

**Senior Center
Updates**
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LAKE COUNTY COUNCIL ON AGING

BRIDGE

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

April/May/June 2023 • Vol. L, No. 2

**Presentations on
Medicare**

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at the Mall**

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**SAVE
— THE —
DATE!**

SPECIAL EVENTS

**AARP Smart
Driver Course**
April 26, 2023
(See page 15)

**Free health
screenings**
April 20, 2023
(See page 16)

**Senior Day
at the Mall**
May 17, 2023
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Active centenarians still enjoy life

As a continuing series for 2023, the Lake County Council on Aging highlights centenarians of Lake County who are living life to the fullest!

Although they don't know each other, Gloria Fakult and Anne Orlando have much in common. Not only because they share one hundred years of living, but also that both of these Lake County ladies live on their own, maintain a positive attitude, and believe in staying active.

Anne Orlando

Let's begin with the "elder" of the two, Anne Orlando, who turned 101 on March 4, 2023 and may hold the record in celebrations for her centennial plus one birthday. "I had about six parties for weeks leading up to it. Everywhere I went, people turned it into a party," she says, laughing. "There was one

with my family members, then my friends, then my church group — but the biggest one was the one thrown by my husband's Ohio Operating Engineers Union."

Anne still belongs to that union where her late husband, Carlo, Sr., who passed in 2008, was chairman, and the two of them worked both as secretary and treasurer. The couple had three sons and a daughter, who they raised in Euclid. Anne now has three granddaughters and three great-grandchildren.

Anne, who still lives in her Madison home, retired from Pick n Pay/Tops supermarket where she worked as a cashier. Later, she had her own business altering and making window coverings. "Now I can't thread a needle," she says with disappointment. "But I keep busy enough with other things."

Those other things include time with friends from her Red Hat Society and



Anne Orlando

working on "anything that keeps the brain going, like crossword puzzles, and I especially enjoy word search

See *CENTENARIANS* on page 2

Phone Pal program launched for isolated seniors

The Board of Lake County Commissioners has announced the launch of the Phone Pal program, which is designed to promote social connection and address senior loneliness, thereby increasing the ability to age in place and remain independent.

The Phone Pal program is a telephone reassurance program that matches volunteers with older adults that might be lonely or isolated, and looking for a pal to chat with twice a week. The program is made possible by an AmeriCorps Seniors grant obtained by the board of commissioners with matching funds from the Senior Services Levy. "We are thrilled to offer this program to Lake County seniors," said Commissioner John R. Hamercheck, president of the Board of Lake County Commissioners. "The COVID-19 pandemic has exacerbated this growing public

Commissioners Corner



John Hamercheck



John Plecnik



Richard Regovich

health crisis and we hope this program will help alleviate some of the residual effects."

Getting started with Phone Pal is easy! Individuals may self-refer, or be referred by another person or agency. When your referral is received, we will make phone contact with you in order to complete a screening. Once approved for the program, older adults are matched with a volunteer who has completed training and has had a successful background check. Visit lakecountyohio.gov/senior-services and follow the online interest form on the "Phone Pal

program" tab, or call 440-350-2020 to get started.

"Facilitating social connections amongst our senior population is critically important to a healthy community," said Commissioner John Plecnik. "Research shows that programs like Phone Pal have significant positive impacts on loneliness, depression, and anxiety for participants who need it."

Unique to this program, is that it uses a software system that allows approved matches to call through a special phone line, eliminating the need to exchange phone numbers or report volunteer data. "The software will enable us to measure outcomes, track calls, and evaluate the overall effectiveness of the program," said Commissioner Richard J. Regovich. "We will be able to utilize this software to ensure older adults aren't slipping

See *PHONE PAL* on page 4

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Centenarians from page 1

books. My kids keep me well supplied with those.”

Although only one son lives close by, in Jefferson, Anne is not without company. “I have a neighbor, Mark, who is very good to me, I’ve got nieces and nephews who never forget me, and my daughter calls me every day at 4 o’clock — I could set my watch by her.”

Anne also likes to cook and bake. “Just yesterday I made 28 chocolate cupcakes,” she says. “I often freeze them so I have something to give to my visitors. One of those visitors is her caregiver, Samantha, who she is obviously quite fond of. “She’s rather new but I already love her dearly. Last time she came by, I made bologna sandwiches and she liked it,” she says with delight. “My advice is don’t sit and lay around too much, you have to do whatever you can do for as long as you can.

“I know how blessed I am,” she adds, “I thank God every morning I wake up and each night I go to bed.”

Gloria Fakult

Gloria Fakult, who turned 100 last August, also keeps busy in her 100th year. So much so that when this reporter contacted her to make an interview appointment, she hesitated and said, “Well, I’ll have to check my calendar first.”

Gloria says she has always liked keeping busy, and she still does. She enjoys many activities at the Mentor Senior Center like bingo and “all the parties,” adding that she loves to socialize. “I’m a people person,” she says. But her greatest love is singing.

“I’ve been singing all my life,” says Gloria, who resides in Painesville. “I was in an ensemble called the Music Makers for years and I just loved it. We’d perform at a number of senior centers, and other facilities, singing all those great songs from the big band era.”

Those years of singing in her band is what brings her the best memories. “Our band was number one, but after awhile, members either died or went to nursing homes and I couldn’t find other musicians to take their place. And boy, do I miss it.”

And yet, she still can belt out a song, a cappella, and has a YouTube video to prove it, which people can view at www.youtube.com/watch?v=xf-czJLFEeI.



Gloria Fakult

When asked about her work before retirement, Gloria says, “I don’t recall just how many years I worked but it seemed like I worked forever.” Although she is quick to add that she did enjoy her job at the Cleveland Clinic where she worked as a secretary in the finance department. After she left there, Gloria held down a few part-time jobs and did some volunteer work “right up to just a couple years ago.”

She also enjoys her family that includes five children, nine grandchildren, and six great-grandchildren. “My one daughter lives rather close and takes me shopping on Saturdays so I’m lucky there.” She adds that she is grateful for Laketran to get her to doctor appointments and places where she can go to socialize.

Gloria also admits to having a little crush on Council of Aging CEO, Joe Tomsick. “Oh, I think he’s just wonderful,” she says. “He has such an infectious smile, it’s unreal.”

Both of these active centenarians say they don’t feel their age. “I feel the same as I did last year and the year before that and the year before that,” Gloria says with a chuckle.

Anne Orlando also had a good comeback to that question. “Oh, I am a happy camper.”

Thus proving what the experts say — that a positive attitude is associated with a greater chance of living past age 90. Take it from Anne and Gloria!

Visit our website to see a clip of Gloria Fakult singing: lcco.org/bridge-newspaper.

Lake County Council on Aging



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Welcome from the CEO

It is hard to imagine that the second quarter of 2023 is upon us and that this issue of Bridge takes us through spring and into June and the beginning days of summer! From a distance, we can't help but notice the budding trees already, the early blooms of tulips and daffodils emerging from the ground and I think that Punxsutawney Phil may have gotten it wrong this year, but who knows! Regardless, welcome to this spring edition of our quarterly newspaper, Bridge.

For over 50 years, our goal at the Council on Aging has been to provide older adults, people with disabilities, their families and caregivers with the tools they need to live in dignity and self-determination. Our entire purpose is to provide a range of community-based services that can enhance quality of life, promote choice, and help people age in place. Your support as donors and friends of the Council on Aging is essential to our success and we could not do this work without you, for you are partners in our collective work effort.

Many times we are asked how one can help support our mission. I've included some suggestions below:

- Volunteer with us or thank one of our hundreds of volunteers!
- Donate to our agency by visiting www.lccoa.org or remember us in your estate planning.
- Invite us to your speak at your organization.
- "Like us and share" our Facebook and Instagram posts.

The first bullet point above is for our volunteers. We are indebted to these dedicated individuals who continue to contribute in amazing ways to our senior community. April is Volunteer Appreciation month, so take a moment and thank a volunteer!

In May we celebrate Older Americans Month, and I am very excited to announce that we are bringing back "Senior Day at the Mall" on Wednesday, May 17. The last time we gathered at Great Lakes Mall for this event was 2019, so I hope you will be able to join us. (See page 5.)

We have recently brought back our email newsletter which delivers helpful information on aging in Lake County, details on local events for seniors and resources for families and caregivers—right to your inbox! With this information, you'll stay well-informed of the great work that Council on Aging makes possible for our community. Information on how to sign up is included on page 9 of this issue of Bridge.

The last few years have been more challenging than ever, but yet, we have persevered through difficult obstacles with great outcomes. I thank you for your support over the years, and for allowing us to be part of your lives each and every day.

