



SPECIAL EVENTS

Pancake Breakfast

October 9
(See page 23)

Smart Driver Course

October 12
(See page 19)

Senior Flu Clinic

November 4
(See page 23)

Election Day

November 8
(Support our Seniors!)

50th Gala Event

November 19
(See page 2)

March For Meals

March 18, 2023
(Save The Date!)

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Lake County senior enjoys giving back after near-death experiences

By Deanna Adams

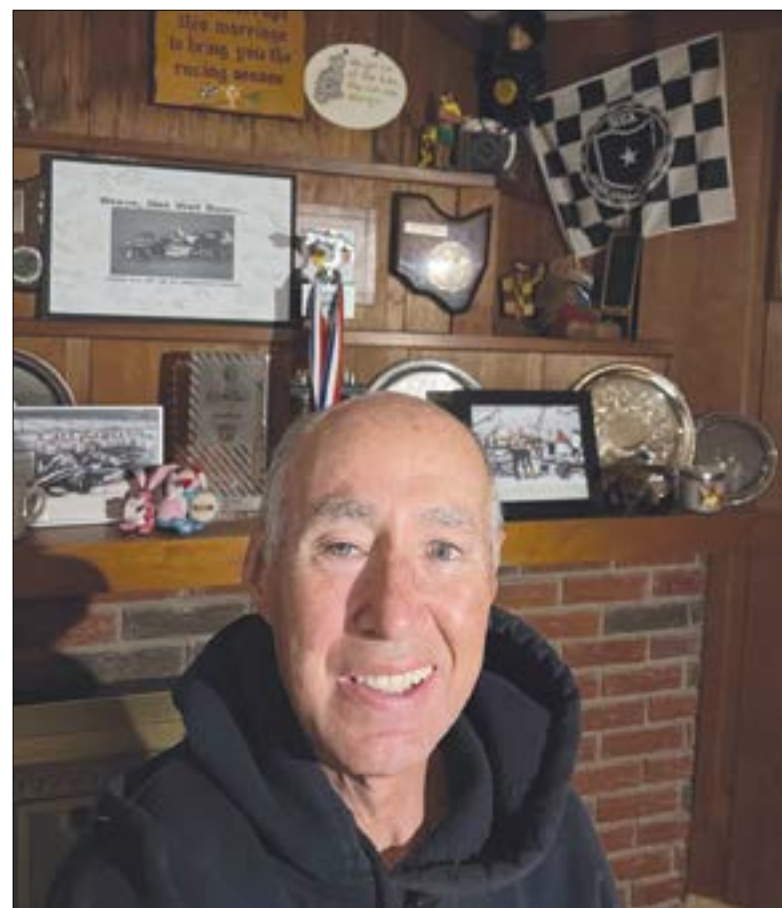
You may have met him when he delivered your Meals on Wheels, or another event or activity made possible through the Lake County Council on Aging. But what you may not know about volunteer, Steve Fried, is that he is considered by many to be a walking miracle. “My middle name is Lazarus so if I’m going down, I’m going to get back up,” Fried says, and true to his word, the 70-year-old has suffered through and survived two death-defying accidents—one involving his love of car racing, the other scuba diving—along with being diagnosed with leukemia,

now in remission.

Fried, who lives in Mentor, feels he’s way past the nine lives point. His first ordeal was captured on film in the middle of the 1999 Indianapolis 500 race. By then, the lifelong racing fan had already attended 18 consecutive Indy 500s, having caught the bug at age 16.

“I was racing cars before I began wrenching on them,” he says. “I learned the trade just by watching others. I first married at 17 so I needed to get work right away. I was lucky to get a job at Firestone, where I continued to learn a lot and that began my lifetime career as an auto mechanic.”

See **STEVE FRIED** on page 4



Senior Services Renewal Levy on November 8 ballot

The Lake County Senior Services renewal levy will be on the November 8, 2022 ballot. This is not a tax increase. First approved by voters in 1992, the levy is up for renewal every five years. The purpose is to provide or maintain senior citizens services or facilities and is set at a rate not exceeding 0.8 mill for each one dollar of valuation, which amounts to eight cents for each one hundred dollars of valuation. It provides approximately \$4.5 million annually for senior services across the county.

It is expected that by 2030, one-third of Lake County’s population will be 60 and older and will outnumber youth 20 years and younger. Demand for senior services has not slowed and it is more important than ever that we continue to fund vital services for older adults. Some of these services include home-delivered and congregate meals, social work services, homemaker services,

Commissioners Corner



John Hamercheck



John Plecnik



Mark Tyler

senior center operations, home repairs and modifications, volunteer opportunities to keep older adults engaged, and free Laketrans Dial-a-Ride trips to and from any Lake County senior center.

Since the most recent levy passage in 2017, the board of commissioners has implemented several new programs with the support of area agencies. These include increased funding to Job and Family Services to provide a dedicated Adult Protective Services unit, creation of the Volunteer Guardian Program in partnership with Lifeline and the probate court, and finally, a

nonmedical in-home care program, administered by the Lake County Council on Aging.

For more information on the services provided with support from the Senior Services levy, contact Alyea Barajas, senior services coordinator, at 440 350-2748 or alyea.barajas@lakecountyohio.gov.

Caregiver Forum

The Board of Lake County Commissioners Senior Services is hosting a free Caregiver Forum on Wednesday, October 12, 2022, from 3:00–6:30 pm. The forum is sponsored by Laketrans and the Western Reserve Area Agency on Aging and will be held at the Lake County Fairgrounds Youth & Community Center, located at 1301 Mentor Avenue, Painesville.

“Senior Services is hosting this forum in an effort to provide information on

See **COMMISSIONERS** on page 2

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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!”

Commissioners from page 1

local aging and caregiving resources. We recognize this is a need and we are taking the beginning steps to address it,” said Commissioner John Hamercheck, president of the Board of Lake County Commissioners.

The public is invited to stop in to connect with other caregivers, learn about local resources, and meet with service providers to learn how to access services. Western Reserve Area Agency on Aging will be on hand throughout the forum to gather share your feedback on caregiving needs and gaps.

“Caregivers manage a wide range of responsibilities, and while some people receive care from paid caregivers, most rely on unpaid assistance from families, friends and neighbors,” said Commissioner John Plecnik. “It’s important that

caregivers and older adults are aware of and able to access the services and support they need to age successfully. We want to help guide this process.”

More than 20 local agencies will be on hand at the forum to provide information on a variety of services and answer questions. “We plan to take information learned from the event to explore ways we can continue to engage and support caregivers and older adults in Lake County,” said Commissioner Mark Tyler. “We hope you will come out to connect with these agencies and share your experiences.”

For more information on the Lake County Caregiver Forum, please contact Alyea Barajas, senior services coordinator, at 440-350-2748.



Save The Date!

March For Meals

Great Lakes Mall

Lake County Council on Aging



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Welcome from the CEO

Welcome to the Lake County Council on Aging's official publication, Bridge. Since 1972, our agency has been the foremost connector and provider of direct services for Lake County seniors, promoting independence and well-being, and improving the quality of their lives.

Our achievements are due to the commitment of our volunteer board of trustees and our experienced staff who together with a devoted army of volunteers are dedicated to providing exceptional services and programs to seniors. Thanks to these individuals, the Council on Aging remains as the trusted resource for seniors of Lake County. With this trust comes great responsibility—a responsibility we take very seriously.

Our county demographics continue to change. By the year 2030, one in three residents will be 60 years and older and these statistics compel us to continue positioning the agency for the impact of this ever-growing senior population and to adequately prepare to meet the needs of Lake County seniors. Our work and accomplishments would not be possible without the support of the Lake County Senior Citizens Services Levy, which is a tremendous asset to our entire community. The levy will be on the November 2022 ballot as a renewal and I ask you to take the time to get informed and understand its importance for our senior community in Lake County.

The Senior Services Levy is the primary funding source that helps support home-delivered and nutrition site meals, social work and home-maker services, home maintenance and modification projects, and so much more. In fact, if you've read the article from the board of commissioners, you will see that the passage of the 2017 levy allowed us to deliver on our promises, establishing new programs. Our seniors have spent their lives making Lake County a wonderful place to live. Supporting this renewal helps us keep them independent and thriving.

2022 has been our golden anniversary year, marked with celebrations, achievements, and great memories for the agency. Providing services for 50 years is quite an accomplishment, and our success confirms what we've always believed—it takes a team of staff and volunteers working hard together to fulfill our vision to be recognized as Lake County's most valuable resource for aging adults.

In closing, I thank you for your support over the years, and for allowing us to be part of your lives each and every day. I wish you all a most peaceful, thankful and joyous final quarter of 2022.

Respectfully

Joseph R. Tomsick
CEO, Council on Aging

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Holiday Office Hours:

The Lake County Council on Aging will be closed on the following days:

- Monday, Oct. 10: Columbus Day
- Friday, Nov. 11: Veterans Day
- Thursday and Friday, Nov. 24 / Nov. 25: Thanksgiving
- Monday, Dec. 26: Christmas Observance
- Monday, Jan. 2 : New Years Observance

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Mission Statement

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

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

Lake County Council on Aging

8520 East Avenue, Mentor, Ohio 44060
Open Monday through Friday 9:00 am – 4:00 pm

www.lcco.org



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Feature article from page 1

Fried earned a master mechanic certification through that job before working at Sohio in Eastlake, where he began work on Formula cars—those very fast, single-seat automobiles used in racing events. He ultimately became owner of his own independent race shop, and that is where he met his current wife, Jennifer. They’ve been married now for 40 years.

“She had a Corvette and I was her mechanic, but for a few years I didn’t see her. Then one day I ran into her at a car wash—we both had Corvettes by then. I was going through a divorce and it didn’t take long to realize how much we had in common.”

What they had in common was not just fast cars, but love of travel. Jennifer is a travel agent, and together they’ve traveled many places, including the island of St. Thomas in the Caribbean, where they married in 1982.

Accident #1

While Fried was also a long-distance swimmer and bicyclist, his love for cars, motorcycles, and speed racing gave him the opportunity of a lifetime when he was hired as the crew chief for NASA racing, with rising star driver, Robby McGehee. McGehee won the Indianapolis 500 Rookie of the Year Award in 1999, but what happened before that startled millions of fans when Fried was hit by a race car in the pit area.

To anyone who’s ever seen a race, it’s clear that the pit area can be exceedingly dangerous as the team works fast and furious to change tires, fill the car’s tank and get the driver back on the track in a matter of seconds.

