

LAKE COUNTY COUNCIL ON AGING BRIDGE

Lake County's premier news source for healthy aging and contemporary living since 1972



July/August/September 2022

Vol. XLIX - No. 3



SPECIAL EVENTS

Polka Party

July 17
(See page 14)

Senior Day at the Fair

July 29
(See page 17)

Big Boy Truck Fundraiser

August 25
(See page 9)

Fall Pancake Breakfast

October 9
(See page 12)

AARP Smart Driver Course

October 12
(See page 19)



Over 40 events to visit on your own or with the grandchildren!

Summer in northeast Ohio marks the return of local festivals, fairs and other great events. Our editorial department has researched as many as possible from Lake County and across the area so you can have access to dates, times and

info in one easy-to-read list.

All are great to visit on your own or with the children and grandchildren.

Your next local adventure starts on page 4 of this issue of Bridge.

Happy summer!

For more festivals, events and hundreds of great ideas for summer and beyond, visit our friends at Today's Family Magazine at www.todaysfamilymagazine.com!



Photo credit: Michelle Romeo

Enjoy a late summer weekend at the Lake Metroparks Farmpark during their second annual Sunflower Harvest Weekend, August 20–21, 2022, 9 am–5 pm. Learn about all the varieties of sunflowers and how they are used. Farmpark admission applies. Visit www.lakemetroparks.com for more great events!

Lake County commissioners awarded Americorps grant

Commissioners Corner



John
Hamercheck



John
Plecnik

The Board of Lake County Commissioners announced has received an AmeriCorps Seniors demonstration grant of nearly \$115,000 to support senior volunteer services. The grant will expand the Lake County Volunteer Network's presence in the county, which was previously unserved by an AmeriCorps Seniors project.

"Lake County was one of only three grantees awarded

in the state of Ohio," said Commissioner John Hamercheck. "This grant will utilize senior volunteers to specifically focus on support for seniors who have been impacted by the pandemic."

The Lake County Volunteer Network, formerly RSVP Lake County and now part of the board of commissioners, will leverage the skills and experience of volunteers to help increase food security, as well as increase social support and improve capacity for independent living for vulnerable and/or isolated seniors in Lake County.

"Much of this work will occur in collaboration with the Lake County Council on Aging," said Commissioner

John Plecnik. "This is just another example of non-profits and agencies coming together in Lake County to meet the needs of some of our most vulnerable citizens."

AmeriCorps Seniors volunteers stay healthy and active through service, improving their own lives as they improve the lives of others.

A growing body of research affirms the numerous mental and physical health benefits of volunteering. If you are interested in learning more about volunteer opportunities in Lake County, please email Cristen Kane at cristen.kane@lakecountyohio.gov or call 440-350-5360.

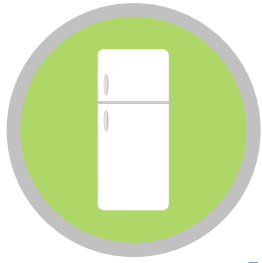
SAVE THE DATE!

Lake County Caregiver Forum

The Board of Lake County Commissioners is planning its first ever Caregiver Forum for Wednesday, October 12, 2022!

This will be a free event and will share information available on area aging and caregiver resources. As details become available, we will post them on our Facebook page, Board of Lake County Commissioners Senior Services.

You may also contact Alyea Barajas at 440-350-2748 or alyea.barajas@lakecountyohio.gov for more information.



2022 Collection Calendar



Appliances, Electronics, Monitors, TVs, & Tires

Unloaded by Resident

Collection Season: June 6 thru August 31

Lake County Landfill & Recycling Center

2039 Blase Nemeth Rd. Painesville Twp.

Monday – Friday: 7:00 a.m. – 3:30 p.m., Saturday: 9:00 a.m. – 1:00 p.m.



All personal data is securely and professionally erased

NO COST, FREE: Most corded and rechargeable household electronics including phones, computers, towers, and printers

\$3 EACH: Car and pickup truck tires – no rims, 6 max. per day, up to 20"

\$5 EACH: Household appliances, flat screens/tube screens 27" and smaller, and semi-truck tires - no rims, 6 max. per day, over 20"

\$10 EACH: Flat/tube screens larger than 27", projection & console sets

\$15 EACH: Tractor and agricultural tires, no rims, 6 max. per day

PROHIBITED: Batteries, broken/bare CRTs, any light bulb, carbon monoxide detectors, gas-powered equipment, hazardous waste, materials containing liquids, devices containing liquid mercury (thermostats, switches, medical devices, thermometers), PCB-containing materials, propane tanks, radioactive materials, and smoke detectors



Hazardous Waste Event Dates

Unloaded by Collection Team

June 11 and September 24

Lake County Fairgrounds

1301 Mentor Ave., Painesville Twp., enter via Mentor Ave.

8:00 a.m. – 2:00 p.m.



Most automotive, household cleaners, lawn, pool, unknown chemicals. Bulbs and batteries. Aerosols, empty propane tanks, kerosene, mercury, paints (oil-based), polyurethanes, primers and grout. Roofing tars, shellacs, stains, thinners, turpentine and varnish

PROHIBITED: Ammunition, explosives, latex paint (dry it & toss it), medical waste, prescription medicines, and smoke alarms (mail to manufacturer)



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

For specific questions call (440) 350-2645 or (440) 350-5766

Lake County Council on Aging



Joseph Tomsick
CEO



John Thomas
Board President

Board Officers

John Thomas
President

Shannon Cianciola
Vice President

Kimberly Tutolo
Vice President-Elect

Paul R. Pahoresky
Treasurer/Secretary

Board Members

Ben Capelle

Megan Coy

Terri Findlay-Jones

Gini Geffert

Lynnmarie
Landwei-Phillips

Mindy
Mallett-Kovalcheck

Lynn Manteuffel

Katey Tutolo

Eileen Yates

Honorary Member

Patricia Mackey

Welcome from the CEO

Welcome to our 3rd quarter edition of Bridge. This is one of my favorite times of the year as we welcome the warm months of July and August, and enjoy the usually peaceful, wind-down month of September. Popsicles, festivals, sunburn, picking apples! Way back when, my father and mother would load up our Chevy wagon with beach supplies, clothes, food, coolers, dogs, and the five of us Tomsick brothers, and head out to Geneva-On-The-Lake for our long-awaited summer vacation. It seemed like it took forever to finally arrive at our cottage. I'm sure you have summer memories that hold a special place in your heart. We cherish those magical moments.

This edition of Bridge celebrates summer 2022 with fun events and activities, festivals and other experiences that can create new happy memories for you and your loved ones. Additionally, the Council on Aging is hosting two big summer events set for July including our 50th Birthday Polka Party on July 17 and Senior Day at the Lake County Fair on July 29.

For 50 years, the Lake County Council on Aging has served as a trusted resource to seniors, their families and caregivers, and continues to focus on the needs of our aging community. Our staff and board continue to work hard to stay aware of today's trends, and to remain attentive to the emerging needs that are shaping the future of aging in Lake County.

As you know, Lake County has a tremendous asset, the Senior Services Levy. The levy funds vital senior services and helps provide a wide range of home and community based services for older adults. Agencies that receive levy funds for one or more programs include the Lake County Council on Aging, in addition to Adult Protective Services, Laketrans, Lifeline, Project Hope for the Homeless, the Western Reserve Community Development and the nine area senior centers.

Lake County voters have shown incredible support for the levy by renewing this issue every five years since 1992. You inspire us to continue our commitment to serving seniors, building trusting relationships and helping older adults in Lake County age with dignity. The Lake County Senior Services Levy will be on the November ballot for a simple renewal and I ask you to take the time to get informed and understand its importance for our senior community in Lake County.

As the aging population grows larger in our community, so also does our need for more volunteers. Without this dedicated team it would not be possible to accomplish what we are achieving every day, and I hope you consider making this the summer you become a volunteer for the Council on Aging. Please visit our website at www.lccoa.org to access information about our services, programs and resources and "friend" us on our Facebook page!

Sincerely, Joe Tomsick
CEO, Lake County Council on Aging

Features

Summer Fun	4-8
Listing of festivals and events	
Senior center updates	6-7
What's happening at your local center	
Frauds, schemes and scams	12
Important info from FBI Cleveland	
Senior Day at the Fair	17
Friday, July 29, 2022	
World Elder Abuse Prevention Day	23
1 in 10 older adults are victims	

Departments

ADRC	
Options counseling	9
Community Services	
Improve your health this summer	14
Have lunch with the Council on Aging	16
Homemaker Services	
Beware of the summer sun	19
Sheriff's Corner	24
Sherriffs—Guardians of society's laws	
Salute to Centenarians	27
Honoring local residents who turn 100 – or older!	

CORRECTION

In the spring 2022 issue of Bridge, the name of one of our March for Meals Level Three \$2500 Sponsors was presented incorrectly on page 9. We sincerely apologize to **Schraff Thomas Law, LLC** for the error. Please see their advertisement at the top of page 7 in this edition of Bridge.

Photo and Image Credits

Page 1: © Can Stock Photo / by yupiramos (hello summer)
Page 12: © Can Stock Photo / designer491 (fraud prevention)
Page 14: © Can Stock Photo / Edvard76 (fruits and vegetables)
Page 15: © Can Stock Photo / Leaf (accordian)
Page 18: © Can Stock Photo / olivier26 (you are invited)
Page 23: © Can Stock Photo / Eraxion (100)
Page 24: © Can Stock Photo / Geleol (school supplies)
Page 27: © Can Stock Photo / PaulMalyugin (family tree)

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 9:00 am – 4:00 pm

www.lccoa.org



Bridge Vol. XLIX, No. 3 – July/August/September 2022

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

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

Bridge Editorial

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

Bridge Advertising

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

Council on Aging

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

LAKE METROPARKS SENIOR DAY

Thursday, September 15

9 am to 1 pm at Lake Metroparks Farmpark

*Seniors 55 and older receive FREE admission
(with valid ID)*



- Guest speaker
- Vendor showcase
- Fishing
- Farmpark demonstrations

Pre-register for:

- Free health screenings
- Free lunch

*Spend the rest of the day
enjoying all of
Farmpark's daily activities.*

Pre-registration for health
screenings and lunch begins
July 25—call 440-358-7275.



Summer Fun Guide!

Cleveland Tall Ships Festival

July 7 • 4–6 pm

July 8–10 • 11 am–6 pm

Downtown Cleveland's Lakefront
tallshipscle.com

This four-day waterfront festival is a wonderful experience for families to enjoy live entertainment, historical exhibits, food, beverages and yes... board the tall ships!

Kids activities, a festival marketplace, 40-foot rock climbing wall and fireworks show on Saturday.

St. John Vianney Parish Summer Festival

Friday, July 8 • 6–11 pm

Saturday, July 9 • 5–11 pm

Sunday, July 10 • 3–9 pm

7575 Bellflower Road, Mentor

440-255-0600

www.sjvmmentor.org

Food pavilion, duck races, game midway, grand prize raffle, polka mass Saturday at 4 pm, instant bingo, live music, air conditioned Monte Carlo, Pirate Ship Adventure for kids.

Twilight in the A-Mazing Woods

Saturday, July 9 • 5:30–8:30 pm

Holden Arboretum

9550 Sperry Road, Kirtland

holdenfg.org

Throughout the Arboretum grounds, the benefit will feature a picnic dinner by SPICE Catering, live music, activities for adults and kids including a craft station and botanically-themed treasure hunt, and exclusive access to the Arboretum's summer exhibit, Mission Botanica by Minotaur Mazes. Purchase tickets at holdenfg.org.

Hobo Day

(Model Trains Flea Market)

Saturday, July 9 • 10 am–5pm

Painesville Railroad Museum

475 Railroad Street, Painesville

216-470-5780

painesvillerrailroadmuseum.org

Food and refreshments available, costume contest, corn roast, rail fanning and model trains.

Music in the Valley Folk & Wine Festival

July 9–10 • 10 am–5 pm

Hale Farm & Village

2686 Oak Hill Road, Bath

330-666-3711

www.halefarm.org

Enjoy local musicians playing their banjos, guitars, and fiddles, wine festival, explore the historic sites and gardens, artisan demonstrations. Admission fee applies.

Farmfest

Saturday, July 9 • 9 am–8 pm

Lake Metroparks Farmpark

8800 Euclid Chardon Rd., Kirtland

www.lakemetroparks.com

Free admission!

With ribs, brew and music as the weekend fare, families can drive a horse, milk a cow, ride the barrel train, and watch Farmpark horse shows and other farm demonstrations.

Enjoy the farm, wild animal encounters and much more including pony rides (\$6). Take a stroll through the craft vendor area to purchase wares from local artists.

