times once a month with one their favorite characters, "Aunt Annie." Be sure to tell your grandchildren about this!

The Center's speakers bureaus have new and exciting topics and a terrific way to have a speaker engage your group at your own Zoom meeting.

The Lake County History Center has become much more with the newly renovated event barn. They are now a location where history and memories can be created.

Call them at (440) 639-2945 or visit lakehistorycenter.org to learn more about their exciting programs.

## VISION LOSS? Cleveland Sight Center can help

New program now available for seniors with vision disability

When eye glasses aren't enough, people choose Cleveland Sight Center. As a vision rehabilitation agency, they provide programs and services for people of all ages with vision loss to learn fundamentals for daily living, employment training and support, using assistive technology, and many recreational, social and cultural activities.

Cleveland Sight Center also offers an on-site clinic as well as a retail store with hundreds of products to live well with vision loss.

Cleveland Sight Center (CSC) is also a service provider for a program funded through Opportunities for Ohioans with Disabilities (OOD). Targeted for people age 55 and older, the Independent Living Older Blind (ILOB) program is a vision rehabilitation training program — an in-home training program — designed for seniors with visual disabilities. The goal is to serve individuals dealing with low vision or blindness, empowering them to maximize their independent functioning who are living in



their own home, retirement or assisted living community. The program has no cost to the individuals who participate. Participants will be provided with recommendations for equipment that will help them in their daily functioning; some of that equipment may be purchased for participants.

For questions about the ILOB program or to start the process, please contact Bryan Manthey, certified vision rehabilitation therapist (CVRT) at (216) 658-8746.

For additional information on Cleveland Sight Center, visit them at [www.clevelandsightcenter.org](http://www.clevelandsightcenter.org) or call (216) 791-8118.

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## Lake County senior center news

Our area senior centers are usually bustling with activities for seniors, but due to COVID-19, programming has been greatly impacted. Bridge asked the Lake County Senior Centers to give updates on their current plans for 2021 so that you can stay informed and stay active! We heard from the following centers:

### Eastlake Senior Center

New location!  
600 East 349th Street  
(440) 975-4268

As many of you know, the Eastlake Senior Center building has been up for sale since the beginning of 2019. In August 2020, it was sold at auction.

The center will be relocating to the former EPAL Community Center on East 349th Street. Please note that as of November 2020, the Council on Aging moved its nutrition kitchen for congregate and home-delivered meals to the Willowick Senior Center facility.

The Senior Market Food Program will continue to take place on the third Wednesday of the month, including January 20, 2021.

### Fairport Harbor Senior Center

1380 East Street  
(440) 354-3674

This has been a difficult year for everyone, especially our seniors. The Fairport Harbor Senior Center is making the most of this pandemic by offering limited services.

The podiatrist will be taking seniors the 2nd & 4th Wednesday of each month. We also offer a free 15 minute consultation with Attorney Jeff Hanahan on the 3rd Thursday of the month.

The Fairport Senior Center has teamed up with The Greater Cleveland Food Bank to provide fresh, nutritious produce and other items to Lake County seniors free of charge. The services are offered from noon to 1pm on January 25, February 22, March 22, and April 26. This service is on a first come first serve basis as there is a limited number of boxes. Please remember to bring a photo ID and have your trunk empty. If you need any of these services please call Chris at (440) 354-3674.

Until it is deemed safe, the center remains closed for other activities. When our county returns to orange/yellow, we will once again open just as we were from July-November.

All of the state guidelines were followed during those months and all of our members remained safe while in our center.

Please continue to follow our updates on our Facebook Page at: @FairportHarborSenior Center or check out our monthly newsletter at [ourseniorcenter.com/find](http://ourseniorcenter.com/find).

### Kirtland Senior Center

7900 Euclid Chardon Road  
(440) 256-4711

The city of Kirtland has recently hired a new coordinator for the Kirtland Senior/Community Center! Teresa Szary began in December, and will be working hard on our reopening plan. While we all recognize the hardships of the past year, and look forward to new developments, we know that there will be questions about the future. Together, we hope to come up with answers.

While we are not yet open to the public, do please reach out and introduce yourself to Teresa at either (440) 256-4711 or at [communitycenter@kirtlandohio.com](mailto:communitycenter@kirtlandohio.com).

### Madison Senior Center

2938 Hubbard Road  
(440) 428-6664

The senior center remains staffed during the pandemic to allow community seniors to seek timely assistance and to help continue to provide delivered meals to the patrons who need them. Please do not hesitate to reach out and ask for assistance.

The center may look different on the inside when you return, as your safety is their #1 priority, but the heart of the center remains the same. In order to meet "social distancing guidelines," they will be scheduling individual times to use the equipment in the exercise room and reducing the number of patrons who can participate in classes.

Health education may be done by utilizing "ZOOM" on the center's big screen TV or in your home on your computer. Congregate lunches from the Lake County Council on Aging will return with new guidelines for table spacing, but with new menus from the Greater Cleveland Food Bank.

Please continue to monitor our Facebook page @madisonseiniorcenterOH for updates and current activities and very shortly, their new website: [madisonseiniorcenter.net](http://madisonseiniorcenter.net).

See **SENIOR CENTERS** on page 10

# MAKE YOURSELF AT HOME



In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

Call **440.954.8359** to find the home that fits you at Ohio Living Breckenridge Village!



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## Volunteer Services

### Volunteers deliver holiday meals and joy

Lake County Council on Aging has delivered holiday meals to seniors on Thanksgiving and Christmas morning for 30 years. This year we had 25 volunteers take time out of their holidays to deliver a hot meal and some joy to over 140 seniors. The meals were prepared in partnership with Lake Health.

On Thanksgiving and Christmas mornings LCCoA staff and volunteers met at TriPoint Medical Center and West Medical Center to pick up meals for delivery. The request for meals was greater this year due to the pandemic as so many seniors are isolated in their homes. Our homebound seniors

enjoyed these delicious meals along with a friendly smile and a hand-crafted card. This year we had many groups of volunteers and individual volunteers who spent hours making beautiful cards in their homes to be delivered with the holiday meals.

We are extremely grateful for all our volunteers who gave of their time and talent to bring joy to our seniors this holiday season! Thank you for your kindness and making the holiday special!

To learn more about becoming a volunteer, call Ann Marie Armario at (440) 205-8111 ext. 228 or send an email to [Aarmario@lcco.org](mailto:Aarmario@lcco.org). You will be glad you did!

### New Year volunteer opportunities

As we start the new year, we look forward to a new normal and opening up more services to our clients.

It is a good time to renew your spirit by giving your time to helping others. Lake County Council on Aging is in need of kitchen assistance and Meals on Wheels drivers at all five of our nutrition sites. Your assistance to prepare and deliver nutritious meals to our seniors is at a greater need, as our seniors are more isolated than ever before due to the pandemic.

