

Local senior pens book
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LAKE COUNTY COUNCIL ON AGING

BRIDGE

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

July/August/September 2023 • Vol. L, No. 3

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Falls Prevention Awareness Day
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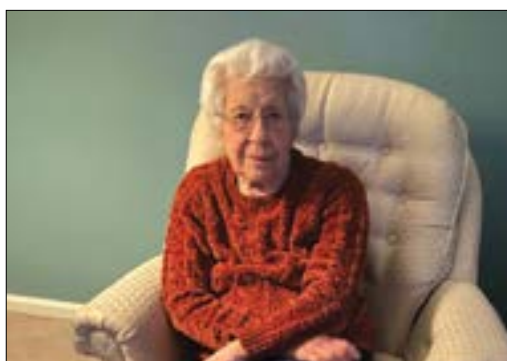
Centenarian doesn't let age define her

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

Anne Podrasky has lived in Willowick for more than half of her long life, so it was appropriate that she celebrated her 100th birthday at the Willowick Community Center—and with a polka band.

“Mom loves polka music,” says her youngest daughter, Janet Pollino. Anne wanted to “look like a party person,” and she did, splurging on a new blouse and a hairstyle befitting such a milestone event.

A daughter of Polish immigrants, Anne grew up on a farm and when her husband, John, went to war (serving in WWII and earning a Purple Heart), she worked for a time and sent money home to her parents. After the war, the couple settled in Pennsylvania, where



Anne Podrasky

John worked as a coal miner for 20 years before the mine shut down and he moved the family to Cleveland in 1962. He worked for the White Motor Company until he retired, and lived to the age of 89, passing away in 2009.

The centenarian still lives in the Willowick house that she and her husband purchased back in 1969, where they raised their three children; daughters, Karen, 76, and Janet, 59, and son, Larry, who passed away in 2013.

Family has always been number

one in Anne's life. “She was always a homemaker when we were little, until she went to work as a counter clerk at Beachland Dry Cleaners in Euclid,” Janet recalls. “I was attending Lake Catholic High School by then, where all us kids graduated from.”

The family also regularly attended St. Mary Magdalene Church, where Anne was an active member for years. “She may not attend physically anymore,” Janet notes, “But every morning she watches Mass on TV, and recites the rosary faithfully every single day.”

Although she's not as active as she used to be, due to hearing loss and macular degeneration, Anne enjoys surprising her family by baking a cake or making her famous pierogis at Christmastime. “I used to love to cook and sew and knit, but I'm kind of lazy now,” she says. “I really like it when

See *CENTENARIAN* on page 9

AmeriCorps Seniors Grant provides incentives to new Meals on Wheels drivers

The board of commissioners recently obtained a federal grant through AmeriCorps Seniors to help support the need for Meals on Wheels drivers though the Lake County Council on Aging.

A critical component of the Meals on Wheels program is the opportunity for social interaction between the volunteers and the meal recipients. The daily deliveries by the volunteers includes not just a meal, but a chance for a friendly smile and a face-to-face greeting that serves as a wellness check. For some, the Meals on Wheels volunteer may be the only person the recipient may see in a day.

For new volunteers who sign up to be a Meals on Wheels volunteer through March 31, 2024, the Lake County Volunteer Network is offering a \$50 Giant Eagle gift card, following the completion of a three-month commitment.

Commissioners Corner



John Hamercheck



John Plecnik



Richard Regovich

“We are thrilled to offer this small incentive to new drivers,” said Cristen Kane, volunteer services coordinator at the board of commissioners. “This small weekly commitment has a significant impact in the community.”

The home-delivered meal program is a great opportunity to volunteer as an individual or duo, with a family member or a friend, and meet new people within the community. Volunteer drivers commit to deliver meals at least one day per week Monday through Friday between the hours of 10:30 am and 12:30 pm. Volunteers can deliver out of either Madison, Mentor, Painesville, Wickliffe, or Willowick.

To get started, or to learn more, please contact Cristen Kane at the Lake County Volunteer Network at 440-350-5360 or cristen.kane@lakecountyohio.gov.

Lake County Caregiver Forum

The board of Lake County commissioners senior services is hosting a free Caregiver Forum on Wednesday, October 5, 2023, from 10 am–2 pm at University Hospitals Tripoint Medical Center. The forum is sponsored by University Hospitals, Laketrans and the Western Reserve Area Agency on Aging and will feature a keynote address, two lunch and learn sessions, and several vendors.

Registration will open August 1, 2023, and seating is limited. For registration details, visit facebook.com/seniorserviceslakecountycommissioners or visit our website, lakecountyohio.gov/senior-services/lake-county-caregiver-forum.

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Lake County senior pens autobiography

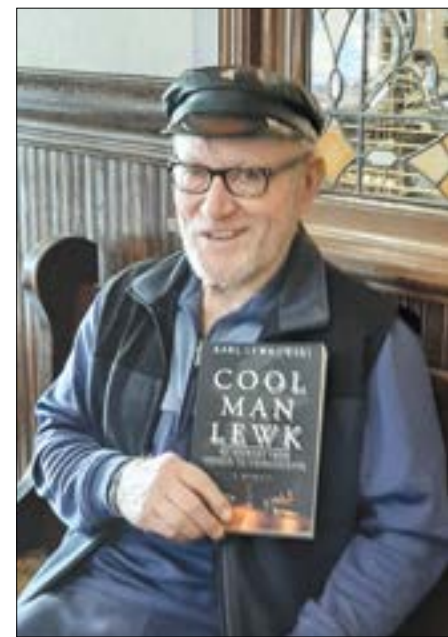
By J.T. McBride

One of Lake County's most colorful senior citizens has penned an insightful autobiography. "Cool Man Lewk: My Journey from Orphan to Crimefighter" is a book that tells the life story of Karl Lewkowski, a local widower who describes himself as "a man who has always strived to live my life to its fullest."

The narrative begins with Karl's struggles as an orphan in Parma-dale Children's Village in Parma where he endeared himself to the Sisters of Charity of St. Augustine who ran the facility. It then details his subsequent adventures as a commercial pilot, Juneau (Alaska) police officer and commissioned state trooper, butcher and merchant, private investigator, and finally as an Ohio law enforcement officer right here in Lake County.

Much of the book is spellbinding including his international and domestic adventures as a high-end private detective and bodyguard. Karl dedicated his book to his dearly departed wife, Toni, whom he met as a teenager and who played a vital role in his life prior to her death.

While "Cool Man Lewk" is currently available via Amazon, the author is attending special Lake County events where he offers autographed copies of his book. Last



Karl Lewkowski

year, Karl was featured by the Lake County History Center as "Lake County's own Forrest Gump."

Karl, 83, is living proof that we can be whatever we want to be in life while setting an example for others who may have never known their parents. Karl has kept himself fit with an intense daily exercise routine at a local gym and he often counsels with others who seek his wisdom and advice.

He is looking for future speaking opportunities at senior centers, libraries and desires to be a motivational speaker at local high schools and colleges. Karl Lewkowski can be reached at klewkowski@ymail.com, 440-655-9095 or at Yours Truly on Center Street in Mentor where he "hangs out" with colleagues and friends.

"AI" artificial intelligence and the new grandparent scam

Scammers now have a new twist on an old scam by incorporating artificial intelligence (AI) to clone a child's voice with the "grandparent scam." This usually involves a call from someone posing as a grandchild who has gotten into trouble. Oftentimes, these are traffic accidents, medical issues, or legal problems. Callers will plead with the recipient to not tell their mom and dad and to send them money immediately.

Scammers have used the name and likenesses of grandchildren from information on social media posts. But now they take audio clips from videos to make the voice sound like the real person and can easily trick an unsuspecting victim. The Better Business Bureau is

providing the following advice for consumers:

- **Confirm identities** – Make sure you know who you are speaking with. Since AI technology has progressed so far, so quickly, use different methods to confirm a loved one's identity.

- **Watch and listen closely** – Fake audio or video might include choppy sentences, unnatural or out-of-place inflection.

- **Be careful what you post online** – Stay alert to the possibility of impersonation and tell everyone to use caution when posting things publicly.

If you have spotted a scam, report it to BBB.org/ScamTracker. These reports can help others avoid falling victim to scams.



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Welcome from the CEO

Although it feels like only yesterday we were celebrating the start of a new year, here I go with three favorite words... “Welcome To Summer!” This edition of Bridge is overflowing with valuable information and events to get you involved in our community all summer long! You’ll find a special “Summer Fun Guide” toward the back, with enjoyable activities that double as exciting intergenerational opportunities for all of us.

As you page through this issue, you will also become more aware of the amazing work our agency provides for the senior community of Lake County, and learn about some of the people and partner agencies that help make this such a great county in which to age.

For over 50 years, the Lake County Council on Aging has served as a trusted resource to seniors, their families and caregivers. Since 1972, we have been there for our aging community, offering assistance and hope, and connecting seniors to programs and benefits that promote nutrition and independence. With this work, comes great responsibility which we take very seriously.

Besides the events in our summer fun guide, we have a few of our own! Senior Day at the Lake County Fair will take place on Friday, July 28 and will feature entertainment by the all-female group, The Pop-Tarts, as well as DJ Jesse Webb. And I ask that you consider joining us on Thursday, October 12 for our annual meeting luncheon and awards presentation. At the event, we will be inducting the 2023 Senior Citizen Hall of Fame award honorees, and presenting the Helping Hands and the Ruth Densmore Senior Advocate awards.

We are continuously calling out for more volunteers to join us, because without this dedicated team of selfless individuals, it would not be possible to accomplish what we are achieving every day. Those who volunteer with the Council on Aging have one thing in common—a desire to assist the lives of the oldest members of our community in some way. Our volunteers are dedicated individuals of all ages and from all walks of life willing to help us further our mission. Oftentimes, our volunteers work along staff and supplement efforts in all areas of service including meals, administrative tasks, helping clients and assisting with special events. Perhaps this will be the summer that you consider becoming one of our volunteers by contacting our volunteer engagement specialist Ann Marie Armaro.

Please visit us at www.lcco.org and “like” us on our Lake County Council on Aging Facebook page!

Very sincerely,

Joseph R. Tomsick, CEO

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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
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www.lcco.org



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Handling food safely while eating outdoors

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

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. There's nothing better than enjoying a meal outdoors. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines from the Food and Drug Administration for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and transport food safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40°F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Pack-

aged fruits and vegetables that are labeled "ready-to-eat," or "washed," need not be washed.

Quick tips for picnic site preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- Outdoor hand cleaning: If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- Utensils and serving dishes: Take care to keep all utensils and platters clean when preparing food.

