



**Council on Aging
2020 Annual
Report**
Special Insert



**Help to prevent
elder abuse**
Page 12



**Laketran's
Mobile Food
Pantry**
Page 21

NONPROFIT
ORGANIZATION
US Postage
PAID
Mentor, OH
Permit #562

The 2020 Decennial Census

Why is someone still knocking on my door?

By U.S. Census Bureau

Data collection for the 2020 decennial census concluded October 15, 2020. While that was the final date to respond to your census, the next two phases of the decennial census were just beginning.

Following data collection, the Census Bureau begins data processing and post-enumeration including the post-enumeration survey, also called PES.

The purpose of the post-enumeration survey is to measure the accuracy of the census by independently surveying a sample of the population.

Let's address some of the more common questions about PES:

Q: I already answered the 2020 census. Can you use my census answers for this survey?

A: No. This survey is different from the 2020 census. This survey is measuring the accuracy of the census.

The survey takers will ask you questions about where you lived on April 1,



2020, and some questions about who lived with you. We'll match that information to the 2020. If you changed residence since April 1, 2020, answer the questions about where you lived and who was living with you on April 1, 2020.

We estimate that completing the interview will take 15 minutes on average. Just like the census, your response is required by law.

Q: Why is this survey important?

A: The Census Bureau has used a post-enumeration survey to measure the quality of every census in recent decades. The results are used to evaluate the current census and improve

future censuses.

Q: How was I selected to be in this survey?

A: The Census Bureau randomly chose your address, not you personally, to participate in this survey. If you are visited by someone from the Census Bureau, they may be working on a 2020 census follow-up survey or one of our other surveys. The Census Bureau conducts over 100 surveys throughout the country in addition to the decennial census.

Your participation is important. Even if you responded to the 2020 census, we still need your response on this survey. This helps us measure how well we counted the nation and improve the next census.

Q: Can I be identified by my responses? Is this survey authorized by law?

A: The Census Bureau is required by law to protect your information. The Census Bureau is not permitted to

See *CENSUS* on page 4

Lake County senior center updates

As the vaccines are ramping up and we can finally see light at the end of the tunnel, we asked Lake County's senior centers to provide an update of their current status.

Eastlake Senior Center
600 East 349th Street

Grace Giangiacomo, Director

We can't wait to welcome all of our friends back to your new home at the Eastlake Senior Center. We are feverishly putting our hands together to make it as welcoming and rewarding as you are accustomed to. You will still be able to continue with the same activities as before. As you become more settled in your new surroundings, you will see the upgrades we are working on will be very gratifying.

We still can be reached at (440) 975-



4268 — only our street address has changed. We are now located at 600 East 349th Street, off of Roberts Road. We will handle all membership updating at the time of our opening, as well as anyone else that would like to join us. Please check out our website at

www.eastlakeohio.com for any updates on our opening. See you soon!

Fairport Senior Center
1380 East Street in Fairport
Chris Yano, Director

The Fairport Senior Center has opened the workout room for members to use on a hourly basis. If interested, please call (440) 354-3674 for a time slot. We also have our computer tech and attorney who come once a month and will meet with you one on one. Our two podiatrists have been busy as they continue to offer services throughout the month.







We are ready to offer our classes next in April, and are just waiting for approval. Look forward to seeing you!

See *SENIOR CENTERS* on page 6



Your destination for urgent orthopedic care is ready
to treat you with same-day appointments and walk-ins

When an unexpected orthopedic injury occurs,
visit the UH Orthopedic Injury Clinics.

 <p>Expert urgent orthopedic care for children and adults</p>	 <p>Immediate, same-day access to a team of orthopedic specialists</p>	 <p>Complete orthopedic care for fractures, ACL tears, sprains and strains and everything in-between</p>	 <p>Next-day surgery if necessary</p>	 <p>Significant cost savings compared to an ER visit</p>	 <p>Walk-ins and same-day appointments</p>
---	--	---	---	--	--



UH Ahuja Medical Center Orthopedic Injury Clinic 3999 Richmond Road Beachwood, Ohio 44122 To make an appointment, call 216-545-1505 . Monday through Friday 8:30 a.m. - 4 p.m.	UH Geauga Medical Center Specialty Clinic 13207 Ravenna Road Chardon, Ohio 44024 To make an appointment, call 440-876-8050 . Monday through Friday 8:30 a.m. - 4 p.m.	UH Broadview Health Center /Center for Orthopedics 5901 Royalton Road, Suite 1400 Broadview Heights, OH 44147 To make an appointment, call 440-771-7947 . Monday through Friday 8:30 a.m. - 4 p.m.	UH Sheffield Health Center /Center for Orthopedics 5001 Transportation Drive Sheffield Village, Ohio 44054 To make an appointment, call 440-517-5982 . Monday through Friday 8:30 a.m. - 4 p.m.
--	---	--	---

Lake County Council on Aging



Joseph Tomsick
CEO



John Thomas
Board President

Board Officers

John Thomas
President

Shannon Cianciola
Vice President

Kimberly Tutolo
Vice President-Elect

James R. Jenkins
Treasurer/Secretary

Board Members

Megan Coy
Gini Geffert
Lynnmarie Landwei-Phillips
Mindy Mallett-Kovalcheck
Sunny Masters
Paul Pahoresky
Nancy Sanden
Eileen Yates

Honorary Member

Patricia Mackey

Welcome from the CEO

It is my pleasure to welcome you to the spring edition of Bridge and this special issue which includes the agency's 2020 annual report. In it you will learn about the impact that the staff and volunteers of the Council on Aging had on our senior community during a very challenging year. I thank our entire team, including the board of trustees, which passionately works to optimize the well-being of those we serve.

With vaccinations underway, I am hopeful that this first half of the year could be a bridge to "normalcy." Our agency has been thinking about the critical next months of the pandemic and the many aspects of what a "new norm" may look like in safely serving our seniors.

We remain focused on our mission, honing our strengths to reinforce the delivery of those services and expanding our capacity to meet the needs of our senior community. Like so many organizations and businesses the Council on Aging is also looking at adopting some new ways of working. The pandemic response has accelerated the use of certain technologies. Across the nation, we have seen in-person activities switch quickly and successfully to being delivered online or over the phone in some cases. Telehealth, distance learning, virtual fitness classes, and of course online shopping and home delivery.

Where this will all lead to, who knows? But I can assure you that the Council on Aging will be here for years to come, advocating for seniors and collaborating with partners to provide the support Lake County seniors need to thrive and live fulfilling lives.

Please take a moment and "friend" us on our Facebook page "Lake County Council on Aging" to get our latest newsfeed and daily information. I also encourage you to please visit our online donation page to show your personal support of the Council on Aging.

Sincerely,

Joseph R. Tomsick



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:

Council on Aging
8520 East Avenue
Mentor, Ohio 44060

Features

Laketrans offers free transportation	4
Now scheduling for rides to COVID-19 vaccines	
Homestead exemption	5
You may qualify for lower property taxes	
Laketrans Mobile Food Pantry	21
Retrofits Dial-a-Ride bus	
2021 March for Meals	11
Thanks to our sponsors	

Departments

Community Services	
Senior nutrition programs "hit the spot"	8
Medicare saving programs	9
World Elder Abuse Awareness Day	12
Volunteer Services	10
Spring brings new volunteers opportunities	
Mailbox	19
Letters of appreciation to the CoA	
Sheriff's Corner	20
What does a correctional officer do?	
Salute to Centenarians	23
Honoring local residents who turn 100!	

Your Well-Being

Making your home safer as you get older	13
By University Hospitals	
Colorectal cancer screenings	14
By Lake Health	
You've received the vaccine. Now what?	16
By Lake County General Health District	

Remember the Council on Aging 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.

Photo and Image Credits

Page 21: © Can Stock Photo / tang90246

Mission Statement

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

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

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

www.lcco.org



LAKE COUNTY COUNCIL ON AGING BRIDGE

Bridge Vol. XLVIII, No. 2 – April/May/June 2021

Award-winning Bridge is published quarterly; January, April, July, October

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

Council on Aging

(440) 205-8111
(800) 755-1402
Contact us by email through our website.

The Council on Aging establishes editorial policy. Bridge reserves the right to edit, revise or reject advertising and assumes no responsibility for errors in advertisements, misprints, omissions and misinformation or failure to publish an ad. To reproduce an article, please identify Bridge and issue date as the source.

Bridge is made possible through advertising revenues, postage/handling fees, and funding from the Lake County Senior Services Levy. The Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, the Western Reserve Area Agency on Aging, the United Way of Lake County, various grants, fees and donations, and your generosity and support.



Ride free to your COVID-19 vaccine

If you are a Lake County resident in need of transportation to receive your COVID-19 vaccination, Laketran will transport you free of charge. Call 440-354-6100 for more information.



LAKETRAN



Jean Harvey holds her vaccine card after receiving her first dose.

Laketran offering free transportation to COVID-19 vaccine appointments

Laketran is providing free, accessible transportation to any Lake County resident in need of a ride to a COVID-19 vaccination appointment.

Lake County residents can use Laketran's local route buses or door-to-door Dial-a-Ride service.

For Laketran's door-to-door Dial-a-Ride service, customers must schedule a reservation by calling (440) 354-6100. Laketran recommends making a reservation for Dial-a-Ride as soon as you have a confirmed appointment for your COVID-19 vaccine. Reservations for Dial-a-Ride can be made a minimum of one day in advance and up to 12 days prior to an appointment.

If a vaccination appointment is at a drive-thru site, Laketran customers will remain on the bus for the entire trip. Laketran will transport residents through the entire vaccine process and return you home safely.

Kirtland resident, Jean Harvey, received her first vaccination at the county's Coulby Park distribution site using Laketran.

"The whole process went very

smoothly. My bus was on time, the line wasn't very long, and I didn't even have to get off the bus – I couldn't ask for anything better," shared Harvey. "I usually ride Laketran about twice a week. During the pandemic I have continued to ride when necessary, like doctor's appointments or shopping, and have always felt safe."

Residents who prefer to take Laketran's Local Routes 1-9 can call Laketran customer service at (440) 354-6100 and request four bus passes be added to their EZfare account or mailed to them.

"We are here to help in any way we can to get our community through this pandemic and move forward," said Laketran CEO Ben Capelle. "We've responded with our mobile food pantry bus and now we want to make sure every resident has the opportunity to get vaccinated."

Lake County residents who need transportation assistance to get a COVID-19 vaccine can call Laketran at (440) 354-6100 to schedule a Dial-a-Ride or get route information.

STORMS = POWER OUT

You CAN Control When Your Power Comes On!



**WITH A GENERAC
AUTOMATIC STANDBY
GENERATOR
FOR HOME or
BUSINESS**

**AUTOMATIC BACKUP
POWER PROTECTION**
24 hours a day / 7 days a week
PERMANENTLY INSTALLED
on Natural Gas or Propane

America's
#1 Selling
Generator

**PREPARE NOW
Before the
Next Disaster!**

GENERAC

Area's Leading and Only Family Owned and Operated Dealer

**POWERPRO
PREMIER**

**INDUSTRIAL
POWER**



Over 5,000 Systems Installed! 30 Years Experience

Call us today!
Shepp Electric Co., Inc.
877-423-9010
or visit us at
www.GeneratorPros.com

Census from page 1

publicly release your responses in a way that could identify you or your household.

The information you provide to the Census Bureau may only be used by a restricted number of authorized individuals who are sworn for life to protect the confidentiality of your individual responses. Your answers cannot be used against you by any government agency or court.

Here are some ways you can verify an individual is a Census Bureau employee:

- The census taker or field representative will present an ID badge that includes: their name, their photograph, a Department

of Commerce watermark, and an expiration date.

- They will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo.
- Census takers and field representatives will conduct their work between the hours of 9am and 9pm, local time.

If you wish to independently confirm that the person at your door is a Census Bureau field representative, you can enter their name in the Census Bureau's staff search website or contact the Philadelphia regional office at (800) 262-4236.

Homestead exemption can reduce your property tax

The homestead exemption is a form of property tax reduction in real estate taxes for those who qualify. The deadline is now on December 31, 2021. This is a good time to review some of the requirements for homestead exemption. If you have any further questions, feel free to call the Lake County Auditor's office at (440) 350-2536 or you may download the application from at www.lakecountyohio.gov/auditor/forms.

Who is eligible to file the homestead exemption?

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

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

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

The income is based on your modified adjusted gross income. This is your OAGI (Ohio adjusted gross income), which is located on line 3 of the state income tax return statement plus line 11 of the Ohio schedule A of the state income tax return statement. The total income for the tax year 2020 must be under \$34,200. This income-based program applies to homeowners that are turning 65 in 2021 as well as persons qualifying under the disability exemption.

You must own and occupy your home or manufactured home and it is your primary place of residence as of January 1, 2021. For all forms of qualifying ownership, please refer to page 2 of the homestead application (DTE105A).

In Lake County, proof of age is

a requirement. A photocopy of a driver's license, state of Ohio ID card, birth certificate or current or expired passport must be included with your application. The application may be filed in person at the auditor's office or postmarked on or before December 31, 2021.

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

If you would have qualified for homestead in 2020 and did not apply, please check the "late application for prior year" box on the application as well as the current application box. If you are filing a late application, then the total amount of income must be under \$33,600 for tax year 2019.

Does disability qualify me for homestead?

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

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

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

We hope that we have answered some of your basic questions regarding the homestead exemption. We urge you to call or visit us personally at the Lake County Auditor's Office to answer any further questions. You may also email us at homestead@lakecounty.gov. Please remember that the deadline for your homestead exemption application is December 31, 2021.

Protect your nest egg with an Asset Protection Trust



Randolph L. Knavel
Attorney at Law

Offices in Chardon and Cleveland
440-946-5155

- Retirement Income Planning
- Wills & Living Trusts • Powers of Attorney
- Social Security and Elder Law Questions
- Long-Term Care Planning
- In-Home Appointments



BRICKMAN BROS.
FUNERAL HOME



- Burials
- Cremations
- Preplanned funerals
- Preneed irrevocable trusts
- Handicap accessible with all facilities on one level

Bill, Joe, John, Phil and Jonathan Brickman
Our family serving your family for over 110 years

37433 Euclid Avenue • Willoughby
440-951-7800 • www.brickmanbros.com



PICK-UP OR DRIVE-IN

Residential

Small Business

440-942-8018

**Great Lakes Record Center
& Shredding**

8001 Moving Way • Mentor

www.xpressshredding.com

Senior centers from page 1

Kirtland Senior Center
7900 Euclid-Chardon Road
Teresa Szary, Coordinator
Here in the city of faith and beauty we, along with all of the area senior centers, are eagerly awaiting the day when we can open our doors safely and responsibly.

As new information comes in quickly and changes rapidly, the best way to get the most current communication is through our brand new community and senior center website! Check out www.kirtlandcommunity.com for updates about reopening phases, our monthly newsletter, community-wide events, and to book services and classes as they become available.

Our senior board has been working hard to provide a drive-thru lunch each month. These events would not be possible without their diligence and the generosity of both the board and member donations.

We are also excited for our revamped newsletter which includes: a senior-submitted recipe, volunteer opportunities, community service activities, updates from the board, upcoming events, and our

spotlight senior of the month! Sharon and Teresa can't wait to see everyone; feel free to contact us at any time at (440) 256-4711 or at communitycenter@kirtlandohio.com.

Madison Senior Center
2938 Hubbard Road
Carol Billetter, Director
Hello seniors! Hello spring! It's a great day when we can finally say we are on the path to reopening our senior center. We are continuing to schedule one-on-one visits for the podiatrist and social service needs but are also scheduling times for use of the exercise room. Please call (440) 428-6664 for appointment.

Lace up your sneakers and give us a call if you are interested in Walking Club. It will begin May 5 at 9:30 am.

We continue to provide assistance in signing up patrons for COVID-19 vaccines. Please don't hesitate to call if we can help you.

Looking forward to seeing everyone. Stay safe!

Mentor Senior Center
8484 Munson Road
Renee Ochaya, Director
Curbside meals: Made-from-scratch meals are available for curbside pickup Monday – Friday. Lunch reservations are \$4.50 per meal and 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 11:30 am–noon.

Produce distribution: In conjunction with the Greater Cleveland Food Bank, curbside produce distribution is available for limited-income seniors on the third Monday of each month 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 classes: Virtual fitness classes via Zoom keep bodies and brains active. Fitness classes include Silver Sneakers Yoga, Boom Muscle and Classic. Resident: \$19/ nonresident: \$24; Silver Sneakers members: free.

We are also offering a variety of virtual programs, including Coffee Club, Zoom games, conversation with the city manager, welcome to Zoom and senior nutrition. Check out our website at www.mentorseniorcenter.com and Facebook page at www.facebook.com/mentorseniorcenter for updates on program offerings and reopening details.

Wickliffe Senior Center
900 Worden Road
Gerri Hubbell, Director
We are still anxiously awaiting the opportunity to open our center and start providing service to our seniors. We will slowly bring back programs and be as careful and cautious as possible to limit risks while at the center. Please bear with us as we sift through state and local official guidelines. We can promise you that our top priority will be the health and safety of our seniors, volunteers and staff. We continue to work closely with the Lake County Health District and are confident once we have a

Concluded on page 7 →



**Here, so you can be a family.
Here, so you're not alone.
Here for you 24/7 with nationally
recognized care.**

Offerings like our award-winning palliative care, dedicated pediatric program, healing arts workshops, grief support groups and more provide a full circle of care.