According to sources, because Fried has no memory of the accident, Fried had just completed a tire change when one of the other cars came out of the pit and accidentally connected with another, just enough to affect the driver’s steering, causing the car to slam hard into Fried, who flipped over onto the pavement. “My whole body was crushed,” he says. “I suffered a broken jaw, collapsed lungs, broken ribs, skull fractures and my heart had stopped at one point.” A chaplain, hearing a crew member had just died, rushed to the pit area to pray for him.

Although Fried wasn’t dead, doctors at the hospital told his wife that because of his severe

injuries, he would never recover. Her response was that he was a fighter and they shouldn’t give up on him.

And neither did the hundreds of people from the racing world who wrote cards and sent notes, most notably Robby McGehee and his team, along with sports fans from all over the world who had seen the episode on TV.

“I’ve never been very religious, but I am spiritual and I believe in God and the power of prayer and you just can’t deny the results.”

The results were indeed miraculous. While he did have to endure surgeries to his eyes, ears and shoulder, he suffered no severe brain injury. By the end of 2000, he was back working at the race track. “People thought I was crazy to want to go back, but I was adamant about it. It was my passion.”

Fried also had passion for another sport: scuba diving. And in 2012, that ambition led to yet another severe brush with death.



Accident #2

As an avid PADI (Professional Association of Diving Instructors) open water diver for more than 30 years, Fried not only enjoyed diving in Lake Erie, but traveled many times to exotic places such as Tahiti, Bora Bora and Cozumel, Mexico. But one trip became a true nightmare.

“My wife and I went to the Philippines, and after reading a lot about it, I decided to dive in this remote island for the adventure of a lifetime. It was, but certainly not the one I had expected.”

While diving, a power boat roared past and the underwater propeller caught his foot. “If I had gone in feet first like some other divers, it would’ve hit my head and that would’ve done me in,” Fried says.

He suffered tremendous longstanding pain, as well as a serious infection that threatened his life once again. After surgeries to reconnect torn tendons and replace missing bones, grafted from his hip, along with months of physical therapy to even be able to walk again, he once again recovered enough to go back to doing what he loves, including cycling. He and his wife recently completed a 100-mile ride for the Cleveland VeloSano 2022, which raised money for cancer research.

Giving back

And so, it would not be surprising to know that after all he’s endured, Steve Fried’s life mission is to give back to others in need. But the true inspiration that put him on the track to becoming a regular volunteer, was the deaths of his parents. “My parents had divorced years ago, so Dad lived alone in Michigan and when he had a heart attack in his 70s, no one was there. It was several days before a sheriff found him and contacted us. That planted a seed on how important it is for someone to do well checks and keep watch over our elders. My mother, who died at age 90, lived in California, and fortunately had people around to check on her every day, and that meant everything. That’s when I really became active with the Lake County Council on Aging and Meals on Wheels. I want to be there for anyone who needs help or just pay a little visit to those living alone.” Fried adds that he helps out on a number of projects for COA. “Whatever is needed, if I can, I will do it.

“It’s a great feeling to help people,” he adds. “And to believe in a higher power because there’s no reason at all that I should still be here after all I’ve been through. Except to be there for others.”

Save The Date!

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Lake County Council on Aging Shares the Love in November

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

The 2022 Subaru Share the Love event launches on November 17! Lake County Council on Aging is looking forward to participating in the 15th annual Subaru Share the Love Event as a member of Meals on Wheels America – one of four national Share the Love partners supported through the promotion. Every purchase or lease of a new Subaru results in a \$250 donation from Subaru America to one of the four participating national charities. Choosing Meals on Wheels America keeps those dollars helping Lake County seniors. You can Share the Love when you buy or lease a new Subaru.

You can also Share the Love by donating nonperishable food items. A key part of the Share the Love Event is the annual food drive to collect nonperishable food items for “blizzard bags” to be distributed to MOW seniors in Lake County. Adventure and Ganley Subaru dealers along with many senior centers and local senior ser-

vices will be food collection sites. Several days of “Stuff the Subaru Trunk” will also take place across Lake County. The food items are placed in emergency “blizzard bags.” Blizzard bags contain a 2–3 day supply of shelf stable food items and serve as an emergency food supply for Meals on Wheels clients in case of bad weather or other emergency which results in a disruption to the Meals on Wheels delivery. By hosting the “Blizzard Bag Food Drive,” the Council on Aging will earn points toward the Share the Love campaign and will receive a share of the donation raised by Ohio Subaru dealers. Look for more information on food drive collection sites beginning in mid-October. Details will be announced in a press release to the community and will be available on the website of Lake County Council on Aging, www.lcco.org or by calling the Council on Aging, 440-205-8111 ext. 241 or 243, for more information on where



you can donate nonperishable food items.

“We are thankful to Meals on Wheels America and Subaru for all their past support of our efforts,” said Joe Tomsick, Council on Aging CEO. “For the sixth year, thanks to the generous donations we receive from community members, we are able to ensure that clients will have food on hand in the event that winter weather or other emergency prevents the home delivery of their meal.”

Earlier this year, the Council on Aging was awarded a grant of nearly \$4,000 from Meals on Wheels America for its creative “blizzard bag” project and participation in the 2021 Subaru Share the Love event.



2023 Dinner Show & Concert Series



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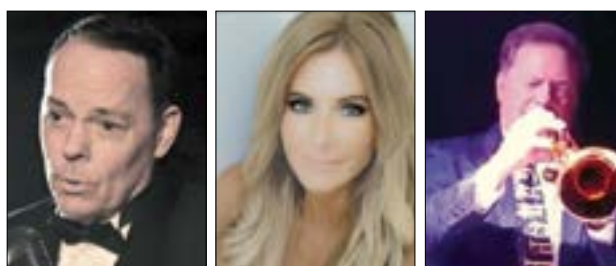
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Friday 4/21/2023

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Mobile Food Pantry

Registration process now changed to voicemail

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

Since the beginning of the pandemic, the highly successful (or some may say “fruitful”) Lake County Mobile Food Pantry has been available to eligible Lake County seniors who are in need of fresh produce.

The Aging and Disability Resource Center (ADRC) at the Lake County Council on Aging has been involved in the registration process from the beginning, dating back to April 2020. Over the course of two-and-a-half years, the ADRC has registered thousands of Lake County seniors for this program. Until recently, registration has always been “first come, first serve,” requiring seniors to call the Lake County Council on Aging to speak with an ADRC staff member in order to complete their registration. In an effort to utilize our amazing Lake County Council on Aging volunteers, we are changing this registration process.

As we continue involvement in this program, starting on October 24, 2022 when registration begins for the November locations, seniors who call to register for the Lake County Mobile Food Pantry will be transferred to the Mobile Food Pantry voice mail. Our Council on Aging volunteers will access the voice mails in the order in which

they are received and will return calls as soon as possible. Seniors are required to leave their name and phone number on the voice mail and wait for a return call from a volunteer or staff member who will then retrieve the required information to complete the registration during the returned call.

Our dedicated volunteers will be the ones completing registration for the first few days of the open registration each month. After those first few days, the ADRC staff at the Council on Aging will return the remaining voice mails. Every month we anticipate a high call volume for this program, so patience during this registration process is appreciated by our committed staff and devoted volunteers.

Note: This change in the registration process does not affect how 2-1-1 completes their registration process for this program; this change is only effective for the Lake County Council on Aging. Seniors are still welcome to call 2-1-1 to register for the Lake County Mobile Food Pantry registration as well, as we are all in this together. We look forward to our continued involvement in this program & serving our Lake County seniors!

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Applying for HEAP is as easy as 1, 2, 3!

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

According to the Farmers' Almanac for this coming winter season, we can expect plenty of snow, rain & mush—as well as some record-breaking cold temperatures! Luckily there is some assistance available to those eligible when it comes to the cost of home heating. The Home Energy Assistance Program (HEAP) is a federally funded program designed to help you meet the high cost of home heating. If eligible, a one-time benefit will appear as a credit applied to your energy bill by your utility company (or fuel vendor).

The Lake County Council on Aging began working with HEAP starting in September 2022. The application may not be processed by Ohio Development Services Agency (ODSA) until November 2022, but the Council on Aging can help you get an early start on the

application process.

To be eligible for HEAP, the total gross annual household income for the 2022-2023 season must fall below \$23,782 (175% of the federal poverty level) for a household of one or \$32,042 for a household of two. Required verifications for the application include your photo ID, Social Security card, and proof of income for all household members, and a copy of your most recent heating/utility bill.

Our information and assistance specialists will review your application and follow up to ensure that it was processed and the credit/benefit was issued to your heating bill. The Lake County Council on Aging is open to the public and your HEAP applications can be completed at the office.

Please call to make an appointment at 440-205-8111.

Medicare open enrollment

Know your options for 2023

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

Do you want to receive free, unbiased Medicare advice? Compare Medicare options? Or are you overwhelmed thinking about all of the different Medicare plans and want to find the best plan for you? If you answered yes to any of these questions, this is the time to let us help you! Medicare's annual open enrollment period begins on October 15 and ends December 7.

If you are on Medicare, this is the time to review your coverage for 2023 since Medicare Part D and Medicare Advantage plans change every year. The Lake County Council on Aging understands how this process can be confusing and overwhelming, but

we are here to help! The Council on Aging has trained Ohio Senior Health Insurance Information Program (OSHIIP) volunteers available to help you navigate your options.

OSHIIP volunteers provide unbiased information and education about Medicare. We will help you review your current coverage and look at plan options for 2023.

You may call the Lake County Council on Aging at 440-205-8111 to schedule a one-on-one appointment. Please note appointments are required during open enrollment and you will need to bring your Medicare card and a list of current medications with you.

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- | | | |
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As Fire Prevention Week approaches, Lake County fire departments remind residents that “Fire won’t wait. Plan your escape!”

Lake County fire departments are teaming up with the National Fire Protection Association® (NFPA)—to celebrate the 100th anniversary of Fire Prevention Week™ (FPW), October 9–15, 2022. This year’s FPW campaign, “Fire won’t wait. Plan your escape,” works to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

“Today’s homes burn faster than ever. You may have as little as two minutes (or even less time) to safely escape a home fire from the time the smoke alarm sounds. Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning,” said Lorraine Carli, vice president of outreach and advocacy at NFPA.

The Lake County Council on Aging encourages all residents to embrace the 2022 Fire Prevention Week theme.