Sincerely,
Joe Tomsick

CEO, Lake County Council on Aging

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2022 Lake County Council on Aging annual report

Available online after May 1, 2023 at www.lccoa.org.

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Mission Statement

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

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

Lake County Council on Aging
8520 East Avenue, Mentor, Ohio 44060
Open Monday through Friday 9:00 am – 4:30 pm

www.lccoa.org



Bridge Vol. L, No. 2 – April/May/June 2023
Award-winning Bridge is published quarterly; January, April, July, October

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Direct Market Publishing, Advertising Sales, Design
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Senior nutrition programs deliver more than a meal

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

“Everyone who delivers our meals is kind, give lots of warm smiles and we can tell they are dedicated. Actually, we give the Council on Aging’s Meals on Wheels program the highest compliments! And a sincere thank you. We need it. We could not afford to eat nutritious food before MOW! Fruits and veggies were too expensive (even the day-old food). We feel better, more healthy really.” –MOW client, Mentor

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

help combat two issues that home-bound seniors face — food insecurity and social isolation. In 2022, our volunteers delivered 183,560 meals to 1,158 seniors throughout Lake County, who could not easily prepare their own meals or had difficulty obtaining food. These numbers represent a 3% increase over 2021 and the continued increase of need in our community. Recently, 48% of our clients took the opportunity to provide feedback on our home-delivered meal program by responding to our survey. The results shown below reaffirm the importance of the program and express that the recipients feel a high degree of satisfaction:

Agree or Strongly Agree	Impact
95%	I am eating regularly scheduled meals
97%	I feel my nutrition has maintained/improved
93%	I feel less lonely and isolated
99%	I can remain living in my own home
97%	I feel secure because I have someone checking in on me
96%	I am satisfied with the overall food service
100%	Overall, I am satisfied with Meals on Wheels

With an ever-growing need of home-delivered meals for seniors, the focus of Lake County Council on Aging is to be able to serve all seniors as soon as possible without a waiting list. To be able to meet the growing demand, additional volunteers will be needed to ensure the delivery of 45 routes of approximately 650 meals every day. Providing exceptional meals and service will always be the top priority.

“First and foremost, it provides me with a daily nutritional meal — something lacking in my own meal preparations. Secondly, as with most senior citizens, I am on a fixed income. An affordable meal is a real help budget wise. And lastly, it provides the opportunity to socialize with others as opposed to sitting alone at home staring at four walls. The nutritional program is extremely appreciated.”
— Congregate Lunch Place client in Willowick


Similarly, a survey was offered to our dine-in Lunch Place guests.

The same meals that are delivered in home delivery are also served to our senior guests at four Lake County Lunch Place locations within the Madison, Wickliffe, Willowick senior centers and the Painesville nutrition site in the community room of the Extended Housing building. These diners are more mobile than home-delivered clients and enjoy not only the meal, but eating together with their peers in familiar surroundings. During the pandemic senior centers were closed for over a year. Since reopening, the return to in-person dining has been slow to return to “normal.” Almost half of the seniors who dine at the Lunch Place locations only come once or twice a week compared to a prepandemic 68% of seniors who dined 3–5 times a week. Of those dining at the Lunch Place, 87% believe attending lunch at the Lunch Place helps them remain independent. Below are results of the survey:

Satisfied	Impact
99%	I am satisfied with the overall quality of the food
98%	I feel comfortable in the lunch room with other seniors
96%	I enjoy eating in a group setting
99%	I am satisfied with the people who work in office and kitchen
99%	I am satisfied with the people who serve my meal
98%	I am satisfied with the reservation system
96%	I feel the suggested donation of \$1.50 is fair

The Council on Aging would not fare so well in client satisfaction surveys or program success without a very dedicated staff and of course, the compassion and generosity of hundreds of volunteers. It is also important to mention the critical financial support we receive from the Lake County Senior Services Levy, the Western Reserve Area Agency on Aging, United Way of Lake County, and community donors who together provide funding for the nutrition

programs along with the donations from seniors who dine at the Lunch Places. Lake County Council on Aging is looking forward adding a few special events at the Lunch Place so that seniors may enjoy a nutritious meal and an educational or entertainment program in the company of their peers. Please contact the Council on Aging with questions about home-delivered meal eligibility or Lunch Place registration at 440-205-8111.



Welcome to Medicare

2023



Are you turning 65 or otherwise now eligible for Medicare?

Presentations focus on what you need to know to make your transition to Medicare successful. We will help you to understand the different plan options, enrollment windows, anticipated costs and how to avoid costly penalties.

Presented by Allie Heinz, Benefits Specialist at the Council on Aging

REGISTRATION REQUIRED; Please contact the site directly to register.

Tuesday, April 11 at 1:30pm
Madison Senior Center
2938 Hubbard Rd.
(440) 428-6664

Monday, April 17 at 6:00pm
Kirtland Public Library
9267 Chillicothe Rd.
(440) 256-7323

Thursday, April 27 at 6:00pm
Mentor Public Library
(Mentor-on-the-Lake Branch)
5642 Andrews Rd.
(440) 257-2512

Thursday, May 11 at 3:30pm
Fairport Harbor Public Library
335 Vine St.
(440) 354-8191

Monday, May 22 at 7:00pm
Perry Public Library
3753 Main St.
(440) 259-3300

Thursday, June 1 at 10:00am
Willoughby Senior Center
36939 Ridge Rd.
(440) 951-2832

Phone Pal from page 1 through the cracks.”
For more information on Phone Pals, please call 440-350-2020. If you are interested in being a Phone Pal volunteer, contact the Lake County Volunteer Network at 440-350-5360.

The Council on Aging needs your help!



Community-based organizations like the Lake County Council on Aging need your support! Donate today help us provide vital services like meals to older adults in your neighborhood. Mail your tax-deductible donation to:

**Council on Aging • 8520 East Avenue
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Taxable goods drive appreciated

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

The Association of Specialists in Aging organized a taxable goods drive for their January membership on behalf of Lake County Council on Aging.

Taxable goods are those items for health and beauty or home that are not able to be purchased through the SNAP program. These are items; such as, toilet paper, paper towels, cleaning products, soap, shampoos, toothpaste and similar items. These items are essential, but for those on a limited income; they are difficult to afford.

The taxable goods drive benefits home-delivered meal clients. Mary Udics, chair of ASA's Community Resource & Advocacy committee for Adult Protective Services, a division of Lake County Department of Job and Family Services, understands the value of these items for seniors in need. Each year, Mary has organized a taxable goods drive for the Lake County Council on Aging and reaches out to the members of the

Association of Specialists in Aging who are always very generous with their contributions. This year, Teresa Szary joined the effort and hosted a drive at the Kirtland Senior Center. Teresa, senior center manager, said, "The seniors love to do something to support other seniors."

The donations enabled the Council on Aging to create a taxable goods bag to be given to home-delivered meal clients who most needed the items. This is an extra special surprise as it is so unexpected by clients and it's not food, which is what clients receive from Council on Aging in the Meals on Wheels daily meal delivery. Thank you so very much to Mary and Teresa and all who donated.

If you would like to host a taxable goods drive for Lake County Council on Aging's clients, please contact Linda Llewellyn, director of community services, at 440-205-8111 ext. 241 or email LLlewellyn@lcco.org.

Senior Day at the Mall returns May 17

Because of the pandemic, Senior Day at the Mall has been on hold since 2019. Partner members of the Senior Services Levy Committee are proud to announce that the event will return to Great Lakes Mall on Wednesday, May 17.

Lake County seniors are invited to come for a special day of activities, annual awards and great fellowship. Tickets are \$1 and are now available at any of the Lake County senior centers or at the door on the day of the event.

Every May, the nation observes Older Americans Month and celebrates how we all benefit when older adults remain engaged, independent, and included. The 2023 theme is Aging Unbound.

Guests will be welcomed beginning at 9 am, with light snacks and coffee available. Dozens of sponsors and vendors will be on hand throughout the day to offer educational information and material on services available for seniors and

their caregivers.

Activities begin with bingo in the food court from 9:30–10:30 am. Proclamations and awards from the Lake County Board of Commissioners and the Lake County Council on Aging will be presented at 11:30 am, emceed by CEO Joe Tomsick. Elvis entertains for one hour beginning at 12:30 pm.

Please contact your local senior center or levy partner for ticket information. The Senior Services Levy Committee works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. The levy supports many of the county's senior services such as Meals on Wheels, social work services, senior centers and Adult Protective Services. Fundraising events like "Senior Day at the Mall" help to ensure successful future levies.

Laketrans can provide transportation to Senior Day at the Mall by calling 440-354-6100.



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The Monreal Srnick family is honored to celebrate the continued commitment and consistency of a dedicated man, Bill Monreal.