Call us today.

Your family. Our purpose. **Together.**



**HOSPICE OF THE
WESTERN RESERVE**

 800.707.8922 |  hospicewr.org

Senior centers from page 1

Wickliffe Senior center cont'd

definite date for our first phase in reopening, we will let you know in a variety of ways. We will have announcements flashing on the signs in front of the Wickliffe Community Center and Wickliffe Fire Department; list updates on our Facebook page - Wickliffe Community Center; and update our website, www.cityofwickliffe.com/recreation.

And as always, you may call the center Monday–Friday at (440) 373-5015.

Until we are together again, please stay safe and healthy!

Willowick Senior Center 321 E 314th Street

Keri Davidson, Director

I know that we are all anxiously awaiting the reopening of our senior center and we cannot wait to welcome all of our members back! While we are waiting to re-open, I wanted to announce that the Recreation Department is offering a few programs that you may like to participate in.

Taking place at the Richard J. Bonde Activities Center at Manry Park is our walking program Monday/Wednesday/Friday, 8:30 am to 10:30 am and 1:30 pm to 3:00 pm; Tuesday–Thursday 8:30 am to 9:30 am and 1:30 pm–3:00 pm. We

are also are offering line dancing, Zumba, pickleball and “bingo for fun.” Please call the Recreation Department at (440) 516-3011 for more information.

We are excited and continue to prepare for the reopening of our center. If you have any questions please feel free to email me at jkless@cityofwillowick.com. Hope to see everyone soon, stay safe!

Willoughby Senior Center 36939 Ridge Road Amy Skolny, Director

Like our partner senior centers, we are anxiously awaiting welcoming all of the members back! While we are waiting, did you know that as a member, you can come in and use the walking track in the fieldhouse? The walking track is available to our members Monday–Friday from 9 am–2 pm. We are selling lap counters for \$5 each at the front desk. Eight laps = one mile—you can do it!

Upgrades are being made every day to the Center. We have recently collaborated with Willoughby's own, Stella's Art Gallery to fill our halls with local artistic talent.

If you'd like more information on becoming a Willoughby Senior Center member, please call us at (440) 951-2832 or check out our webpage at www.willoughbyohio.com.

Cleveland Sight Center offers programs and services

Losing some of your vision doesn't have to take your independence away or stop you from doing the things you enjoy. Cleveland Sight Center (CSC) offers programs and services to people in Lake County who have vision loss affecting their ability to perform just one daily activity. CSC can help if you're having difficulty using your phone, getting enough light without glare, reading and performing other important tasks that are part of daily living. Cleveland Sight Center staff use strategies, various techniques and devices to help you find what works best for you and maximize the vision you have. Services can be provided on an in-home basis, by telephone and virtually.

Founded in 1906, Cleveland Sight Center is the only organization in northeast Ohio dedicated to

fulfilling the lifelong needs of individuals who are blind or have visual impairments. With a mission to empower people with vision loss to realize their full potential, the team of optometrists, therapists, employment specialists and other staff is dedicated to assisting clients live their lives to the fullest. Through education, training, assistive technology, recreation and socialization programs, CSC provides opportunities for those who are blind or visually impaired to engage in activities and regain independence. Call (216) 658-4567 for more information or to register as a client.

For information specifically about the Independent Living Program for people over 55 funded through Opportunities for Ohioans with Disabilities, call Bryan Manthey, certified vision rehabilitation therapist, at (216) 658-8746.



CARDINAL
WOODS

SKILLED NURSING
& REHAB CENTER

Discover the
Cardinal Difference

**You deserve the
Cardinal Woods
experience when you
need rehabilitation.**

- New multi sensory room in our secure dementia unit
- Private room surrounded by 14 acres of beautiful scenery and exceptional care
- Wi-Fi

6831 E. Chapel Road • Madison
(440) 428-5103

Fioritto Funeral Service

CREMATIONS—BURIALS—PREARRANGEMENTS

www.FiorittoFuneralService.net

5236 Mayfield Road
Lyndhurst, Ohio 44124

Toll Free 855-346-7488
440-442-5900

Facilities Available Throughout Lake County

Comprehensive & Affordable ELDER LAW & ESTATE PLANNING SERVICES



Offering assistance in the following areas...

- Medicaid Planning & Disability Advocacy
- Asset Protection Trusts
- Medicaid Applications & Appeals
- Medicaid Estate Recovery Settlements
- Estate Planning & Administration
- Trusts & Trust Settlement
- Health Care Directives
- Veteran Benefits

A Life Care Planning Firm

Daniel P. Seink Co., Ltd.

Certified Specialist in Elder Law

Ohio State Bar Association

Call for Your Free Consultation

800.393.2324

Locations in Brecksville, Mentor,
Beachwood, Westlake, Akron, Canton

OhioElderLaw.com



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!



Ohio Living
Breckenridge Village

36500 Euclid Avenue | Willoughby, Ohio 44094
440.942.4342 | ohioliving.org



Senior nutrition programs “hit the spot”

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

“I think that MOW is a wonderful plan. I just never thought I would reach this age, then puff here I am. Being older and handicapped is a hard situation for anyone to have to deal with. But I'm working on it. Thanks to everyone at COA.” – Painesville home-delivered client

“All my volunteers are courteous and friendly and are doing a terrific job. During this epidemic, it is nice to be able to have someone to talk to face-to-face. It breaks up the isolation.” – Mentor home-delivered client

Numerous studies have been conducted that demonstrate the value of the Meals on Wheels concept. A hot, nutritious meal and brief interaction with a kind volunteer during delivery go a long way to help combat two issues that homebound

seniors face: food insecurity and social isolation. During the Pandemic in 2020, this service became even more valuable deeming it “essential.” Our volunteers delivered around 650 meals to our neighbors throughout Lake County who cannot easily prepare their own meals or had difficulty obtaining food. Our normal Monday through Friday service was modified to providing a hot meal two to three times a week and frozen meals for non-delivery days.

Recently, 44% of our clients took the opportunity to provide feedback on our home delivered meal program by responding to our survey. The results shown below reaffirm the importance of the program and express that the recipients feel a high degree of satisfaction.

Agree or Strongly Agree	Impact
96%	I am eating regularly-scheduled meals
94%	I feel my nutrition has maintained/improved
87%	I feel less lonely and isolated
95%	I can remain living in my own home
93%	I feel secure because I have someone checking in on me
96%	Overall I am satisfied with Meals on Wheels

Similarly, a survey is offered to our dine-in Lunch Place guests. The same meals that are delivered in home delivery are also served to our senior guests at one of our four Lake County locations within the Eastlake, Madison, Wickliffe senior centers and Painesville nutrition site. These diners are more mobile than our home-delivered clients and enjoy not only the meal, but eating together with their peers in familiar surroundings. During the pandemic when senior centers were closed, the congregate meals modified to a once a week drive-thru service providing one hot meal and four cold or frozen meals for the remainder of the week. The drive-thru service provided a safe option for meals while being able to maintain contact with friendly faces from the in-person dining experience.

The Council on Aging would not fare so well in client satisfaction surveys or program success without

a very dedicated staff and of course the compassion and generosity of hundreds of volunteers. It is also important to mention the critical financial support we receive from the Lake County Senior Services levy, the Western Reserve Area Agency on Aging, United Way of Lake County, and community donors who together provide funding for the nutrition programs along with the emergency funding for nutrition services from the Cares Act during the pandemic.

Lake County Council on Aging is optimistic about the outlook for 2021 nutrition services. Plans are being made to reopen the Lunch Places and return to five days of service for home delivery, when it can be done safely for all.

Please contact the Council on Aging with questions about home-delivered meal eligibility or Lunch Place registration at (440) 205-8111.

Community Services

Save money with Medicare savings programs

Do you have difficulty affording the copays, coinsurances, deductibles and premiums associated with Medicare? You are not alone and there is help available! Many Medicare beneficiaries do not know that these programs exist to help save them money with their healthcare-related expenses. The first three programs described below are administered by the Department of Job & Family Services and are not subject to estate recovery. Eligibility criteria for all programs are for 2021-2022.

Medicare Savings Programs – QMB

	Single	Married
Gross Monthly Income	\$1,094	\$1,472
Resources	\$7,970	\$11,960

The Qualified Medicare Beneficiary (QMB) program serves as a free supplement to Medicare and pays all deductibles and coinsurances that Medicare does not pay. This program will also pay the Medicare Part B premium - \$148.50 per month for most people in 2021.

Medicare Savings Programs – SLMB

	Single	Married
Gross Monthly Income	\$1,308	\$1,762
Resources	\$7,970	\$11,960

The Specified Low Income Medicare Beneficiary (SLMB) program will pay the Medicare Part B premium - \$148.50 per month for most people in 2021. This program will pay retroactive Medicare Part B premium amounts for the past three months as long as you prove eligibility for that time period.

Medicare Savings Programs – QI

	Single	Married
Gross Monthly Income	\$1,469	\$1,980
Resources	\$7,970	\$11,960

The Qualified Individual (QI) program has the highest income limits, and will pay the Medicare Part B premium - \$148.50 per month for most people in 2021. Unlike QMB and SLMB, QI benefits are not guaranteed meaning funds for this program are limited.

Extra Help

	Single	Married
Gross Monthly Income	\$1,630	\$2,198
Resources	\$14,790	\$29,520

Unlike the first three programs, Extra Help, aka Low-Income Subsidy (LIS), is administered by the Social Security Administration. If you qualify, Extra Help will pay Medicare prescription drug (Part D) costs, including all or most of the monthly premium and annual deductible, most of your copayments/co-insurance, and provide full coverage during the coverage gap. It is possible to qualify for “full” or “partial” Extra Help so it is worth applying for this program if your income and resources are close to those listed above.

While the above programs are administered by the Department of Job & Family Services and the Social Security Administration, the Council on Aging can explore eligibility and help you to apply for any of the above programs. If you qualify for one of the Medicare Savings Programs (QMB, SLMB, or QI) you will automatically qualify for the Extra Help program. If you think you might be eligible for any of these programs, you will not lose anything by applying. For more information on program eligibility, including what resources count, call the Council on Aging at (440) 205-8111.



We can Help!

Start with a hearing check

Call
1-440-205-8848

The Hearing Center

ADVANCED AUDIOLOGY CONCEPTS

Dr. Jane M. Kukula

8897 Mentor Ave., Mentor, Ohio 44060

CD or IRA MATURING?

AVOID MARKET RISK FOR RETIREMENT

2.15% 24 MONTHS

- Tax Deferred
- Fully Insured
- No Fee
- Guaranteed Return

CALL TODAY!

- Good For:**
- Maturing CD's
 - IRA's
 - Annuities
 - Cash
 - Replace Bonds

LIFEGUARD FINANCIAL

Mentor, Beachwood, Columbus, Independence, Westlake, Naples, FL

Call
(440) 942-1936
to lock in this great rate!

Surrender charges and market value adjustment may apply to withdrawals made during the guarantee period. Death benefit pays cash surrender value. Optional withdrawal benefits may be available for a reduction of the crediting rate. Interest rates as of April 1, 2020 and are subject to change without notice. Equitable Secure Savings™ Elite is a product of the insurance industry and not guaranteed by any bank nor insured by FDIC or NCUA/NCUSIF. Not insured by a federal government agency. Restrictions apply. Policy must be surrendered within 30 days following the guarantee period or policy will automatically renew. May only be offered by a licensed insurance agent.

**Confidence
in Knowing
Your Assets
Will be
Protected**



Wouldn't it be comforting to have a comprehensive plan in place for your future needs?

**You are not alone—
we will be with you every step of the way.**

**Hickman
& Lowder**
Co. L.P.A.
Attorneys at Law

Hickman-Lowder.com

**Elder Law · Medicaid Planning
Estate Planning · Asset Protection
Care Advocacy Services**

Spring brings new volunteer opportunities

By Ann Marie Armaro, Volunteer & Community Engagement Specialist

Spring is here, a time for change and new life. As we watch flowers coming up and the sunny days getting longer we feel new hope. Hope comes as more people are getting the COVID-19 vaccine, cases are dropping in our community and we are getting closer to getting back to normal.

We are looking forward to fully opening our offices and nutrition sites in the near future. We currently continue with our essential service, Meals on Wheels delivery, M/W/F at our nutrition sites in Wickliffe, Eastlake, Mentor, Painesville and Madison; and Lunch Place drive-thru meal pickup in Eastlake, Madison and Painesville (Mon.) and Wickliffe (Tue.).

With anticipation of the senior centers reopening our need for volunteers will increase as we get back to delivering five days a week. We are accepting applications for all positions. We are committed to keeping our seniors and volunteers safe while still providing that so needed interaction. Our safety protocols are still in place and including

volunteers wearing gloves; face mask, daily temperature checks, hand hygiene and keeping a six foot distance. It has been a long road with many changes.

Spring is a great time to become a volunteer! Our current opportunities are listed below. We are looking forward to start friendly visitor and grocery shopping opportunities when restrictions are lifted.

Lake County Council on Aging volunteer opportunities currently include: Meals on Wheels. Kitchen volunteers to assist in preparing and packing meals. These positions are available weekday mornings until early afternoon.

Phone pal caller volunteers have phone conversations with seniors to reduce loneliness and bring positivity and joy into their lives; often reducing depression. This friendly support call can be done weekdays, evenings or weekends.

Get started today by calling Ann Marie Armaro at (440) 205-8111 ext. 228 or emailing Aarmaro@Lcco.org.

Project Hope for the Homeless seeks volunteers

Retired engineering technician Ernie Hines was looking for a new way to help people. He began volunteering at Project Hope for the Homeless in 2005 on Christmas night and has continued regularly ever since.

“Project Hope for the Homeless has been a blessing for me to be able to help out,” said Hines, a Painesville resident. “When you leave the shelter, you feel really good about it.”

Hines has made many lasting friends and savors these relationships. Many volunteers, such as Hines, quickly come to realize many personal benefits from giving their time and skills to serve and help shelter guests.

As someone who coached Little League baseball for 26 years and tutored Chestnut Elementary School students in Painesville, Hines puts his skills to good use spending Wednesday evenings at

the shelter at 25 Freedom Road assisting with the Adult Shelter and Families Moving Forward programs.

Visit projecthopeforthehomeless.org/how-to-help/volunteer/ to learn the ways to volunteer or contact volunteer services director Missy Knight at volunteer@projecthopeforthehomeless.org.

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

1. Volunteer in the adult shelter or families moving forward.
2. Pack lunch bags for our shelter guests.
3. Pray for our shelter ministry.
4. Make or sponsor a dinner for our shelter guests.
5. Help with facilities work in or around our building.
6. Coordinate a Boxes of Hope collection with a school or group.
7. Donate items from our current needs list.

ELECTRONICS COLLECTION

April 24, 2021 - 8:00 a.m. - 2:00 p.m.

Lake County Fairgrounds

1301 Mentor Ave.,

Painesville Township

(Enter only at Mentor Ave. entrance)

Lake County residential waste only,
business waste PROHIBITED.

All personal information professionally erased.

Most household electronics are ACCEPTED: See website for full list, battery back-ups, cell phones, computer towers, curling irons, game systems, hairdryers, hard drives, keyboards, laptops, microwaves, printers, radios, tablets, toasters, wires/cables, & vacuums.

PROHIBITED: See website for full list, TVs, monitors, exercise equipment, large appliances, CO2 & smoke detectors, any item with Freon, or any item on a trailer, trailers PROHIBITED

COVID Safety Requirements: Masks are required while in line. Masked personnel will be on hand to remove items from the vehicle. All items must be in the trunk area of the vehicle, any item located in the front or back seat area will

NOT be accepted. More information at

LakeCountyOhio.gov/Utilities or call 440-350-2645

TIRE COLLECTION

May 1, 2021 - 8:00 a.m. - 2:00 p.m.

Lake County Fairgrounds

1301 Mentor Ave.,

Painesville Township

(Enter only at Mentor Ave. entrance)

Lake County residential waste only,
business waste PROHIBITED.

Up to six (6 per resident) car/light truck tires
off the rim -FREE

Additional tires off rim - \$2 each

Any tire on a rim is an additional - \$4 each

Any oversized tire - \$10 each

COVID Safety Requirements:

Masks are required while in line. Masked personnel will be on hand to collect fees and to remove tires.

Make checks payable to the Lake County Dept. of Utilities.

All items must be in the trunk area of the vehicle or in a trailer. Any items located in the front or back seat area will NOT be accepted.

More information at LakeCountyOhio.gov/Utilities
or call 440-350-2645



2021 March for Meals Sponsors



We Thank You for Your Support!