“It’s important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different,” said Christopher “Kip” Jochum, director of HR and safety for Council on Aging. “Have a plan for everyone in the home. Older adults and people with disabilities may need assistance to wake up and get out.



Make sure that someone will help them!”

Key home fire escape planning tips:

- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

For more general information about Fire Prevention Week and fire prevention in general, visit fpw.org and sparky.org.

Remember the Council on Aging in your estate!

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

Helping us to help others

An appeal from the Lake County Council on Aging Board of Trustees

Since 1972, the Lake County Council on Aging has provided services that help older adults remain independent with programs such as Meals on Wheels, social work services, homemaker and “grocery shopper.” Today, the agency’s services remain as critical as ever, serving a growing number of Lake County residents. This year, the Council on Aging marks its 50th anniversary of assisting seniors in the community.

Last year, even as the pandemic was raging, volunteers donated 28,621 hours of service in a number of areas including nutrition where the agency served 209,347 meals to seniors across the county. Our staff provided countless hours of case management, information and assistance to older adults who were facing isolation and loneliness. Through it all, we have been able to take the lead in the delivery of critical services that can help older adults continue enjoying a long, healthy life.

We would like to take this opportunity to express our gratitude and appreciation for your continued support of the Senior Services Levy and for any personal financial assistance you may have provided to the Lake County Council on Aging.

In this issue of Bridge, we have printed a couple of copies of our donation form with the hopes that you will take the time to clip it out, complete the information, and return it with your contribution. Your gift can help us make a difference in serving an ever-expanding senior population in need!

You can also visit the Lake County Council on Aging website at lcco.org and click the “donate” button to make an immediate online donation. Your contribution, no matter how big or small, will help and we thank you for your support.

Please support the Council on Aging!

Clip and mail this form to:
Lake County Council on Aging, 8520 East Avenue, Mentor, Ohio 44060

I want to help Lake County's older adults!

Please accept my year-end gift of \$_____

I am making my donation by:

- ☐ Check or Money Order
(Make payable to: Lake County Council on Aging)
- ☐ Donate online: Skip this form and visit lcco.org to donate!
- ☐ Credit card: Please charge \$_____ to my:
(circle one) Mastercard Visa American Express Discover

Name on card: _____

Card number: _____

Exp. date: _____ CVV code: _____

Your name: (as you wish to be acknowledged)

Company name: (if applicable)

Address: _____

City: _____

State: _____ Zip: _____

Come join us at the Mentor Senior Center



The Mentor Senior Center is the largest senior center in Lake County and offers HUNDREDS of programs and activities to our members. Affordable memberships are available to all Lake County residents 55+. You can take advantage of homemade hot lunches, day & overnight trips, groups & clubs, health clinics, and so much more...including Silver Sneakers!

2023 MEMBERSHIP REGISTRATION BEGINS JANUARY 2nd!

Mentor Residents: \$7.00 | Non-Residents: \$10.00

MENTOR SENIOR CENTER

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Willoughby Senior Center

Eastlake Senior Center
600 East 349th Street

Grace Giangiacomo, director

Fall is here, and with it comes the season to enjoy all the colors during our annual fall trips!

First up is our trip to Walnut Creek, including dinner at Mrs. Yoders...yum! Then down to Berlin and Smuckers, another favorite. Other trips include the Shore Cultural Centre to see "Beauty and the Beast," Friday, October 21, and for those interested in the orchestra, we have a morning performance Friday, October 14. Please call the center at 440-975-4268 to register for our trips.

Remember to check our Facebook page, "Eastlake Senior Center – New and Improved," which will have more information about our trips.

Our annual vendor/craft shows are coming, Saturday, November 5 and Saturday, December 3. Tables are available by calling 440-975-4268. Come visit us to see what we are all about.

But wait there's more! Frohe Weihnachten! Please mark December 4 for a German Christmas "Markt" being held behind Eastlake City Hall from 2–6 pm. Shop 50 vendors of all types while listening to festive music of a live band. Mini pony cart rides will take you on a tour of all the sights. Santa will be there with our own secret elf with his handmade 200 signature ornaments that will be given to random shoppers.

Fairport Senior Center
1380 East Street in Fairport

Chris Yano, director

Lorna Curtiss, a OSHIP volunteer, will be at the Fairport Harbor

Senior Center, starting October 12 through December 28. She will be here every Wednesday from 10 am to 2 pm and will meet with you for one hour. You must sign up in advance. This is a free Medicare checkup. Please call the center at 440-354-3674 and set up your appointment as soon as possible.

We are starting a beginner's pencil drawing class. The goal will be to draw your own Christmas cards. This class will be offered on October 3 and continue through December 12 from 4–6 pm. If interested, please call the center as we will limit it to the first 10 people.

October 13: Flu clinic presented by Walgreens runs 1–3 pm. Please have your insurance cards ready. Appointments required by calling 440-354-3674.

November 5: Fairport Senior Center Craft and Chinese Auction. Doors open at 10 am. Lots of vendors and baskets.

We have a Christmas trip going to Oglebay overnight November 30 through December 1. For more information, please call the center.

Kirtland Senior Center
7900 Euclid-Chardon Road

Teresa Szary, coordinator

As we enter into one of the most beautiful times of year, we invite everyone to explore the outdoor beauty that is Kirtland. Come see our amazing fall foliage – it practically grows on trees around here! This summer, we started a new monthly hiking club led by one of our amazing members. From casual to serious hikers, all are welcome.

October opens with a two-day pickleball tournament – may the best player win! After a citywide outdoor bazaar, a new member lunch, and hosting one of the City's trunk or treat sites, we close out the month with a Halloween bake-off. The theme this year is chocolate and we are always looking for impartial judges.

In November, we'll host our annual Veteran's Day lunch, and have a Thanksgiving potluck following the holiday.

The end of the year brings with it one of our favorite events. Our



– Medicare.gov, Nursing Home Compare



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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.

Senior center updates from page 10

Christmas party will be held on Thursday, December 15.

We never know what each day will bring and invite you in to be part of the fun!

Madison Senior Center **2938 Hubbard Road**

Carol Billetter, director

Fall is in the air and you can already smell the pumpkin spice. Many great happenings in October including a pinochle tournament on October 14. Card play starts at 10 am—traditional Hoyle rules apply. All are invited to test their skill.

Remember Ghouardi, Barnaby and Captain Penny? Dennis Sutcliffe from Lost Cleveland will spark our memories with his reflective program on October 13. Try your hand at painting on Oct. 18 with a “senior paint party” that will leave you with a painting of a fall scene.

November 4 is our Flu Shot Clinic from 9 am–noon, provided by Lake County General Health District.

Our annual Craft Bazaar is Saturday, November 5 from 10 am–3 pm. Come see all the talented crafters and their handmade wares. We will also be selling our hot open-faced turkey dinners.

To honor our veterans and their families, the “Show Biz Kids” from Lake Metroparks will perform their “Spirit” show on November 10.

Need a beautiful ornament to give as a gift or show off on your Christmas tree, join us on November 14 to make a very special reindeer ornament.

Please call 440-428-6664 to register for classes or ask us to send you our current newsletter.

Mentor Senior Center **8484 Munson Road**

Renee Ochaya, director

The Mentor Senior Center is excited to bring back several program favorites. Homemade arts and crafts of all kinds will be available at the Art and Craft Sale on Sat., Nov. 19. A few tables are still available. Call to purchase a space or stop by for some holiday shopping.

Join us for the 10th annual Veteran's Appreciation Breakfast on November 10 at 11:30 am. A delicious breakfast of pancakes, eggs and sausage will be served. The program includes the Color Guard, door prizes, and entertainment. Free to veterans and \$9 for guests.

Cosponsored with Perkins Pancake House in Painesville. Call 440 974-5725 with your credit card or visit the reception desk to make reservations by November 5.

Interested in joining the senior center, but not sure if it's the right fit for you? Join us on Monday, October 24 for a newcomers meeting to learn about all the awesome programs we offer.

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

Join us for our 10th annual Craft Fair and Chinese Auction on Sat., October 8 from 9 am–3 pm. Free admission and parking. Concessions available for purchase. Hand-crafted creations from over 40 vendors. Unique, one-of-a-kind gifts for the holidays. Enter our auction for a chance to win one or more beautiful baskets. Drawing at 2:45 pm. Winners need not be present to win.

For more information contact the Perry Senior Center at 440-259-3772.

Wickliffe Senior Center **900 Worden Road**

Gerri Hubbell, director

It will be a busy and fun fall at the Wickliffe Senior Center!

We will have our normal chair yoga, senior exercise, clogging, line dancing, meditation, senior art & Wii bowling programs. Senior members will also be able to enjoy the following events:

Volunteer Recognition Luncheon
Monday, October 17 – noon

Halloween Bingo
Friday, October 28 – 9 am

Halloween Party
& Costume Contest
Monday, October 31 – 2 pm

Thanksgiving Bingo
Friday, November 18 – 9 am
Senior Member Holiday Party
Thursday, December 8 – 2 pm

Holiday Bingo
Friday, December 16 – 9 am

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! Please read more about our programs online at www.cityofwickliffe.com/recreation/seniorresources.

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

Doreen Nevulis, coordinator

Even though the final quarter of the year is upon us, we are always accepting new members, so come in and join and see what we have to offer. Residents are \$12 and nonresidents are \$15. We offer exercise class, pound class, “Yoga with Chuck,” line dancing, crafts, ceramics, card games, and trips.

We are also a designated Council on Aging nutrition site with week-day meals! Check out our activities at www.cityofwillowick.com/residents/senior.

We will be hosting a Senior Wellness Day on Mon., October 3 from 10 am – noon at the center. We will share health education information, raise awareness of health risks, demonstrate healthy habits.

Our Holiday Boutique is coming up fast. Crafters wanted, looking for handmade items. Cost is \$25. per table and \$30 for tables with electricity. The Holiday Boutique will take place Sat., November 5 from 9 am – 2 pm. Please call Doreen for more information at 440-585-5112.

Mark your calendars for our Holiday Christmas Party on Friday, December 9 at Pine Ridge Country Club. Always a great time. Details to follow. Visit us Monday thru Thursday 8 am–4 pm & Fridays 8 am–noon or you can call us at 440-585-5112 for more info.

