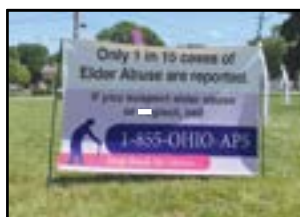




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My journey with cancer

Wickliffe resident, Donna Robinson, chronicles her diagnosis and treatment for multiple myeloma

By Donna L. Robinson

Imagine going about your life feeling that your health is mostly okay, when a routine visit to the doctor changes everything. On July 8, 2019 I was at the Willoughby Hills Cleveland Clinic for my yearly checkup when my life changed forever. This is my journey.

During the checkup, my primary care doctor asked me a series of questions and also answered my own questions. I told her that I was tired all the time, and also had body aches, but I just thought that it was part of aging — after all, I was 69 years old at the time, and not exactly a spring chicken.

I also shared with her that I had a concern about some intestinal issues I was having after I would eat meals, so she ordered celiac blood work in addition to the usual complete blood count (CBC).

The results of the lab work came back, and fortunately, I did not have celiac disease, but my doctor dis-



Donna Robinson in May 2021 in remission.

covered that I had an elevated immunoglobulin IgA level of 659 — the normal range is 78-391—which could indicate a type of cancer. My doctor referred me to an oncologist. Upon further blood testing, it was discovered that the M-protein (multiple myeloma cancer) was present in my blood.

For those who don't know what

multiple myeloma is, according to the online definition, "It is a cancer of plasma cells. The plasma cells are a type of white blood cells in the bone marrow. With this condition, a group of plasma cells become cancerous and multiplies. The disease can damage the bones, immune system, kidneys, and red blood cell count."

This all was very disconcerting to me, as cancer was very prevalent in my family. My father had multiple myeloma, but it was a heart attack that caused his death, my older sister had breast cancer (she survived), my younger brother had melanoma skin cancer (he survived), but my younger sister had stomach cancer, lung cancer, and bone cancer and she passed a few years ago. I also had many relatives with various cancers, some survived, some passed.

Upon finding the blood work results in late summer of 2019, my oncologist ordered a complete body X-ray which showed a 2.5 cm lesion in my

See **CANCER** on page 4

New feature! Commissioners' Corner article

Welcome to the new Commissioners' Corner feature!

The board of commissioners is proud to serve Lake County and is dedicated to providing superior services to our citizens and business community, including our seniors. "We are excited about the opportunity to bring you valuable information each quarter of Bridge," said Commissioner John Hamercheck, president of the board of commissioners. "We plan to highlight community programming, senior achievements, volunteer opportunities and senior services updates."

The commissioners are responsible for setting the administrative policy for Lake County government under the framework provided in the Ohio Revised Code granted to them by the Ohio General Assembly. Additionally,



John
Hamercheck



John
Plecnik



Ron
Young

the commissioners are responsible for the appropriations of the county tax revenues through the adoption of the annual county budget. They also have the responsibility to approve the placement of tax levies and bond issues on the ballot for consideration by county voters. This includes the Lake County Senior Services Levy which is dedicated to supporting the needs of Lake County's senior citizens.

Lake County's senior levy was first approved by voters in November 1992

and is reserved for providing or maintaining senior citizen services or facilities, as authorized by sections 307.694, 307.85 and 5705.19 of the Ohio Revised Code. Currently funds from the senior levy are distributed to 15 different agencies and fund services such as home repairs and modifications, the Volunteer Guardian Program, Adult Protective Services, home-delivered and congregate meals, social work services, senior center operations, volunteer services, and more! "These local funds are critical to ensure older adults are able to remain in the place they call home with dignity and autonomy," said Commissioner John Plecnik.

According to Miami University Scripps Gerontology Center, Lake County's 60+ population has been

See **COMMISSIONERS** on page 5



Norma N. Chapman Senior Assessment Program

At University Hospitals Geauga Medical Center, the Norma N. Chapman Senior Assessment Program helps family, friends and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical evaluation
- Medication review
- Psychological evaluation
- Memory testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social service assessment

Recommendations and follow-ups are made with the patient families, primary care physicians and agencies involved. Referrals are made to community agencies, physician specialists and outpatient therapies and, when indicated, a functional driving assessment* may be suggested. These recommendations provide patients, families and primary care physicians with the knowledge, tools and resources to help the older adult live independently in a safe, healthy living environment.

*The functional driving assessment includes evaluation of cognition, reaction time, perception and judgment in a simulated driving examination.

Norma N. Chapman Senior Assessment Program

UH Geauga Health Center, Building 1
13221 Ravenna Road, Suite 9
Chardon, Ohio 44024

When Is A Senior Adult Assessment Appropriate?

An assessment may be recommended if any of the following conditions are present:

MEDICAL CONCERNS AND PHYSICAL LIMITATIONS

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MEMORY LOSS OR CONFUSION

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- Confusion

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Lake County Council on Aging



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Welcome from the CEO

There is a fresh feeling in the air, as we cautiously begin to resume activities that were put on hold during the pandemic.

We're seeing people get back together with friends, older adults hugging their children and grandkids, and senior centers beginning to welcome everyone back for the first time in a long time. People are starting to travel, make doctor appointments and do the things that felt unsafe just a few months ago.

I'm happy to announce that our main Council on Aging office on East Avenue in Mentor is also open to the public once again. Being Lake County's most trusted resource for seniors, we know how difficult the past several months have been for some older adults and their families. Through it all, however, we took proactive steps to protect the public's health, our employees and volunteers while continuing to provide important senior services and resources. If you need to make an appointment with one of our professionals, you may stop in or give us a call.

This fall, the Council on Aging will begin a journey leading up to the official celebration of our 50th year of service, in October of 2022. Since 1972, the COA has been there for our aging community, offering assistance and hope, and connecting seniors to programs and benefits that can help maintain well-being and independence. The lives we have touched since our doors first opened are countless, but the impact of our work is extraordinary!

Please join us on October 7 for our awards presentation and annual luncheon, and celebrate 49 years of our service in the community. At the event, which will be held at the SNPJ Recreation Grounds at 10946 Heath Road in Kirtland, we will be inducting the 2021 Senior Citizen Hall of Fame award honorees, and presenting the Helping Hands and the Ruth Densmore Senior Advocate Awards.

Finally, our need for more volunteers continues to increase. I ask you to consider carving out some time this summer to join the hundreds of dedicated individuals, agencies and businesses whose generous support helps us serve our aging community. By the way, we salute our volunteers with a special night at the Captains ballpark on September 18. If you'd like more information on becoming a COA volunteer, please contact Ann Marie Armario at 440-205-8111. We'd love to have you join us!

Sincerely,

Joseph R. Tomsick
CEO, Lake County Council on Aging



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.

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Mission Statement

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

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

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

www.lcco.org



LAKE COUNTY COUNCIL ON AGING

BRIDGE

Bridge Vol. XLVIII, No. 3 – July/August/September 2021

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Cancer from page 1

right hip joint. In addition, I had a bone marrow biopsy which showed abnormal myeloma cells, and I also had a PET scan, which further corroborated the findings of my oncologist of the diagnosis of multiple myeloma. I also met with a genetic counselor, who did some added bloodwork and ruled out other genetic predispositions for other cancers, which fortunately weren't present.

In September 2019, with my husband and daughter present, I received the news from my oncologist that I definitely had multiple myeloma cancer, and had to undergo chemotherapy. Of course, my husband and daughter were in shock and took it very hard. This was when my "C" journey officially began.

In October 2019, I started a series of weekly chemo injections, plus started taking chemo pills—three weeks on, one week off. That's when the "fun" began (I say sarcastically), as I started feeling very tired, nauseous, had some serious diarrhea attacks, and just felt plain awful. I was also taking steroid pills that caused insomnia. I was so happy for the one week off of the chemo pills, as I got a bit of a reprieve from their side effects.

One very special integral go-to person was Margo Lane, a specialty care nurse coordinator, who was the person I called in between my appointments when I had concerns about side effects from chemo, and who took time to call me each week to see how I was doing. She gave me a lot of support with what I was going through.

In December of 2019, I met with Doctor Navneet S. Majhail, the stem cell director/head doctor at the main Cleveland Clinic Taussig Cancer Center to discuss the opportunity of having a stem cell transplant. Upon all his findings, and his consultation with my oncologist, he said I was a good candidate for an autologous stem cell transplant, which was scheduled for April 2020.

In the months of January thru March 2020, I received a protocol of immunotherapy one day a week for 3-5 hours. I had all the prehospital tests with a full panel of bloodwork, X-rays, EKG/ECG, pulmonary testing, and was also given prehospital shots with instructions of how to give them at home. I was also admitted as



Collecting healthy stem cells for transplant.

an outpatient to Hillcrest Hospital to have a Hickman line med port inserted.

The beginning of April, for three days, I had to go to the Cleveland Clinic Taussig Cancer Center to have my healthy stem cells collected, and those healthy stem cells were frozen until the time of the transplant. On April 15, 2020 I was admitted to the main campus of the Cleveland Clinic where I received a high dosage chemotherapy treatment that day, and on April 17, I received my healthy stem cells.

Following the transplant, for several days, I developed persistent nausea and could not keep any liquids or solids down, so a corpak tube feed was inserted in my nasal passage and down my throat to provide nutrition for me. Also, while I was in the hospital I developed blood clots in my legs and was prescribed Lovenox shots which I had to inject twice a day in my stomach, then I was put on Coumadin. I also lost all my hair during that time.

I was discharged on May 12, with several "liquid" prescriptions to take at home, as taking pills would make me gag and vomit. A home health care nurse came daily to set up the tube feed and after a month at home, that tube feed apparatus was removed, and little by little I was able to eat small meals, then larger meals as the time passed. It was funny that the first food that even appealed to me was McDonalds French fries!

Also, because I was so weak, a physical therapist came three days a week to get me to exercise and walk, a little further each day. A nurse also came once a week to draw blood and weigh me, as I lost 20 pounds in the hospital.

On May 14, I had all post-hospital checkups, then in August 2020, after receiving the good news I was in remission, I started receiving maintenance chemotherapy injections to keep my numbers in

Cancer from page 4

the safe range. Also, in November, I started getting a series of booster vaccines to be given every two months to rebuild my immune system, almost like I was a baby all over again.