LEVEL ONE / \$2500

Lake Health
Visiting Angels of NE Ohio
Western Reserve Area Agency on Aging

LEVEL TWO / \$1000

Association of Specialists in Aging
Fredon Corporation
Griffin Technology Group
Schraff Thomas Law LLC
Tapestry Senior Living Wickliffe

LEVEL THREE / \$500

Advanced Audiology Concepts
Carver Financial Services
Eaton Family Credit Union
Hospice of the Western Reserve
Reminger Co. LPA

LEVEL FOUR / \$250

A Heavenly Helper Home Care
Comfort Keepers
Enpac
Kline Rostocil Construction
Kovalcheck Family
Lake County Veterans Services
Lake Geauga Recovery Center
Lakeland Community College
Madison Healthcare
Mentor Ridge Health and Rehabilitation
NMS, Inc. Certified Public Accountants
Peer Place Networks
Sievers Security, Inc.
Sounds of Life Hearing Center
Taylor Made Home Care, LLC

LEVEL FIVE / \$100

Altercare of Mentor
American Legion Post 336
Griswold Home Care
Robert S. Rosplock
The Garland Company

IN-KIND SPONSORS

Anonymous
LCCoA Board of Trustees
Brunner Sander Dietrick
Funeral Home & Cremation Center
Cleveland Browns
Danbury Senior Living - Mentor
Eileen Yates, Board Member
Froyo Twist Frozen Yogurt
Gini Geffert, Board Member
Governor's Pointe
Great Lakes Mall
HCR Manor Care
Home Instead Senior Care
Hospice of the Western Reserve
Humphrey Popcorn Company
James Jenkins, Board Member
Joe Tomsick, LCCoA CEO
John Thomas, Board Member
Kemper House – Highland Heights
Kimberly Tutolo, Board Member
Ladies & Gentlemen Salon in Legacy Village
Lake County Council on Aging
Lake County Council on Aging Staff
Lake Metroparks
LeBron James Family Foundation
Lost Nation Golf Course

Lynnmarie Landwei-Phillips
Manning & Clair Attorneys at Law
Megan Coy, Board Member
Melissa Sprague
Mindy Mallett-Kovalcheck, Board Member
Nancy Sanden, Board Member
Paul Pahoresky, Board Member
PC Medic Plus LCC
Rabbit Run Community Arts Association
Sally Petre
Schraff Thomas Attorneys at Law
Shannon Cianciola, Board Member
Sugar Pines Farms
Sunny Masters, Board Member
Sure Valley Maple
Taylor Made Home Care, LLC
Vista Springs at Quail Highlands
World of Wines

Due to the pandemic, we were not able to hold our annual March for Meals event at the Great Lakes Mall in March. We thank all of these sponsors for their generosity to help the Lake County Council on Aging fight senior hunger. We expect to be back in 2022 with our annual in-person event. See you then!



CHANGING THE WAY

You Receive Healthcare

Learn more by calling (440) 357-1311
or calling Kim directly at (216) 308-5988



WE OFFER:

**SHORT-TERM CARE • LONG-TERM CARE • PHYSICAL THERAPY
WOUND CARE • OCCUPATIONAL THERAPY • SPEECH THERAPY
ORTHOPEDIC REHAB • CARDIAC REHAB • PRIVATE SUITES WITH WI-FI ACCESS
EQUIPPED WITH NEEDLEPOINT IONIZATION**



LakeMed
CARE AND REHABILITATION

**70 Normandy Drive
Painesville, OH 44077**

Scheduled Vehicle Transportation to Florida



There's an easier way to get to and from Florida.

You take a plane... we'll take your car!

Champion has been family owned and operated for 30 years! We have specialized in "snowbird" transportation to and from OH and PA since 1998.

Our staff is friendly, helpful and willing to take the time to provide you with information about our transport services.

- Door-to-door service
- Terminal-to-door service (airport shuttle)
- 2 or more vehicle discount

Champion Transit, Inc.

Specializing in Auto Transportation

330-469-9953

patricia@championtransit.com

Community Services

World Elder Abuse Awareness Day

Building strong support for elders

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

World Elder Abuse Awareness Day is celebrated on June 15 and is an annual observance of the need to raise awareness and promote opportunities for communities around the world and locally to promote a better understanding of abuse and neglect of older persons.

With the growing global population of elderly people as well as longevity, abuse of the elderly will remain an increasing and serious problem. Elderly people can be particularly vulnerable to abuse due to declining physical and mental deficits as well as social isolation. The United Nations goal is to raise awareness of elder abuse and prevent it.

Each year communities across the globe try to educate each other about the impact and seriousness of elder abuse and the pervasiveness of ageism in our culture. Through outreach and statewide engagement the goal is to raise this social issue to a worldwide priority that must be addressed and prevented.

The Consortium against Adult Abuse (C3A) is a volunteer group of professionals that strives to educate, advocate and advance the cause of combatting elder abuse and neglect. The group encompasses the five county areas of Lake, Geauga, Cuyahoga, Lorain and Medina and has representatives from each of the Adult Protective Services departments. Each year C3A hosts a full-day professional conference as a means to educate professionals and the public about elder abuse. Due to the pandemic, this year's conference will be held in

a virtual format on June 11, 2021. The conference entitled "Crime of the 21st Century-Stamping out Financial Exploitation" will feature Page Ulrey, JD. She is a senior deputy prosecuting attorney for the King County prosecutor's office. The morning session will be live and interactive and the afternoon workshops will be prerecorded. Workshop topics include the latest scams targeting older adults, legal tools to combat exploitation, financial audits and the use (and abuse of) powers of attorney. Professional continuing education credits will be offered to social workers, attorneys and accountants. The cost is \$75.00. Contact (216) 539-9293 for additional information.

Make a commitment today to take action and become the "eyes and ears" for reporting potential senior abuse. Maybe you'll want to volunteer to deliver meals to homebound seniors; connect with local helplines to safely bring them groceries; ask your church or organization to add information about elder abuse to their bulletins or newsletters; become a phone or pen pal to a senior through the Council on Aging; share posts via social media about World Elder Abuse Awareness Day (WEAAD); write to your state senators and representatives supporting funding for Adult Protective Service programs; join organizations such as C3A or other elder justice groups that focus on advocacy and promote the dignity of older people. Together we can make the world a better place for our seniors!

Corwin & Jenkins CPAs

Registered Tax Preparers & Certified Public Accountants

Over 60 years of combined experience specializing in:

- Estate & Trust Income Taxes
- Individual & Business Income Taxes
- Financial Statements & Business Advice

35000 Chardon Road, Suite 100

Willoughby Hills, OH 44094

Phone: (440) 954-3399

Fax: (440) 954-3261

Email: CPA@corwinjenkins.com

www.corwinjenkins.com

Wickliffe Country Place

A Legacy Health Services Facility

1919 Bishop Road Wickliffe, Ohio 44092



Phone

440-944-9400

Fax 440-944-0955



- Private, Spacious Rehabilitation Suites
 - Therapy Offered 7 Days a Week • On-site dialysis partnered with CDC
 - Full-Time Certified Wound Nurse • Specialized Cardiac Program
 - Full-Time Nurse Practitioner • Secure memory care unit
- Take a virtual tour of our website www.lhshealth.com

Our Medical Directors are Dr. Harigopal Balaji, Dr. Beejadi Mukunda and Dr. Marinela Turc



**SCHRAFF
THOMAS**
attorneys at law

Patricia J. Schraff, CELA*

John P. Thomas

Wm. Joseph Baker

Lindsay C. Jones

Tara M. Pavlovcak

Claudia Rose Brown

Timothy J. Gibbons
(of counsel)

Emil F. Sos (of counsel)

* Certified Elder Law Attorney by the National Elder Law Foundation

- | | | |
|-------------|---------------------------|-------------------|
| • Elder Law | • Estate Planning | • Medicaid |
| • Probate | • Long Term Care Planning | • Disabilities |
| • Trusts | • Nursing Home Negligence | • Personal Injury |
| • Wills | • Guardianships | • Real Estate |

2802 SOM Center Rd., Suite 200 • Willoughby Hills, Ohio 44094

Phone: (440) 569-1505 Fax: (440) 569-1509

www.schraffthomaslaw.com



COUNCIL ON AGING Lake County

2020 Annual Report



Welcome from the CEO



Joseph R. Tomsick
CEO

The challenges of 2020 underscored the important work and the impactful role the Lake County Council on Aging provided to our community to ensure the safety and wellbeing of the seniors we served. When the stay-at-home order was issued in March, we knew that those who rely on us, older individuals who were more vulnerable to the effects of the coronavirus, would need our assistance more than ever. 2020 forced us not only into an emergency footing for all of the past year, but affected just about every service program the Council on Aging provides. This annual report highlights the tremendous impact that the Council on Aging had on the senior community of Lake County during one of the most challenging years in history.

Early on, the agency quickly responded to the crisis by adopting a list of new safety procedures, implementing rigorous modifications to its services in order to help prevent the spread of this virus, while still providing essential services to older adults who were now at an even greater risk of isolation. Food insecurity was on the rise and we could no longer meet with individuals face-to-face, creating a barrier in starting new services. The agency acted to meet these challenges head on, and continue services without interruption.

Since long before the pandemic, the Lake County Council on Aging has known the important role it plays in delivering critical home-based programs for

seniors, from social work to nutrition, homemaker to benefits assistance, and information to meet ever-changing needs. The experience of 2020 made us focus on the essential services we provide, and, and gave us the opportunity to see the gaps and strengths of the community from a different perspective. Using all we have learned, we can reimagine our future to further our mission as advocates for seniors and our aging homebound neighbors in Lake County.

A sincere thank you to our partners, funders and collaborators who helped us further our mission of optimizing well-being for older adults and their support system. These community partners were critical in helping us serve an ever-growing community of seniors reaching out for our support. Throughout the spring, summer and fall, these partners helped us provide new means for seniors to be able to receive groceries, produce, emergency food and hygiene products.

We could not have navigated the Council through these dangerous waters without your support and contribution, and our sincere thanks are due to all of you for the hard work and the sacrifices made to see us through this unprecedented challenge.

First, I wish to express my gratitude to our hard-working board of trustees. This dynamic group of professionals brings a vast range of knowledge and experience and was an invaluable resource in responding to the needs of our community during this difficult year.

We are also grateful beyond measure to the residents of Lake County for the responsibility they have entrusted in us to be careful stewards of the Senior

Services Levy funding we receive. This is our lifeline to the programs we provide. During the first phase of COVID-19, the agency saw a 36% increase in the number of meals we were serving in the community. Fortunately, federal dollars through the Western Reserve Area Agency on Aging, and grants from Meals on Wheels America helped our organization offset many of the increased costs due to the additional meals, and it provided several thousand shelf-stable emergency meals for seniors on the program. All of this helped ensure the financial stability of the agency throughout the pandemic.

In this report, we invite you to see the impact your donations, grants, and volunteer service have also made to those we serve. Thank you for your continued support and for your belief in the positive impact we can make in the lives of Lake County's older population, even during the most challenging of times.

It remains a great honor to serve as CEO of the Council on Aging, and I could not be more proud of our remarkable team. The dedication and ambition that our staff and volunteers have shown over the past year is a strong foundation for more success in the years to come. I believe our agency will look back on 2020 as a year in which we met those challenges and emerged from them stronger than ever.

I now present to you the Lake County Council on Aging's 2020 annual report.

Respectfully,

Joseph R. Tomsick



Current Council on Aging Staff

Our agency is very proud of the dedicated and hard-working staff who bring great passion for serving the senior community of Lake County. Thank you to all of these extraordinary individuals!

Ann Marie Armaro
Volunteer Engagement Manager

Kristi Ballinger
Social Worker

Fran Beale
Social Worker

Bernardine Brooks
Social Work Manager

Jean Carlton
Nutrition Site Coordinator

Selena Cox
ADRC I & A Specialist

Sandra DeMeza
Homemaker

Janet DiCicco
Social Worker

Susan Fende
Nutrition Aide

Glynnis Fox
Nutrition Site Coordinator

Barb Henderson
Nutrition Aide

Debi Holland
Director of Finance

Gina Ilacqua
Nutrition Assistant Site Coordinator

Christopher Jochum
HR & Safety Manager

Nancy Krause
Nutrition Site Coordinator

Dionne Liddy
Nutrition Assistant Site Coordinator

Linda Llewellyn
Director of Community Services

Jennifer McLaughlin
ADRC Manager

Jennell Muscatello
Executive Assistant to CEO

Jim O'Connor
ADRC I & A Specialist

Jackie Oliverio
Options Counselor

Danielle Phillips
In-Home Services Manager

Barbara Sawicki
Nutrition Site Coordinator

Isabel Shank
Homemaker

Renee Shea
Nutrition Aide

Diana Sloban
Nutrition Assistant Site Coordinator

Renee Sonnie
Nutrition Site Coordinator

Melissa Sprague
Receptionist

Beth Swain
Social Worker

Lydia Timperio
Homemaker

Joseph Tomsick
Chief Executive Officer

Sheilah Vaccariello
Nutrition Aide

Melissa Weber
Social Worker

Kathy Wingo
Nutrition Services Assistant

Brittanie Zerby
Nutrition Aide

Sharon Zuzek
Nutrition Aide

Mission

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

Vision

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

Services

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

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

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

Outreach Efforts

The goal of our outreach efforts is to increase the community's knowledge of the services and programs available for seniors in Lake County. As the COVID-19 pandemic began to take the form of a major health crisis, our agency was forced to suspend most of its outreach efforts, and cancel all community events, including its major fundraiser "March for Meals."

Reaching all Lake County seniors and their support systems with important information about COVID-19 and how to prevent its spread became a top priority. With the support of the Lake County Board of Commissioners, the agency's quarterly newspaper, Bridge, began to be delivered to every senior household in the county.

Beginning with the 2nd quarter of 2020, a significant portion of Bridge was devoted to how COVID-19 was forcing many agencies like the Council on Aging to implement temporary changes to the way they serve our senior community. Working with our partners, we compiled this information to help seniors across the county stay informed of the many valuable resources and supports that were available throughout our community.

During the COVID-19 pandemic, seniors experienced social isolation in a whole new way. As research has shown, these feelings of loneliness can pose a great danger to their health and well-being. The Council on Aging and its CEO turned to its weekly radio program in order to provide seniors with answers to their concerns regarding the virus, senior health, finances, Medicare, and many other issues that affect older adults. The radio show, "Our Aging World," is broadcast on WINT Radio and stretched our outreach capabilities through entertaining discussions and interviews with experts.

In 2020, the over 170,000 copies of Bridge were distributed across Lake County. The agency answered 18,292 calls into the agency and our website, www.lcco.org, received 34,535* page views.

*Figure based on average visits reported by Google Analytics.

“

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

”

“

Thank you for everything you 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. —Tessa

”

Current Board of Trustees

We are fortunate to have a dedicated and experienced board of trustees to help in our mission to support aging adults in Lake County. Through their expertise, the board of trustees provides legal, financial and governance oversight for the Council on Aging. Board members volunteer to serve multiyear terms and generously support our efforts with their time, talent and passion.



John P. Thomas
President
Schraff Thomas Law, LLC
Attorney At Law



Shannon Cianciola
Vice President
Manning & Clair
Attorney at Law



Kimberly Tutolo
Vice President-Elect
Hospice of the
Western Reserve



James R. Jenkins
Secretary/Treasurer
Corwin & Jenkins,
CPAs, Inc.



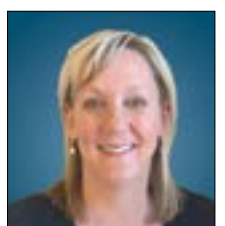
Megan Coy
Astra Zeneca



Gini Geffert
Lake County Veterans
Service Commission



**Lynnmarie
Landwei-Phillips**
Lake County Board
of DD/Deepwood



**Mindy
Mallet-Kovalcheck**
Lake County



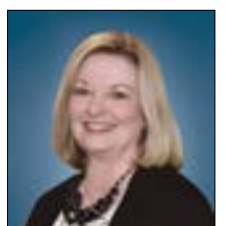
Sunny Masters
Recent Board President
Retired, Hospice of the
Western Reserve



Paul Pahoresky
JLP, CPAs



Nancy Sanden
Brunner Sanden Deitrick
Funeral Home &
Cremation Center



Eileen Yates
Retired, Ohio Living Home
Health & Hospice

Patricia Mackey, Honorary Board Member

Senior Nutrition Programs

Senior nutrition programs have always been important to the well-being of seniors, but 2020 increased the need to a critical level during the pandemic making it an “essential” service for seniors.

Participants have always benefited from improved nutrition and less worry over food insecurity, but in 2020 access to food became a higher priority issue. In addition, the opportunity for socialization in the Lunch Place drive-thru or with their Meals on Wheels driver became even more important when seniors were advised to limit their activities outside their home and with others, as 57% of the seniors enrolled in our programs live alone and 73% of home delivered clients are frail or disabled.

Extra attention was paid to take a few minutes to talk with each client when providing meals, helping to reduce feeling of isolation and loneliness, as well as sharing information on the agency’s Phone Pal program. Seniors and their families found comfort in knowing their loved one had nutritious meals for the week and a social connection. Congregate and home-delivered clients were also called by nutrition staff once a week, in between services, to “check in” and provide a social connection. Seniors rely on the nutrition site to be there for them and often call when they are lonely or need additional assistance. We are



Jerry and Marie Bartels became CoA nutrition volunteers at the height of the pandemic.

honored to be a valued resource for seniors.