Willoughby Senior Center **36939 Ridge Road**

Amy Cesa, manager

The time has come for apples, leaves and pumpkin-spiced everything! Our center is looking forward to our citywide clambake at Lost Nation Golf Course on Sat. October 1. We are celebrating the season with an ice cream social, Halloween bingo, Halloween Jeopardy, and a Halloween party. We are taking a trip to the Christmas StoryHouse, recognizing Veterans Day, and heading to the I-X Center for the Christmas Connection. There are new exercise and yoga classes starting, new craft classes, and more pickleball time than ever before.

Get in a new routine and start walking on the indoor track or using the senior center fitness room—both included in your senior center membership. There's something for everyone! Have a safe and healthy holiday season.

The senior center hours are Monday through Thursday 8 am–8 pm, Fridays 8 am–4:30 pm and Saturdays 9 am–noon beginning October 1, 2022. Call 440-951-2832 for more info.

Membership starts at age 55. Annual dues are \$12 for residents and \$18 for nonresidents. Visit www.willoughbyohio.com/seniorcenter for more details or stop in and we will happily give you a tour of what the center has to offer.

Tune into the “Our Aging World”

Listen weekly to the Council on Aging's radio show every Saturday afternoon on both 1330 AM and 101.5 FM. The program, “Our Aging World,” is hosted by CEO Joe Tomsick, from the Council on Aging and heard at a new time slot, 2–3 pm.

The show focuses on issues, resources and opportunities for those Lake County residents 60 and older. Internet listeners may go to tunein.com and search for WINT.



Save The Date!



March For Meals

Great Lakes Mall

Senior Hall of Fame Awards presented at summer picnic

50 years in the community celebrated at SNPJ Farm in Kirtland

A number of Lake County residents were honored during an afternoon picnic celebration at SNPJ Farm in Kirtland. The community celebration marked the Council on Aging's 50th anniversary and the presentation of the 2022 Senior Hall of Fame Awards on Sunday, July 17, 2022.

At 4:15 pm, during one of the band breaks, the agency presented awards to this year's Hall of Fame inductees — Sue Huber, Don Patt and Judy Daykin. "Helping Hands" award recipients included the Lake Humane Society, Toni Marie Ciliberto, Ken Hoffacker, Mentor United Methodist Church, and the Rogers family.

The awards ceremony has been on hold since pre-COVID. Close to 270 people turned out for the picnic and awards, and enjoyed the music of Polka Hall of Famer Eddie Rodick and his fabulous band throughout the afternoon.

The Council on Aging is grateful to the SNPJ Farm Board and Ladies Auxiliary for all of their support and assistance.

Special recognition to SNPJ's Gerri Trebets, Linda Gorjup, Donna Sebusch, Greg Volpe and Eleanor Epley.

The Council on Aging is also thankful to the many volunteers, board members and staff who assisted with raffle baskets, 50/50 games, kids games and bartending! Close to \$3,400 was raised for senior services and the Council on



Aging appreciates all of those who were in attendance that day.

Hall of Fame Awards were presented by the Council on Aging and proclamations given personally by State Representative Dan Troy, Lake County Commissioners John Plecnik and Mark Tyler, Eastlake Mayor Dennis Morley, Willoughby Mayor Bob Fiala and Willowick Mayor Rich Regovich. Each recipient also received recognition by Congressman Dave Joyce.

LAKE COUNTY SENIOR HALL OF FAME

(3 awardees)

Established in 1994, the Lake County Senior Citizens Hall of Fame honors an individual or couple who at age 60 or older have had significant impact on the community through their employment, civic or volunteer activities.

Ms. Judy Daykin

(Nominated by Deborah D'Apice)

A very helpful volunteer, Judy has devoted much of her time and talents to helping others through local community outreach programs. She has volunteered in city and nonprofit events for many years including volunteering for the General Federation of Women's Clubs in Eastlake for nearly 40 years.

Judy has served as chair and multiple other positions for the city of Eastlake history celebrations, was awarded as a committee member for Recycle America and initiated the Flight 93 Committee of the Women's Club.

Humble and compassionate, Judy is known for her ability to make others feel heard and valued and looks for the silver lining in every situation, always looking to assist in any way she can. Judy has also volunteered at the Lake County Captains stadium, the Willoughby Senior Center and Willoughby Methodist Church.

Mr. Donald Patt

(Nominated by Karen Schafer)

Don has impacted many lives in Lake County over the years. From seniors through his work with Meals on Wheels, to families supplying food through the Helping Hand Food Pantry, to young women who are pregnant making sure they have the necessities to become caring, lov-



*Volunteer during
this fun event!*

HALLOWEEN DRIVE-THRU

October 7-9, 14-16, 21-23, 28-30

at Lake Metroparks Farmpark

Travel Farmpark's trails and roadways after dark in the comfort of your own vehicle and experience many playfully frightful sites throughout the park—some that you have come to love and some new surprises.

• All ages, PG-5 (parental guidance suggested) • Fee: \$27.50 per carload

Tickets on sale online only at lakemetroparks.com.



ing moms to their newborns. In each of these volunteer roles, Don's actions are done with love and genuine kindness in order to help his fellow neighbors in Lake County.

In 2019, he received the Birthright Volunteer of the Year Award. An active parishioner at St. Mary of the Assumption Church in Mentor, Don has served as a eucharistic minister and usher, member of the Holy Name Society and in 1983 was one of the organizers of their annual summer festival where he has continued to assist in many ways.

Don is the type of person who never wants to take credit for all that he does for others. A cancer survivor and numerous physical ailments do not hold back his passion for helping others.

Ms. Sue Huber

(Nominated by Cristen Kane,
Volunteer Network of Lake County)

Sue has dedicated her time and talents as a senior to serving other seniors in need. She serves as a volunteer guardian through Lifeline, Inc. for several individuals, dedicates a great deal

of her time and talents as a kitchen volunteer for the Council on Aging Meals on Wheels program, and has logged hundreds of hours volunteering for Lake Metroparks in a variety of roles including working with the Adaptive Outdoor Education program, coordinating other volunteers for Country Lights, and serving at many special events.

When COVID vaccine registrations began in January of 2021, Sue quickly stepped up to assist the Lake County General Health District with their COVID hotline, talking with seniors who had concerns about the vaccine supply, reassuring them and reducing the fear about the availability of vaccines.

HELPING HANDS AWARDS

(5 awardees)

The Helping Hands award annually recognizes a deserving person, business, or organization whose contribution(s) made a significant impact on the agency or on the behalf of the clients of the agency.

Ken Hoffacker

Mr. Hoffacker is being recognized for his contributions in assisting the agency with projects that go beyond his volunteer work with the Council on Aging meals programs.

The Rogers Family

Brian Rogers, Kevin Rogers, Matthew Pitts
These three gentlemen are being recognized for the dedicated work they have done for the Coun-



cil on Aging on numerous occasions, moving and hauling office furniture, repair and maintenance, and preparatory work for lobby renovations.

Ms. Toni Marie Ciliberto

Western Reserve Community
Development Corporation

Ms. Ciliberto is being recognized for her collaborative work with Council on Aging assisting seniors in need with critical home maintenance projects.

Lake Humane Society

Lake Humane Society is being recognized for its willingness to provide supplemental pet food for the "Meow or Woof Pet Meals on Wheels" initiative of the Council on Aging.

Mentor United Methodist Church

Mentor United Methodist Church is being recognized for accommodating the Council on Aging in the distribution of farmers market vouchers to over 300 seniors during the summer of 2022.



Celebrate the Season!

at the Lake County History Center!





Deck the Halls
Special Open House
December 2 & 3 • 11 am–6 pm
\$8 members • \$10 nonmembers
\$5 children 12 and under
Visit North Pole Novelties and the Peppermint Lane Sweet Shop for unique gifts. The Nutcracker Café will be open for snacks and beverages. See music boxes, holiday light display in the event barn, decorations, the Candy Cane Cottage Memories display, and a special appearance by Santa.
Group Days (8 or more)
December 1 & 9
\$20 per person
Call to reserve your time.
440-639-2945, ext. 13 or ask for Tonya
Includes museum tour and lunch: pretzel-crusted chicken breast, potatoes, salad, cookies or brownies. North Pole Novelties and Peppermint Lane Sweet Shop will be open.
Museum Visiting Hours
December 6–21
Tues–Fri. from 10 am–4 pm
\$8 members and \$10 nonmembers
\$5 children 12 and under.

Breakfast or Lunch with Santa
December 4, 10, 11, 17, 18
9 am, 11 am, 1 pm
Tour the museum, eat with Santa, decorate a cookie, see our holiday light display in the event barn.
Photo opportunity with Santa.
\$17 adults • \$13 youth ages 4–12
\$4 children 3 and under
Museum open to guests 1:30–5 pm

Holiday Tea
Saturday, November 19 • 2 pm
Christmas themed with guest speaker. Menu: finger sandwiches, chicken salad, ham salad, cucumber, fresh fruit with raspberry cream cheese, varieties of scones, desserts.
\$20 members • \$22 nonmembers
\$12.50 youth 14 and under

More information can be found at
lakehistorycenter.org or
lakehistory.eventbrite.com.
Or call 440-639-2945.



415 Riverside Drive
Painesville Township

Candy Cane Cottage
Memories with WRJSL
Anyone who shopped at Carlisle's department store in Downtown Painesville during the 1980s will surely remember the Candy Cane Cottage! This year we are recreating parts of the Candy Cane Cottage that was sponsored by the Western Reserve Junior Service League. We will have a talking tree and mouse houses. Along with other specially decorated rooms, Santa's workshop, Fantasy Land, Enchanted Forest and Santa room.
Open during special events and visiting hours in December 2022.



The Fine Arts Association and Lake County ADAMHS Board announce new pilot program grant

The FAA's therapy programs will now be available to ADAMHS Board providers

The Fine Arts Association's (FAA) Creative Arts Therapies department has received a pilot program grant from the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board. This support allows the ADAMHS Board providers access to FAA's music therapy, art therapy and adapted arts programming.

"With the growing need for mental health services, FAA is well equipped to offer these beneficial therapies to the agencies supported by the ADAMHS Board. With this grant, we can serve 75 individuals and 12 groups," states Ann Marie Raddell, FAA's director of creative arts therapies. "The arts are a powerful means to improve and enhance the psychological, emotional, physical and social health of individuals."

The Lake County ADAMHS Board plans, funds, monitors and evaluates Lake County's continuum of mental health and substance-use disorder supports and services. This non-Medicaid grant, earmarked for creative art therapies, provides additional intervention for individuals experiencing mental health or addiction challenges. "We are very pleased to announce this new pilot program with the FAA's Creative Arts Therapies team," added Kim Fraser, executive director of the Lake County ADAMHS Board. "When



utilized in conjunction with traditional clinical services, we believe creative arts therapies will provide an important and effective tool in helping improve the quality of life for our citizens."