We continue with our essential service, meals on wheels delivery Monday, Wednesday and Friday's at our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison. We are also serving drive-thru meal pickup in Eastlake, Madison and Painesville on Mon-



days and Wickliffe on Tuesdays. What better way to warm a senior's day than with a hot meal and some kindness.

We are committed to keeping our seniors and volunteers safe while still providing that so needed interaction during COVID. Many safety protocols have been implemented including daily temperature checks, volunteers wearing gloves; face mask and keeping a six foot distance. We are accepting volunteer applications for all positions.

Get started today!

Call Ann Marie Armario at (440) 205-8111 ext. 228 or email her at [Aarmario@lcco.org](mailto:Aarmario@lcco.org).

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Mentor, Ohio 44060  
Be sure to designate which level you would like to join.

## Volunteers are LCCoA everyday heroes

By Ann Marie Armaro, Volunteer & Community Engagement Specialist

Lake County Council on Aging has always relied upon the generosity and dedication of volunteers, but 2020 showed the true colors of volunteers. Throughout the pandemic hundreds of volunteers have continued to serve in our nutrition sites as kitchen assistants and Meals on Wheels drivers and as friendly callers when friendly visiting and grocery shopping services were suspended.

Volunteers have gone above and beyond; dealing with new safety protocols and having to provide services in a different way. They continued to serve because they care about the mission of Council on Aging and the seniors served.

Volunteers have been the smiling face, friendly voice, caring heart and service hero throughout 2020 ensuring seniors have nutrition, a sense of security and connection so they have a nutritious meal for every day and feel safer in these turbulent times, knowing they are not alone. Volunteers are our



Jack and Rosemary Ambrose

everyday heroes helping seniors be healthier, physically and mentally, every day.

Council on Aging showed appreciation for volunteers with this brilliant blue T-shirt acknowledging their status as everyday heroes since we were unable to gather for the annual volunteer appreciation event. Now, every day, volunteers wear their shirt with pride while they volunteer. Thank you to all Lake County Council volunteers for all they do for the seniors of Lake County.

## ADRC provides information, assistance and more

By Jennifer McLaughlin

Aging and Disability Resource Center Manager, Council on Aging

So much has changed at the Council on Aging, and in the world in general, since early 2020 when we first started hearing words such as coronavirus, COVID, and pandemic. With government issued stay-at-home orders in place, some services offered by the Council on Aging were temporarily suspended or revamped to ensure the safety of the seniors we serve, as well as our staff and volunteers. The information & assistance (I&A) specialists in the Aging & Disability Resource Center (ADRC) have remained available and continue to provide resource information to those in need.

I&A specialists answer calls and provide information about things such as where to get help with taxes, local snow plowers, and if you qualify for help from our agency.

I&A specialists can also make a referral for a Council on Aging social worker to complete an assess-

ment for programs such as Meals on Wheels, the Non-Medical In-Home Care program, or the Home-maker program. Information about various resources is provided over the phone, by mail or via email during the pandemic. We look forward to being able to open our doors and begin seeing individuals in person when it is safe to do so.

The ADRC is available to those who are over the age of 60 and adults with a disability. Our professional staff is trained to present an array of options, creating choices individuals may not have known existed. We recognize that everyone's situation is unique and requires personal attention. Our goal is to provide seniors, disabled adults, and their caregivers with the information and guidance needed to empower them to make informed decisions.

For more information, call the Council on Aging at (440) 205-8111.



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

Dear Jennifer,

Jackie was extremely courteous, knowledgeable and professional. Family members assisting older parents need information, guidance and a sympathetic ear. Jackie delivered in all respects. Thank you!  
Dina

Lake County Council on Aging,

Thanks for the great meal on Thanksgiving morning. What a blessing to have an organization so caring for our community. God bless you all!

Nancy

Dear ADRC,

You are a wealth of information to all our patients at Lake Health Home Care. Many of them have received help from you. Many have also been able to get assistive devices free of charge when they could not afford them. Several of our patients have been part of the Meals on Wheels program.

You help with all kinds of resources that people would know nothing about. We appreciate you!  
Joy

Dear Ann Marie and Council on Aging volunteers,

Thanks so much to all of you but especially to the Meals on Wheels volunteers. In every sense of the word, you are lifesavers!

Dorothy

Dear CoA,

Thank you so much for Bridge and kudos to all the people who work to bring this very informative newspaper to Lake County's seniors.

Diane

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## Senior centers from page 7

### Mentor Senior Center

8484 Munson Road  
 (440) 974-5725

**Curbside meals:** The Mentor Senior Center continues to offer meals “made from scratch” at a cost of \$4.50 per meal. Reservations can be made online or by phone at (440) 974-5725 and paid for with a credit card, beginning at 8am Thursday for the following week. Touchless curbside pickup is offered Monday – Friday from 11:30am – noon.

**Produce distribution:** In conjunction with the Greater Cleveland Food Bank, the Center will offer curbside produce distribution for limited income seniors on January 25, February 22, and March 15 from 10–11am at the Munson Road entrance. No reservations are needed, but please bring a photo ID, as all participants will be registered on site.

**Virtual fitness classes** are available during January and February via Zoom to keep bodies and brains active. Programs include SilverSneakers® Boom Muscle online (Mondays at 9am) and SilverSneakers® yoga online (Wednesdays at 9am). Fee: residents are \$19, nonresidents are \$24; Silver Sneakers members are free.

Call to register at (440) 974-5725. Check our website or Facebook page for updates on program offerings and reopening details.

### Painesville Senior Center

933 Mentor Avenue  
 (440) 478-5640

The Painesville Senior Organization has partnered with the Lake County General Health District to offer virtual programming, especially critical during times like these, when social isolation and loneliness among seniors is on the rise. To help stay connected, the initiative “We Thrive Together” provides free virtual programming for community members to enjoy discussion groups, games, exercise classes, relaxation sessions, virtual trips, presentations, support groups, and much more, all from the comfort of your home!

To learn more or to register for an event, call (440) 478-5640 or email [register@MotivateLakeCounty.com](mailto:register@MotivateLakeCounty.com).

### Wickliffe Senior Center

900 Worden Road  
 (440) 373-5015

Wickliffe seniors are always up for the challenge. Even though this

past year has been especially difficult on all of them with feelings of extreme isolation, fear, sadness and depression, there is a strong sense of pride in Wickliffe and everyone rallies when called. The entire city of Wickliffe has followed the motto “all hands on deck” and has been essential in filling its seniors with hope and optimism. Special thanks to Mayor Barbish, senior program director Gerri, the recreation department, service department, Wickliffe Fire Department, and the Lake County Commissioners.