Safety protocols were implemented in each nutrition site. All employees and volunteers entering the site are required to wash their hands upon entry and wear a mask at all times. Kitchen staff and volunteers are required to wear an N95 mask or face shield and mask while serving on the tray handling open food. Volunteer drivers in most sites, do not enter the building. If they do enter, it is with wearing a mask and for a limited time to pick up their delivery bags and route sheets. Volunteer drivers are required to wear a mask and gloves when delivering meals. All nutrition sites increased cleaning and sanitation to meet new CDC guidelines. Every surface, including delivery bags, is sanitized daily.

Lunch Place

Each Lunch Place site is located within a short drive of nearly every Lake County resident. In 2020, lunch sites served over 41,000 meals to 545 seniors — a 48% increase over 2019. The year began with seniors enjoying a good meal, friendship, laughter or sometimes a game of cards at their dining table in the senior center. When the pandemic hit and the senior centers closed, we transitioned to a congregate meal drive-thru program once a week, where seniors could get a full week of meals.

2020 LUNCH PLACE MEALS	
Location	# meals served
Eastlake	12,633
Madison	5,476
Painesville	4,142
Wickliffe	13,433
Total Meals (48% increase)	41,024

Funding

Funding for the senior nutrition program comes from different sources. The Older Americans Act funds meals through the Western Reserve Area Agency on Aging. The Lake County Senior Services Levy also funds a significant portion of the meals. Additional funding during the pandemic came from the Cares Act to help meet the need for essential nutrition services. The United Way also provides funding specifically for the congregate Lunch Place sites.

The meal participants have an opportunity to contribute a portion of the cost of their meals through an anonymous donations system. This process assures that no one is turned away due to their inability to contribute toward their meal.

2020 Senior Nutrition Program Total	# meals
Total Lunch Place	41,024
Total Home-Delivered Meals	188,412
Total Passport	6,840
Lake County Fair Senior Day	n/a
Holiday Home-Delivered Meals	279
Blizzard Bag Meals	137
Pantry / Frozen Emergency Meals	150+
Emergency Shelf-Stable Meals	8,000
Grand Total Meals	244,842*
*21% increase in meals provided	



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

Home-Delivered Meals (Meals on Wheels)

With the assistance of volunteer kitchen aides and drivers, over 195,000 meals were delivered to seniors who are unable to get out or shop, have difficulty seeing or standing to prepare meals, or live within modest means. The number of seniors served and meals provided increased by 12% in 2020 to nearly 1,100 clients. 2020 began with clients being served a hot meal five days a week with a frozen meal option to cover weekends to assure there will be at least one complete, nutritionally-balanced meal available every day. Delivery transitioned to two–three days per week providing a hot meal and additional frozen meals for nondelivery days. A box of five shelf-stable meals were distributed to all clients and blizzard bags containing two days of nonperishable food items were delivered to clients who requested help stocking an emergency food pantry. Deliveries were made with new safety protocols that included volunteers wearing masks and gloves and maintaining a six-foot distance after knocking on the door to keep seniors and volunteers safe while still providing an in-person conversation and well check.

2020 HOME-DELIVERED MEALS	
Location	# meals served
Eastlake	39,476
Madison	20,660
Mentor	52,552
Painesville	49,585
Wickliffe	26,139
Passport Meals	6,840
Total Home-Delivered	195,252

Homemaker Program

Aging adults often find that one of the main obstacles to living independently is managing a home. The Lake County Council on Aging’s Homemaker Program is light housekeeping program committed to providing practical assistance with routine household chores that will help Lake County seniors remain independent in their own home. In addition to cleaning tasks, our homemakers provide socialization and a safety check to promote a safe, clean and healthy environment where seniors can feel a greater sense of confidence and security. Services include cleaning the kitchen and bathroom, light dusting and vacuuming, changing bed linens, emptying garbage and mopping. The cost for the homemaker program is based on a sliding fee scale.

In March of 2020, the Homemaker Program faced a new challenge it had never encountered. The global pandemic forced the suspension of homemaker services from March 16 to June 22. The Lake County Council on Aging carefully planned the program restart to ensure service delivery was conducted in a safe manner with an emphasis on preventing or minimizing exposure to COVID-19. Following established COVID-19 protocols enabled the Council on Aging to provide uninterrupted homemaker services for Lake County seniors for the remainder of the year.

COVID-19 mandates restricted homemaker clients from leaving their homes and being able to spend time with their children and grandchildren. The biweekly light house cleaning visit helped decrease feelings of isolation some seniors were experiencing and also provided a wellness check. Prior to every visit, the homemaker asked the client if they were experiencing any symptoms of the virus. During the visit, the homemaker engaged in friendly, socially distant conversation not only to reduce loneliness for some of our most vulnerable seniors but also assess their situation for potential unmet needs during this uncertain time.

Clients have been appreciative of the continued relationship and have shown this by doing their part and wearing masks without complaints while our staff in is their home, thus showing the respect and appreciation goes both ways.

2020: Provided 1,634 total units of Homemaker Services to 155 Lake County senior households.

Nonmedical In-Home Care Program

The Nonmedical In-Home Care Program provides in-home assistance with activities of daily living, focusing on personal care, for Lake County senior citizens to support aging in place. Eligible seniors are assigned to a contracted home healthcare agency that provides two hours of in-home care once per week. Caregivers provide assistance or supervision with bathing. Caregivers provide service based on tasks outlined in a care plan. Some tasks include: basic nail and skin care, oral hygiene, light housekeeping, laundry, changing bed linens and planning and preparing meals. This service is funded by the Lake County Board of Commissioners.

2020: Provided 3,439.25 total units of non-medical services to 97 Lake County senior households.



Lake County Council on Aging

8520 East Avenue, Mentor, Ohio 44060
(440) 205-8111 • www.lccoa.org

Our Appreciated Volunteers

Now and throughout our history, volunteers have played an essential role for the Council on Aging, our staff, and the clients we serve. We are deeply appreciative to all of these individuals for the incredible energy they gave to our community during 2020, navigating the many challenges that COVID-19 presented. Thank you for supporting our mission, we are forever grateful.



Abramczyk, Pat Achter, Jessica Adams, Raymond Albanese, James Alecci, Debbie Ambrose, Jack Ambrose, Rosemary Ananda, Rady Anderson, Alberta Anderson, Dennis Antos, Barbara Armour, Christine Arnold, Stephen Aten, Libby Baeslack, Shelley Baker, Beatrice Baker, Cindi Ball, Kay Ball, Sierra Ballinger, Kristi Balog, Caroline Baltus, Bob Baltus, Mary Banerjee, Ashoke Banerjee, Swapna Barajas, Alyea Barrett, Mike Barrett, Neil Bartels, Jerry Bartels, Marie Bartholomew, James Beck, Kenneth Beck, Richard Behrens, James Berlin, Don Berlin, Sandra Berry, Tom Biasotti, Bill Blewett, Anthony Block, Stacie Bockhoff, Peggy Boesken, Jeanie Boka, Carla Bonelli, Michael Bordelon, Clarence Bowers, William Brewer, John Briar, Patricia Brichford, Sandra Bricker, Arthur Bromelmeier, John Brown, Elijah Brown, Kim Buckman, Beth Buckman, Bill Budzicki, Blair Bukovesky, Byron Burney, Drew Burr, Joyce Bush, Gary Buzanski, Mary Ellen Buzanski, Ray Campbell, Brad Cardillo, Joan Carlile, Timothy Carlson, Thomas Casey, George Caswell, Clem Caswell, Deborah Caswell, Denise Cavallaro, Dennis Chom, Iva Ciancola, Shannon Cintula, Geraldine Cipkus, Dona	Claflin, James Cogan, Daniel Connell, Joe Corban, Ronald Corrigan, Tom Cox, Selena Coy, Megan Craft, Kathy Crognale, Victoria Curtiss, Lorna Czeck, Carole Daley, Melissa David, Carol Davies, Ronnalee Davis, Lynn DeAngelo, Marie Deans, Gary Delamotte, Abby Deliere, Heather Denison, John DiDonato, Danielle Dillow, Marilyn DiMare, Denise Dombeck, Frank Doty, Pat Downs, Shirley Dragon, Tara Drazetic, Johnna Duca, Dale Ducsay, Kaye Ducsay, Robert Dunham, Char Dunham, Richard Dyckman, Lois Eastlake Baptist Church Eberling, Frank Edmisten, David Edmisten, Vicky Edwards, Wendy Ehle, Roger Eierman, Akexa Elliott, Angela Elsaesser, James Erb, Ruth Erb, Tom Erbaugh, Sharon Erbaugh, Tom Evans, Thomas Faith Lutheran, Falcone, JoMarie Fatica, Donald F Faight, Laura Federico, Barb Fellenstein, Paul Ferguson, Cheryl Ferguson, Doug Ferrara, Lisa Field, Bud Fisher, Beth Fleming, Rita Forrai, Robert Fortuna, Christine Fox, Tabby Frank, Debbie Fried, Steve Fuhrman, Raymond Gallese, Marilyn Garcar, Michael Gayle, Nisci Geffert, Gini Geisman-Turk, Barbara Gerhardt, Linda Giaconia, Phillip Giarrizzo, Jacquelyn Gibson, Marjorie	Gilbert, Laurie Gish, Tina Glass, Joel Glavac, Pattie Goff, Tom Golladay, Ruth Gordon, Monna Gouldsbury, Pamela Grablovic, Maribeth Grodecki, Annette Gruss, Terri Gryzmala, Mary Guarnera, Tom Gundelach, Carol Hahn, Stephanie Halko, Janet Hanchuk, Heather Hanf, Brent Hange, Linda Hannon, Yumiko Hanrahan, Mary Hargest, Jan Harris, James Harris, Mary Ann Harrison, Kathleen Hayes, Mary 'Peg' Hayes, Robert Hayhurst, Geraldine Hayward, John Hencie, Rob Hendrickson, James Herjazi-Garcia, Claudia Heston, Roger Hill, Sarah Hine, Dee Hinkel, Irene Hinkel, Jerry Hite, Denis Hite, Patricia Hoffacker, Ken Hogan, Alice Hollerbach, Michelle Horvath, Kay Horwitz, Susan Howell, Kathy Hren, Mary Ann Hribar, Edward Hrovat, Lisa Hrovat, Loretta Huber, Susan Humar, Cyndi Humensky, Karen Ilacqua, Gina Irish, Annette Jankowski, Dorothy Jenkins, Jim Jennens, Terry Jeschenig, Gina Johnson, Kelly Kasserman, Stan Kaufman, Stanley Keep, Diane Keim, Allen Keller, Brenda Kelley, Lynn Kelly, James Kelly, Lori Kilroy, Marilyn King, David King, Dolores Kingzett, James Kinsey, Diane Kinsey, Douglas Kish, Ken Klements, Donna	Klinger, Robert Knaus, Robert Knific, Zita Koerwitz, Janet Kohut, Patricia Koller, Diane Koons, Fran Kothari, Prabodh Kovacik, Barb Kovalcheck, Mindy Kozich, Bill Kozsey, Janet Kramer, Fred Krause, Jack Krech, Susan Kroeger, Daniel Krstolic, Ken Krstolic, Lynda Joy Krysiak, Nikki Krysiak, Sandy Kukura, Suzanne Kuntz, Bob Kuntz, Carol Labadie, Ona LaBant, June Lane, Terry Lauria, Nicole Leiden, Bruce Leissa (Matetic), Cheryl Leone, Marge Leslein, Rebecca Lewis, Len Livingston, Joyce Llewellyn, Linda Logan, Lawrence Lorence, Linda Lowe, Deanna Lucker, Don Lucker, Stuart Lynce, Natalie Lytle, Cheryl Lytle, Rick Malek, Dave Mannion, Paul Manteuffel, Lynn Marcotte, Andrew Margalis, William Marinelli-Voit, Stacey Marinko, Andrea Martin, Dan Martin, Thomas Martinez, Jessica Mason, JoAnne Mason, Stephen Masters, Sunny Mathew, Cassandra Mattice, Cheryl Maurer, Larry May, Janet Mayher, Kathleen Mazurek, Nancy Mazurek, Ronald McCarthy, Colleen McClendon, Vonneta McCoy, Ethan McCullough, Anastasia McGiffin, Katherine McGiffin, Paula McGinnis, Amy McGlone, Lindsay McHugh, Christine McHugh, Dwight McIndoe, Sarah (Sally) McLaughlin, Jennifer McMahon, Barbara	McNeal, Phillip McNeal, Rita Medlen, Tom Melcher, Jaime Melsheimer, Diane Melvin, Debby Mendralla, Bonnie Mengelkamp, Tom Metenyi, James Metti, Raymond Meyer, Bob Meyer, Dolores Meyer, Larry Miller, Carol Miller, Jayne Miller, Laura Minton, Robert Misenko, Andrew Mitchell, Tina Moffett, Karen Mokwa, Laura Lucas Moore, Dan Moran, Doris Moran (Russell), Leeann Morgan, William Mosman, Jennifer Moster, William MS Student Makers Club Mulhauser, Judy Murphy, Lauren Murphy, Mona Murphy, Tom Muscatello, Jennell Muzic, Karen Nagle, Danyelle Namie, Cameron Nemerovsky, Evelyn Newcomer, Susan Niehus, Nancy Nordyke, Joyce Novak, Jean Oberdoerster, Karla Oberdoerster, Tim O'Brien, Terrence Offi, Eileen Oldani, Debbie O'Linn, Susan Olivo, Elsie O'Neill, Bridget Orazen, Becky Ozello, Patricia Page, Jane Page, Roy Pahoresky, Paul Pahula, Mike Paluckas, David Papadakis, Nicholas Paradiso, Patty Parke, Betsy Parker, Julia Parks, Colleen Patel, Shayna Paterniti, Carmen Patfield, Lawrence Patrick, Susan Patt, Donald Patton, Kevin Peltz, Judy Peppard, Debbie Peppard, Michael Pereksta, Pamela Perry, John Peters, Rae Petre, Sally Petrello, Bill	Petrello, Janet Pevec, Therese Phillips, Danielle Phillips, Lynnmarie Pilotti, Ken Piros, Dale Piros, Denise Piszcior, Jane Podgurski, Kimberly Pope, Judy Prunty, Dianne Quignano, Lee Raishart, Francis Raishart, Marilyn Ramirez, Fatima Raymer, Ann Raymer, Dawn Rechlin, Linda Retire Bee's, Rice, Brian Ricketts, Mary Anne Riley, Christine Ritley, Doug Roberts, Diane Robinson, Janice Robinson, Richard Rogan, Missy Rogan, Tracy Rogers, Brian Routt, Lisa Rozenberg, Irene Sakach, Arlene Saletel, Judy Saling, Claudia Saling, George Sanden, Nancy Sanders, Barbara Jene Sandrey, Darlene Sandrey, Michael Sawyers, Bill Sbrocco, Lois Sbrocco, Michael Scerbo, Jennifer Schaefer, Melissa Schafer, Jamie Schiele, Denny Schmidt, Linda Schock, Delmas 'Del' Schreckengost, Jack Schreckengost, Mabel Shanley, Ann Shriver, Mary 'Kitty' Sironen, Joseph Sironen, Rose Mary Skouby, Robert Smith, Cheyanne Smith, Mary Smith, Pam Smolik, Greg Soeder, Diana South, Beth Spears, Quantez Spotz, Mary St Mary's School Girlscouts Stanek, Larry Stanicki, Jeff Stefanik, James Stefanik, Sandra Steinicke, Jack Stevens, Pat Stoneman, Nancy Stratz, Robert	Strong, Darlene Summers, Tim Svendsen, Linda Swinehart, Gary Szeker, Frank Taraska, Barbara Tatonetti, Diane Terranova, Carol Teschke, Cathy Thoeni, Noelle Thomas, John P. Thorne, Alan Trepal, Esther Troha, Bob Trombley, Tom Tursich, Debbie Tursich, James Tutolo, Katey Tutolo, Kimberly Unites, Dorothy Vaccariello, Mike Vaccariello, Sheilah Valderrama, Juan Veneri, Chris Vogt, Ken Vogt, Mary Ellen Voit, Michael Volpe, Herman Volpe, Sharon Vosicky, Susan Waclawski, Deb Walsh, James Walsh, Rae Lynne Walter, Laura Walters, Donna Walters, James Watson, Mary Watt, Gregory Weber, Emily Weber, Melissa Weglarz, Frank Weglarz, Susan Weintz, Philip Weiss, James Weiss, Lori Welch, Michelle Whitcomb, Tom Wilson, Bruce Winters, Sue Woehle, Al Wojciechowicz, Michael Wollerman, Wayne Woodworth, Marijane Wymmer, Teresa Yates, Eileen Yates, Tom Yoon, Elliott Yoon, Sylvia York, Christine Zadd, Daniel Zadd, Donna Zalar, Jane Zaller, John Zemanek, Luanne Zemanek, Steve Zerman, Charles Zerman, Mary Zettlemeyer, Elaine Ziegler, Barbara Zito, Mitchell Zivkovich, Ed Zuch, Frederic
---	---	---	---	--	---	---



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



Special Thanks to Our Adopt a Route Partners

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

Businesses who engage employees in community service have higher employee satisfaction and employee engagement. The Adopt a Route program is a program that benefits the employees and the business while supporting the Lake County Council on Aging and directly impacting our clients in Lake County. Thank you to all the volunteers serving on behalf of the following businesses and organizations:

ASA
Cardinal Woods
Creative Solutions to Independence
Enpac

Griswold Home Care
Heartland
Hospice of the Western Reserve
Lake County Commissioners
Lake County Council on Aging

Madison Healthcare
Mentor Rotary Club
Painesville Rotary Club
Wickliffe Country Place

Volunteer Services Department

The pandemic in 2020 brought change to all our lives. Our volunteers stepped up to the challenge without question to provide essential nutrition services to seniors. New safety protocols were put into place, meal delivery schedules changed and we had to get creative and add drive-through pickup meals when congregate dining was no longer an option. These “every-day heroes” went above and beyond to continue to serve clients with the same care and compassion they had always shown our seniors. As the pandemic lingers, hundreds of volunteers continue to prepare meals at our nutrition sites, deliver Meals on Wheels, make friendly calls, send beautiful letters and cards and support numerous “behind-the-scenes” office projects.