Since the pandemic began, the demand for FAA's Creative Arts Therapies programming has increased by more than 60%. As a professional therapeutic option, creative arts therapies are funded by the client at similar rates as other therapy services. But unlike other therapies, most creative arts therapies are not covered by insurance. The Fine Arts Association seeks grants, scholarships and partnerships to help subsidize the costs for those most-at-risk clients. "It is imperative during these difficult times to engage and utilize all mental health professional services to meet the growing mental health and addiction needs of northeast Ohio communities," concluded Ms. Fraser.

In addition to the Lake County ADAMHS Board Pilot Program Grant, FAA's Creative Arts Therapies department has recently been awarded the following opportunities and recognition:

- Certified Ohio Mental Health and Addiction Services and Licensure and Tracking System provider
- Approved Ohio Department of Education Autism Scholarship Vendor
- Partnership with Cleveland State University as a University Affiliated Music Therapy Internship site

About The Fine Arts Association (FAA)

FAA offers five arts education programs—dance, music, theatre, visual arts and creative arts therapies, to individuals of all ages, abilities and backgrounds. FAA maintains a strong presence in northeast Ohio through on-site and off-site programs partnering with libraries, schools, assisted living facilities and more.

In addition to arts education programming, FAA offers a full performance season. For more information, please visit them online at www.fineartsassociation.org.

About the Lake County ADAMHS Board

The ADAMHS Board plans, funds, monitors, and evaluates services available to residents dealing with mental illness and or substance-use disorders. For more information, please visit HelpThatWorks.us.

STAR Program

Our STAR Program can assist low income households with their rent during a time they need it most

1st Months Rent

- Must have some form of income in the household
- For individuals moving to a new rental
- For Low-Moderate income households

Senior/Disabled Subsidy

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



Visit www.fhrc.org or Call
440-392-0147

FBI warns about conniving criminals in the latest grandparent scam

The grandparent scam has been around for a few years. The FBI Internet Crime Complaint Center (IC3) has been receiving reports about it since 2008. But the scam and scam artists have become more sophisticated.

“This scam preys on the heart-strings. Ruthless con artists can be persistent and persuasive, knowing that a grandparent will likely do whatever is needed to help their grandchild,” said Philip E. Frigm, Jr., acting special agent in charge, FBI Cleveland.

Thanks to the Internet and social networking sites, a criminal can sometimes uncover personal information about their targets, which makes the impersonations more believable. For example, the actual grandson may mention on his social networking site that he’s a photographer who often travels to Mexico. When contacting the grandparents, the phony grandson will say he’s calling from Mexico, where someone stole his camera equipment and passport.

Common scenarios include:

- A grandparent receives a phone call (or sometimes an email) from a “grandchild.” If it is a phone call, it’s often late at night or early in the morning when most people aren’t thinking that clearly. Usually, the person claims to be traveling in a foreign country and has gotten into a bad situation, like being arrested for drugs, getting in a car accident, or being mugged...and needs money wired ASAP. And the caller doesn’t want his or her parents told.
- Sometimes, instead of the “grandchild” making the phone call, the criminal pretends to be an arresting police officer, a lawyer, a doctor at a hospital, or some other person. And we’ve also received complaints about the phony grandchild talking first and then handing the phone over to an accomplice...to further spin the fake tale.
- We’ve also seen military families victimized: after perusing a soldier’s social networking site, a con artist will contact the soldier’s grandparents, sometimes

claiming that a problem came up during military leave that requires money to address.

- While it’s commonly called the grandparent scam, criminals may also claim to be a family friend, a niece or nephew, or another family member.

To avoid being victimized:

- Resist the pressure to act quickly.
- Try to contact your grandchild or another family member to determine whether or not the call is legitimate.
- Never wire money based on a request made over the phone or in an email...especially overseas. Wiring money is like giving cash—once you send it, you can’t get it back.

What to do if you have been scammed.

Contact your local law enforcement and file a complaint with the FBI IC3 center at IC3.gov, which not only forwards complaints to the appropriate agencies, but also collates and analyzes the data—looking for common threads that link complaints and help identify the culprits.



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

Dear ADRC Manager,

Just a note to commend one of your staff, Selena Cox. She goes out of her way to help others. She has helped me many times and I appreciate her assistance.

*Thank you,
Barbara*

Dear COA staff and board,

I want to say thank you again for my “Helping Hands” award. It is very appreciated and meant the world to me. It’s a wonderful feeling knowing we help people in need.

*Thank you!
Toni Marie*

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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



Are you ready for winter?

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

Hard to believe that winter is approaching. It's time again to watch the leaves change colors, prepare and enjoy holidays with family and friends and stock emergency food supplies for that inevitable snowstorm or other emergency situation.

Most people know that they should keep an emergency food supply, but don't necessarily take the steps to create one. Preparing an emergency food supply doesn't have to involve buying a lot of unfamiliar or costly foods. It's about having a plan.

The type of items that should be stored in case of emergency need to be items that will sustain you until help arrives or you are able to venture out for food and water. Items high in protein, in containers that can be easily opened with a pull top or a hand can opener, are ready to eat and items that you enjoy eating.

Shelf-stable food items should be stored off the floor in clean, dry, dark places away from any source of moisture. Foods will maintain quality longer, if extreme changes in temperature and exposure to light are avoided. Placing your emergency food supply in a 10 gallon plastic storage container with a lid works best.

What to stock in your emergency food supply:

- Three-day food supply for each member of the household. Check expiration dates and rotate food every six months.
- Water - Water is ESSENTIAL! A plastic gallon bottle of water for each person each day. At least three gallons per person.
- High protein items – peanut butter, nuts, dried fruit, trail mix, beef jerky, meat sticks,

protein bars or powder, tuna, canned meats, peanut butter or cheese crackers, canned chili or stew.

- Ready-to-eat items – peanut butter, tuna, canned meats, canned fruits or applesauce, canned vegetables, protein bars or powder, juice, non-perishable pasteurized milk, canned chili or stew, canned soups, prepared pasta, fruit snacks, pudding cups, cereal, breakfast bars, no-refrigeration needed juice, and oatmeal.

In addition to the above nonperishable food items, there are some fruits and vegetables that don't require refrigeration. They are items that aren't refrigerated in the grocery store. If you have them on hand, they can become an instant addition to the three-day emergency supply, but watch for spoilage – they won't last forever.

Do NOT stock these items ahead of time with other nonperishable, shelf-stable items:

- Fruits that don't require refrigeration – apples, bananas, grapefruits, oranges, peaches, plums, grapes (2–3 days), and blueberries (2–3 days).
- Vegetables that don't require refrigeration – shelf life of 2–7 days - avocados, bell peppers (5–7), broccoli (2–4), carrots, cucumbers (2–4), onions, tomatoes, and zucchini (2–4).
- Bread and wraps don't require refrigeration – shelf life up to a week – watch for spoilage.

Having an emergency food supply ready for any emergency situation will give you peace of mind and keep you safe when the unexpected snowstorm or emergency occurs.

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Senior Day at the Fair '22 – a senior celebration!

Seniors recognized for their volunteer efforts

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

The Lake County Council on Aging hosted this year's Senior Day at the Lake County Fair, on July 29. The focus this year was on celebrating seniors and volunteers with the presentation of Outstanding Senior Citizen awards to 13 individuals. These dedicated seniors were nominated by the senior centers of the Lake County and members of the Senior Services Levy Coalition. Special proclamations were award-

ed by Lake County Commissioner John Plecnick, State Representative Dan Troy, and the program was presented by Council on Aging CEO Joe Tomsick.

Attendees enjoyed free admission, free transportation thru Lakeland, free boxed lunch compliments of the Lake County Council on Aging, entertainment by "The Summit" sponsored by the Lake County Fair Board. The day's activities

were emceed by radio personality Steve Neumann and included bingo with prizes donated by each of the Senior Services Levy Coalition members. University Hospitals, Health Market Insurance, and the Senior Services Levy Coalition all had vendor tables with helpful information and resources.

The Council on Aging is grateful to the Lake County Fair Board for the courtesies shown, its fellow

members of the Senior Services Levy Coalition, Council on Aging board members, emcee Steve Neumann and all of the volunteers who all helped make for a picture-perfect day at the fairgrounds! Participation at Senior Day was at an all-time high, thanks to the involvement of all the senior center directors encouraging individuals to attend and cheer on their center's award recipients.

Time to consider year-end tax planning

By Paul Pahoresky,
Board Member, Council on Aging



It is hard to believe that fall is upon us and the end of the year is around the corner. In order to take advantage of any tax savings opportunities and to be organized for the end of the year, it is a good time to begin planning and taking steps for the year end. A number of items that can reduce your tax obligation must be completed prior to year end.

For those individuals that make significant gifts to friends and family members the annual exclusion from filing and reporting a gift tax is \$16,000 per individual recipient from each gift giver. So, a couple can give \$32,000 per year to a child and not have to file a gift tax return. This annual exclusion is a use-it or lose-it benefit and it resets each January 1, but cannot be then taken retroactively for the prior year. Gifts beyond the \$16,000 per year require a gift tax return to be filed and generally count against the lifetime estate tax exclusion.

Rather than giving a direct gift to a family member another alternative that offers actual tax savings is making an Ohio 529 contribution into an account on their behalf that you control. This offers a direct tax deduction of up to \$4,000 per beneficiary per year on the Ohio return. As the account owner you can actually change the beneficiaries at a future date and the funds can generally be used for more than just traditional four-year colleges as well. As a parent of three kids in

college this certainly would be very helpful for all parties involved! In lieu of another toy a gift of education has a much longer-term impact as well.

Making charitable contributions to qualifying charitable organizations such as the Lake County Council on Aging before year end could also help to reduce your upcoming tax obligation. A gift of appreciated stock to a charitable organization should also be evaluated as the taxpayer eliminates the capital gains that would occur with a traditional sale of the investment and gets a tax deduction for the full market value of the donated stock. Whether the deduction is a non-cash deduction of clothing and household items to Goodwill or a monetary donation to a charity, the donation will impact both the charitable organization and yourself.

Tax planning can always be a challenging undertaking. Taking some time to plan and review may help reduce overall taxes and avoid any unexpected surprises.