Happy 50th Anniversary Bill!



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March For Meals with an Irish theme!



“Top o’ the mornin” was heard multiple times as guests arrived at the Great Lakes Mall to celebrate March for Meals on the morning after St. Patrick’s Day! The smell of early morning coffee from Gloria Jean’s Coffees welcomed hundreds of participants back on March 18. This event brings awareness to the issue of food insecurity among seniors and raises critical funds for the Lake County Council on Aging’s (CoA) home-delivered meal and congregate meal programs.

Over 70 businesses sponsored the event with the Western Reserve Area Agency on Aging as the feature sponsor while dozens of other businesses and individuals participated as in-kind sponsors, donating food, raffle baskets and giveaways! New this year, was the DJ services provided by Jesse Webb Entertainment. Additionally, guests enjoyed traditional Irish music as performed by a group under the direction of Amy Seeds. The CoA would like to thank all of the volunteers who helped make the event so successful, including many staff members.

The Lake County Council on Aging Nutrition Program works year-

round to help seniors stay healthy by providing hot, nutritious meals through the two programs. Even the healthiest seniors may face hunger, isolation and loss of independence. Home-delivered meal services not only provide a nutritious meal, but also friendly visits and safety checks, while the congregate program provides socialization opportunities at four regional locations.

The meals programs are available to qualified seniors in Lake County, 60 years or older, who are home-bound with no support to prepare meals. The program is supported by the Lake County Senior Services Levy, Title III of the Older Americans Act, the United Way of Lake County, and various grants. While many participants do donate toward the cost of their meals, the program depends on local community and business support to meet the growing demand for their services. The March for Meals event helps offset the increasing costs for the Council on Aging’s meals programs.

For more info about Meals on Wheels or congregate meal sites, call 440-205-8111 or visit lccoa.org.

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- Giant Eagle
- Gloria Jean’s Coffee
- Goodtime III
- Great Harvest Bread Company
- Great Lakes Theater
- Greater Cleveland Food Bank
- The Helicopter Daughter
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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.

May celebrates Aging & Disability Resource Centers (ADRCs)

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

The Council on Aging is Lake County's Aging and Disability Resource Center, otherwise known as the "ADRC." Our resource center is part of the Aging and Disability Resource Network that spans across Cuyahoga, Geauga, Lake, Lorain and Medina counties in northeast Ohio. May is ADRC month, so let's take a look at the many benefits of having an aging and disability resource center in our community!

We are the direct intake for all Lake County residents who are 60+ and those 18+ with disabilities. The ADRC is designed to be the access point for information and assistance on long-term services and supports. The ADRC staff works directly with the seniors, person-to-person, and provides counseling to help make informed decisions. Made up of three main components, the ADRC consists of:

Information and assistance

Our information & assistance specialists will link you to the resources and support you need to improve your health, independence, and quality of life.

Benefits assistance

Our benefits specialist will screen you for state and federal assistance programs including the Home Energy Assistance Program (HEAP), the Supplemental Nutrition Assistance Program (SNAP), Medicare savings programs, and Medicaid. The benefits specialist also provides objective information and counseling in an effort to help you better understand your Medicare options through OSHIP.

Options counseling

Our options counselor assists you, your family or caregivers in making informed decisions about long term care services and supports.

Since we are celebrating ADRCs in the month of May, here is a brief look into the origin of ADRCs.

In 1965, Congress passed the Older Americans Act (OAA) as part of President Johnson's "Great Society" initiative. The goal of this

law was to support older Americans to live at home and in the community with dignity and independence for as long as possible. The original legislation established authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging.

The law has since established numerous programs over the years, including but not limited to, the Administration on Aging (Title II), which resulted in the very first Aging and Disability Resource Center in 2003. Currently, an ADRC exists in every state as well as several U.S. territories.

Although older adults may receive services under many other federal programs, today the Older Americans Act (OAA) is considered to be a major vehicle for the organization and delivery of social and nutrition services to older adults and their caregivers. Area Agencies on Aging (AAAs) were added to the OAA in 1973 to be the on-the-ground organizations designed to assist vulnerable older adults live with independence and dignity in their homes and communities.

In partnership with the Western Reserve Area Agency on Aging (WRAAA) and the Ohio Department on Aging's statewide initiative, the ADRC was established at the Lake County Council on Aging in 2011. Fast forward about 11 years, in 2022 alone we serviced over 6,300 phone calls and visits, providing help to seniors and disabled adults on how to apply for public benefit assistance, utility assistance, and be referred to local resources and services.

In honor of ADRC month in May, we want to say a special THANK YOU to our current ADRC staff. Your dedication to the Lake County community, knowledge about resources & assistance, and teamwork on a daily basis is very much appreciated!

To learn more about the Lake County Council on Aging's ADRC, please call us at 440-205-8111, where one call does it all!

Lake County's best kept secret

AVENUE WOODS



A 55 and older community

Only a few sites left!

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PARTICIPANTS MUST CERTIFY ANNUAL GROSS HOUSEHOLD INCOME IS AT OR BELOW \$25,759 FOR A HOUSEHOLD OF 1 AND \$34,839 FOR A HOUSEHOLD OF 2. INCOME IS SELF-DECLARED; VERIFICATION IS NOT REQUIRED.

**JOIN US TUESDAYS APRIL - SEPTEMBER
FROM 10:00 A.M. - 11:00 A.M. AT VARIOUS LOCATIONS:**

**LAKE ERIE CHURCH
NEW HOPE BAPTIST CHURCH
WICKLIFFE SENIOR CENTER
MENTOR PARK-N-RIDE**



**FOR MORE INFORMATION AND LOCATION DATES
VISIT LAKETRAN.COM**

THANK YOU TO OUR COMMUNITY PARTNERS:



Senior Farmers' Market Nutrition Program (SFMNP) **COMING SOON!**

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

One of the many benefits of living in Lake County is the numerous farmers markets offering an abundance of fresh fruits and vegetables during the summer and early fall months.

To take advantage of this resource and, more importantly, improve the nutritional health of seniors, the United States Department of Agriculture administers the SFMNP which awards grants to states to provide limited-income seniors with coupons that can be exchanged for eligible foods at area farmers markets. To be eligible for this program in Lake County, you must be a Lake County resident, age 60 or older with an annual income (from all sources) and under 185% of the federal poverty level.

Last summer, all interested seniors called the Lake County Council on Aging to register for their coupons in advance and were assigned a specific day and time for pick up at the Mentor United Methodist Church.

After receiving such positive feedback last year, we are excited to announce we will be doing the same process again for 2023. On a to-be-announced date, seniors will call the Council on Aging to register for a specific day and time to pick up SFMNP coupons. The number of seniors per time slot will be limited, so this will be a first call, first serve registration.

Applications will be available on-site the day(s) of the distribution event at Mentor United Methodist Church. For convenience purposes,

for those who would like to complete the application prior to their registered date & time, we will also make applications available to print on the Lake County Council on Aging's website (www.lccoa.org). The completed application and I.D. will be required in order to pick up the coupons on the distribution day & time the senior is registered for.

A proxy is allowed to pick up the coupons on a senior's behalf, but the application will need to be signed by the senior utilizing the coupons at the time of pick up. The Council on Aging will not mail applications or accept applications prior to the senior's registered day and time of the distribution.

On behalf of the Council on Aging, we want to thank the Mentor United Methodist Church who will again be graciously providing us with the use of their church for the SFMNP coupon distribution.

At this time, the dates for application availability, specific income eligibility, registration and the distribution event are to-be-announced. Details for this program are not typically released until June each year.

For any questions, please contact ADRC manager, Jackie Oliverio at 440-205-8111 ext. 236 or email questions to info@lccoa.org. The most up-to-date information regarding SFMNP will be posted on the home page of our website, www.lccoa.org; and our Facebook page, www.facebook.com/lakecountycouncilonaging; please check regularly for updates.

"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
Doctor of Audiology



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440.210.3737



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HEARING**

Painesville Township • 1701 Mentor Ave, Ste 5
AmandasFamilyHearing.com

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!

REGISTER TODAY!

Mentor Residents: \$10.00 | Non-Residents: \$15.00

MENTOR SENIOR CENTER

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

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



The best kept lunch secret in Lake County

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

Do you live in Lake County?
Are you 60 years old or older?
Enjoy dining out with friends? On a budget? Would you like to know the best kept lunch secret in Lake County?

Lake County Council on Aging has four Lunch Place locations in Lake County for seniors to enjoy a nutritious, tasty meal with other seniors for a suggested donation of \$1.50. It's a great opportunity to enjoy lunch with friends or to make new friends. The menu is created by a registered dietician, so every meal served will provide one-third of daily nutritional values with lower calories, lower fat, and lower sodium than most meals. Every hot meal has a serving of a protein entrée, a starchy side, a vegetable, a fruit, a bread and a milk. You can eat the whole meal and know that it is healthy for you and delicious.

