



**March For Meals
event coming
March 18**
Page 5



LAKE COUNTY COUNCIL ON AGING

BRIDGE

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

January/February/March 2023 • Vol. L, No. 1

Senior Center Updates

Page 10

CoA 50th anniversary gala

Page 12

Elder Frauds

New regular feature!

Page 20



SPECIAL EVENTS

March For Meals

March 18, 2023

(See page 5)

Community Champions Week

March 20–24

(See page 4)

Free health screenings

April 20

(See page 9)

National Kidney Foundation Symposium

April 24–28

(See page 14)

Centenarian proves it's never too late to realize your dreams

Family helps their mother to become an author

Bernice Rising has been writing all her life. Ever since she was in high school, she has written poems and stories and dreamed of one day having a book published. And like all determined writers with that one goal in mind, she is finally seeing her dream come true.

It only took 100 years.

Life may have gotten in the way through the years, but Bernice has taken the well-worn phrase, "it's never too late," to heart.

"My mother has had a busy life," says her daughter, Cynthia (Cindy) Rising.

"I remember her writing stories and poems when we were young, but she also sewed costumes for many different occasions, like mother/daughter banquets, Christmas productions and Halloween

activities for us kids to wear. She often won prizes for them."

Cindy adds that Bernice occasionally sang on local radio stations in her 20s, was a tap dancer, and belonged to doll collecting clubs. She also sang in musicals and plays at Cain Park in Cleveland Hts. "I remember how great she looked in her costumes. To me, she was like a movie star," Cindy adds.

Still, Bernice's big dream was to produce a children's book and see it in print. And while writing, completing, and getting a book published for the first time is always quite a feat for any writer wanting to see their work in published form, Bernice never let go of that aspiration, despite the fact that life often got in the way.

For years, that life included raising



Bernice Rising, July 2022

seven children, along with her husband, Maynard, who died in 2013. As time moved on, Bernice also became a caregiver to many others, Cindy says. "She's taken care of seven of our relatives over the years, as well as a good friend, all when they were in their 80s and 90s. My mom was, and is, an angel."

See *CENTENARIAN* on page 2

New programs set to launch in 2023

The board of commissioners, in collaboration with Lifeline, Inc., will be launching two new programs for seniors in 2023 thanks to support from recent grant funding. Both grants work to increase social support and improve capacity for independent living for older adults in Lake County. The need for these programs has been further emphasized as Lake County continues to recover from the impact of COVID-19.

The Phone Pal program is a telephone reassurance program designed to provide lonely seniors a friendly chat with a volunteer twice a week. The calls are an opportunity for seniors to feel connected to the outside community. The program is made possible by an AmeriCorps Seniors grant obtained by the board of commissioners with matching funds from the Senior Services Levy. AmeriCorps is the federal agency for volunteerism and national service and

Commissioners Corner



John Hamercheck



John Plecnik



Richard Regovich

funds for this project were made available through the American Rescue Plan Act of 2021. The Board of Commissioners was one of only three agencies in Ohio to receive funding. The goal of the program is to reduce loneliness, depression, and anxiety, and thereby increase the ability to age in place and remain independent.

The Lake Geauga Fund of the Cleveland Foundation awarded Lifeline, Inc. funding to create the Helping Hands for Seniors program. This program seeks to link volunteers to seniors in need of various home chore/errand

services who cannot perform the tasks due to limited finances and/or inability to physically perform the tasks. These health and safety related tasks may include grocery shopping, prescription pickup, minor home repair, yard maintenance, and other small tasks around the home. The goal is to promote aging in place by maintaining maximum independence and dignity in a home environment.

Both programs are projected to launch early in 2023. For more information on Phone Pal and Helping Hands for Seniors, contact Lake County 211 by dialing 2-1-1 or 440-639-4420 to be routed to the appropriate agency. Individuals interested in volunteering for either program can contact Cristen Kane, volunteer services coordinator for the Lake County Volunteer Network, at cristen.kane@lakecountyohio.gov or 440-350-5360.

NONPROFIT
ORGANIZATION
US Postage
PAID
Mentor, OH
Permit #562

CD , IRA or Annuity Maturing?

TAX DEFERRED

5.35%

36 Months

Good For:

- Maturing CDs
- IRAs
- Annuities
- Cash
- Replace Bonds
- 401(k)s
- 403(b)'s
- Pensions

American Classic is issued by American Life & Security Corp, Lincoln NE. issued on form ICC18-MYGAAPP 001 08/18, and ICC18-MYGAEIC 001 08/18, ICC18-MYGALR 001 02/18, ICC18-MYGADBR 001 08/18 (riders/endorsements). Guarantees are based on the claims paying ability of American Life & Security Corp. The product features may vary by state. Starting in the 2nd year of the contract, the Owner may withdraw up to 10% of the contract value as of the prior anniversary, or take RMD's, whichever is greater, without incurring fees. To activate this, however, there can be no withdrawals other than RMD's during the first contract year. Any RMD taken in Year 1 will be assessed a surrender penalty.

Don't Miss Out!

LIFEGUARD FINANCIAL

Call Today for Information
(440) 942-1936

Centenarian from page 1

Some would also say, so are her children, which include Mark, Cindy, Jon, Dave, Jane, Ellen and Brett. Now that it is their mom's turn to be taken care of, each of them have stepped up to help with their mother's needs. She currently lives with son, Mark, and his wife in Willowick. "The house is right on the lake so mom loves spending time looking out at the water, says Cindy."

Bernice's daughters also jumped in when it came time to helping their mother realize her big life's dream. The women typed up her handwritten pages, edited the manuscript and the youngest daughter provided the illustrations and helped with the layout.

"My sister, Ellen Rising Morris, is a graphic artist in Indiana," Cindy notes, "So she did a number of illustrations in the book. The book style has a retro vintage look and Ellen's artwork matches it all very well. She brought it over to us on Thanksgiving and we all went through it. Mom is a perfectionist so she still wanted to tweak it a bit," she says with a laugh.

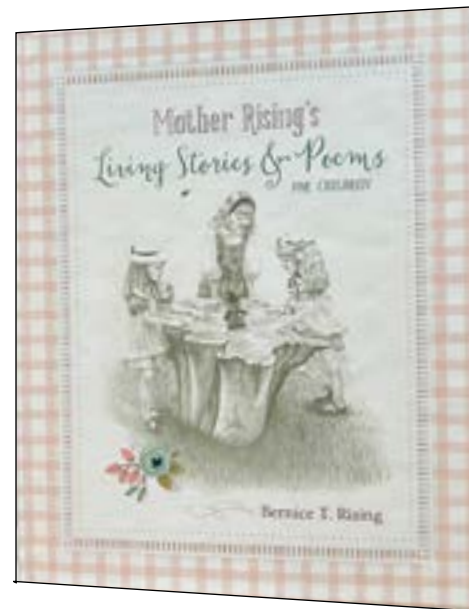
The book titled, "Mother Rising's Living Stories & Poems for Children," is a collection that uses themes of Christian values, ethics, and good behavior. The centenarian author writes in the book's introduction of her desire to give today's children stories and poems that would encourage those principles.

"We are in the proofing stages right now," Cindy says. "We hope to have the book printed and available for purchase in late February or early March 2023."

In the meantime, Bernice, who



The Rising family in 1964



Cover of Bernice Rising's upcoming book

turned 100 this past July, looks to the future when she can finally get to hold her written creation in her hands. And perhaps, as she gazes out over the lake on a bright clear day, more ideas will come her way and another book might just be in her future.

After all, it's never too late.

To order a copy in advance please email RisingCreationsLLC@gmail.com.

—Article by Deanna Adams

—Photos submitted by Cindy Rising

CoA 50th anniversary recognized by Lake County

The Board of Lake County Commissioners presented a proclamation recognizing the vital role the Lake County Council on Aging has played for 50 years serving the needs of older adults. "The agency has withstood the test of time and has grown continuously since 1972," read Commissioner Mark Tyler. "The agency provides a range of community based services that can promote choice and help people remain in their homes for as long as possible. Congratulations!"



L-R: Commissioner Rich Regovich, CEO Joe Tomsick, CoA In-Home Services Director Danielle Phillips, Commissioner Mark Tyler and Commissioner John Hamercheck.

SAVE THE DATE!

LAKE COUNTY HISTORY CENTER

Saturday, February 18 • 6 pm
Lake Effect Ball
St. Noel Banquet Center
35200 Chardon Road, Willoughby Hills

Saturday, March 18 • Noon
33rd Annual Women's History Month Luncheon
Theme: Golden Ages of Hollywood
Lake County History Center
415 Riverside Drive, Painesville Township

March 25 & 26 and April 1 & 2
Brunch with the Easter Bunny
Lake County History Center
415 Riverside Drive, Painesville Township

Ohio Arts COUNCIL

(440) 639-2945
www.LakeHistory.org

Lake County Council on Aging



Joseph Tomsick
CEO



John Thomas
Board President

Board Officers

John Thomas
President

Shannon Cianciola
Vice President

Kimberly Tutolo
Vice President-Elect

Paul R. Pahoresky
Treasurer/Secretary

Board Members

Ben Capelle

Megan Coy

Terri Findlay-Jones

Lynnmarie
Landwei-Phillips

Mindy
Mallett-Kovalcheck

Lynn Manteuffel

Katey Tutolo

Eileen Yates

Honorary Member

Patricia Mackey

Welcome from the CEO

A half-century as an organization is definitely a reason to celebrate — and celebrate we did in 2022 as the Council on Aging marked its 50th anniversary. I thank our board president, John Thomas, for his foresight envisioning three major events that brought our community together last year to mark this milestone. The support from friends, clients, families and colleagues exceeded our expectations and we are forever grateful for making the year so memorable.

As we begin the new year, I want to express my most sincere gratitude to the voters of Lake County who again showed how important it is to support our seniors. Last fall, you voted overwhelmingly in favor of the passage of our Senior Services Levy, Issue 5, inspiring us to continue our commitment to serving seniors, building trusting relationships and helping older adults in Lake County age with dignity. Because of your support, our agency can continue to deliver critical home-based services like nutrition, social work, light housekeeping and many other supports that help meet the changing needs of a growing senior population. I especially thank the many volunteers, board members and staff at the Lake County Council on Aging, especially during their off-hour efforts in helping with the campaign, which saw a 75% voter approval.

Our focus in the new year is to continue to distinguish ourselves as the primary senior services provider in Lake County. We are fortunate to have an expert team of professionals who make it possible for older adults in Lake County to better age with dignity and independence in the setting of their choice.

I hope that you will join us on Saturday, March 18, 2023 for our annual March for Meals. This fundraiser will again be held at Great Lakes Mall to heighten awareness of our Meals on Wheels program, recruit new volunteers, expand resources, and increase financial support. The generosity of our community has brought us a great distance in the fight against senior hunger and I hope that you will consider being part of March for Meals. The fundraiser event actually begins with an online basket raffle in late February.

Please visit us at www.lcco.org for more information or “friend” us on our Facebook page at Lake County Council on Aging! I’m sure you’ll find the information useful and beneficial. On behalf of the Council on Aging staff and the seniors we serve, thank you — thank you for being part of our amazing story since 1972.

Joe Tomsick

CEO, Lake County Council on Aging

Features

Free health screenings	9
April 20, 9:30 am– 4 pm	
Senior center updates	10–11
What's happening at your local center	
CoA 50th Anniversary Gala	12
Fundraiser was a huge success	
There's Gold in Them Thar Riverbanks?	14
A story of robbery, escape, murder and legend	
National Kidney Foundation	14
Patient symposium held April 24–28	

Departments

Community Services	
Community Champions Week	4
March for Meals	5
National Social Work Month	15
Have lunch with the CoA!	16
ADRC	
Medicare Advantage open enrollment	6
Health Equipment Lending Program	7
Help is available with HEAP	8
Volunteer Services	
Volunteers deliver holiday meals	17
Your Well-Being by University Hospitals	
Managing neck and back pain	18
Homemaker Services	
Showing love to your senior	19
Elder Frauds	
Know the signs to protect yourself	20
Sheriff's Corner	21
The three keys to safe neighborhoods	
Salute to Centenarians	23
Honoring local residents who turn 100 – or older!	