Nancy and the kitchen staff have literally weathered the storm to make sure seniors get food at the weekly curbside pickups. These encounters allow for an opportunity to check in on their seniors. Everyone has always delivered! They are overwhelmed by the outpouring of love and support from all of the businesses, organizations and community members here and close by.

One heart-warming moment had a child donating her weekly allowance to buy food for hungry seniors. Every single donation, whether food, gift cards, money, was put to good use and made many seniors smile!

### Willoughby Senior Center

36939 Ridge Road  
 (440) 951-2832

Happy New Year! We believe everyone is looking ahead with renewed hope and a fresh spirit to start off 2021 with a clean slate. Did you know the Willoughby Senior Center, and many other Lake County senior centers, have a Facebook page? If you'd like to stay involved and get Facebook posts and pictures on updates and happenings, search “Willoughby Senior Center” on Facebook and then “like us” and “follow us”!

During the closure of the senior center, we have been proud to offer some outdoor activities for our members to continue to enjoy. We'd like to thank our instructors who offered: power yoga, power yoga hikes, Fit Ones, pickleball, the men's golf league, polarity, podiatry, and Medicare one-on-ones.

The Center also hosted the golf outing, a clambake, an ice cream social, “Music and Lunch in the Lots,” car bingo and “crafts to go” to help keep our members feel connected. As winter turns to spring, we will start offering outdoor programming again, as long as it's needed and until our doors are open again.

# A new year for your health

By Linda Llewellyn, Director of Community Services and Volunteer Engagement, Lake County Council on Aging

A new year is traditionally a time of making resolutions. It is perfect for starting anew. In 2020, Lake County Council on Aging's nutrition programs, congregate Lunch Places and Meals on Wheels, ensured seniors had access to nutritional meals for every day. Nutritional meals will continue to be a focus in 2021 along with a reminder of ways to improve health and well-being for all seniors. Here's my top 10 tips for improving your health:



1. **Get plenty of sleep.** Eight hours of sleep is a good goal. Keep to a routine of going to sleep at the same time each evening.
2. **Drink plenty of water.** 64 oz. or half your weight in ounces is what is needed to stay hydrated.
3. **Eat a well-balanced meal** with a protein, starch, vegetable, fruit, bread, and dairy for every meal.
4. **Fresh vegetables and fruit are best.** If not available, frozen is a good option. If canned is the only option, look for canned items with less sodium and sugar.
5. **Be physically active.** You don't need to run marathons, but keep moving within your abilities. Classes are available on TV or online at [www.wethrivetogether.com](http://www.wethrivetogether.com).

6. **Stock an emergency food pantry to be prepared for anything.** Items high in protein; tuna, canned chicken, peanut butter, protein bars, canned ravioli, beef jerky, trail mix, nuts and crackers with cheese or peanut butter, etc. Canned vegetables and fruit. Bottled water and a can opener for items without a pull top.
7. **Stay mentally active.** Read the daily newspaper, do crossword and word search puzzles, read about something new so you are learning. Watch a YouTube video to learn how to do something new.
8. **Stay in touch,** but socially distanced, with family, friends, neighbors and always wear a mask in person. Write a letter and reach out to connect with others.

9. **Practice religious and spiritual beliefs** that bring you peace; reading scripture, watch a religious program on TV, sitting in prayer or meditation, etc.

10. **Do something nice for yourself.** This is the time to treat yourself well. Take a bath, watch a TV show or movie that makes you laugh and warms your heart, use skin lotion, eat your favorite meal, get a new comfy cozy blanket to curl up with, read your favorite book again, or whatever makes you smile from the inside out.

11. **A bonus!** Do something nice for someone else. A kind word, nice note or thoughtful little gift can make someone's day. You might also consider volunteering. There are still many ways to volunteer safely at Lake County Council on Aging or other local nonprofits.

2020 was a year of challenges. 2021 is a year of opportunities. Each of us must take good care of ourselves, especially if we want to be able to help anyone else. Start today. Make your New Year's resolution and keep it. Remember we are all in this together and Lake County Council on Aging is here to help all seniors in Lake County.

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# Celebrating Social Work Month in March

2021 theme, "Social Workers Are Essential" is more true than ever

By **Bernardine Brooks**, LSW, MPA, Lake County Council on Aging

Social Work Month is celebrated each March as a time to acknowledge the great profession of social work. This year's theme most appropriate is "Social Workers are Essential." The theme highlights the invaluable contribution social workers have made in our society, especially as the nation addresses the coronavirus pandemic. During the pandemic, social workers have been on the frontline along with many Lake County Council on Aging staff and volunteers, grocery store staff and other essential employees.

The Social Work Month campaign helps to inform the public, policymakers, and legislators about the way the nation's social workers each day meet people where they are and help them live to their fullest potential. According to the Bureau of Labor Statistics, social work is one of the fastest growing professions in the United States. There are currently about 700,000 professional social workers in our nation, but that number is expected to rise to more than 800,000 by 2029. Social work has been around for more than a century and has made significant contributions to our nation. For example, social workers such as social reformer Jane Addams, former Labor Secretary Frances Perkins, and civil rights leaders Dorothy Height, Whitney Young and Ida B. Wells



have helped Americans secure voting rights, equal rights, Social Security, unemployment insurance, and other programs. Social workers also work in protecting children and adults from abuse and neglect, provide mental health and substance use disorder treatment, assist active duty military, veterans and their families. They are also active in schools; in nonprofit agencies and help corporations better serve their communities.

During this pandemic, the Lake County Council on Aging social workers have continued to assist our senior population to maintain their health and safety in their homes.

While following the guidelines of wearing masks and maintaining social distancing, they have provided grocery shopping, delivered fresh produce, picked up vital medications and have

been the friendly voice and listening ear for a lonely or isolated senior.

The social workers, along with many Lake County Council on Aging staff, volunteers and other community based service agency staff, have ensured that our seniors receive the nutrition, homemaker services, and nonmedical home care services that they need to remain independent and have a quality life.

The Lake County Council on Aging is proud to have six licensed social workers on staff with a collective experience of 139 years! As the National Association of Social Workers (NASW) states "Social workers often are unsung heroes, but they play an essential role in helping people from all walks of life and backgrounds to live life to the fullest. During social work month we hope you will learn more about this amazing profession, say a kind word to the social workers in your lives and advocate for policies and legislation that benefit the profession and the population they serve."