Having this disease of multiple myeloma has taught me to try to endure all kinds of side effects from medications, chemotherapy, to try to take better care of myself, and to appreciate every day I have...and all the small things.

There is no cure for multiple

myeloma, only maintenance once a person goes into remission, which is different for every person. I try to stay strong and slowly try to do what I can each day to keep my mind and myself busy, I take walks every day, but I do rest when I can. My family and friends have been there for me since day one, and I've had an amazing medical team. It's been an unbelievable journey, which continues, but I praise God for every step I've taken along the way.

Commissioners from page 1

increasing since 2000 and will continue to increase by 2030 to an estimated 29.6 percent of the total population, outnumbering youth under age 20. In fact, Lake County ranks 14th highest in the state for persons 60+.

"These statistics emphasize the importance of making sure levy funds are utilized to the highest efficiency possible," said Commissioner Ron Young. "We are committed to strengthening senior services in the county, ensuring Lake County remains a great place

to grow old."

The commissioners' office has dedicated staff to managing various aspects of the senior levy funds, as well as volunteer services. Both work to fill gaps in senior services within the county. If you have any questions on senior or volunteer services, please feel free to contact Alyea Barajas, senior services coordinator at 440-350-2748 or alyea.barajas@lakecountyohio.gov, or Cristen Kane, volunteer services coordinator, at 440-350-5360 or cristen.kane@lakecountyohio.gov.

Improve your well-being Join your area senior center!

Senior centers in Lake County are finally beginning to reopen their doors after shutting down due to COVID-19. Some local senior centers are opening sooner than others. For further information, please see the senior center update on pages 6 and 7. We also recommend calling your senior center prior to venturing out.

Eastlake Senior Center

600 E. 349th Street, Eastlake
(440) 975-4268

Fairport Harbor Senior Center

1380 East Street, Fairport Harbor
(440) 354-3674

Kirtland Community & Senior Center

7900 Euclid Chardon Road, Kirtland
(440) 256-4711

Madison Senior Center

2938 Hubbard Road, Madison
(440) 428-6664

Mentor Senior Center

8484 Munson Road, Mentor
(440) 974-5725

Perry Community/Senior Center

2800 Perry Park Road, Perry
(440) 259-3772

Wickliffe Senior Center

900 Worden Road, Wickliffe
(440) 373-5015

Willoughby Senior Center

36939 Ridge Road, Willoughby
(440) 951-2832

Willowick Senior Center

321 East 314th Street, Willowick
(440) 585-5112

Concord Township 55+ Group

7671 Auburn Road, Concord Twp.
(440) 639-4650

Willoughby Hills Community Center

35400 Chardon Rd., Willoughby Hills
(440) 951-1826



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Lake County Senior Center Updates

July / August / September 2021

Eastlake Senior Center 600 East 349th Street

Grace Giangiacomo, director

We are coming closer to finishing our construction project. It is coming along quite nicely and I am excited to share our new space with you. We have decided that we will not be taking any membership renewals until January 2022. This will handle all the paid membership that you paid for previously, that lapsed during your time away due to COVID-19.

I have talked to our teachers that handled our classes and they are all ready to come back and help you get into your routines again.

Diane will be here on Monday mornings at 9 am and Wednesday mornings at 10:15 am.

Chuck will continue his hour-long yoga class on Wednesday mornings at 9 am.

Sharon will do her one-hour line dancing class (improver/intermediate) Monday afternoons at 1 pm. So mark your calendars to get ready for our classes.

All other activities will be happening to work around these times and days. Please check our website at www.eastlakeohio.com for any updates on our opening. Can't wait to see you!

Meet New Friends!

Fairport Senior Center 1380 East Street

Chris Yano, director

Fairport Senior Center opened our doors at the beginning of April for classes. We have added many new classes such as line dancing (Tuesdays, Wednesdays and Thursdays), yoga, tai-chi, take a hikers group, card making, pinochle, bridge, hand and foot, 31, RLC, sewing, knitting, darts. water color class, acrylic painting, mahjong, penny ante poker, coin club, tops, computer help and much more. We also have bingo on Mondays at 12:30–3 pm and at 3:15 pm we have card bingo.

On July 8 at 11 am, Brandy from Key Bank will be here to discuss scams. If you are interested in attending, please call the center. Our monthly trips are filling up fast and we have a trip to Pigeon Forge leaving in October with a few slots open on our second bus.

On the fourth Monday of the month at 11:30 am we have our monthly produce market. If interested just pull in the parking lot, have your trunk empty, ID and we will fill out the paperwork. We look forward to serving our seniors of Lake County, so stop in if you are interested in joining one of our classes or call the center at 440-354-3674. View our newsletter at www.communityonline.com.



Willowick Senior Center board members.

Kirtland Senior Center Update 7900 Euclid-Chardon Road

Teresa Szary, coordinator

It has been such a joy for us to see each other as we begin to gather together safely!

All activities and events are posted in our monthly newsletter (sent to all members) and on our website at www.kirtlandcommunity.com. We know everyone is excited about the warmer weather, and we are so excited to utilize our amazing pavilion for special monthly meals. As we start to bring back some of our favorites, we want to know what our Seniors are looking for! We're always open to conversations about creative ideas about programming, and look forward to adding new events throughout the

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Senior centers from page 6

summer and into the fall.

Thank you all for your continued patience with us and with each other as we journey together through this transition. With the help of our seniors, city, and county, may this “new normal” be even better than the previous!

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 and welcome back! It will be so good to see you. Our new calendar begins July 6. We have scheduled yoga, line dancing, loss support group, music trivia, summer HEAP, Geri's Game movie, attorney, podiatrist and Lake County Food Pantry. As we continue to open we ask that you are here for scheduled events/classes/lunch or recreation and please only 10 minutes early. We hope to add classes and activities each week.

Congregate lunches prepared by the Lake County Council on Aging will resume July 7 on Mondays, Wednesdays, and Fridays until August and then it will be five (5) days a week again.

Current guidelines for our center are posted at each doorway and in the newsletter. These new adjustments are for the safety of our patrons, the staff, volunteers and any visitors to the center. Hope to see you soon.

Mentor Senior Center **8484 Munson Road**

Renee Ochaya, director

The Mentor Senior Center reopened on Monday June 14, 2021. The center is open Monday–Friday from 9 am–3 pm and members have access to the fitness center, library, pool room, and great room.

The traditional hot lunch program has resumed from 11:30 am–noon. and the curbside meal program will continue for the time being with pick up from 11–11:15 am at the Center Street (SR-615) entrance.

In July we added in-person fitness classes, health education classes, and movies. We have begun registration for fall trips and we look forward to gradually adding additional programs and hours as participation warrants.

For the safe enjoyment of all members, a health assessment is being conducted upon entry and the facility is undergoing a heightened cleaning and sanitizing schedule. To facilitate screening of all, the Munson Road entrance is the sole entrance/exit. All members are asked to scan upon entry.

Patrons who are not fully vaccinated are asked to continue to social distance and wear a mask when in the senior center.

Check out www.mentorseniorcenter.com and www.facebook.com/mentorseniorcenter/ for updates on program offerings and reopening details.

Stay Active!

Perry Senior Center **2800 Perry Park Road**

Christine Znidarsic, director

Welcome back!!! We officially opened our doors with regularly scheduled programming on June 14.

Most classes and activities have returned with slight time changes to allow for adequate cleaning. Each member will make their own decision about when it is appropriate for them to wear a mask and practice social distancing. If you are not feeling well, please do not come to the center. Prescreening questions and temperatures will continue to be monitored at the door.

Now is an excellent time to get out and make new friends. With banana split socials, concerts, garage sales, exercise classes, craft fairs and more, there is certainly something for everyone. We look forward to seeing new faces as well as familiar ones.

Please call us at 440-259-3772.

Center hours:

Monday: 8:30 am–3:30 pm

Monday Evening: 6:00–9:00 pm

Tuesday: 8:30 am–3:30 pm

Wednesday: 8:30 am–3:30 pm

Thursday: 8:30–1:00 pm

Friday: 8:30 am–3:30 pm

Wickliffe Senior Center **900 Worden Road**

Gerri Hubbell, director

We are so excited to announce that we are open! The opening process is gradual, but we are almost back to normal. Our senior members can enjoy our library, fitness room, billiards room and many of our classes and activities. Classes and activities include line dancing, chair yoga, outdoor senior exercise, knitting & crocheting, art, bingo and so much more! Please visit our website, www.cityofwickliffe.com/recreation, to see the full schedule. Our senior program hours are Mon–Thu 8 am–4 pm and Friday 8 am–2 pm.

New memberships to the Wickliffe Senior Program are being accepted! Wickliffe residents only pay \$5 per year, and nonresidents pay \$10 per year.

Please don't hesitate to call us at 440-373-5015 with any questions or to receive more information. And don't forget to call Joe or Dee from Lake County Council on Aging at 440-373-5017 to receive updates and register for our delicious lunch program. See you soon!

Willowick Senior Center **321 E 314th Street**

Doreen Nevulis, Senior Center Coordinator

We would like to welcome all of our members back! The Willowick Senior Center reopened on Tuesday June 15. The center hours will be Monday – Thursday 8 am–4 pm and Friday 9 am–noon. We will be resuming programs in July.

I would like to thank Kerri Davidson for all her hard work and dedication during the past 18

years as our senior center coordinator. Kerri has implemented many new and exciting programs and has been instrumental in the growth of our center. It has been a pleasure working with Kerri the last 18 years. She has been a friend as well as a colleague and we wish her the best of luck in the future.

We would like to welcome Doreen Nevulis as our new senior center coordinator. Doreen is looking forward to meeting all of you and bringing new ideas to the center. Please stop by to introducing yourself while visiting. If you have any questions please feel free to call the senior center at 440-585-5112 or email Doreen at dnevilis@cityofwillowick.com for more information.

Willoughby Senior Center **36939 Ridge Road**

Amy Skolny, director

The Willoughby Senior Center reopened on Wednesday, June 2. At this time for the month of July we will continue to take appointments for our fitness room, library and pool room use. There are limits to capacity for classes and activities.