Photo and Image Credits

Page 6: © Can Stock Photo / by mybaitshop (Medicare sign)
 Page 9: © Can Stock Photo / by Alexmit (microphone)
 Page 15: © Can Stock Photo / by ileezhun (thank you)
 Page 15: © Can Stock Photo / by aleksanderdn (mailbox)
 Page 17: © Can Stock Photo /by kitalek (thanks)
 Page 21: © Can Stock Photo /by GeorgiosArt (badge)
 Page 23: © Can Stock Photo /by Eraxion (100)

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 – 4:30 pm

www.lcco.org



Bridge Vol. L, No. 1 – January/February/March 2023

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

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

Bridge Editorial

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

Bridge Advertising

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

Council on Aging

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

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

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

Community Champions Week

March 20–March 24, 2023

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

March is the month when Meals on Wheels programs across the country reach out to their communities and build support that will enable them to serve America's seniors all year long. The March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier.

"The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future," said Ellie Hollander, president and CEO of Meals on Wheels America. "With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will

enable them to live healthier and independent in their own homes."

One observance during March for Meals is Community Champions Week. The Lake County Council on Aging looks forward to inviting members from the community to experience our nutrition programs. From Monday, March 20 through Friday March 24, Lake County public officials, agency directors, business and industry leaders, local celebrities, and other interested parties will participate in a county-wide event to show support for our community's senior citizens by preparing and packing meals at nutrition sites, delivering meals with a seasoned volunteer, serving meals to Lunch Place guests, and raising awareness of the important impact of Meals on Wheels.

Each day one of the Council on Aging's nutrition sites will be featured:

Monday, March 20 • Painesville

Tuesday, March 21 • Willowick

Wednesday, March 22 • Wickliffe

Thursday, March 23 • Madison

Friday, March 24 • Mentor

Celebrated in many different ways across the country, the experience is a great opportunity for community leaders and members to interact with the senior community we serve, meet the generous volunteers who provide the direct service to the senior, and see firsthand the value of the Council on Aging's nutrition program.

Over the years, this event has helped the agency to engage powerful figures in our community, earn media attention and helped raise public awareness for the nutritional and social needs of seniors. In addition this event gives businesses and individuals an opportunity to take a close look at our programs and determine if they would like to volunteer with us and make a difference in the life of a Lake County senior.

Stay active all winter with Laketran

When slushy winter weather hits and days become shorter, many seniors no longer feel comfortable driving. This results in more seniors staying home isolated from the people and events they enjoy. Laketran wants to be a resource to make sure those who choose not to drive are still able to get where they need to go any time of year. Laketran's door-to-door Dial-a-Ride provides nearly a thousand trips around Lake County every day to help seniors remain active by participating in the activities they enjoy!

Laketran has implemented several new programs that makes scheduling and riding Dial-a-Ride even easier.

Book and pay for your Dial-a-Ride reservations online

Laketran offers Request-a-Ride, an online reservation program that gives riders and caregivers access to book, confirm, or cancel Dial-a-Ride reservations anytime. Not only does Request-a-Ride allow customers or their caregivers to manage trips when it is most convenient, but it allows customers to easily verify reservation details with improved accuracy and reduces wait times when calling our customer service call center. Request-a-Ride also provides a real-time map that shows when the bus will arrive to your house.

To get started with Request-a-Ride, Dial-a-Ride customers must call Laketran Customer Service at 440-354-6100 to get a client ID and password to access their individual account. With that infor-

mation, reservations can be made online at the Laketran website by clicking "Request-a-Ride."

Of course, if customers prefer scheduling reservations by phone, a Laketran Customer Service Representative is always here to answer your call!

Automated confirmation calls for Dial-a-Ride

We understand plans change as often as the weather in northeast Ohio. Laketran provides automated confirmation calls for Dial-a-Ride customers. The night prior to the Dial-a-Ride trip customers receive an automated confirmation call confirming the reservation. At the end of the phone call, customers can either confirm or cancel their reservation. When the bus is on its way, customers receive a reminder call so they are ready to board when the bus arrives.

Ride to your senior center free

In partnership with the Lake County Board of Commissioners Senior Service levy, Lake County seniors can take Dial-a-Ride free of charge to local senior centers to enjoy activities, meals, and socialization.

Laketran Dial-a-Ride operates Monday through Friday from 5 am to 8 pm and Saturdays from 8 am to 7 pm. Dial-a-Ride can take you anywhere in Lake County and to medical appointments in Cuyahoga County.

To get started with Dial-a-Ride today, visit www.laketran.com or call Laketran customer service at 440-354-6100.



Meals on Wheels America salutes Council on Aging for Sharing the Love

Community gathers food for 6th annual blizzard bags promotion

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

The annual Blizzard Bag Food Drive is the Council on Aging's largest community effort for the Subaru Share the Love Event. The bags are distributed to Meals on Wheels recipients for those times when storms or other events will prevent a meal from being delivered by a Council on Aging volunteer.

The Council on Aging teamed up with our community partners at all of the Lake County senior centers and the local Subaru dealerships, Adventure Subaru in Painesville and Ganley Subaru in Wickliffe, to collect nonperishable food items

which were placed in emergency "blizzard bags." By creating this Blizzard Bag Food Drive the Council on Aging will earn a share of the 2022 Subaru Share the Love event donations raised by Ohio Subaru dealers.

The Council on Aging is grateful to our community partners and everyone who donated food for the blizzard bags for helping share the love. Lake County shares the love with seniors.

"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 received from community members, we were able to ensure that clients will have food on hand in the event that winter weather prevents the home delivery of their meal."



March for Meals 2023 to be celebrated with an Irish theme

Annual fundraiser will be held on St. Patrick's Day weekend



On The Council on Aging will present Lake County's 16th edition of March for Meals on the Saturday of St. Patrick's Day weekend this year, March 18, 2023, from 8 am–10 am at the Great Lakes Mall in Mentor. March for Meals raises awareness and funds for the Council on Aging's nutrition programs for Lake County seniors and is part of a national campaign for Meals on Wheels America.

Individuals will have the chance to purchase tickets and win valuable raffle baskets posted online beginning Monday, February 27. Then on the Saturday morning after St. Patrick's Day, Lake County will gather for the mall walk — this year with a shamrock theme!

This Lake County event will be one of hundreds of local programs across the country that reaches out to their communities to build the support for Meals on Wheels. The Council on Aging needs the community to take part in the fundraiser to help support an ever-growing number of seniors reaching out for nutritional support. Home-delivered meal services not only provide a nutritious meal, but also a friendly visit and safety check by one of the agency's dedicated meal delivery volunteers.

The indoor event will begin with registration at 8:00 am, followed by the walk kickoff



at about 8:45 am. The walk route is a one-mile indoor loop, but walkers can walk as far as they are able during the event. In addition to camaraderie and walking for a great cause, participants will enjoy morning coffee, a goodie bag, an opportunity to try for additional raffle baskets and fun musical entertainment by DJ Jesse Webb!

Commemorative T-shirts will also be available for prepurchase by going to march4meals.org and completing the online entry form.

Experience the fun of having your own walk team!

The success of March for Meals depends on the support of our individual and team walkers who decide they want to make a difference in

the lives of Lake County seniors. Teams can be made up of friends, family, coworkers and neighbors, and can set fundraising goals to build excitement for the event. To register as a team or as an individual, simply complete the fillable online entry at march4meals.org. Pledges for walk teams may also be made directly online this year!

We need sponsors to support the effort!

The Council on Aging is actively looking for sponsors of the 2023 event. When you become a sponsor, you play an important role in supporting these meal programs while promoting your business and raising your profile as a community leader. Please complete the fillable sponsor entry form at march4meals.org.

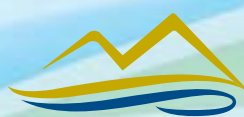
All dollars raised through March for Meals benefit Lake County meal programs for local seniors. However you decide to help us on Saturday morning, March 18, your efforts will equal more awareness and funds to help put an end to senior food insecurity. Please join us!

To register as a walker or sponsor visit:
www.march4meals.org

Discover all that Mentor Ridge has to offer

At Mentor Ridge, you'll find:

- Registered nurses on-site at all times
- Physicians on-site six days per week
- Therapy service available every day
- Aquatic and outpatient therapy facilities
- An expanded campus featuring new assisted living center



Mentor Ridge

HEALTH AND REHABILITATION



– Medicare.gov, Nursing Home Compare

8151 Norton Parkway, Mentor, Ohio 44060 | www.mentor-ridge.net
440.299.5500 | Follow us on Facebook @MentorRidgeOH

Medicare Advantage open enrollment 2023

January 1 – March 31 each year

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

Do you currently have a Medicare Advantage plan and are considering switching to a different Medicare Advantage plan? Or do you currently have a Medicare Advantage plan and are considering switching to original Medicare? Now is the time!

From January 1–March 31 each year, this time is known as the Medicare Advantage open enrollment period. You may be wondering, what is the difference between Medicare Advantage open enrollment and open enrollment that occurs every fall? With Medicare Advantage open enrollment, you are able to switch to another Medicare Advantage Plan (with or without drug coverage). You can also drop your Medicare Advantage plan and return to original Medicare, also allowing you to join a separate Medicare drug plan.

So, what are you NOT able to do during the Medicare Advantage open enrollment period? You are not able to switch from original Medicare to a Medicare Advantage plan, join a Medicare drug plan if you are in original Medicare or switch from one Medicare drug plan to another if you are in original Medicare.



Our benefits specialist at the Lake County Council on Aging is available to go over 2023 Medicare Advantage plans with you during this Medicare Advantage open enrollment period. During your appointment you may also be screened for extra help and Medicare savings programs, or other state and federally-funded benefits such as Medicaid or SNAP.

Please call 440-205-8111 to schedule an appointment today!

Help support Bridge!

Become a Bridge Patron!

PLATINUM

Linda Foley
Plaid Movers
Joann Witter

GOLD

Calvin & Camille Schroeck
Fred & Deborah Schwartz

SILVER

Carol Coffey
Doug & Barbara Elersich
Bonnie Jennings-Hrwatzki
Bob & Betty Lanning
Betty Leiby

There are three levels of patron support:
Platinum (\$100 per year) • Gold (\$55 per year)
Silver (\$35 per year)

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

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

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



A Catholic organization serving Northeast Ohio seniors of all faiths since 1942.



Whether you seek independent or supported living—or services to help you remain at home—Jennings has the choices you need across a whole spectrum of residences and services in four locations.

Discover modern style, individualized comforts and exceptional amenities that help you live the life you deserve.

Adult Day Services
Alzheimer's/Memory Care
Apartments with Services
Assisted Living
Child and Infant Care
Community Programs
Home Care
Hospice
Independent Living

Lifelong Learning
Long-term Care
Memory Care
Respite Care
Short-term Skilled Nursing and Rehabilitation
Spiritual Services
Villas and Cottage Homes
Volunteer Opportunities

Contact us today or follow our stories in social media:



JenningsOhio



Brecksville • Chardon • Garfield Heights • Shaker Heights

(216) 581-2900 | www.jenningsohio.org



A great place to live and work! Honored to be recognized as a top employer and residence in Northeast Ohio!