Follow safe grilling tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

- Marinate safely. Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See safe food temperature chart)
- Keep "ready" food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Serving picnic food

Keep cold foods cold and hot foods hot

Keeping food at proper temperatures, indoor and out, is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "danger zone" (between 40°F and 140°F) for more than two hours, or one hour if outdoor temperatures are above 90°F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping cold foods cold and hot foods hot:

Cold Food

- Cold perishable food should be kept in the cooler at 40°F or below until serving time.
- Once you've served it, it should not sit out for longer than two hours, or one hour if the outdoor temperature is above 90°F. If it does — discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice.



Drain off water as ice melts and replace ice frequently.

Hot Food

- Hot food should be kept hot at or above 140°F.
- Wrap it well and place it in an insulated container until serving.
- Just as with cold food, these foods should not sit out for more than two hours, or one hour in temperatures above 90°F. If food is left out longer, throw it away to be safe.

Enjoy!

Now, that you have safely handled your hot and cold food, it's time to enjoy your picnic goodies. Enjoy the interaction with family and friends while enjoying the great outdoors with family and friends.

SAFE COOKING TEMPERATURES as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
FRESH BEEF, PORK, VEAL & LAMB	145°F
	with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F
HAM	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
SEAFOOD	
Fin Fish	145°F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES	165°F



Older Americans Month celebrated at Great Lakes Mall Senior Day

Lake County seniors recognized
for their volunteer efforts

Every May, the Administration for Community Living (ACL) promotes the observance of Older Americans Month. This year the theme was “Aging Unbound.” Older adults have so much to contribute from their vast experiences to enrich their communities and themselves.

The Lake County Senior Services Coalition in cooperation with the Great Lakes Mall held Senior Day at the Mall on May 17 to celebrate seniors and Older Americans Month. The fun-filled day began with bingo and breakfast and offered various demonstrations, wellness promotions and opportunities to visit vendors throughout the day. Entertainment featured a fan-favorite, “Elvis.”

A highlight of Senior Day at Great Lakes Mall is the presentation of the Outstanding Senior Citizen Awards. Presented by Lake County commissioners Hamercheck and Regovich, Congressman

Joyce’s office, Representative Troy and Joe Tomsick, CEO of Council on Aging. These older adults embody the Older Americans Month theme by living life unbound. They live life fully serving others and are not limited by the numbers in their age.

The 2023 Outstanding Senior Citizen awards were presented to:

Paula Iseman
Eastlake Senior Center

Lois “Dusty” Staudt
Fairport Senior Center

Karen Saywell
Kirtland Senior Center

Paul Pechinko
Madison Senior Center

Mary Padula
Mentor Senior Center

Steve Potter
Perry Senior Center

Sharon Ipavac
Wickliffe Senior Center

Barb Krane
Willowick Senior Center

Senior Center Greeters Group:
Jackie Blackett, Gwen Holloway
Eloise Bullard, Gladys Lemieux
George Holmes, Josephine Wilson
Willoughby Senior Center

Ken Hoffacker
Lifeline

Anne Bandi
Project Hope for the Homeless

Lynn Manteuffel
Lake County Council on Aging

Shirley Burgett
Lake County Volunteer Network

Congratulations to all! You are shining examples of aging unbound by promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

A great thank you to the Cleveland Clinic for supporting the event as the presenting sponsor.

Other sponsors included the Western Reserve Area Agency on Aging and Mentor Ridge Health & Rehabilitation Center.

Welcome to Medicare 2023

Are you turning 65 or otherwise now eligible for Medicare? If so, then join us for a special presentation that focuses 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 Lake County Council on Aging. The presentations are free, but registration is required. Please contact the sites below directly to register.

Tuesday, July 25 • 12:30 pm
Kirtland Community Center
7900 Chardon Road
(440) 256-4711

Wednesday, August 23 • 1:30 pm
Madison Public Library
6111 Middle Ridge Road
(440) 428-2189

Wednesday, September 6 • 1 pm
Concord Community Center
7671 Auburn Road
(440) 639-4652

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Nonmedical In-Home Care Services

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

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

Nonmedical care can significantly improve a senior's ability to maintain independence and allow them to continue to live in the security of their own home. This program is designed to provide support to Lake County seniors who are not eligible for traditional

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

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

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

For more information on the program, eligibility requirements and program availability, please call the Lake County Council on Aging at 440-205-8111.

Congratulations to the new board members for the Council on Aging

The board of the Lake County Council on Aging wishes to thank Kimmie Tutolo for her years of dedication to the board and the Lake County community. Kimmie is stepping down from her position on the board where she has served since 2017. The board also announces the election of three new members to its board of trustees. The newly elected members are Eric Ziegler, Marnie DeGuire and Suzie Begovic.

"I am thrilled to welcome these talented individuals to our board," said Joe Tomsick, CEO of the Lake County Council on Aging. "They embody the spirit of community and bring talent, expertise and energy to the table and will be a great asset to our nonprofit board and the organization."

NEW BOARD MEMBERS

Suzie Begovic



Suzie is vice president and branch manager focusing on small business and consumer banking for

Key Bank in Mentor. She brings a wealth of business management experience and has a long history working in the financial services industry. Skilled in sales, management, business development, banking, and loans, Suzie is involved in the Lake Erie Elite chapter of BNI, Mentor Chamber of Commerce, Key4Women certified advisor, and booster member for Notre Dame schools. "I am lucky to have the opportunity to serve on the Lake County Council on Aging board because I believe my experience with community can help those in need," said Suzie. "We offer so much to those that are near and dear to our hearts, and my advocacy will help others get informed on all we have to offer!"



Marnie DeGuire

Marnie has lived in Lake County for over 25 years and has worked in

senior living for over 30 years as a recreation therapist, director of sales and marketing, and executive director. For the last two years she has been a board member for ASA, The Association of Specialists in Aging. She personally loves the treasures of the lake, Lake Metroparks and Lake County YMCA. "I am extraordinarily grateful to be part of this amazing board that makes a difference for our seniors in the community," Marnie said. "I chose to be on this board because I have a huge passion to make a difference. I want learn from our leaders, share my experience and contribute in any way I can."



Eric Ziegler

A lifelong resident of Lake County, Eric operates a branch of Edward Jones

in Kirtland and also serves as a councilman in the city. As a financial advisor, he helps older individuals reach personal and financial goals and as a councilman, he is actively involved in the Kirtland Community Center which serves as a great gathering place for the local senior community. "I've spent a great deal of time playing pickleball with the seniors and they hold a special place in my heart," said Eric. "I look forward to working on the board and contributing in any way possible." Eric is married to his wife Hope and they have two daughters.

All board members will be recognized at the Council on Aging annual meeting on October 12, 2023.

Commitment

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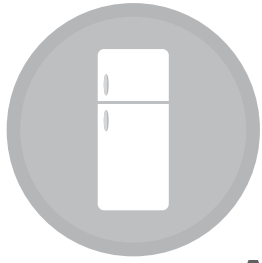


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2023 Collection Calendar



Appliances, Electronics, Monitors, TVs, & Tires

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

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

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

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



Hazardous Waste Event Date

Unloaded by Collection Team

Saturday, September 23

Lake County Fairgrounds

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

8:00 a.m. – 2:00 p.m.



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

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



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

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

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

ADRC

Relief on summer cooling costs

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

According to the 2023 Farmers' Almanac, a warmer-than-normal summer is expected so it is important to know that you may be eligible for some relief on your summer cooling bill. The Summer Crisis Program is a special component of the Home Energy Assistance Program (HEAP) and provides cooling assistance for seniors and those with qualifying medical conditions with limited income. The program runs from July 1 through September 30 and applies to electric utilities or assistance paying for central air conditioning repairs.

What are the benefits?

- One-time payment assistance to be put towards your electric bill payment; or
- Air conditioning unit (limited number of units available).

Who is eligible?

Applicants must have a household income at or below 175% of the federal poverty guidelines to receive the benefit and meet one of the following criteria:

- Have a member of the household who is at least 60 years old; or
- A member who has an illness that would benefit from assistance, verified by physician documentation.

Where can I apply?

Unlike HEAP, applicants must apply for the Summer Crisis Program through the Lifeline Energy Assistance Office. You may schedule an appointment by contacting the Lifeline appointment



line at 440-381-8230. Their office is located at 8 N. State Street, Suite 300. For more information, please contact Lifeline at 440-350-9160 or the Lake County Council on Aging at 440-205-8111.

A representative from Lifeline will also be at some of the senior centers to help seniors apply for the program. Appointments are required and are limited. Please contact the designated senior center (see chart below) directly to schedule a time. The last appointment for each day will be noon.

What do I need to bring?

In order to complete your application, it is necessary that you bring the following documentation to your scheduled appointment:

- Photo I.D.
- Copies of your most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

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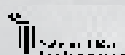
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Locations in Brecksville, Mentor,
Beachwood, Westlake, Akron, Canton

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Senior Center	Date & Time
Willoughby Senior Center 36939 Ridge Rd. (440) 951-2832	Tuesday, July 11 • 9 am–noon
Willowick Senior Center 321 E. 314th Street (440) 585-5112	Tuesday, July 18 • 9 am–noon
Madison Senior Center 2938 Hubbard Rd. (440) 428-6664	Tuesday, July 25 • 9 am–noon
Kirtland Senior Center 7900 Chardon Rd. (440) 256-4711	Thursday, August 3 • 9 am–noon
Perry Senior Center 2800 Perry Park Rd. (440) 259-3772	Tuesday, August 8 • 9 am–noon
Mentor Senior Center 8484 Munson Rd. (440) 974-5725	Tuesday, August 22 • 9 am–noon
Eastlake Senior Center 600 E. 349th St. (440) 975-4268	Tuesday, August 29 • 9 am–noon

Information and assistance

Accepting help is its own sign of strength

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

Do you have questions about long term care options? Do you need a list of attorneys who specialize in elder law in Lake County? Or do you simply need to know how you can receive some food assistance? You can get answers to these questions and more by calling the information and assistance specialists at the Lake County Council on Aging (CoA).

Here at the CoA and Aging & Disability Resource Center (ADRC) we work hard to provide individuals with resources and services to meet their needs through our department of information and assistance (I&A). I&A serves individuals age 60+, adults with disabilities, and their support system. I&A is the starting point for answers to questions about available community services and supports that can help when the independence of an older adult or person with a disability is challenged. Through a simple phone call or visit to our office we assess your needs, identify services to meet those needs, and link you with providers of those services.

You may also frequently see our I&A specialists at Lake County senior centers during monthly outreach visits. Most importantly, we want to know your needs are being met, so our I&A specialists can follow up with you to ensure that such needs are being taken care of through the referral process. The support we offer through phone calls and walk-ins are one of a kind. We work with the consumer to make sure all needs are being taken care of such as housing options, legal concerns, assistance with yard work, long-term care options, financial issues, and many more. It's simple to get these questions answered.