**Thank you to the CoA social work team!**

Kristi Ballinger  
Fran Beale  
Bernardine Brooks

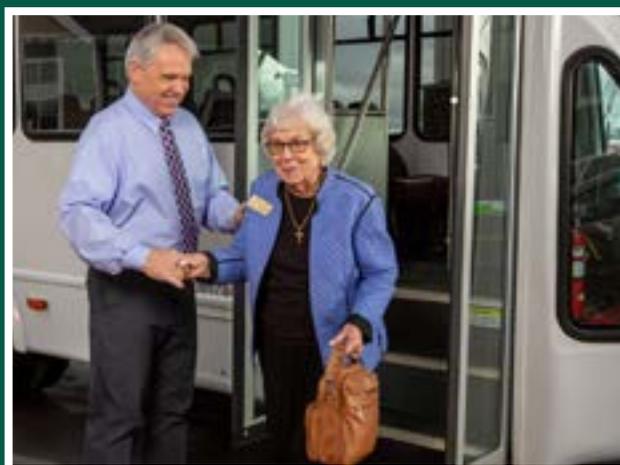
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# COVID-19 versus influenza

Prevention, symptoms and treatment

By Lake Health

The overlapping of influenza season and the ongoing COVID-19 pandemic is adding an additional layer of concern for many patients. Learn the best ways to prevent both illnesses, what symptoms to look for and the treatment options available for both Influenza and COVID-19.

## Prevention

Although a vaccine for COVID-19 was recently approved, it is not widely accessible to the public yet. The seasonal influenza vaccine is widely available this year and helps prevent influenza, along with helping to reduce the severity of illness for those who do get influenza.

It's important to get an influenza shot this year to help protect yourself and those around you. Lake Health offers several convenient and safe ways for our patients to get the seasonal influenza vaccine. Other ways to best protect yourself and others from getting influenza and COVID-19 include wearing a mask, washing your hands, social distancing and staying home if you are sick.

## Symptoms and spread

While caused by two different viruses, influenza (sometimes called the flu) and COVID-19 are both infectious respiratory illnesses.



Both can pass from person to person through tiny droplets that are spread when an infected person coughs, sneezes or talks. That's why it's extra important to wear a face mask right now, to help slow the spread of both illnesses.

COVID-19 and influenza have some symptoms in common: fever, cough, body aches, fatigue and sometimes vomiting and/or diarrhea. COVID-19 frequently comes with shortness of breath, where influenza more frequently brings body aches and headaches – however, these symptoms can occur in either illness. Loss of taste and smell appears to be particularly prevalent in patients with COVID-19.

The chart on page 14 compares the symptoms between COVID-19, influenza, colds and allergies.

## Treatment

With many shared symptoms, it can be hard to determine which illness you may have if you become sick. In mild cases of COVID-19 or influenza, the general treatment plan remains the same:

1. Stay home to avoid spreading the illness further.
2. Call your doctor or seek virtual treatment through a telemedicine visit, such as online quick care.
3. Your provider might prescribe medication to help treat your symptoms. Some cases of influenza can be treated with an antiviral medication to help you feel better faster — such treatment is not yet available for COVID-19.
4. Your provider will give information about when you'll be safe to return to work or activities and will also explain which symptoms might need more advanced treatment.

Both influenza and COVID-19 can be serious in some cases, requiring advanced care and possibly hospitalization. In an emergency, always call 911 or go to an emergency department.



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# SYMPTOM CHECKER

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	COVID-19	INFLUENZA	COLD	ALLERGIES
<b>LOSS of TASTE or SMELL</b>	● Sometimes	○ None	○ None	○ None
<b>COUGH</b>	● Frequently	● Frequently	● Frequently	● Sometimes
<b>FEVER</b>	● Frequently	● Frequently	○ Rarely	● Sometimes
<b>SHORTNESS of BREATH</b>	● Frequently	● Sometimes	○ None	● Sometimes
<b>FATIGUE</b>	● Frequently	● Frequently	● Sometimes	● Sometimes
<b>ACHES and PAINS</b>	● Sometimes	● Frequently	● Frequently	○ None
<b>HEADACHES</b>	● Sometimes	● Frequently	○ Rarely	● Sometimes
<b>SORE THROAT</b>	● Sometimes	● Sometimes	● Frequently	○ None
<b>NAUSEA</b>	● Sometimes	● Sometimes	○ None	○ None
<b>DIARRHEA</b>	● Sometimes	● Sometimes	○ None	○ None
<b>STUFFY or RUNNY NOSE</b>	○ Rarely	● Frequently	● Frequently	● Frequently
<b>SNEEZING</b>	○ Rarely	○ Rarely	● Frequently	● Frequently
<b>WATERY EYES</b>	○ None	○ None	○ None	● Frequently

Sources: World Health Organization, Centers for Disease Control and Prevention

## News and Notes

### Radio Show for Lake County seniors! Tune into “Our Aging World”

Listen to the Council on Aging’s radio show every Saturday afternoon from 2–3pm on both 1330 AM and 101.5 FM. CEO Joe Tomsick, hosts “Our Aging World” and shares ideas and resources to make your life easier – with tips, tools and resources on topics such as senior health, housing, finances, Medicare, Social Security, money-saving programs, and other issues that affect older adults. Whether you’re caring for an aging loved one or are concerned about your own aging journey, the show emphasizes wellness in aging by examining pertinent social, emotional, political, economic and healthcare issues that relate to seniors.



“Our Aging World” is committed to educating seniors and their families – through entertaining discussions and interviews with experts about the best strategies for improving quality of life. The show is made possible through sponsorships and Integrity Radio. You can also listen live online at [tunein.com](http://tunein.com), search WINT.

### Donate to the Council on Aging

You have lots of options when it comes to giving.

Every day, our agency helps isolated seniors in Lake County, stay safe, healthy and in touch with a caring community around them.



Your support can help make a real difference in the lives of older adults who are facing challenges that they never expected. The Lake County Council on Aging is a qualified 501(c)(3) tax-exempt organization, and donations are tax-deductible as permitted by law.

Please consider helping support our efforts by clicking the “Donate” button online at [www.lcco.org](http://www.lcco.org), or mailing your check to Council on Aging • 8520 East Avenue • Mentor, Ohio 44060.

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# University Hospitals Orthopedic Injury Clinic

Bypass the emergency room and get immediate, same-day care

By University Hospitals

Nothing can ruin your day quicker than a sudden injury. A broken arm or a sprained ankle is a painful disruption to your life – requiring an unanticipated trip to the hospital, perhaps a long wait to be seen by a doctor – and is often followed by an unwelcome and expensive bill from the emergency room visit.

That's why University Hospitals has established the Orthopedic Injury Clinic, to help sidestep the ER in the case of an unexpected injury – and to provide immediate access to a team of orthopedic specialists the same day.

The Orthopedic Injury Clinic at University Hospitals Geauga Medical Center in Chardon provides same-day and walk-in appointments, five days a week. Because it is staffed by a team of orthopedic physicians, a specialist will always be on hand to examine, diagnose and treat your injury. Some of the most common injuries treated

at the Orthopedic Injury Clinic include foot and ankle injuries, knee injuries, dislocations and fractures.

According to Benjamin Silver, MD, a UH orthopedic adult reconstructive surgeon, seeing an orthopedic specialist right away after an injury has a big advantage over seeing a physician in the emergency department.