H.E.L.P. us, help you!

Health Equipment Lending Program

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

The Lake County Council on Aging helps the seniors and those with disabilities throughout the county in many ways.

One of the ways we help is through H.E.L.P., which stands for our agency's Health Equipment Lending Program. In 2022, the Lake County Council on Aging lent out hundreds of pieces of medical equipment and incontinence supplies to Lake County residents, 60 years or older, at no cost.

The agency would not have been able to lend out this medical equipment without the generosity of the donors in our community. All of the medical equipment and incontinence supplies we have available is donated from county residents, family members, caregivers and other community agencies.

Without the generosity of the community, we would not be able to offer such a beneficial program.

Our donation process

We accept donations of gently used and clean medical equipment on Thursdays from 9 am–3 pm. All donated medical equipment is checked for safety, cleaned and sanitized before being lent out again. The Council on Aging reserves the right to graciously decline any medical equipment brought in that is missing parts, faulty (for safety purposes) or unhygienic. We strongly encourage you to call ahead before donating, as we have a limited amount of storage space and if necessary, we will turn away items based on space availability.

In the chance we do have to turn away your intended donation, we can offer you an updated list of other community agencies who also accept donations of medical equipment.

Our lending process

We lend out medical equipment on Tuesdays and Wednesdays from 9 am–3 pm. Just like donating equipment, we strongly encourage you to call ahead with your request. Your call will be sent to one of our information and assistance

specialists who will let you know if we have the requested item(s) available, and they will place the item on hold for you to pick up.

When picking up the equipment, the senior who will be using the equipment will need to read and sign a release of liability form. The equipment will not be lent out without the signed release of liability form.

Although we encourage you to bring back medical equipment once it is no longer needed, the Council on Aging reserves the right to decline any medical equipment that is returned too worn, missing parts, faulty or unhygienic.

Please see below for the complete list of medical equipment items available for lending and accepted as donations:

Equipment & Items ACCEPTED as Donations or Available for Lending

- Adjustable canes
- Bedside commodes (with accessories- seat, lid, bucket and splash guard)
- Boost/Ensure (not expired)
- Incontinence supplies (unopened)
- Reachers/extenders
- Rollators
- Walkers (foldable, with two front wheels only)
- Wheelchairs - standard or transport
- Shower/tub seat
- Transfer bench

Equipment & Items NOT ACCEPTED*

- Bed rails
- Breathing machines and supplies
- Clothing/blankets
- Crutches
- Hospital beds
- Diabetic supplies
- Raised toilet seats
- Hearing aids, eyeglasses
- Medications
- Oxygen concentrators & supplies
- Specialty or custom wheelchairs
- Wheelchair cushions
- Handheld urinals/bedpans
- Any boxed or unassembled medical equipment, even if the box is unopened.

Donate your vehicle to the Council on Aging

Give the gift of a tax deduction

Last fall, the Lake County Council on Aging received a check for \$1,103 as the result of a donated car which sold through Charitable Adult Rides and Services (CARS). You too can help our nonprofit organization financially, and eliminate the high costs of keeping up your unwanted vehicle, like insurance, registration, maintenance and gas. Maybe it's time to consider letting go of that car. If you're ready, the Lake County Council on Aging is here to help!

Through a partnership with

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 <https://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 programs running.

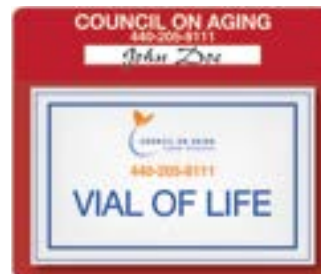
2023: Give the Vial of Life in the new year

The Vial of Life is a program that allows individuals to have medical and family contact information ready in their home for emergency personnel to reference during an emergency.

The kit is used to provide the senior's medical information in the event that the person is not able to speak or remember this

information. A red, magnetized pouch is placed on the individual's refrigerator, where first responders are readily able to locate the information.

For more information and to request a Vial of Life for yourself or a loved one, please call the Lake County Council on Aging and ask for the ADRC at 440-205-8111.



STORMS = POWER OUT

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



America's
#1 Selling
Generator

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

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

**Prepare
Now!**

GENERAC

Area's Leading and Only Family Owned and Operated Dealer

**POWERPRO
PREMIER**

**INDUSTRIAL
POWER**



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

Over 5,500 Installed! Over 30 Years Experience.

BEST SOLUTIONS HOME MEDICAL
Supplies & Equipment
Sales & Rentals

STORE HOURS: Fri: 9am - 5pm • Sat: 9am - 3pm • Sunday Closed

SAVE \$300 ON BROOKS STAIRLIFTS

Offer Ends 12/31/22

- **SAFE AND EASY**
- **SOFT START AND STOP SYSTEM - NO SUDDEN JOLTS**
- **EASY TO USE JOYSTICK CONTROL**
- **REMOTE CONTROL SYSTEM - MEANS NO MESSY WIRING**
- **LOW VOLTAGE OPERATION - ELIMINATES RISK OF SHOCK**
- **ELECTROMECHANICAL BRAKING WITH FAILSAFE OVERSPEED GOVERNOR**

ASK ABOUT OUR FREE AT HOME EVALUATIONS

30011 EUCLID AVENUE WICKLIFFE, OHIO 44092
EMAIL: INFO@BESTSOLMEDICAL.COM | CALL: 440-373-1200




We can Help!

The Hearing Center

ADVANCED AUDIOLOGY CONCEPTS

Dr. Jane M. Kukula

Start with a hearing evaluation

Call **1-440-205-8848**

Wickliffe Country Place

A Legacy Health Services Facility

1919 Bishop Road Wickliffe, Ohio 44092

Phone 440-944-9400
Fax 440-944-0955




- Private, Spacious Rehabilitation Suites
- Therapy Offered 7 Days a Week • On-site dialysis partnered with CDC
- Full-Time Certified Wound Nurse • Specialized Cardiac Program
- Full-Time Nurse Practitioner • Secure memory care unit

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

ADRC

Help is available with HEAP

Get assistance with your energy bills!

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

As the temperature drops, heating costs go up. If you are having difficulty paying your heating bill, now is the time to apply for 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).

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.

New lobby and Densmore Room dedicated

In October, the Lake County Council on Aging welcomed the public to a ceremonial ribbon cutting and dedication of its expanded lobby and volunteer center. The event was organized by Kelly Donahue, executive director of the Eastern Lake County Chamber of Commerce and attended by several public officials, local media, volunteers, board members and staff!

That evening, the agency also dedicated the Densmore Client and Family Meeting Room. This room is named in honor of Ruth Densmore whose efforts in the late 1960s to identify the concerns and needs of older people in Lake County at that time, led to the founding of the Senior Citizens Council, the predecessor of the Lake County Council on Aging on October 16, 1972.



We depend on every donation to sustain our mission in serving others. In 2022, we established the “\$50 for 50 Club” to recognize the golden anniversary of the agency. In December, the following individuals donated a minimum amount of at least \$50, with some contributing upwards of \$1000!

We salute these members of the \$50 for 50 Club:

Gayle Alanen
Robert & Joanne Anderson
Loretta Babuder
Katherine Beaty
Nate Bell
Beth & Bill Buckman
Donald Castora
Debra Catalano
Dr. William Chepla
Ron & Phyllis Cimaglio
Anthony Coladangelo
Harold Collins
Comfort Keepers
Lisa Demeter
Thomas Dice
Russell B. Fenton
Joseph U. Hocevar

Alan & Linnea Hoffman
Lawrence Howald
James Kent
Senta & Spence Kline
Gail Klingenberg
Judith Kozlowski
Fred Kuhar
Judith Elaine McCracken
Alison Masters
Robert Mallett, Jr.
Rosemary Maniglia
George Milbourn
Miles-McClellan
Construction
Kip Molenaar
Arlene Myotte
NMS Inc.

Roxanne Pell
Victoria Robb
Mary Rodgers
Janis Roth
Paula & Tom Seger
Suzanne Staiger
Tom Sawyer
Marilyn Terchek
Mr. & Mrs. Kenneth A. Thomas
Michael & Sheilah Vaccariello
VFW Auxiliary Post #3863
Joey White
Robert A. Williams
Zelev & Zelev Co., L.P.A.

Free health screenings at the Council on Aging office in Mentor

Learn your numbers and take control of your health

The Council on Aging along with University Hospitals Lake Health will conduct a free health fair on Thursday, April 20, 2023 between 9:30 am–4 pm. The event will be held in Mentor at the Lake County Council on Aging Office, 8520 East Avenue, and the screenings will take only about 15–20 minutes to complete. Participants will receive personalized information about indicators that can help determine the risk of developing chronic health conditions, empowering you to take control of your health.

“We’re very excited to bring this mini health fair back to the Council on Aging,” said CEO Joe Tomsick. “We’re always interested in getting our senior community to take part in activities that promote health and fitness, and its been far too long since we’ve been able to bring

an event like this to the community.”

Health screenings offered that day will measure cholesterol, blood sugar, body mass index (BMI), blood pressure, stroke, balance and memory. Participants can also receive advice about posture and body balance, get valuable information about medications and, those interested will be able to hear a talk from experts on behavioral-health related topics and coping strategies during the noon hour (limited seating).

No appointments are needed. The health screenings will be available for Lake County seniors, aged 60 and over, and their caregivers from 9:30 am–4 pm.

For more information you may call UH Lake Health at 440-313-2030.

Radio show for Lake County seniors!

Listen to the Council on Aging’s radio show every Saturday afternoon from 2–3 pm on both 1330 AM and 101.5 FM. CEO Joe Tomsick, hosts “Our Aging World” and shares ideas and resources to make your life easier with tips, tools and resources on topics such as senior health, housing, finances, Medicare, Social Security, money-saving programs, and other issues that affect older adults. The show is made possible through sponsorships and Integrity Radio. You may also listen live online at tunein.com, search WINT.



Who is on your gratitude list?

The effects of expressing gratitude for all of the many things we are thankful for has long been recognized by health professionals as having a positive impact on both our mental and physical health. Studies have shown that this can, among other things, decrease depression and anxiety while improving mood, sleep, and immunity. We have also been taught that writing down what we are thankful for is the best way to make an impact. Many keep journals to practice daily gratitude. Others practice thankfulness in their daily lives and on social media. All of this serves as a reminder to us at United Way of Lake County of how very thankful we are to the many volunteers, advocates, and donors who make our work possible so that no one in need stands alone.

Together with our agency partners, over 81,000 services were provided in 2021 to Lake County

residents with nowhere else to turn. Services that included refuge and care for survivors of domestic violence, medical and dental care for those who are uninsured and underinsured, mental health counseling, addiction recovery treatment, literacy and education programs for children, congregate meals for seniors and so much more. Our food drives and the work we do to feed our community’s hungry resulted in nearly \$200,000 in food that was provided to our local food pantries. For all of this and more, we would like to extend a heartfelt thank you to those who give and to those who do. Together, we impact lives.

So, who or what are you grateful for today? You may be surprised at how good you feel when vocalizing or writing this down. You may be even more surprised at how good you make others feel when sharing your thankfulness for them with them. Go ahead. Try it.

SENIOR MOVING SPECIALIST



SAVE 15%

ON YOUR ‘MOVE’
FOR SENIORS 65+

SIMILAR SAVINGS ON OUR
OTHER SERVICES

Call Dean for a written Estimate

440.221.3161

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

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

PREMIUM SERVICE - VALUE PRICING

Thanks be to God

THE TRUSTED LEADER IN CLEAN FOR OVER 70 YEARS



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



\$25 OFF

ANY CLEANING ORDER
of \$150 or more

Expires: 3/31/23
Promo Code: **25BRIDGE**

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

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

Comprehensive & Affordable ELDER LAW & ESTATE PLANNING SERVICES



Offering assistance in the following areas...