If you, or someone you know, is in need of information about services and supports available to seniors and adults with disabilities, please contact the I&A specialists at the Lake County Council on Aging. You are welcome to call or walk in to the agency located at 8520 East Avenue in Mentor from 9 am–4:30 pm, Monday through Friday. No appointment necessary. Call today at 440-205-8111.

Centenarian from page 1

I get my meals from Meals on Wheels (provided by Lake County Council on Aging). They make it so easy."

To her family's delight, Anne will still make her homemade gobs (a term indigenous to the Pittsburgh region). Also known as moon pies or whoopie pies, the treat is made with cookie-shaped cakes sandwiched with a creamy filling. "But mom uses a custard filling, which makes it even better!," says Janet.

When asked if she adheres to a special diet, Anne exclaims, "Oh no, I eat everything! And I especially love desserts."

"She gets along pretty well," says daughter Karen. Both daughters agree that Anne remains very independent, and doesn't even need a cane to get around. "She still will cook and sew a bit, though that's getting a little harder these days, but she does all that she can and then some!" Janet says. "She's

still washing drapes and we have to watch her because she's going up and down the steps to do laundry."

Anne also enjoys passing time watching the news. "She does like those political shows, because she likes to stay current on what's happening in the world," Janet adds.

For her big centenarian party, the family welcomed a crowd of 75 friends and family members, which includes four grandchildren, and two great-grandchildren. Music was provided by Patty C & the Guys polka band, which has won several Button Box Group-of-the-Year awards from the National Cleveland-Style Polka Hall of Fame.

Turning 100 doesn't seem to faze Anne Podrasky. "I don't let anything [health issues] interfere with my life. I've got nothing to complain about."

And that's an attitude we all could adhere to!

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Lunch at the Wickliffe Senior Center

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

Grace Giangiacomo, director

We are now looking at the second half of the year and enjoying all our fun trips and gatherings.

This year is the 50th anniversary of the Eastlake Senior Center. We will officially celebrate on September 16 with food, fun, and music so please watch for more details!

We have some fun trips planned. Take a tour of Progressive Field and the following week watch the excitement of a Cleveland Guardians game. How about joining us for a trip to see the “Cleveland” script signs and taking some fun photos, and of course all good days end with ice cream. Maybe you would like to come with us to the Erie Zoo in August — it involves

SENIOR CENTER *UPDATES*

July/August/September 2023

less walking than the Cleveland Zoo. Also on the books is our annual Put-n-Bay trip at the end of August. Something new to our trip list is the Slovenian Sausage Festival at SNPJ Farm in Kirtland with some great polka music, along with down home cooking.

Line dancing and an outdoor meditation class will be offered soon. We are also excited to announce that the city of Eastlake will be installing a pickleball court on our grounds.

Check out our monthly newsletter at www.eastlakeohio.com.

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

Chris Yano, director

Hope everyone is enjoying their summer. As we move into fall, the Fairport Senior Center is staying busy. We have trips planned, a senior drawing class, exercise classes, book club, card making, sewing, knitting/crocheting, bingo, pinochle, bridge, LCR, cribbage, euchre and so much more.

Remember that we still team up

with the Greater Cleveland Food Bank on the fourth Monday of the month, providing fresh produce and other items to Lake County seniors. You do not have to sign up. The distribution begins at 11 am and continues until the items are gone.

As for tours, we are traveling to Atlantic City, Philadelphia and Cape May from September 4–8.

We do have a few more seats available. If you are interested, please call the center.

Membership is still only \$12.00 per year, so if you would like to stay active and meet new friends, stop by the center. Please note our craft fair and basket raffle will be November 4 from 10 am–3 pm.

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

Teresa Szary, coordinator

Summer in Kirtland means green trees and blue skies, and our city has something for everyone. From the parks to the events, our seniors are always busy, and we invite you to join us.

Bus trips will include baseball games, a tour of Progressive Field, wineries, and Castle Noel.

When we’re not traveling, enjoying meals and potlucks, participating in numerous workshops and classes, or meeting new people, we are always finding something new to do.

August brings back our popular “Senior Summer Camp,” which is a week full of activities and events tailored especially for you! More details can be found in our monthly newsletter, found online at www.kirtlandcommunity.com.

Outdoor pickleball is up and running! Open to the public from dawn to dusk, our three outdoor courts are reserved for senior center members from 10 am–1 pm each weekday.

Last but not least, we are always excited to join with the Kirtland Friends of the Library at their annual summer concert series! Come on out to the city hall gazebo on July 12, 19, 26, and August 2 to hear some great music and enjoy vendors, food, great music, and good times!

Feel free to email us at any time at communitycenter@kirtlandohio.com or call us at 440-256-4711.



NEW HOURS

To Serve You Better

Local Routes 1-9 and Dial-a-Ride now operating:

Monday – Friday

5:00 a.m. – 9:00 p.m.

Saturdays

8:00 a.m. – 7:00 p.m.

with hourly service!

**Children 12 and
under now ride
free with
paying adult!**

LAKETRAN



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

Summertime fun is upon us. Let's get in shape to enjoy it and stay healthy!

Join us on Mondays and Thursdays at 9:30 am for Silver Sneakers exercise class at the beautiful Madison Senior Center. You don't need Silver Sneakers as part of your health insurance to benefit from this class. Our instructors come from the East End YMCA and lead you through this healthy fitness routine.

On the first and third Wednesday of each month at 10 am, balance class is lead by Aaron, a licensed physical therapist, to help you gain core strength through exercise. Both of these classes are free as part of your membership. Call 440-428-6664 with any questions.

If needed, transportation to and from the center can be provided at no charge by Laketrans.

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

Renee Ochaya, director

The Mentor Senior Center is the largest senior center in Lake County and offers hundreds of programs and activities to our members. Affordable memberships are available to all Lake County residents 55+. You can take advantage of home-made hot lunches, day & overnight trips, fitness classes, a well-appointed fitness center, groups & clubs, art classes, games & cards, health clinics, and so much more including Silver Sneakers!

Mentor residents: \$10.00

Nonresidents: \$15.00

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

Perry Senior Center will present its 11th annual Craft Fair and Chinese Auction on Saturday, October 7, 2023 from 9 am–3 pm at the center located at 2800 Perry Park Road in Perry.

Many unique crafts and creations will be available, including beautiful one of a kind gifts for the holidays! The Chinese auction will begin at 2:45 pm. Guests will enjoy free admission, free parking and concessions will be available.

For more information or to

SENIOR CENTER *UPDATES*

July/August/September 2023

purchase a table, (\$25 for one 8 ft. table or \$30 for wall space/electricity), please contact the Perry Senior Center at 440-259-3772. All proceeds from the auction benefit the Perry Senior Center.

For complete details on all our trips, programs, membership 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

Greetings from the Wickliffe Senior Center! We are all so excited summer is here!

We are looking forward to our annual summer concert series! We will have food vendors & 50/50 raffle:

Tuesday, July 11

The PopTarts • 6–8 pm
 (we will also have our car show that evening 6–8:30 pm)

Tuesday, August 8

Ron Sluga & Friends • 6–8 pm
 All concerts will be held outside — so please dress for the weather & bring your lawn chairs. It's free..

We offer many opportunities here at the center. Chair yoga, meditation, senior exercise, Zumba, line dancing, clogging, senior art, monthly bingo, Wii bowling, knitting/crocheting, short daytime trips, educational programs and more!

And we are so proud to have the Lake County Council on Aging here Monday–Friday to serve nutritious and delicious lunches.

For more information about the senior programs or to register for lunch, please call 440-373-5015.

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

Amy Cesa, manager

There is simply something for everyone to get involved with, so come in and check out what's going on at the Willoughby Senior Center.

Membership is \$12 for Willoughby residents, \$18 for nonresidents, and those over 90 are free!

Call or read the newsletter online at www.willoughbyseniorcenter.com by downloading the latest edition of the senior center newsletter.

We are gearing up for the following parties, trips and events: Polka

dot party in late July, blood drive, burger bar, apiary tours, bingo, card making, mystery patio dinner, mindfulness talk all in August.

The fall golf outing will tee off in September which includes a Guardians game, Hartville, Roscoe Village trip, casino party and so much more!

There are also ample fitness classes, card groups, craft classes, fitness center, walking track, billiards room and library all available for you to enjoy.

Stop in for a tour and become a member today! Call 440-951-2832.

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

Doreen Nevulis, coordinator

Can't believe summer is here!

We have a lot of new and exciting things happening this summer at the Willowick Senior Center. Casino trips, wineries, Amish country, a Captains game, Goodtime III and don't forget about our in-house presentations and birthday lunches. We will also continue with our dai-

ly activities: exercise, line dancing, yoga, Tai Chi, art classes, ceramic classes, jewelry making and paint pouring class. So please come in and check it out.

Join us at Lakefront Lodge on Sunday nights from 6–8 pm for our summer concerts series. Bring your lawn chair or blanket and enjoy the beautiful scenery and great music.

We are always accepting new members, so come join us and see what we have to offer. Residents are \$12 and nonresidents are \$15.00. Renewals are just \$8.00

For updates and our schedule for the concerts in the park visit us at www.cityofwillowick.com or come visit us at the Willowick Senior Center Monday–Thursday 8 am–4 pm and Fridays 8 am–noon.

If you have any questions, please feel free to contact Doreen at dnevulis@cityofwillowick.com.

**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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STAR Program

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

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- Must have some form of income in the household
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- Provides a rental subsidy for up to 6 months
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Visit www.fhrc.org or Call 440-392-0147

Lake County General Health District announces collaboration

Program to connect seniors to local resources

Lake County Connections is a senior outreach program of the Lake County General Health District (LCGHD) and the Unite Ohio network. Unite Ohio is a coordinated care network of health, human, and social service providers and is partnering with LCGHD to connect and support the health and well-being of our aging communities in Lake County through technology. It is in this spirit that Lake County Connections and Unite Ohio aim to address unmet needs of the senior population in Lake County through electronic referrals.

This partnership enhances and empowers senior community members by helping them retain ownership of their own healthy aging. Daily living needs, food inequalities, housing assistance, counseling, financial aid opportunities and medical and health services are all on Unite Ohio. Usually, services like these are available at state or federal levels only, but these services are not totally bound by demographic borders.

Together Lake County Connections and Unite Ohio will securely connect people in need with community-based resources that would otherwise be difficult for older adults to navigate. The network provides a central point of contact where health and social service providers can securely access and refer people to services they need while monitoring progress and measuring outcomes.