Seniors who have discovered this secret say, "Very satisfied – staff is wonderful. Food is great."

It's easy to start attending a Lunch Place. You can dine with us once a month, twice a week or as often as you like. You will need to make a reservation for the day(s) that you would like to dine in the Lunch Place. Reservations are made in advance by the Wednesday of the week before. You can even sign up for the whole month at once! The first time you dine at the Lunch Place, you will complete a simple registration form of basic demographic information including your name, date of birth, address and phone number. You will also complete a simple 10-question nutrition risk assessment. The form is also available on the Council on Aging website at www.lcco.org/the-lunch-place.

When you arrive to dine at the Lunch Place, you will need to sign in. You are welcome to make an anonymous suggested donation of \$1.50 by depositing it in the collection container. If you don't have



Painesville Lunch Place

exact change, no problem. Deposit what you can. If you are unable to make a donation, no problem. No senior is ever denied the ability to dine due to inability to make a donation. Your donation along with funding from the United Way of Lake County, the Lake County Senior Services Levy and Western Reserve Area Agency on Aging support the Lunch Place congregate dining program for seniors in Lake County.

So let's plan your first lunch at the Lunch Place. You can dine in any or all locations throughout a month. Lunch is at 11:30 am, except Madison serves lunch at noon.

Decide on a location that is best for you. See a list of the four locations to the upper right.

Next, visit www.lcco.org/menu to see the complete April–June menu and select which days you would like to dine at the Lunch Place. A sample menu appears to the right.

Next, call the Lunch Place site of your choice and say, "I saw the article in Bridge and I'd like to reserve my spot for lunch on (insert date)."

Day of dining. Come to the Lunch Place on the day of your reservation about five minutes early. Complete or turn in the registration form and nutrition risk assessment form. Sign in for lunch. Enjoy!

We look forward to seeing you at a Lunch Place in the near future. It won't be the best kept lunch secret in Lake County for long. It will be the best lunch for seniors in Lake County and you'll be sitting at the table!

Send it to me!

Sign up for email updates and information from the Lake County Council on Aging. Our emailed newsletter is sent at regular intervals to keep you informed about the latest news, happenings, and updates regarding our agency and the community we serve. Stay connected, engaged and informed! Log onto www.lcco.org and tap on the email newsletter link.

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



SAMPLE MENU

The Lunch Place

Look over the following lunches prepared by the Council on Aging during the month of May 2023. This is a sample of what you are missing by not participating in our lunch program! All lunches come with a vegetable, fruit, bread and milk. Open M–F. Reservation required.

May 1: Roasted Pork Loin with Seasoned Potato Wedges
May 2: Cheese Ravioli with Broccoli
May 3: Meatloaf with Mashed Potatoes
May 4: BBQ Chicken and Sweet Potatoes
May 5: Meatball Sub Sandwiches

May 8: Chicken Cordon Bleu with Pasta
May 9: Breaded Fish with Brown Rice and Beets
May 10: Stuffed Peppers with Mashed Potatoes
May 11: Sliced Ham with Scalloped Potatoes
May 12: Chicken with Brown Rice

May 15: Salisbury Steak with Noodles
May 16: Roast Turkey with Stuffing
May 17: Chicken Alfredo with Broccoli
May 18: Stuffed Cabbage with Mashed Potatoes
May 19: BBQ Chicken Breast with Mac & Cheese

May 22: Lasagna with Garlic Bread
May 23: Meatloaf with Mashed Potatoes
May 24: Chicken Stir Fri with Broad Rice
May 25: Breaded Fish with Brown Rice and Carrots
May 26: Roast Pork Loin with Au Gratin Potatoes

May 30: Stuffed Shells with Sauce
May 31: Swedish Meatballs with Noodles



Willowick Senior Center

EASTLAKE SENIOR CENTER
600 East 349th Street
(440) 975-4268

Grace Giangiacomo, director

Although, it was quite the mild winter with record lows of snow-fall, we are still anxiously awaiting the arrival of sunshine, flowers and green everywhere! We have kept busy with some fun trips, holiday parties with delicious food, and lots of new friendly faces to start 2023!

Speaking of faces, stop in to see my new assistant director, Kerri Davidson. She says “stop by, there is so much more that is currently being planned that you won’t want to miss.”

Our fabulous winery trips will be kicking off soon, along with museums, baseball games, theaters and more! Feel free to bring some ideas

SENIOR CENTER UPDATES

April/May/June 2023

to us, maybe take a peek at your bucket list. Leave the planning to us!

Along with travel, we value exercise. If you don’t move it you lose it, right?! A brand new pickleball court will be arriving, as this sport is taking storm in the senior world. Also, we are blessed here in Lake County with amazing parks. Let’s check them out on some gentle trail hikes. For more information on these upcoming happenings and our “Senior Attic” in May, check out our monthly newsletters at www.eastlakeohio.com.

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

Chris Yano, director

Spring is here and it's time to get out of the house and meet new friends! We have so many trips and classes planned for this year. If you would like to receive our newsletter please stop in or call. Membership is \$12 for the year.

We have a hiking club that meets weekly at different parks. We also will be starting a golf group. Our meeting is on April 2, if interested

in golfing and having fun!

Our OSHIP volunteer Lorna Curtiss is at the center and will help you with all your Medicare questions or if you are new to Medicare. If you would like to make an appointment just call the center.

Our London and Paris trip sold out and we received six more seats. The trip is October 4–12, 2023. We will also be offering an Alaska trip for 2024; brochures will be available soon.

Hope to see you soon.

KIRTLAND SENIOR CENTER
7900 Euclid-Chardon Road
(440) 256-4711

Teresa Szary, coordinator

Spring has sprung here in Lake County, and with it we are excited to bring back new favorites and familiar traditions. Outdoor pickleball will be open when consistent dry weather arrives, and courts are reserved for members from 10 am –

1 pm every weekday (first come-first served! (Pun intended!))

April brings bus trips to the Cleveland Metroparks Zoo and to Lake Erie College, collaborations

with the Kirtland Local School District as our superintendent will present the annual state of the schools and invites our seniors to an appreciation night, and we are excited to host our first International potluck event.

In May, we’re prepping for planting by heading down to the Produce Auction, and will be enjoying a concert in downtown Cleveland. Memorial Day lunch for new and returning members, and Senior Day at the Mall are on the docket. We are especially looking forward to hosting local centers at Mind Challenge Trivia!

June in Kirtland means strawberries! From parades to trivia to dunking the director, the weekend of Father’s Day is a tradition in our community, and we hope to see you there.

We love welcoming new faces, and residents and neighbors alike are always welcome to come introduce themselves and see what we have to offer in Kirtland!

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

31ST ANNUAL

QUILTS

2023

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March 31–April 30
9 am to 5 pm
Lake Metroparks Farmpark

the

Color Trail

(Die Farbspur)

A one-woman show featuring the original art of Angela Schaal

March 18–May 14
9 am to 5 pm
Penitentiary Glen Reservation

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SENIOR CENTER UPDATES | April/May/June 2023

MADISON SENIOR CENTER 2938 Hubbard Road (440) 428-6664

Carol Billetter, director

Happy spring! We look forward to blooming flowers and more sunshine. We will be hosting a community open house for the Madison Senior Center on Saturday, May 6 from 11 am –1 pm. Join us as we highlight our programming and events for new potential members.

Whether you want to try a new hobby or return to an old familiar one, meet with old friends or make new ones, start or maintain a fitness program, the Madison Senior Center offers many opportunities for the Lake County Council on Aging, Monday–Friday, with delicious, nutritious meals provided thru a contract with the Greater Cleveland Food Bank and the Western Reserve Area Agency on Aging.

If needed, transportation to and from the center can be provided at no charge by Laketrans. Hope to see you May 6 at our open house! 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 looking forward to an exciting and memorable year as we celebrate our 50th anniversary. An open house is planned on June 26 to recognize the history, accomplishments, and welcome the Mentor community to see what a great asset the center is to the community. City officials will be on hand to recognize 50 amazing years and join us for a celebratory cake.

Take a stroll down memory lane as we display photos and memorabilia from the past 50 years, which includes three different locations. Class demos and displays will help you discover for yourself the many classes, programs, and events that keep our seniors young. Members who bring in a senior guest will receive a special gift. Tours will also be available. All are welcome to join us from 2–5 pm.

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

The Perry Senior Community Center presents “Casino Night on the Lake,” Friday, June 2, 2023 from 6–9 pm at 2800 Perry Park Road in Perry.