For more information on making a yearend charitable contribution to the Lake County Council on Aging, please call Kip Jochum at (440) 205-8111, extension 257. Consult your tax advisor for your specific situation for additional information and guidance on these topics.

Paul Pahoresky is a partner in the accounting firm of JLP CPAs.

Outstanding Senior Awards

Eastlake Senior Center – Sally Fritsch
Fairport Harbor Senior Center – Denise Duncan
Kirtland Senior Center – Bill Russ
Madison Senior Center – Darlene Hoch
Mentor Senior Center – Jeff Cherney
Perry Senior Center – Nancy Henn
Wickliffe Senior Center – Robin Wolf
Willoughby Senior Center – Laura Oster
Willowick Senior Center – Pat Pecjak
Project Hope for the Homeless – Phil Seyboldt
Lake County Council on Aging – Chuck and Mary Zerman
Lake County Volunteer Network and
Board of Lake County Commissioners – Thomas Dreher



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How to find a hearing aid that's right for you

By University Hospitals

If you're dealing with hearing loss, you'll soon be able to buy a hearing aid directly from stores or online, without a prescription or doctor exam. How do you find a hearing aid that's right for you?

Some of it depends on the severity of hearing loss and individual circumstances, says Robin Piper, AuD, CCC-A, audiologist and clinical supervisor of University Hospitals Audiology Services.

Over-the-counter hearing aids

The Food and Drug Administration recently authorized over-the-counter hearing aids to make hearing aids more accessible and affordable. They should be available online and in stores as early as mid-October 2022.

Only one in four adults who could benefit from hearing aids has used them, according to the National Institutes of Health. Untreated hearing loss can lead to depression, dementia and other problems. Many people also face barriers to getting affordable hearing aids because of insurance access.

Over-the-counter hearing aids are intended for people with mild to moderate hearing loss and offer a more affordable option.

"To me, the analogy would be reading glasses



you buy at the drug store," Dr. Piper says. "You don't get a professional with it. It's plug and play."

She says over-the-counter hearing aids will not be appropriate for someone with significant or asymmetrical hearing loss.

"But it may be entry level for someone who has been hesitant to try hearing aids. Patients wait on average seven years from diagnosis to pursuing amplification, and we know that sustained, untreated hearing loss can lead to cognitive decline," she says. "So this may be a cost-effective way to help them."

When to seek a hearing evaluation

For more serious hearing loss, it's important to have a comprehensive hearing evaluation by an audiologist. The evaluation determines degree

of hearing loss and includes questions about a patient's particular hearing challenges, lifestyle, communication needs and environment.

"Hearing loss is not the same for every patient," Dr. Piper says. "Everybody's lifestyle is unique; everybody's perception of their hearing loss is different. It's really important to have that conversation."

The smallest and least visible type of hearing aid is molded to fit completely in the ear canal. It's suited for people with mild to moderate hearing loss. Custom programming and fitting of hearing aids is important in cases of advanced hearing loss.

You will find a wide range of sizes, styles and features. Some hearing aids go behind the ear, others fit in the ear or in the ear canal. You can choose rechargeable batteries or disposables, and technologies such as remote control and Bluetooth to stream music, podcasts and such.

"The style is typically driven by the degree of hearing loss," Dr. Piper says. "The completely in-the-canal hearing aid is not appropriate for everyone. It depends on hearing loss, dexterity required to manipulate the devices and whether they want rechargeable or disposable batteries."

UH audiologists can provide demonstration devices programmed for the patient's hearing loss, so they can try them out. Dr. Piper likens

See HEARING AIDS on page 22

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Preparing for fall!!

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

The seasons of life and Mother Nature's seasons have so many parallels.

The fall season is symbolic of plenty, ripening, harvest and abundance. We reap the benefits of having toiled the soil, having planted the seeds and nurturing them to maturity, and then harvesting them and sharing the abundance with the ones we love. The fall season of life is the period after we retire from our successful careers, start to slow down and enjoy the fruits of our labor by spending more time with the people and projects that we love.

*The days are getting shorter
And the air is getting colder!
Time for you to be your senior's
#1 supporter
By helping them get their
home in order!*

Here is a little checklist to ensure our seniors are ready for the fall season.

■ Unfortunately, fall is a season for falls.

- Prepare for those early ice and snow storms by having a shovel and ice melt by the door to melt away unexpected ice or hail.
- Beware of fallen leaves, wet leaves are slippery and pose as a possible fall risk.
- Piles of leaves pose as an obstacle for our seniors, so be sure that walk ways are raked and swept free of leaves and debris.

■ Schedule pre-winter heating maintenance

- Make sure furnaces are in good working order.
- Chimneys are cleaned to



avoid flue fires.

- Smoke and carbon monoxide detectors are checked and batteries changed.
- Adjust automatic thermostats to account for internal temperature fluctuations.

■ Fall fashion time

- Make sure sweaters and jackets are accessible in the front of the closet.
- Nonskid footwear available to avoid any slip and fall on wet, slippery leaves or pavement.

*Now that you know that your
loved one's home is safe
inside and out,*

*But because of their age maybe
they could use a bit of assistance
with cleaning, no doubt.
Call the Council on Aging at
440-205-8111 as quick
as you can,
And allow our caring
homemakers to lend
them a hand!*

The Council on Aging is here for our seniors throughout the seasons of their lives. Our homemakers will assist in light housekeeping twice a month. Our services include dusting, and vacuuming of main living area, as well as, cleaning and disinfecting the main bathroom and kitchen area. If you or a loved one need a little assistance, please call us at 440-205-8111.

AARP Smart Driver Course

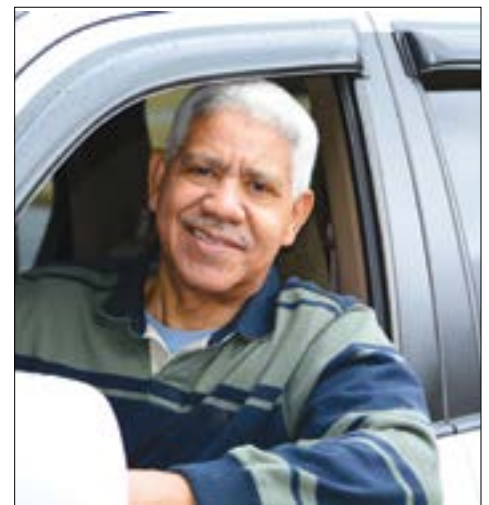
Returns to Council on Aging October 12, 2022

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 Wednesday, October 12, 10 am–2:30 pm 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 changing 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.

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Polka Hall of Fame hosts 18th sausage festival in Kirtland



Pictured L-R:
Kevin Potter
 Kirtland Mayor
Lynda Abraham
 "Ms. Dyngus Day"
Georgine Welo
 South Euclid Mayor
Don Srnick
 Regional Vice President of SNPJ
Joe Tomsick
 Council on Aging CEO
Joe Valencic
 President of the Cleveland
 Federation of SNPJ Lodges and
 Museum Director National Clevel-
 and-Style Polka Hall of Fame

Photo courtesy of Joe Valencic

In September, Kirtland Mayor Kevin Potter joined with several other "celebrity judges" including Council on Aging CEO Joe Tomsick at the 18th annual Slovenian Sausage Festival hosted by the National Cleveland-Style Polka Hall of Fame and Museum.

Nearly 1,300 hungry music-lovers enjoyed eight hours of polka music, perfect weather and savory sausages at the

SNPJ Farm in Kirtland, Ohio. Azman's Quality Meats earned a twin win at the event winning the Best of Fest Jury Award and scored as the People's Choice. As the popular choice, Azman's prized sausages will be served at the Polka Hall of Fame's three-day Thanksgiving Polka Weekend dance festival at the Holiday Inn Cleveland South in Independence, Ohio.

A polka music awards

show is the high point of the weekend, which takes place November 25, 26 and 27, 2022.

The Polka Hall of Fame is located at 605 East 222nd Street in Euclid, Ohio, in the city's historic former city hall. The museum and gift shop are open Wednesdays and Saturdays, 11 am-4 pm.

For more information, call (216) 261-3263 or check PolkaFame.com.

Council on Aging featured in Lake County Fair parade



Over 200 units paraded down Mentor Avenue into the fairgrounds to officially kick off the 2022 Lake County Fair. Participating this year was a large group of individuals representing the Lake County Council on Aging as it celebrates its 50th anniversary.

Led musically by the "Fairport Jammers" button box club performing in a truck driven by former board member Rich Wilson, the Council on Aging tossed pounds of candy to parade onlookers as they danced to the fun polka tunes! The agency would like to thank Brandy O'Brien, Kate and Rick Smith, Lynn Manteuffel, Chris and Tim Rieder, Ken Hoffacker, Kate Smith, Linda Llewellyn and Ann Marie Armario.

The musicians included John Muhvic, Frank Sajn, Jimmy Savastano and Tom Borris. The Council on Aging float won for Best Band Entry!

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Donate your vehicle to the Council on Aging

Give the gift of a tax deduction!

Have you realized all the costs of keeping your unwanted vehicle like insurance, registration, maintenance, gas, etc.? Maybe it's time to consider if you really feel it gobbling up your cash. If you're ready to let go, the Lake County Council on Aging is here to help! Through a partnership with Charitable Adult Rides & Services (CARS), we offer free pickup for vehicle donations, and you could qualify for a tax deduction.

To learn more or to get started, call 855-500-7433 (RIDE) or simply submit a secure online donation form at careasy.org/nonprofit/lake-county-council-on-aging.



Our vehicle donation support team is available seven days a week. Running or not, donations like cars, trucks, boats—and everything in between—have great potential to keep Council on Aging's programs running.

Adult Protective Services 24/7 hotline

Lake County Adult Protective Services is the agency mandated by the state of Ohio to assess allegations of elder maltreatment in the community. Their 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. Their 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 their hotline at 440-350-4000, press 1, for questions, to report concerns, or to request additional information about the services that they 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 <https://www.lakecountyohio.gov/jobs-family-services/>.



Give of your time this holiday season

Help make the holidays brighter for homebound seniors in Lake County by volunteering to deliver food on Thanksgiving and Christmas mornings. It's a great way to demonstrate the holiday spirit of giving.

Through a partnership with University Hospitals, hot holiday meals are prepared, packed and

picked up at University Hospitals TriPoint Medical Center in Concord Twp. and University Hospitals Lake West Medical Center in Willoughby.