River Jamboree: Snakes & Turtles

Sunday, July 10 • 1–4 pm

Hidden Valley Park

4872 Klasen Rd., Madison Twp.

www.lakemetroparks.com/events

Snakes are one of the most universally-feared creatures on the planet, and turtles are one of the most universally admired! The Grand River is home to several different species of snakes and turtles. Discover why these species are so fascinating through activity and informational booths and by grabbing some nets, getting into the river and discovering what you can find! Free, preregistration required.

Immaculate Conception Oktoberfest

Friday, July 15 • 5–11 pm

Saturday, July 16 • 4–11 pm

Sunday, July 17 • noon–10 pm

37932 Euclid Avenue, Willoughby

440-942-4500

Rides, live music, great parish foods and much more.

Painesville Party in the Park

July 15–17

Veterans Park, Painesville

www.painesvilleimprovement.com

Ohio's largest free music festival with over 30 musical acts. Featuring up-and-coming local acts, award-winning Cleveland musicians and national touring acts.

31st Annual Willoughby ArtsFest

Saturday, July 16 • 10 am–5 pm

Historic Downtown Willoughby

Erie Road

440-942-1632

www.willoughbyartsfest.com

The streets of Downtown Willoughby will be closed and lined with over 130 juried artists featuring an assortment of artistic pieces from paintings all the way to mixed media. Musical entertainment will be provided at the Gazebo in Pointe Park, specialty food trucks and vendors will be spread out throughout the festival or dine at the amazing restaurants located in downtown Willoughby.

Headlands BeachFest

Saturday, July 16 • 11 am–7 pm

Headlands Beach State Park

9601 Headlands Road

440-974-5720

www.headlandsbeachfest.com

Experience this unique outdoor celebration where the arts meet wind, water, and sand! The "ultimate beach party" features all-day entertainment, hands-on activities, food trucks, arts and crafts vendors, and is highlighted by the Ohio Master Sand Sculpting Competition.

Summer Fun at the Lake County History Center!

Brewing Up History

(Members \$40 • Nonmembers \$45)

July 12 • 6 pm at Ridgewood Kitchen and Spirits

Enjoy a slice of Concord as they celebrate 200 years with Dan Maxson as your host.

August 9 • 6 pm at Westels Alibi and Hush

Rock 'n' roll history author and speaker Deanna Adams shares stories of the people and places in Cleveland rock 'n roll history.

September 14 • 6 pm at Grand River Cellars

Hear author Katherine Kerestman, "Creepy Cat," tell of her adventures in search of the Bell Witch of Adams, TN.

Ladies and Gents Who Lunch

(Members \$17 • Nonmembers \$20)

Light lunch in the Event Barn)

July 21 • noon – "In the Trenches" – Hear stories of our Lake County ancestors and their acts of risk.

August 18 • noon – Jill Householder tells stories of Lake County pioneers and early citizens.

September 15 • noon – Meet author Jennifer Boresz Engelking who will discuss her new book, "Lost Lake County Ohio."

PLUS!

Hawaiian Luau Fundraiser – July 23 • 6:30 pm

Clambake – September 24 • 4–8 pm

Night in the Museum – September 8 • 6:30–9 pm

**Tickets and prices are available at
440-639-2945 and lakehistory.eventbrite.com**



415 Riverside Drive, Painesville Township
(440) 639-2945 • www.LakeHistory.org

2022 Dinner Show Series



The Gatlin Show

Darryl Gatlin achieved major success in Nashville with albums on Sony/Epic, and a Billboard Top 40 Hit with "No Sir". Seen on CMA, TNN and received ACM award nominations. Andrea performed on national and international stages. Together they have been entertaining country music fans at events from Florida to Ohio.

Thursday, July 14, 2022
Michaud's, Strongsville

Friday, July 15, 2022
Villa Croatia, Eastlake

Tickets for both locations

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



Lights Out!

Frankie Valli & The Four Seasons

Back by popular demand! Returning from their national tour to perform their tribute to Frankie Valli & The Four Seasons. Taking audiences on a musical journey through time with the evolution of rock and roll in the 1950s, to the free flowing sounds of the 1970s!

Thursday, Aug. 18, 2022
LaMalfa, Mentor

Friday, Aug. 19, 2022
Michaud's, Strongsville

Tickets for both locations

Lunch & Show: Noon	\$70.00
Dinner & Show: 6:30 pm	\$70.00
Show Only: 1 pm or 7:30 pm	\$55.00



Rat Pack & More

Vegas-Style comes to Ohio!

Enjoy timeless music like Frank's "Fly me to the Moon", Sammy's "I've Gotta Be Me" and Dino's "That's Amore". Also celebrating the music of Bobby Darin, Nat King Cole, Tony Bennett, Ray Charles plus some other wonderful surprises! Grab a martini and enjoy the show!

Thursday, Sept. 15, 2022
Michaud's, Strongsville

Friday, Sept. 16, 2022
LaMalfa, Mentor

Tickets for both locations

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

NOTE: Cash bar available at Villa Croatia and LaMalfa
BYOB/wash provided at Michaud's.



Call for group rates & other available discounts!
Call Monday–Friday, 9am–6pm

For future events visit:
www.rsmevents.com

To order tickets call:
216 744-7090

Summer Fun Guide!

Uncorked: Cleveland Wine Fest

Saturday, July 16 • 7–11 pm
Great Lakes Science Center
601 Erieside Avenue, Cleveland
uncorkedwinefestivals.com
Enjoy over 100 wines from across the globe, full after-hours access to the museum, live DJ and more! Admission (\$60) is at 8 pm. Includes all wine tasting with food sold separately.

Polka Party at SNPJ Farm

Sunday, July 17 • 3–7 pm
See page 14 for details.

Euclid Beach Park Days

July 23–24 • 9 am– 4 pm
Cleveland History Center
10825 East Boulevard, Cleveland
www.wrhs.org/events
Two days of celebrations for Euclid Beach Park and other northeast Ohio amusement parks. Ride the grand carousel and more. Admission fee.

Big Boy Truck

(Senior Services Levy Fundraiser)
Thursday, July 25 • 4:30–7:30 pm
Perry Senior Center
See page 9 for details.

Lake County Fair

July 26–31
Lake County Fairgrounds
1301 Mentor Avenue, Painesville
www.lakecountyfair.org
General admission is \$10.
Senior Day is July 29. See page 17.

Historical Engine Society's 51st Annual Antique Power Exhibition

July 29, 30 & 31 • 9 am to 5 pm
Lake Metroparks Farmpark
8800 Euclid Chardon Road, Kirtland
440-639-7275
www.lakemetroparks.com

If you or someone you know enjoys machinery—this is the event for you! During your visit you can expect to see antique tractors, construction and excavation equipment, cars, trucks, hit and miss engines and steam engines. You can witness a tractor pull, grain threshing, a parade of machinery and earth-moving demonstrations throughout the day. Visitors will be treated to the sights, sounds and demonstrations of the power of the past. Farmpark admission applies.

AUGUST 2022

Twilight at the Zoo

Fri., August 5 • 7 pm–11:55 pm
Cleveland Metroparks Zoo
3900 Wildlife Way
Cleveland
216-661-6500 ext. 4421
www.ClevelandZooSociety.org
Spotlights local bands playing pop, rock, dance, swing, country and blues. Admission includes cover charge, small bites, complimentary beer, wine and soda. 21 & over.

Vintage Ohio

August 5–6 • noon–9 pm
Lake Metroparks Farmpark
8800 Euclid Chardon Rd., Kirtland
440-466-4417
www.visitvintageohio.com
Sample Ohio wines, food, cooking school demonstrations, two stages of live music, artisans, shopping, and spectacular Friday fireworks. One-day samplers are \$37 per person, non-drinkers and designated driver tickets are \$14, children ages 4–17 are \$4.

Concord Community Days

August 5–6
Town Hall campus
7229 Ravenna Road
440-354-7510
www.concordtwp.com
Celebrating Concord Township's 200th birthday! Family day is Sunday, August 6 starting at 4:30 pm. Featuring a raffle, food trucks, craft & vendor exhibit, frog jump contest, Bubblepalooza, live music, beer sales, fireworks.

The Fest

Sunday, August 7 • noon
Center for Pastoral Leadership
28700 Euclid Avenue, Wickliffe
216-202-3040
thefest.us
An inspiring day of faith, family and fun with live music, activities, crafts, inflatables, sponsor tents, and entertainment, great food and drinks.

Little Italy

Feast of the Assumption

Fri., August 12 • 6 pm–midnight
Sat., August 13 • noon–midnight
Sun., August 14 • noon–midnight
Mon., August 15 • noon–11 pm
12021 Mayfield Road, Cleveland
www.holy-rosary.org
Featuring Italian foods, desserts, live music, vendors, casino, raffle, rides and games.

Super Star Party

Sat., August 13 • 7–11 pm
Penitentiary Glen Reservation
8668 Kirtland Chardon Road
Kirtland
440-256-1404
www.lakemetroparks.com
Discover the eight unique worlds of our solar system. Featuring engaging activities for people of all ages and interest levels including:
• Night sky exploration using telescopes (compliments of Chagrin Valley Astronomical Society)
• View the Perseid meteor shower.
• Guided night hikes & planet data zones.
• Wild animal shows.
• Popcorn, soda, and snacks for purchase.
• The Nature Store (selling special space-age merchandise).
• Miniature train rides (weather permitting).
Free. Registration is required.

Diverse care solutions, tailored just for you.

At Embassy of Painesville, our goal is to provide you or your loved one with quality comprehensive care to ensure the best clinical outcomes in a warm, loving, home-like environment. We genuinely care about our residents and each other and are willing to go above and beyond every single day.

- Short-term care
- Long-term care
- Physical therapy
- Occupational therapy
- Speech therapy
- Wound care
- Orthopedic rehab
- Cardiac rehab
- Suites with wi-fi access
- Equipped with needlepoint ionization



Embassy of Painesville

AN EMBASSY HEALTHCARE COMMUNITY

70 Normandy Drive • Painesville, OH 44077
P 440.363.1030 • embassyhealthcare.net

 Like Us On Facebook

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



Summer Fun Guide!

Ohio Celtic Festival

August 12–14
Lake County Fairgrounds
Painesville

www.ohiocelticfestival.com

Featuring some of the very best in Celtic music and dance. The children's stage will feature lots of activities, shows, food, beverages, some new events and music.

Presale tickets for Sat. and Sun. are available online for \$9 plus fees. \$15 at the gate. Friday is \$10 at the gate.

Mentor Cruise-In

Saturday, August 13 • 10 am–4 pm

Mentor Civic Center Park

8500 Civic Center Blvd., Mentor

Featuring over 800 cars, 2,500 spectators, music, food and refreshments. Best of all – it's absolutely free!

Featuring classic cars, door prizes, goody bag & dash plaque (first 250) and live entertainment.

Cruiser registration 8 am–noon.

Last Stop Willoughby

Saturday, August 13 • 8 am–4pm

Downtown Willoughby

heartofwilloughby.com

A community event designed to showcase the Historic Downtown District of Willoughby. The day starts early at 8 am with the Willoughby Outdoor Market. There are activities throughout the day including: a parade 2 pm, KidZone activities 10–2, train displays 10–4, continuous showing of Twilight Zone: A Stop in Willoughby 10–4 at Willoughby Library.

Mentor CityFest

Friday, August 19 • 4–11 pm

Sat., August 20 • noon–11 pm

Civic Center Park

8600 Munson Road, Mentor

www.mentorcityfest.com

Lake County's premier family-friendly festival with activities, games, nonstop entertainment, live music, food, and more! Free admission.

Art in The Park

& Monarch Butterfly Festival

Sat., August 20 • 10 am–5 pm

Veterans Park, Downtown Painesville

www.painesville.com

Featuring local and regional artists, whose works will transform Veterans Park's tree-lined sidewalks into an outdoor art gallery bursting with fine art and continuous multi-cultural music in the gazebo, as well as food & refreshments from local vendors.

Water Lantern Festival

Saturday, August 20 • 5:30–9:30 pm

Voinovich Bicentennial Park

800 E. 9th Street Pier, Cleveland

www.waterlanternfestival.com

A magical evening that includes, music, food and beautiful lanterns that light the water.

Each adult ticket provides entry into the festival area and comes with a floating lantern, commemorative drawstring bag, LED light, marker, and wristband. Lanterns will be collected

after the event. Tickets are \$35.99 through August 10, 2022, \$45.99 through August 19 and \$55.99 day of the event.

Old-Fashioned Picnic

Wednesday, August 24 • 4–7 pm

Painesville Township Park

1025 Hardy Rd., Painesville Twp.

www.lakemetroparks.com

Come enjoy the warm sunshine and cooling lake breezes. Join in for a hot dog cookout (or bring your own picnic). Activities include fishing off the pier, flying a kite, hopscotch and corn-hole. You can also give archery a try under the watchful eye of a certified instructor. Registration required.