We are continuing to grow and reintroduce all the favorites our members have come to enjoy. We are asking if members are not vaccinated, that they please wear a mask. Fully-vaccinated members do not need a mask. This is on the honor system. Please be patient and kind as the staff is relearning and making adjustments to our new procedures.

The walking track is available to our members Monday through Friday from 8 am–4 pm.

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

Volunteers— Our everyday heroes!

Appreciation event at Lake County Captains game to honor Council on Aging volunteers

The Lake County Council on Aging will hold a special volunteer appreciation event on Saturday, September 18 at the Lake County Captains ballpark. Before the game, honors will be given for those volunteers marking milestone anniversaries of their contributions to various Council on Aging programs.

These dedicated individuals work with the agency to make life better for older adults, serving as an inspiration to others through their work delivering meals, grocery shopping, being a friendly visitor, pen pal or phone pal, and working on special projects.

Council on Aging volunteers will receive additional information regarding registration. Hold the date!

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Community Services

More meals in 2021

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

Recognizing the important role that nutrition plays in good health for all, even our pets, the Lake County Council on Aging is proud to be expanding both of the meal options for seniors, Meals on Wheels and the Lunch Place dining, and launching a new partnership with Lake Humane Society called Pet Meals on Wheels.

Everyone is familiar with Meals on Wheels, designed to provide hot meals, five days each week to homebound seniors. During the pandemic, delivery was only three days a week with a frozen meal for the day in between. As of June 14, 2021, Monday through Friday delivery has resumed in all nutrition sites except Madison. Madison is scheduled to resume five-day delivery on July 19, 2021. Five-day service provides the optimal service for seniors; a hot nutritious meal, conversation with the volunteer driver and a wellness check each day.

Clients who prefer that the volunteer deliver their meal wearing a mask can request this additional safety precaution by calling Linda Llewellyn at 440-205-8111 ext. 241.

The dine-in options throughout Lake County where a nutritious meal may be enjoyed with the company of others in your neighborhood reopened on June 2, 2021 for Monday, Wednesday and Friday dining, except in Madison. Madison Lunch Place will reopen on July 7, 2021 for Monday, Wednesday and Friday dining.

The Lunch Place dining located in Wickliffe and Willowick Senior Centers and in the Community Room at the Extended Housing Building in Painesville will begin Monday through Friday dining on Tuesday, July 6, 2021.

The Lunch Place offers a nutritious hot meal and a social connection with other seniors, which has been lacking during the pandemic. Meals are more enjoyable when you eat with others.

Invite a friend to join you or meet at one of the Lake County Council on Aging nutrition sites. Each site offers weekday lunches for a \$1.50 suggested donation.

Those 60 and older in Lake

County are invited to dine with us at the following locations: Please call by Wednesday the week before to make your reservation or for more information.

Willowick/Eastlake
321 E. 314th Street, Willowick
440-946-8822

Madison
2938 Hubbard Road, Madison
440-428-7002

Painesville
270 E. Main Street, Painesville
440-354-6700

Wickliffe
900 Worden Road, Wickliffe
440-373-5017

Pet Meals on Wheels

A loving pet is an important member in a senior's family. Caring for a pet provides comfort, keeps us healthier by reducing stress and blood pressure, and gives purpose by caring for another. At Meals on Wheels, we know how important the furry family member is and find that some clients share their meal with their pet or have fewer dollars available to purchase their own food as they are also purchasing pet food. Pet Meals on Wheels is designed in collaboration with Lake Humane Society to extend the reach of Auggie's Pet Food Pantry to seniors who have difficulty getting out. The pet food pantry provides a supplemental supply of pet food for up to five pets of our current Meals on Wheels clients, delivered once a month. The pet food is delivered by Meals on Wheels volunteers after the normal food delivery.

Lori Caszatt, director of marketing and community partnerships at Lake Humane Society said, "This is an exciting partnership that will help us reach more Lake County seniors and their pets. We understand the companionship and love that pets bring to people and never want a senior to feel they have to give up their pet because they cannot afford to feed them." Lake County Council on Aging is excited to be offering this new program to home-delivered clients and their pets beginning in June 2021.

One-on-one Medicare help is here

UnitedHealthcare® Medicare services are now in store at Walgreens

If you are an existing UnitedHealthcare Medicare member, stop in to get help understanding how to get the most out of your Medicare plan.

Get one-on-one support on:

- Medicare plan assistance
- Claims and billing questions
- Information about plan benefits
- Scheduling doctor appointments

If you are turning 65 or new to Medicare, we have local licensed sales representatives accessible to answer questions and talk about your Medicare coverage options. Agents are in store Tuesdays and Thursdays from 10 a.m.–2 p.m.



UnitedHealthcare Medicare member services at the following Walgreens locations:

**127 E Pleasant
Valley Rd
Seven Hills, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday

**9400 Mentor Ave
Mentor, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday

**6270 Som Center Rd
Solon, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday



All clinical and other resource center services provided at UnitedHealthcare at Walgreens locations are provided by employees or agents of United HealthCare Services, Inc. or one of its subsidiaries or affiliates, and such individuals are not employees or agents of Walgreen Co. or any of its subsidiaries or affiliates. Other pharmacies are available in our network. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in these plans depends on the plan's contract renewal with Medicare. © 2021 United HealthCare Services, Inc. All Rights Reserved.

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Meet the ADRC team!

By Shawnda Lockridge, Aging and Disability Resource Center (ADRC) Manager



Greetings! My name is Shawnda Lockridge and I have recently joined the Lake Council on Aging in the capacity of manager of the Aging and Disability Resource Center (ADRC). The decision to join the Council on Aging was easy for me because I enjoy making the lives of seniors easier to navigate in this complex world we live in today.

I have been a licensed social worker for over 20 years. Prior to working at the Council on Aging I spent time in various human service areas including working in the mental health field, at correctional facilities with at-risk youth, with the senior population, and in the healthcare insurance industry.

When I am not working, I love to travel all over the world to discover different cultures. Since the pandemic, travel has not been possible for me so like other Americans I became creative in my garden and redecorated my outdoor patio.

My hope in this position is to make life easier for the senior population in Lake County by sharing my experience and working to make information about community services remain accessible. I look forward to working with the great staff at Lake Council on Aging and meet-

ing our mission.

When the Lake County Council on Aging reopened our doors on June 1, 2021 we welcomed the public back with additional staffing changes in the ADRC department.

Jackie Oliverio, who has been with the Lake County Council on Aging for over four years and was formerly one of the information & assistance specialists has been promoted to the position of options counselor at the Council on Aging. Jackie is looking forward to helping you or family members/caregivers in the community who are looking for unbiased information about long term care options and helping plan for the future!

Melissa Sprague, who has been with Lake County Council on Aging for approximately eight months as an administrative assistant, has transitioned into the role of information and assistance specialist. Melissa is passionate about helping the senior population and is excited about tackling her new role in the ADRC.

Terri Orosz has taken the position as the receptionist and administrative assistant, and is the friendly voice you'll usually hear on the phone, and the warm welcome greeting visitors to our East Avenue office. She worked for many years as a medical office assistant in rheumatology and is very excited to be with the Council on Aging to continue working with seniors and

being able to offer her assistance. Terri enjoys spending time painting and crocheting.

Rounding out the ADRC team are information and assistance specialists **Selena Cox** and **Jim O'Conner** who have been with the agency for six+ years. Their specialty continues to be engaging with the community by providing resources that help seniors and their families navigate tough decisions.

REMINDER: The ADRC is still assisting seniors with the summer HEAP program applications. We can assist with information regarding income guidelines and how Lake County Helpline (211) can further assist with the application process.

In late June, the Lake Council on Aging had a great turnout for our Senior Farmer's Market Nutrition Program sponsored by Western Reserve Area Agency on Aging. This year the event was held at the Laketran Park-n-Ride on Market Street.

The department also continues to take reservations for the Mobile Food Pantry, a program made possible by a partnership between the Board of Lake County Commissioners Senior Services, Lifeline, RSVP of Lake County, Avery Dennison, the Lake County Council on Aging and the Greater Cleveland Food Bank.



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Volunteer Services

Summer sunshine brings volunteer opportunities

By Ann Marie Armaro, Volunteer & Community Engagement Specialist



Summer is here and things are getting back to normal. And while you are enjoying the nice weather, you can also make a positive difference in the life of a senior by becoming a Meals on Wheels volunteer today!

We are looking for volunteers who can commit to deliver meals or help in the kitchen at least one day per week. We are in need of volunteers Monday, Tuesday, Wednesday, Thursday and Friday at our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison.

Kitchen volunteers are needed for three to four hours starting at 7:30 or 8 am.

Volunteer drivers deliver lunchtime meals to

homebound seniors between 10:30 am and 12:30 pm. Last year, volunteers helped deliver over 195,000 meals to these older residents in need, throughout Lake County.

An important benefit of home-delivered meals is the opportunity for social interaction between the volunteers and meal recipient. Social isolation is a significant concern for seniors living on their own. Daily visits by Meals on Wheels volunteers provide more than a meal. They are a friendly smile, conversation and also serve as a well check for the senior.

Get started today! Contact Ann Marie Armaro at 440-205-8111 ext. 228 or at Aarmaro@lccoa.org.

Adult Protective Services 24/7 Hotline

Lake County Adult Protective Services has continued with our day-to-day business throughout these trying times. Although our physical building remains closed to the public, our 24 hour a day/7 day a week hotline continues to be maintained by social work staff, thus allowing for the ability to receive referrals at any point in the day.

Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are still being assigned based on the nature of allegations that have been reported. Our social work staff are meeting with seniors, while practicing recommendations 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, and press 1 for questions, to report concerns, or to request additional information about the services that we provide.

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 online at www.lakecountyohio.gov.



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Council on Aging volunteers nominated for Hero Award

Lake County Council on Aging is pleased to nominate three RSVP volunteers for the Volunteer Hero Award.

RSVP (Retired Senior Volunteer Program) honors its volunteers for their dedicated volunteer service in Lake County throughout the past year. Of those nominated, one volunteer is selected for the Hero Award. We are thankful for all of our RSVP volunteers.

The three volunteers who were nominated by Lake County Council on Aging serve in various nutrition sites.