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

Daniel P. Seink Co., Ltd.

Certified Specialist in Elder Law

Ohio State Bar Association

Call for Your Free Consultation

800.393.2324

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

OhioElderLaw.com

A Life Care Planning Firm



SENIOR CENTER UPDATES

January/February/March 2023



Fairport Harbor Senior Center

EASTLAKE SENIOR CENTER

600 East 349th Street
(440) 975-4268

Grace Giangiacomo, director

Welcome 2023, and to all our members, welcome back to the Eastlake Senior Center!

This is the time of year to check the backside of your membership card to see what month you are set to renew. Also, as a member make sure you have the new key card to swipe when you visit us! Please check in the office the next time you are here.

We would like to get your email, if you have one. We will be using it periodically to send out messages about the latest happenings at the Eastlake Senior Center, so please drop us your email address.

In the new year, remember to take

care of yourself. Are you a member of the exercise room? If not, now is the time to sign up and use the wonderful equipment we have available just for you. In the coming months, you can look forward to some museum trips, as well as the ethnic lunches that are set up for the next three months.

Make sure to stop by and see what we are all about—we think we are pretty awesome.

FAIRPORT SENIOR CENTER

1380 East St., Fairport Harbor
(440) 354-3674

Chris Yano, director

Wishing everyone a very Happy New Year in 2023!

The Fairport Senior Center has booked two trips to watch the Cleveland Cavaliers at the Rocket

Mortgage Fieldhouse on January 16 and February 8. For more information, please call the center at 440-354-3674.

AARP tax preparers will be here during the tax season. We will begin taking appointments for the Tax Assistance Program after January 9. This service will be available on Fridays from 9 am–2:30 pm. Appointments are necessary, no walk-ins. This is a free service and we are greatly appreciative!

We have scheduled a trip in March to San Antonio, Texas. If you would like a brochure, please call or stop in at the center.

Dues for 2023 will still be \$12 per year and we welcome everyone. If you would like to receive our newsletter, please sign up for a membership online or stop in.

KIRTLAND SENIOR CENTER

7900 Euclid-Chardon Road
(440) 256-4711

Teresa Szary, coordinator

As the colder weather sets in, you are invited to join us in the warmth of the Kirtland Senior Center!

Please remember that when the Kirtland schools are closed for snow, our center is as well to ensure the safety of all.

Inside, we invite all members to stay active through exercise classes offered, free coffee and Panera Bread monthly lunches, and myriad other activities open to everyone. Keep your mind sharp at free monthly-themed trivia.

Our monthly newsletter is always available on our website at www.kirtlandcommunity.com. Take a look at all of the events and activities offered — from bus trips to meals to pickleball to book club to special presentations—it's never a dull day here in the "City of Faith and Beauty!"

A special welcome to all of our new members! Make sure to stop in and meet us if you have any questions about the Kirtland Senior Center!

As always, feel free to contact us at any time at 440-256-4711 or at communitycenter@kirtlandohio.com.

Continued on page 11

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
8484 Munson Road, Mentor, OH 44060
(440) 974-5725 | mentorseniorcenter.com

Our Family Serving Your Family

We provide families and individuals with dignified and professional services that personalize the celebration of a life remembered.

DeJohnCares.com
(440) 516-5555

DeJohnPetServices.com
(216) 658-9010



DEJOHN
FUNERAL HOMES
& CREMATORY

DEJOHN-FLYNN-MYLOTT
ZEVNIK-COSIC · MULLALLY

Willoughby Hills • South Euclid • Chesterland • Chardon

SENIOR CENTER UPDATES

MADISON SENIOR CENTER
2938 Hubbard Road
(440) 428-6664
Carol Billetter, director

As we start the year looking to improve our health, you have the opportunity to attend balance class at the Madison Senior Center on the first and third Wednesdays of each month at 10 am.

The always popular Silver Sneakers is every Monday and Thursday at 9:30 am. Whether you have rhythm or no rhythm, try line dancing on Tuesday evenings at 6 pm to increase your heart rate.

Our exercise room is filled with equipment made for the aging population, so, no excuses! Let's have a healthy start to the new year and keep those promises.

Call 440-428-6664 with questions or to register.

MENTOR SENIOR CENTER
8484 Munson Road
(440) 974-5725

Renee Ochaya, director

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 home-made hot lunches, day and overnight trips, fitness classes, a well-appointed fitness center, groups & clubs, art classes, games & cards, health clinics, and so much more... including Silver Sneakers!

2023 membership registration begins January 3! Mentor residents: are \$10, nonresidents are \$15.

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

PERRY SENIOR CENTER
2800 Perry Park Road
(440) 259-3772

Christine Znidarsic, director

Now is an excellent time to join the Perry Senior Center and get in on all the fun. Don't spend the winter months alone in your house waiting for spring.

Spring into action now and join us on a travel adventure, learn a new game, take a specialty cooking class, try a Zumba Gold class, or have a home-cooked meal with new friends.

For complete details on all our trips, programs, and activities, check out our website at www.perryseniorcenter.net or call 440-259-3772.

WICKLIFFE SENIOR CENTER
900 Worden Road
(440) 373-5015
Gerri Hubbell, director

Happy New Year! We welcome our senior members back for a fun 2023! Just some of the activities we offer are chair yoga, senior exercise, line dancing, meditation, Reiki, knitting & crocheting, Wii bowling, pinochle and more!

Our beautiful building houses a fitness room, billiards room, library and plenty of space for our busy schedule. We have special events such as bingo, parties, trips and educational programs.

Membership is for those 55 or older. Wickliffe residents pay only \$5 a year, and nonresidents pay \$10.

And to make each day complete, the Lake County Council on Aging offers delicious and nutritious lunches in our dining room to those 60 and over.

Our program hours are Monday–Thursday 8 am–4pm, and Friday 8 am–2 pm.

Call us at 440-373-5015 for more information!

WILLOUGHBY SENIOR CENTER
36939 Ridge Road
(440) 951-2832

Amy Cesa, manager

Happy New Year from the Willoughby Senior Center! A new year, a new you. Why not stop in for a tour of our new facility and see what we have to offer? There's a walking track, fitness center, library, computers and much more including pool tables!

In addition to regular business hours of Monday–Friday 8 am–4:30 pm, the Willoughby Senior Center is open on Saturdays from 8 am–2 pm for members to get on the track or in the library or fitness center. The center is also open until 8:30 pm Monday through Thursday for new member registrations and activity registrations.

Are you looking to travel? With our passenger buses, the center members enjoy mystery lunches and now mystery dinners, trips to exhibits, theatre, casinos and shopping—there is something for everyone.

Get 2023 going in the right direction and find yourself active at the Willoughby Senior Center.

HAPPY NEW YEAR!

WILLOWICK SENIOR CENTER
321 E. 314th Street
(440) 585-5112
Doreen Nevulis, coordinator

The Willowick Senior Center would like to wish you a Happy New Year!

The following classes and activities have returned: yoga (chair, floor & meditation), exercise, line dancing (beginning and intermediate), Tai Chi, bingo, bridge, pinochle, art class, crafts and ceramics. Also check out our new classes starting in January—jewelry making class and paint pouring.

We also have attorney services with Debbie Loughner LLC and

foot doctor visits with Dr. Waxman once a month.

Lake County Council on Aging offers a daily lunch program at the center. Registration and reservations are required. Please call Renee at 440-946-8822 for more details.

Center hours: Monday–Thursday, 8 am–4 pm and Friday 8 am–noon.

To get the latest information on our senior center and upcoming programs and events, please check our website at cityofwillowick.com. If you have any questions, please feel free to contact me by email at dnevilis@cityofwillowick.com.

Save The Date!



March For Meals

Great Lakes Mall

See page 5 for info!

Lake County's best kept secret

AVENUE WOODS



A 55 and older community

Only a few sites left!

HOMES FOR SALE

2022 Home SOLD

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

2022 Home SOLD

16' x 56', 896 +/- sq. ft., 2 bed, 2 bath

CUSTOM BUILD 2022 Home CALL US TO ORDER!

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

- Financing available
- New homes starting in the \$80s
- One-floor living
- Small-pet friendly
- Seasonal activities
- On-site management

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

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

www.avenuewoods.com

(440) 479-1607
Anytime

(440) 255-8177
Business Hours



CENTURY 21
ASA COX HOMES



Council on Aging celebrates 50 years with gala!

As the trusted resource for seniors since 1972, the Lake County Council on Aging hosted its 50th anniversary gala celebration on November 19. The fundraiser was chaired by Shannon Cianciola, board vice president, with members of the board greeting business partners, affiliates, sponsors, clients and guests from around northeast Ohio.

Upon entering the lobby of the Everly Event Center in Mentor, guests were welcomed by a hand-crafted ice sculpture of the Council on Aging logo. The gala began with a pre-event cocktail reception which served as a prelude to an evening of entertainment, fun and

excitement.

Highlights from the evening's event included inspiring welcomes from board president, John Thomas and CEO Joe Tomsick. A 50th anniversary video was shown which featured interviews with former board presidents reflecting on the agency's milestone anniversary and its impact on the Lake County community since 1972. Other important segments from the evening's event included the presentation of the 2021 and 2022 Ruth Densmore Senior Advocate Award to two outstanding volunteers, Frank Weglarz and posthumously to former board member Jim Jenkins. Both of these individuals

well deserve this recognition for their advocacy of the critical needs of older adults.

Early this year, sponsors were offered a "2 for 1" marketing opportunity, where their dollars could go toward the agency's March for Meals event and this gala. As a result, between the two events, sponsors, raffle baskets, donations, a silent auction and a 50/50 draw, the Council on Aging raised close to \$50,000 for critical services. Sponsors of the gala appear below.

Following dinner, music for

dancing was provided by Jesse Webb Entertainment.

"I am thankful to all those past and present, who have helped us make a difference in Lake County for these 50 years and proud of our successes," said CEO Joe Tomsick. "We look forward to all the exciting new opportunities on the horizon for the next 50 years!"



Happy New Year from the Lake County treasurer's office

The Lake County treasurer's office has been very busy in 2022. We have partnered with the auditor's office holding presentations discussing financial literacy, tax reduction programs, local grants and services offered by nonprofits.

In 2022, we held presentations at most of the Lake County libraries, senior centers and many of the public schools. The presentations were one hour and delved into tax reduction programs and over 15 local grants, plus programs offered by Lake County nonprofits that may help improve your household budget.

The upcoming courses include: Willowick Library on January 16 at 6:30 pm, Madison Library on February 6 at 6:30 pm, and the Concord Senior Center on March 1 at 1 pm.

The treasurer and auditor offices also hold numerous financial literacy courses for students. If you would like to enroll your children or grandchildren please call Dep-

uty Treasurer Sherri Falkenberg at 440-350-2516.

The treasurer and auditor offices held a resource fair in 2022 to help residents find out about local programs that may be beneficial to their households, which included grant and program information on housing, food, assistance with utilities and transportation. We will be holding a second resource fair in April 2023 at the Lake County Administration Building. Any questions on the event can be directed to Michael Zuren, Lake County treasurer at 440-350-2516.

We have been very active this year in upgrading the software in the treasurer's office to accept online payments via a variety of payment methods. Taxpayers can now sign up for email and text notifications when their tax bills are available. Please call the treasurer's office at 440-350-2516 with questions or if you would like to sign up for any of these enhancements.