Painesville Township

Family Fun Day

Saturday, August 27 • 11 am–4 pm

Lake County History Center

415 Riverside Drive

Painesville Township

www.painesvilletwp.com

This family-oriented event features children's games, the Euclid Beach Rocket Car, music, face painters Dr. Bubble, animal show, food, and much more. Bring the children out and enjoy a fun afternoon.

Cleveland Garlic Festival

Sat., August 27 • noon–8 pm

Sun., August 28 • noon–6 pm

Historic Shaker Square

Cleveland

216-751-7656

www.clevelandgarlicfestival.org

Featuring a garlic gourmet alley, live music, kids area with a clown, rock climbing wall, tractors and more, Ohio craft brew tent, artist gallery and more. \$10 adults; \$5 seniors (65+); \$5 children 4–12 years old; children under 4 are free.

Milk and Honey Weekend

August 27, 28 • 9 am–5 pm

Lake Metroparks Farmpark

8800 Euclid Chardon Rd., Kirtland

www.lakemetroparks.com

Learn how milk becomes cheese, butter, or delicious ice cream and watch the production process. Learn about bees and their role in pollination, how honey is harvested, and pollinator-friendly plants, as well as how bees contribute to many products that we use in our daily lives. Demonstrations, garden tours and more. Free with Farmpark admission. \$8 ages 12 through 59; \$7 Ages 60 and older; \$6 ages 2 through 11; children younger than 2 are free.

76th One World Day Festival

Sunday, August 28 • 11 am–6 pm

Cleveland Cultural Gardens

MLK Drive, Cleveland

216-220-3075

clevelandoneworldday.org

A parade of flags, naturalization ceremony, beer garden, ethnic food, cultural performances with music and dance, children's village, activities, free parking.



SCHRAFF
THOMAS
attorneys at law

Patricia J. Schraff, CELA*

John P. Thomas

Wm. Joseph Baker

Lindsay C. Jones

Tara M. Paylovcak

Claudia Rose Brown

Timothy J. Gibbons

(of counsel)

Emil F. Sos (of counsel)

* Certified Elder Law Attorney by the National Elder Law Foundation

• Elder Law

• Probate

• Trusts

• Wills

• Estate Planning

• Long Term Care Planning

• Nursing Home Negligence

• Guardianships

• Medicaid

• Disabilities

• Personal Injury

• Real Estate

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

Phone: (440) 569-1505

Fax: (440) 569-1509

www.schraffthomaslaw.com

THE TRUSTED LEADER IN CLEAN
FOR OVER 70 YEARS



FOR A CLEANER & HEALTHIER HOME™

1-800-STEEMER®
stanleysteemer.com



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

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

\$25
OFF

ANY CLEANING ORDER
of \$150 or more

Expires: 9/30/22

Promo Code: **25BRIDGE**



PICK-UP OR DRIVE-IN

Residential

Small Business

440-942-8018

Great Lakes Record Center
& Shredding

8001 Moving Way • Mentor

www.xpressshredding.com



You deserve the Cardinal Woods experience when you need rehabilitation.

- Secured dementia care
- Private room surrounded by 14 acres of beautiful scenery and exceptional care
- Wi-Fi

Discover the Cardinal Difference

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

Protect and Preserve Your Retirement Nest Egg



Randolph L. Knavel Attorney at Law

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

Offices in Chardon & Cleveland

**Call (440) 946-5155
to schedule an appt.**

Why preplan with us?

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

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

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



368 Mentor Avenue
Painesville, Ohio
440-357-7544

www.johnsonfuneralservices.net

©2006 Copyrighted Material

Summer Fun Guide!

SEPTEMBER 2022

Cleveland Oktoberfest

Sept 2–5 and Sept 9–10
Cuyahoga County Fairgrounds
www.clevelandoktoberfest.com
Live musical and artistic cultural performances, food, wiener dog races, fireworks (4th & 10th), 5K bier run, and more.

Cleveland National Airshow

September 3–5 • 9 am–4:30 pm
Burke Lakefront Airport
Downtown Cleveland
216-781-0747
www.clevelandairshow.com

Featuring the U.S. Navy Blue Angels, U.S. Army Golden Knights Parachute, Dronewerx, MIG-17F Jet Aerobatics, Shockwave Jet Truck, pyrotechnics, Animal Aerobatics Team, cockpit photos, Kiddie Koncourse, Kidz Zone, Cleveland Aeromodeling Society, Meet a Hero, food vendors and more! Tickets available only in advance. No gate sales. General admission: \$30 for adults (\$35 after 8/30/22), \$20 for children ages 6–11 and FREE for children 5 and younger.

Madison Septemberfest

Saturday, September 10 • 2–9 pm
Bill Stanton Community Park
5585 Chapel Rd. North, Madison
facebook.com/septemberfest44057
Featuring live music and activities, great food & drinks from local wineries, breweries and distilleries. General admission tickets are \$10. Packages for sampling are available. See website.

Perry Fall Festival

Sat., September 10 • 11 am–9 pm
Lee Lydic Park
3954 Call Road, Perry
Family fun for all. Festival kicks off with a kids fishing derby at 9 am. Featuring vendors, exhibitors, pony rides, hayrides, inflatables for the kids, activity area for kids, magician, face painter, youth talent show, cake decorating contest, live music, food trucks, beer tent, and fireworks at dusk.

Eastlake Oktoberfest

Saturday, September 17
Eastlake Senior Center
600 East 349th Street
440-951-2200. ext. 1001
Music by The Deutsche Musik Verein, German dancers, vendors, games for the kids, Beer & the Hofbrau Haus Food Truck! Something for everyone!

Cleveland Pickle Fest

Sat., September 17 • noon–7 pm
Mall B – 300 St Clair Ave NE
Cleveland
clevelandpicklefest.com
Cleveland's premier food festival is back! With dozens of vendors, food trucks, contests, bands and attractions, and family fun, the Cleveland Pickle Fest is the perfect summer send off.

Tremont Arts & Cultural Festival

Sat, September 17 • noon–7 pm
Sun., September 18 • noon–5 pm
Lincoln Park
1200 Starkweather Ave., Cleveland
experiencetremont.com
Over 110 vendors featuring artists selling their paintings, sculptures, jewelry, etc., live music, dance performances, children's village, and more.

St. Justin Martyr Parish Festival

Sunday, September 18
Wickliffe Italian-American Club
29717 Euclid Avenue
440-946-1177
www.StJustin.net
Homemade parish food, food trucks, beer truck, kid's games, live music, Chinese auction, car cruise and more. Free admission.

IngenuityFest 2022

September 23–25, 2022
IngenuityLabs @
The Hamilton Collaborative
5401 Hamilton Avenue, Cleveland
www.ingenuitycleveland.com
The festival highlights maker activities, exhibits from small businesses; site-specific installations; dozens of bands, dance acts & performances; art of all types; and more! \$10 pp.

Grant awarded to COA through Meals on Wheels America and Subaru

Thanks to the support of Adventure Subaru and all of the senior centers in Lake County, the "blizzard bag" food collection, part of the Subaru Share the Love Event 2021, provided emergency shelf stable food bags to be delivered to homebound seniors during winter months and a grant of \$3,438.24 from Meals on Wheels America and Subaru America to Lake County Council on Aging.

The Council on Aging was one of only 14 agencies in the state of Ohio chosen to receive these



special grant dollars through the 2021 Subaru Share the Love Event. The success of this project would not have been possible without the support of Adventure Subaru, located at 1991 Mentor Avenue in Painesville.

ADRC: Options Counseling

Free service provides information about long-term care services and supports

By Jackie Oliverio, Manager, Aging and Disability Resource Center,
Lake County Council on Aging

Are you thinking of downsizing to a more manageable living arrangement, but wonder what options are available? Do you worry about who will care for you when you can no longer care for yourself? Or are you a family member or caregiver who is feeling burned out & need of some relief? Options counseling can help!

Options counseling is a person-centered, free service offered through the Aging and Disability Resource Center at the Lake County Council on Aging.

The Aging and Disability Resource Center serves as the front-line of information regarding long-term care services and supports. Through this service, the ADRC's options counselor will provide you with unbiased information on both public and private programs and promote awareness of community-based service options. Our agen-

cy's options counselor can help you weigh the pros and cons of each decision and help you develop a plan if additional supports and services are needed.

You will be provided the tools and resources to help you identify the next steps when it comes to planning out long term care. Options counseling is offered at the Lake County Council on Aging office in Mentor, your home, a community setting or a health care facility.

It may come as no surprise that when it comes to planning long term care, decisions are not always easy or clear. Often seniors or caregivers look into in-home services like home health or adult day centers; otherwise known as "aging in place." When in-home services are no longer the best option, long-term care facilities like assisted livings or nursing homes

are often the next step. Sometimes these decisions have to be made quickly, while others may just be starting to explore what options could be available down the road. Options counseling can help you navigate one or both options, your personal preferences, as well as the projected costs.

By calling our Aging and Dis-

ability Resource Center at the Lake County Council on Aging at 440-205-8111, local senior citizens, caregivers and disabled adults will be linked to resources that will help you improve your health, independence & quality of life. Please call for more information about how options counseling can help you or to set up an appointment.

Big Boy is Back August 25!

Save the date for a special
Senior Services Levy Fundraiser!

Do you remember the delicious Manner's Big Boy hamburgers with fries? Well you can take a trip down memory lane on Thursday, August 25 as the Lake County Senior Services Levy Committee hosts a special evening that includes the classic Big Boy sandwich and dinner!

The event is a fundraiser for the Senior Services Levy and will take place from 4:30 p.m.-7:30 p.m at the Perry Senior Center. The food, which mimics the original "Manner's Big Boy" recipe, will be provided by J & J catering. Donation for the dinner is just \$20 which also includes a beverage. All proceeds go to supporting the Senior Services Levy.

Please contact your local senior center or levy partner for ticket information. The Perry Senior Center is located at 2800 Perry Park Road.

The SOS Levy Committee works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. The levy currently brings in approximately \$4.4 million dollars

each year to help support many of the county's senior services such as meals on wheels, social work services, homemaker services, home repairs and modifications, the senior centers, the Volunteer Guardianship Program and Adult Protective Services. These are only a few of the many critical services addressed with the levy funding.

Every five years the Senior Services Levy is up for renewal on the ballot. These fundraising events help to ensure a successful campaign and keep these vital funds supporting our seniors.



DON'T BE LIMITED BY YOUR MOBILITY!

WE CARRY THE BRANDS YOU TRUST.



CALL NOW!
Up to
\$300 off
stair lifts.



CALL, CLICK OR VISIT OUR STORE TO SHOP!

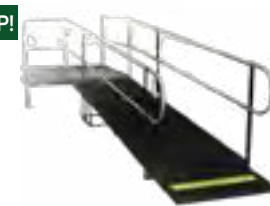
440-373-1200

30011 EUCLID AVENUE

WICKLIFFE, OHIO 44092

ACROSS FROM SWEETBERRY'S

WWW.BSMMEDICAL.COM



VETERANS can now receive a 20% Cash Reward!*



With Howard Hanna's U.S. Military on the Move program.
Our way of saying 'THANKS' for their SACRIFICE and SERVICE.

*Ex. If a home is purchased at \$225,000 and the commission earned by the broker representing the veteran is \$6,750, the veteran will receive a \$1,350 Cash Reward at settlement. Call us for full details!



Dave Fabig*

U.S. Navy Veteran

216.990.9622

davefabig@howardhanna.com



Wayne Gould*

U.S. Navy Veteran

216.952.3780

waynegould@howardhanna.com



Real Estate Services

*SRES® (Seniors Real Estate Specialist) designation
*MRP® (Military Relocation Professional) designation

**Over 50 years of combined
real estate experience!**

SENIOR CENTER UPDATES

July/August/September 2022



Perry Senior Center

Eastlake Senior Center 600 East 349th Street

Grace Giangiacomo, director
I am sure everyone is happy that the warm weather has arrived. We had a very successful “Senior Attic” event. Many thanks to all who helped to make it so successful.
Summer fun time has started. We are now going on our winery trips. The first trip is to Grand River Cellars to enjoy their fabulous spaghetti dinner. The July and August winery trips will be on Fridays.
We will attend a Cleveland Guardians baseball game on Wednesday, August 3. If you

would like to join us, sign-up starts in July.
We are planning some summer fun day trips, so stop in and check out our monthly bulletin which goes out the first day of every month. Better yet check out our new at www.facebook.com/eastlakeseniorcenter. News, information and pictures will be posted regularly.
We are also beginning our “Concerts at the Gazebo” behind Eastlake City Hall on July 11 & 21, August 1 & 18 and September 12 & 15. Come sit, relax, and enjoy the music!