Carole Czeck was nominated by the Willowick/Eastlake nutrition site for her dedicated service for the past 11 years. Carole serves in the kitchen and has served as a Meals on Wheels driver. Carole is very dedicated, serving several days a week, and caring, always thinking of the seniors we serve. Renee, Gina and Shea want to thank Carole and express their appreciation.

Wendy Edwards was nominated by the Painesville nutrition site for an outstanding 10 years of service as a Meals on Wheels driver and kitchen volunteer. Wendy is always willing to help out on last minute needs and is committed to doing her very best. Jean, Sharon

and Sheilah thank Wendy for being an integral part of the Meals on Wheels program.

Wayne Wollerman was nominated by the Wickliffe nutrition site. Wayne is a Meals on Wheels pro with 24 years of experience! Wayne can deliver any route in Wickliffe and will find every client every time. His commitment to serving seniors is unsurpassed. Joe, Dee and Brittanie rely on Wayne and are grateful for his willingness to deliver meals and share a few kind words with seniors.

In addition to the three nominated by the Lake County Council on Aging staff, we would like to mention another LCCoA volunteer nominated by one of the other organizations for which he volunteers.

Don Berlin was nominated by another organization but also serves as a Meals on Wheels driver in our Mentor nutrition site. Don came to Lake County Council on Aging to volunteer during the pandemic. It was a challenging time for all but we are so thankful that he decided to give time to the seniors we serve, in addition to other agencies for which he volunteers. He has quickly become a trusted and relied upon volunteer driver. Barb and Susan are so glad he joined our team.

Community Services

Summer food safety Protect yourself from foodborne illnesses

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

Summer offers lots of opportunities for outdoor fun with family and friends. But the warm temperatures also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family and friends from foodborne illness during warm-weather months, safe food handling is critical. Read on for tips from the U.S. Food and Drug Administration for simple food safety guidelines for preparing, serving and even transporting your food:

- Wash or disinfect your hands before handling any food item.
- Keep cold food cold. Cold food should be stored at 40 degrees or below to prevent bacterial growth. Defrost frozen food in the refrigerator before preparing. Cold food should be transported with ice or frozen gel packs to maintain temperature. Cold food items should not be left sitting out in the sun.
- Be sure to keep raw meat, poultry and seafood securely wrapped until preparation. This will keep their juices from contaminating prepared/cooked food or foods that will be eaten raw, such as fruit and vegetables.
- Clean your produce. Rinse fruit and vegetables under running tap water including skins and rinds that will not be eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing. Dry fruits and vegetables with a clean cloth or paper towel.

- o Packaged fruits and vegetables that are labeled “ready-to-eat,” “washed,” or “triple washed” need not be washed.
- Cook food thoroughly. Have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. Cook ground beef, pork, veal, lamb and raw ham to an internal temperature of 160 degrees. Turkey and chicken to an internal temperature of 165 degrees. Fresh beef, pork, veal and lamb with a

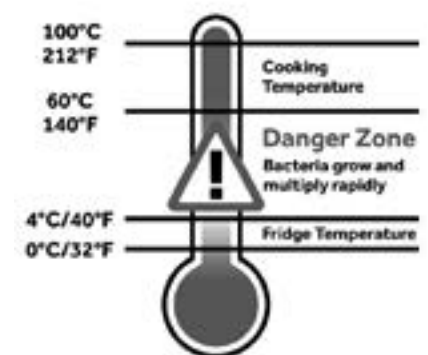
three-minute rest time to an internal temperature of 145 degrees. Precooked ham to an internal temperature of 140 degrees.

o Marinate food in the refrigerator, never on the counter. If marinade is to be used for a sauce, reserve a portion separately before adding the meat, poultry or seafood.

- Keep “ready” food hot.
- Don’t reuse platters or utensils. Using the same platter or utensil that previously touched raw meat, poultry, or seafood allows bacteria from the raw food’s juices to spread to the cooked food. Use a clean platter and utensils to serve food.
- Transporting food to a picnic or outdoor event? Use a cooler for perishable foods and a separate cooler for beverages. This will reduce the number of times the perishable food cooler is opened and exposed to warm outdoor temperatures.

Be safe and keep food at proper temperatures – indoor and out – it is critical in preventing the growth of foodborne bacteria. The key is to never let your food remain in the “danger zone” – between 40 degrees and 140 degrees – for more than two hours, or one hour if temperature is above 90 degrees. This is when bacteria in food can multiply rapidly and lead to foodborne illness.

o If food is left in the “danger zone” for longer than two hours or one hour in 90+ degree temperatures, throw it out.



Following these guidelines for safe food handling will help to keep you, your family and friends healthy whether dining alone or with a group indoors or outdoors and help you enjoy your food!

Donate your vehicle to the CoA!

If you have a car, boat, RV, motorcycle or other vehicle that you no longer want or need, you can donate it to the Lake County Council on Aging, receive a tax deduction for the sale price of the vehicle, and make a hassle-free contribution to help seniors in our community. The

Lake County Council on Aging works with Donation Line LLC to process vehicle donations. They will arrange to pick up your vehicle at no cost. To donate, go to www.donationline.com/ and under “Select a Charity,” select Lake County Council on Aging.



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Lake County senior volunteer heroes recognized

Volunteers Don Berlin and Deborah Hahn were both honored with the 2021 Volunteer Hero Award at the June 17, 2021 Board of Lake County Commissioners' meeting. Each were thanked for their exceptional volunteer contributions during the pandemic.

Don served weekly from January through April 2021 at the Lake County General Health District COVID-19 vaccine hotline aiding hundreds of senior citizens in registering for the vaccine clinics. Don also assisted with the Lake County Mobile Food Pantry beginning in May 2020, and continues to assist today, ensuring that seniors have access to fresh produce and dairy. He assisted at the Mentor Senior Center, Lakeland Community College and Painesville City Family Resource Center food distributions all through the pandemic, as well as continued with his Council on Aging Meals on Wheels route and helped at the Northeast Ohio Drug Repository. Don never hesitated to serve the Lake County community in whatever way he could during a very unknown and scary time.

Neither wind, nor rain, nor a pandemic could keep Deborah from serving those in need during a very frightening time. Unable to drive herself, Deborah took Laketransportation each week to the Vineyard Community Church Food

Pantry to volunteer her time preparing for food distribution events. She always serves customers with a smile and is very knowledgeable and helpful. She is eager to do whatever task is needed to make sure the pantry operates smoothly for all.

Both Don and Deborah were honored members at the June 24, 2021, 48th annual volunteer drive-thru recognition event at the Lake County Fairgrounds. The theme of the recognition was "Real Heroes Don't Wear Capes, They Volunteer."

Volunteers drove down the fairground midway as many nonprofit agencies and community partners dressed in super hero gear enthusiastically thanked the volunteers for their continued dedication and service. Cheerleaders, Skipper of the Lake County Captains, Deputy Dan from the Lake County Sheriff Department, Wally Wise Turtle, Stormy from Lake Erie College and many more fun guests participated in the event to show appreciation to the volunteers.

The event sidekick sponsors were Laketrans, Mentor Ridge Health and Rehabilitation, and DeJohn Funeral Homes & Crematory. In-kind sponsors included Great Lakes Mall, WINT Integrity Radio, Chick-fil-A Mentor, and Hospice of the Western Reserve.

Medical equipment donations now being accepted



The Council on Aging is currently accepting donations for gently used medical equipment. Items needed include wheelchairs, rollators, raised toilet seats, quad canes and tub seats. Donations are accepted during our normal business hours. All donations should be clean and in good working order. The agency also loans out medical equipment free of charge. Call 440-205-8111 or visit www.lccoa.org for more details.

Falls Prevention Awareness Event Tuesday, September 21, 2021

Council on Aging partners with Eastlake Senior Center



Did you know that each year, one in three adults aged 65 years or older has a fall? For older persons, the consequences of falls can be devastating, including reduced mobility and loss of independence. Falls are responsible for 95% of hip fractures, one of the most serious fall injuries.

The Lake County Council on Aging will mark Falls Prevention Awareness Day on Tuesday, September 21 with a community event at the new Eastlake Senior

Center, 600 East 349th Street. The purpose is to promote and increase public awareness about how to prevent and reduce falls among older adults, and what steps to take if one occurs.

The event will include a variety of health screenings and educational material on how you can prevent injury as you age.

There is no cost to participate. To register, please call the Lake County Council on Aging at 440-205-8111.

Grocery Shoppers Needed!

The Grocery Shoppers Program assists seniors by providing shopping and delivery of needed groceries. Contact Ann Marie Armario at 440-205-8111 ext. 228 or at Aarmaro@lccoa.org.

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It's a fact of life: We all get older.

By University Hospitals

Getting older doesn't mean that you have to slow down or check out. Feeling good as you get older often is tied to activity and exercise. "Just as important are sound mental health and a solid social network", says Cheryl Hollowell, M.Ed, LSW, program coordinator for the Norma N. Chapman Senior Assessment Program at University Hospitals Geauga Health Center. Here are seven tips to stay healthy and engaged in your later years:

- **Fuel Up:** Eat three meals daily, with an emphasis on fresh produce, lean meats and calcium from low-fat dairy products, not supplements. Limit red meat as well as salty, fatty and cholesterol-laden foods because they can spike blood pressure and/or increase the risk of heart disease. Strive to eat home-cooked food more often than processed or restaurant meals.
- **Keep Moving:** The secret is to find something you enjoy. Aim for 150 minutes of moderate intensity exercise a week with no more than two consecutive days off, and two days of light weight training. Walking is one of the best things you can do for yourself.
- **Use Your Noodle:** Fuel your brain by reading, playing word or number games, and staying connected to family and friends.



Many senior and community centers offer socially and intellectually stimulating programs such as speakers, card games and outings to theaters or museums.

- **Get Your Rest:** Sleep needs lessen as you age, yet you may find you aren't sleeping at night. Physicians suggest skipping daytime naps, eating well, avoiding caffeine later in the day, staying active and turning off the TV or iPad before bed.
- **Come to Your Senses:** All senses are important to stay engaged in life, but hearing and vision are particularly important.
- **See Your Doctor:** Regular checkups are important, even when you're feeling fine. Often, these appointments focus on prevention.
- **Practice Good Hygiene:** Brush and floss your teeth because poor oral care is linked to cardiovascular disease. Bathe regularly. And, if you experience urinary or fecal inconti-

nence, change pads and clothing promptly.