For only \$25 per person, enjoy an evening filled with food, drinks, gambling for prizes, reverse raffles, 50/50 every hour, Chinese auction, and fun with friends.

For ticket information call 440-259-3772 or mail your check (payable to PAJRD) to Attn: Christine 2800 Perry Park Rd. Perry, OH 44081. Tickets will be held at the door. Don’t wait—buy your tickets today!!! All proceeds benefit Perry senior programming.

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

We are happy to see the longer days and more sunlight! Spring promises a lot of fun at the Wickliffe Senior Center.

We have many programs here including Wii bowling, clogging, advanced tap, chair yoga, senior exercise, book club, line dancing, art, knitting/crocheting, meditation, reiki, veterans group, bingo, special lunch bunch trips, holiday parties, and so much more!

We already have our summer concerts planned! All concerts are held outside and on Tuesdays 6–8 pm. Joey Tomsick Orchestra will be here on June 20, The PopTarts (and car show) will be here July 11, and Ron Sluga & Friends will be August 8. In addition to our activities and special events, the Lake County Council on Aging is here Monday–Friday providing delicious and nutritious lunches. To find out more about the lunch program, please call 440-373-5017.

To inquire about our senior membership program, please call 440-373-5015. We would love to talk with you!

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

Amy Cesa, manager

Spring and summer are all abuzz at the Willoughby Senior Center. Everyone aged 55 and over is welcome to join and gain access to our beautiful library, well-thought-out fitness center, air conditioned walking track, senior trips, classes and activities.

At \$12 for Willoughby residents and \$18 for non-Willoughby residents per year, the Willoughby Senior Center is a place you want to be a part of! Highlights to entice are the upcoming Tea Party “The Fabric of Our Lives,” Let’s Cook cooking classes, the new Barre Fitness class, AARP Driver Safety Course, Cinco de Mayo celebration, and a good ole fashion western bbq!

Stop in for a tour and to become a member today! Call (440) 951-2832

WILLOWICK SENIOR CENTER 321 E. 314th Street (440) 585-5112

Doreen Nevulis, coordinator

Hello spring! We are keeping busy here at the Willowick Senior Center. Check out our yoga classes,

line dancing, exercise, Tai Chi, pinochle, bridge, crafts, ceramics, art class, and our new jewelry making and paint pouring Classes. We also offer blood pressure checks, foot doctor, attorney services, massages, monthly book club, and don’t forget celebrating birthday lunches the last Wednesday of the month. Make sure to sign up!

We will continue our casino trips (so start saving your \$) and lunches throughout the summer. Our partners from the Lake County Council on Aging offer a daily lunch program at the center.

Registration and reservations are required. Please call Renee at 440-946-8822 for more details.

We will also have a few local trips including the West Side Market, wineries, Captain’s games and others.

Don’t forget about our in-house events, presentations and educational programs for seniors. Visit us Monday–Thursday, 8 am–4 pm and Fridays 8 am–noon.

You may also visit us online at cityofwillowick.com/residents/senior-center. If you have any questions, please contact Doreen at dnevilis@cityofwillowick.com.

See you soon!

BUYING VINTAGE TOYS 1920-1980



Call * Text * Email
(440) 223-7253

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Community-based organizations like the Lake County Council on Aging need your support! Donate today to help us provide vital services like meals to older adults in your neighborhood. Please consider a tax-deductible donation by calling our office at 440-205-8111, or visiting our website at www.lcco.org.

News from the treasurer's office

Resource Fair to be held April 21

The Lake County treasurer's office wrapped up the first half 2023 collection exceeding last year's collection by nearly seven million dollars. Considering valuations remained the same as last year's collection, the increased collections came from some new construction and a few levies, but was also attributed to internal factors.

In 2022, the treasurer's office upgraded the online payment options, added QR codes for quicker access to property tax information, enhanced the online payment platform, as well as focused on consistent community outreach at senior centers and libraries reviewing tax reduction programs and grant sources for seniors.

We have continued to partner with the auditor's office holding presentations that discuss financial literacy, tax reduction programs, local grants and services offered by nonprofits.

Upcoming presentations include: financial literacy at the Fairport Library on May 6 and financial literacy and real estate tax sav-

ings programs at the Willowick Library on May 15. If you would like to enroll yourself, children or grandchildren please call Deputy Treasurer Sherri Falkenberg at 440-350-2516.

The treasurer and auditor offices will be holding a Resource Fair April 21, 2023 at the Lake County Administration Building. There will be multiple government agencies available to discuss programs and grants available in Lake County. There is also a free food distribution set up with Laketrans, Lifeline, and the Council on Aging. To pre-register for the food distribution, please call Lifeline at 211.

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.

Putting the spring back into our seniors!

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

Older adults tend to slow down and stay indoors during winter, but spring is a welcomed relief and an opportunity to get back to nature and improve overall wellness. Houses and cars aren't the only thing that need spring overhauls or tune-ups—so do people!

Get checked out

Time to get that yearly exam to check blood pressure, weight and blood levels. Have to keep "our engines" running smoothly, not just the cars! While you are at it, things looking a little blurry or out of focus, go see the optometrist to make sure your vision hasn't changed. Dentures out of alignment or perhaps your pearly whites need a cleaning? Make that phone call to the dentist too!

Walk outdoors

Soak up the sun. You remember that big bright ball in the sky we have been missing all winter long! Vitamin D promotes healthy bones, stronger muscles and helps reduce depression. It has been recommended that after the first 10-30 minutes of direct sun exposure protect your skin from overexposure by applying sun screen.

For the homebound senior, pull back those curtains, open the window and take in a deep breath of fresh air while feeling the sunrays caress your skin.

Toiling the soil

Bring the outdoors indoors by starting an herb garden in the kitchen or placing a potted plant on your favorite table for you to enjoy watching it grow. Have plant allergies? No problem! Buy your favorite plastic or silk flowers and make an arrangement. A bouquet of flowers always seems to lift one's spirits!

Overhaul your diet

Visit local markets and enjoy the seasonal fresh fruits and vegetables. Nothing tastes better than homegrown strawberries or lettuce nurtured and tended by the heart and soul of a local farmer.

Take an exercise class

Check out the local senior center for chair yoga classes. They are a great way to get in some exercises that are low impact on your joints and will improve your flexibility, balance and circulation. It also combats depression, promotes overall well-being, and allows you to meet some new friends.

Keep hydrated

As we age, our thirst may decrease, so get in those eight cups of water a day. Becoming dehydrated can put you at risk for falls, adversely affect your memory and concentration and can lead to fatigue. Make herbal tea and fresh vegetable juices a part of those eight cups.

Now you are asking, "How can I possibly do all of this and maintain my home?" With a little help from a friend!!

Sometimes no matter what preventative measures we take, we just can't always do things like we could at one time. For instance, bending over the tub to clean it, now causes us to be unsteady on our feet and we are at risk for a dangerous, perhaps fatal, fall.

The Council on Aging Homemaker Program provides light housekeeping to seniors so that they can remain in their homes and maintain their independence. Our homemakers assist with vacuuming, dusting, sanitizing of bathroom and disinfecting of kitchen twice a month.

Call 440-205-8111 for more information and eligibility.

Danke schön Hofbräuhaus Cleveland!

The Lake County Council on Aging was selected as the beneficiary of the March 2023 Hofbräuhaus Cleveland Keg Tapping. Proceeds raised during the evening event went towards the 2023 March For Meals campaign. Hundreds of guests including a bus of staff, friends and supporters from Lake County were on hand to see board president, John Thomas, tap the keg for the month of March. Close to \$1000 was raised during the event!



Hofbräuhaus brewmeister Josh Jones and legendary hostess Barbara Pesa, both Lake County residents, welcome COA board president, John Thomas.



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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!

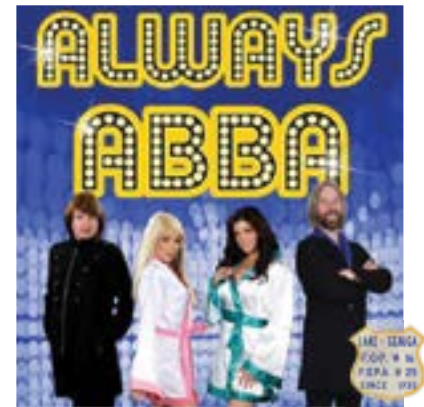
Don't miss this special night!

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



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Saturday, June 10, 2023 • 7:00 pm

Mentor Performing Arts Center
6477 Center Street, Mentor

Tickets

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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



Legendary Motown 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 & Geauga county FOPs.

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

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VOLUNTEER SERVICES

Everything sprouts in spring!