Fairport Senior Center 1380 East Street in Fairport

Chris Yano, director
Summer is officially here! Lots of new and exciting things are happening at the Fairport Senior Center.
Would you like to try chair yoga? We have a class on Thursdays at 10:15 a.m. Or try Tai Chi on Thursdays at 9 a.m.
Are you interested in sewing, stained glass, jewelry making, acrylic painting or water color? We have some classes just for you.
We are traveling to Chautauqua for a trip on the Chautauqua Belle and lunch at the Athenaeum Hotel. If interested please call the center.
We also have an overnight trip planned for November 30 through December 1 to Oglebay in West Virginia.
If you would like to receive our newsletter, we can mail you a copy or you may stop by the center to pick one up! Hope to see you soon. Enjoy the sunshine.

Kirtland Senior Center 7900 Euclid-Chardon Road

Teresa Szary, coordinator
We’re excited for every season here in the “City of Faith” and Beauty, and this summer is no different! In the next few months, we’re looking forward to: our first ever pickleball tournament, the 7th of July picnic, a Flag Day potluck, starting up chair yoga in July, welcoming a new yoga instructor, and bringing back our card-making class.
Keep an eye out on our newsletter (mailed to all members and available online at www.kirtlandcommunity.com) for information about these activities and events as well as upcoming bus trips!
Of course, all the old favorites continue over the next few months including exercise classes, art classes, art workshops, wellness services, chair volleyball, monthly trivia, and pickleball (both indoor and outdoor on the new courts). The first class is always free to try for members!



FIRST MONTH'S RENT AND UTILITY DEPOSIT PROGRAM

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

FAIR HOUSING RESOURCE CENTER

STAR PROGRAM

Help is Available

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

SHORT-TERM SENIOR SUBSIDY PROGRAM

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

Madison Senior Center
2938 Hubbard Road
 Carol Billetter, director
 Congratulations to Madison Senior Center and Madison Nutrition Site for receiving the “Clean Inspection Award” for the second time from the Lake County General Health District. This award exemplifies food safety through food safety knowledge and training, a clean inspection history, and operating according to state and local regulations.

We will offer some new classes this summer including meditation, balance class and chair yoga.

Meditation is every 2nd and 4th Friday at 10 a.m. This class teaches mindfulness that produces a state of relaxation.

Balance class is the 2nd and 4th Tuesday at 10 a.m. Local physical therapist, Aaron C., leads this exercise class to help you improve balance, restore your health, and prevent falls. Using a walker or haven’t exercised in years, this class is for you too.

Chair yoga is on Tuesday afternoons at 1:30 p.m. These poses can be done in a chair or on a mat. It combines stretching, holding positions, breathing and balance. This class is geared for all to participate.

Please call 440-428-6664 to register for all classes.

Mentor Senior Center
8484 Munson Road
 Renee Ochaya, director
 Join us on a travel adventure this summer including “Ain’t Too Proud to Beg” at Playhouse Square in July and Erie Station Dinner Theater in August. We offer day trips on motorcoach buses traveling to Sauder Village, World’s Longest Garage Sale, and Lunch with a President. If you prefer overnight destinations, check out our trip to Hudson Valley.

For details on all our trips, please visit www.mentorseniorcenter.com.

During the summer months our monthly picnic on the patio is a great way to enjoy the outdoors and meet other members. Since we all love to eat, another great event is our monthly celebration which includes a scrumptious homemade meal and fantastic entertainment. Call or stop by to register in advance for these great luncheons.

For complete details on all our programs, check out our website at www.mentorseniorcenter.com.

Perry Senior Center
2800 Perry Park Road
 Christine Znidarsic, director
 A community garage sale will take place Thursday, July 21, 2022, 9 a.m.–3 p.m. with free admission & parking. Eight-foot tables are available for rent. \$10 members; \$15 nonmembers. Call 440-259-3772.

Craft fair time! Crafters wanted and applications available. Cost is \$25 per table and \$30 for tables with electricity. The craft fair will take place Saturday, October 8, 2022 from 9 a.m. – 3 p.m. Only handmade items are accepted. Please call 440-259-3772.

Wickliffe Senior Center
900 Worden Road
 Gerri Hubbell, director
 The Wickliffe Senior Center is accepting new members. You must be age 55 or older. Wickliffe residents only pay \$5 a year. Non-residents pay \$10. Our hours are Monday – Thursday 8 a.m.– 4 p.m., and Fridays 8 a.m. – 2 p.m.

We offer many educational and fun programs. Chair yoga, senior exercise, line dancing, meditation, senior art, clogging, knitting & crocheting, Wii bowling and bocce ball are just a few. Seasonal activities, trips and parties are always being planned to add extra layers of excitement to the center.

We also have some fun summer concerts planned for all to attend! The PopTarts will be here on July 12 and the legendary Ron Sluga appears on August 9. There will be food trucks and a 50/50 raffle. All concerts are held 6:30–8:30 p.m. Dress for the weather, as they are all held outside of the Wickliffe Community Center.

The Wickliffe Car Show will also be held on July 12 in addition to the PopTarts being here. Car show registration can be found at www.cityofwickliffe.com/recreation/seniorresources.

If you are interested in joining, please give us a call at 440-373-5015 for more information or to schedule a time to come in and meet us!

Meet New Friends!

Stay Active!

Join your local senior center today.

Willowick Senior Center
321 E. 314th Street
 Doreen Nevulis, coordinator
 We are always accepting new members, so come in and join and see what we have to offer. Residents are \$12, nonresidents are \$15.

Join us for Willowick’s annual concert series performed at the Lakefront Park. Bring your lawn chair or blanket and enjoy the music and beautiful scenery. Concerts begin at 6:30 p.m. and end at approximately 8:30 p.m. Kettle corn, lemonade, snow cones and ice cream will be available beginning July 17. Visit cityofwillowick.com for the concert lineup.

On July 30, the senior center will host its annual indoor/outdoor flea market. It will be held from 9 a.m.–2 p.m. rain or shine. There will be concessions, a bake sale and a 50/50 raffle. Tables are still available. For more information call the center at 440-585-5112 or email dnevilis@cityofwillowick.com.

Visit for updates Monday thru Thursday 8 a.m.–4 p.m. and Fridays 8 a.m.–noon or you can visit www.cityofwillowick.com/residents/seniorcenter.

Willoughby Senior Center
36939 Ridge Road
 Amy Cesa, manager
 This summer we have trips scheduled for the Ohio Light Opera, Rabbit Run Theatre, Playhouse Square, and much more.

It’s party time with an upcoming luau, patriotic polka party, '50s-themed pizza party, and clambake.

Save the date for Senior Day at the Fair on Friday, July 29. Stop in to meet and greet your senior centers.

Keep your golf clubs handy and join us on Friday, Sept. 16 for the annual Fall Senior Golf Outing at Lost Nation Golf Course. Nine holes with cart, lunch, prizes. There’s something for everyone!

The senior center hours are Monday through Thursday 8 a.m.–8 p.m., Fridays 8 a.m.–4:30 p.m. and some seasonal Saturdays availability from 9 a.m.–noon. Call 440-951-2832 for more info.

Membership starts at age 55. Annual dues are \$12 for Willoughby residents and \$18 for nonresidents. Visit www.willoughbyohio.com/eniorcenter for details or stop in and for a tour.

Lake County’s best kept secret




A 55 and older community

HOMES FOR SALE

2022 Home SOLD
 16' x 60', 960 +/- sq. ft., 2 bed, 2 bath

2022 Home MODEL SOLD
 16' x 66', 1056 +/- sq. ft., 3 bed, 2 bath

2022 Home SOLD
 16' x 66', 1056 +/- sq. ft., 3 bed, 2 bath

CUSTOM BUILD 2022 Home CALL US TO ORDER!
 Single wide up to 16' wide with 2 or 3 bedrooms.
 Several lengths and styles available.

- Financing available
- New homes starting in the \$70s
- One-floor living
- Small-pet friendly
- Seasonal activities
- On-site management

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

9181 Mentor Avenue, Mentor
 Across from Chipotle - Look for the green and white sign!

www.avenuewoods.com

(440) 479-1607 Anytime

(440) 255-8177 Business Hours





CENTURY 21
Ask Cox Homes

STORMS = POWER OUT

You **CAN** Control When Your Power Comes On!



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

**AUTOMATIC BACKUP
POWER PROTECTION**

24 hours a day / 7 days a week
PERMANENTLY INSTALLED
on Natural Gas or Propane

*America's
#1 Selling
Generator*

**Prepare
Now!**

GENERAC

Area's Leading and Only Family Owned and Operated Dealer

**POWERPRO
PREMIER**

**INDUSTRIAL
POWER**



Over 5,500 Installed! Over 30 Years Experience.

**Call us today!
Shepp Electric Co., Inc.
877-423-9010**

**or visit us at
www.GeneratorPros.com**

FBI Cleveland warns about elder fraud, scams and schemes

The FBI recently released their annual Elder Fraud report. The number of elderly victims has risen at an alarming rate, while the loss amounts are even more staggering. In 2021, over 92,000 victims over the age of 60 reported losses of \$1.7 billion to the IC3. This represents a 74 percent from 2020.

Seniors are a particularly vulnerable victim group and are often specifically targeted for financial fraud crimes.

- Seniors are often more polite and trusting,
- May have difficulty saying no,
- May be lonely or spend a great deal of time alone,
- May have diminished physical or mental capacity,
- Are less likely to report the crime out of shame,
- Are often financially stable and own their homes.

Criminals often focus their efforts on seniors to exploit these characteristics, at times using intimidation or threatening violence, and wreaking havoc on victims' financial, psychological, and physical well-being.

The victims lose countless dollars which can cause significant harm to elderly victims' and their caregivers' daily survival.

Two common types of scams



targeting the elderly:

Tech support fraud is the most common fraud affecting victims over 60 years of age.

Tech support scammers impersonate well-known tech companies, offering to fix nonexistent technology issues or renewing fraudulent software or subscriptions.

Many victims report being directed to make wire transfers overseas, purchase large amounts of prepaid cards, or mail large amounts of cash via overnight or express services.

Grandparent scams impersonate a panicked loved one, usually a grandchild, nephew, or niece of an elderly person. The loved one claims to be in trouble and needs money immediately.

If you believe you are a victim of fraud or know a senior who may be, immediately report the incident to the Cleveland FBI at 216-522-1400 or to the FBI Internet Crime Complaint Center at www.ic3.gov.

LIVE YOUR BEST LIFE

Gain peace of mind in knowing that you are prepared for the years ahead, with a comprehensive plan that anticipates your future needs and protects your legacy.



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

Hickman-Lowder.com

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

Fall Pancake Breakfast

Bring the family out to support our seniors on October 9, 2022

Mark your calendars for a fall pancake breakfast fundraiser on Sunday, October 9. The Lake County Senior Services Levy committee is hosting this fundraiser at the Wickliffe Community Center from 9 a.m.–12 noon. Donations for tickets are just \$10 for adults, \$5 for children aged 5–12, and will be available from senior centers and levy partners soon. The Wickliffe Community Center is located at 900 Worden Road.

More details to come! Email soslakecounty@gmail.com for more information and sponsorship opportunities.

Support our Seniors works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. The levy currently brings in approximately \$4.4 million dollars each year to help support many of



the county's senior services such as Meals on Wheels, social work services, homemaker services, home repairs and modifications, the senior centers, the Volunteer Guardianship Program and Adult Protective Services. These are only a few of the many critical services addressed with the levy funding. Every five years the Senior Services Levy is up for renewal on the ballot. These fundraising events help to ensure a successful campaign and keep these vital funds supporting our seniors.

130 Years of Compassion and Support!

This year marks the 130th Anniversary of the Monreal Funeral Home of Eastlake. Five generations ago Monreal Funeral Home was started in Cleveland by the **great grandfather of our longest licensed funeral director Bill Monreal**, and the funeral home business has certainly changed since then:

- We no longer use horse and buggies to transport deceased loved ones
- Services are no longer conducted in the deceased family home
- Funeral homes no longer compete by racing to the deceased

Many other things have changed over time as well:

- Unheard of 130 years ago, we are guided in caring for families by **Monreal’s first female President, Jane Srnick Monreal**
- Development of regulations, advanced technology, and increased education, has allowed us to improve the type of care and support we give to families

We know planning a funeral is never an easy process, but we strive to be there to help navigate it. We have touched and served so many, even laid to rest notable people such as an astronaut and some celebrities. **However, we feel that our highest regarded accomplishment is how we make a difference in the lives of others** whether they utilize our services or are touched by our many avenues of community outreach such as those affected by addiction to the support offered to veterans of the United States military.

Today, we feel honored to still be a strong pillar of support for those who need us, whether in times of loss or otherwise. In our 130th year, while we are taking a moment to look back at where we came from and where we started, we are also looking ahead to the future, where we strongly believe we will be here for 130 more.

The Monreal Srnick Family

Monreal Funeral Home • Monreal Srnick Funerals & Cremations, 35400 Curtis Blvd., Eastlake • Monreal.com • 440-951-1220

JOIN US!

We are celebrating 130 Years!

CELEBRATION FREE

Thursday, September 22, 2022 • See Monreal.com for Time

Live Music! Prizes! Raffles! Food Trucks!