Partners in the Unite Ohio network such as LCGHD's Connections program, Cleveland Clinic, University Hospitals, and other nonprofit organizations within Lake

County will collaborate to support community members' health and overall wellness to help bridge the gap between health and social services.

Connections Senior Outreach is an interactive, technology-based, peer-specific resource tool that the LCGHD initiated. Through it, the county's older population can virtually connect to an online portal that promotes senior public health, well-living events, educational awareness, and social service resources. A YouTube library with videos of local senior centers, community and agency events, such as Lake Metroparks Senior Day, the Lake County Council on Aging senior recognition event and the Lake County Commissioners Caregiver Forum is also available to watch.

To become a participant of the Senior Connections Outreach Program, go to the Lake County General Health District website at: www.lcghd.org then click on the "Connections logo" located on the front page. (Pictured below.)



On the next screen is a list of items to choose from. Click "Connect Me" and enter your contact information to get on our electronic mailing list.

To learn more about the services Unite Ohio offers through the network, please visit www.ohio.uniteus.com.



Headlands Beachfest is July 15. See page 25 for details!

Summer activities for seniors

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

George Gershwin composed the song "Summertime" back in 1934. Dubose Heywood wrote the lyrics and the opening verse says it all, "Summertime and the living is easy."

Just saying that sentence makes your mind slow down, smile, and envision yourself in a beach chair with a cool refreshment in your hand. As you feel the warmth of the sun on your skin and an occasional lake breeze blows by to take away the sting of the sun's heat, you will sing yet another verse, "One of these mornings, you're gonna rise up singing. You're gonna spread your wings, and take, take to the sky."

So how can we help our seniors rise up and enjoy the summertime of their lives?

- 1. Plan a picnic:** Pack a lunch and head to the local park or simply head out to the backyard. Just make sure there is comfortable seating and an area of shade. This will allow our senior to soak up some vitamin D, take in some fresh air, and have a conversation that will lift their spirits.
- 2. Be a tour guide:** Take them to a place of their interests like a museum, park, beach, river or other destination. Let them recapture the enthusiasm of re-experiencing the sights and sounds that once drove them to embrace that particular interest or pastime.
- 3. Go out for a treat:** Who doesn't like enjoying a cool ice cream sundae on a hot day? Or a freshly brewed cup of coffee with a fresh danish all while sharing stories of past summers? Food and conversations are best when shared!
- 4. Attend community events:** Summer is the best time to catch outdoor concerts at community parks and centers. How

about car shows? Seeing those classic cars sure brings back memories of drive-in theaters, drag racing, and just cruisin' the streets showing off your car and your girl sitting beside you! Nothing quite like an "oldie but goodie."

- 5. Sporting events:** Take them out to the ballpark where they might catch a fly ball at a Guardians or Captains game. Or how about attending a grandchild's softball game? Nothing like watching a grandchild "shine" on the field—but of course they already knew that child was a superstar long before they hit the field!

- 6. Get out on the water:** Goodtime III or Nautica Queen cruises can get them to feel the breeze off of Lake Erie. Plan a sightseeing cruise or make it even more memorable with an entertainment, lunch or dinner cruise. Check out special prices and days for seniors!

Now that you have your summer activity schedule in place, you may be asking yourself, what about the housekeeping? Well, the Council on Aging has their Homemaker Program that assists seniors with light housekeeping. Twice a month Council on Aging homemakers provide services such as dusting, vacuuming, sanitizing of kitchen and disinfecting of the bathroom. For more information on these services, please call 440-205-8111.

With a little help from our homemakers to assist in cleaning challenges, our seniors will truly be singing "Summertime and the living is easy." With their family and friends, they will be rising each morning grateful to have another day to spread their wings and to experience new adventures and places with the ones they love.

Enjoy your summertime of easy living!



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ADRC

BEAT THE HEAT!!

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

Cooling centers are available for residents in need of a place to cool down during severe warm weather temperatures. Hours and days may be extended under extreme conditions and some locations may close if they have special holiday hours, or if there is no power. It is advised to call before heading out. Also, it is possible additional facilities may be designated during off hours; please call 2-1-1 for information on other cooling center locations.

tion on other cooling center locations.

Hot Tip – During times of extreme heat, remember to take care of yourself by drinking plenty of water even if you don't feel thirsty and staying in the air conditioning or shade as much as possible. If you have to be outside try to do so in the morning or evening to avoid the direct sun. Lastly, be a good neighbor and check on yours — especially the elderly!

Center	Address	Contact Phone	Hours
Concord Community Center	7671 Auburn Rd.	(440) 639-4650	Mon-Fri: 9 am–4:30 pm
Eastlake Senior Center	600 E. 349th St.	(440) 975-4268	Mon-Fri: 8 am–3:30 pm
Grand River City Hall	205 Singer Ave.	(440) 352-1287 or (440) 352-9133	Call ahead first
Madison Senior Center	2938 Hubbard Rd.	(440) 428-6664	Mon-Fri: 8:00 am–4:00 pm
Mentor Senior Center	8484 Munson Rd.	(440) 974-5725	Mon, Wed: 8 am–8 pm Tues, Thurs, Fri: 8 am–5 pm \$5 hot lunch available daily from 11:30 am–12:15 pm
Mentor-on-the-Lake City Hall	5860 Andrews Rd.	(440) 257-7216 or (440) 257-7234 (after 5:00pm)	Community Room open 24 hours (no amenities except restroom)
Painesville Township Hall	55 Nye Rd.	(440) 352-1443	Mon-Fri: 8 am–4:30 pm
Willoughby Senior Center	36939 Ridge Rd.	(440) 951-2832	Mon: 8 am–4:30 pm Tues, Wed, Thurs: 8 am–8 pm Fri: 8 am–4:30 pm Sat: 8:15 am–10:45 am
Willowick Community Center	321 E. 314th St.	(440) 585-5112	Call ahead first
Wickliffe Community Center	900 Worden Rd.	(440) 373-5015	Mon-Thurs: 8 am–9 pm Fri: 8 am–2 pm



COA annual meeting event and award presentation set for October 12

The Lake County Council on Aging will hold its annual meeting and Hall of Fame Awards event on Thursday, October 12, 2023. The celebration will be held at the beautiful Pine Ridge Country Club in Wickliffe, and will include lunch and a guest speaker.

The agency will induct the 2023 class of Senior Citizen Hall of Fame honorees and Helping Hands awards. The board of trustees of the Council on Aging will also present the 2023 “Ruth Densmore Senior Advocate Award” to this year's honoree.

Doors will open at 11 am that day. Please call the Council on Aging at 440-205-8111 for complete information on reserving your place.

The Council on Aging needs your help!

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. Mail your tax-deductible donation to:



Council on Aging
8520 East Ave.
Mentor, Ohio
44060



Patricia J. Schraff, CELA*

John P. Thomas
Wm. Joseph Baker
Lindsay C. Jones
Claudia Rose Brown
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Summer volunteer opportunities

By Ann Marie Armaro, Volunteer & Community Engagement

Summer is here and it is a great time to enjoy the nice weather while making a positive difference in the life of a homebound senior.

Grocery shopper volunteers are needed to shop for seniors two times a month. Grocery shopping can be done on weekdays, evenings or weekends. This is a great opportunity for someone who is still working and just has a few hours a month to give back. We also have monthly opportunities to deliver produce and pet food to homebound seniors and their furry friends.

Friendly visitor volunteers visit seniors on a weekly or biweekly

basis to bring joy to socially isolated seniors.

We have openings for volunteer Meals on Wheels drivers who can commit to deliver meals at least one day per week or fill in as sub drivers. We deliver Monday through Friday out of our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison. Volunteer drivers deliver lunch-time meals to homebound seniors between 10:30 am and 12:30 pm. Please call today to learn more about volunteer opportunities.

Get started today by calling Ann Marie Armaro at 440-701-4660 or email her at Aarmaro@Lccoa.org.

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Walk for World Elder Abuse Awareness Day

June 15 was World Elder Abuse Awareness Day (WEAAD). On this day, communities across the United States and all over the world, including here in Lake County, took time to highlight this important social issue affecting some of the most vulnerable in our society. "This is an opportunity for Lake County to promote a better understanding of abuse and neglect of older adults and raise awareness to ensure security and dignity for all seniors," said John R. Hamercheck, president of the board of Lake County commissioners.

It is estimated that one in 10 older Americans are victims of elder abuse, neglect, or exploitation. Even more alarming is that research suggests that as few as one in 14 cases of elder abuse ever come to the attention of authorities. Many seniors lack societal supports, making them more vulnerable to abuse and less likely to report maltreatment. "Lake County is not immune to the issue of elder abuse," said Commissioner John Plecnik. "World Elder Abuse Awareness Day reminds us to look out for one another. When we come together, we can prevent elder abuse from happening."

During 2022, the Lake County Department of Job and Family Services responded to over 450 calls concerning abuse, neglect or exploitation of seniors. Although these calls varied in nature, the one common theme was the mistreatment of a vulnerable member of our community. "The Lake County Department of Job and Family Services remains committed to investigating elder abuse and maltreatment. The social workers in our adult protective services division

meet with older adults in our community to assess them for safety, advocate on their behalf and connect them to necessary resources. If anyone suspects that an elderly individual in Lake County is being abused, neglected or exploited they should contact our agency to report their concerns," said Suzanne Casar director of Job and Family Services.

The board of Lake County commissioners support and recognize the importance of World Elder Abuse Awareness Day. During their June 8 meeting, they graciously passed a resolution declaring June 15, 2023, as World Elder Abuse Awareness Day in Lake County.

Additionally, on June 15, members of the Association of Specialists in Aging held the second annual "Walk for WEAAD" in downtown Painesville. The walk originated from Lake County Department of Job and Family Services and ended at the Lake County Administration Center. Following the walk, there were brief presentations made by Mark J. Bartolotta (probate court judge), Pam Anson from the Better Business Bureau and closing remarks from the board of commissioners.

"Elder abuse will not stop on its own," said Commissioner Richard J. Regovich. "Someone else needs to step in and help. If you think someone you know is being abused — physically, emotionally, or financially — say something."

For more information, or to report concerns of abuse, neglect or exploitation, contact the Lake County Department of Job and Family Services, Adult Protective Services Division at 440-350-4000.



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Williams On The Lake • 787 Lafayette Road, Medina

Cash bar available

Tickets

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



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Thursday, August 17, 2023

LaMalfa, Mentor

Friday, August 18, 2023

Williams on the Lake, Medina

Cash bar available at both locations

Tickets

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



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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 and Geauga county FOPs.