For seniors in need of help, the Senior Assessment Program a complete head-to-toe assessment that includes meetings with a nurse practitioner, geriatric psychiatrist, pharmacist, physical therapist, and social worker. An occupational therapist visits the home to assess the overall safety of the home and makes safety recommendations.

"The Senior Assessment Program team monitors health problems and offers advice about a person's physical or mental health," said Hollowell. "Someone experiencing less than normal mobility or balance is restricted by what they can do and where they can go in a safe manner."

The first step on the path to wellness begins with an appointment and screening with the Senior Assessment Program. The screening is appropriate for anyone age 65 and older displaying signs of memory loss, depression, poor medication management, and physical limitations.

Hollowell said the primary goal of the program is to keep the patient safely in their home. An assessment may be recommended if any of the following conditions are present:

- **Medical concerns and physical limitations:** These limitations include complex medical problems or difficulties with performing daily activities. continued next page→



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- FHRC will pay up to 70% of a tenant's rent

• **Safety issues:** These issues include medication management, assessing the home environment for safety precautions.

• **Personality or behavioral changes:** Such changes include signs of depression, anxiety, agitation, and paranoia. Memory impairments or dementia also are addressed, Hollowell said.

“At the conclusion of each assessment, the team creates a care plan geared toward the specific needs of the patient,” Hollowell said. “The patient receives the full

report during a family meeting. The patient’s primary care physician also receives the report and our overall findings and recommendations. The patient’s primary care physician will continue to monitor their progress on a regular basis.”

To learn more about the Norma N. Chapman Senior Assessment Program, or to schedule an appointment, call 440-901-6271 or visit www.uhhospitals.org/services/geriatrics-services/Conditions-Treatments/senior-assessments.

Radio Show for Lake County seniors!

Listen to the Council on Aging’s radio show every Saturday afternoon from 2–3 pm on both 1330 AM and 101.5 FM. Council on Aging 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 ag-



ing 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 may also listen live online at tunein.com — search WINT.

The Lunch Place

Enjoy good food with friends at Lake County Council on Aging meal sites

If you are age 60 or older and are looking for warm companionship and healthy, nutritious food, then schedule time to eat a meal with a friend.

The Lunch Place serves hot lunches five days per week providing 1/3 of the daily-required recommendations of USDA. There is no charge although a suggested voluntary donation of \$1.50 is accepted. A reservation in advance of the meal is also required.

It is never too late to start making positive lifestyle changes. Eating well can help you stay healthy and independent — and look and feel good — in the years to come.

More information about the Lunch Place can be obtained by calling the listed numbers.



The Lunch Place at Madison
2938 Hubbard Road
Hours: 8:00am – 1:00pm
Phone: (440) 428-7002
Coordinator: Glynnis Fox

The Lunch Place at Painesville
270 East Main Street
Hours: 8:30am – 1:30pm
Phone: (440) 354-6700
Coordinator: Jean Carlton

The Lunch Place at Wickliffe
900 Worden Road
Hours: 8:30am – 1:30pm
Phone: (440) 373-5017
Coordinator: Joe Greene

The Lunch Place at Willowick
321 East 314th Street
Hours: 8:30am – 1:30pm
Phone: (440) 946-8822
Coordinator: Renee Sonnie



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Dr. Beejadi Mukunda and Dr. Marinela Turc**

Better center, better sleep

By Lake Health

Thanks to recent renovations, Lake Health's Sleep Center offers a more welcoming and restful environment to patients with sleep-related problems. In 2019, the Sleep Center's private patient rooms received fresh paint in relaxing color palettes along with new linens, carpet, furniture and calming artwork. Even better, new Sleep Number beds ensure the perfect comfort zone for every patient.

"Patients walk in the door expecting a hospital experience, but we try to set up more of a home-like experience," says Erin Toth, RPSGT, registered sleep study technologist and manager for the Sleep Center.

Each of the four patient rooms also has a private bathroom, flat screen TV, nightstands and recliner to provide the patient with the most comfortable experience possible.

Professional help for sleep disorders

As many as 65 million Americans report sleep-related problems. These can seriously impact health and the quality of life. For example, sleep apnea, a disorder in which you temporarily stop breathing while you're asleep, has been linked to obesity, diabetes, hypertension, heart attack and stroke. But sleep apnea is just one of



the sleep disorders that can be evaluated by the Sleep Center.

"Sleep disorders not only disrupt daytime functioning; they can also lead to serious health problems. We updated the Sleep Center because it's important to provide a comfortable, quiet and calming environment for sleep testing," said Dennis Jurcevic, MD.

Accredited by the American Academy of Sleep Medicine, Lake Health's Sleep Center offers new advanced monitoring and diagnostic technology. An overnight sleep test—a polysomnogram—helps identify sleeping disorders and measures various sleep stages. A multiple sleep latency test (MSLT), done during the day-time, can evaluate and diagnose problems such as narcolepsy and other disorders.

"Some patients sleep better here than they have at home in a long time," says Toth. "It's great to know that we're changing the course of patients' lives going forward."

Do you need a sleep test? Take the quiz.

Do you suffer from any of these symptoms?

- Loud snoring
- Morning headaches
- Excessive sleepiness during the day
- Frequent naps
- Unexplained heart failure
- Marked obesity
- Heartburn, chest pain, chronic cough at night
- Insomnia
- Leg movements during sleep
- Sleep walking, sleep talking
- Trouble falling asleep

If so, you might need a sleep study. Talk with your doctor about a referral to Lake Health's Sleep Center.

To schedule a Sleep Center appointment, call 440-953-6258 or 440-375-8751 between 8 am and 4:30 pm, Monday through Friday. A physician referral is required.

Lake Health Sleep Center
West Medical Center
36000 Euclid Avenue, Willoughby
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Award recognition and annual luncheon is October 7, 2021

Council on Aging to honor several community members

The Lake County Council on Aging will hold its award recognition and annual luncheon event on October 7, 2021 at the SNPJ Recreation Grounds at 10946 Heath Road in Kirtland. Caregivers, volunteers and professionals who work to make life better for older adults will be honored at this community event for 2021.

At the celebration, the Lake County Council on Aging will induct the 2021 class of Senior Citizen Hall of Famers, Helping Hands honorees and this year's recipient of the Ruth Densmore Senior Advocate Award.

Doors open to the public at 11 am with socializing, followed by a catered lunch and a brief program. The event will conclude at approximately 1 pm.

The awards luncheon will also include an agency update from CEO Joe Tomsick highlighting the Council on Aging's achievements, accomplishments, and new initiatives that are forthcoming as we face a post COVID-19 world. The 2020 annual report will be available for those attending.

John Thomas, president of the board of trustees, will present the

2021 Ruth A. Densmore Senior Advocate Award which is named by the board of trustees and Council on Aging leadership. This year's honoree is Frank Weglarz whose dedication and advocacy for issues surrounding aging have earned him the agency's highest honor. (See article on page 19.)

Since 1994, the Senior Citizens Hall of Fame has honored individuals who at age 60 or older have had significant impact on the community through their employment, civic or volunteer activities. A nomination form is available online at the agency's website, www.lcco.org or on page 19 of this issue of Bridge. The "Helping Hands Award" is an honor given directly from nominations of employees of the Council on Aging, to recognize a community partner or individual who goes above and beyond in assisting seniors, or our agency, in our mission.

Please join us for this special autumn event by contacting the Council on Aging at (440) 205-8111 or completing the form found on page 19. Tickets for the award recognition and annual luncheon are just \$25 each.

United Way of Lake County distributes over \$146,000 in food and paper products this spring

United Way of Lake County (UWLC) distributed \$146,638 in food and paper products to nearly 40 Lake County food pantries in a little over one month's time this past spring. The distributions took place on May 5 and June 10, 2021.

The nonperishable items distributed included \$53,000 worth of food donated by local businesses, organizations, and residents during UWLC's annual Feed Lake County Food Drive & COVID-19 relief fundraiser which ran from March 1, 2021 – May 31, 2021.

In addition to this, Giant Eagle's Painesville and Madison locations donated over \$50,000 in food and paper products which included toilet paper, paper towels, and sanitizer wipes. UWLC's fundraiser also benefited from a large gift from The Donato Foundation,

who matched the first \$10,000 in donations contributed to the organization's Feed Lake County & COVID-19 Relief fundraiser.

UWLC also raised \$50,000 in cash donations from their Feed Lake County & COVID-19 fundraiser. These funds will be used to help restock the shelves of the food pantries in the fall and winter.

Prior to the pandemic, 1 in 6.5 Lake County children and 1 in 9 residents lived with food insecurity. During the pandemic this increased to 1 in 4 children and 1 in 7 residents, many of whom are still struggling.

UWLC has a help resource center on their website. Anyone struggling with hunger or in need of health and human services are encouraged to visit uwlc.org/help-resources.

Lake County Mobile Food Pantry

Distributions continue through the summer months

Agencies collaborate to provide fresh produce to local seniors



Lake County Mobile Food Pantry bus. Mentor-based Avery Dennison generously donated the vinyl film to install the bus wrap.

The Lake County Mobile Food Pantry program has secured donations from the Greater Cleveland Food Bank to extend the program through September.

"A lot of agencies are reflecting on what things they did differently during the pandemic and what should stay," shared Laketrans CEO Ben Capelle. "While food insecurities exist among our seniors, we plan to continue this program with the support of the Greater Cleveland Food Bank and our local partners. There is no reason seniors in Lake County should go without food."

The Lake County Mobile Food Pantry is a retrofitted 12-passenger Dial-a-Ride bus operated by Laketrans. With its traditional passenger seating replaced with shelving and updated graphics to promote the program, the retired bus is now providing fresh produce to thousands of Lake County seniors.

The program is a collaboration between Laketrans, Lake County Commissioners Senior Services, Council on Aging, Lifeline and the Greater Cleveland Food Bank. The agencies work together to secure food donations and each play a

role in taking reservations, managing volunteers and distributing the food.

Since launching in January, the Lake County Mobile Food Pantry has served 4,449 individuals and 2,460 total senior households throughout Lake County.