GALA SPONSORS

Title Sponsor



Level Three Sponsors



Platinum Sponsor



Gold Sponsor



Silver Sponsors

Concord Village Skilled Nursing & Rehabilitation
Mallett-Kovalcheck Family
Manning & Clair Attorneys at Law

Bronze Sponsors

Century 21 Asa Cox Homes
John and Elizabeth Budnik
Lubrizol Corporation

Level Four Sponsors

Association of Specialists in Aging
Best Version You
Fredon
Griffin Technology
Hospice of the Western Reserve
Sounds of Life Hearing Center, LLC
Tapestry Senior Living
University Hospitals Geauga Medical Center
Wickliffe County Place
Wickliffe Fraternal Order of Eagles #4086

Event Festivities

Floral Centerpieces

The Tomsick Family, Joe, Lisa, Faith, Ryan

Dessert Table

Brunner Sanden Deitrick Funeral Home & Cremation Center and Erie Bank

Dance Hour

Lakeland Community College

2023 Dinner Show & Concert Series



Out Of Eden Eagles Tribute

Out Of Eden is a six-piece tribute band, who have replicated the music and vocals of the legendary Eagles, along with Glenn Frey, Don Henley & Joe Walsh solo projects. Classics like: Already Gone, Tequila Sunrise, Lyin' Eyes, Take It Easy, Desperado and of course, Hotel California, are performed with amazing talent, drive, and skill by Out Of Eden!

Thursday, April 20, 2023

LaMalfa

5783 Heisley Road, Mentor
Cash bar available

Friday, April 21, 2023

Williams On The Lake
787 Lafayette Road, Medina
Cash bar available

Tickets for both locations

Dinner & Show 6:30 pm\$72.00
Show Only 7:30 pm \$55.00



Kenny & Dolly Country Legends

Performing your favorite hits like Islands In The Stream, You Can't Make Old Friends, Lady, I Will Always Love You, Through The Years, 9 To 5, She Believes In Me, Jolene, and more!

In 2008 Dave Karl began his tribute to Kenny Rogers. His voice is so close to Kenny's...it's uncanny.

Wendy T, has performed as Dolly in two USO tours overseas, recorded in Nashville, performed on The Nashville Network. Dave and Wendy are currently members of "Legends in Concert" in Las Vegas & Branson.

Thursday, May 11, 2023

Williams On The Lake
787 Lafayette Road, Medina
Cash bar available

Tickets

Lunch & Show 12:00 pm \$70.00
Dinner & Show 6:30 pm \$70.00
Show Only 1 pm or 7:30 pm..... \$55.00



Sinatra, Streisand & Big Band

Michael Sonata and Shannon Eller create a special night of fantastic solo hits and never before heard duets! Backed by The Dave Banks Big Band, a powerhouse 12-piece swingin' big band that includes some of Ohio's top jazz musicians, led by 20-year Las Vegas veteran trumpet artist, Dave Banks.

Hear great songs like: Strangers In The Night, The Way We Were, My Way, Somewhere, Summer Wind, Evergreen, The Way You Look Tonight, and much more!

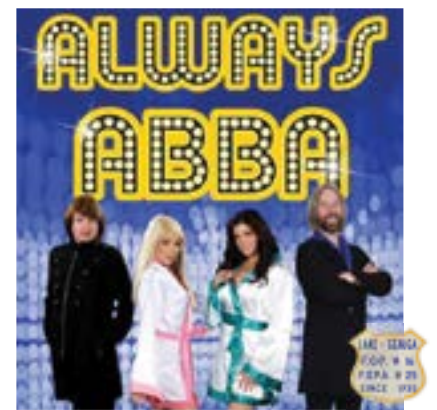
Don't miss this special night!

Friday, May 12, 2023

LaMalfa
5783 Heisley Road, Mentor
Cash bar available

Tickets

Dinner & Show 6:30 pm\$72.00
Show Only 7:30 pm \$55.00



North America's finest tribute to ABBA. ALWAYS ABBA features Canada's finest vocalists and musicians. Relive the fun, classic style and sound of ABBA's hits like: Dancing Queen, Mama Mia, SOS, Waterloo, Fernando and Take A Chance On Me!

ALWAYS ABBA performs to sold-out venues across North America! A must-see concert!

**Partial proceeds benefit the
Lake County & Geauga County FOP**

Saturday, June 10, 2023 • 7:00 pm

Mentor Performing Arts Center
6477 Center Street, Mentor

Tickets

VIP Seating.....\$55.00
Premium Seating\$50.00
Mezzanine Seating\$45.00
General Seating\$41.00



Logan Wells Presents Country Classics

Logan performs your favorite songs by the First Ladies of Country, such as: Patsy Cline, Loretta Lynn, Dolly Parton and Brenda Lee!

Classic hits like: Crazy, 9 to 5, Coal Miner's Daughter, Walkin' After Midnight, Don't Come Home A-Drinkin', I Will Always Love You, I'm Sorry, and many more!

Thursday, July 13, 2023

Williams On The Lake
787 Lafayette Road, Medina
Cash bar available

Tickets

Lunch & Show 12:00 pm.....\$65.00
Dinner & Show 6:30 pm\$65.00
Show Only 1 pm or 7:30 pm..... \$50.00



The ReBeats 1960s Tribute Band

The Midwest's most popular 1960s tribute band! Attend the Northeast Ohio Antique & Collectible Car Show from 11 am to 3 pm, then take in a FAB show by The ReBeats performing hit songs by groovy bands like: The Who, The Beatles, The Monkees, The Dave Clark Five, The Rolling Stones and more! Featuring a costumed appearance by "Austin Powers!"

Sunday, July 16, 2023

LaMalfa
5783 Heisley Road, Mentor
Cash bar available

Tickets

Dinner & Show 4:00 pm \$65.00
Show Only 5:00 pm..... \$50.00



Legendary Ladies

Karen Durrant is the hardest working woman in show business! She becomes Diana Ross, Donna Summer and Tina Turner! Backed by two singer/dancers, they belt out hits like: Stop in the Name of Love, Baby Love, Last Dance, Hot Stuff, Private Dancer and Proud Mary!

Thursday, August 17, 2023

LaMalfa
5783 Heisley Road, Mentor
Cash bar available

Friday, August 18, 2023

Williams On The Lake
787 Lafayette Road, Medina
Cash bar available

Tickets for both locations

Lunch & Show 12:00 pm.....\$72.00
Dinner & Show 6:30 pm\$72.00
Show Only 1 pm or 7:30 pm.....\$55.00



Abbey Rodeo & Just Imagine The Reunion Concert

A fantastic night of '60s and '70s music with songs like: It's Cold Outside, Imagine and Live And Let Die!

These two premier Ohio bands will rock out for the benefit of the Lake County & Geauga County FOP.

Saturday, Oct. 21, 2023 • 7:00 pm

Mentor Performing Arts Center
6477 Center Street, Mentor

Tickets

VIP Seating.....\$40.00
Premium Seating\$35.00
Mezzanine Seating\$30.00
General Seating\$26.00

Gift certificates available.
Follow us Facebook!



Call for group rates & other available discounts!
Call Monday–Friday, 9am–5pm

For future events visit:
www.rsmevents.com

To order tickets call:
216-744-7090

There's gold in them thar riverbanks?

A story of robbery, escape, murder and legend!

By Hon. Mark J. Bartolotta, Judge
Lake County Probate Court

The year was 1862. Lake County had been established as a county for about 22 years and the country was in the early stages of the Civil War. A bank robbery had been carried out in Ontario, Canada by three men. The bandits made out with about \$50,000 in gold bars. Today's value is estimated to be between \$800,000 and \$1 million.

Did these outlaws get away on foot? On horseback? By wagon? By railroad? No. All of these methods would've been too obvious and unimaginative. This group of marauders escaped by boat. What kind of boat you ask? By steamboat? By cargo ship? By ferry boat? No. These choices would've been too easy. Instead, they paddled a small vessel across Lake Erie to Fairport Harbor, right here in Lake County — a journey of about 60 miles.

The robbery itself was the easy part of this caper. The real challenge was the trip across the lake.

After hours of paddling, the three could see the beacon from the Fairport Lighthouse in the distance. They followed the light into the harbor to the mouth of the Grand River. With the valuable cargo weighing down the boat, they proceeded down the river against the current for about two miles. There, they felt safe enough to land on the west bank of the river.

Daybreak was rapidly approaching, so they only rested a few minutes before engaging in the most important part of their larceny: splitting up the ill-gotten booty.

As is the case in many a crime story, there was no honor among these thieves. They began arguing over how to divide their shares of the gold. Soon, the strongest of the three overpowered the other two and killed them. Problem solved.

After putting aside two of the gold bullion bars for walkin' around money, the survivor proceeded to bury his buddies and the rest of the gold right there on the riverbank. He then got out of the area to avoid suspicion, with the intent to return

for his buried treasure after things were safe. However, his best laid plans never came to fruition.

Fast forward about six months, and the survivor found himself in a Chicago hospital on his deathbed due to some type of pulmonary disease. Apparently feeling repentant, he confessed the entire heist to his nurse and doctor before drawing his last breath. He told them that the gold was buried about two miles down the Grand River on the west bank. He explained that it was down about three feet deep, twenty paces northwest of a huge oak tree.

After his patient passed, the doctor took it upon himself to see if the tale he heard was true. He assembled a team and arrived in Fairport from Chicago by steamship to search for the treasure. They were unsuccessful. The next year, "Dr. Dollarsigns" again hired a team of "professionals" to descend upon Fairport on a quest for the gold. Again, none was discovered. However, news of this search soon spread across the area.

For roughly the next 50 years or so, many other fortune hunters ravaged the riverbanks in and about Fairport in search of the legendary treasure. Over time, nearly every oak tree along the riverbank within a few miles of the mouth of the

Grand River was searched or excavated. The legend spread to the extent that it was stated that visiting sailors working on ships doing business on the Grand River were known to leave their ships at night in order to search the banks under the moonlight.

In 1890, a body was actually discovered on the banks of the Grand River. The county coroner reported that its skull had a huge hole, suggesting that the deceased was killed by blunt force trauma from a heavy object (though no reported traces of gold). The body was never identified. A second body was never found. The gold has never been recovered (as far as we know!).

Was this a tall tale told by a dying man as a hoax? Was there actually a stash of stolen gold buried here in Lake County? Is it still here somewhere? In Fairport Harbor, Grand River Village, or Painesville? Perhaps we'll never know. But before you go and buy a shovel and a flashlight to go search for riches, be advised that the Grand River has changed its course several times over the past 160 years due to nature or by design. So, what was once a riverbank in 1862 may now be a riverbed in 2022. And you're probably gonna need a bigger boat. Happy hunting!

LIVE YOUR BEST LIFE

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



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

Hickman-Lowder.com

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

2023 National Kidney Foundation Serving Northern Ohio Patient Symposium

The National Kidney Foundation Serving Northern Ohio invites kidney patients from early stages of kidney disease to dialysis or transplantation and their caregivers to come together, learn, and connect at the 8th annual Patient Symposium.

The goal of this symposium is to engage, empower, and educate those affected by kidney disease, including patients, caregivers, organ donors, and healthcare professionals. This is done through a series of in-person and virtual breakout sessions whose topics cover the latest medical advances, financial developments, nutrition essentials, wellness care, primary care prevention, and mental health associated with kidney disease.

Patient Symposium is a unique service because its target audience is kidney disease patients, caregivers, and organ donors.

Registration/Information

This hybrid event will have both virtual and in-person components. From Monday, April 24 thru Friday, April 28 all five days from 6–7 pm will be the virtual breakout sessions via Zoom webinar. The in-person part of the program will be at the Holiday Inn South in Independence, Ohio on Sunday, April 30 from 12:30–4 pm.

This is a free, six-day hybrid event and lunch will be provided at the in-person component on April 30, 2023.

Register here

www.kidney.org/events/program-event/patient-symposium-2023

Questions?