“The providers at the Orthopedic Injury Clinic will be trained with a stronger focus on musculoskeletal and orthopedic injuries,” Dr. Silver said. “Furthermore, if a patient requires long-term specialist management, they will be placed directly into an appointment with that specialist. That way they can skip the step of a long wait in the emergency department.”

Dr. Silver says that walk-in patients are typically seen within 60 minutes of their arrival at the Orthopedic Injury Clinic, and the average time spent from arrival to



Benjamin Silver, MD

discharge is 90 minutes, depending on the extent of the injury. Patients can also call ahead to schedule an appointment.

Upon your arrival at the clinic, an orthopedic specialist will be able to accurately and quickly assess the extent of the injury and pinpoint a diagnosis using state-of-the-art imaging equipment. The physician can then develop a treatment plan using his or her knowledge and training about injuries to the bones, joints, ligaments and tendons.

A patient can also immediately be scheduled for surgery if the injury warrants it. The Orthopedic Injury Clinic streamlines this process, so the patient can have surgery scheduled as soon as clinically appropriate. This prompt assessment and treatment of an injury can help assist in a speedier healing time and recovery.

“At University Hospitals, we

have excellent orthopedics and sports medicine specialists that cover all aspects of orthopedic care,” said Dr. Silver. The Injury Clinic allows for patients to have direct access to these providers without having to first seek care at local urgent cares or emergency departments. This will help patients receive overall improved care for their acute injuries.”

The Orthopedic Injury Clinic is located in the Specialty Clinic, UH Geauga Medical Center in Chardon (13207 Ravenna Road 1st Floor). To make an appointment, please call (440) 901-6652. Hours are Monday through Friday, 8:30am – 4:00pm.

In addition to the Chardon location, the Orthopedic Injury Clinic has additional locations in Beachwood (UH Ahuja Medical Center), Broadview Heights (UH Broadview Heights Health Center/Center for Orthopedics) and Sheffield Village (UH Sheffield Health Center/Center for Orthopedics).

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# Drive safely this winter

By Lake County General Health District

Winter has arrived! This means the sun goes down earlier, temperatures are colder, and snow or ice may cover the roadways. While there are many tips on how to drive safely during the winter, the Lake County Safe Communities Coalition has some reminders worth reviewing before hitting the road.

### Driving with limited visibility

- Depending on the time of day, the sun can be blinding. If driving in the direct path of the sun, use your sun visor to block the beams.
- Use low beam or fog lights while traveling through heavy fog or snow flurries. High beam headlights are not recommended and can blind other drivers passing in the opposite direction.
- Night time driving can be difficult due to glares from car headlights or street lights. If you have difficulty reading street signs at night, handle errands during the day to limit night time visibility risks and wear prescribed glasses or contacts while driving.

### Be alert!

Driving requires quick decision making skills and reflexes to avoid crashes.



Lake County  
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- Do not drive while sleepy or drowsy. Make sure you are well rested before you get behind the wheel.
- Do not drive after drinking alcohol or taking mind altering substances.
- Do not drive after taking medication which causes drowsiness. This can include prescribed or over-the-counter medication. Read the medication label to determine any possible side effects. If side effects are not listed, contact your health care provider or local poison control at 1-800-222-1222.

### Driving tips

- Always wear your seat belt and require all passengers in the vehicle to do the same.
- Clear snow from your windshield, rear view mirror, and side mirrors to increase visibility.
- If possible, ask someone to remove the excess snow on the hood and roof of the vehicle. This snow can become a visibility barrier later while the car is in motion for the driver or hazard for other drivers on the road.
- Maintain a safe driving distance from the

vehicle in front of you; a least a car length's distance.

- Take your time and watch your speed. It is easier to control a vehicle at lower speed levels.
- Do not slam on brakes if car begins to slide on ice or snow. Instead, tap brakes to slow the car and regain control.

### Key items to keep in the car

- A snow brush, ice scraper, and shovel are helpful in case of an unexpected heavy snow fall.
- Battery jumper cables to jump start a battery if needed.
- A car cell phone charger to power cell phone if needed for emergency help.
- A blanket to stay warm if waiting for emergency or towing assistance to arrive and car loses power or gas.

While snow is beautiful to look at, it can be very dangerous to drive through. Use these winter driving tips to keep yourself, loved ones and community members safe. For additional tips, visit the National Institute on Aging website for older drivers at [www.nia.nih.gov/health/older-drivers](http://www.nia.nih.gov/health/older-drivers). For more information about the Lake County Safe Communities Coalition, please visit [www.lcghd.org/safe-communities](http://www.lcghd.org/safe-communities).



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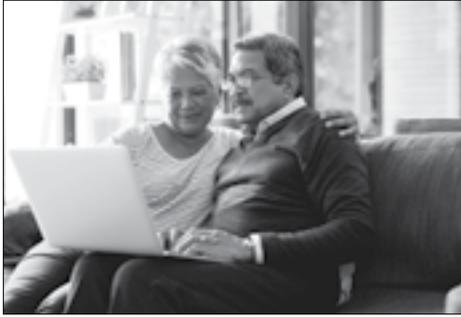


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## Caregiver support groups can be a “lifeline” during the pandemic



By Alzheimer's Association

It's the club no one wants to join. Being an Alzheimer's caregiver can be difficult and most people do not understand unless you have been one. That's where the Cleveland Area Alzheimer's Association support groups come in. As local caregiver MaryJo Moorhead said, "You can sit with a group of people and there is nothing you can say or do that someone hasn't said before or done before."

The Alzheimer's Association Cleveland Area Chapter offers 14 virtual caregiver support groups to help local caregivers cope with the emotions and skills of being a caregiver. The great thing about the support groups is that they are built around the needs of the caregiver. Family members can use the time to exercise emotional self-care.

"Caregiver support groups can be a lifeline during the pandemic," said Rebecca Hall, program director for the Cleveland Alzheimer's Association. "Caregivers may be receiving less outside assistance to help with the care of their loved one — and that adds to their stress. Sharing experiences can help decrease stress and isolation that caregivers are feeling."

Alzheimer's disease is a progres-

sive fatal brain disease that kills nerve cells and tissues in the brain, affecting an individual's ability to remember, think and plan. The Cleveland Area Chapter has several specialized support groups, including a Lewy body dementia group, a frontotemporal dementia group, and two adult children groups. All support groups are led by trained volunteers. Many are former caregivers. Because of the pandemic, support groups meet over the telephone or through video conferencing. The Chapter supports 160,000 caregivers in the region. There are 50,000 people living with Alzheimer's in the Chapter's five-county area.

Hall said the Association is trying to be helpful to as many people as possible. "Caregiving for a loved one is at times a burden; other times a gift. But in all times, as a caregiver, you need to carve out time to care for yourself."