"We were able to distribute over 180,000 pounds of produce last year with help of our community partners," shared Laketrans board president, Brian Falkowski. "This is the third phase of our senior nutrition program and it is a great example of what Lake County can get accomplished when we work together and innovate to meet the needs of seniors."

The bus visits eight distribution sites throughout the county operating on Tuesdays and Thursdays each week. Preregistration is mandatory to receive the free 20 pound box of fresh assortments of fruits and vegetables and sometimes protein or dairy, too.

To register, Lake County seniors 60 and over can call Lifeline at 2-1-1 or the Lake County Council on Aging at 440-205-8111.

Locations of the distribution sites are at www.laketrans.com.

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Congratulations to our new board members

The Lake County Council on Aging announces the election of two new members to its board of trustees as well as the full slate of officers for 2021-2022. The newly-elected board members are Lynn Manteuffel and Ben Capelle.

"We are extremely grateful to welcome our new board members," said Joseph Tomsick, CEO of the Council on Aging. "Each of them provides our board with a unique background and perspective and we look forward to adding their expertise and guidance."

New board members

Ben Capelle



Ben has served as the CEO of Laketrans since August 2017. Ben is a graduate of The Ohio State University where he earned

a degree in technology education.

"I hope my participation on the board may help strengthen connections between the COA and Laketrans as we work together to

meet the needs of seniors in Lake County," said Ben.

Ben is familiar with transportation related issues and the challenges faced by individuals as they age at home. In addition to serving on the Council on Aging board he is currently serving as president of the NEORide board, vice president of the Ohio Public Transit Association board, and secretary of the Heath Transit Pool of Ohio. He also serves on the NOACA board and is a graduate of Leadership Lake County. He brings over 20 years of operations expertise, as well as nonprofit board experience to the Council on Aging's board of trustees.

Lynn Manteuffel



Lynn has been a long-time supporter of the Council on Aging, volunteering with the agency for nearly three

years. In her capacity as a volunteer, Lynn has served in many

roles including: Meals on Wheels delivery, Thanksgiving meal delivery, phone pal, blizzard bag delivery, friendly visitor, grocery shopper and OSHIIP volunteer. Lynn describes herself as a "serving leader." She recently retired after 38 years of employment with the Cleveland Clinic and three plus years of employment with a laboratory in Toledo where Lynn served as the director. Lynn states. "I want to get more involved in the mission of the organization and to be an active participant in making people's lives better as they age."

Board officers for 2021 include John Thomas, president; Shannon Cianciola, vice president; Kimberly Tutolo, vice president-elect; and Jim Jenkins, treasurer.

"It is strong and qualified leaders like our officers and trustees that enable the agency to make an incredible impact in Lake County," said Tomsick. "It is a pleasure to work with these professionals and I look forward to launching into our 50th anniversary year!"

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Frank Weglarz to receive the 2021 Ruth A. Densmore Senior Advocate Award

It was early 1970 when Lakeland Community College commissioned a group of Lake County citizens, organized by Ruth Densmore to begin work on the "Senior Citizens Project." Ruth was a visionary who at the young age of 51 saw the need aging adults in Lake County shared, the concerns they faced and the issues that needed to be addressed. For almost two years, the committee gathered information, surveying residents, and analyzing their findings regarding the needs of the aging population of Lake County.

Her work led to the eventual chartering of the Lake County Council on Aging in October of 1972.

The Ruth A. Densmore Senior Advocate Award is named by the board of directors and annually recognizes a deserving person or organization on the basis of outstanding community involvement within the county on behalf of the Lake County's senior citizens.

This year's honoree is Frank Weglarz, an outstanding advocate for older adults who face difficult circumstances and those who no longer have a voice. Besides being a Meals on Wheels driver himself, Frank has also provided important ongoing advocacy to educate legislators about the needs of

older and disabled adults, and the impact their vote can have on program funding.

"I am honored to receive this award from the Lake County Council on Aging," said Weglarz. "I hope this recognition can help shed light on the important role that advocacy can have on the issues that many frail and vulnerable seniors face."



Weglarz retired from the Cleveland Heights-University Heights City Schools after 23 years of service. He has served in numerous elected executive positions for the Ohio Association of Public School Employees locals and as vice president of its north-east district. He currently serves as chair of the advisory board of the Western Reserve Area Agency on Aging, is a trustee for the School Employees Retirement System of Ohio, delivers Meals on Wheels for the Lake County Council on Aging, and is also a volunteer adult guardian with the Lake County Probate Court.

The Ruth Densmore Senior Advocate Award will be presented on Thursday, October 7, 2021 during the awards presentation and annual luncheon event at the SNPJ Recreation Grounds at 10946 Heath Road in Kirtland. For tickets, call 440-205-8111, or complete the form to the right.

Awards Presentation and Annual Luncheon

To be held October 7, 2021

Name(s) of those attending: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Amount enclosed for reservations: (\$25 per person) \$ _____

I/we cannot attend but would like to make a donation.

Total enclosed payable to Lake County Council on Aging: \$ _____

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Date: _____

Please respond by September 24, 2021 to:
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8520 East Avenue, Mentor, OH 44060
Phone: 440-205-8111

2021 Dinner Show Series

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Thursday July, 22, 2021

Villa Croatia, Eastlake

Dinner & Show: 6:30pm \$65.00
Show Only: 7:30pm \$50.00

Friday, July 23, 2021

Michaud's, Strongsville

Lunch & Show: Noon \$65.00
Dinner & Show: 6:30pm \$65.00
Show Only: 1pm or 7:30pm \$50.00

The ReBeats

The Midwest's finest
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Thursday, October 21, 2021

Villa Croatia, Eastlake

Friday, October 22, 2021

Michaud's, Strongsville

Tickets for both locations!
Lunch & Show: Noon \$60.00
Dinner & Show: 6:30pm \$60.00
Show Only: 1pm or 7:30pm \$45.00

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Thursday, August 19, 2021

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Show Only: 1pm or 7:30pm \$45.00

Tickets for both locations!



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Dinner & Show: 6:30pm \$60.00
Show Only: 1pm or 7:30pm \$45.00

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For future events visit:

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

Dear Mr. Tomsick,

I'd like to express my deepest appreciation for the excellent assistance provided by your social worker, Beth Swain.

Beth is very well organized, disciplined, prompt, reliable, knowledgeable, wise, optimizing, helpful to my needs, and compassionate. I believe she is an excellent member of your team!

Lydia G., Willoughby

Laketran and Council on Aging,

Thank you for providing senior citizens with the monthly food pantry pick-ups thru all Lake County.

Thanking all the volunteers also.

We enjoyed all the goodies!

Sally, Nancy, and Clay

Dear CoA,

I just wanted to thank you for sending a lot of pertinent information to me regarding nuisance animals and wills. This information was exactly what I was looking for.

Thank you so much for helping me. Have a wonderful day.

Karen, Mentor

To the CEO,

I had to take the time to compliment Kristi Ballinger. She really worked hard to help me and my husband. Her expertise in social work was very apparent as she answered all my many questions. Kristi went above and beyond.

*Very sincerely yours,
Mr. & Mrs. B*

Dear Linda,

The kitchen folks rock! Please thank them for their continued work on the behalf of us seniors who need food. It has been a rough time, but I'm glad to see things coming back to normal. Thank you for your service throughout the pandemic.

Lilly



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



Did you know that Ohio once had a law that it was illegal to be arrested on Sunday?

Yes. As well, it was illegal at one time to fish for whales in Ohio on Sunday. In Cleveland you could not catch mice without a hunting license. Toledo declared it against the law to teach your pet to smoke cigars. In Columbus it was once illegal to sell Corn Flakes on Sunday. In Cleveland women could not wear patent leather shoes "lest one see the reflections of their underwear."

Such laws are referred to as the "blue laws" which date back to the 1700-1800s that were once on the books, or which are still on the books but not enforced.

Blue laws were originally religious laws passed to prohibit activities that could prevent people from attending church on Sundays. In our nation, such blue laws were reflected in laws that once prevented the sale of alcohol on Sunday, as well as requiring department stores and auto dealerships to be closed on Sundays as well. The term "blue law" began as a disparaging term referring to the moral codes insisting on sexual and moral virtue passed in England by Oliver Cromwell's supporters known as the blue stocking circle.

Every state in the union once had or still has blue laws. Such laws include:

- In Detroit, it was once against the law to destroy your old radio.
- In Alabama it was not only against the law to have an ice cream cone in your back pocket at any time, it was equally illegal to "flick boogers into the wind."

- In Idaho, residents could not fish from a giraffe's back. In Pennsylvania women could not sweep dirt under the living room rug.
- In Oklahoma, dogs had to have a permit to congregate in groups of three or more.
- In Kentucky, a man could not purchase a hat without his wife present.
- In Massachusetts, all men had to carry a rifle to church with them on Sundays.
- In Iowa, horses were forbidden from eating fire hydrants. And in Montana, "worrying squirrels" were not to be tolerated.

Such laws are comical as we reflect on them today, but some now seen as absurd have a sound basis.

In San Gabriel, California bees may not live within the city limits. This did not mean that police carried very small handcuffs to arrest violating bees, but rather, too many bee keepers in the city limits created a bee problem and so bee hives were forced to be placed outside the city limits. Many such laws were created because people actually did absurd acts that required absurd laws to be passed.

One such law in one state declares it is against the law to have sex in the back of an ambulance when it is responding to an emergency. Obviously it happened and the law was created as a reaction.

It is a crazy world and often our civil and criminal laws reflect our changing and sometimes regressing society.

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Donate to the Council on Aging



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

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

Please consider helping support our efforts by clicking the "Donate" button online at www.lccoa.org, or mailing your check to Council on Aging • 8520 East Avenue • Mentor, Ohio 44060.



Lake County seniors offer Words of Wisdom

Every May, our nation observes Older Americans Month, a time to celebrate the countless contributions that older adults make to our communities. Older adults have raised families, had successful careers, been involved in their communities and have learned much. They have built resilience and strength through successes, failures, joys, and difficulties.

The Lake County Council on Aging has asked seniors to share their stories and “words of wisdom” with our community. These stories and contributions help to support and inspire others and this wisdom is rich with value.