Contact Leah Adams, program manager, at leah.adams@kidney.org or 440-465-0245.



The Lake County Council on Aging extends a wholehearted thanks to the many individuals who responded to our appeal for financial support in the fall 2022 edition of Bridge.

Sheila M. Cherrison
Samuel T. Cowling
Susan Fende
Edwina C. Grady
Eslam Mohammad Hamada
Jane Hieronymus
Kenny Hoffacker
Norma Hutter
Diane Koury

Renee M. Kovalak
Debbie Lefelhoc
Betty Leiby
Laura McGuinness
Terry and Gail Negard
Herb & Myrna Pearlman
Richard & Judy Rabe
Patricia Sfero
Joseph Widecan

The above represents donations received through December 15, 2022. In the event your gift came in after this date please know that you will be recognized in our annual report.

You may contact the agency at 440-205-8111 if you have any questions regarding your donation.



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

Dear Danielle,

My family has so appreciated the services that have been provided by Council on Aging. Everyone we have worked with has been so kind in caring for my mom. Please know that the help provided to us allowed us to keep her at home which was her heart's desire.

Sherry

Dear COA staff,

Thank you so very much for your good work, your kindness to those in need, and for being a wonderful resource. I live in N.Y. and your agency gave me the assistance I needed to care for my mom back in Lake County. Words cannot express the relief of knowing she would have meals on wheels every day and someone checking on her.

Thank you Council on Aging!
Nancy, New York City

Dear Jackie and staff,

Thank you for all the wonderful services you provide Lake County seniors. You were a lifesaver to me in 2020 during COVID-19.

Lisa, Concord Township



Saluting our OSHIP volunteers

During the 2022 Medicare open enrollment period, four volunteers from the Lake County Council on Aging helped 60 people make informed decisions regarding Medicare benefits by providing free, unbiased information. These volunteers have been trained and certified through the Ohio Senior Health Insurance Information Program (OSHIP).

Rita McNeal, Pat Kohut, Lynn Manteuffel and Amy McGinnis all

donated their time and expertise in providing information to resolve Medicare, Medicaid, and secondary health insurance questions, saving approximately \$9,600 out-of-pocket costs for Lake County seniors.

The Aging and Disability Resource Center would like to thank each volunteer for their time & knowledge. We truly appreciate each of you!

March Is National Social Work Month

"Thank you" to the CoA's dedicated team!

By **Tim Rieder**, Social Work Manager, Lake County Council on Aging

National Social Work Month was started by the National Association of Social Workers as a way to place the spotlight on social work and to celebrate the profession. March is the month that is dedicated to honor those individuals who perform this invaluable work. Every year, a theme for Social Work Month is chosen by the National Association of Social Workers. The theme for Social Work Month 2023 is "social work breaks barriers."

Social workers have been breaking down barriers in this country for many years. From helping government officials make significant policy changes to starting community assistance programs to advocating for an individual to receive the care and assistance needed to live their life to its fullest, social workers have had an important and long lasting impact on our society. Social workers have the ability to engage with people from diverse backgrounds to help overcome life's challenges.

Lake County Council on Aging's dedicated team of social workers empowers older adults to break through their own personal barriers,

such as physical, emotional, and functional limitations. The licensed professional social workers play a major role in Council on Aging's mission to provide aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined, quality of life.

They conduct a home visit to assess and determine what type of assistance will best suit the person's needs and develop a plan of care for that person, referring them to Council on Aging services.

They also have a vast knowledge of community resources available that people can access for a current or future need. The social workers can provide that much needed connection to assistance that a person has been looking for to improve their overall well-being and safety in their home.

Special Thanks to our Council on Aging Social Work Team

Fran Beale, LSW
LaShonda Chillous, LSW
Cristina Cognati, LSW
Beth Swain, LSW
Timothy Rieder, LISW-S
Kellie Blauman, Social Services
Administrative Assistant

BUYING VINTAGE TOYS 1920-1980



Contact Mary

(440)223-7253

sammet62@gmail.com



The Lunch Place

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

If you are age 60 or older and are looking for warm companionship and healthy, nutritious food, then schedule time to eat a meal with a friend or come and make new friends at your local Lunch Place.

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

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

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

The Lunch Place at Madison

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

The Lunch Place at Painesville

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

The Lunch Place at Wickliffe

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

The Lunch Place at Willowick

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

COMMUNITY SERVICES

Have lunch with us!

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

Seniors, age 60 and older, are invited to join us for lunch at the Lunch Place locations across Lake County.

The Lunch Place is a senior dining program provided by Lake County Council on Aging nutrition program. Every day, Monday through Friday, a delicious and nutritious lunch is served to seniors in a congregate lunch room setting. This is a great opportunity to visit with friends, meet new friends, and learn more about your local senior center while enjoying a healthy meal made for you.

The menu is created by a registered dietician from the Western Reserve Area Agency on Aging. All meals meet one-third of daily nutritional values and are lower in sodium (averaging 500 mg of sodium and not exceeding 1100 mg of sodium). Enjoy popular meals like stuffed cabbage, lasagna, Salisbury steak, chicken cordon bleu, Swedish meatballs, stuffed peppers, chicken alfredo and more. Enjoy a great meal with great company for a voluntary donation of \$1.50.

Kick off the new year by being on purpose and having lunch with us at a Lake County Council on Aging Lunch Place location. January is National Be On-Purpose Month. This holiday encourages us to start the new year by putting our good intentions into action, both in our personal and professional spheres of life. It's a time of trading confusion for clarity as we integrate our lives with more purpose and meaning. It's critical to see and experience the past, as difficult as it may be, in order to see the need for change in our lives as we establish our goals for the future and work to be more purposeful about who we want to be. Purposeful things give you a burst of joy when you think about them, make you come alive. Following your passions, living by your set of beliefs and values, and living in the moment are a few ways to ensure you live each day with purpose.

Having lunch at a Lunch Place location is a great way to be on-purpose. Purposefully choosing to eat a healthy meal. Purposefully choosing to get out into your community. Purposefully choosing to interact with more people. Pur-

posefully choosing to add a positive activity to your life.

If you have not tried the Lunch Place, participation requires a few simple steps to get started.

- New diners will complete a simple registration form. Registration forms are available by visiting or calling a Lunch Place location or www.lccoa.org/the-lunch-place.

- Select a date to have lunch. Reservations must be made by calling the Lunch Place location you wish to dine at by the Wednesday of the week before.

- Review the menu available by visiting or calling a Lunch Place location or www.lccoa.org/menu. Sign up for one or all days to dine with us by calling the Lunch Place location you wish to dine at.

Lunch Place Locations

Madison Lunch Place

Madison Senior Center
2938 Hubbard Rd, Madison
Lunch is served at noon
Call Glynnis at 440-428-7002 or email MadisonNutrition@Lccoa.org to make your reservation.

Painesville Lunch Place

Painesville Extended Housing Building
270 E. Main Street, Painesville
Lunch is served at 11:30 am.
Call Pattie and Barb at 440-354-6700 or email PainesvilleNutrition@Lccoa.org to make your reservation.

Wickliffe Lunch Place

Wickliffe Senior Center
900 Worden Road, Wickliffe
Lunch is served at 11:30 am.
Call Joe or Dee at 440-373-5017 or email WickliffeNutrition@Lccoa.org to make your reservation.

Willowick/Eastlake Lunch Place

Willowick Senior Center
321 E. 314th Street, Willowick
Lunch is served at 11:30 am.
Call Renee and Gina at 440-946-8822 or email EastlakeNutrition@Lccoa.org to make your reservation.

Not yet 60 years old or older? You can still be part of the Lunch Place by volunteering in the kitchen to prepare and serve meals to seniors in your community. Call Ann Marie at 440-205-8111 ext. 228 or email AArmario@Lccoa.org to find out how you can live your life on-purpose too.

Fioritto Funeral Service

CREMATIONS—BURIALS—PREARRANGEMENTS

www.FiorittoFS.com

5236 Mayfield Road
Lyndhurst, Ohio 44124

440-442-5900

Facilities Available Throughout Lake County



SCHRAFF
THOMAS
attorneys at law

Patricia J. Schraff, CELA*

John P. Thomas
Wm. Joseph Baker
Lindsay C. Jones
Tara M. Pavlovcak
Claudia Rose Brown
Timothy J. Gibbons
(of counsel)

* Certified Elder Law Attorney by the National Elder Law Foundation

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

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

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

www.schraffthomaslaw.com

VOLUNTEER SERVICES

By Ann Marie Armaro, Volunteer & Community Engagement

Volunteers deliver holiday meals to homebound seniors

The Lake County Council on Aging has continued its long tradition of bringing Thanksgiving and Christmas holiday meals to seniors for over 30 years. This past year, dozens of volunteers took time out of their holidays to deliver a hot meal and some holiday joy to over 125 seniors on each holiday. The meals were prepared in partnership with University Hospitals Tripoint Medical Center and Lake West Medical Center.

In addition to providing a delicious, warm meal, the drivers often spend a few minutes chatting with clients. This year, the agency also had numerous individuals and groups of volunteers who spent hours creating beautiful handmade

greeting cards to be delivered along with the holiday meals.

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

For those who'd like to get involved with something great like this, here's some good news: volunteerism is an ongoing activity at the Lake County Council on Aging! We have numerous ongoing and one-day opportunities to make a difference in our community.

Please contact Ann Marie Armaro at 440-205-8111, extension 228 or email her at Aarmaro@Lccoa.org.

Letters of Love

The Lake County Council on Aging would like to thank all those who helped with our Letters of Love campaign! These unique cards touch the heart of all those seniors who receive them and it reminds all of us that we are connected by love.

This year we collected over 1,400 cards, more than any other year. Cards will be distributed on February 14 to Meals on Wheels and Lunch Place clients. The time and creativity of the following vol-

unteers from preschool age through adults was amazing and greatly appreciated: Kelly Johnson, Madonna Fasimpaur, Diane Kwasny, Perry Preschool, Lake Elementary School, Lisa G's Shear Perfection, Bellflower Elementary School, All Saints School, Memorial Middle School, Mentor High School, LaMuth Middle School, Perry Middle School, Perry Elementary School, Perry High School, Edison Elementary School and Hopkins Elementary School.

New year, new start

Volunteer to help seniors

As we start the new year, it is a great time to reflect on what we are grateful for and a time to renew your spirit by giving time to help others. Lake County Council on Aging delivers meals to 650 clients per day throughout Lake County. Our drivers not only deliver a hot meal, they are also doing a well check for our seniors with so many homebound and isolated this winter. We are looking for volunteers to deliver Meals on Wheels in Painesville, Mentor, Wickliffe and Willowick one day each week. We also need assistance to prepare nutritious meals in our kitchens.

We deliver meals on wheels Monday through Friday at our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison. What better way to warm a senior's day than with a hot meal and some kindness. We are also looking for volunteer grocery shoppers. Grocery shopping is done twice monthly for clients and can be done on weekdays or weekends. Volunteers are also needed to deliver produce boxes to seniors monthly. We have some great opportunities to fit any schedule. For more info please contact Ann Marie Armaro at 440-701-4660 or Aarmaro@Lccoa.org.

Special thanks to Education Services in Mentor and Sharon Ivaskovic for the donation of beautifully designed blankets which were distributed to seniors in need.

thanks



KIRTLAND
REHABILITATION AND CARE



SKILLED NURSING



SHORT-TERM REHAB



LONG-TERM CARE



RESPIRE CARE



MEMORY CARE



BEHAVIORAL CARE

Accepts most insurances, including Medicare & Medicaid.

KIRTLANDREHAB.COM

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

Tips for managing neck and back pain

By University Hospitals

Neck and low back pain are common complaints as we age. Increasing use of computers and smartphones can exacerbate these aches and pains.