By Ann Marie Armario, Volunteer & Community Engagement

Spring is here, a time for change and new growth. As we watch flowers sprouting up and the days getting longer we feel inspired to try something new. What a great time to become a volunteer! You could help deliver a hot meal and some spring sunshine to seniors. Grocery shoppers are a great way to help with only a twice a month commitment.

We are currently looking for volunteer drivers who can commit to one day per week Monday through Friday. Volunteer drivers deliver lunchtime meals to homebound seniors between 10:30 am and 12:30 pm. Every weekday, kitchen volunteers are needed for three to four hours in the morning starting at 7:30 or 8 am. Kitchen volunteers assist in preparing and packing meals. Our nutrition sites include Wickliffe, Willowick, Mentor, Painesville and Madison with immediate openings.



An important benefit of home-delivered meals is the opportunity for social interaction between the volunteers and clients. Social isolation is a significant concern for seniors living on their own. Daily visits by Meals on Wheels volunteers provides more than a meal, it is a friendly smile, conversation and also serves as a well check for the senior. Grocery shoppers are needed to shop for homebound seniors who are unable to get out. This support call can be done weekdays, evenings or weekends.

Get started today by calling Ann Marie Armario at 440-205-8111 ext. 228 or emailing Aarmario@lccoa.org.

Lake County Mobile Food Pantry extends distribution to September

The Lake County Mobile Food Pantry provides fresh produce to Lake County seniors for free at weekly distributions at various places throughout Lake County.

Distributions are each Tuesday from 10–11 am and alternate each week between Lake Erie Church (2300 Hubbard Road), New Hope Baptist Church (428 Jackson Street), Wickliffe Senior Center (900 Worden Road) and the Mentor Park-n-Ride (8650 Market Street). For more information on locations and dates, visit www.laketran.com.

Lake County seniors, 60 years and older, may register for one pick-up per month by calling Lifeline at 2-1-1 or Lake County Council on Aging at 440-205-8111. Preregistration is required for up to 90 spots available each week. Participants must certify annual gross household income is at or below \$25,759 for a household of one and \$34,839 for a household of two. Income is self-declared; verification is not required.

“A lot of agencies are reflecting on what things they did differently during the pandemic and what should stay,” shared Laketrans CEO Ben Capelle.

“As long as food insecurities exist among our seniors, we plan to continue this program with the support of the Greater Cleveland Food Bank and our local partners. There is no reason seniors in Lake County should go without food.”

Laketrans offers free transportation to the Lake County Mobile Food Pantry distribution. Residents can call Laketrans customer service at 440-354-6100 to arrange transportation to pick-up your produce. Reservations for Laketrans’ Dial-a-Ride service can be made 1–12 business days in advance. The Mentor Park-n-Ride is also accessible taking Laketrans’ Route 8, but please be aware produce boxes are between 20–30 pounds.

The Lake County Volunteer Network makes this program possible. If you are 55+ years old and looking for a place to volunteer, contact Cristen Kane at 440-350-5360.

This program is made possible through a partnership between Laketrans, Board of Lake County Commissioners Senior Services, Lifeline, Lake County Council on Aging, and the Greater Cleveland Food Bank.

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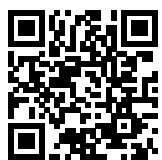
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AARP Smart Driver course returns April 26

Now is a great time to sharpen driving skills by participating in the AARP Smart Driver program, presented through a partnership between AARP and the Lake County Council on Aging. Lake County residents age 50 and over are eligible for the workshop which will take place on Wednesday, April 26, from 10:00 am–2:30 pm at the Council on Aging office, 8520 East Avenue in Mentor.

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

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

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

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

Masquerade jewelry and accessory sale

University Hospitals Lake West and TriPoint Medical Center's Auxiliary is hosting a masquerade jewelry and accessories sale. All items are \$5.00. Proceeds benefit University Hospitals Lake West and TriPoint Auxiliary. Sales will be held in the lobbies. Call Volunteer Services at 440-354-1665 for more information.

**University Hospitals
TriPoint Medical Center**
7590 Auburn Road, Concord
April 24 at 7 am and runs
continuously to April 25 at 2 pm.

**University Hospitals
Lake West Medical Center**
36000 Euclid Avenue, Willoughby
April 27 at 7 am and runs
continuously to April 28 at 2 pm.



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

Dear COA

I'm writing to thank you for the services you provide for seniors in our community. I have contacted your organization a few times over the past few years and have always found you to be very helpful and kind ... Recently I began using your Homemaker Service. Thank you so much for providing this service, it's made my life better.
~Kathleen from Eastlake

Dear Council on Aging

I was nominated by the Council on Aging to receive a gift at Christmas time during "Santa for a Senior." A woman and two small children delivered a very large shopping bag. As I went through all the wonderful things in that bag, I felt like a child again at Christmas. It made my day so happy. I can't thank all of you enough for this wonderful day I will never forget.

~Barbara from Madison

Dear COA

Over the past 5–6 years, your organization has been a wonderful (and much needed) resource for my parents. I cannot thank you enough for all the help and support you provided with each and every call I made since I live in another state. You were a godsend to my parents.
~Kathleen from Pennsylvania

Sharing Love with seniors and their pets

On Valentine's Day, the Lake County Council on Aging shared Letters of Love with nearly 750 seniors in the Meals on Wheels and Lunch Place programs. Letters of Love is an annual tradition of sharing hand-crafted Valentine's Day cards made by Council on Aging volunteers especially for our seniors.

This year, the Valentine's Day sharing of love was extended to the 136 pets in the Meow or Woof Pets Meals on Wheels program, which began in the summer of 2021. The Pet Meals on Wheels program, in collaboration with the Lake Humane Society's Auggie's Pet Food Pantry, provides a supplemental supply of food to the pets of the Meals on Wheels seniors who would not be able to visit the pantry in person. Providing a supplemental supply of pet food supports the senior's nutrition and health by ensuring the senior has enough money to purchase their own food and does not have to share their MOW meal with their pet.

Love is a four-legged word became the theme for the Pet MOW



Valentine's Day event. We collected donations of dog and cat treats and toys and even a treat for the cockatiel, bunny and guinea pig. Volunteer Don Sotka organized a special collection drive at Hope Ridge Methodist Church in Concord and built the cute dog house collection bin for the event. Pet MOW volunteers delivered the love toys and treats along with the monthly food delivery. Seniors and their pets were thrilled with the loving surprise.

Sharing the love with seniors and their pets doesn't stop at Valentine's Day in the Pet MOW program. Watch the Lake County Council on Aging's website and Facebook page for details on a special event celebrating seniors and their pets to be held in May, Older American's Month.



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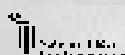
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Free health screenings at the Council on Aging office in Mentor

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 from 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 it’s 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 regarding avoiding falls from UH Lake West’s multi-disciplinary trauma team. Falls are a leading cause of injury death in adults 65 & older. Those interested will be able to hear from University Hospitals music therapists regarding the therapeutic benefits of music therapy related to mental health 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.



Give the Vial of Life in 2023

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 info and to request a Vial of Life for yourself or a loved one, call the Council on Aging at 440-205-8111.



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Senior resilience

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

Stress is all around us! It can come at us in many forms, such as personal stress like a newly diagnosed medical condition or a strained relationship with a loved one. Stress can also come from local, national, or world events, such as severe weather or an ongoing conflict between two parties or nations. Financial stress can occur with a recent change in income or added expenses. All of these stressors can sharply impact a person's overall well-being leaving the person feeling vulnerable and isolated. However, a person's ability to manage and respond in a resilient manner to the stress can impact that person in a positive way.

Seniors have the capability of being resilient when facing difficult times. Strong social connections with family and close friends can provide an outlet for seniors to discuss their daily stress. Knowing that one can have someone else to turn to in time of need can increase resilience before the isolation and its effects occur. Checking in with a loved one on a routine basis can be helpful.

Seniors can also join groups at their local community and senior centers to provide them the sense of belonging to a larger group that can help give them the support they may need. Activities such as exercise, music, and outdoor nature excursions can all benefit a senior in relieving stress.

Attending spiritual services, in person or virtually, can also provide a sense of comfort and strength that can aid in building resilience.

Seeking counseling for any mental health concerns is another way to manage what may seem like an unmanageable situation.

Lake County Council on Aging also offers services to seniors that can assist in coping with some of life's challenges. Contacting the Council on Aging can provide a senior with the resources needed to rebound after going through a difficult time period. For instance, a senior may call the Council on Aging with concerns about preparing meals and affording food. An information and assistance specialist can direct the senior to local emergency food resources, such as food pantries, and discuss the agency's home-delivered meals program. Then, one of our licensed professional social workers will schedule and conduct a home visit to assess their needs and refer the senior, if determined to be eligible, to start home-delivered meals.