Moorhead said when she first started attending a support group, "I was angry. There tends to be one person in the family who does the caregiving and I was the one person." While she had two living siblings at the time, she said she did not understand how she became the primary caregiver for their mother. "Do you not understand you are sacrificing me? How is my life not as important as yours?" she often thought. The support group helped her get over those feelings.

To learn more about the Chapter's support groups, go to [www.alz.org/cleveland/helping\\_you/alzheimers-and-dementia-support-groups](http://www.alz.org/cleveland/helping_you/alzheimers-and-dementia-support-groups) or call the helpline at (800) 272-3900.

## Rabbit Run Theater in Madison makes plans for their 2021 season

The summer of 2020 was an unusual summer for Rabbit Run Theater in Madison as it was for many in the tourism and entertainment industries due to the outbreak of COVID-19.

For the first time since the late 1970s the doors at Rabbit Run, one of the few remaining barn theaters still in operation, were closed for the summer.

Rabbit Run has a rich history extending back to 1946 when Will Klump, newly returned from WWII, and his sister, Rooney, converted the family barn into a theater. Summer stock barn theaters were a trend in the late 40s in the entertainment industry with as many as 300 theaters in operation across the country. On July 3, 1946, Rabbit Run Theater opened its doors for the first time.

Throughout the years the Rabbit Run stage has been graced by the appearances of many well-known actors and actresses. Hume Cronyn and Jessica Tandy appeared in "The Fourposter" to sellout crowds in 1952. Dustin Hoffman performed throughout the 1962 season. Sandy Dennis and Charles Grodin have also appeared at Rabbit Run.

Rabbit Run Theater has become a tourism mainstay in northeast Ohio attracting both the leisure market as well as numerous bus



groups and tour operators. Located near the shores of Lake Erie in the heart of the Grand River Valley Wine District, the theater offers great live theater in a quaint, pastoral setting. Many guests bring an alfresco meal to enjoy in the beautiful picnic areas on the grounds prior to a production.

Now it's full steam ahead as preparations are made for the 2021 summer at the barn. Plans are in the works for the theater to open in early summer. What remains in question are capacity limits, which are dependent on the status of the current viral outbreak. As spring approaches more information will be available.

This summer patrons to Rabbit Run will notice a big change once inside the theater as new, cushioned seats have been installed over the winter adding to the comfort of future theatergoers.

For information on the 2021 summer season at Rabbit Run Theater visit [rabbitrun.org](http://rabbitrun.org) in early spring or call the office at (440) 428-5913.

## March for Meals from page 1

meal from a friend or family member, you know how important that meal is to you. It's a sign of care and thoughtfulness," said Joe Tomsick, CEO of the Council on Aging. "Consider what a delivered meal can mean for many homebound older adults. These are the folks who built Lake County, our neighbors and friends. They rely on the Council on Aging and our volunteers to have that meal delivered right to them."

The 2021 March for Meals event will be a month-long celebration and will include an online auction and raffles, fundraising teams with weekly prizes, and more. We will conclude the fundraiser on March 28, 2021 with a virtual walk on suggested routes throughout our local park system.

The Lake County Council on

Aging relies heavily on the support of donations, volunteers and corporate sponsorships in its fight against hunger in Lake County. This year's virtual fundraiser will be a wonderful way for friends, veterans groups, churches and families to safely support their senior neighbors. Participants can join individually or as part of a walk team. Business sponsorships are available at a number of varying levels.

"We are so thankful for our network of volunteers, donors and corporate sponsors for their generosity over the years and especially during the past few months," said Tomsick.

To become a sponsor, donate or learn more about March for Meals 2021, please visit [march4meals.org](http://march4meals.org) for updates.

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## 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.

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101 years old • Born on 1/19/20

**Phyllis Seiz, Mentor**  
100 years old • Born on 1/11/1921

### 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.lccoa.org](http://www.lccoa.org) and using the fillable form. You will receive a beautiful centenarian certificate from the Council on Aging, along with name and birth date recognition in our quarterly newspaper, "Bridge."

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

Send to:  
Council on Aging  
Centenarian Project  
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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.

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

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

## Donate your vehicle to the CoA!

Do you have an unwanted vehicle taking up space in your driveway?

The Council on Aging recently took a call from someone wishing to donate their motorcycle to us! And we gladly said "YES!" we can accept it! If you have a car, boat, RV, or other vehicle that you no longer want or need, you can donate it to the Lake County Council on Aging, receive a tax-deduction for the sale price of the vehicle, and make a hassle-free contribution to help seniors in our community. The vehicle does not need to run and all the work is done for you!

The Lake County Council on Aging works with Donation Line LLC to process vehicle donations. They will arrange to pick up your vehicle at no cost. To donate, go to [www.donationline.com/](http://www.donationline.com/) and under "Select a Charity," select Lake County Council on Aging.

Call 877-CARS-4-US 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!

## Kudos to the Wilsons!



The Council on Aging would like to thank Rich and Patty Wilson for the large donation of brand new fleece blankets. These warm, comforting gifts were distributed to help individuals in need of assistance this winter. If you would like to donate a similar gift, please contact Jennell at (440) 205-8111, ext. 223.

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## Project Hope for the Homeless seeks volunteers

Serves as Lake County's only homeless shelter

Retired teacher Billie Lelle remembered her first night volunteering for the Families Moving Forward program at Project Hope for the Homeless.

"After I parked the car, I sat there and prayed something like 'God, just use me somehow,'" Lelle said. "Frankly, I was scared to be outside my comfort zone, but God handled that the moment I was greeted at the door."

The Painesville resident started volunteering at the shelter in April 2015. Many seniors, such as Lelle, quickly come to realize many personal benefits from giving their time and skills to serve and help shelter guests.

"I really got into it, it was a blessing for me to be there, I was no longer into just me," Lelle said. "It was an opportunity that just kind of spoke to me, not only do I meet their needs, but also it has helped me."

Visit [projecthopeforthehomeless.org/how-to-help/volunteer/](http://projecthopeforthehomeless.org/how-to-help/volunteer/) to learn the ways to volunteer or contact the volunteer services director, Missy Knight, at [volunteer@projecthopeforthehomeless.org](mailto:volunteer@projecthopeforthehomeless.org).

Examples of way to volunteer at Project Hope for the Homeless include:

1. Volunteer in the adult shelter or for the Families Moving Forward program.
2. Pack lunch bags for shelter guests.
3. Share through Word or song in the shelter ministry.
4. Make or sponsor a dinner for shelter guests.
5. Help with facilities work in or around the building.
6. Coordinate a Boxes of Hope collection with a school or group.
7. Donate items from the current needs list.