In 2020, volunteers impacted the nutrition, loneliness and social isolation, information and support needs of our clients and special community events.

Nutrition Impact

Nutrition Centers. Along with the Nutrition Center coordinator and staff, **44 nutrition assistant volunteers** assisted with general meal preparation, sealing and packing meals for delivery, and were the friendly faces that served food at four Lunch Places, our congregate meal sites.

Meals on Wheels Delivery. **409 volunteers** delivered nutritious meals and daily contact to seniors. The program supports independence while promoting the social, physical, and emotional well-being of seniors. The program consists of the delivery of a hot meal Monday, Wednesday and Friday along with a meaningful social interaction and well-being check.

Loneliness and Social Isolation Impact

Volunteers positively impacted the issue of senior loneliness and social isolation through nutrition services as mentioned above and more specifically through the following volunteer roles.

Friendly Visiting. **9 friendly visitor volunteers** provided companionship to Lake County seniors who have few opportunities for social interaction. Their visits each week or every other week provided engaging conversation and connection that positively enhanced the life and well-being of the client.

Phone Pal Caller Program. **9 phone pal volunteers** made calls to seniors. This vital program connects homebound seniors by phone which maintained an ongoing relationship by providing a social connection to reduce loneliness and social isolation.

Powerful Pens Program. **10 pen pal volunteers** stayed connected to seniors by writing letters and sending handmade cards to reduce loneliness and social isolation.

Letters of Love and Handcrafted Cards. The delivery of a hand-crafted card to a Meals on Wheels or Lunch Place senior brings joy and uplifts spirits. Hand-crafted greeting cards were shared on Valentine’s Day, Fourth of July, Thanksgiving and Christmas with nearly 1,000 cards delivered on each holiday along with positive general hand-crafted greeting cards shared randomly throughout the year. The number of individual and group volunteers has grown significantly in the past year to **43 volunteers** and includes several who live outside of Ohio, but support the mission and mail their cards to be included in delivery to seniors.

Information and Support Impact

Ohio Senior Health Insurance Information Program (OSHIIP): Under the guidance of our Aging and Disability Resource Center, trained Ohio Senior Health Insurance Information Program (OSHIIP) volunteers provided information to resolve Medicare, Medicaid, and secondary health insurance questions. **6 volunteers** helped seniors make informed decisions regarding Medicare benefits by providing free, unbiased information.

Grocery Shopping: **29 grocery shopping volunteers** met biweekly with clients who can no longer leave their home to grocery shop. Grocery shopping support services enabled clients to remain independent in their own home; as well as enhance their nutritional well-being.

Administrative: **10 administrative volunteers** provided support behind the scenes in the business office to ensure the delivery of programs and services.

Training: Volunteers, as well as employees, are required to participate in annual required training to build upon their knowledge and skills and ensure high quality service is being provided to our seniors.

Events and Community Projects

Event and Community Project volunteers assisted in an array of activities; including, Blizzard Bag Food Drive, Thanksgiving and Christmas meal delivery. Many of these volunteers join us just once a year for the special project and others serve in addition to their regular volunteer roles. Senior Day at the Fair, March for Meals and Lake County Fair Parade were put on hold this year due to the pandemic.

Blizzard Bags. The Blizzard Bag Food Drive, an annual event, collected more than **6,000 food items** at multiple collection locations in the community, including drive-thru collections at Lake County Council on Aging. Food donations were sorted into types of food and packed for a three–four day food supply into **136 blizzard bags**. Blizzard bags are designed to ensure that clients who receive Meals on Wheels have food resources in case of an emergency cancellation of delivery.

Thanksgiving and Christmas Meal Delivery. The holidays can be a difficult time of year for many seniors, especially in 2020 with so many families unable to get together due to the pandemic. LCCoA remained committed to delivering a hot meal and holiday spirit to our clients who would otherwise be alone. **24 volunteers** on Thanksgiving and **27 volunteers** on Christmas delivered a special holiday meal from Lake Health Medical Centers to **143 seniors** on Thanksgiving and 136 seniors on Christmas. The large number of those willing to deliver on a holiday enabled each volunteer to spend more time visiting with clients and sharing holiday joy.



Volunteer Impact	# of Hours	# of Volunteers*
NUTRITION		
Meals on Wheels/Lunch Place meals	11,280.25	453
LONELINESS/SOCIAL ISOLATION		
Friendly Visiting	88.75	9
Friendly Caller Program	93	9
Letters of Love & Cards Program	1,172.75	43
INFORMATION AND SUPPORT		
Benefits Assistance (OSHIIP)	96	6
Grocery Shopping	201	29
Administrative	338	10
Training	453	
EVENTS/COMMUNITY PROJECTS		
Blizzard Bags	136	18
Thanksgiving Meal Delivery	49	24
Christmas Meal Delivery	56	27
Board of Trustees	144	12
Total Volunteer Hours	14,107.75	646

*Duplicated count

Lake County Council on Aging volunteers contributed 14,107.75 hours of service, often in multiple roles and multiple locations.

The value that they added to our programs and services benefiting Lake County seniors and the community was priceless.



Jack Ambrose, one of the hundreds of volunteers who helped the Council on Aging during a very challenging time.

“

I would like to thank everyone who was involved with giving food for the seniors of Lake County, Ohio. This food came during the difficult time of the virus. The organization, distribution, and the volunteers made sure the food was given in a smooth and friendly way. In fact, we stayed in the car while they put the box of food in our trunk. Thank you for providing us the food and means of receiving it. Thank you also for thinking of us seniors. God bless you all! –Diana

”

Special Recognition

Throughout 2020, the Lake County Council on Aging saw tremendous support from the Lake County community in serving seniors during a very difficult period. Local governments, organizations and businesses graciously donated manpower, supplies and food and arranged community-giving opportunities to help seniors in need. Here is a partial list of those who helped us in incredible ways:

Adventure Subaru
Alyea Barajas /Board of County Commissioners
Dale Smith / Mentor Rotary
Edwins Leadership & Restaurant Institute
Fire Chiefs of Eastlake, Madison & Wickliffe
Ganley Subaru
Gordon Food Service
Greater Cleveland Food Bank
Best Solutions Inc.
Lake County Emergency Management
Karen Bowersox
Lake County Senior Centers
Laketran
Lifeline
Madison Senior Center Staff
Ohio State Highway Patrol
Pastor Royce / Lifebrand Cowboy Church
RSVP Volunteers
St. Gabriel Church
United Way of Lake County
Western Reserve Area Agency on Aging
Wickliffe Senior Center Staff
Wickliffe Service Employees

Our Aging World Radio Show

The Lake County Council on Aging produces a weekly educational radio program, entitled "Our Aging World." The one-hour broadcast is aired in kind over WINT Radio, 1330AM and 101.5FM. An online airing of the show is available at tunein.com.

The program is hosted by Joe Tomsick, CEO of the Lake County Council on Aging with interviews of experts in a variety of fields. As the pandemic brought near total seclusion for many older individuals in Lake County, the radio show became a reliable information source and connector for seniors.

Here is a partial list of some of the guests who appeared on the weekly radio program during 2020:

Alzheimer's Association
American Red Cross
Behavioral Health Services
Better Business Bureau of Cleveland
Catholic Diocese of Cleveland
Cleveland Aquarium
Cleveland Clinic Geriatric Services
Cleveland Sight Center
Eastlake Fire Department
Elder Abuse Awareness Day
The Fine Arts Association
Forbes House
Great Lakes Mall
Hearing Specialists
Home Care Companies
Home Safety/Maintenance
Lake County Board of Commissioners
Lake County Council on Aging
Lake County Department of Utilities
Lake County General Health District
Lake County Master Gardeners
Lake Health Center for Geriatric Psychiatry
Laketran
Lifeline/211
Mentor Fire Department
Mentor Public Library
Motivate Lake County
NAMI Lake County
National Kidney Foundation
Project Hope for the Homeless
Social Security Administration
United Way of Lake County
University Hospitals Senior Assessment Program
US Census Bureau
Willoughby Eastlake Public Library



Funding

The Lake County Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, Title III Older American Act Awards through the Western Reserve Area Agency on Aging, the United Way of Lake County, various local/national grants, fees and donations. We are humbly grateful to the hundreds of individuals who are listed within this report who made financial contributions to the Council on Aging in 2020.

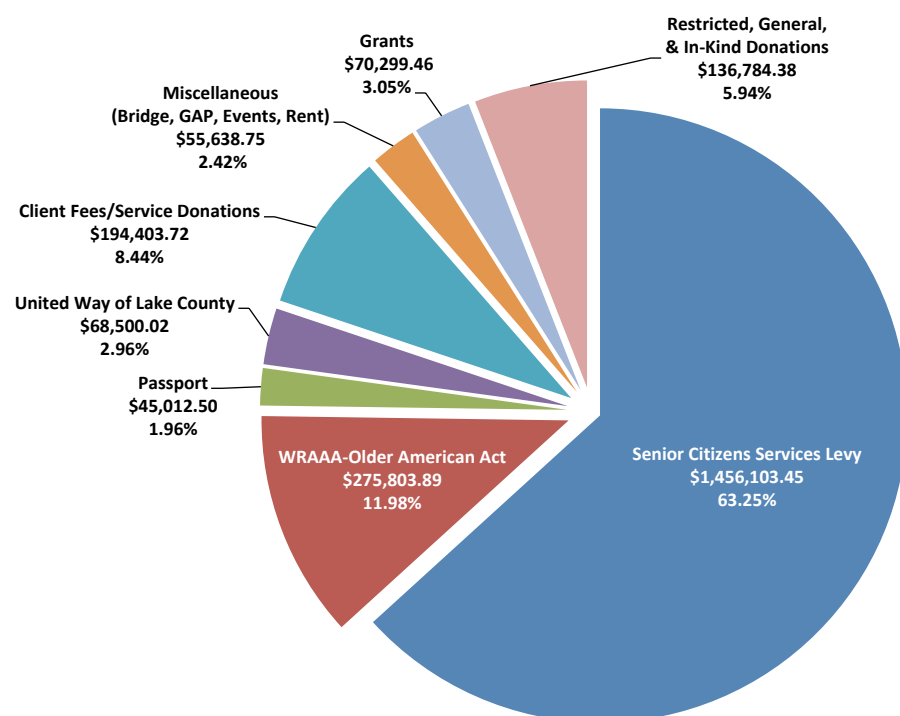
Approximately 63.25% of the Council on Aging's 2020 operating funds were received from the Lake County Senior Services Levy and approximately 11.98% from Older American Act funds.

We are extremely grateful for the additional 48,000 home-delivered meals and 10,000 congregate (drive-thru picked up) meals from the Family First Coronavirus Response Act (FFCRA) funding for the 2020 program year through Western Reserve Area Agency on Aging. We also want to thank Meals on Wheels America for \$100,000 in additional funding that Lake County Council on Aging used for shelf stable meals and home-delivered hot and frozen meals. We were also able to use those funds to replace old and inefficient commercial ovens, refrigerators, and freezers at the various nutrition sites as well as replace home delivery hot/cold bags.

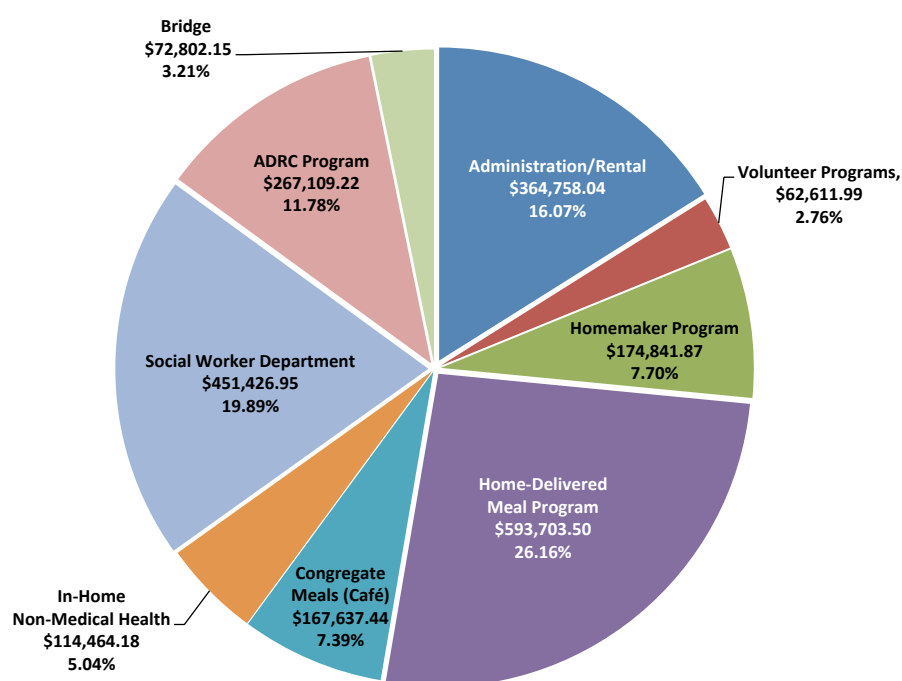
We also are sincerely appreciative to the residents of Lake County for their ongoing and future support of the levy as well as the increased donations the agency received throughout the challenging year of 2020.

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

2020 Operating Revenue By Source (Unaudited)



2020 Operating Expenses By Department (Unaudited)



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

Our Generous Donors

The Lake County Council on Aging is grateful for the generous support of our donors. We are pleased to recognize those who contributed to the agency in 2020. From individuals and teams to organizations and foundations, the generosity of these key partners enables the Council on Aging to make a difference in the lives of our older population. We are truly grateful for your support.