The social worker can also provide that senior with the resources they need to deal with other stressful events and help develop a plan with that senior, such as referring them to Council on Aging services and linking to other community agencies as needed.

Improving resilience as a senior can help with getting through challenges. A healthy and positive response to stress is critical in handling it well and making a significant impact on a person's well-being. It is important to remember to take care of one's health, maintain a positive mindset, participate in enjoyable activities, stay connected, and ask for help.



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. Recently, the following individuals donated a minimum amount of at least \$50, with some contributing upwards of \$1000!

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

Martha Brunner Deitrick
Aimee Butler
Dave Ernes
The Goud Family Trust
Joan Lariccia
James Llewellyn
Larry Meyer
David Mitchell

Michael Mohner
Robert Murch Trust
Jane Neubauer
Quality Community
Management, Inc.
Tracy Radonich
Reminger Co LPA
Richard Robie

Laura Sherwin-Makar
Mary Slak
Roy Smith
Sunset Industries Inc.
Beth Thomas
Robert Wareham

In Memoriam

COA board mourns loss of honorary board member Patty Mackey

Longtime Council on Aging board member, Patty Mackey, was laid to rest in mid-March. Patty was an incredible advocate for the seniors of Lake County, a Ruth Densmore Award recipient, and was named as an honorary board member upon her retirement. She served on the Fairport Harbor Mardi Gras Committee, was involved in the Fairport Senior Center and served on the Laketrans board, Lake Metropolitan Housing Authority board, and the Fairport Harbor Historical Society Board.

She forged new partnerships between the Council on Aging and other agencies providing benefits to Lake County seniors. Her most proud achievement for the Council on Aging was her drive to bring a senior services levy to Lake County, during the early '90s. She wanted to assure that the oldest members of our community would



be taken care of when they no longer were able to do everyday tasks, and to secure funding that could help keep seniors safe and independent in their own homes.

Her dream became reality with the passage of the Senior Services Levy, and to her credit, has passed every time when up for renewal.

We remember Patty Mackey.

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The healing power of hyperbaric oxygen therapy

By University Hospitals

Hyperbaric oxygen therapy (HBOT) is a noninvasive, painless treatment that supports the body's natural healing capabilities. It does this by delivering high concentrations of oxygen to the bloodstream to help heal persistent wounds, injuries and infections.

The benefits of HBOT

Under normal conditions, the air we breathe contains a mixture of gases, of which about 21 percent is oxygen. During HBOT, a patient breathes 100 percent pure, medical grade oxygen. They do this while relaxing in a specially designed, pressurized chamber.

High concentrations of oxygen can enhance your body's healing power to repair itself, rehabilitate an injury or promote healing of a chronic wound. It can also help to rejuvenate cells and tissue that are at risk of dying due to diminished blood supply. HBOT promotes wound healing and other health benefits by:

- Increasing blood flow
- Decreasing inflammation and swelling
- Weakening infection-causing bacteria
- Increasing the body's ability to fight free radicals (unstable molecules that can build up in cells and cause damage)
- Stimulating the growth of new blood vessels

How it works

Normally, the oxygen we breathe is delivered to tissues and organs in the body by the red blood cells. During HBOT, the pressurized environment allows the oxygen to be dissolved directly into the blood plasma – a liquid component of blood that transports proteins, hormones and nutrients. Plasma accounts for more than half of the body's total blood volume.

The plasma carries the pure oxygen deep into the body's tissues, including the lymphatic system and the cerebrospinal fluid surrounding the brain and spinal cord. This results in a much higher concentration of oxygen within the body – up to 1,000 percent higher or more than is usual. In people with certain medical conditions, this delivery of highly concentrated oxygen via the plasma can be therapeutic and boost the body's natural ability to heal.

Conditions treated by HBOT

Hyperbaric oxygen therapy is approved by the FDA to treat a wide variety of illnesses and injuries, including hard-to-heal or chronic wounds. Some of the conditions that may be treated with HBOT include:

- Carbon monoxide poisoning
- Crush injuries
- Diabetic foot ulcers
- Failed skin grafts and flaps

- Gangrene
- Necrotizing soft tissue infections (occurs when most or all of the cells at a particular area of the body die due to disease, injury or diminished blood supply)
- Osteomyelitis (infection and/or inflammation occurring in the bones)
- Radiation-related tissue damage
- Severe burns
- Traumatic ischemia (a condition in which blood flow is restricted to a part of the body)

Hyperbaric oxygen therapy is very safe with few risks and side effects. In rare cases, patients may experience treatable side effects such as a pressure injury to the ear or lungs, low blood sugar or temporary vision changes.

Is HBOT right for me?

Hyperbaric oxygen therapy isn't appropriate for everyone and requires a significant commitment from the patient to attend all prescribed sessions. If this therapy is recommended for you, we encourage you to have an in-depth conversation with your doctor to discuss the benefits and potential risks of this highly specialized treatment.

For more information on wound care or to find a wound care specialist near you visit them at UHhospitals.org/services/wound-care-services.

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Serving homeless seniors

In 2022, Project Hope for the Homeless served 329 guests with senior citizens comprising 34 guests of people served.

Six of these guests utilized the off-site transitional home for homeless seniors called Hope House. This year through February, four guests have utilized Hope House.

“One of our residents from Hope House moved into his own subsidized housing. This took much longer than usual due to COVID and long wait lists for senior subsidized housing,” said Tonya Abney, aftercare coordinator. “He applied for Social Security at age 63. He was unable to work due to medical reasons and suffered major depression. It took him six months before he was comfortable taking off his coat and hat. He often expressed he felt like he was living a 90-year-

old man’s life.”

Abney said his life changed after receiving care from Project Hope for the Homeless.

“We are happy to share he is living his best life,” she said. “He made a friend and moved into his own apartment. He even has a smartphone that he’s learning to use. He’s very thankful for Project Hope for the Homeless and misses everyone.”

Recently the organization received a \$600 donation from the American Mutual Life Association Lodge #8 Kras. This monetary donation will help provide funding for 14 guests to stay one night at the shelter!

Visit projecthopeforthehomeless.org or call 440-354-6417 to learn how you or your organization can help.

Lifeline – Improving quality of life

Helping Hands for Seniors

Program: The Helping Hands for Seniors Program will match eligible Lake County senior citizens (60+) who reside independently in the community with vetted volunteers who will assist them with daily activities that are essential for their health and safety. Services that the Helping Hands for Seniors Program can provide include minor repairs and handyperson tasks that do not rise to the level of a contractor; outside maintenance including weekly trash removal, mailbox runs and yard maintenance; errands including helping to set up grocery delivery and mobile food bank pickups; technology services including assistance with basic phone, internet and computer/tablet issues; and in home services including basic organization, pet

care assistance and laundry assistance. Additional services may be considered based on volunteer availability. Senior citizens in need of assistance can call Andrea Johnson at 440-354-2148 ext. 207 or email andreaaj@lclifeline.org to see if they qualify and apply for volunteer assistance. Program participants will have to meet financial and residency criteria.

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.

Donate your vehicle to the CoA

If you have a car, boat, RV, or other vehicle that you no longer want or need, you can donate it to the Lake County Council on Aging, receive a tax deduction for the sale price of the vehicle, and make a hassle-free contribution to help seniors in our community. The vehicle does not need to run and all the work is done for you!

The Lake County Council on Aging works with Charitable Adult Rides & Services (CARS) to process donations. The organization even offers free pick-up for vehicle

donations, and you may 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. Be sure to select Lake County Council on Aging of Ohio to ensure that the Council on Aging will receive the proceeds from your gift.

New VA benefits for veterans and their survivors

You may have heard about the VA PACT Act and Camp Lejeune Justice Act since its passing into law in August 2022. You may have also received a letter from the VA. There is a lot of confusing information in the media, and many predatory organizations have appeared and are charging exorbitant fees for their services. The Lake County Veterans Service Office has been part of Lake County government since 1886, and all of our services are provided FREE of charge to veterans, their families and survivors. Our staff of fully-trained and accredited veteran service officers can assist you to understand these new laws and benefits.

The PACT Act expands and extends eligibility for VA health care and disability compensation benefits for veterans exposed to various toxins during the Vietnam,

Gulf War and post-911 eras. These include exposures to Agent Orange, burn pits, radiation, and other toxic exposures.

The Camp Lejeune Justice Act allows Veterans, family members, and civilians who lived or worked at Camp Lejeune between August 1953 and December 1987 to pursue lawsuits for disabilities related to exposure to toxic drinking water.