If you would like to volunteer on the mornings of November 24 and/or December 25, please call the Council on Aging at 440-205-8111 and ask for ext. 228.

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United Way of Lake County appoints new president & CEO

Dione DeMitro is the new president & CEO of United Way of Lake County (UWLC).

She began this past August and is exceedingly enthusiastic about community service. Well known throughout Lake County for her philanthropy, DeMitro looks forward to further uniting our community and growing UWLC's services with a focus on collaboration. She has also been a passionate contributor to mission-driven organizations throughout her career. Her skills, leadership abilities, and commitment to giving back will be incredibly valuable to Lake County and UWLC.

DeMitro is a lifelong resident of Lake County. She earned a Bachelor of Science from Allegheny College and a Master of Education Administration from Cleveland State University.

DeMitro began her career as a high school biology teacher before transitioning as a strategic planning executive for mission-driven organizations. In her role as the director of the Nonprofit and Public



Dione DeMitro

Service Center for Lakeland Community College, DeMitro assisted numerous nonprofits in the development of strategic plans. As the vice president of Burges & Burges Strategists, she assisted school districts and municipalities with strategic planning services.

"I look forward to working with our community partners, donors and volunteers to meet the needs of our community," said DeMitro.

Learn more at uwlc.org.

Lake County Treasurer's office holds presentations for seniors

The Lake County treasurer's office has been busy the past few months holding presentations on financial literacy at the Painesville administration building, libraries and schools. Presentations at all the local senior centers are now being scheduled and will cover topics such as homestead, available grants, and financial literacy for seniors in Lake County.

In addition, reduction programs including the VA Reduction Program and the Lake County Water and Sewer Bill Reduction Program will be covered, as well as a variety of programs offered through Lifeline and the Fair Housing Resource Center.

The qualification for the homestead reduction is as follows: owner occupied, must be 65 years or older as of January 1 of the year applying for the reduction, owner of record for the property qualifying for reduction, and the taxable income limit for the 2022 homestead can be no greater than \$34,600. The Homestead Department can be reached at 440-350-2536.

To date, the following presentations have been set:

October 7 • 10 am

Fairport Harbor Senior Center
1380 East Street

March 2, 2023 • 1 pm

Concord Senior Center
7671 Auburn Road, Painesville

The Lake County Birthday Club has been very active since 2021. Over 80 free birthday celebrations have been held, including celebrations at Deepwood and multiple senior centers throughout the county. The birthday celebrations are tailored for each individual person but typically include balloons, birthday cake, a proclamation from Lake County, lunch and presents. If anyone is celebrating a special birthday, they can contact Terry Bowes-Koszy at 440 567-0991 to set up a celebration.

The Birthday Club was created to help celebrate free birthdays for children facing severe medical issues or individuals with special needs, but local veterans and milestone birthdays for individuals reaching 100 years old are also celebrated.

• • • • •

The treasurer and auditor offices recently held a resource fair to help residents learn about local programs that may be beneficial to their households, which included grant and program information on housing, food, assistance with utilities and transportation.

A second resource fair will be held in April 2023. Call Lake County Treasurer Michael Zuren at 440-350-2480 for more information.

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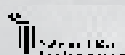
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Hearing aids from page 18

the tryouts to test driving a car.

Once a patient purchases a prescription hearing aid – typical cost is \$2,000 to \$6,000 per pair – they are afforded a 30-day trial period under law. Patients return to the audiologist after two or three weeks from receiving the hearing aid for any adjustments or reprogramming and additional verification of appropriate fitting.

The technology has improved dramatically over the last five years for sound quality. Some people will find what they need with basic, less expensive technology rather than premium technology that comes with more options.

To learn more about hearing loss, hearing aids or to find a provider near you, visit UHhospitals.org/ENT.

March for Meals 2023

The board of trustees of the Council on Aging has selected Saturday, March 18, 2023 as the date for the annual March for Meals celebration at Great Lakes Mall. Please save the date and join us from 8 am until 10 am. March for Meals is a national campaign, initiated and sponsored by Meals on Wheels America.

Hundreds of senior nutrition programs across the United States, like the Council on Aging, participate in March for Meals to help raise the necessary funds to serve more members of the senior community.

Please watch our website at lccoa.org for sponsorship information!

Flu clinic for seniors at Council on Aging Nov. 4



The Lake County General Health District will be administering flu shots for individuals 65 years of age or older, on Nov. 4 at the Lake County Council on Aging office, 8520 East Avenue in Mentor.

The flu clinic will take place from 1:30–4 pm. Appointments are necessary. No walk-ins will be available.

The Centers for Disease Control and Prevention recommends getting your flu shot this fall to help reduce your risk from serious illnesses from the flu, including hospitalization. Because influenza viruses are always changing, the flu vaccine is reviewed annually

and updated as needed.

Your flu shot may be free with medical insurance or Medicare Part B. There is no copayment unless required by your plan. If you are self-paying via cash or check, the total price is \$80.00. The Lake County General Health District cannot accept bills larger than \$20.

Seniors will need to bring their photo ID and insurance card.

To schedule an appointment, please call Naomi at the Lake County General Health District at 440-350-2482. When you call, please have your insurance card handy.

Town hall meetings held to gauge senior interests in Painesville

Painesville City Council members Jim Fodor, Christine Shoop and Derrick Abney reached out to seniors in the surrounding local communities. These councilpersons have been collecting information on how Painesville City Council can help the senior citizen population become more involved in the community. In the last three months they have hosted one picnic and two town hall meetings to gather data on what activities would be of the most interest to local seniors.

At the two town hall meetings, held at Morse Avenue Community Center, 37 seniors were asked to fill out a survey to collect facts on senior engagement. Here are some of the details that were shared as a result of the data collection.

- 62 % of the attendees were from Painesville city.
- There were nine suggested activities

ties on the survey. The top three activities were:

- Guest speakers (78%)
- Social interaction (73%)
- Bus trips (65%)

When asked about current area senior center attendance, 51% stated that they did not visit any senior centers, 30% regularly visited the Fairport Senior Center and 19% were frequenting other eastern Lake County facilities.

Painesville City Council will continue to research what can be done to help our seniors become engaged. If you would like to contact Jim, Christine, or Derrick use the information listed below.

Jim Fodor
jfodor@painesville.com

Christine Shoop
cshoop@painesville.com

Derrek Abney
dabney@painesville.com

All-you-can-eat pancake breakfast

Bring the family October 9 to support our seniors!

On Sunday, October 9, 2022, the Lake County Senior Services Levy committee is hosting an “AYCE Pancake Breakfast” fundraiser at the Wickliffe Community Center from 9 am until 12 noon. Donation for tickets is just \$12 for adults, \$5 for children under 12, and are available from all Lake County senior centers, Lifeline and the Council on Aging. The Wickliffe Community Center is located at 900 Worden Road.

Breakfast includes all-you-can-eat pancakes, two sausages, coffee and juice! Over a dozen baskets will be raffled that morning as well, with each of the baskets valued at over \$50! Tickets will be available for the raffle on the morning of the event.

For sponsorship opportunities, please email soslakecounty@gmail.com.

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.

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Creative arts therapies may help your loved one

Music and art are powerful forms of communication. Remember hearing a piece of music from early years and finding yourself transported back to that moment in time? One might even re-experience to a degree the event, emotions, sounds, and smells. We often select art for our homes that bring us feelings of comfort and joy. Whether it's a photograph, or certain colors, patterns, or themes, artwork can elicit feelings and emotions.

The Fine Arts Association's Creative Arts Therapies Department utilizes the power of music and art therapies to address areas such as cognitive, emotional, social, and physical health. Creative arts therapies can assist people in recalling

joyous and difficult parts of their past along with looking at their current state of being. Hearing, creating, or making music and art within the Creative Arts Therapies Department helps elderly people to improve their mental health and quality of life.

Creative arts therapies is a gentle and caring approach to memory issues, depression, loneliness, self-esteem, among other varying needs. For individuals and groups interested in learning more about creative arts therapies, please contact Ann Marie Raddell, The Fine Arts Association's director of creative arts therapies at 440-951-7500 ext. 124 or visit www.fineartsassociation.org/education/therapy.



Save The Date!

March For Meals

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Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



Working to make schools safer

Q: In light of the recent school shooting in Texas, I am concerned about the safety in our local schools and the ability of law enforcement to respond quickly to an active shooter. How has the Lake County sheriff's office prepared for the unthinkable and what steps are being taken to make our schools safer?

The recent tragedy at the school in Uvalde, Texas, as well as the significant rise in shootings at malls, businesses, and on the streets throughout America is of great concern to law enforcement across the country. Every sheriff and police chief is evaluating how they can better prepare to respond to such violence, and what steps can be taken to prevent it as best as possible.

The Lake County sheriff's office has taken many proactive steps over the past seven years to better prepare for active shooters not only in our schools, but in our businesses and government buildings as well.

Beginning in 2015 we began ALICE training in the schools we are associated with. ALICE, (which is an acronym for alert, lockdown, inform, counter, evacuate) is educating people working in public areas such as schools, churches, business, and other areas on how best to respond to armed intruders who may have a gun, knife, or other instrument of violence so they can make good lifesaving decisions as the incident begins. Since 2015 we have trained all staff at:

- Riverside Local School District
- Fairport Harbor Exempted Village Schools
- Painesville City Local Schools
- Auburn Career Center
- Perry Local School District
- Hope Ridge Preschool
- Coleridge Preschool
- Our Shepherd Lutheran Preschool

ALICE training outside of schools includes:

- Lake County Job & Family Services
- Lake County prosecutor's office
- Remainder of Lake County offices (all staff) at commissioners' request
- Lake-Geauga Head Start

- Lake County Board of Developmental Disabilities (Deepwood)
- Project Hope for the Homeless
- Senior Citizens Coalition
- Fire Services—Painesville Township Fire Department, Perry Fire District, Concord Township Fire Department
- Forbe's House
- Beacon Health
- Lake-Geauga Recovery

As well, we have given active shooter/critical incident involving violence training to numerous churches throughout Lake County.