\$10,000+
Meals on Wheels America

\$5000–\$9,999
Slovenian Workman's Home

\$2,500–\$4,999
Lake Health
Western Reserve Junior Service League
Visiting Angels of Northeast Ohio

\$1,000–\$2,499
Eastlake Nutrition Site Walk Team (Hayhurst / Gish)
Griffin Technology Group
Lake & Geauga Area Association of Realtors
James Llewellyn
Melinda Mallet-Kovalchek
James Marchand
Robert Murch Trust
Schraff Thomas Law, LLC
Signature Health
Roy Smith
Roger Sustar
Tapestry Senior Living Wickliffe
Joseph Tomsick
University Hospitals
Geauga Medical Center
Western Reserve Area Agency on Aging

\$500 – \$999
A Heavenly Helper Home Care
Advanced Audiology Concepts
Anonymous
Association of Specialists in Aging
Brookdale Senior Living
Brunner Sanden Deitrick Funeral Home and Cremation Center
Care Your Way Home Care
Comfort Keepers
Eaton Family Credit Union
Erie Bank
The Garland Company
Global Real Estate Advisors, Inc
Dr. Jyoti Gupta
Donna Heiss
Greg Henderson
Hospice of the Western Reserve
JLP CPAs, LLC
Jean Griswold Foundation
James Jenkins
Fred Kuhar
Kurt Law Office
Lewis Laird
Lake County Veterans Service Commission
Lakeland Community College
LakeMed Care & Rehabilitation
Laketran
Lifeline /211
Manning & Clair. Attorneys at Law
Marous Brothers Construction
Stephen Mason
Matrix Tool
Mentor Ridge Health & Rehabilitation
Michael Morton
NMS, Certified Public Accountants
Jennifer Nagarah
Ohio Living Home Health & Hospice
Paul Pahoresky
Pastina Rustic Italian Restaurant
PeerPlace Networks, LLC
Craig Potter
Reminger Co., Attorneys at Law
Salida Woods Assisted Living
Nancy Sanden
Patricia Schraff
Sievers Security, Inc.
Sons of the American Legion Post 601 Madison
Sunset Industries Inc.
TLC Home Medical Services
Taylor Made Home Care
VFW #2595
VFW #3863
Volk Optical
Frank Weglarz
Albert Woehrle

\$250 – \$499
Valorie Armstrong
Amanda Banker-Schaser
C.M. Brown Nurseries, Inc.
CT Consultants

Carver Financial Services, Inc.
Donald Castora
George Corbett
Corwin & Jenkins CPAs
Carole Czeck
Fenton Financial Services
Michael Finefrock
Janice Freitag
Grafton Correctional Institution
Home Instead Senior Care
J.F.K. Senior Citizens Center
Jon Thomas Consulting
KAZ Company
Kemper House
Audrey Kilrain
Kline Rostocil Construction
The Kovalcheck Family
Ruth Kuhn
Dennis Lory
Bob Mallett
George Milbourn
Donna Milnes
Kevin Murphy
Fritz Neubauer
NMS, Inc.
Daniel P. Seink Co., Ltd
John Thomas
VFW Post 7939
James Walter
George Whalley
Erin Zavasky
Rosemarie Zupancic

\$100 – \$249
Alma Abrams
Maureen Ahern
Gayle Alanen
Anonymous (three donors)
William Baeslack
Thomas Balmat
James Barber
Daniel Beldowicz
Martha Brunner Deitrick
Gail Burdyslaw
Richard Carney
Sheila Cherrison
Shannon Cianciola
Ronald Cimaglio
Clairwood No. 40
American Mutual Life Association
Doreen Close
Anthony Coladangelo
Concord Township
Firefighters Association
Michael Considder
Samuel Cowling
Megan Coy
Linda Cozzone
Lisa Demeter
Donation Line LLC
Eastlake Baptist Church
Douglas Elersich
Enpac
D. Ernes
Virginia Farrell
Margaret Fawcett
Francis Fisher
Cynthia Frabotta
Christine Gattozzi
Gini Geffert
Janice Geho
David Gilmer
Gordon Food Service
Janet Heidkamp
Theodore Hieronymus
Edward Hodkey
Alan Hoffman
Marysue Hytree
David Jones
Marjorie Knaus
Kenneth Knight
Prabodh Kothari
Lynnmarie Landwei-Phillips
Chris Larson-McKenzie
VFW #2595
VFW #3863
Raymond Maderika
Nicholas Mangino
Nancy Manning
Thomas Marcel
Allison (Sunny) Masters
Peggy Sue Mathews
Judith McCracken
Michael McDermott
Bill McFadden

James McKee
Naomi Mehls
David Mitchell
Michael Mohner
David Moon
Jeffrey John Moyer
David Moyer
Ann Nasky
Barb Oliverio
Michael O'Neill
Victor Orenski
Julia Parker
Bruce Pearson
Michael Peppard
Periodontal Associates Inc.
Patrice Perme
Celeste Phillips
Jack Preto
Quality Community Management, Inc.
Tracy Radonich
Michele Raia
Roberta Reese
Barbara Rice
Michael Rouse
Elizabeth Santell
Betty Schmiermund
Paula Seger
Showcase Roofing LLC
Sheila Smith
TLC Home Medical Supplies
Barbara Taraska
Louis Tarr
Renee Teal
Timothy Tennant
John Terchek
Alexander Timpeiro
Kimberly Tutolo
VFW #9295
Dr. & Mrs. Wayne Wiley
Eileen Yates
Timothy Zmcecek

\$1 – \$99
Lisa Abbott
Frank Adamic
Amanda Alafi
AmazonSmile
Anonymous (three donors)
Audrey Atherton
Loretta Babuder
John Baco
Anthony Barabani
Dorothy Barbina
Joann Bentley
Janet Berry
Mary Jane Bleil
Marjorie Boch
Adrian Bohl
Chelley Bond
Marc Boos
Marion Boos
James Bossman
John Brewer
Gloria Brock
William Buckley
William Buckman
Celine Burger
David Byrne
Ronald Call
Helen Campanella
Kathleen Canda
Charlene Cann
Sonia Chapnick
William Chepla
Joso Cindric
Jody Cleary
Daniel Cogan
Harold Collins
Robert Corlett
Bob Crosby
Carol Davies
Barbara Davis
Maria DeAngelo
Catherine De Victor Czaga

Dana Dennis
Rose Derk
Paul Dey
Thomas Dice
Norman Dickerson
Albert Dilorio
Nevia Dininny
John Duff
David Dulaney
Rich Dunham
Lois Durda
Thomas Ennemoser
Linda Esposito
Susan Fende
K.L. Ferry
Bill Fike
Thomas Fleming
Moses Fridman
Karl Friedrich
Robert Galen
Judith Gallucci
Barb Geisman-Turk
Joel Glass
Edward Glavac
Joan Glenbocki
Miroslav Gorjup
Edwina Grady
Adrienne Green
Dorothy Griff
Chloe Griffin
Eric Griffin
Joseph Gullo
Irene Halaburda
Rose Harchick
Anne Hassoldt-Fenoff
Robert Hayes
Pat Hissam
Denis Hite
Deacon Paul Hlabse
Mary Horn
Jeanne Hrenko
Norma Hutter
Joel Ingebritson
Kathy Jackson
Richard Katila
James Kent
James Kingszett
Doug Kinsey
Elmer Kish
Lois Klemenc
Spence Kline
Gail Klingenberg
Richard Kocemba
Judith Kozlowski
Linda Kristolic
Dennis Kumor
Matthew Kumor
Barbara Ladovich
Robert Lanning
Irene Lantos
Deborah Lefelhoc
Betty Leiby
Thomas Lennox
Sylvia Lindrose
James Linhart
Linda Llewellyn
Katherine Lucha
William Luff
Make My Donation, Inc.
Patricia Marano
Elizabeth Martin
Robert McBrayer
Margaret McDonnell Schabel
Laura McGuinness
Donna Rae McLaughlin
Daniel Milo
Donald Morlock
Jeffrey Mottice
Patricia Mramor
James Muehlbauer
Judy Mulhauser
John Mumme
Maxine Murphy
Nancy Notaro
Eileen O'Brien

Jim O'Connor
Frank Oswalt
Edward Ott
James Pallock
Susan Parsons
Herbert Pearlman
Sean Pell
Patricia Petronie
Kathleen Podoba-Lind
Kenneth Porz
Mary Ann Potts
Diane Prijatel
Richard Rabe
Marilyn Raishart
John Rath
Janet Renwick
Alex Rezzolla
Herbert Richardson
Margaret Riehl
Doug Ritley
Merle Robb
Richard Robie
Cordelia Robinson
Dallas Rodgers
William Rosati
Janis Roth
Phyllis Roth
M. Safenovitz
Joyce Saxe
Rita Schraff
Cal Schroeck
Shirley Shandle
Mike Shaw
Lyle Shull
Janet Sipols
Mary Slak
Frank Spisich
Marcy Stemnock
Pat Stevens
Jane Stevens
E.P. Stewart
Robert Svendsen
Bernice Swain
Frank Szeker
Carol Sziklai
John Tackett
Richard Terriaco
Ann Marie Thuer
Tom Trombley
Karen Updike
Linda Urban
Fred Vanci
Jean Vidmar
John Volanski
Connie Vranekovic
Neal Ward
Robert Wareham
Elaine Werner
Roger Westbrook
Joseph Widecan
Albert Widmer
Patricia Wilks
Robert Williams
Linda Wimer
Karen Winslow
Josephine Wutchiett
Dominic Yanni
John Zaller
Pamela Znidar
Jean Zur

IN MEMORIAM
The following are donations made to honor the life of someone who has passed and to keep their memory alive.

In Memory of Alfred Grechar
Gordon Food Service

In Memory of Ann Krantz
David Byrne

In Memory of Gordon W. Fawcett
Margaret Fawcett

In Memory of Jean Soboslay
Nancy Manning

In Memory of Jim Barbina
Dorothy Barbina

In Memory of John Starp
Dana Dennis

In Memory of Kerry Troy
Cynthia Frabotta

In Memory of Martha Sabo
Concord Township
Firefighters Association

In Memory of Mary Lou Jones
David Jones

In Memory of Lila Jochum
Joseph Tomsick

In Memory of Sylvia Williams
Peggy Sue Matthews

In Memory of Susan Dominish
Joseph Tomsick

In Memory of Bruno Maniglia
Clairwood No. 40
George Corbett
Bob Crosby
John Duff
David Dulaney
Lois Durda
Moses Fridman
Eric Griffin
Chloe Griffin
Dennis Kumor
Matthew Kumor
Irene Lantos
Sylvia Lindrose
Dennis Lory
William Luff
Patricia Marano
Margaret McDonnell Schabel
Jeffrey Mottice
James Muehlbauer
M. Safenovitz
Mike Shaw
Frank Spisich

In Memory of Donald L. Kishton Sr.
Elaine Werner
Kathleen Canda
Francis Fisher
Elizabeth Martin
Patricia Mramor
Daniel Beldowicz
Jody Cleary
Janet Heidkamp
James McKee
Jeffrey John Moyer
William Buckley
Anne Hassoldt-Fenoff
Cordelia Robinson
Paul Dey
Dallas Rodgers
Joel Ingebritson

IN HONOR
In Honor of Mary Ann Swanson
David Moon

In Honor of Barb Henderson
Greg Henderson

In Honor of Maribeth Grablovic
Spence Kline

IN KIND
A-1 Mr. Limo
A-1 Restaurant Supply
Busy Bees Pottery & Arts Studio
Capital Health Home Care
Cedar Point
Cherished Companions
Cleveland Browns
Cleveland Cavaliers
Cleveland Monsters
Craggy Bogland's Irish Pub
Dante Citraro
Eastlake Baptist Church
The Fine Arts Association
Gloria Jeans Coffee
The Greens Care and Rehab
Goodtime III
Hooley House
Jenniffer & Co.
Joel Glass
Lake Catholic Drum Line
Lake County Captains
Lake County Council on Aging Staff
Lake Metroparks
MaryAnn's Family Hearing
Mentor High Varsity Cheerleaders
Mentor Ice Breakers
Mentor Salt Cave
Ohio Lottery Commission
Petitti Garden Center
Philip Hrvatin
Rabbit Run Community Arts Assoc.
Red, Wine & Brew
Rich & Patty Wilson
Robert S. Rosplock, Attorney
Rock & Roll Hall of Fame
RollHouse Entertainment, Mentor
Spirit Media / WINT Radio
Stonegait Winery
Texas Roadhouse
Today's Family Magazine
Trolley Tours of Cleveland

Social Work Services

The year 2020 started out as every other year and within a very short period of time everything changed. COVID-19 hit and the world as we knew it changed and forced everyone to examine what is essential and what could be put on hold temporarily. The Lake County Council on Aging Social Work Department maintained an essential role in helping seniors in Lake County obtain basic services such as food and prescription medications. Thanks to the continued funding from the Lake County Senior Service Levy, the Council on Aging was able to continue to offer social worker services at no cost to Lake County residents age 60 and over.

Due to the highly contagious spread of COVID-19, Ohio ordinances, and the additional risk the virus placed on everyone (especially on our senior population), Lake County Council on Aging's management and staff needed "to think outside the box" to ensure delivery of services while at the same time keep the clients, volunteers and staff safe. The Social Work Department continued to accept new referrals to the agency as well as to reassess the active clients for the continuation of services. All of this was accomplished via the phone. The most essential services that social workers provided changed with more of the focus on nondirect-contact grocery shopping and prescription delivery for seniors without a support system or other options. Social workers also partnered with the city of Mentor and the Greater Cleveland Food Bank to deliver fresh produce monthly and became the listening ear for the seniors who could no longer safely venture out to the community or even visit loved ones.

Social isolation reached epic proportions due to the COVID-19 which led to a sense of loneliness and a feeling of a lack of belonging. These conditions exacerbated the already concerning health concerns of the seniors. Social workers became the senior's extended family by ensuring they had basic needs, being the grocery shopper and the friendly caller.

Throughout it all, the need remained the same and the social workers completed assessments and continued to make referrals for home-delivered meals, homemaker services and the Nonmedical In-Home Care Program. The social work team also ensured that all reassessments were completed according to the appropriate time frames. Although safety standards and mandates changed the way service was delivered for most of 2020, every senior referred to this agency received the assistance that they needed.

2020 Social Work Services:

- Provided services to 1,369 unduplicated seniors
- Provided 1,328 home visits
- Completed 551 new client psychosocial assessments
- Completed 501 annual reassessments
- Completed 3,307.95 service hours



In 2020, Council on Aging nutrition and social work staff began delivering fresh produce monthly to isolated seniors.

“

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 knowing 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

”

The Aging and Disability Resource Center (ADRC)

In partnership with the Western Reserve Area Agency on Aging, the Lake County Council on Aging serves as the Aging and Disability Resource Center (ADRC) for Lake County. The ADRC provides services to residents who are aged 60 and over, as well as those aged 18 and over with a disability. The ADRC serves as the “front door” to the agency as it functions as a starting place for accurate, unbiased information on all available community services and supports.



ADRC staff helping identify and prioritize appropriate services for older adults.

There are three core services offered through the Lake County ADRC: information and assistance, options counseling and benefits assistance.

Information & Assistance (I&A)

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

Grocery and produce assistance: As concerns over COVID-19 began to grow and the state entered a lockdown period, I&A specialists from the Lake County Council on Aging, together with Lifeline/211, played an integral role of registering seniors for two grocery distribution programs. These were collaborative efforts between the Council on Aging, Laketran, Lifeline, Inc., the Board of County Commissioners, RSVP of Lake County, and the Greater Cleveland Food Bank:

Spring/Summer Grocery Delivery Program: Served 1,235 seniors

Summer Produce Pick-up Program: Served 5,565 duplicated senior households.

These programs met an identified need of food insecurity that resulted from the COVID-19 global pandemic and the Ohio stay-at-home order.

2020: Provided 5,806 information and assistance contacts.

Options Counseling

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

2020: Provided a total of 90 hours of options counseling assistance to 56 unduplicated individuals.

Benefits Assistance

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

2020: Provided a total of 273 hours of benefits assistance to 292 unduplicated individuals.

2020: During Medicare open enrollment, six Ohio Senior Health Insurance Information Program (OSHIIP) volunteers provided Medicare information, education and assistance to 103 individuals totaling 96 volunteer hours of assistance.

Health Equipment Lending Program (H.E.L.P.)

Through H.E.L.P., the Council on Aging accepts donations of gently-used medical equipment such as walkers and rollators, wheelchairs, tub seats and transfer benches, canes, and bedside commodes. These items are checked for safety, cleaned, sanitized, and made available to Lake County seniors in need, free of charge. The Council on Aging also accepts unopened packages of incontinence supplies. H.E.L.P. was suspended for part of the year due to COVID-19.

2020: Provided 864 pieces of equipment to the Lake County community.

Simple changes to make your home safe as you get older

By University Hospitals

Many homeowners are now doing renovations since changing their work place to a home or school office. Some have made upgrades while others cleaned out their non-essentials to increase their living space or storage. But how many have given much thought about accessibility or safety in the home so they may age in their homes? Here are some simple changes you can make.

More than one in four people older than age 65 fall each year and only half of older adults can live independently after an injurious fall. It may be worth considering what you can do to prevent falls from happening in your home.

On one foot

Many adaptations can be made to prevent falls from happening, such as adding something to hold on to that is stable and sturdy when you're on one foot. Yes, on one foot! When you walk up steps or step over a tub, you are on one foot. Safety modifications for areas where you are on one foot include adding railings on both sides of a staircase, grab bars to a front step home entrance or threshold, and grab bars in a tub/shower.

Be sure to stay away from clamp-on grab bars to tub. These are not recommended, as in most



cases they are not used properly or checked for fit often, so they can loosen and actually cause a fall.

Entering your home

Ideally, no steps or a ramp would be best at the entrance to a home. But even a door threshold without steps can be tricky. Even if there is no step, independently managing this barrier can be challenging.

If a door threshold height is greater than $\frac{3}{4}$ of an inch, consider a beveled or portable threshold ramp as it can be difficult to manage a wheelchair or wheeled walker over even this small height.

The width of the doorway is also something to consider. If widening a doorway is too expensive, an inexpensive fix can be updating the type of hinge. Assess if a swing-clear hinge is feasible, which allows for maximum clear width of an opening.

Preventing falls inside the home

There are more inexpensive changes that can be made to prevent falls in the home. Night lights can be added to hallways, to paths from bedroom to bathroom or to stairways. Light switches at top and bottom of stairs also are helpful.

Remove throw rugs, especially in the bathroom, or path to the bathroom. If rugs are a must, secure them and look as you step, so you do not trip.

Another fall risk, unfortunately, is our fur babies. In fact, 88 percent of pet owners trip and fall over their pets. Crates or baby gates for pets can be helpful in containing your pet while you are working in the kitchen, where they may go unnoticed.

Moving outlets to heights of three to four feet from the floor may be helpful, as bending over can challenge our balance. Extension cords or long cables also can pose a trip hazard, so removing or securing them to a wall is recommended.

In the kitchen

Along with bathrooms, kitchens can be a high-accident area. There are a lot of kitchen renovations happening that can be very expensive. But

See *SAFE HOME* on page 22

Dementia Experts You Can TRUST!