The Lake County Veterans Service Office is here to help make sense of the confusion. Veterans and family members are encouraged to contact us to discuss your situation, even if you are already receiving VA benefits or been denied in the past. Our staff are all veterans dedicated to helping other veterans. We also provide many other services to Lake County’s veterans. You can email us at veterans@lakecountyohio.gov or call 440-350-2904. Contact us today!



Keep connected...

to news that is important for Lake County seniors — services, programs resources and information!
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Senior citizens make prime fraud targets



By Frank A. Suponcic
CPA, CFE, CFF

Many fraudsters consider senior citizens easy targets — and of those subject to a fraud attempt, 25% will fall victim.

In the past, fraudsters targeted victims by knocking on the front door or sending a bogus offer through the U.S. mail. While those fraud mediums are still used, albeit to a much lesser degree, today's fraudsters know it's much easier to use current technology to send an email; conceal their telephone number or make it appear to be from a legitimate and trusted source; or weaponize robocalls. These tactics enable them to carry out schemes quicker, from anywhere in the world, and with total anonymity. As a result, it's easier than ever for scammers to steal from elders.

The elderly are particularly vulnerable to fraudsters for several reasons. The elderly tend to be very trusting and expect honesty. Many are not up to date on the latest technology, let alone educated on their rights or the many scams targeting them. Retirees are typically easy to reach as they are usually home. They may be financially secure, having already accumulated wealth, paid off their houses, and established a steady retirement income. Unfortunately, many are isolated, lonely, and physically

or mentally disabled. Some may experience some form of cognitive impairment or suffer from hearing loss. Others may be confused easily, especially with fast-talking scammers. If they have recently lost a spouse, they are even more vulnerable. Some have little experience handling finances, putting them at a distinct disadvantage against an experienced fraudster.

Considering the above factors, it's no wonder many of our seniors have a target on their backs. Plus, fraudsters know the elderly are less likely to take action if they are victimized: It's estimated only one in 25 cases of elder fraud is reported to law enforcement!

Many seniors are too proud, scared, or embarrassed to report these schemes or frauds to family and law enforcement. Some may fear losing access to their funds or even being placed in a nursing home if a family member decides they can no longer be trusted to handle their finances or live independently. For others, the victim experience is personally devastating. As a result, many older victims remain silent about their victimhood. This, coupled with health, spousal, and other issues, can lead to depression and, sadly, even suicide.

My objective is to raise seniors' awareness of the threats they face. The first step is understanding just how targeted they are.

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

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Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



The fentanyl crisis and its impact on Lake County

At the end of January, the Lake County sheriff's office participated with the FBI Cleveland Cartel Gang Narcotics and Laundering Task Force in a series of raids that seized 40 kilograms, or 88 pounds, of suspected fentanyl and other drugs. The FBI reported that the net amount of fentanyl seized in the operation "would be enough to kill 20 million people and is valued at \$5.2 million." I believe it is critical for our Lake County residents to understand that these drugs are coming from the cartels that are pushing drugs across our southern border. These drugs are coming through Lake County and are being dispersed throughout northeast Ohio. Further, it should be noted that a significant amount of high-powered guns were also taken in these raids.

Prosecutor Charles Coulson and I have spoken repeatedly on the impacts of such crime on our criminal justice system and the need to enhance our ability to address such threats on the safety and security of our County. I urge our residents:

1. If you see something, say something. If you see homes where all sorts of people and vehicles come and go frequently, and you do not know them as residents, tell your local police and make them aware. The more eyes and ears we have in our community the better we can assess the criminal element infecting our community.



2. Understand the drugs coming into our area are not prepared by doctors. They are packaged quickly. Some pills have a little fentanyl and others are purely fentanyl and will kill you. Using drugs today is like playing Russian roulette with your life. Tell your friends and family of the lethal dangers of using such drugs.

We are in an unprecedented time in the United States and Lake County. Federal, state and local law enforcement are seeing a substantial increase in the use and possession of illegal substances, particularly fentanyl. Traffickers and cartels are in Lake County and are forever looking to increase their business and profits in the drug market. They are now, more than ever, using innovative ways to disguise illegal narcotics to deceive not only law enforcement, but the victims that they prey upon who purchase their products.

One important step in our aggressive battle against illegal narcotics is to educate the public about the dangers of this matter and what they/you need to look for in an effort to prevent a future tragedy. Visit www.dea.gov/onepill for some examples of ways pills are being disguised to avoid detection.

Lake County Adult Protective Services

According to the World Health Organization, one in six people 60 years of age and older has experienced some form of abuse during the past year. 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 services staff meet with seniors to ensure that basic needs are being met and that seniors have access to available services in the community. Please contact our hotline at 440-350-4000, press 1, for questions, to report concerns, or to request additional information about the services that we provide.

An overview of all of the programs housed at the Lake County Department of Job and Family Services, as well as links to area resources, can be found at www.lakecountyohio.gov/jobs-family-services.

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Homestead Exemption Q & A

The homestead exemption is a form of property tax reduction in real estate taxes for those who qualify. The deadline is now on December 31, 2023. If you have any further questions, feel free to call the auditor's office at 440-350-2536 or you may download the application from www.lakecountyohio.gov/auditor/Forms.

Who is eligible to file for the homestead exemption?

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

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

must provide a copy of their VA disability letter and DD214 to receive the homestead exemption.

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

The income is based on your modified adjusted gross income. This is your OAGI (Ohio adjusted gross income), which is located on line 3 of the state income tax return statement, plus line 11 of the Ohio Schedule A of the state income tax return statement. The total income for the tax year 2022 must be under \$36,100. This income-based program applies to homeowners that are turning 65 in 2023 as well as persons qualifying under the disability exemption.

You must own and occupy your home or manufactured home and it is your primary place of residence as of January 1, 2023. For all forms of qualifying ownership, please refer to page 2 of the homestead application (DTE105A).

In Lake County, proof of age is a requirement. A photocopy of a driver's license, state of Ohio ID

card, birth certificate or current or expired passport must be included with your application. The application may be filed in person at the auditor's office or postmarked on or before December 31, 2023.

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

If you would have qualified for homestead in 2022 and did not apply, please check the "late application for prior year" box on the application as well as the current application box. If you are filing a late application, then the total amount of income must be under \$34,600 for tax year 2021.

Does disability qualify me for homestead?

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

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

What happens when a spouse has passed away?

When a spouse has passed away the surviving spouse needs to contact our office. The surviving spouse will need to reapply if they meet all homestead requirements.

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

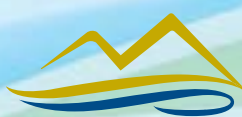
If you have qualified, the exemption will appear on the tax bill you receive the following January. We will notify you before the end of the year in which you filed only if your application has been denied.

Call or visit the Lake County auditor's office to answer any further questions. You can also email them at homestead@lakecounty.gov. Please remember that the deadline for your homestead exemption application is December 31, 2023.

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100

Saluting Lake County *Centenarians*

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

Pauline Lattanzio, Wickliffe

102 years old • Born February 1, 1921

Mary Walukas, Wickliffe

100 years old • Born February 18, 1923

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.

United Way seeks support for 31st annual Feed Lake County Food Drive

United Way of Lake County (UWLC) kicked off their 31st annual spring Feed Lake County fundraiser in March.

A total of 25,840 (11.2%) Lake County residents live with food insecurity, approximately one in nine residents. A total of 6,770 (14.7%) children live with food insecurity, approximately one in 6.8 children. And according to the most recent Feeding America reports in 2020, the State of Senior Hunger found that 5.2 million seniors were food insecure in that year, which is one out of every 15.

According to the 37 local food pantries UWLC collaborates with and helps support, the record high prices of food combined with inflation and the end of the monthly

emergency SNAP payments allotted in response to the COVID-19 pandemic this past February, are expected to lead to even greater need. And this does not take into account the working poor and middle class who do not qualify for federal nutrition programs but are still struggling to put food on the table.

If you are in a position to help, monetary gifts are the best way to give back since it allows UWLC to meet specific unmet needs. To give, visit uwlc.org/give, or make a check payable to United Way of Lake County and mail this to 9285 Progress Parkway, Mentor, OH 44060, Attention: FLC.

To establish a food drive or fundraiser, call 440-639-1203 or email dwhittaker@uwlc.org.

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Colon cancer is the second leading cause of cancer death in this country because only two out of three people get screened. Colon polyps hide in the colon and may not cause symptoms until they have grown and potentially turned cancerous. Colonoscopy finds and removes them before they get the chance.

Colon cancer cases are on the rise in younger people. As a result, the American Cancer Society and University Hospitals now recommend that people at average risk* begin routine colonoscopy screenings at age 45.

Schedule a UH colonoscopy online today.



Scan the QR code or visit
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UH TriPoint Medical Center
7590 Auburn Road, Painesville