University Hospitals orthopedic spine surgeon, Christina Cheng, MD, shares her advice for treating and preventing neck and low back pain, and when to call a specialist.

What causes back or neck pain?

Low back and neck pain can come from a number of places. Most commonly, it can be from straining the muscles that support the spine. This can result from heavy lifting or overexertion. Back and neck pain can also come from deeper spinal structures, such as arthritis of the joints, degenerative disc disease or disc herniation, and pinched nerves. Often, back and neck pain are caused by a combination of the above.

How do you diagnose the source of back or neck pain?

Typically, we start with a history of the symptoms and a physical examination. Imaging can also be a valuable tool and may include an X-ray or an MRI. X-ray allows us to visualize your bones to look for fractures or arthritis or scoliosis. An MRI allows us to evaluate the

finer anatomy of your spine, such as the nerves and discs.

How can I best manage my back or neck pain?

In many cases back and neck pain resolves with conservative care within a matter of weeks. This may include rest, alternating ice and heat, the use of anti-inflammatory medications (such as ibuprofen) and other medications that help to relax the muscles of the spine. Physical therapy, chiropractic care and massage therapy can also be helpful.

Some people find electrical stimulation and acupuncture to be of benefit as well. In many cases steroid injections under X-ray guidance can also assist in reducing back and neck pain and expedite a return to normal activity. These injections or cortisone-like shots can also help narrow down the cause of the pain in some cases.

Can this pain be prevented?

Yes and no, like many illnesses the cause of back and neck pain can be the result of both our genes and lifestyle. For example, people born with scoliosis (a curvature) of the spine, may be more likely to struggle with spine-related pain over the course of their lives, particularly if this condition is left uncorrected. People who have physically demanding jobs or who are over-

weight may be at greater risk to develop back and neck pain over the course of their lives.

For many people as they approach their fifth and sixth decade of life, the best way to prevent spine-related back and neck pain is through moderate and consistent low-impact exercise routines. Activities such as yoga, stretching, walking, and swimming can be helpful for some. Other preventive tools include good hydration, a balanced diet and maintaining a healthy weight.

When should I be concerned about needing surgery to help with my pain?

Barring a serious injury to the spine or spinal cord, surgery is typically a treatment of last resort for back or neck pain. Generally, surgery of the spine is indicated for uncontrolled radiating arm or leg pain that is not responding to less invasive treatments. In some cases, surgery is necessary because of the severity of pain and/or the progressive nature of the symptoms or the findings on diagnostic imaging. Some of the other indications for surgery include spinal instability, spinal cord compression and muscle weakness.

For most patients with back or neck pain, the pain can be managed without the need for surgery. To schedule an appointment with Christina Cheng, MD, call 440-534-9119.

Diverse care solutions, tailored just for you.

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

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



Embassy of Painesville

AN EMBASSY HEALTHCARE COMMUNITY

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

 Like Us On Facebook

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





Showing love to your senior

By Patricia Wem, Homemaker Program Manager,
Lake County Council on Aging

We just finished celebrating Christmas, the holiday that songwriters Edward Pola and George Wyle described as “The Most Wonderful Time of the Year,” and soon we will be embarking on the lovely day in February where you can remember your special someone—Valentine’s Day!

Valentine’s Day is the perfect occasion to show love and affection to family and friends. What a great opportunity to show your senior you are thinking of them and sending them love in a special way.

So what do you get a senior to remind them that you are always near to them this Valentine’s Day and every day afterwards?

Make it personal and meaningful

- Who doesn’t love a surprise? Send flowers with a heartfelt message attached. Love, like flowers, bloom when shared with others.
- Upload pictures into a digital frame so your senior can see their loved one’s photos. This way, you are not out of sight or out of mind, you are just a fingertip away displayed on a screen.

Activities to keep minds sharp and entertain

- Jigsaw puzzles are a great tool for strengthening and exercising short term memory. Puzzles increase production of dopamine, a chemical which regulates mood and concentration. Make the puzzle personal by contacting an Internet company that will make puzzles from your pictures. What a great way to make a moment in time or a familiar face from their past come to life before their

eyes as they put the pieces of the puzzle together! You are bringing back priceless memories while helping them sharpen their brain, as they live in the here and now.

- Adult coloring books are a great way to improve brain function and motor skills. They also help relieve stress and anxiety while unleashing the kid in them to tap into their creativity by reminding them that they have the ability to color their world as they see it.

Share or prepare a meal

- Prepare a home-cooked meal and invite yourself to dinner. Food always tastes better prepared by someone else and to share a meal and conversation is definitely the “frosting on the cake.”
- If you can’t take a meal to them, arrange for a meal to be delivered to them all while supporting and showing a little love to a local restaurant.

Homemaking assistance

Did you know that the Council on Aging has a homemaker program that assists our seniors with light housekeeping for an hour and fifteen minutes twice per month?

Our homemakers provide services such as dusting and vacuuming of main living space and owner’s suite, and sanitizing of the kitchen and disinfecting of the bathroom. There is an hourly charge for services which is based on a sliding fee scale. Call the Council on Aging at 440-205-8111 for more information and to schedule an in-home assessment to see if your senior meets eligibility.

From our hearts to yours... Happy Valentine’s Day!

What is Adult Protective Services?

It is estimated that elder abuse is experienced by at least 1 in 10 adults aged 60 and older. Lake County Adult Protective Services is the agency mandated by the state of Ohio to assess allegations of elder maltreatment in the community. Our 24 hour a day/7 day a week hotline is maintained by social services staff, allowing for the ability to receive referrals at any point in the day. Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are assigned based on the nature of

allegations that have been reported. Our social work staff meet with seniors to ensure that basic needs are being met and that seniors have access to available services in the community. Please contact our hotline at 440-350-4000, press 1, for questions, to report concerns, or to request additional information about the services that we provide. An overview of all of the programs housed at the Lake County Department of Job and Family Services can be found at www.lakecountyohio.gov/jobs-family-services.

Accessible COVID-19 testing for low vision and blind individuals

Free, at-home virtual assistance

While at-home COVID-19 tests have been available to the public for some time now, those tests are not very accessible for those with vision issues. Thankfully, Ohioans now have a state-sponsored, accessible way to figure out if their stuffy nose and sore throat are just a cold, or something more, through the Ohio Department of Health (ODH) and Opportunities for Ohioans with Disabilities (OOD)’s latest collaboration. The state of Ohio now offers free virtual assistance for Ohioans who are blind or have low vision who want to take an at-home COVID-19 test.

Through ODH and OOD’s collaboration and a partnership with Be My Eyes, individuals can use their smartphone for virtual assistance as they take their COVID-19 test. Be My Eyes is a free app that aids users with a variety of tasks through video calls with sighted volunteers and professionals.

For Ohio residents using the app to take an at-home COVID-19 test, an experienced customer support

representative from Accessible Pharmacy Services will help by reading print information and instructions included in the kit, giving step by step guidance throughout the testing process and reading the test result. This service is only available to receive calls Monday through Friday from 10 am–4 pm Eastern time.

Accessible Pharmacy is a comprehensive, home delivery pharmacy service that specializes in the needs of members of the blind, deafblind, low vision community and their families.

Ohio is the first state to partner with Be My Eyes and Accessible Pharmacy to help increase accessibility with at-home COVID tests.

This service is entirely dependent on the participant’s capability to use their smartphone. For individuals in northeast Ohio, Cleveland Sight Center offers smartphone training to clients who need help making their phones more accessible. Call 216-791-8118 to get started on that process today.

With our own crematory, we are in complete control.

With our own crematory and affordable pricing, we are able to offer you both excellence and value in one place.

For more information on our cremation services, please contact us at:



**368 Mentor Avenue
Painesville, OH 44077
(440) 357-7544
JohnsonFuneralServices.net**

Fraudulent acts and scams targeting the elderly and preventative measures to protect them

Editor's note: This is a new regular feature that will focus on preventing you and your loved ones from falling for schemes by fraudsters trying to steal your money.

By Frank A. Suponcic



The elderly are the most financially vulnerable segment of the population.

In 2020, the Federal Trade Commission estimated those older than 60 lost at least \$600 million to various frauds, scams, and financial exploitation schemes. It is estimated that over 13% of older Americans become victims of financial fraud annually. As troubling as these statistics are, the numbers are increasing at an alarming rate as baby boomers continue to age.

Ten thousand Americans turn 65 every day! By 2030, the U.S. will have an estimated 71.5 million elderly residents.

Our parents and grandparents are prime targets for fraudsters. Their effective tactics prey on the elderly's emotions and deep trust using an array of deceptive techniques that are foreign to them. Scammers attempt to pressure older people into making immediate decisions. Typically, the fraudster cautions the elderly target not

to discuss the matter with anyone. The caller may be threatening, offer something for free, show companionship or love, and usually will attempt to convince the target they are someone they know or can trust, such as a representative of law enforcement or governmental office the senior may interact with, such as Social Security or the IRS.

Fraudsters are sophisticated and often do their homework on you before even reaching out. In today's day and age, if someone calls you "out of the blue," save yourself some aggravation and just hang up! Sadly, sometimes, it's not always that easy.

Many seniors are unfamiliar with the sophisticated nature of today's IT and telecommunications, and the manipulations of scammers, including phishing, spoofing, and more.

In ensuing columns, I will review some of the most common frauds and schemes targeting the elderly. I'll share my first-hand insights on how to identify a fraudster's "tells" and include

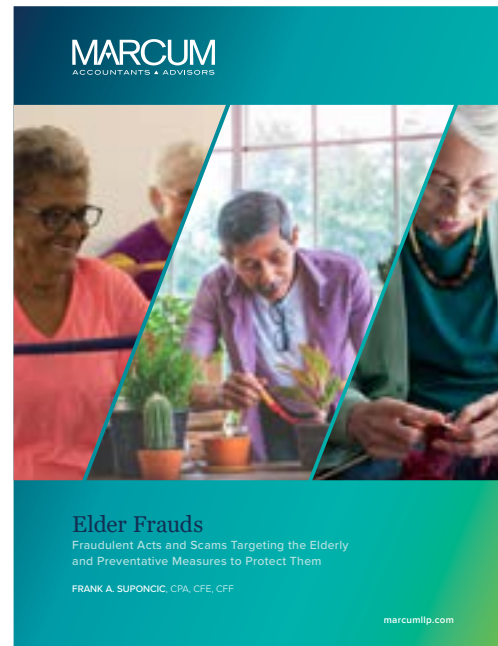
recommendations on how to best respond when targeted by someone attempting to steal your money, assets, debit or credit card information, Social Security number, personal information, or identity.

My objective is to use this column, and my experience in forensic accounting, to educate readers on the various schemes targeting our older population. Feel free to email frank.suponcic@marcumllp.com.

Frank Suponcic, CPA, CFE, CFF is an advisory services partner with Marcum LLP. His practice is concentrated primarily in fraud and embezzlement, identity theft, domestic relations, commercial disputes, and economic loss. In addition, he regularly assists

clients with income tax and accounting matters and evaluates business entities' internal controls to help minimize their likelihood of becoming a victim of a financial crime.

Excerpted from "Elder Frauds" with permission from Marcum LLP. All rights reserved.



Dementia Experts You Can TRUST!

Ask about
our new
Lakeside
Club!

Symphony^{at} Mentor
A Memory Care
Community



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

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

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

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



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



Three keys to safer neighborhoods

Oftentimes people ask, "What are the most critical elements to insure a safe and secure Lake County?"

My experience has shown me over 33 years of service here at the Lake County sheriff's office that criminals look for any sign of weakness and quickly move in to exploit it. Communities such as Lake County rely on strength in three key areas to insure safe neighborhoods to raise a family, grow your business, and build a community that supports safety and security for all its residents.