FREE ADMISSION

Celebration held at:
Monreal Srnick Funerals & Cremations
35400 Curtis Blvd.
Eastlake, OH 44095

1892

MONREAL

130 YEARS

FUNERAL HOME

• EASTLAKE •

Monreal.com

440-951-1220

Lake County Council on Aging • 440-205-8111 13

Summer is a great time to improve your health

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

Do you want to have more fun? Feel better? Be more active? Live longer?

If you answered “yes” to these questions, nutrition is the key to achieving all of them and summer makes eating healthy easier.

As the temperatures warm up, summer offers an abundance of nutritional choices. Fresh fruit and vegetables become abundant. A piece of fresh fruit with breakfast provides a tasty serving of vitamins to start the day. Fresh fruit can be eaten alone, as a side to breakfast, lunch or dinner; or as a dessert, smoothie with protein powder, or even juiced or added to water for flavor. Fresh vegetables are not only beneficial as a side to a main meal but as a great entrée salad with a lean protein meat or as a snack anytime.

Fresh fruit offers a variety of vitamins, minerals and fiber. Fruit often has a higher water content than other types of foods aiding in hydration. Oranges are packed with

vitamin C. Apples provide vitamin C, potassium and vitamin K. Bananas provide a boost of vitamin B6, manganese, magnesium along with vitamin C and potassium. Blueberries are full of antioxidants. Cherries pack potassium, beta carotene, vitamin C, anthocyanins and quercetin. Raspberries provide fiber and pectin and watermelon is 92% water and a great source of lycopene.

It’s no secret that vegetables, which are loaded with fiber, vitamins, minerals, and antioxidants and lower in calories, are a must-have in a healthy diet. Leafy greens are nutrient dense with low calories. Spinach and carrots are high in vitamin A and K, beta carotene, lutein and other antioxidants. Broccoli is rich in a sulfur-containing plant compound called glucosinolate. Just one cup of raw broccoli provides 77% of the daily nutritional values for vitamin K, 90% for vitamin C, and a good amount of folate, manganese, and potassium. Brussels




sprouts offer similar nutrients and are high in fiber. Green peas are incredibly nutritious. Just one cup contains nine grams of fiber, nine grams of protein, and vitamins A, C, and K, as well as riboflavin, thiamine, niacin, and folate. Beets pack fiber, folate, and manganese into each serving with very few calories. Asparagus provides folate, selenium, vitamin K, thiamine, and riboflavin. One medium sweet potato contains about four grams of fiber, two grams of protein, and a good amount of potassium, manganese, and vitamins B6 and C. Cooked cauliflower provides three grams of fiber, three grams of

protein, folate and vitamins C and K. Like other cruciferous (plants of the cabbage family) veggies, it is a great source of compounds such as glucosinolates and isothiocyanates, both of which possess potent cancer-fighting properties. There are so many choices of vegetables, something for everyone.



Eating healthy is beneficial and essential to being healthy, active, living longer and having more fun. This is a time to enjoy the best that summer has to offer: fresh fruit and vegetables, fresh air and sunny days. Summer is a great time to focus on increasing nutrition in meals to increase health and well-being.

EVERY LAKETRAN BUS IS FULL OF OPPORTUNITY



FOR LAKE COUNTY SENIORS, LIFE STARTS WHERE WE STOP.

Your golden years are adding up to be the best years of your life, but sometimes the opportunity to drive isn’t part of that equation. With Laketrans, many seniors remain independent. Seniors use Laketrans’s Local Routes & Dial-a-Ride to get to work, shopping, medical appointments and to connect with friends and family. Our buses provide more than a ride, they provide the opportunity for a better life for you and your loved ones.



Council on Aging Polka Party at SNPJ Farm

Annual senior awards to be presented July 17

Celebrate the 50th golden anniversary of the Lake County Council on Aging with a Sunday afternoon polka picnic and birthday party celebration at the SNPJ Farm in Kirtland. On July 17, attendees will enjoy the music of Polka Hall of Famer Eddie Rodick and his band from 3–7 p.m.

Food and beverages will be available for purchase throughout the day and admission for the dance is just \$8 in advance, \$10 at the gate. Tickets are available from the Council on Aging office at 8520 East Avenue in Mentor. Children under 18 will be admitted free.

Families have enjoyed events at the Lake County SNPJ Farm for generations, ever since America’s polka king, Frank Yankovic, played for the first picnic there in 1939.

There will be a raffle basket drawing, 50/50 boards and during one of the band breaks, the agency will present the Senior Citizen



Hall of Fame and Helping Hands Awards during a brief program at 4:15 p.m.

All proceeds raised will go toward the Meals on Wheels program. By the way, Eddie Rodick is himself a Lake County resident and looks forward to filling the dance floor on July 17!

SNPJ Farm is just off Chardon Road (Route 6) at 10946 Heath Road in Kirtland, three miles east of Route 306 and six miles west of Route 44. Call 216-481-1379 for details.

Safe & smart recycling, summer collection season

The Lake County Solid Waste District has partnered with the Lake County Department of Utilities to repurpose an area at the Landfill and Recycling Center in Painesville Twp. into a drop-off site. This repurposed location, at 2039 Blase Nemeth Road, will be a one-stop shop allowing residents to bring recyclable items AND household waste materials to one location, in one trip. This change also brings welcomed improvements like expanded hours and days, the added convenience of credit card payments and expanded space for trailers to be utilized for hauling multiple items to the facility.

This drop-off area is open June 6–August 31, Monday–Friday, 7 a.m.–3:30 p.m. and Saturdays 9 a.m.–1 p.m. Residents will be required to enter through the scale house entrance that can accept cash, check, and credit card payments for any fees associated with this drop-off. Please be advised, materials in an open truck bed or open trailer need to be tarped during transportation to the drop-off to be accepted.

Residents will unload their recyclable items and take them into the building to be stacked and sorted by the collection team.

The hazardous waste collection event will remain at the Lake County Fairgrounds (located at 1301 Mentor Ave.) and is scheduled for September 24 from 8 a.m.–2 p.m. See our ad on page 2 of this issue for more information.

For a complete listing of all associated fee and accepted and prohibited items, please visit <https://www.lakecountyohio.gov/utilities/special-collections>, scan the QR code below, or call 440-350-2645 during business hours.



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

Dear Linda,

As “shut-ins,” the Meals on Wheels has been a godsend. Thank you, thank you! God bless.

–Frank & Alice

Dear Beth,

Thanks for being there for us and our family whenever we’ve needed you.

–Love & God Bless!

S & J Mentor, Ohio

Dear Council on Aging,

To commemorate her recent 90th birthday, my mom is making this donation to the Meals on Wheels programs. She and her husband Gordon delivered meals for several years before his passing in 2020. This past year, mom was a recipient of meals herself in Willowick before moving to assisted living in September. She and Gordon have always been supporters of Meals on Wheels program.

–J.R. Willoughby, OH

Hi Jackie,

I just wanted to say thank you so much for taking the time to talk to me this morning about my mom. I really appreciate it! My mom and I are best friends, so it was emotionally hard to place her in Assisted Living. I’m thankful for you and the Council on Aging!

–Sincerely, TM

Thank you golfers!

Participants in Lake County Sheriff Frank Leonbruno’s recent fundraiser made a combined donation of \$549 to the Lake County Council on Aging. Monies generated by the event are donated annually to nonprofit organizations in Lake County.



Jennings at Notre Dame Village

Change your address, not your lifestyle!



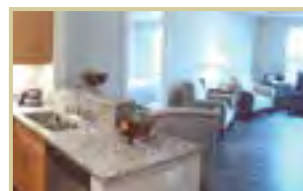
Modern charm welcomes you home.

Laughter fills the air while gathering of friends.

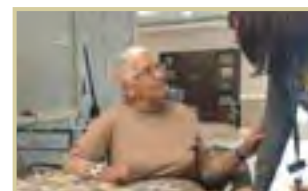
A gentle breeze whispers in the trees during a walk around the scenic campus.



Cottage homes



Apartments



Assisted living with memory support



Call Kate today to schedule a tour!

440.279.9400 | www.notredamevillage.org



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 or come and make new friends at your local Lunch Place.

The Lunch Place serves hot lunches five days per week, Monday through Friday, 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 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 numbers listed.

The Lunch Place at Madison

Lunch starts: Noon
Madison Senior Center
2938 Hubbard Road
Phone: (440) 428-7002
Coordinator: Glynnis Fox

The Lunch Place at Painesville

Lunch starts: 11:30 am
Extended Housing Building
270 East Main Street – Lower Level
Phone: (440) 354-6700
Coordinator: Pattie Hibler

The Lunch Place at Wickliffe

Lunch starts: 11:30 am
Wickliffe Senior Center
900 Worden Road
Phone: (440) 373-5017
Coordinator: Joe Greene

The Lunch Place at Willowick

Lunch starts: 11:30 am
Willowick Senior Center
321 East 314th Street
Phone: (440) 946-8822
Coordinator: Renee Sonnie

COMMUNITY SERVICES



Have lunch with Lake County Council on Aging

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

Every day, Lake County seniors are enjoying a tasty and nutritious meal at one of the Council on Aging's four Lunch Place locations, including the Wickliffe Senior Center, Willowick Senior Center, Madison Senior Center and the Extended Housing Building's Community Room in Painesville. Lunch is by reservation (numbers below) and is served at 11:30 a.m. in all locations, except Madison is served at noon, Monday through Friday.

While enjoying lunch, seniors can learn more about the activities at the senior centers, engage in conversation, learn more about the services offered through the Lake County Council on Aging and make new friends. A senior in the Painesville Lunch Place recently remarked, "It's nice to get out to be around other people my age, socialize and have a healthy meal."

The Lake County Council on Aging, with the support of Western Reserve Area Agency on Aging and Bob Evans Restaurants, is celebrating National Older Americans month by giving a \$10 gift card* for Bob Evans Restaurants to seniors who make a reservation to dine with the agency. Lake County residents who are 60 years or older are welcome. There is no fee for the meal, only a suggested donation of \$1.50 given anonymously. Seniors are welcome to continue to dine at the Lunch Place, but there is no obligation after the first dining experience.

Upcoming meals of the day include chicken cordon bleu, roasted pork loin, meatloaf, stuffed cabbage, and chicken cacciatore to name a few. Meals include an entrée, a side item, a vegetable, a bread or grain, fruit and milk

providing one-third of daily nutritional value. The menu is available at www.lccoa.org or at a nutrition site. The meal of the day is subject to change, but will always be nutritious and delicious. Reservations must be made by Wednesday of the week before at the location where you wish to dine. A registration form can be filled out in advance or when you come to dine at:

Madison Lunch Place Noon

Madison Senior Center
2938 Hubbard Road
440-428-7002

Painesville Lunch Place 11:30 a.m.

Extended Housing Building
270 E. Main Street
440-354-6700

Wickliffe Lunch Place 11:30 a.m.

Wickliffe Senior Center
900 Worden Road
440-373-5015

Willowick Lunch Place 11:30 a.m.

Willowick Senior Center
321 E. 314th Street
440-946-8822

Lake County Council on Aging Lunch Place hopes to see you soon! For more information, please call Linda Llewellyn at 440-205-8111 ext. 241.

*Gift cards are limited to one per person. Individuals must be 60 years or older at time of dining and a resident of Lake County, Ohio. The gift cards are only available for a limited time on a first come basis. When the gift cards have been distributed, there is no raincheck or substitution. This promotion will end when a reservation is received for each gift card available.

Professional Exterior Cleaning



Professional pressure washing
Soft wash – House, roof, concrete cleaning

10% discount

Off total bill with this coupon. Expires 9-30-22.
North Coast Soft Wash



- Family Owned
- Free Estimates

Call Today!
440-479-9573

VOLUNTEER SERVICES

Senior Day at the Fair

Lake County seniors recognized for their volunteer efforts

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

The Senior Services Coalition, Lake County Volunteer Network (formerly RSVP of Lake County) and Lake County Council on Aging focus on celebrating seniors and volunteers each year and will be expanding their activities at Senior Day at the Lake County Fairgrounds on Friday, July 29 for a special salute to Lake County seniors.

Senior Day at the Fair 2022 will include free admission until 3 p.m., free transportation provided by Laketrans, free boxed lunch compliments of the Lake County Council on Aging, live entertainment, bingo and door prizes.

The opening ceremony will be the presentation of the Outstanding Senior Citizen Award by Joe Tom-sick, CEO of Lake County Council on Aging and the Lake County commissioners. This award honors volunteers of the Lake County senior centers, Lake County Volunteer Network and Council on Aging. These older adults embody the Older Americans Month theme of "Age My Way." They embrace aging and share their experience and skills to benefit others in the community. They are shining examples of motivated, productive citizens who give freely of their time to connect with others, create a nurturing environment and contribute toward a better community for all. Senior Day at the Fair will also

provide an opportunity to visit the tables of key organizations in the community that provide services to seniors — University Hospitals, Health Market Insurance, senior centers of Lake County, Laketrans, Adult Protective Services, and Lake County Council on Aging. This is an opportunity to talk with a representative and pick up helpful information.