Saturday, October 21, 2023 • 7:00 pm

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Laketrans extends service hours for Local Routes and Dial-a-Ride

Laketrans announced new hours of operation for its Local Routes 1-9 and door-to-door Dial-a-Ride service last month.

Under the new extended service hours, Laketrans operates Monday-Friday from 5 am-9 pm and Saturdays from 8 am-7 pm with new hourly service. Laketrans's Route 4 that connects Madison and Painesville and Route 9 that travels between Tyler Boulevard in Mentor to downtown Painesville now operate on Saturdays, as well.

By increasing service hours, Laketrans's goal is to support local businesses, as well as social and cultural events through the county, by providing more access for people who rely on public transportation.

Laketrans CEO Ben Capelle shared that the new hours give employees reliable transportation to get to work by 6 am and provide seniors and people with disabilities opportunities to enjoy evening events and activities, especially with during the summer.

Over 48% of customers that rely on Laketrans's signature door-



to-door Dial-a-Ride service are seniors and people with disabilities going to work, so they will also benefit by being able to work later hours.

"Previously, our last Dial-a-Ride trip pick-up was 7-7:30 pm and it is now 8:30-9 pm," explained Capelle. "We know senior isolation is rampant and our hope is that seniors become more active by getting a ride to enjoy community events, like the free concerts in the park put on by many of our communities or simply enjoy dining out after 7 pm in the evening."

For more information on new hours, contact 440-354-6100 or visit www.laketrans.com.

Lake County treasurer's office upgrades website payment features

The Lake County treasurer's office is excited to announce new and enhanced features on their website which will better help taxpayers make payments and understand how to navigate the website for information. The link to the new site is www.paydici.com/lake-county-treasurer-oh/search/landing.

The new and upgraded features include different payment options with varying fees clearly listed for comparison, options to save your preferences by registering for an account, automatic notification by parcel for auto, contract, and escrow payments. E-statements and text notification by parcel are available when registering a new account. There is also a new easy-to-use search button feature with a user-friendly interface.

Treasurer Michael Zuren commented, "This system streamlines

the website and creates a more friendly and efficient easy-to-use payment system and decreases the possibility of misapplied payments. These upgrades and enhancements will make a huge difference with no additional cost to taxpayers."

The following is a list of free identity theft courses offered for seniors by the Lake County treasurer's office:

August 8, 2023 • 10 am
Willoughby Senior Center

August 23, 2023 • 1 pm
Concord Community Center

September 14, 2023 • noon
Madison Senior Center

Please contact the respective centers to register.
Call the treasurer's office at 440-350-2516 with questions regarding free courses offered or if you would like to sign up for any of recent enhancements.

Radio show for Lake County seniors!

The Council on Aging broadcasts its own radio show on 1330 AM and 101.5FM, WINT Radio every Saturday afternoon. The agency is grateful to the entire WINT crew, including Ron and Kathy Somich for this great opportunity! The program, "Our Aging World," is hosted by Council on Aging CEO Joe Tomsick and is broadcast from 2-3 pm. The show focuses on issues, resources and opportunities for those Lake County residents 60 years of age and older. Also, listen live online at tunein.com; search WINT.



2023 NKF Northern Ohio events

The National Kidney Foundation NKF Northern Ohio Konica Minolta Golf Classic will take place on Wednesday July 26 at 1:30 pm at Firestone Country Club in Akron. This tournament, where C-suite level folks, or really any golfer that wants to play at Firestone, come to play in a chance to compete at the national finals at Pebble Beach in January 2024.

Over 100 golfers come out every year to play on a beautiful course for a good cause. Food and drinks are also included and tons of high ticket item raffle prizes too at the event.
All the money raised at this golf event goes directly back into the NKF mission and funds lifesaving programs that they offer in their northern Ohio territory.

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Annual Hall of Fame award nominations due August 18, 2023

Awards to be presented at annual meeting in October



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

The Lake County Council on Aging (CoA) is accepting nominations for candidates for the 2023 Lake County Senior Citizens Hall of Fame! Established in 1994, the Hall of Fame is supported by the Lake County Council on Aging through its mission, vision and values to provide aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined quality of life. The Hall of Fame inductees will be selected by a neutral, impartial panel of judges.

The selected Hall of Fame inductee(s) will be recognized during the Lake County Council on Aging annual awards presentation to be held on Thursday, October 12, 2023 at Pine Ridge Country Club.

The Hall of Fame:

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

Nominating criteria

- Each nominee must currently be age 60 or older.
- Nominee must have been a resident of Lake County for the past five years.
- An individual or couple who as a senior citizen (60 or older) has had significant impact on an individual, organization or community.
- This individual or couple may have an impact on another person, organization or community

through his/her employment, civic or volunteer activities since age 60.

Who may nominate/eligibility

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

Nomination form guidelines

- Completed nomination forms must be neat (please print or type), accurate and thorough.
- All questions must be answered directly.
- Applications left blank or only containing resumes, newspaper articles and testimonials etc. will NOT be accepted.
- Videos, books, essays or other extraneous materials will not be considered as part of the application. The nomination form stands alone as the application.
- All nominations must be submitted using the CoA nomination form or photocopy.

Nomination forms can be found on the home page of our website at www.lccoa.org. You may also call 440-205-8111 x 223 to have a form mailed to you, or a link sent by emailing Linda at lshaffer@lccoa.org.

The nomination deadline is Friday, August 18, 2023. Previous nominations will need to be resubmitted. For additional information, please call 440-205-8111 x 223. The completed nomination form may be scanned and emailed to lshaffer@lccoa.org or submitted to:

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



COMMUNITY SERVICES

Celebrating independence

CoA helps keep seniors in their homes

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

Every July, the smell of barbeque and the sound of fireworks fill many of our local communities as our nation commemorates Independence Day. Many traditions and enjoyable activities for people of all ages take place as part of the celebration. Independence Day also brings to mind what independence means to the individual. Throughout the year, the Lake County Council on Aging strives to help our local senior population maintain as much independence in their homes as possible as part of the mission to help individuals achieve an optimal, self-defined, quality of life.

The Lake County Council on Aging's services and collaboration with community agencies assist in providing an individual the resources they need to remain in their homes. The ability for someone to remain in their home environment safely, even with some assistance, can provide them the feeling of being independent. There are examples on a daily basis where the Council on Aging can help one maintain this feeling.

The Council on Aging's Health Equipment Lending Program offers equipment when available such as canes and walkers that allow a senior individual to move around their home environment safely and freely. Without these equipment items, a senior experiencing a disability might not be able access certain rooms such as a kitchen or laundry room to do important tasks for them to remain in their home.

The Aging and Disability Resource Center at the Council on

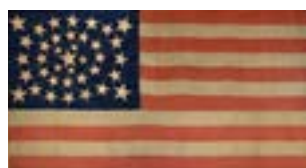


Aging provides information on any number of resources in the community and long term supports and helps connect to any benefits programs for which one is eligible. A licensed social worker may also conduct a visit to a senior's home to assess a person's strengths and their level of independence in daily activities. The social worker will work with the senior to determine what their major areas of need are in their daily life and develop a plan to address any limitations that are present. If an individual receives assistance with one task, it may help them maintain independence in another. For example, a senior who is struggling with preparing meals may benefit from receiving Meals on Wheels, which can help them maintain their strength and functional ability to do other tasks within their home.

Summer is here and it is a great time to celebrate your independence. Take time to identify and focus on utilizing your individual strengths and abilities to achieve the best quality of life for you. However, if you feel you need some extra assistance to maintain your overall health and well-being, contact the Council on Aging at 440-205-8111 for more information on services and resources that can help.

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Urgent care, ER or orthopedic injury clinic: where to go for care

By University Hospitals

When serious injury or illness occurs, many people head straight to an emergency room. But that may not be the best choice for your condition — or your wallet.

An estimated 13 percent to 27 percent of emergency department visits in the United States could be managed in physician offices, clinics and urgent care centers, at a savings of \$4.4 billion annually.

What is an urgent care?

An urgent care provides quick, convenient and affordable health care. Staffed by board-certified medical providers, they're open every day, including nights and weekends. Appointments are not necessary, and you can reserve online to reduce wait times.

An urgent care can handle non-life-threatening illnesses and minor injuries for adults and children — at significant cost savings when compared to a visit to the emergency room. On-site services include X-ray and lab.

Some of the illnesses and injuries treated at an urgent care include:

- Respiratory illnesses, such as a sinus infection
- Sore or strep throat
- Bladder and kidney infections, such as a urinary tract infection
- Earaches, such as an ear infection or swimmer's ear
- Eye irritations and infection
- Gastrointestinal illness, such as a stomach ache, food poisoning, diarrhea or emesis
- Minor injuries and accidents
- Sprains, strains, bumps and bruises
- Cuts and lacerations
- Suspected fracture
- Skin issues such as poison ivy or sunburn

What is an orthopedic injury clinic?

An orthopedic injury clinic provides urgent care for children and adults for issues that affect the bones, joints or muscles. These specialized clinics offer expert diagnosis and prompt treatment by trained orthopedic specialists.



An orthopedic injury clinic is the ideal place to go for serious injuries such as broken bones, sprains and strains. You can simply walk in — no appointment is needed. And the cost is much lower than going to an emergency room. On-site services include X-ray, casting, splinting, bracing and injections. If your injury warrants surgery, it can be scheduled for the next day.

Some of the conditions treated at an orthopedic injury clinic include:

- Broken bones, sprained wrists or ankles
- Fractures and dislocations
- Sprains and strains
- Joint and tendon pain
- Acute back and neck injuries
- Sports-related injuries
- ACL tears/knee pain

When to go to an emergency room.

Any symptom that is extreme, such as chest pain, or not relieved with an over-the-counter medicine, such as severe vomiting or headache, warrants a trip to the emergency room.

Visit the nearest ER when you feel symptoms such as:

- Very high or very low vital signs, such as blood pressure, heart rate, breathing and temperature
- Seizures
- Signs of heart attack or irregular heartbeat rhythm, such as chest pain or fainting
- Stroke symptoms, including sudden onset of numbness or weakness of the face or body; confusion; changes in vision; dizziness or loss of coordination

- Vision loss
- Nose bleeds that don't stop
- Severe swelling of the mouth or throat
- Shortness of breath, wheezing or high-pitched breathing sounds
- A large, distended or rigid belly
- Bleeding during pregnancy
- Suicidal thoughts
- Overdose
- Complications from recent surgery or procedures

Not an emergency? Consider virtual visits!

University Hospitals virtual visits provide a convenient, simple way to see a clinician without having to go into a doctor's office. This option is available 24/7 for non-emergency conditions such as allergies, digestive problems, flu, respiratory issues, skin conditions, sore throats and more.