We invite all Lake County seniors to share sayings, mottos, words of advice that have helped you through life. Please use the form below to write out your message, send it to our office, and if chosen, it may be published in the next issue of Bridge!

Here are a few W.O.W messages we have already received:

Gloria F.

- It’s easier to be kind than unkind and it’s more gratifying.
- Give people the benefit of the doubt.
- Don’t jump to conclusions.

Julie T.

- Be more positive.
- Encouragement is always the best way no matter how bad life seems. There is always someone who is in need and if we try

to encourage others, it seems to brighten their day.

Joan E.

- Don’t put off until tomorrow what you can do today.

Kathy N.

- Wisdom comes with age... I’m still waiting.
- Live each day and get a dog or cat — or both.

Althea D.

- Keep on keepin’ on
- I can do all things thru Christ, which strengthens me.
- It’s just business!
- This too, shall pass!

Denysa L.

- Sometimes in life, there are things we don’t want to do and wish we had other choices. I found the best bet is to go through with it because you can’t go around it, over it or under it. Just go through it—you will be surprised on the other side. You will be better for it. Through it, you can be there for a family member or close friend who is sick or passing away. So they are not by themselves. And hold their hand, it makes

Please share your W.O.W. message in the form below and mail it in or you can submit the form found on the website, www.lccoa.org. Your words of wisdom will help so many.

W.O.W. Words of Wisdom

Name: _____

City: _____

Your Words of Wisdom: _____

Mail to:

Council on Aging, WOW
8520 East Avenue, Mentor, OH 44060



Appreciation to Aexcel Corporation

The Council on Aging would like to thank Len Nagel from Aexcel Corporation for its large donation to repair and move refrigeration systems within our nutrition department. Obviously, well-functioning kitchen equipment is critical for the agency as it prepares and delivers close to 800 meals per weekday.

March For Meals additional sponsors

Additional sponsors who made contributions to the 2021 March for Meals fundraiser included the following: (level 3) Brunner Sanden Dietrick Funeral Home & Laketran; (level 4) Marous Brothers Construction, Wickliffe Country Place; (level 5) VFW Post 9295.

With gratitude

The Council on Aging would like to thank the following that have helped the agency in various ways. We thank:

- **DAK Tool & Supply** – This local Lake County business donated a great supply of hand sanitizer to the Council on Aging.
- **Andrea Taylor-Marinko** made a very generous donation of a brand new color printer and laminating machine for use at the Willowick nutrition site.
- **Parker Place Gracious Retirement Living** for its donation of proceeds from a summer car show. The Council on Aging is grateful for the considerations shown.

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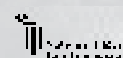
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Free programs available on kidney health

The National Kidney Foundation (NKF) Serving Northern Ohio invites you to two upcoming virtual program opportunities for the kidney patient community.

The National Kidney Foundation is the largest nonprofit in the country that is dedicated to the awareness, prevention and treatment of kidney disease. We hope you can join our upcoming FREE programs and events.

Our first is on Sunday, August 15 from 2–3:30 pm EST called, "My Journey, My Choice" which is a program for those who are interested in learning more about home modalities for dialysis, kidney transplant and living kidney donation. Being led by three of our local Northern Ohio Medical Advisory Board members, this program will feature staff members from US Renal Care, Kidney Donor Conversations and the NKF Serving Northern Ohio sharing their expertise, knowledge, and resources for the kidney community. This is a FREE program and you can register at <https://mykdc.org/presentation->

signup.

Our second opportunity will be happening on Sunday, September 19 from 1–3 pm called, "The Big Ask: The Big Give, First Steps to Transplant," which is a program for folks who are not yet on the transplant waiting list that are currently on dialysis or interested in learning more about kidney transplant, living donation and deceased donation. Whether you need a kidney or are considering donation, let us help you start the conversation with this FREE program. Many people will not get a transplant simply because they don't know how to ask. We can show you how. People everywhere are stepping up to help others live better lives—family, friends, even total strangers. We can show you why. To register for this program, you can sign up here <https://sforce.co/2QQbNpg!>

If you have any questions or want to learn more about this information, please contact NKF Northern Ohio program manager, Leah Adams, at 440-465-0245 or email leah.adams@kidney.org.

World Elder Abuse Awareness Day

By Mary Therese Udics, MSSA, LSW, Community Resource & Advocacy Chair, Association of Specialists in Aging

On June 15, 2021, World Elder Abuse Day was recognized around the world. The day was established by the International Network for the Prevention of Elder Abuse and the World Health Organization in 2006 as a way for communities around the world to raise awareness and promote a better understanding of elder abuse.

It is estimated that one in 10 older adults in America are victims of elder abuse, neglect, or exploitation each year; however, many cases of elder abuse go unreported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as one in 15 cases of elder abuse come to the attention of authorities.

Locally, on June 10, 2021 the Lake County Commissioners passed a resolution declaring June 15, 2021 as Elder Abuse Awareness Day in Lake County. The Association of Specialists in Aging, a network of professionals who work together to promote the well-being of older adults, placed white and purple silhouettes representing the one in 15 elder abuse reporting statistic on the lawn of the Life Brand Cowboy Church on Mentor Avenue in Painesville to create awareness in the broader community about this important social issue.

Lake County Adult Protective Services also hosted a virtual professional development training on June 21 to educate local senior service professionals on the topic of crimes associated with financial exploitation.

Elder abuse is a broad term used to classify several kinds of maltreatment an older adult may experience. Physical abuse is the infliction of physical injury or pain. Sexual abuse is sexual contact of any kind without consent. Emotional abuse or emotional maltreatment includes verbal assaults, threats, intimidation, or harassment. Financial exploitation is the illegal or improper use of money or property. Lastly, neglect is the failure or refusal to provide care and includes self-neglect, the failure to provide for one's own care needs.

As a community, it is important that we learn the signs of potential elder abuse and speak up for those



who may not be able to do so. Call and visit loved ones and neighbors to maintain strong connections. Encourage engagement in activities that foster supportive networks as we age such as senior or community centers, church groups, or civic organizations. Perhaps volunteer to deliver meals or serve as a friendly visitor to the homebound to reduce their risk of isolation. Finally, don't hesitate to speak up if you suspect an older adult is being abused, neglected, or exploited. Together, we can work to make a difference in the lives of vulnerable seniors in Lake County.

If you suspect that an older adult may be abused, neglect, or exploited, the following organizations can be contacted:

Lake County Adult Protective Services assesses concerns of elder abuse, neglect/self-neglect, and exploitation of adults 60 and older living in the community. Reports can be made 24-hours a day by calling 440-350-4000, press 1.

The Ohio Department of Health investigates suspected abuse or neglect of individuals living in nursing homes, long-term care facilities, and other care facilities and can be contacted at 800-342-0553.

The Office of the Long-Term Care Ombudsman assists individuals with concerns or complaints related to long-term care services and can be reached at (800) 365-3112.

If there are concerns that an older adult may be at serious risk of imminent harm, local law enforcement or 9-1-1 should be contacted immediately.

For more information visit:
www.lakecountyohio.gov/jobs-family-services/adult-protective-services
OR
<https://ncea.acl.gov>

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Saluting Lake County CENTENARIANS

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

Elizabeth Goodrich, Willowick
100 years old • May 16, 1921

Edward Nelson, Mentor
100 years old • September 1, 1921
WWII Veteran

Mary V. Nuzum, Madison
100 years old • May 3, 1921

Frederick Pearson, Madison
101 years old • August 8, 1920

Mary Marguerite Turk, Mentor
105 years old • July 25, 1916
World War II Veteran

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

For the past four years, the Lake County Council on Aging has been honoring those residents of Lake County who have turned at least 100 years old. If you know of someone marking this milestone birthday or even older, please notify us by going online to our website at www.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.

Rent, mortgage and emergency utility assistance

Lifeline, Inc. has funding to assist eligible households financially impacted by COVID-19 with rent or mortgage payments and to prevent utility disconnections. Residents in need can contact Lake County 2-1-1 at 2-1-1 or at 440-639-4420 for more information and to connect with services.

"We are thrilled to have these resources available to help our community maintain safe and healthy homes for their families as we recover from the economic fallout of COVID-19," said Carrie Dotson, executive director at Lifeline. "Our experience administering these programs for the last eight

months have helped hundreds of households once again find stable ground."

Since receiving its initial Coronavirus Relief Fund dollars through the Ohio Development Services Agency in November 2020, Lifeline has spent \$1,648,050 and provided 720 Lake & Geauga households with emergency rent assistance, mortgage assistance or emergency utility assistance as of June 15, 2021. Every one of those households has been impacted financially due to COVID-19, in most instances by layoffs, reduced work hours or lost wages due to quarantines.

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CENTURY 21
Asa Cox Homes

Protecting those with dementia from senior scams

It is an all-too-common scenario: older Americans save conscientiously for retirement, only to be exploited in the early stages of dementia, having their bank accounts depleted or diminished by scammers or unscrupulous relatives.

And the pandemic has only made the situation worse. Americans over 60 lost more to Internet crime in 2020 than any other age group — nearly \$1 billion, according to Federal Bureau of Investigation statistics.

“We have all been isolated and lonely, and a senior is very vulnerable when the phone rings and they haven't spoken to someone all day,” said Danielle Murphy, consumer advocate for the Ohio attorney general's office. “These scammers are so cunning and convincing, and once the money is gone, it's gone.”

The attorney general's office is teaming up with the Alzheimer's Association to combat the growing statewide problem. Melissa Dever, Alzheimer's Association program director said, “During the early stages of dementia individuals are at great risk of becoming victims to a scam, as their reasoning, decision-making ability and discernment are greatly affected. It's important that caregivers and families understand the threat of scams to their loved ones with dementia, so they can take steps to protect them.”

Murphy warns that consumers should watch out for any calls, emails or pop-ups requesting wire transfers, prepaid money cards, or



gift cards; requests for personal information; pressure to act immediately; and insistence on secrecy.

Frequently-used tactics include the grandparent scam, in which the caller pretends to be a grandchild with an emergency need for money; the computer repair scam, requesting remote access to your computer; the income tax scam, claiming you owe back taxes; the romance scam, in which a stranger cultivates an online relationship; and the prizes/sweepstakes scam, asking for advance fees or taxes in exchange for receiving a prize.