Annually, our deputies receive training for critical incidents involving violence and how to respond individually and without the benefit of SWAT in school shootings at its start. Currently, we are involved with police and fire personnel across Lake County in planning and training for annual active shooter and mass casualty drills which has taken place for the past five years. This year's training will take place in the coming weeks at Lakeland Community College. Previously, annual drills have been conducted at:

- Harvey High School - 2018
- Lake County Common Pleas Courthouse - 2019
- Auburn Career Center - 2020
- Lamuth Middle School - 2021
- Lakeland Community College - 2022

We are currently working with our local school administrators to re-evaluate our schools to see areas of security that can be strengthened, adding school resource officers at various locations, and improving communications in emergencies to better facilitate an organized and rapid response. As well, we are re-examining the equipment that deputies have immediately available in their vehicles, so they bring what is needed directly to critical incidents for a more rapid response.

While good reactive training and response is critical, proactive training and implementation is just as critical. Limiting access points in schools and business, increasing security personnel and devices, training people in security applications, and encouraging if you see

See SHERIFF page 25

Laketrans provides free rides to vote in general election

Lake County residents can take Laketrans's Local Routes 1-9 or schedule a door-to-door Dial-a-Ride free to their polling location for the November 8, 2022 general election. Free rides are also available for early voting before Election Day at the Lake County Board of Elections at 105 Main Street in Painesville.

October 11 is the last day to register to vote and early voting will take place from October 12-November 7, 2022.

"Transportation should never be a barrier for someone to exercise their right to vote," shared Laketrans CEO Ben Capelle. "We are more than happy to make sure our residents have access to the general election so they can get to the polls or vote early."

Polling locations in Lake County are open from 6:30 am-7:30 pm on November 8.

Residents who prefer to take Laketrans's Local Routes 1-9 simply need to inform their bus driver when they board that they are going to vote or just voted and the



trip will be free.

Dial-a-Ride, Laketrans's door-to-door service will also provide rides to early voting or polling locations at no charge and requires a reservation one to 12 business days in advance. To schedule a Dial-a-Ride reservation, call Laketrans customer service at 440-354-6100.

"The board of elections applauds Laketrans's decision to offer free rides to the polling locations on Election Day. Many Lake County residents rely on their services to help get them to and from doctor appointments or their employers. We view the voting process as something just as vital to the everyday lives of our residents, so we are pleased Laketrans is continuing with this program," remarked Ross McDonald, director of the Lake County Board of Elections.

For early voting times or to find your voting location, contact the Lake County Board of Elections at 440-350-2700 or visit their website at www.lakecountyohio.gov/boe/.

Project Hope for the Homeless seeks volunteers

Willoughby resident Terri Zmina had been thinking about volunteering and when she learned of opportunities available at Project Hope for the Homeless, she knew it was something she wanted to do.

Zmina, a retired senior manager, began volunteering five years ago and serves meals for the adult shelter on Thursday nights.

"I just felt it was the right time in my life and I was really excited about the opportunity," she said. "I love to see how people change and they start to have hope. You see it in their faces and it's so exciting to see their faces when they're moving to their own place."

There are a variety of times to serve in the adult shelter including 7-11 pm and 5:30-7 am daily.



Morning duties include helping guests prepare for their day, distributing lunches, and light breakfast cleanup. Evening roles include serving dinner, cleanup, and informal support.

Families Moving Forward volunteers may help with homework, play with children, serve dinner and snacks, and assist staff. Shifts are 1-4 pm, 4-7 pm, and 7-11 pm on weekdays; and 5-7 pm on weekends.

Visit projecthopeforthehomeless.org/how-to-help/volunteer/ to learn more or email Missy Knight, volunteer services director at volunteer@projecthopeforthehomeless.org.

Sheriff from page 24

or hear something of concern let us know so we can look into it before it becomes a problem are just a few of the proactive measures we all need to take to make every effort to prevent active shooters and violent attacks of every type before they

occur.

We can never take the stance that "it can never happen here," and we are working hard to constantly train, educate and re-evaluate every step we can take to better insure the safety of our community.

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'21 and '22 Ruth A. Densmore Awards to be presented at gala

The Ruth A. Densmore Senior Advocate Award is named by the board of trustees and annually recognizes a deserving person or organization on the basis of outstanding community involvement within the county on behalf of the Lake County's senior citizens. Due to the pandemic, the award presentation was delayed in 2021 and will be presented to two individuals this year.

In 2021, Frank Weglarz, an outstanding volunteer and advocate for older adults was named as the award recipient. Besides being a Meals on Wheels driver himself, Frank has also provided important ongoing advocacy to educate legislators about the needs of older and disabled adults, and the impact their vote can have on program funding. He currently serves as chair of the advisory board of the Western Reserve Area Agency on

Aging, is a trustee for the School Employees Retirement System of Ohio, and is also is a Volunteer Adult Guardian with the Lake County Probate Court.

This year, longtime Council on Aging board member and officer, Jim Jenkins will be honored with the award posthumously. 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. Prior to serving on the COA board, he was also a trustee and treasurer of the Long Term Care Ombudsman, a non-profit organization which addresses the concerns of those individuals who are no longer able to care for themselves and must rely on others.

The Ruth Densmore Senior Advocate Award will be presented at the 50th Anniversary Gala on Saturday, November 19, 2022.

Please support the Council on Aging!

Clip and mail this form to:

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

I want to help Lake County's older adults!

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(circle one) Mastercard Visa American Express Discover

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Card number: _____

Exp. date: _____ CVV code: _____

Your name: (as you wish to be acknowledged)

Company name: (if applicable)

Address: _____

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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.

Marian Kuchenbecker, Mentor

100 years old • August 7, 1922

Betty Allchin-Jones Linsz, Mentor

104 years old • August 8, 1918

Gertrude Jaskiel, Mentor

100 years old • October 5, 1922

Helen E. Gavin, Mentor

100 years old • October 14, 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 completing the centenarian request form online at lccoa.org. Click on the "programs and services" tab, and look for "centenarian certificate request." 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.

Lifeline: changing lives

Housing Relief Fund: Lifeline has funding to assist eligible households financially impacted during COVID-19 with rent payments, property taxes and HOA fees and utilities. Residents in need can contact Lake County 2-1-1 at 2-1-1 or 440-639-4420 for more information and to connect with services.

HEAP SCP: The HEAP Winter Crisis Program will begin November 1. Beginning in mid-October, intake appointments can be scheduled by calling 440-381-8230 or visiting app.capappointments.com. For more information contact 440-350-9160.

Volunteer Guardian Program: The VGP continues to actively recruit new volunteer guardians. Those interested in volunteering can contact Lifeline'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.

VITA Tax Clinics: Tax clinics will be offered again beginning in January 2023 throughout Lake County. Lifeline is currently looking for volunteer tax preparers. Anyone interested can contact Katrina Grave, program coordinator at katrinag@lclifeline.org. All needed training is provided.

2-1-1: The 2-1-1 hotline is available 24/7 for help in connecting to health and human services programs throughout Lake County.

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.



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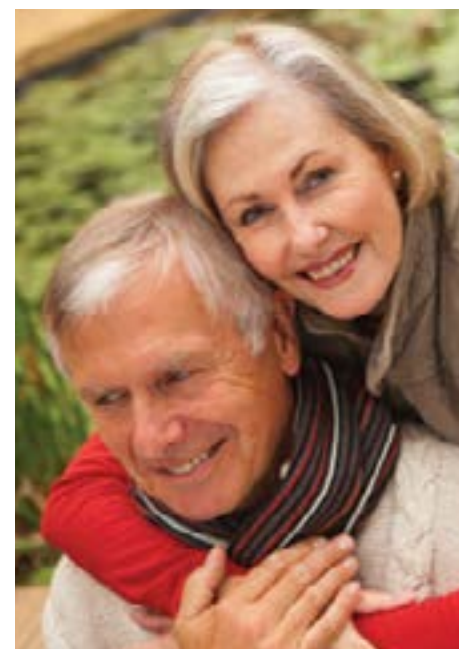
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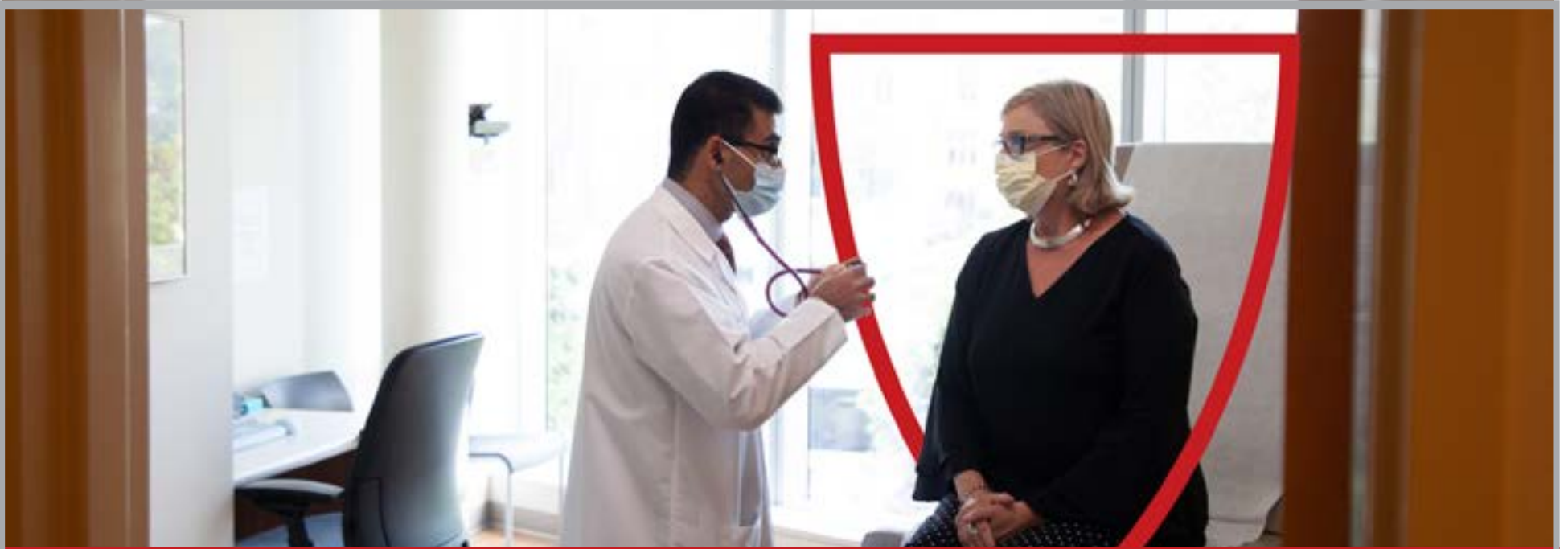
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- OB/GYN
- Neurology / Neurosurgery
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