## Council on Aging introduces personal care program for seniors

Nonmedical, in-home care now available

By 2030, one in three individuals residing in Lake County will be age 60 years or older. In a continuing effort to position the county to handle the increasing population, the Board of Lake County Commissioners is partnering with the Lake County Council on Aging to offer a program titled Nonmedical In-Home Care Program. The program provides two hours of personal care assistance once per week for Lake County seniors 60+ and includes supervision with bathing and assistance with other tasks such as meal prep, laundry and light housekeeping.

The program is designed to support Lake County seniors that are not eligible for traditional Medicaid based programs, but cannot afford to pay privately for the personal care they need. Participants must meet income verification requirements, and have an assessment completed by a licensed Council on Aging social worker. If deemed eligible for the program, individuals will be assigned to one of three area home health care agencies that have contracted with the Council

on Aging to provide these services.

"Seniors want to enjoy life in their own homes for as long as possible and we are committed to helping them achieve that," said Joe Tomsick, CEO of the Council on Aging. "We believe that this program helps provide the in-home personal care and support that's needed to maintain dignity and help foster that feeling of independence."

The Nonmedical In-Home Care Program is being funded entirely through the Lake County Senior Services Levy. "Council on Aging is very excited to administer this county-wide program and we're thankful to the Lake County Commissioners for the opportunity."

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



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# Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio

## Why don't we just give inmates bread and water in jail?



Some have asked, "Why don't inmates just get bread and water in jail, stay locked down in a 4'

x 8' jail cell 24 hours a day, have no television, no telephone calls, and get no exercise while they are incarcerated? Wouldn't this keep people from returning to jail and really make them learn a lesson?" Others have asked "Why not put them in tents and make them wear pink underwear like "Sheriff Joe" in Arizona, the toughest sheriff in America?"

These are good questions, and are asked by the many of people who visit the jail each year. The simplest answer is that such housing and feeding deprivations are the least effective ways to bring about rehabilitation and correct criminal behavior.

### Think of this scenario

You have been sentenced to live in your living room for the next 10 months. You get to keep your easy chair, television, cable and your comforter. We install a shower and bathroom for your convenience. We bring you three balanced meals a day. But, you cannot leave the room for 10 months. The first few days you sleep because many of us work two or three jobs to survive today. But many have been sick to the point of being bed ridden for 2-3 days.

Soon you begin to go stir-crazy.

After this, you flip on the television and watch your favorite shows. But after 2-3 days even these make you bored. But you still have 9¾ months to go and you still can't leave the living room.

Soon your children tell you they are going out for the night. You tell them to be back by 11pm. They laugh and remind you that you are in the living room and really can't do anything about it. Maybe they will be back at 1am, 3am, or maybe not all night.

Your employer, as expected, terminates your employment because you don't show up to work. You begin to worry about the good paying job you just lost, and wonder how you will get such a good job in this market when you "get out" of the living room.

Soon the mortgage company, the car company, the credit card companies begin to call looking for payments. You tell them of your predicament and explain you will catch up as soon as you start working again in 8-9 months, and ask them to just be patient. Of course they can't wait and begin to turn off the gas and electric, repo the car, and foreclose on the mortgage.

### The housing is not the problem

As you can see the punishment is not based in the housing accommodations, it is based in the lack of control of one's life. People who are incarcerated are punished by loss of freedom, loss of income, and loss of family — not by the housing conditions.

Housing conditions in jails help out the staff, as well as the taxpayers in order to efficiently house, punish, and rehabilitate offenders who are in jail.

If inmates are not fed properly they become sick. When they are sick it is the jail that has to care for them with doctors and/or nurses, prescriptions, hospital stays. And medical treatment is expensive. Such treatment is not optional, it is mandated by law. Failure to properly care for the inmate population results in litigation which is costly, and civil findings can be very expensive to a county and its taxpayers.

Many people speak about a sheriff out west as being the "toughest sheriff in the United States" and how he makes inmates wear pink underwear, live in tents, and eat spoiled green bologna sandwiches. But what you do not hear is that lawsuits brought against that sheriff by employees, former employees, inmates, and the families of dead inmates have cost the county millions. One lawsuit cost that county \$8 million, and the county had a million dollar deductible. Those deductibles come from the county, paid for by the taxpayers. Not to mention the fact that every person in jail has family (mothers, fathers, wives, husbands, children, sisters, brothers) who are not criminals, but still love and care for their loved ones who are incarcerated. If it were your family member, would you want them abused?

### Proper accommodations help society on the long run

The fact is that exercise programs, proper nutrition, proper housing and humane treatment saves the county money, lowers insurance rates, and most importantly, enables rehabilitation. It is estimated that 50% of the crimes in Ohio have drugs or alcohol related to the crime. Simply locking a person up for three months, six months or a year, does not solve drug or alcohol addiction. Under such conditions we simply return addicts back to the streets and to their children in worse shape than

when they first arrived. These released inmates are still addicted, now jobless, and still untrained, ready to continue to prey on our citizens.

Since the inception of Lake County's drug and alcohol treatment program in jail in 1993, it is estimated that inmates who complete the program (along with proper diet and exercise) have a 60%+ success rate of recovery. Private programs see success rates as low as 20-30%. The jail makes significant inroads by using the time people are incarcerated to retrain them to be better prepared for employment, and thus better able to support their families and get them off of public assistance.

GED programs have been designed for jail inmates and they have seen significant success in offenders obtaining their GEDs. Combined with treatment for addictions, this brings a significant success rate for returning offenders back to our communities better than when they first came to our doors under arrest.

One would be remiss not to mention the significant problem of the mentally ill in our justice system. It is estimated that there are 33% more mentally ill persons incarcerated today, than there are in our mental hospitals. The number of schizophrenics, manic depressives, and others with mental disorders who are populating our homeless communities, and the homes of our neighbors burdened by the lack of affordable care, are arriving at the doors of jail in increasing numbers. The work of Sheriff Dunlap, Judge Trebets, the Lake County ADAMHS Board, and all of the legal and criminal justice community has made significant impacts on building a better and safer community by helping deal with their plight.

Simply put, locking up offenders alone does not effectively deal with crime in our communities. It only delays the problem by isolating the offender for a short period of time, and then returning the criminal back to the community in a worse state than when they first arrived at the doors of the jail.



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## Fine Arts Association spring classes begin January 25

The Fine Arts Association (FAA) in Willoughby continues to offer in-person classes, private lessons, and creative arts therapy sessions with the option to attend virtually. Spring classes begin on January 25, 2021 and registration is available by visiting [fineartsassociation.org](http://fineartsassociation.org).

“It’s been thrilling to witness the success of our hybrid approach this fall. As we continue to navigate through the pandemic, it’s been wonderful to see the smiles on the faces our FAA family, both in person and on screen, as we all continue to grow together. I am so proud of the incredible work our faculty and therapists are doing every day for the northeast Ohio community, providing continued arts opportunities throughout what has been a most trying year for all says Michael Lund Ziegler, director of education.”