“If it sounds too good to be true, then it probably is,” Murphy said. “If you didn't enter the Publishers Clearinghouse Sweepstakes, then you probably didn't win it.”

Her top prevention tip: Don't answer an incoming call when you don't recognize the number.

Seniors are targeted more than other age groups, Murphy said, because they have more assets, they are less likely to report the crime because of potential embarrassment, and they have a generational tendency to be more trusting and polite. Seniors with dementia are particularly at risk, Dever said: “The disease by nature causes people to withdraw. When someone calls, they are eager to talk to them and they are easily deceived into thinking these people are their friends.”

The psychological blow can be as severe as the financial losses. “It makes them feel even more incapable of caring for themselves and adds to their depression and poor self-image,” Dever said.

Families should consider getting involved in finances the moment they begin to notice issues with cognition, Dever said. “We suggest families approach this subject with compassion,” she said. “Explain to the individual you have noticed changes in cognition and would like to help them with their finances to ensure they do not overdraw their account or are not taken advantage of by scammers.”

Alzheimer's disease is one form of dementia. The Alzheimer's Association 24/7 helpline at 800-272-3900 has trained staff ready to answer any questions that family members have about their loved ones with dementia or Alzheimer's.

For more info visit www.alz.org/cleveland.



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Project Hope for the Homeless hosts one-mile walk and 5K race

Project Hope for the Homeless is offering a leisurely way for seniors to enjoy some fresh air outside and help serve the community at the same time.

The fourth annual "Jog with a Frog 5K and 1 Mile Walk" presented by Aqua Doc Lake and Pond Management will be at Kiwanis Recreational Park in Painesville on Saturday August 28 at 8 am.

The walk is an untimed event and conducted at one's own pace — regardless of fitness level — while the 5K race participants are out on the course.

Cost is \$15 for the one-mile walk and \$25 for the 5K race through August 9. Prices increase after that date. The first 100 registered participants receive a T-shirt. To

register for either event, sign up at <https://runsignup.com/Race/OH/Painesville/JogwithaFrog5K>.

Proceeds will be used to directly help serve the homeless. In 2020, Project Hope for the Homeless provided 8,125 individual nights of shelter serving 280 guests.

Project Hope for the Homeless is the only emergency shelter in Lake County. Guests in 2020 had an 86% positive transition rate to permanent housing or entering a behavioral health treatment facility within an average stay of 29 days.

For more information about Project Hope for the Homeless, visit www.projecthopeforthehomeless.org or like us on Facebook at www.facebook.com/projecthopeforthehomeless.

Summer library-sponsored events

Spice Club:

A Virtual Cookbook Club

Zoom meeting held 3rd Tuesday of each month at 6:30 pm.
July 20, August 17, September 21
Wickliffe Public Library
1713 Lincoln Road
www.wickliffepl.org
440-944-601

Cookbook Club is back, it has gone virtual, and we're spicing it up! Each month, pick up a spice from the library, make a dish with it, and share your thoughts on the recipe! Spices will be available on the 1st business day of the month. Make your recipe some time before the 3rd Tuesday of the month when we come together virtually for a discussion. A one-time registration is necessary to receive a monthly Zoom link via email. Want some cookbooks with your spice of the month? Cookbook bundles are available upon request!

Christmas in July

Lake Humane Society Adoption Event and Donation Drive
Willowick Public Library
(Live Event)

Beginning Thursday, July 1 and running through Saturday, July 31, the Willowick Public Library will accept donations under the Christmas tree to benefit the Lake Humane Society.

On Saturday, July 31, from 10 am – 1:00 pm, at the Willowick Library there will be kittens avail-

able for adoption and several dogs for you to meet. The event will be held outdoors weather permitting.

To register, visit www.WE247.org.

Raptor Encounters

(Virtual Event)

Wednesday, July 21 • 6 pm
Willoughby-Eastlake Library
To register, visit www.WE247.org
Using the power of live Ohio hawks, owls, falcons and vultures, this program engages the audience into the lives of raptors. Attendees learn the natural history of these birds and their survival stories. They are engaged in connecting with conservation issues and become empowered to act and give back through personal stewardship.

Lake County Crime Files: The Mad Hatter's Mischief

Wednesday, August 11 • 6:30 pm
Mentor Public Library
Main Branch
8215 Mentor Avenue
440-255-8811
www.mentorpl.org

Local historian Ginnie Jeschelnig delves into the life of a mysterious Lake County figure, Nelson Radabaugh. He was a talented artist whose custom-designed hats earned him a wealthy clientele from coast to coast. However, Radabaugh had a dark, criminal side. Learn more during this special program. Registration required.

Enjoy the sounds of summer!

Have a
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**SAVE
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Saturday, September 25

Lake County History Center

415 Riverside Drive
Painesville Township
(440) 639-2945

www.LakeHistory.org



Senior Day at the Lake County Fair!

Hooray! It's finally here!

The 166th Lake County Fair will celebrate Senior Day on Friday, July 30. All persons, aged 60 and over will be given free admission to the fairgrounds from 8 am–3 pm on that day, with access to all fair exhibits and attractions.

Presenting sponsor of Senior Day under the big white tent is Joanie Keehn – HealthMarkets Insurance Agency. Joanie is also a sponsor of the WINT Radio show "Our Aging World," hosted by Council on Aging CEO Joe Tomsick.

The first 200 seniors (aged 60 and over) through the gate will be given a special lunch ticket enabling them to receive a boxed lunch between 11:30 am and noon. The lunch is being provided at no cost by the Lake County Council on Aging in partnership with the Western Reserve Area Agency on Aging. Staff, volunteers and board members of the Council on Aging will help distribute the boxed lunches. Note: A ticket for the lunch does not guarantee a seat under the tent.

Beginning around 10 am, seniors can visit the senior business vendors, enter the big white tent off the main drive, and participate in a fun seniors' program until 2 pm, sponsored by WINT Integrity Radio, 101.5FM and 1330AM.



Activities will include bingo-on-the-road, interesting talks on relevant senior topics, music, trivia, and tons of fun conducted by WINT Integrity Radio personality, Ray Somich.

Many local vendors will have display booths with senior-oriented information, and giveaways. Please stick around for the door prize drawing at the conclusion of Senior Day!

Parking is also free and a free shuttle is available from the parking areas to the main gate.

A limited amount of handicapped parking is also available, please ask parking attendants when you arrive. The Lake County Fair Senior Day and program is presented annually by the Lake County Agricultural Society.

For more information, visit the Lake County Fair website at www.lakecountyfair.org.

Annual Hall of Fame award nominations due August 13, 2021



Have you wished you could recognize a Lake County senior for his/her contributions to their community? Do you know a senior whose vitality and zest for life continues to impress you? If so, take this opportunity to submit a nomination for the Lake County Senior Citizen Hall of Fame!

The Lake County Council on Aging is accepting nominations for candidates for the 2021 Lake County Senior Citizens Hall of Fame! Established in 1994, the Hall of Fame is supported by the Lake County Council on Aging through its mission, vision and values to provide aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined quality of life. The hall of fame inductees will be selected by a neutral, impartial panel of judges. The selected Hall of Fame inductee(s) will be recognized during the Lake County Council on Aging annual awards presentation to be held on October 7. See page 19 for a registration form for the event.

The Hall of Fame:

- Publicly honors outstanding Lake County residents.
- Recognizes their vital contributions to the community.
- Promotes a positive and productive image of older persons.

Nominating Criteria

- Each nominee must currently be age 60 or older.
- Nominee must have been a resident of Lake County for the past five years.

- An individual or couple who – as a senior citizen (60 or older) – has had significant impact on an individual, organization or community.
- This individual or couple may have an impact on another person, organization or community through his/her employment, civic or volunteer activities since age 60.

Who May Nominate/Eligibility

- A person, group, business or organization may nominate individuals.
- Self-nominations are not accepted.
- Awards may be given posthumously.
- Individuals or couples who have been nominated in past years may be nominated again using this year's form.

Nomination Form Guidelines

- Completed nomination forms must be neat (please print or type), accurate and thorough.
- All questions must be answered directly.
- Applications left blank or only containing resumes, newspaper articles and testimonials etc. will NOT be accepted.
- Videos, books, essays or other extraneous materials will not be considered as part of the application. The nomination form stands alone as the application.
- All nominations must be submitted using the LCCoA nomination form or photocopy. Nomination forms can be found on our website at www.lccoa.org or call 440-205-8111 x 241 to have a form mailed to you.

The nomination deadline is Friday, August 13, 2021. Please mail completed nomination form to:

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

Questions: Call (440) 205-8111 x 241 or email jmuscatello@lccoa.org.

Leaving a Legacy

If providing for seniors matters to you, consider a gift to the Lake County Council on Aging. A bequest — a provision in your will designating assets to the agency — doesn't impact your finances today and makes a world of difference in seniors' lives tomorrow. Find out more by contacting Kip Jochum at 440-205-8111.



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The history of Labor Day

Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation.

The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During that year, four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade, Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Founder of Labor Day

More than 125 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to

honor those “who from rude nature have delved and carved all the grandeur we behold.” But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public “the strength and esprit de corps of the trade and labor organizations” of the community, followed by a fes-

tival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement. The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known, and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

Source: United States Department of Labor

ELECTRONICS / TV COLLECTION

Aug 14, 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.

All personal information professionally erased.

Most household electronics are accepted FREE, see website for full list - cell phones, computer towers, game systems, hairdryers, keyboards, laptops, microwaves, modems/networking, printers, radios, wires/cables.

Any size flat, LCD, plasma screen - FREE.

All other TVs accepted with a fee payable by cash/check,
\$5 or \$10 depending on size.

PROHIBITED: See website for full list: 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 and to collect fees. 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

Sept. 25, 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
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Mentor Family Practice*

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440-255-7938

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Madison
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Mentor Pediatrics*

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440-205-5800

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36100 Euclid Ave.
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440-942-4844

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7580 Auburn Rd.
Concord Twp.
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25501 Chagrin Blvd.
Beachwood
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Mentor General Surgery*

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Mentor
440-354-0377

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440-602-6553

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

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