Our virtual visit services include online video and telephone appointments. With virtual visits, you can access many of the same services you receive during a traditional in-person appointment. These include remote symptom monitoring, diagnosis and treatment, prescriptions and other medical services.

At University Hospitals, we provide care at every level from on-demand care to emergencies — and everything in between. Making the best health care decisions for your family starts with knowing where to go.

To learn more visit [UHHospitals.org/On-Demand-Care](https://www.uhhospitals.org/On-Demand-Care).

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— Amanda Barbur
Doctor of Audiology



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News from Lifeline / 211

The Helping Hands for Seniors Program matches 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 simple 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.

Senior citizens in need of assistance can call Andrea Johnson at 440-354-2148 ext. 207 or email at andrea.j@lclifeline.org to see if they qualify and apply for volunteer assistance. Program participants must meet financial and residency criteria. Volunteers are also needed! Volunteers must be over the age of 55 and can contact Cristen Kane at the Lake County Volunteer Network at Cristen.Kane@lakecountyohio.gov or 440-350-5360.

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

The HEAP Summer Crisis Program will begin July 1. Beginning in mid-June, intake appointments can be scheduled by calling 440-381-8230 or visiting <https://app.capappointments.com>. For more information contact our office at 440-350-9160.

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

Falls Prevention Awareness Day is Thursday, September 21

Event to be held at Council on Aging office in Mentor

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

The Lake County Council on Aging in partnership with University Hospitals will mark Falls Prevention Awareness Day on Thursday, September 21, with a community event at the main Council on Aging office at 8520 East Avenue. The purpose is to promote and increase public awareness about how to prevent and reduce falls among older adults, and what steps to take if one occurs.

Nationally, the day is marked with events around the country. This year's theme is "From Awareness to Action."

The program begins at 10 am and will offer fall prevention education throughout the day, along with a number of health screenings including cholesterol / glucose check, blood pressure, body mass index (BMI), balance screenings, preventative risk screenings and memory screenings. The Council on Aging event will also bring back the popular "ask a pharmacist" table, so bring your RX questions!

There is no cost to participate. For more information please call University Hospitals at 440-214-3180.

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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IRS impersonation scams target everyone

But the elderly are most vulnerable



By Frank A. Suponcic
CPA, CFE, CFF

IRS impersonation scams target millions annually. According to a recent the Treasury's Office of Inspector General semiannual report to Congress – nearly 15,000 citizens lost more than \$72 million. While significantly increasing public awareness has dulled fraudsters' continuous efforts, many still succeed. For example, one group of 15 individuals victimized 8,000 seniors, stealing \$9 million before being apprehended.

Fraudsters usually use a spoofed caller ID number that would indicate to the unsuspecting recipient the telephone call is originating from a legitimate local IRS, law enforcement agency, or even Washington DC. However, many of these frauds originate overseas, yet the unsuspecting recipient would never know that.

Typically, the caller accuses the unsuspecting elderly target they owe the IRS back taxes, interest, and penalties. The caller will advise all current enforcement actions will cease if the

payment is immediately made. If the recipient doesn't appear to act fast enough or hesitates, the caller steps up the pressure with a more serious enforcement threat. Despite the tactic, the call will ultimately require "immediate attention." The caller will make false threats to play on one's emotions. Threats may consist of home foreclosure, arrest, deportation – or even death – IF payment isn't immediately made by credit card, wire transfer, prepaid debit card or gift card – even iTunes gift cards!

As much as many of us would say, "I would never fall for that," sadly, many elderly do. Fraudsters recognize a vulnerable target when they hear one. This is their "job." They are proficient scam artists. If they are successful, it is not uncommon for the scammer to mention another "issue" and attempt to scam more money now that they were successful the first time.

The elderly need to be aware of the following. The IRS will never text you; typically, they do not make telephone calls, nor will they pressure you to make a payment immediately. The IRS always communicates ini-

tially in writing. In addition, the IRS will never ask for a credit or debit card number nor threaten to send the police to your house to arrest, deport, or kill you.

If you receive one of these calls, just hang up. No matter how convincing the caller may be, never provide your Social Security number or any personal identifying information to someone you did not call. If you truly question the call's legitimacy, hang up and call the IRS at 1-800-829-1040. Never use a phone number the caller provided.

As a CPA and current filer, I've received these calls. But I know immediately they are fraudulent. I like to "turn the tables" and ask them to provide me with my Social Security number, filing status, date of birth, address, etc. – after all, they called me. Then if they answer those questions correctly (and some actually have), I ask them to please mail the delinquency notice to my address on the income tax return, and then I'll get back to them.

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



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 \$1,000!

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

Bobbi Reese
Jeffrey and Debra Stanicki



Since 1972, we have remained committed to our mission, vision and values, establishing ourselves as Lake County's most trusted resource for older adults.

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The Lake County Council on Aging is a qualified 501(c)(3) tax-exempt organization, and donations are tax-deductible as permitted by law.

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



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



A visit to the southern border

Recently I had the opportunity to spend time with the Cochise County sheriff's office in Arizona. With the increase in drugs moving across our northern border, as well as the fact that a Mexican cartel house was raided here in Lake County, I felt it was critical to spend time with a southern county sheriff's office heavily involved in both aspects of human smuggling and drug smuggling by one of the biggest criminal enterprises in the world to increase our knowledge of such crimes.

Located about 1½ hours south of Tucson, Cochise County covers 6,300 square miles, and the sheriff's office patrols about 83 miles of the Tucson sector along the Mexican border. I was able to attend briefings by the sheriff and then the prosecutor of this county. Following the briefings, I received an extensive tour along the border and had the opportunity to work about six hours with the Cochise County border interdiction unit. What was discussed was not surprising, but certainly still very alarming. What goes on there at the southern border has a direct impact here in Lake County and on our safety and security.

Other than across legal entry points, no person comes across the border with Mexico without the authorization of the Mexican drug cartels, and without first making payment arrangements for passage. It was noted that the cartel determines who will cross and exactly where they will cross. Most people coming across the border illegally who give up en masse do not come through areas patrolled by Cochise County. In Cochise County most coming across the border are criminals and persons who do not want to be discovered. Each sector is controlled by a cartel boss, who in turn has people working the sector assigned to control finances, social media, and logistics. In short, it is a very detailed, heavily involved, and extremely lucrative criminal syndicate.

The cost to get across the border ranges from \$4,000–\$20,000. Obviously, most do not have that large amount of money to pay up front. They make an initial investment and set up payment plans. Once in the United States, they meet with cartel members here in the United States

who become their handlers until the debt is paid. They are assigned where to work and where to live in the United States. 20% or more of their paycheck is taken to pay back the cartel, and an additional 15–20% is taken for where they are assigned to live. In short, this has become a very large slave trade that goes on everyday across the border and throughout the United States. Most will never make enough to pay the debt. If they do not pay, they are killed or their family members still living south of the border are killed. Slaves to the cartel, they are used to mule drug shipments across the United States, forced into sex trafficking, or become cartel enforcers.

The cartel uses social media to contract with people across the U.S. to transport illegal immigrants to destination hubs. The cartel will engage with a person in the U.S. to come to the border with the promise they will be reimbursed up to \$3,000 once they get the illegal immigrants to a certain destination. Once agreed, the people travel sometimes for 6–8 hours to a place on the border route. There they are delivered a pin on a map detailing where to stop on the road, where people will come from the dark and get into their car for transport to assigned destinations. The drivers are told that if they get chased by police to run and exceed 100 mph because at this point the chase will be terminated. This is why we are hearing about so many high-speed crashes along the border resulting in the death of both the drivers and the illegal immigrants they are transporting. Even upon safe delivery, drivers are paid less than one-third of the promised money and convinced to do other transports to get the balance of payment.

On the night I worked with the interdiction unit we stopped a number of such suspected vehicles, and in fact were involved in a stop where the illegal immigrants fled out of the vehicle and into the brush. Working with sheriffs, border patrol and other law enforcement officers, the driver and the illegal immigrants were captured and arrested. However, it was explained unless local charges can be found, these persons who came across the border will be released into the United



States and continue on their journey to parts unknown.

On the southern border the drugs seized are not tracked in ounces. In our briefings the amount of drugs being trafficked into the United States is staggering. China remains the primary source of all fentanyl-related substances trafficked into the United States. The drug trade is very lucrative to the cartel. In speaking with southern border law enforcement, millions of dollars are being transacted at financial institutions across northeast Ohio alone as the result of many aspects of life the drug cartel is involved.

In January 2023 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 reports, "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.

Both Prosecutor Charles Coulson and I, as well as our outstanding professionals on our staffs, will continue to work diligently to prosecute the criminals that prey upon our citizens. Lake County must remain a safe and secure place to raise a family, build a home and create your business. Our criminal justice community, and this includes our local law enforcement partners and judges in every community here in the county, will work to make it clear to criminals there is no place for you here.

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Salvation Army Christmas in July

The sun is finally shining in northeast Ohio and summer is now upon us. For most of us, Christmas may be the last thing on our minds, but here's a chance to get on Santa's "nice" list early!

The Salvation Army in Painesville would like to invite you to their first annual Christmas in July Luncheon and Silent Auction. What better way to spend a summer day than enjoying lunch on the lake with family, friends, and co-workers, all while raising funds for a good cause? Our programs are designed to help individuals and families throughout Lake County break the cycle of intergenerational poverty. Each day we tackle issues

like hunger, homelessness, unemployment, education and other factors preventing folks from getting ahead.

The luncheon will be held on Wednesday, July 19 at 11:30 am at Painesville Township Park community room. Individual tickets are available at \$25 each and must be purchased by July 10. You might also consider showing your support by selecting a sponsorship option or by making a donation. Call us at 440-354-3774 for information on purchasing tickets by phone, in person or by mail. Or online go to <https://salarmy.us/41OppjV> for all the details.

Hope to see you there!

Council on Aging departments honored by board of trustees

The board of trustees of the Council on Aging have selected various months of the year to celebrate the dedication and hard work of each employee of every department at the agency.

March: Social Work Department

May: Aging and Disability Resource Center

July: Nutrition Department

September: Home Services and Homemaker

November: Administrative Support

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All-you-can-eat pancake breakfast in Kirtland

Support our Seniors on Saturday, September 16!

On Saturday morning, September 16, the Lake County Senior Services Levy committee is hosting an "All You Can Eat Pancake Breakfast" fundraiser at the Kirtland Community Center from 9 am –noon. Donation for tickets is just \$12 for adults, \$5 for children under 12, and are available from all Lake County senior centers, Lifeline and the Council on Aging. The Kirtland Community Center is located at 7900 Euclid-Chardon Road.