Thanks from a generous gift from the Eaton Charitable Fund, FAA is once again embarking on a music

and visual art program for senior citizens – the FAA Café. Due to COVID, FAA Café is being re-imagined for a virtual setting and will work with seniors at Danbury Senior Living in Mentor. All programming supplies, cost of lessons and new iPads were provided



generously from the Eaton Charitable Fund so that these lessons can be offered free of charge. The program will start out working with residents to help them feel comfortable working with iPad then expand to virtual private art lessons in paper quilling and/or virtual group lessons in music and art.

With COVID-19 having a financial impact on funding sources, the FAA is focusing on ramping up scholarship donations this season to ensure the arts are both accessible and affordable for all. To support FAA’s scholarships, performances, education programs, and more, please visit [fineartsassociation.org/donate](http://fineartsassociation.org/donate).

## Lake-Geauga Recovery Centers continues prevention and recovery services during COVID-19

During these challenging times, Lake-Geauga Recovery Centers want you to know that we are here for you. As an “essential service” as defined by the state of Ohio, Lake-Geauga Recovery Centers remains open during the COVID-19 pandemic to anyone struggling with addiction or wants to refer someone struggling with addiction.

With your health and well-being as our primary concern, we continue to take preventative health measures to minimize the spread of COVID-19 by transitioning to safe, secure telehealth services via telephone, video conference, and virtual support groups. We know in these uncertain and stressful times, that those with addiction issues continue to need care, particularly our senior population.

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, drugs, problem gambling or mental illness.



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 you to call Lake-Geauga Recovery Centers at (440) 255-0678 or visit us online at [www.lgrc.us/services](http://www.lgrc.us/services).



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## How to give back to your community as a Hospice volunteer

Are you looking for ways to stay engaged and serve others during these challenging times? Consider becoming a Hospice of the Western Reserve volunteer. The non-profit agency provides comfort and emotional support to patients with advanced illness and their families.

Links to virtual volunteer training sessions can be sent to laptops, tablets or smart phones, allowing participants to be trained from the comfort of home. Those who complete training will be able to provide in-person visits as soon as Ohio's stay-at-home advisory is lifted. For more information, call (216) 255-9090 or fill out an application: [hospicewr.org/volunteers](http://hospicewr.org/volunteers).

Throughout the health crisis, volunteers are continuing to support HWR's mission. Those who enjoy sewing and needlework are making lap blankets and pillows

while others are sending patients greeting cards. Reception desk volunteers at David Simpson Hospice House on Cleveland's east side play an essential role by greeting and screening visitors and may choose three-hour shifts, Monday through Sunday, 9 a.m. to 9 p.m. Check-in volunteers are making weekly phone calls to families in between visits from their hospice care teams. Volunteers with military service are finding it especially rewarding to honor hospice patients who are veterans through the Peaceful and Proud program.

In addition to providing volunteer services throughout the pandemic, HWR is continuing to provide palliative and end-of-life care following all of the required safety protocols. For more information on care provided by the agency, call (800) 707-8921.

## Adult Protective Services is just a phone call away

Lake County Adult Protective Services has continued with our day-to-day business throughout these trying times. Although our physical building remains closed to the public, our 24-hour a day/ 7 day a week hotline continues to be maintained by social work staff, thus allowing for the ability to receive referrals at any point in the day. Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are still being assigned based on the nature of allegations that have been reported.

Our social work staff are meeting with seniors, while practicing rec-

ommendations to maintain safe distances. Our staff is also maintaining phone contact with the seniors throughout the case assignment, as well, to ensure that basic needs are being met and that our seniors have access to available services in the community.

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

An overview of all of the programs housed at Lake County Department of Job and Family Services, as well as links to area resources, can be found at [www.lakecountyohio.gov/lcojfs](http://www.lakecountyohio.gov/lcojfs).

## Lifeline – helping people, changing lives

Lifeline continues with the same mission of helping Lake County's low-income residents break the cycle of poverty and make the transition from agency-dependency to self-sufficiency. Lifeline's current programming includes services in the healthcare, housing & energy assistance, information & referral services and consumer education & job training areas.

Lifeline's office is open and offering both in person and over the phone intake. Our lobby is open for clients to drop off documentation weekdays 8:30 a.m. to 4:30 p.m. Documentation can also be mailed in to P.O. Box 496 in Painesville.

### Volunteer Guardian Program

The VGP continues to work with the Probate Court and community partners to ensure no interruption of services to current or potential wards. The program continues to actively recruit new volunteer guardians. Those interested in volunteering can email [guardian@lclifeline.org](mailto:guardian@lclifeline.org)

### Kinship Navigator Program

We continue to offer one-on-one navigation and resources over the phone and via email. Our kinship coordinator can be reached by calling 2-1-1 or emailing [heather@lclifeline.org](mailto:heather@lclifeline.org). All educational sessions are offered via Zoom sessions.

### 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.

### HEAP WCP

The HEAP Winter Crisis Program began November 1 to assist with heating bills and fuel oil. Intake appointments are available over the phone and can be scheduled by calling (440) 381-8230 or visiting <https://app.capappointments.com/> For more information contact our office at (440) 350-9160.

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

Crossroads Health provides individualized mental health and recovery services for 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 life journey.

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 can intensify depression, anxiety, and isolation, compounding our sense of well-being. All 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.

Crossroads Health continues to take preventative health measures to minimize the spread of

COVID-19. We 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.

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.

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Bruce Wilson, Founder



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[www.SeniorSafeGuard.com](http://www.SeniorSafeGuard.com)

Thank you!

Health Care Workers



# THANK YOU

The Lake County Council on Aging extends a whole-hearted thanks to the many individuals who responded to our appeal for financial support in the fall 2020 edition of Bridge.

A. Timpeiro  
 Albert Dilorio  
 Alma M. Abrams  
 Anonymous (8 donors)  
 Barbara Davis  
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 (in Memory of Angela Lucrezi)

\*The above represents donations received through December 14, 2020 from the fall 2020 Bridge newspaper appeal. In the event your name is missing please accept our apologies. You may contact the agency at (440) 205-8111 if you have any questions regarding your donation.

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# READY

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# SAFE

It's safe to return for your routine care.

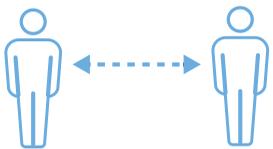


# OPEN

Call your doctor's office to schedule an appointment.



## THINGS WE CAN **ALL** DO TO STAY HEALTHY AND SAFE:



STAY 6 FEET APART



WEAR A MASK



WASH YOUR HANDS



STAY HOME IF YOU ARE SICK



CONSIDER VIRTUAL VISITS

[lakehealth.org](https://lakehealth.org)