Musical entertainment will be provided by "The Summit" in between the awards presentation and lunch. Lunch is a complimentary box lunch for those age 60 or older who register on a first come first served basis and features a delicious summer picnic type lunch that provides one-third of daily nutritional values. The lunch will be served at noon. Table seating is limited to those with a lunch ticket, but lunches may also be taken "to go." A fun game of bingo will begin after lunch at 1 p.m. Door prizes will be awarded throughout the event and the winner of each bingo game will receive a prize.

Senior Day at the Fair will be a day of fun, celebration and recognition for seniors. Join us at the Lake County Fairgrounds on Friday, July 29 from 10 a.m.–2 p.m.

If you would like more information, please contact Linda Llewellyn at 440-205-8111 or LLlewellyn@Lccoa.org or reach out to your senior center director.

Lake County Mobile Food Pantry distribution runs through September



The Lake County Mobile Food Pantry will be providing fresh produce to Lake County seniors for free through a weekly distribution at locations across Lake County.

Distributions are Tuesdays from 10–11 a.m. From May through September, the Lake County Mobile Food Pantry will again alternate between locations in

Wickliffe, Mentor, Painesville, and Madison.

Lake County seniors, 60 years and older, may register for one pickup per month. Participants must certify annual gross household income is at or below \$25,759 for a household of one and \$34,839 for a household of two.

Preregistration is required for the 75 spots available each week. To see a full list of distribution locations or register for a pick up, call Lifeline at 2-1-1 or the Council on Aging at 440-205-8111. Call Laketrans at 440-354-6100 to arrange a ride to pick up your produce.



KIRTLAND
REHABILITATION AND CARE



SKILLED NURSING



SHORT-TERM REHAB



LONG-TERM CARE



RESPIRE CARE



MEMORY CARE



BEHAVIORAL CARE

Accepts most insurances, including Medicare & Medicaid.

KIRTLANDREHAB.COM

9685 Chillicothe Rd, Kirtland, OH 44094 • Ph: 440-256-8100

Physician returns to advance healthcare, right here in Lake County

By Robyn Strosaker, MD, FAAP
University Hospitals

Throughout University Hospitals 155 year history, we have been on a journey to provide compassionate care close to home.

That is why I am grateful to continue my healthcare journey back in my childhood home county as the new president and COO of UH Lake Health, including LakeWest, TriPoint, and Beachwood medical centers.

I arrive back in Lake County after having spent 22 years working for University Hospitals as a pediatric physician and hospital administrator at two nationally recognized medical centers.

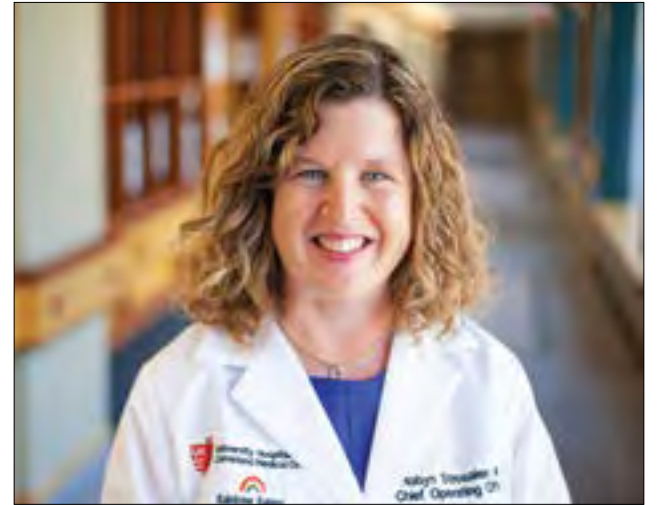
After graduating from Case Western Reserve University with a B.S in Biomedical Engineering and my M.D, I started my career at University Hospitals as a resident physician in pediatrics. I am a board certified pediatrician. My first administration stop was at our nationally ranked Rainbow & Babies Children Hospital. I then spent the last three years as the chief operating officer at Cleveland Medical Center, one of the nation's leading academic medical centers, where I managed the daily hospital operations, led strong improvements in patient experience and quality. I also had the opportunity to lead many pieces of the UH COVID-19

response including our mass vaccination clinic.

I am a lifelong resident of northeast Ohio and my husband and I have been proud to raise our three sons in this community. As I return to Lake County, I know it is a time of significant change in healthcare. I look forward to continuing to help make UH Lake Health a driving force in the community, assisting families in celebrating some of life's greatest moments and overcoming some of their most significant challenges. Together, we will continue to provide compassionate, expert medical care to the community.

My focus is simple — to provide compassionate care close to home. I am proud that in just a short period, UH has been able to add several new services to our community. Starting with the arrival of the UH AirMed Day base at TriPoint Medical Center which guarantees Lake County and its surrounding communities will have access to potentially lifesaving air medical services.

We then expanded the nationally recognized Harrington Heart & Vascular Institute to UH Lake West Medical Center. On top of that, we are expanding service at the UH Seidman Cancer Center at UH Mentor Health Center. We have also recruited new cardiac, general surgery, orthopedic, and vascular specialty providers.



Robyn Strosaker, MD, FAAP has been named as the new president and COO of UH Lake Health.

I am excited to think of all the possibilities our integration with UH and our commitment to our patients will bring to Lake County. Together, we will better meet the increasing health needs of Lake County and surrounding communities.

Finally, I want to extend a special thank you to our caregivers who served and continue to work tirelessly to get all of us through these challenging times. Their dedication and hard work are and always have been heroic. I thank them for their continued service and commitment to our vision of advancing the science of health and the art of compassion.

Home Medical Supplies

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

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

Lift Chairs
\$100.00 off
With this ad
Expires Sept. 30, 2022

Home Medical Aids

- Power Scooters • Lift Chairs
- Rollators & Walkers • Wheelchairs
- Bath Safety • Compression Stockings



50th Gala Celebration November 19, 2022

Since 1972, the Council on Aging has been providing service and support to seniors in Lake County to help keep them healthy, happy, and living with dignity in their own home. This fall will mark the official 50th anniversary of the agency.

To mark this golden milestone, the board of trustees of the Lake County Council on Aging invite you to our 50th Grand Gala Celebration, on Saturday, November 19, 2022. The gala will be held at The Everly, located on Norton Parkway in Mentor, from 6–11 p.m.

This elegant evening will include a plated dinner, open bar, music for dancing and a silent auction and other opportunities to support

the Council on Aging. Sponsorships are available and you can find out more information by calling 440- 205-8111. Tickets are \$150 per person, and reservations will be available online at lccoa.org, or by emailing councilonaging@lccoa.org.

“We are thankful to have an amazing staff, board, volunteers, and friends, past and present, who have helped us make a difference in Lake County for these 50 years,” said Joe Tomsick, CEO of the Council on Aging. “We are proud of the past successes and look forward to new opportunities on the horizon for the next 50 years! Hope you can join us on November 19!”

Because the Best Care is Home Care®

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

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

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

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

CUSTOM FIT PLAN
SPECIFIC TO YOUR
NEEDS

Beware of the summer sun!

By Pat Wern, Homemaker Manager, Lake County Council on Aging

Nat King Cole described the summer days best with his song, "Lazy, Hazy, Crazy Days of Summer," where he sang, "You'll wish that summer could always be here!"

Sitting by the lake with its soothing waves drifting up to the shore, while you bask in the rays of the sun, watching loved ones build sand castles and little ones running into the inviting water to cool off— nice summer memories.

Although welcomed by most people after winter's dreary and cold days, summer sun and heat can be a safety issue for our seniors — putting their health at risk and their lives in danger.

It is important to check on the elderly during these summer days, whether they are at home alone or enjoying a family gathering outside. Too much heat is not safe for anyone, but it is even riskier if you are older or have health problems. It is important to get relief from the sun quickly.

Exposure to the heat can cause the elderly to become confused and lightheaded and they can quickly begin suffering from heat syncope. If they begin showing signs, have them rest in a cool location, with their legs up and see that they drink water to rehydrate and help the dizziness go away.

If a senior has a pre-existing condition that subjects them to have bouts of ankle swelling, they may be likely to dismiss it as an eminent health danger related to the exposure of the summer heat. If you see them have sudden increase in their swelling, immediately have them put their feet up. If this does not resolve quickly, call their attending physician.

Heat exhaustion is a warning that



your body can no longer keep itself cool. If you notice your loved one experiencing any of these symptoms — extreme thirst, dizziness, feeling weak, nausea, lack of coordination, sweating a lot, rapid pulse or cold and clammy skin — get them to a cool area, and give them fluid. If they don't feel better soon, seek medical attention. Heat exhaustion can progress to heat stroke.

For seniors who are homebound, please make sure they have access to fans or air conditioning to keep their environment cool. Also during the hottest time of the day, keep blinds and curtains closed to keep the heat out.

During those dog days of summer, the COA's Homemaker Program can assist seniors with light house-keeping. Our homemakers will help maintain our seniors' homes with dusting, vacuuming and cleaning of the kitchen and bathroom. We provide our seniors and their support systems with peace of mind knowing that they are enjoying the summer days in a clean and safe environment.

Even the slightest tasks during summer heatwaves can turn into a dangerous health situation for our seniors.

If you would like more information on the Homemaker Program please contact the Council on Aging at 440-205-8111.

Enjoy having fun in the sun, but be aware of summer dangers, and use your sunscreen!!!

AARP Smart Driver Course

Returns to Council on Aging October 12, 2022

Now is a great time to sharpen driving skills by participating in the AARP Smart Driver program, presented through a partnership between AARP and the Lake County Council on Aging.

Lake County residents age 50 and over are eligible for the workshop which will take place on Tuesday, October 12, 10 a.m. – 2:30 p.m. at the Council on Aging office, 8520 East Avenue in Mentor.

We will take a half-hour break for lunch which will be made available for registered participants that day. Those attending will learn defensive driving techniques and strategies, review new traffic laws, rules of the road and more in the four-hour course. They will discover how to adjust their driving to age related changes in vision, hearing, and reaction time through an interactive discussion about the chang-

ing technology on newer vehicles and the warning signs that suggest it's time to give up the keys.

Drivers who successfully complete the AARP course could be eligible for a car insurance discount. The main thrust of the course is about giving drivers every possible advantage now, and as they age, to be able to continue to drive safely for as long as they can. There is no exam, and all work is in the classroom.

Seating is limited. Class fees are \$20 for AARP members and \$25 for nonmembers. Reserve a spot today by calling the Council on Aging at 440-205-8111. Attendees are asked to bring their driver's license and AARP card to the class. Acceptable payment methods include cash or check. If paying by check, make the check payable to AARP.

Council on Aging mourns passing of board member, Jim Jenkins

Longtime Council on Aging board member and officer, Jim Jenkins passed away peacefully at Hospice of the Western Reserve in April of this year. Jim joined the board in 2013 and quickly became an essential member and was elected to the key role of board treasurer.

A certified public accountant, Mr. Jenkins was an expert on the subject of estate and trust taxation, and assisted countless individuals with their probate estates. He was so knowledgeable on the matter, that he contributed to "Merrick Rippner Ohio Probate Law," a book regard-



ing Ohio probate issues. Prior to serving on the COA board, he was also a trustee and treasurer of the Long Term Care Ombudsman, a nonprofit organization which addresses the concerns of those individuals who are no longer able to care

for themselves and must rely on others.

He is survived by his wife Marie and his loving son Christopher (Kassandra) and four grandchildren. This November, the board of trustees will bestow the "Ruth A. Densmore Senior Advocate Award" posthumously to Jim Jenkins.



Gary Smrdel
Owner

New to Medicare? Turning 65? Need to review your present coverage?

I can help you sort through your options to find YOUR best solution. Contact me today!



440-413-0775

neomedicareolutions@gmail.com
www.neomedicareolutions.com

Enjoy the Moment!



The Hearing Center



Dr. Jami M. Kukula

8897 Mentor Ave., Mentor, Ohio 44060 www.aacHear.org

We Can Help!

Have your hearing checked

Call 440-205-8848

Partnership Award presented to the ADRC!



ADRC Team: Jim O'Connor, Selena Cox, Jackie Oliverio, Terri Orosz,

Congratulations to the Lake County Aging and Disability Resource Center (ADRC) for receiving the Outstanding Community Partnership Award from Lifeline, Inc. in May. Department manager Jackie Oliverio was presented the award at the Lifeline Annual Dinner & Awards Ceremony at Pineridge Country Club. This award acknowledges the team's hard work and dedication over the past 2+ years while partnering with Laketrans, Lake County Senior Services, Lifeline, RSVP & The Greater Cleveland Foodbank for the Lake County Mobile Food Pantry.