Breakfast includes all-you-can-eat pancakes, two sausages, coffee and juice! Valuable prize baskets will be raffled that morning as well.

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

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



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

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

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, and you may qualify for 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 agency works with Charitable Adult Rides & Services (CARS) to process donations. They accept ordinary and special cars, including those that have been restored or old vehicles that

were in the restoration process, and never got finished. CARS even offers free pick-up for vehicle donations.

To get started, and clear your garage of that unneeded vehicle, call 855-500-7433 (RIDE) or simply submit a secure online donation form at <https://careasy.org/nonprofit/lake-county-council-on-aging>.

The Vehicle Donation Support Team is available seven days a week. IMPORTANT: 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.

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Saluting Lake County Centenarians

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

Herberta Kinder, Mentor
105 years old • Born April 1, 1918

Mary A. Kallay, Painesville
100 years old • June 4, 1923

Helen E. Kovach, Willowick
100 years old • June 25, 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 lcco.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.

Lake County Free Clinic moves to new location

Lake County Free Clinic is pleased to announce the move to our new, permanent location at 462 Chardon St. in Painesville. This move will double our treatment space as well as provide ample office and meeting space for LCFC both now and in the future. Currently our medical and case management services are fully operational with the dental clinic expected to follow later this summer. LCFC has been serving the uninsured of Lake County and the surrounding communities for over 50 years and the need continues to increase.

Patients are seen by appointment by LCFC staff and dedicated volunteers to assure the quality of the services provided. LCFC is the medical home for many of our

patients who suffer from chronic conditions such as diabetes or hypertension. Case management assures access to services needed to address additional health disparities such as food shortage, unstable housing, etc. from other Lake County agencies. LCFC is free of charge to its patients and supports its efforts through support from corporations, foundations and individuals from our local community. LCFC will be as strong as the support received from our community. For every \$1 donated, \$12 dollars in service value is delivered.

LCFC appointments may be made by calling 440-352-8686. If interested in a tour of the new facility, contact Marty Hiller. To volunteer contact Dana Locher at 440-352-8686.

United Way of Lake County car raffle

Win a new Nissan Sentra or \$15,000 cash

United Way of Lake County is running an exciting raffle for a chance to win a brand new 2023 Nissan Sentra SV or \$15,000 in cash thanks to the generosity of Mentor Nissan. Ticket entries can be purchased online at uwlc.org/wincar through August 20, 2023, and the winner will be selected from a pool of 10 finalists on or about August 25, 2023. Ticket entries can also be purchased by mailing a check payable to United Way of Lake County to 9285 Progress Parkway, Mentor, OH 44060, Attention: Car Raffle.

Tickets are available for \$10

each, four (4) for \$30, eight (8) for \$50, or twenty (20) for \$100. And for every \$100 in tickets purchased during one single transaction, purchasers will be added into a second contest for a chance to win \$1,000.

A raffle ticket is the perfect way to give back to your community. All proceeds will benefit Lake County children, families, and seniors in need. United Way of Lake County is known for turning small gifts into big impact. Due to the kindness of those who give, over 67,000 services were provided last year to Lake County residents in need.

Council on Aging CEO honored by city of Willowick and county commissioners

On behalf of the Willowick City Council, Councilman Charlie Malta (Ward 3) presented a proclamation recognizing Council on Aging CEO Joe Tomsick for many years of service to the seniors of Willowick and the surrounding communities of Lake County. Joe is beginning his 12th year as chief executive of-

ficer of the Council on Aging.

Mr. Tomsick also received recognition from the board of Lake County commissioners for his continued commitment to serving older individuals and leading the dedicated staff of the Lake County Council on Aging.

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Project Hope for the Homeless serves homeless seniors

Project Hope for the Homeless is pleased to recognize senior citizen Anne Bandi for her outstanding service as a volunteer.

Bandi has volunteered with the organization since 2014 in the Families Moving Forward shelter program, assisting staff and families.

She was among the first to volunteer in the family shelter program when it opened that same year. Bandi continues to serve in the shelter every week, provides regular meals with her husband, Greg, and now serves on the organization's board of trustees.

Bandi has donated more than 1,200 hours and is among the most dedicated volunteers for Project

Hope for the Homeless. She also spends her time volunteering at St. Mary of the Assumption's Helping Hands ministry, where she oversees their food pantry donations and inventory.

Volunteers are vital to Project Hope for the Homeless's ability to provide shelter and care to the homeless in Lake County. These volunteers tell the organization they earn benefits far beyond the amount of effort required, and it's a real way to make a difference in someone's life and within the community.

Visit projecthopeforthehomeless.org or call 440-354-6417 ext. 106 to learn how to volunteer.



The PopTarts

Senior Day at the Lake County Fair

Friday, July 28, 2023 • 10 am–2 pm

Senior Day at the Fair 2023 is set to be a day of fun for seniors across "the decades." The fair provides free admission until 3 pm on Friday, July 28 from 10 am–2 pm, free transportation thru Laketrans, free boxed lunch compliments of the Lake County Council on Aging, bingo, games, prizes and entertainment by The PopTarts.

"Aging Unbound" is the theme for Older Americans Month 2023 and promotes flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included. Senior Day at the Fair will provide an opportunity to visit the tables of key organizations in the community providing services to seniors; University Hospitals, Health Market Insurance, Laketrans, and Lake County Council on Aging. This is an opportunity to talk with a representative and pick up helpful information on how to age unbound.

Musical entertainment will be provided by the fabulous PopTarts during lunch. They will be performing all the best songs of the 1960s girls' groups, with trivia of the decades and bingo in between. Those attending will also enjoy DJ Jesse Webb spinning your favorites and taking requests that morning!

Lunch is a complimentary box lunch provided through the Council on Aging and the Western Reserve Area Agency on Aging for those age 60 or older, who register at the fair on a first-come, first-served basis. Lunch will be given for the first 350 seniors and will feature a delicious summer picnic-type lunch that provides one-third of daily nutritional values. The lunch will be served at 11:45 am and table seating will be limited to those who have a lunch ticket at that time.

A fun game of bingo will begin after lunch at 1 pm. Door prizes will be awarded throughout the event and the winner of each bingo game will receive a prize. Be on the lookout for special guests at the event!

By the way, our great appreciation to the Brunner Sanden Deitrick Funeral Home & Cremation Center for providing bottled water.

Senior Day at the Fair will be a day of fun celebration of seniors aging unbound through the decades. Join us at the Lake County Fairgrounds on Friday, July 28 from 10 am–2 pm.

If you would like more information, please contact Linda Llewellyn at 440-205-8111 ext. 241 or LLlewellyn@Lccoa.org.

Meals on Wheels America and Subaru award Council on Aging

Thanks to your support of the "blizzard bag" food collection last December, the Lake County Council on Aging earned \$2,897.53 by participating in the 2022-2023 Subaru Share the Love event.

The state of Ohio earned a total of \$40,565.44 through this year's event, and the Council on Aging

was one of only 14 participating members qualifying to receive funds.

If you recall, this program involved all of our community senior centers gathering shelf-stable food to be placed in bags to be delivered to homebound seniors to use during winter months.

hours delivering meals to seniors in Wickliffe who are homebound.

I was impressed with the process and all of the people who are involved in this most important work in our community, and I sincerely enjoyed meeting the seniors and hearing their compliments and concerns about Wickliffe.

I am thankful for the work that the Lake County Council on Aging does in Wickliffe and throughout Lake County. I firmly support your efforts and am happy to be of service in the future.

Keep up the great work!
Sincerely,
Mayor Joe Sakacs, City of Wickliffe

Dear COA,

Thank you very much for everything. You have been wonderful during my time of need! I truly appreciate everything you have done.
Debbie, Madison

If you have a note to share with the Council on Aging, we'd love to hear from you. You can email us through the link on our website at www.lccoa.org.



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

Mr. Tomsick,

I wanted to take the opportunity to congratulate and sincerely thank the Lake County Council on Aging on the wonderful and important work that they perform for the residents of Lake County, especially in Wickliffe!

Last week, I had the opportunity to participate in the Community Champions Week for the seniors of Lake County. I attended a brief introduction to the Wickliffe Senior Center nutrition center and met the fantastic kitchen staff that prepares meals for our seniors. Then, I was paired with a Meals on Wheels volunteer and we spent the next few

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SUMMER FUN GUIDE

JULY 2023

Farmfest

Saturday, July 8 • 9 am–8 pm
Lake Metroparks Farmpark
8800 Euclid Chardon Road
Kirtland
440-256-2122
www.lakemetroparks.com
Free admission!

Enjoy a day filled with food, live music and more. Families can participate in Farmpark activities including pony rides (\$6) and dance to the music by local bands. Pick up a delicious lunch or dinner from one of the food vendors while enjoying a glass of beer or wine offered for sale.

St. John Vianney Parish Summer Festival

Friday, July 14 • 6–11 pm
Saturday, July 15 • 5–11 pm
Sunday, July 16 • 3–9 pm
7575 Bellflower Road, Mentor
440-255-0600
www.sjvmentor.org

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

Painesville Party in the Park

Fri., July 14 • noon–midnight
Sat., July 15 • noon–midnight
Sun., July 16 • 8:30 am– 11 pm
(Church service at 8:30 am)
Veterans Park, Painesville
painesvilleimprovement.com
Ohio's largest free music festival with over 30 musical acts. Featuring up-and-coming local acts, award-winning Cleveland musicians and national touring acts from all reaches of the U.S.

32nd Annual Willoughby ArtsFest

Saturday, July 15 • 10 am–5 pm
Historic Downtown Willoughby
440-942-1632
www.willoughbyartsfest.com

The streets of Downtown Willoughby will be closed and lined with over 90 juried artists featuring an assortment of artistic pieces from paintings to mixed media. Musical entertainment will be provided at the Gazebo in Pointe Park. Specialty food trucks and vendors will be spread out throughout the festival or dine at the amazing restaurants located in downtown Willoughby. A children's section gives kids of all ages a chance to have a hands-on experience with art.

Headlands BeachFest

Saturday, July 15 • 11 am–7 pm
Headlands Beach State Park
9601 Headlands Road
440-974-5720
www.headlandsbeachfest.com
Experience this unique outdoor celebration where the arts meet

wind, water, and sand on Ohio's longest beach! The "ultimate beach party" features all-day entertainment, hands-on activities, food trucks, arts and crafts vendors, and is highlighted by the Ohio Master Sand Sculpting Competition. Kids of all ages will also have plenty of opportunity to get their hands dirty as well by competing in the Family Sandcastle Building Contest.