**Only
5 Rooms
Left**

Symphony^{at} Mentor
A Memory Care Community



We are a standalone assisted living specializing in care for residents with dementia.

- Safe & secure homelike neighborhoods
- Specialized programs to engage all stages of dementia
- Aging in place 24/7 nursing care
- Medical & psychiatric services on staff

CALL for FREE home assessment with one of our dementia specialists.

8155 Mentor Hills Drive • Mentor
440-256-8320 • SymphonyAtMentor.com

Colorectal cancer screenings

Prevention, symptoms and treatment

By Lake Health

Colorectal cancer affects both men and women and is the third leading cause of cancer-related deaths. But colorectal cancer can often be successfully treated when detected early, before it has spread.

Who's at risk?

Anyone can get colon cancer, but it's much more common in people over age 50. People of any age are at higher risk of developing colon cancer if they have a personal history of:

- Colorectal polyps
- Colorectal cancer
- Inflammatory bowel disease

People of any age with family history of:

- Colorectal polyps
- Colorectal cancer
- Familial adenomatous polyps (FAP)
- Hereditary nonpolyposis colon cancer (HNPCC)

People at higher risk for colorectal cancer should talk with their doctor about a more stringent screening schedule, including regular colonoscopy.

Screening guidelines for people age 50 and over

The U.S. Preventive Services Task Force recommends that adults age 50 to 75 be screened for

colorectal cancer. Your doctor might recommend earlier screening if you're at higher risk. There are several screening tests available, in two main groups:

Stool-based tests: These tests check the stool (feces) for signs of cancer. These tests are less invasive and easier to have done, but they need to be done more often.

Visual exams: These tests look at the structure of the colon and rectum for any abnormal areas. This is done either with a scope (a tube-like instrument with a light and tiny video camera on the end) put into the rectum, or with special imaging (x-ray) tests. The most well-known of this type of test is colonoscopy.

Possible warning signs of colorectal cancer

- Blood in stool (bright red or very dark)
- Rectal bleeding
- Change in bowel habits
- Frequent constipation
- Frequent diarrhea
- Feeling that the bowel is not fully emptying
- Stools that are narrower than usual (pencil thin)
- Abdominal discomfort- frequent gas pains, bloating, fullness and/or cramps
- Unexplained weight loss

For a referral to a Lake Health physician who performs colorectal cancer screenings, call the Best of Health Line at (440) 953-6000 or visit lakehealth.org.

Safe home from page 21

there are some gadgets out there that can be helpful in keeping us safe in our homes.

Cupboard knobs can cause some extra stress on joints and may be difficult to grab. D-shaped pulls are recommended for ease of access, but be sure they do not form a "T" as this type of handle can catch on clothing.

Cut-resistance gloves, cool-touch oven rack guards or easy-pour electric kettles are all helpful kitchen tools to keep us safe from burns or cuts when hands may not be quite as strong or coordinated as they once were. Or maybe just as a preventive measure!

There are some useful memory aids in the kitchen too, such as an automatic stove shutoff device or devices to shut off the stove if there is no motion in the kitchen for too long. Some stoves can also be set to lock for periods of time as well.

Michelle Wilson, OT/L, is a UH outpatient rehab community liaison at UH Mayfield Village Health Center. To schedule an appointment with a UH provider call, (440) 901-0953.



FIRST MONTH'S RENT AND UTILITY DEPOSIT PROGRAM

- Must have some form of income coming into the household
- For people moving to a new unit
- Helps low to moderate-income households by paying first month's rent and utility deposits

FAIR HOUSING RESOURCE CENTER

★ STAR PROGRAM ★

Help is Available

1100 Mentor Ave.
Painesville, OH 44077
440-392-0147
www.fhrc.org

SHORT-TERM SENIOR SUBSIDY PROGRAM

- Provides a rental subsidy for up to 6 months
- Tenant must be at least 62 years of age or older, qualify as low to moderate-income, currently have some form of income being brought into the household, and must demonstrate a need for assistance.
- FHRC will pay up to 70% of a tenant's rent

Walk to support the National Kidney Foundation

The National Kidney Foundation Serving Northern Ohio invites you to walk your way in the 2021 Northern Ohio Kidney Walk on Sunday, June 13 at 12 noon.

Lace up your walking shoes and join us from the comfort of your home, neighborhood or local park. We may not be able to unite in person, but our different paths share a common goal; together we'll lace up to change lives. By participating in the 2021 Northern Ohio Kidney Walk you'll let others know they're not alone. Caring knows no distance; no matter how or where you walk—one simple step can change a life.

How do I walk virtually?

We may not be together, but we're united by our belief in the need for better care and longer lives for kidney patients — for you and the ones you love. Register today to start fundraising. Families facing kidney disease are counting on all of us to keep fighting in the year ahead.

Personalize your kidney walk page: document your kidney disease journey or tell us why you walk to inspire your personal network to support you with a gift before walk day.

Get creative: Have fun, maximize your impact and reach your goals.

Walk your way: Take your own walk around the neighborhood or at your local park on Sunday, June 13, 2021. You can even track your steps with our Kidney Walk app.

What if I'm sheltering in place or social distancing?

Your health and safety continue to be our number one priority. If you're staying inside, there are still many ways you can participate and raise critically needed funds. Tune in to our Walk Day Celebration on Sunday, June 13 to get a front row seat for our walk-day activities.

While others walk outside, join us in staying healthy by climbing the stairs in your home, doing jumping jacks or pushups for every dollar you raise to support kidney patients by walk day. Not feeling physical? For every book you read, healthy meal you make, or ounce of water you drink on Sunday, June 13, ask your friends and family to donate (\$5) — your creativity is the limit!

Register for free at:

www.kidneywalk.org/northernohio

Questions? Contact Katie Dager, walk manager by email at katie.dager@kidney.org or by phone at (440) 985-0114.

Help needed for United Way annual fundraiser

United Way of Lake County (UWLC) kicked off their 29th annual Feed Lake County campaign in March. Due to the increase in critical needs brought on by the pandemic, this year's fundraiser will also work to support basic needs beyond hunger.

The Feed Lake County & COVID-19 Relief/Recovery fundraiser will run through May 2021 and the organization is seeking help from the community.

A total of 1 in 9 Lake County residents and 1 in 6.5 children suffered from food insecurity prior to the pandemic. COVID-19 has greatly increased the need. A total of 1 in 7 Lake County residents and 1 in 4 children are now suffering, which is a 42% increase among residents and a 58% increase among children.

Last year, UWLC helped provide 40 local food pantries with enough food for nearly 270,000 meals; they helped provide 41,024 meals to seniors through their support of the Council on Aging's senior drive-through and delivery meal programs; they helped provide 2,500 bags of home-delivered groceries to seniors, and they helped provide over 500 cans of formula for babies.

Donations are needed now more than ever. UWLC Community Impact Heroes, Just in Time Staffing and The Donato Foundation, are matching all donations up to \$10,000, doubling the impact of all who donate. To give, visit uwlc.org/give; make a check payable to United Way of Lake County and mail this to 9285 Progress Parkway, Mentor, OH 44060, Attention: FLC; or set up a food drive or fundraiser by calling (440) 639-1236.



TV COLLECTION

May 8, 2021 - 8:00 a.m. - 2:00 p.m.

Lake County Fairgrounds

1301 Mentor Ave., Painesville Township

(Follow signs at Mentor Ave. entrance)



Lake County residential waste only
Business waste PROHIBITED



Any size flat, LCD, plasma TV/monitor screen - FREE
All other TVs accepted with a fee payable by cash/check
Tube screens sized smaller than 21 inches - \$5 Each
Tube screens sized larger than 22 inches including projection or console sets - \$10 Each

PROHIBITED: Any other electronics or any item on a trailer, trailers PROHIBITED.

COVID Safety Requirements: Masks are required while in line. Masked personnel will be on hand to collect fees and to remove screens. Make checks payable to the Lake County Dept. of Utilities. All items must be in the trunk area of the vehicle, any item located in the front or back seat area will NOT be accepted.

More information at LakeCountyOhio.gov/Utilities
or call 440-350-2645

HAZARDOUS COLLECTION

June 5, 2021 - 8:00 a.m. - 2:00 p.m.

Lake County Fairgrounds

1301 Mentor Ave., Painesville Township

(Follow signs at Mentor Ave. entrance)



Lake County residential waste only,
Business waste PROHIBITED.



Most household chemicals are ACCEPTED: See website for full list, automotive fluids, oil-based paints, varnish, stains, aerosols, polyurethanes, primers, & grout, bulbs & batteries: all sizes & fluorescents. Household cleaners & solvents, kerosene, turpentine. Pool, lawn & garden chemicals, pesticides, weed killers, spray insecticides. PROHIBITED: Explosives, latex paint, prescription medicines, medical waste, smoke alarms, or any other item not listed.

COVID Safety Requirements: Leave products in the original container, or label contents if known. Masks are required while in line. Masked personnel will be on hand to remove items from the vehicle. All items must be in the trunk area of the vehicle or in a trailer. Any item located in the front or back seat area will NOT be accepted.

More information at LakeCountyOhio.gov/Utilities
or call 440-350-2645

You've received your COVID-19 vaccine. Now what?

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. Because we're still learning how vaccines will affect the spread of COVID-19, you should keep taking precautions in public places like wearing a mask, staying six feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

People are considered fully vaccinated:

- Two weeks after their second dose in a two-dose series, like the Pfizer or Moderna vaccines, or
- Two weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine.

If it has been less than two weeks since your shot, or if you still need to get your second dose, you are NOT fully vaccinated.

Once you've been fully vaccinated, there are more activities you can do safely. The Centers for Disease Control and Prevention has provided the following guidance:

- You can gather indoors with other fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together)



**Lake County
General Health District**
Public Health
Prevent. Promote. Protect.

er) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms. However, if you live in a group setting (like a group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms. There are some things that haven't changed just yet, even if you're fully vaccinated.
- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least six feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - o In public.
 - o Gathering with unvaccinated people from more than one other household.
 - o Visiting with an unvaccinated person who

is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk.

- You should still avoid medium- or large-sized gatherings at this time.
- You should still delay domestic and international travel. If you do travel, follow all appropriate safety guidelines.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

We are still learning how well COVID-19 vaccines keep people from spreading the disease, and early reports show that vaccines may help keep people from spreading COVID-19. We'll learn more as more people become vaccinated. We are certain that all COVID-19 vaccines are effective at reducing severe illness, including hospitalizations and death, so it is important to be vaccinated as soon as possible.

For more information on the COVID-19 vaccine and how to be vaccinated, please visit www.lcghd.org, or call our appointment call center at (440) 350-2684 on Mondays and Tuesdays from 8:00 am–4:30 pm.



Your service deserves
lasting recognition.

440.255.3401

CALL TO GET STARTED

The Veterans Memorial Program ensures that you and your family receive the benefits you are entitled to at **NO COST**.

**SAVE UP TO \$5,000 PER PERSON
FREE BURIAL OR CREMATION GRAVE**

Presidential Memorial Certificate

Flag Folding and Presentation



PRESENTED BY

**BRUNNER
SANDEN DEITRICK**
FUNERAL HOME & CREMATION CENTER

HEAP applications due by May 31, 2021

The Ohio Development Services Agency and the Lake County Council on Aging want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local energy assistance provider (EAP). The Lake County Council on Aging is able to assist individuals by appointment or over the phone to complete their application for HEAP benefits. If preferred, an individual can drop off their application and verifications using the agency's secure drop box and an information & assistance specialist will review the application to ensure it is complete and submit on the individual's behalf. When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

Applications for the HEAP program must be received by May 31, 2021.

RSVP moves offices

The Lake County Board of Commissioners is excited to announce the Retired and Senior Volunteer Program of Lake County, also known as RSVP, has moved to the Lake County Administration Center. The move was effective April 1, 2021.

RSVP, a federal AmeriCorps senior program, works to provide meaningful volunteer opportunities to individuals, aged 55 and older. The program operated out of the Willoughby-Eastlake School of Innovation, but after completion of a yearlong strategic plan focusing on priorities related to the Senior Services Levy, it was determined the program should move, not only to preserve precious levy dollars for other senior programming, but also to foster the opportunity to expand and enhance volunteer services across the County.

Keeping in line with this original mission, the volunteer program will relaunch as the Lake County Volunteer Network. "RSVP has been a valued partner to the County's senior services for the last 47 years. They provide a critical service to help ensure older adults are engaged in the community," said Jason Boyd, county administrator. "These services enable seniors to volunteer and provide meaningful participation in their community while also providing services to seniors in need, clearly a win for all." Boyd further commented, "We feel this transition allows for additional growth, not only to volunteer services, but also to help address some of the gaps in services available to seniors."

If you are interested in learning more about the Lake County Volunteer Network, or want to get involved, please call Cristen Kane at (440) 350-5360 or email cristen.kane@lakecountyohio.gov.

Help support Bridge!

Become a Bridge Patron!

PLATINUM

Visiting Angels

Barbara L. Rice

PLATINUM

Dr. Wayne R. &

Coletta E. Wiley

SILVER

Betty Leiby

There are three levels of patron support:

Platinum (\$100 per year)

Gold (\$55 per year)

Silver (\$35 per year)

Patron names will be printed in every issue of Bridge for one year. To become a Bridge patron, please make check payable to:

Council on Aging

8520 East Avenue

Mentor, Ohio 44060

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

WOW, FREE GIFT!

Make your move to Parker Place Gracious Retirement Living and we'll credit you \$100* towards your deposit on the perfect apartment! At Parker Place, all of our amenities except telephone are included in one reasonable monthly rent – there are never any buy-in fees or leases. We'll also take care of the cooking, housekeeping, and local transportation, leaving you the time to enjoy your retirement with new friends and family.

To learn more about our gracious retirement lifestyle
or to schedule a visit, please call

440-255-0828



***NO
CASH
VALUE**

PARKER PLACE
Gracious Retirement Living
7960 Center Street, Mentor, OH 44060



Diverse care solutions, tailored just for you.

Our services and amenities include, but are not limited to:

- Private and Semi-private Suites
- Skilled Nursing
- Long-Term Care
- Short-Term Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Memory Care
- Specialized Behavioral Care
- Respite Care
- Hospice and Palliative Care
- WiFi
- Virtual Visits with Family and Friends



Madison is small enough to offer personalized attention to each resident and employee, yet large enough to implement the latest care resources, programs and safety protocols.

For more information or to schedule a virtual tour, please contact us today.



AN EMBASSY HEALTHCARE COMMUNITY

7600 S Ridge Rd • Madison, OH 44057
440.428.1492 • embassyhealthcare.net

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

©2006 Copyrighted Material

Leaving a legacy

Bequests and estate plan gifts to the Council on Aging

By Sunny Masters, Council on Aging Board Member

My mother would never reveal her chronological age and I would roll my eyes every time she told someone she was 39. "Age is just a number," and the lesson was to live life fully, enthusiastically and generously.

She was in her late 80s when she asked to make a codicil to her will. She wanted to bequeath a gift to an organization that was very special to her. Her charitable act was a way of saying thank you. Her generosity also made the organization stronger, strengthening their services.

Making a bequest is generally not complicated or difficult and can be done at any time. Call your attorney and your intentions can be drafted, signed and official in a short amount of time. If you don't have a will, please contact an at-

torney and take care of this as soon as possible.

You don't have to look very far to find someone who has benefited from Council on Aging services. Also, you don't have to ask many to find one of our esteemed volunteers. The Lake County Council on Aging makes a difference in our community and we continue to need the help of the community to keep us strong, successful and effective. Consider naming Lake County Council on Aging as a beneficiary. Every donation we receive supports our ability to better care for you — our neighbors, friends and families.

For more information about making a bequest to the Council on Aging, please contact Kip Jochum, human resources manager at (440) 205-8111.

Radio Show for Lake County seniors! Tune into "Our Aging World"

Listen to the Council on Aging's radio show every Saturday afternoon from 2-3 pm 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, search WINT.



Visit the CoA at www.lccoa.org!

**THE TRUSTED LEADER IN CLEAN
FOR OVER 70 YEARS**



FOR A CLEANER & HEALTHIER HOME™
1-800-STEEMER
stanleysteemer.com



**CARPET • TILE & GROUT • HARDWOOD • UPHOLSTERY • AREA RUG
24 HOUR WATER RESTORATION**

Minimum charges apply. Not valid in combination with other coupons or offers. Must present promo code at time of service. Valid at participating locations only. Residential only. Cannot be used for water emergency services. Certain restrictions may apply. Call for details.

**\$25
OFF**

**ANY CLEANING ORDER
of \$150 or more**

Expires: 6/30/21
Promo Code: **25BRIDGE**



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

Ann Marie,

I cannot say enough about the volunteer delivery staff. The drivers are always on time, so caring, and I appreciate them taking the time out of their day to help people in need. The food is packed and sealed, clean, so appetizing; always something I look forward to in my day. —Sue

Lake County Council on Aging,

Special thanks to Lorna for helping me again selecting the best prescription drug plan for me that saves significant money.

I hope we can meet in person for the next open enrollment later in 2021.