Over the past 2+ years, the ADRC has registered thousands of Lake County

seniors for this program. Each ADRC staff member continues to have a part in this program as it is still ongoing through September 2022. Receptionist Chris Rieder handles all of the incoming calls while Selena Cox, Terri Orosz and Jackie Oliverio complete the registration of over 200 seniors on a monthly basis. Jim O'Connor assists at the Mobile Food Pantry distribution location once per month and helps dispense the boxes of produce in person.

Aside from the award from Lifeline, the ADRC also received special recognition from the state of Ohio House of Representatives and the board of Lake County Commissioners.

Help support Bridge!

Become a Bridge Patron!

PLATINUM

Linda Foley
Karl H. Friedrich
Grand River Health & Rehab Center
Plaid Movers

GOLD

Calvin & Camille Schroeck
Fred & Deborah Schwartz
Lyle Shull
James W. Spence

SILVER

Carol Coffey
Doug & Barbara Elersich
Betty Leiby
Barbara S. Patton

There are three levels of patron support:

Platinum (\$100 per year) • Gold (\$55 per year)
• Silver (\$35 per year)

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

**Lake County Council on Aging
8520 East Avenue
Mentor, Ohio 44060**

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

Dementia Experts You Can TRUST!

**Ask about
our new
Lakeside
Club!**

Symphony^{at} Mentor
A Memory Care
Community



We are a stand-alone assisted living specializing in care for residents with dementia.

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

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

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

Lifeline, Inc.

Lake & Geauga counties' community action agency

Lifeline, Inc. works towards fighting poverty and improving the quality of life for all members of the community. They work every day to help those living in poverty to move towards self-sufficiency.

Current programs and services include:

COVID Relief Fund: Lifeline has funding to assist eligible households financially impacted by COVID-19 with rent or mortgage payments, property taxes and HOA fees and utilities. 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.

HEAP SCP: The HEAP Summer Crisis Program will begin on July 1, 2022. Intake appointments can be scheduled by calling 440-381-8230 or visiting <https://app.capappointments.com>. For more information contact Lifeline Inc. at 440-350-9160.



Volunteer Guardian Program:

The VGP continues to actively recruit new volunteer guardians. Those interested in volunteering can contact Lifeline Inc.'s program manager, Antoinette Foster, at antoinettef@lclifeline.org.

Kinship Navigator Program:

Lifeline continues to offer one-on-one navigation and resource connections by appointment, as well as monthly workshops. Their kinship coordinator can be reached by calling 2-1-1.

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

We Care...because you do

New caregiver support program available through Benjamin Rose Institute on Aging

Caring for a loved one makes you a lot of things to a lot of people. You're a chauffeur at the ready, a short-order chef, a dutiful housekeeper, a novice pharmacist and an emotional lifeline.

Often while providing care for an aging family member, caregivers find themselves stretched thin, unsure where to turn for resources or support.

WeCare, a service of Benjamin Rose Institute on Aging, was developed to empower caregivers and assist in managing the demands of caregiving.

Because of funding from the Older Americans Act, WeCare is available at no cost to families in which the caregiver or person with illness is 60+ years and lives in Cuyahoga, Geauga, Lake, Lorain or Medina counties.

Beginning with an initial phone call, care consultants (licensed social workers) help identify concerns and issues. Issues that are of the most concern for caregivers include financial and legal matters; housing opportunities; and respite possibilities.

The consultant and caregiver then work to develop steps to address priorities and alleviate concerns

by creating an action checklist that guides next steps. Weekly follow-up is provided to address new concerns and provide ongoing support.

The ideal WeCare caregiver:

- Feels overwhelmed or isolated due to caregiving.
- Wants caregiving/problem – solving information.
- Needs help identifying/navigating community resources.
- Seeks guidance on making care related decisions.
- Would benefit from emotional support.
- May be neglecting him/ herself because of care demands.

This program has been endorsed by the Lake County Council on Aging.

WeCare has been proven effective by greater use of community-based services; decreased depression; emotional strain, isolation; enhanced capacity to manage/provide care; fewer unmet needs for both care partners; fewer hospital admissions/ re-admissions, and emergency room visits.

If this sounds like something you or a loved one could benefit from, we encourage you to call WeCare at 216-373-1797. Again, there is no cost for this program.

Nonmedical in-home care services

Another great service available through the Council on Aging

If you are exploring long term care options, chances are you have spent time gathering information or at least thinking about nonmedical home care. Nonmedical home care is a long-term care option that does not involve medical services or skilled nursing services. Instead, this type of home care is meant to provide support for daily needs that older adults face in the comfort of their own home.

Seniors living in Lake County who need assistance with personal care, bathing, meal prep, light housecleaning, laundry and other essential tasks have an option for this type of assistance if they meet eligibility requirements. The Non-Medical In-Home Care Program, administered through the Lake County Council on Aging, currently has several openings available for seniors, 60 and over.

Nonmedical care can significantly improve a senior's ability to maintain independence and allow them to continue to live in the security of their own home. This program is designed to provide support to Lake County seniors

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

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

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

For more information on the program please call the Lake County Council on Aging at 440-205-8111.

SENIOR MOVING SPECIALIST

SAVE 15%

ON YOUR 'MOVE'
FOR SENIORS 65+

SIMILAR SAVINGS ON OUR
OTHER SERVICES

440.221.3161

We provide 'NOT TO EXCEED' PRICING
No hidden Fees or Charges
Serving Northeast Ohio



Call Dean for a written Estimate

MOVING - PACKING - HAULING
CLEAN-OUTS - TRASH REMOVAL
BOXES & SUPPLIES - DELIVERIES

PREMIUM SERVICE - VALUE PRICING

Thanks be to God

Fioritto Funeral Service

CREMATIONS—BURIALS—PREARRANGEMENTS

www.FiorittoFS.com

5236 Mayfield Road
Lyndhurst, Ohio 44124

440-442-5900

Facilities Available Throughout Lake County

How do I know the right time for hospice care?

When a loved one is coping with a life-limiting illness, it's important to know the facts. With an emphasis on comfort rather than cure, hospice helps individuals and their families make the most of their time.

Hospice is comfort-focused medical care for people with a life expectancy of six months or less. It is a Medicare benefit and is also covered by Medicaid and most private health insurance. A team of specialists addresses physical, emotional, social and spiritual needs.

Hospice of the Western Reserve, founded in Lake County more than 40 years ago, is the premier non-profit provider. Care is provided wherever the patient lives — at home, in an assisted living com-

munity, a nursing facility or at David Simpson Hospice House on E 185th Street in Cleveland.

Hospice also supports family caregivers. A nurse helps families organize medications, change dressings and assist with care in between visits. A hospice nursing assistant preserves dignity, assisting with toileting, showering, personal grooming and more. The team arranges delivery of medical supplies and provides 24/7 phone access to a hospice nurse.

The HWR team is trained in Medicare eligibility and can provide options to help your loved one make the most of their hospice benefit.

For more information, call 800-707-8921.

Lake County treasurer's office outreach to senior centers

The Lake County treasurer and auditor have been very busy over the last few months visiting each of the Lake County senior centers to discuss tax reduction programs that would benefit seniors such as the homestead credit, disabled veterans, and a variety of other programs offered through Lake County.

Numerous programs were also discussed including the Lake County water and sewer bill reduction program, which is based on the qualifications used to qualify for the homestead exemption and a number of grant programs offered through Lifeline.

The basic qualification for the homestead reduction requirement are as follows: owner occupancy only, must be 65 years or older on January 1 of the year applying for reduction, own the property qualifying for reduction, income limits based on most recent Ohio tax return adjusted income (2022 limit is \$34,600). Everyone's situation is different, please contact the homestead department in the auditor's office for questions or an application by calling 440-350-2536. If you have questions on these or any

tax reduction programs, please call the treasurer's office at 440-350-2540.

The Lake County Birthday Club has also been very active this year, hosting over 60 free celebrations since January 2021. We have had multiple celebrations at Abbott's Manor for seniors celebrating their birthdays with balloons, cake, proclamations from the county, presents, lunch, and a variety of costumed characters including Disney and superheroes.

The most recent celebration included 19 seniors celebrating birthdays at Abbott's Manor apartment building. Master Pizza provided a free lunch for everyone that participated. We have also held numerous birthday celebrations for children with special needs, children facing medical issues, and veterans. If you know of anyone who is reaching a milestone birthday or is a veteran, the Lake County Birthday Club would be thrilled to celebrate their birthday.

Call Michael Zuren at 440-251-5381 or Terry Bowes-Kozsey at 440-567-0991. We would be happy to set up a free celebration for your friends and family."

COA announces new board members

The Lake County Council on Aging announces the election of two new members to its board of trustees.

Katey Tutolo

A care transition nurse for Pro-medica Senior Care at MetroHealth Main Campus, Katey remains a lifelong resident of Lake County. She has spent her entire career in various roles working with the senior population, helping connect seniors to various levels of care to help facilitate better patient outcomes. As a board member, Katey hopes to help facilitate community awareness on services offered through the Lake County Council on Aging and further its mission with the community.

Terri Findlay Jones, LSW

A lifelong Lake County resident, Terri has dedicated her professional career to advocating for the senior population. Since earning her degree in social work, she has worked within the skilled nursing facility field in several capacities,



Katey Tutolo



Terri Findlay Jones

but all have been with the common goal of enhancing her patient's quality of life and increasing their level of independence. Currently with Legacy Health Services, Terri proudly joined the board in 2022 and looks forward to continuing these efforts and further supporting our local seniors.

The Lake County Council on Aging is fortunate to have a very talented and motivated group of individuals serving on its board of trustees under the leadership and guidance of President John Thomas. Board members work hard to make sure the agency is positioned properly to continue its mission of assisting the senior population of Lake County.



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.

Visit www.lccoa.org.

Comprehensive & Affordable ELDER LAW & ESTATE PLANNING SERVICES



Offering assistance in the following areas...

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

A Life Care Planning Firm

Daniel P. Seink Co., Ltd.

Certified Specialist in Elder Law

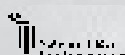
Ohio State Bar Association

Call for Your Free Consultation

800.393.2324

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

OhioElderLaw.com



World Elder Abuse Awareness Day 2022

World Elder Abuse Awareness Day is recognized annually on June 15 and was established in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization.

“This is an opportunity to promote a better understanding of abuse and neglect of older persons and raise awareness of elder abuse ensuring security and dignity for all seniors,” said Commissioner John Hamercheck, president of the board of Lake County Commissioners.

It is estimated that one in 10 older adults in America is a victim of elder abuse, neglect, or exploitation each year; however, many cases of elder abuse go unreported, in part, because so many 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 ever come to the attention of authorities.

During the year 2021, Adult Protective Services social workers at the Lake County Department of Job and Family Services responded to over 430 calls concerning abuse, neglect or exploitation of a senior. Although these calls varied in nature, the one common theme was the mistreatment of a vulnerable member of our community.

“The Lake County Department of Job and Family Services remains committed to investigating elder abuse and maltreatment. Our social workers continue to meet with elderly individuals in our community to assess them for safety and advocate on their behalf. We are also extremely fortunate to partner with other agencies in our community to best serve this population. If anyone suspects that an elderly individual in Lake County is being abused, neglected or exploited they should contact our agency to report their concerns,” said Suzanne Casar, Job and Family Services director.

The board of Lake County Commissioners demonstrated their support of World Elder Abuse Awareness Day during their June 2, 2022 meeting by passing a resolution declaring June 15, 2022, as World Elder Abuse Awareness Day in Lake County.

“On the solemn occasion we recognize this morning, if we are able to help one senior at a time then

the voice of change will eventually be heard by everyone,” said Joe Tomsick, CEO of the Lake County Council on Aging. “It’s acts like this resolution that can help all of us raise awareness on the issue of elder abuse.”

Additionally, Lake County Adult Protective Services, in partnership with the Association of Specialists in Aging, the Lake County Council on Aging, and the board of commissioners sponsored a World Elder Abuse Awareness Day Walk on June 15.

Beginning at the Lake County Department of Job and Family Services building, participants walked together to the gazebo in Veterans Park in the Painesville Square. Each wore purple (the color designated for elder abuse awareness) and carried purple and white carnations symbolizing the 432 investigations of elder abuse conducted by Lake County Adult Protective Services in 2021.

To conclude the event, representatives from the Lake County Commissioners’ office, the Lake County Council on Aging, and the Lake County Job and Family Services spoke of the importance of being a voice for our vulnerable seniors.

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. “Lake County is not immune to the issue of elder abuse,” said Commissioner John Plecnik. “When we come together, we can prevent elder abuse from happening. We can put support services in place, and direct the necessary community resources.”

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-ne-



Symbolic purple flowers are “planted” at Veterans Park in recognition of World Elder Abuse Awareness Day. Photo by Chad Felton.

glect, and exploitation of adults 60 and older living in the community. Reports can be made 24/7 by calling 440-350-4000, press 1.