Police

Safe neighborhoods begin with visible law enforcement officers on the street that are well trained, well equipped with the proper tools to do their work, and who have a culture of excellence in their organizations that attract talented men and women who want to come to Lake County and stay here for their entire career. If we do not have enough police officers on the street, if we lack the needed experience to properly perform our jobs as guardians of societies laws, and if we fail to create cultures where the best of the best stay, then we open the door to criminals to come in and destroy our neighborhoods and threaten the security of our homes.

Prosecutors

When criminals are arrested we need well-trained, experienced prosecutors to bring such criminals who threaten our communities to justice. When Lake County goes to trial on serious cases such a murder, rape, or armed assault we need the best of the best to present good, sound cases in court. If we have poor prosecutors who are inexperienced, if we have insufficient

numbers of prosecutors that make it difficult to get cases to court on time, then criminals move in with confidence to threaten our safety and security because they know they stand a good chance of eluding justice.

Courts

A sound criminal justice system needs excellent jurists who enable fair trials, and who are willing to provide strong and well-informed sanctions or punishments on those who threaten the security of our community. Judges need to have all the tools to properly conduct fair trials and have myriad sanctions available that are properly funded to promote reform to those who willing to change or strict punish for our most serious predators.

Too often we have taken for granted each of these three prongs of our criminal justice system. Insufficient training, poor staffing, the exodus of experienced professionals from the public sector to private industry, and the lack of good candidates willing to come into these fields are significant issues affecting safe and secure communities. Today crime is increasing, offenders are becoming more violent, and the pool of willing candidates willing to make careers in any of these three areas is shrinking. Across our country, beginning with our largest cities, we are witnessing the growth of crime and violence at alarming rates because of the weakening of these three elements of the criminal justice system.

As a Lake County community, we must work together to strengthen these three areas so that we tell criminals you are not welcome here in Lake County.

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. Call Kip Jochum at 440-205-8111, ext. 257 to get started today.

Social Security and Elder Law Questions?



Randolph L. Knavel Attorney at Law

- Protect and preserve your retirement nest egg
- Retirement income planning
- Wills & living trusts • Powers of attorney
- Long term care planning • In-home appts.

100 7th Avenue, #150
Chardon, OH 44024

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



**CARDINAL
WOODS**
•
SKILLED NURSING
& REHAB CENTER

Discover the
Cardinal Difference

You deserve the Cardinal Woods experience when you need rehabilitation.

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

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



PICK-UP OR DRIVE-IN

Residential

Small Business

440-942-8018

**Great Lakes Record Center
& Shredding**

8001 Moving Way • Mentor

www.xpressshredding.com

Tub to Shower Conversions



Call us today!
(440) 667-8827



www.OhioWalkinShowers.com

We also install Stairlifts!

Installed On
Your Tub!



Gary Smrdel
Owner

Questions about Medicare? Turning 65?

I can help you find the best solutions for you.



440-413-0775

neomedicaresolutions@gmail.com

www.neomedicaresolutions.com

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

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

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



Come Hear With Us

440.210.3737



AMANDA'S
**FAMILY
HEARING**

Painesville Township
1701 Mentor Ave, Ste 5

AmandasFamilyHearing.com

Project Hope for the Homeless to mark 30th anniversary

During the past 30 years, Project Hope for the Homeless has grown from a small temporary shelter operating seasonally in the winter to running a full-time operation with four programs.

On Feb. 14, 2023 the organization will commemorate its 30th anniversary and has served more than 8,500 guests as Lake County's only emergency shelter.

“It's amazing how Project Hope for the Homeless has grown over the last three decades beginning with cots inside churches and moving from church to church in the wintertime to now running a 50-bed shelter year-round inside a building we now own,” said John Hutchison, community engagement director.

Hutchison said Project Hope for the Homeless relies on the community's support with volunteers and through supply and financial donations that provide funding to help serve nearly 500 people per year. Guests are positively transitioning from shelter care into their own homes at an 86% success rate within an average stay of 28 days. “We thank the community for its support that provides life-changing care and guidance for people in need,” Hutchison said. “Our guests learn the skills to be self-sufficient and enjoy an abundant life as everyone desires.”

Visit projecthopeforthehomeless.org or call 440-354-6417 to learn how to help.

Lifeline

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.

Low-Income Household Water Assistance Program

The LIHWAP program continues to help Lake County residents with past due water and stormwater bills. For more information contact our office at 440-350-9160.

VITA Tax Clinics

We will once again offer FREE tax preparation clinics beginning in January 2023 throughout Lake County. Our clinic schedule will be released in early January and will have daytime, evening and weekend clinic times available. Clinics will be held in Painesville,

Perry and Wickliffe, as well as in Newbury and Chardon. Contact 2-1-1 for more information and to schedule tax appointments!

HEAP WCP

The HEAP Winter Crisis Program began November 1. Intake appointments can be scheduled by calling 440-381-8230 or visiting <https://app.capappointments.com>. For more information contact our office at 440-350-9160.

Kinship Navigator Program

We continue to offer one-on-one navigation and resource connections by appointment, as well as monthly workshops and support groups. Our kinship coordinator, Andrea Johnson, can be reached by calling 2-1-1.

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.

Save The Date!



March For Meals

Great Lakes Mall

See page 5 for info!

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.

Margaret Peck, Concord
100 years old • August 19, 1922
Angeline F. Sparks, Willoughby
100 years old • October 8, 1922
Ivadean Wilson, Eastlake
100 years old • October 12, 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.

Senior Services Levy Issue 5 Passes

Voters of Lake County show great support to seniors once again

The Lake County Council on Aging extends a heartfelt thank you to the voters of Lake County for their support of the Senior Services Levy, Issue 5. Passage of the levy reflects the community's commitment and sense of responsibility to its senior population and ensures continued critical services to keep seniors safe in their own homes.

Issue 5 passed with 75% voter approval, one of the highest ratings since it first appeared on the ballot in 1992. Levy funds are distributed to 15 different senior services agencies in Lake County and help fund programs such as Adult Protective Services, volunteer guardianship, senior center activities and numer-

ous services provided by the Council on Aging like home-delivered and congregate meals, social work, and the homemaker program.

"The passage of Issue 5 ensures that older adults continue to receive the services they need to remain healthy and independent in their own homes and communities," said Commissioner John Hamercheck.

"Our senior citizens deserve high level services and programs throughout our great county. I am grateful for the hard work and determination of the volunteers and committee members who donated countless hours working on the campaign", said Commissioner John Plecnik.



BRICKMAN BROS.
FUNERAL HOME



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

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

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

Because the Best Care is Home Care®

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

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



CUSTOM FIT PLAN
SPECIFIC TO YOUR
NEEDS

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



Taylor Made Home Care, LLC

Call today for your FREE In-Home assessment!
440-946-6446 • www.taylormadehomecare.com



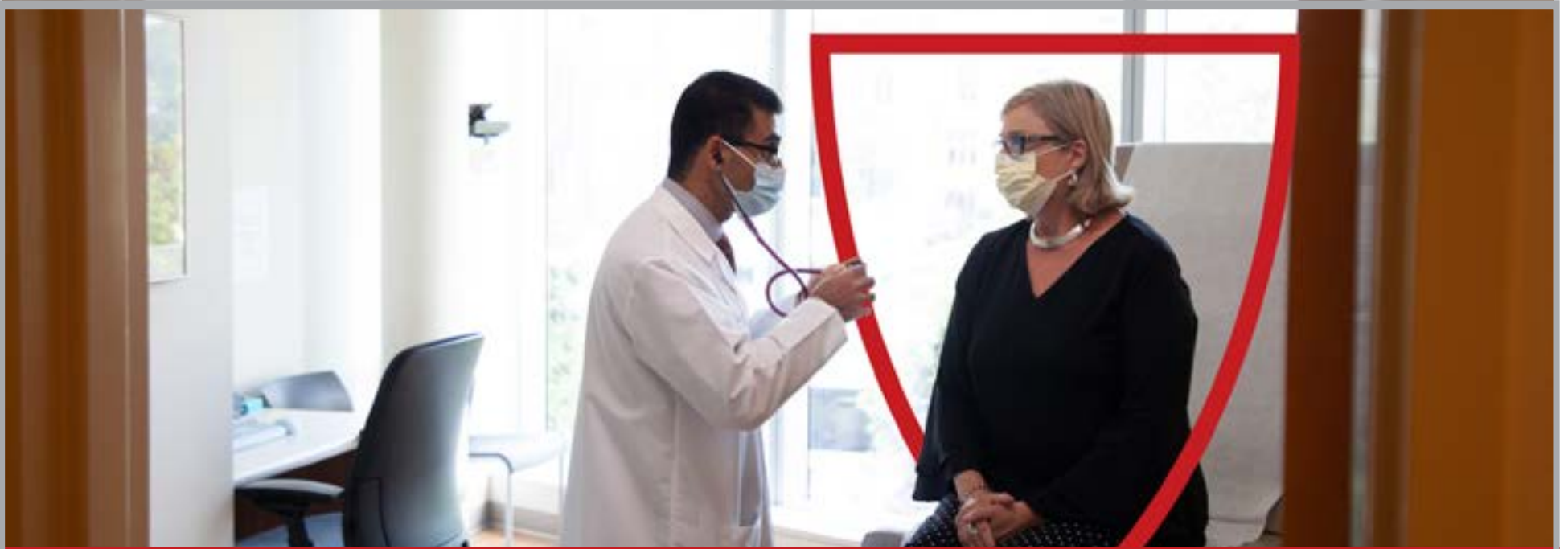
EVERY LAKETRAN BUS IS FULL OF OPPORTUNITY



FOR LAKE COUNTY SENIORS, LIFE STARTS WHERE WE STOP.

Without Laketrans, many seniors would lack independence. Each year, Laketrans provides over 200,000 Dial-a-Ride trips supporting the elderly, veterans and people with disabilities. To get them to work and medical appointments, to shop for essentials, and to connect with friends and family. Our buses provide more than a ride, they provide the opportunity for a better life for you and your loved ones.





Nationally Recognized Care, Close to Home

AT UNIVERSITY HOSPITALS LAKE WEST AND TRIPOINT MEDICAL CENTERS

Local Expert Primary, Preventive and Emergency Care Services

As long-standing members of your community, our team of experts provides you and your family with a wide range of primary, preventive and emergency care services, so when you need care, we've got you covered. Our services include:

- 24/7 Emergency Care
- Cardiovascular Testing / Imaging
- Diagnostic Imaging / Interventional Radiology
- Electrophysiology
- FamilyBirthingCenter
- Family / Internal Medicine
- Integrative Health Services
- Laboratory
- Rehabilitation Services

A Vast Network of Nationally Recognized Specialty Care Physicians

And, if you or your family member needs specialty care, our patients have access to the vast network of UH providers with advanced expertise in the following areas:

- Cancer Care / Breast Center
- Cardiology / Cardiac Surgery
- Digestive Health
- Integrative Health Services
- Ear, Nose & Throat (ENT)
- General and Robotic Surgery
- Geriatric Medicine
- OB/GYN
- Neurology / Neurosurgery
- Ophthalmology
- Orthopedics
- Pain Management
- Plastic Surgery
- Podiatry
- Pulmonology
- Sports Medicine
- WoundCare
- Urology
- Vascular Medicine / Surgery



IS NOW PART OF



UH Lake West Medical Center
36000 Euclid Avenue
Willoughby, Ohio 44094

UH Tripoint Medical Center
7590 Auburn Road
Concord Township, Ohio 44024



Find a Doctor Online

To find a doctor close to home, scan the QR code or visit **LakeHealth.org**.