Sincerely, Dick

Dear CoA,

I am very grateful for my meals. Some days I do not get around well because of my breast cancer. I am sorry if some words are misspelled as this is a bad day for me. I am getting good care at the Cancer Center. I thank you all for my meals. God bless you all for the work you are doing. —Mary

Dear Selena,

Thanks again for your assistance with my sister's situation. We are well on the way to sorting things out. Thank you once again for your assistance.

Best regards, Mary

Linda,

I thank God that there is such an organization as Lake County Meals on Wheels. My life has got a lot better since I met them. I lost my wife and they have helped somewhat to fill the gap. I thank you.

—Ken

To All of You,

Thank you kindly for your wonderful food and care and love I feel from all of you.

—Shirley

Homecare Program for Lake County seniors

Seniors living in Lake County who need assistance with personal care, bathing, meal prep, light housecleaning, laundry and other essential tasks have an option for assistance if they meet eligibility requirements. The nonmedical program, administered through the Lake County Council on Aging, currently has several openings available for seniors 60 and over.

Nonmedical care can significantly improve a senior's ability to maintain independence and allow them to continue to live in the comfort and security of their own home.

This program is designed to provide support to Lake County seniors who are not eligible for traditional Medicaid based programs but cannot afford to pay privately for the care they need. The program is funded through the Lake County Senior Services Levy and is administered at no cost to eligible seniors.

"The collaboration between the social workers at the Council on Aging and the home care agencies offers a unique support system for seniors aging in place and their

families," said Danielle Phillips, program manager. "It not only gives families peace of mind that immediate needs are being met, it also provides a system prepared to address future needs as they arise."

By 2030, one in three individuals residing in Lake County will be 60 years of age or older. This program is just one of several programs put in place by the Lake County Board of Commissioners in their continued effort to position the county to handle the increasing senior population.

Participants must meet income verification guidelines and have an assessment completed by a social worker from the Council on Aging. The Council on Aging has contracted with three local homecare agencies that provide hands-on care and support to seniors enrolled in the program. Eligible seniors are assigned to a home care agency promptly after the social work visit.

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



AGING AND DISABILITY RESOURCE NETWORK:
The starting point for community services and support.

FAMILY CAREGIVER SUPPORT PROGRAM:
Information, community support, respite, counseling and other services for family caregiver.

For more information, call 216.621.0303 or 800.626.7277

Visit www.areaagingsolutions.org

Serving Cuyahoga, Geauga, Lake,
Lorain and Medina counties.

We provide choices for people to live independently in the place they want to call home.



Western Reserve

Area Agency on Aging

**1700 E. 13th Street, Suite 114
Cleveland, Ohio 44114**



Because the Best Care is Home Care®

We provide nonmedical home care/ companionship services to seniors who need assistance with everyday activities.

Whether you or a loved one are recovering from surgery, prone to falling, living with Alzheimer's/dementia, or have limited mobility – WE CAN HELP. WE CARE.

• HOURLY & 24/7 CARE • NO MINIMUM HOURS REQUIRED!



Taylor Made Home Care, LLC
Call today for your FREE In-Home assessment!
440-946-6446 • www.taylormadehomecare.com





CUSTOM FIT PLAN SPECIFIC TO YOUR NEEDS

Tub to Shower Conversions



Installed On Your Tub!

Call us today!
(440) 667-8827 • www.OhioWalkinShowers.com



Why do you need a senior real estate specialist? They can:

- Guide seniors through the buying and selling of their home.
- Share information about Medicaid, Medicare, Social Security, etc.
- Explain and refer seniors to lenders utilizing the reverse mortgage.
- Connect seniors with decluttering experts and stagers.
- Recommend tax specialists who work with seniors.
- Help seniors who want to age in place.



Sharon Flyter, Realtor
Howard Hanna
(440) 477-2676 Cell
(440) 944-9600 Office
sharonflyter@howardhanna.com






440-205-1483
8650 Mentor Ave. Mentor, OH 44060
info@tlchomemedicalsups.com

Shop Our Newest CPAP Items
Travel Machines, CPAP Sanitizers
Masks and Accessories

Sleep Care online
In-home sleep testing
complete care package
or simple RX renewal.
For more information call
866.465.4478
www.sleepcareonline.com

Home Medical Aids
• Power Scooters • Lift Chairs
• Rollators & Walkers • Wheelchairs
• Bath Safety • Compression Stockings





Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio

What does a correctional officer do?

The duties of a correctional officer vary from jail to jail, prison to prison, and state to state. Here in Lake County the role of correctional officer requires great versatility, advanced technological capabilities, an understanding of human nature and interaction, crisis intervention, and physical agility to name just a few of skills.

The primary role of the correctional officer is to ensure the safety and security of 380+ inmates from the moment they walk through our doors, to the minute they leave our facility. There are 16 assignments during a typical shift that include:


- Processing inmates into and out of the facility.
- Monitoring prisoner movement throughout the facility from security posts, responding to medical and physical confrontation situations within the housing units.
- Data entry into advanced computer systems that record all activity involving an inmate during their stay within the jail confines.
- Facilitating jail programming such as a GED.
- Drug and alcohol treatment.
- AA / NA programming.
- Religious services.
- Classification of inmate housing to better maintain safety

and order for inmates and officers, responding to the rising issues related to dealing with the mentally ill in the incarcerated population.

- Training.
- Food service.
- Maintenance and housekeeping
- And many other areas.

We depend on our exceptional correctional staff of officers, nurses, cooks, maintenance staff, IT, counselors, and volunteers to prevent escape, insure that the needs of the inmate population are intended to during their incarceration, decrease the liability exposures of the jail, and help return inmates back to society better then when they first arrived at our doors. Whether assisting to help inmates stay off drugs and alcohol, get the mental health care they need, or training those incarcerated with a GED, anger management, or changing their focus away from crime, correctional officers are the often forgotten aspect of criminal justice that greatly affect the safety of our citizens, and insure a better life for the children and families whose loved one returns when they leave our jail facility.

If you want to see their duties up close and personal give the jail administrator or shift supervisor a call and they will arrange a tour for your group to see the work of our phenomenal jail staff.



LifeLine | Lake County's Community Action Agency

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 am to 4:30 pm. Documentation can also be mailed in to PO 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 contact 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. 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. We have resources available for vaccine registration & scheduling, tax clinics and housing relief funds.

Laketrans retrofits Dial-a-Ride bus to serve as a mobile food pantry

The Lake County Mobile Food Pantry continues to visit communities throughout Lake County each week to provide fresh produce to seniors in need of food.

A retrofitted Laketrans Dial-a-Ride bus, rebranded as the Lake County Mobile Food Pantry with vehicle graphics donated by Avery Denison, visits three locations each week on Tuesdays, Wednesdays and Thursdays to distribute 60 boxes of fresh produce to senior participants.

Lake County seniors, 60 years and older, may register for one pickup per month by calling Lifeline at 2-1-1 or Lake County Council on Aging at (440) 205-8111.

"Food assistance remains a top need among seniors during the coronavirus pandemic and while there are 40 food pantries throughout Lake County, this program is unique because it provides fresh produce," shared Laketrans CEO Ben Capelle. "We're excited to be able to repurpose a bus to meet this community need."

Offering a completely contactless pick up process, Laketrans employ-



ees and community volunteers place groceries in the trunk of seniors' cars as they arrive. Volunteers are equipped with PPE to ensure all participants' safety.

"There are 40+ volunteers assisting each month with the mobile pantry, and most of them are over 60 years old," said Cristen Kane, volunteer services coordinator for Lake County Volunteer Network. "They are all so excited to serve in this capacity and engage safely with others during this pandemic."

Similar to Laketrans' produce pickup program organized last year in partnership with Lake County Commissioners Senior Services, Council on Aging and Lifeline, the agencies will work together to secure food donations from the Greater Cleveland Food Bank and each

play a role in taking reservations, sorting donations and distributing the food.

"The Lake County Mobile Food Pantry is a great example of agencies coming together to care for our most vulnerable citizens," said Commissioner John Hamercheck. "We applaud the efforts made by Laketrans and all the agencies involved in making this program a reality."

Each month, 720 households will receive over 20,000 pounds of fresh, healthy produce.

The Greater Cleveland Food Bank donations are purchased through the Ohio Association of Food Banks or supplied by the USDA funded Farm to Families Food Box program that purchases farm surplus and distributes it to those in need during the pandemic.

Capelle confirmed, "We have donations secured through April, but anticipate the program will continue with the support of the Greater Cleveland Food Bank."

Locations and dates for the Lake County Mobile Food Pantry are listed at www.laketrans.com.

Volunteers create and donate lap blankets

Delores Hanco & Pat McKibben from the Willowick Senior Center used yarn from the center to create dozens of beautiful hand-crocheted lap blankets for Lake County seniors in need. Through their loving hands and incredible talent, this kind act will help warm and comfort isolated seniors. We deeply appreciate your efforts for making a difference in the lives of seniors.



Connect with the Council on Aging

Want to receive news and announcements about senior services, programs, resources and information? It's easy... just visit our homepage at www.lccoa.org and complete the 'Signup for our Newsletter' contact form.

Visit www.lccoa.org and stay connected!

Care YOU CAN Trust

- Short-Term Rehabilitation
- Skilled Nursing Care
- Long-Term Care
- Memory Care
- Hospice & Palliative Care
- Respite Care

Ask Us About Our
Safety Commitment



Skilled Nursing &
Rehabilitation



Schedule a Virtual Tour

440.357.7900 • AltercareOnline.com • 9901 Johnnycake Ridge Rd (Rt. 84), Mentor

THANK YOU

The Council on Aging would like to thank the following who have joined with dozens of other generous donors over the past year to help the agency in various ways during the coronavirus. We thank:

- Bob Oblocki and Judy Parmenter for their donation of “we care bags” for the senior community. These one-of-a-kind creations include personal care items for homebound seniors and are a sure way to brighten a senior’s day.
- The Lake County Emergency Management Agency, Joe Busher, director for a supply of personal protective equipment (PPE) for staff.
- The Western Reserve Area Agency on Aging for personal protective equipment and emergency food supplies for seniors.
- Mayor Richard Regovich and the city of Willowick for making space available to distribute 480 grocery boxes for seniors in January. This was a program through the Western Reserve Area Agency on Aging, Greater Cleveland Food Bank and Dave’s Supermarkets.

CDBG federal grant awarded to Lake County Council on Aging and other service agencies

In March 2021, the Lake County Board of Commissioners announced funding for several proposed projects and activities in Lake County. The special allocation funds will be used for the continued prevention response to the coronavirus (COVID-19). This allocation was authorized by the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) with fiscal year 2019 special funds and prior year funds of Community Development Block Grant Program from the U.S. Department of Housing and Urban Development (HUD).

The Lake County Council on Aging will use these funds to purchase airless disinfectant sprayers for each of the agency’s nutrition kitchens and the main Council on Aging office, which serves seniors countywide. These units deliver the proper atomization required to quickly and consistently coat surfaces to disinfect and sanitize efficiently. Staff will be trained to begin a new, special disinfection protocol on porous and nonporous surfaces, including kitchen equipment and meal delivery bags. The product to be used is EPA registered for use in food contact and processing operations and is highly effective for use against COVID-19 and many other viruses.

Other recipients of the CDBG funding included the Ecumenical Shelter Network of Lake County, Inc.; Fair Housing Resource Center; Lifeline, 211; Willow Praise Assembly of God; Extended Housing Inc.; and Lake County YMCA.

Lifelong Lake County resident authors first book at age 60

Ten years! That is how long it took tenacious Mentor resident, Darlene Harting, to achieve her authoring goal. “Hidden in Plain Sight: A Memoir of Illuminated Blessings” was published in November, 2019. Publication wrapping up when it did was special to the author, marking both her 10-year cancer-free status and 60th birthday milestone.

Celebrating her 40th year in nursing in 2020, the registered nurse had zero authoring knowledge when a random aspiration to share a personal account took root in her heart in 2009 following eye cancer surgery. The aspiration never left, but time constraints, self-doubt, and a huge learning curve impeded momentum, resulting in a 10-year window. Taking consistent baby steps forward eventually made completion of the dream an exciting reality.

The book is a quick read infused with subjective musing, positivity, and appreciation for her abundant blessings: a down-to-earth sharing of five decades of stability, followed by a serious health concern out of the blue a month after turning 50. While in the valley of a scary diagnosis came the clarity of wonderful nuances that were always present, but less noticeable when life was going smoothly. A thread of gratefulness is woven throughout this reflective account.

Available on Amazon.com and BarnesandNoble.com in eBook (\$3.99) and paperback (\$11.95).



“Spring in” to a new home at Jennings at Notre Dame Village



Cottage homes: Spacious open floor plans crafted by local award-winning builder Payne and Payne. Homes feature open floor plan living, quality comforts and affordable style, choices and upgrades. Residents enjoy the amenities of the campus. [Secure your new cottage today!](#)



Apartments: Private, open floor plan apartments feature granite counters, in-suite laundry, choice of balcony and underground parking. Amenities are just steps away, including restaurant style dining, fitness studio, art room, outdoor patios, salon services, activities and more. [Just a few remain!](#)



Memory care assisted living: This secure, natural home setting supports individuals with assistance and memory care. Each house is home to 12 residents, who each have a private suite. Residents enjoy the home amenities, holistic care and innovative philosophies. [Ask about exclusive fall protection flooring!](#)



Call today to learn more about our virtual speaker series and tour options!
440.279.9400 | www.notredamevillage.org



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.

Mary Seiz, Mentor

100 years old • Born on 1/11/1921

Lillian Elisabeth Kellhofer, Concord Township

100 years old • 2/13/1921

Margaret Lorence, Willowick

100 years old • Born on 2/28/1921

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 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.

Adult Protective Services

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 24/7 hotline continues to be maintained by social work staff, thus allowing for the ability to receive referrals at any point in the day. Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are still being assigned based on the nature of allegations that have been reported.

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

ommendations to maintain safe distances. Our staff are 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.



Council on Aging social work team assisting with monthly produce delivery.

DON'T BE LIMITED BY YOUR MOBILITY!

WE CARRY THE BRANDS YOU TRUST



CALL, CLICK, OR VISIT OUR STORE TO SHOP!

440-373-1200
30011 EUCLID AVENUE
WICKLIFFE, OHIO 44092
ACROSS FROM SWEETBERRY'S

WWW.BSMMEDICAL.COM

"Better Care Begins at Home,"

Better At Home, LLC understands the challenges facing today's families and the importance of aging in place. That's why we are **dedicated to providing the very best care** to you and your family in the privacy, **comfort and safety of your own home.**

We offer 24-hr. care with no hourly minimums and **complimentary home** assessments to create a **unique care plan** exclusive to you and your needs.

CONTACT US 440-946-1600

Personal Care - Homemaking Services - Transportation
Medication Reminders - Companionship and more



4043 Erie Street,
Willoughby, OH 44094
info@betterathomehc.com
www.betterathomehc.com



Lake County's best kept secret

AVENUE WOODS



A 55 and older community

Other sites available!

HOMES FOR SALE

1992 Home

14' X 68', 952 +/- sq. ft., 2 bed, 1 bath, \$29,900

2021 Home COMING SOON

16' x 60', 960 +/- sq. ft., 2 bed, 2 bath

2021 Home SOLD!

16' X 80', 1,280 +/- sq. ft., 2 bed, 2 bath

CUSTOM BUILD 2021 Home CALL US TO ORDER!

Single wide up to 16' wide with 2 or 3 bedrooms.
Several lengths and styles available.

- Financing Available
- New homes starting in the \$40s
- One-floor living
- Small pet friendly
- Seasonal activities
- On-site management

Convenient location near medical facilities, shopping, social & recreational activities, and Laketran routes.

9181 Mentor Avenue, Mentor

Across from Chipotle - Look for the green and white sign!

www.avenuewoods.com

(440) 479-1607

Anytime

(440) 255-8177

Business Hours



CENTURY 21
Ask Cox Homes

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.

FAMILY PRACTICE

Chardon Family Practice*

510 Fifth Ave.
Chardon
440-279-1500

Hackett Medical Group

8300 Tyler Blvd.
Mentor
440-205-1529

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

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

INTEGRATIVE MEDICINE

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

INTERNAL MEDICINE

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

OB/GYN

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

PEDIATRICS

Chardon Pediatrics*

510 Fifth Ave.
Chardon
440-279-1590

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

PRIMARY CARE

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

CARDIOLOGY

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360

7580 Auburn Rd.

Concord Twp.
440-352-9554

CARDIAC ELECTROPHYSIOLOGY

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

ENDOCRINOLOGY

Mentor Endocrinology

8300 Tyler Blvd.
Mentor
440-266-5000

OPHTHALMOLOGY

Ophthalmology*

36100 Euclid Ave.
Willoughby
440-946-9555

ORTHOPEDICS

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

Orthopaedics*

36060 Euclid Ave.
Willoughby
440-602-6670

PAIN MANAGEMENT

Pain Management*

5105 SOM Center Rd.
Willoughby
440-953-5760

9485 Mentor Ave.

Mentor
440-205-5799

RHEUMATOLOGY

Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

SPORTS MEDICINE

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

SURGERY

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

Plastic Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712



Lake Health
Physician Group

lakehealth.org

*provider-based facility