- The Ohio Department of Health investigates suspected abuse or neglect of individuals residing 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 indi-

viduals 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 911 should be contacted immediately.

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

“As an *audiologist* with lifelong *hearing loss*,

I understand its potential impacts firsthand and am deeply committed to helping people live better by hearing their best.”

—Amanda Barbur,
Au.D., CCC-A • Doctor of Audiology



Come Hear With Us
440.210.3737



Painesville Township
1701 Mentor Ave, Ste 5

AmandasFamilyHearing.com



Help kids with school supplies

School's out and kids are raring to go! Excitement is in the air as The Salvation Army in Painesville gears up for our summer day camp. Field trips are lined up and we're ready to kick off the fun!

Educational director, Donna Bullis says, "Everything we do with the children has a purpose. We spend months creating our own curriculum for camp because we just haven't found anything else like it." The curriculum incorporates STEM concepts, addresses social/emotional matters, and presents social studies topics.

Along with that, Bible stories are integrated to make learning come alive. In the meantime, preparations for the annual back-

to-school supply distribution are underway. We partner with local groups including Asa's Angels and Willow Praise Church. Last year more than 1,500 kids were sent off to begin the new year with stuffed backpacks! With the prices of gas and groceries continually on the rise, this is a huge help for parents trying to manage tight household budgets. The distribution is coming up quickly and we're still in dire need of supplies and monetary donations.

You can help out with a gift of your choosing by calling 440-354-3774 or by going to give.salvationarmy.org/give/410306. Or check out our Facebook page for a full list of needed supplies.



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



Guardians of Society's Laws

The Lake County Sheriff's Office mission statement says, "As the guardians of society's laws, we ensure the highest quality of life, safety and security for all people while responding to the public's needs in a caring, courteous and professional manner." A great deal of thought went into developing this statement because it is the very foundation of why we exist and what we are required to do by our oath of office.

The statement "we are the guardians of society's laws" goes back to a time before the founding of our nation. European kings were enthroned under the belief that they were appointed by God, a concept supported by the English philosopher Thomas Hobbes. It was the belief that no one had the right to question the decisions of the king and no one had the right to overthrow him because of his appointment by God.

John Locke, the great English philosopher writing around 1700, said that it was not the people's responsibility to serve the government, but rather that government must be answerable to the people. He called it the "social contract" where government must guarantee life, liberty and happiness to all people.

When government, i.e. the king, no longer served the people, it was the right of the people to overthrow the king. Central to his thinking was there must be laws which people must answer to and enforced by a limited government. People must give up a small portion of their rights answering to such laws, so they might enjoy their vast amount of freedoms to insure life, liberty and happiness.

You might recognize his words because they are in our Declaration of Independence. Our founding fathers read John Locke, believed in the concept of the social contract, and declared our nation's independence based on those beliefs. Our

country is based on laws designed to insure life, liberty and happiness. Our citizens entrust law enforcement to enforce those laws in a caring, courteous and professional manner.

Our mission as a sheriff's office is not to make law, nor to pick and choose what laws we think are best to enforce. We are charged with enforcing all of the laws created by the people through their legislators. We must do so in a caring, courteous and professional manner. If necessary we bring to justice those who violate the law, who endanger the safety and security of our community. But most importantly, we are there for our community when it is in need, in times of their own personal crisis.

When we fail to do these things, we fail the trust of the community. We endanger their trust in their government to ensure the highest quality of life, safety and security for all people. It is a tremendous responsibility, but one we accept with great pride for our part in making our community, our nation a success.

Our sheriff's office phone app, a free download to any cell phone, is our instant connection with our community. There you see alerts, get our news releases instantly, get information about our sheriff's office, a way you can report crime, and an easy way to express your concerns about how we are doing. You can get the free app by going to your app store and searching Lake County Sheriff OH. As always, you can get information on our Facebook page or on our sheriff's website.

As sheriff, my job, and the promise of every member of our sheriff's office, is to be as transparent to our community as possible so that your trust in our work throughout the community is strengthened.

Lake County is a tremendous place to call home and we are proud to be your sheriff's office.

BRICKMAN BROS. FUNERAL HOME



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

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

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

Tub to Shower Conversions



Call us today!
(440) 667-8827

www.OhioWalkinShowers.com
We Do Stair Lift Installations Too!

**Installed On
Your Tub!**



Keep connected...

to news that is important for Lake County seniors — services, programs resources and information!

Visit our website at www.lccoa.org
or like us on Facebook.



March For Meals 2022

Over 300 people showed up on April 2 at the Great Lakes Mall to fight senior hunger!

Photos by CoA staff



Thanks to our sponsors, online raffle support, walker registrations, day-of donations and basket drawings, this year's March for Meals raised close to \$29,000.


Mentor Ridge
HEALTH AND REHABILITATION
www.mentor-ridge.net



– Medicare.gov, Nursing Home Compare


The Preserve
SENIOR LIVING
AT MENTOR RIDGE
www.the-preserve.net

Our Experienced Staff
Makes the 5-Star Rating.

Our Amenities Make
You Comfortable.

Our *Culture of Care*
Makes the **Difference**.



Call **440.510.3700** to tour Lake County's Premier Senior Care Campus.

Why hire a Senior Real Estate Specialist? I can:

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



Sharon Flyter, Realtor

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



BUYING VINTAGE TOYS 1920s–1980s



Contact Mary
(440) 223-7253 or sammet62@gmail.com



Are you a caregiver of a family member with Alzheimer's disease or dementia who has recently moved into a care facility?

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please call us at **216.368.8848** or email **caregiver@case.edu**.



FRANCES PAYNE BOLTON
SCHOOL OF NURSING
CASE WESTERN RESERVE
UNIVERSITY

Project Hope for the Homeless recognizes senior volunteer

Project Hope for the Homeless serves as Lake County's only homeless shelter

Phil Seyboldt is a site volunteer, building team member, food donor and trustee for Project Hope for the Homeless. Since 2018, he has donated nearly 1,000 hours and saved the shelter \$12,974.

Now retired, Seyboldt was a state of Ohio building electrical and plumbing inspector for more than 25 years.

He spends time with our guests offering them informal support through encouragement and a listening ear, distributing needed goods, offering meals, and helping to maintain the routine and cleanliness of the facility.

He has contributed his maintenance skills both serving on our

facilities team and has repaired our entrance ramp, updated electrical wiring, HVAC, installed windows, cleaned and repaired exhaust fans, installed countertop can opener, tighten bolts on bunk beds, and help sanitize dormitories, and build a first level office space.

Seyboldt has a deeply held core value of commitment to serving others. As a Marine that served in Vietnam, he continues to show true dedication and selfless giving. Every week he serves 4–8 hours of his time at the shelter. He is reliable, hard working, generous, faithful, and very skilled overall.

Visit www.projecthopeforthehomeless.org to learn more.

United Way of Lake County goes beyond responding to immediate needs

The impact of COVID-19 on our lives will take years to overcome. The most vulnerable among us, including low-income households, our youngest and oldest, and anyone who was barely getting by before, are struggling more than ever.

According to Generations American Society on Aging, many older adults experience challenging financial circumstances that affect their health and well-being. Half of people ages 65 or older who live alone do not have enough income to afford a basic budget, and nearly one in four older couples face the same problem.

This is why United Way of Lake

County (UWLC) goes beyond responding to immediate needs.

Through the programs UWLC supports, they are helping families in crisis feed their children. They are helping to ensure seniors have access to nutritious meals through the Lake County Council on Aging's Congregate Meal program. They are working to ensure those in need have access to shelter, medical care, prescriptions, mental health services, and more.

With the help of their corporate partners, they're offering hope and help where it's needed the most. For more information on UWLC, visit uwlc.org.

Adult Protective Services

24/7 hotline: 440-350-4000 ext. 1

Lake County Adult Protective Services is the agency mandated by the state of Ohio to assess allegations of elder maltreatment in the community. Our 24 hour a day / 7 day a week hotline is maintained by social services staff, 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 assigned based on the nature of allegations that have been reported. Our social work staff meet with seniors to

ensure that basic needs are being met and that seniors have access to available services in the community. Please contact our hotline at (440) 350-4000, 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 the Lake County Department of Job and Family Services, as well as links to area resources, can be found at www.lakecountyohio.gov/jobs-family-services.

100

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.

Nettie, Mentor

105 years old • April 18, 1917

Gloria Fakult, Painesville

100 years old • August 12, 1922

Paul E. Lambert, Mentor

100 years old • March 25, 1922

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

Since 2014, the Lake County Council on Aging has been honoring those residents of Lake County who have turned at least 100 years old. If you know of someone marking this milestone birthday or even older, please notify us by going online to our website at www.lcco.org and using the fillable form. You will receive a beautiful centenarian certificate from the Council on Aging, along with name and birth date recognition in our quarterly newspaper, "Bridge."

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

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

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

Send to:

Council on Aging
Centenarian Project
8520 East Avenue
Mentor, Ohio 44060

Privacy policy:

In order to protect the identity of participants from unwanted solicitation or contacts, we will only print the name, city and birth date of the centenarian. All other info you send will be kept confidential and is for use on a centenarian certificate only.

Fine Arts Association

Creative arts therapies

The Fine Arts Association's (FAA) Creative Arts Therapies department is proud to announce these significant accomplishments:

- 1) Approval as an OhioMHAS Licensed and Certified Mental Health provider.
- 2) Approval as an ODE Autism Scholarship Vendor.
- 3) A partner with Cleveland State as a music therapy internship site.

FAA's creative arts therapies is designed to serve individuals of all ages with varying developmental disabilities including behavioral, physical, cognitive, social, and emotional disabilities. The program includes music therapy, art therapy, and adapted services that focus on specific goals such as: attention to task, motor development, social interaction, language

development, self-worth, etc. The highly qualified instructors hold advanced degrees, professional experience, and proper therapy certifications.

The need for creative arts therapies services among our elderly population has grown considerably due to the pandemic and today's unsteady climate. FAA's therapies team assists seniors experiencing increased levels of stress, anxiety, isolation, depression, etc. The creative arts therapy team currently serves seniors at Ohio Living Breckenridge Village, Randall Residence Governor's Village, Maple Ridge Senior Living, and Menorah Park.

For more info, please contact Ann Marie Raddell, associate director of creative arts therapies at araddell@fineartsassociation.org.

Searching your family roots

Lake County Genealogical Society invites you to meetings

The Lake County Genealogical Society (LCGS) meetings are from 10 a.m. to noon and meet monthly using Zoom. There is a short business meeting followed by speakers who offer ideas on the many different types of sources both in the U.S. and other countries.

Visit the LCGS website at www.lcgsohio.org and click on "contact" to access a form to email address them for an invitation to a Zoom meeting. You do not need to be a member to attend this monthly meeting.

Upcoming meetings:

July 28 – Bryna O'Sullivan

Tracing Your Civil War Ancestors

August – TBA

September 29 – Carla Cegielski

Preparing to Use the 1950 Census

October 27 – Lisa Alzo

No More Excuses: 10 Steps to Finally Write Your Family History

They have a special interest group (SIG), which meets virtually using Zoom, the first Thursday of each month at 10 a.m. This support group is open to members only, so



become a member to reap the full benefits of the organization.

If you do not have a computer, you can join the Zoom meeting from your tablet or phone. Call either Cynthia at 440-951-0914 or Linda at 440-255-6984 to get the phone number for the meeting.

Join in to learn how to research and organize your findings on your ancestors, find your "roots" and create your own family tree. If you join the genealogy group, you can meet new people and get help from other members in addition to listening to the speakers.

Wickliffe Country Place A Legacy Health Services Facility

1919 Bishop Road Wickliffe, Ohio 44092



Phone

440-944-9400

Fax 440-944-0955



• Private, Spacious Rehabilitation Suites

• Therapy Offered 7 Days a Week • On-site dialysis partnered with CDC

• Full-Time Certified Wound Nurse • Specialized Cardiac Program

• Full-Time Nurse Practitioner • Secure memory care unit

Take a virtual tour of our website www.lhshealth.com



Don't suffer in silence from common urologic problems you "Don't want to talk about."

Urological disorders are very common among both men and women. These problems can cause stress and embarrassment, disrupt your daily routines and reduce your quality of life.

The urology experts at University Hospitals are focused on addressing a full spectrum of urologic, reproductive and sexual health needs and concerns, including:

Men

- Enlarged prostate (BPH)
- Erectile dysfunction (ED)
- Infertility
- Frequent nighttime urination

Women

- Urinary incontinence
- Frequent urinary tract infections

Don't wait – Get back to the lifestyle you love.
Schedule an Appointment Online or by Phone Today.

Safe in-person and virtual consults are available.

Call **440-306-4914** or schedule online at **UHhospitals.org/UrologyAppt**



UH Lake West Medical Center
36000 Euclid Avenue, Willoughby

UH Tripoint Medical Center
7590 Auburn Road, Concord Township