Uncorked: Cleveland Wine Fest

Saturday, July 15 • 7–11 pm
Great Lakes Science Center
601 Erieside Avenue, Cleveland
www.uncorkedwinefestivals.com
Enjoy over 100 wines and bubbies from across the globe plus full after-hours access to the museum, food trucks, a DJ and more!
Early admission (\$75) is at 7 pm and includes an extra hour of tasting and museum access with bonus wine selections. General admission (\$60) is at 8 pm. Both tickets include all wine tasting with food sold separately.

Nights Out In The Parks

440-286-9516
www.geaugaparkdistrict.org
Free outdoor music and movies. Bring your own blankets, lawn chairs and refreshments for your group. No registration needed. Free admission.

Music

Sunday, July 16 • 4–5:15 pm
Veterans Legacy Woods
Sat., August 19 • 7–8:30 pm
Big Creek Park Amphitheater

Movies

July 22, August 12
8–11:30 pm
Observatory Park

Historical Engine Society's 52nd Annual Antique Power Exhibition

Lake Metroparks Farmpark
Kirtland
July 28–30 • 9 am–5 pm
www.lakemetroparks.com
See a wide variety of antique tractors, construction & excavation equipment, cars, trucks, and hit & miss engines. Witness a vintage tractor pull, parade of machinery from years gone by and watch and feel earth moving demonstrations with antique equipment throughout the day. Farmpark admission (\$7–\$9) or membership applies.

Immaculate Conception Oktoberfest

Friday, July 21 • 5–11 pm
Saturday, July 22 • 4–11 pm
Sunday, July 23 • noon–10 pm
37932 Euclid Avenue
Willoughby
440-942-4500
Live music, great parish foods, kids inflatables, Chinese auction, Monte Carlo and much more.

Wildlife Festival

Sunday, July 23 • noon–4 pm
Penitentiary Glen Reservation
8668 Kirtland Chardon Road
Kirtland
www.lakemetroparks.com
Join Lake Metroparks Kevin P. Clinton Wildlife Center as they celebrate 40 years of helping Ohio's wildlife. There will be fun activities showcasing the center's history, Ohio's wildlife, how the Wildlife Center has changed and grown over time, along with enjoyable animal stories shared by staff and volunteers. Many of the Wildlife Center's animal ambassadors will be there to help celebrate. Hands-on activities, crafts and animal shows await your discovery. The Lake Shore Live Steamers are also celebrating 40 years of public train rides as they continue to offer free adventures around the nearly three miles of track. Free admission.

Lake County Fair

July 25–30
Lake County Fairgrounds
1301 Mentor Avenue, Painesville
440-354-3339
www.lakecountyfair.org
General admission is \$10.
Demo derby, Dirt Night Motor Mayhem, KOI dirt drag racing, truck and

tractor pulls, plus live entertainment, magic show, food, and more.

Hobo Day

(Model Trains Flea Market)
Saturday, July 29 • 10 am–3pm
Painesville Railroad Museum
475 Railroad Street
Painesville
216-470-5780
painesvillerrailroadmuseum.org
Food and refreshments available for a small donation, costume contest, corn roast, rail fanning and model trains.

Grand Slam Beer Fest

Saturday, July 29
Progressive Field
2401 Ontario Street, Cleveland
www.beerfesttickets.com
Sample from more than 200 craft beers, as well as new craft wineries and distilleries. Plus, enjoy great food and live entertainment throughout the day.
Beerfest will be split into two sessions: day session 2–5 pm and night session 8–11 pm. Includes a variety of ticket offers to fit your beer-lover status. Starting at \$50 per person.



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St. Justin Martyr Parish Festival

Sunday, July 30 • noon–10 pm
Wickliffe Italian-American Club
29717 Euclid Avenue
440-946-1177
www.StJustin.net
Homemade parish food, food trucks, beer truck, midway games, live music including Disco Inferno 6:30–9:30 pm, \$8,000 main raffle, car cruise (no pre-registration) and more. Free admission/parking.

AUGUST 2023

Twilight at the Zoo

Friday, August 4 • 7–11:55 pm
Cleveland Metroparks Zoo
3900 Wildlife Way, Cleveland
216-661-6500 ext. 4421
www.ClevelandZooSociety.org
Spotlights local bands playing pop, rock, dance, swing, country and blues. Admission for all partygoers includes cover charge, small bites, complimentary beer, wine and soda. 21 & over.
VIP party: 6–9 pm; \$200 per person. General admission party: 7 pm–midnight; \$90 June; \$100 July and August.



Vintage Ohio

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

Lake Side Flea

Saturday, August 5 • 1–6 pm
Headlands Beach State Park 9601
Headlands Road, Mentor
www.morganbukovec.com/
lake-side-flea
Featuring 40+ local art, craft, and vintage vendors, live music, food trucks, a Chalk Fest Fundraiser for the Friends of Headlands Beach, donation-based yoga and meditation activities on the beach for partner charity organization WomenSafe, and so many beautiful trails to explore. Free and open to the public.

Concert in the Park

Saturday, August 5 • 5–9 pm
Leroy Township Park
13028 Leroy Center Road
440-254-4235
www.leroyohio.com
Bring your chairs and blankets, classic car parking available.
5 pm: Food truck, kids games.
6–9 pm: InCahootz band, 50/50 raffle, basket raffles.

SUMMER FUN GUIDE

Cleveland Puerto Rican Expo

Parade of Arts
Music & Cultural Festival
August 5–6 • noon–10 pm
MetroHealth Main Campus
Medical Center - QUAD PARK
www.puertoricanparade.org
International music artists and groups, local food vendors and artisans, health & wellness screening, more.

Nature & Arts Fest

Sunday, August 6 • 10 am–4 pm
The West Woods
9465 Kinsman Road (Rt. 87)
Russell & Newbury Townships
440-286-9516
www.geaugaparkdistrict.org
This awesome indoor/outdoor juried art show for the whole family features nature-themed/inspired art sales inside, plus nature exhibits and activities outdoors, interactive booths, nature hikes, live animals. Free admission.

The Fest

Sunday, August 6 • noon–10 pm
Center for Pastoral Leadership
28700 Euclid Avenue, Wickliffe
216-202-3040
www.thefest.us
An inspiring day of faith, family and fun with live music, activities, crafts, inflatables, sponsor tents, entertainment, great food and drinks, fireworks, and free prize entries.

Ohio Celtic Festival

August 11–13
Lake County Fairgrounds
Painesville
www.ohiocelticfestival.com
Features four stages of entertainment; Celtic rock, traditional, ballads, Irish dancing, bagpipe bands, children's activities like inflatables, face painting, arts and crafts, whiskey tastings, food and drinks! Admission fee applies.

Concord Community Days

Saturday, August 12 • 4–10 pm
Town Hall Campus
7229 Ravenna Road
440-354-7510
www.concordtwp.com/community
Food trucks, beer and wine, live music, basket raffle, craft vendors, fireworks and more. Kids World features bounce houses, DJ and karaoke, carnival games, face painter and live reptile show.

Little Italy

Feast of the Assumption
Sat., August 12 • 5 pm–midnight
Sun., August 13 • noon–11 pm
Mon., August 14 • 6–11 pm
Tue., August 15 • noon–10 pm
12021 Mayfield Road, Cleveland
216-421-2995
www.littleitalyfeast.com
Street festival featuring Italian foods, desserts, live music, shops, vendors, casino, raffle, rides and games. Free admission.

Super Star Party

Saturday, August 12 • 7–11 pm
Penitentiary Glen Reservation
8668 Kirtland Chardon Road, Kirtland
440-256-1404
www.lakemetroparks.com
Discover all there is to know about our moon and the many others that are floating out in space. Featuring engaging activities for people of all ages and interest levels including:
• Night sky exploration using telescopes (compliments of Chagrin Valley Astronomical Society)
• View the Perseid meteor shower.
• Lunar crafts, intergalactic games, spaced-out contests.
• Wild animal shows.
• Popcorn, soda, and snacks for purchase.
• Miniature train rides (weather permitting).
Free. Registration is required.

Mentor Cruise-In

Saturday, August 12 • 10 am–4 pm
Mentor Civic Center Park
8500 Civic Center Blvd., Mentor
440-974-5735

The Mentor Cruise-In has been wowing crowds for nearly two decades. Now, it's bigger and better than ever with over 800 cars, 2,500 spectators, music, food and refreshments. Best of all – it's absolutely free!

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

Cruiser registration 8 am–noon. No vehicles on-site before 8 am. No pets, alcohol, rollerblades or bicycles please.

Last Stop Willoughby

Saturday, August 12 • 8 am–4pm
Downtown Willoughby
www.heartofwilloughby.com
A community event designed to showcase the Historic Downtown District of Willoughby. The day starts early at 8 am with the Willoughby Outdoor Market. There are activities throughout the day including: parade at 2pm, KidZone, 10 am–2 pm, train displays and continuous showing of Twilight Zone: A Stop in Willoughby 10 am–4 pm at Willoughby Library.

Mentor CityFest

Friday, August 18 • 5–11 pm
Sat., August 19 • noon–11 pm
Civic Center Park
8600 Munson Road, Mentor
www.mentorcityfest.com
Mentor CityFest is Lake County's premier family-friendly festival with activities, games, nonstop entertainment, live music, food, and more! Free admission.
The CityFest Kids Zone is bigger and better than before with giant inflatables and interactive games for kids of all ages. Civic Center grounds will be filled with bounce houses, giant slides, a warrior dash, 70' obstacle run, rock wall, zip line, an extreme

trampoline, and a mobile ninja warrior course.

The Adult Zone features a beer trailer, cornhole and other party games and axe throwing.

Milk and Honey Weekend

August 19–20 • 9 am–5 pm
Lake Metroparks Farmpark
8800 Euclid Chardon Rd., Kirtland
www.lakemetroparks.com
Explore the world of milk and honey. Learn how milk becomes cheese, butter, or ice cream and watch the production process. Learn about bees and their role in pollination, how honey is harvested, pollinator-friendly plants, as well as how bees contribute to many products that we use in our daily lives. Free with Farmpark admission. \$9 ages 12 through 59; \$8 ages 60 and older; \$7 ages 2 through 11; children younger than 2 are free.

43rd International Cleveland Kite Festival

Sunday, August 20 • 11 am–5 pm
Edgewater Park
6500 Memorial Shoreway (Rt. 2)
Cleveland
www.osekcleveland.org
Kite fliers from around the country will take to the skies at Edgewater Park. The event, put on by the Ohio Society for the Elevation for Kites, is free and open to the public.

Old-Fashioned Picnic

Wednesday, August 23 • 4–7 pm
Painesville Township Park
1025 Hardy Road Painesville Township
www.lakemetroparks.com
Come enjoy the warm sunshine and cooling lake breezes. Join in for a hot dog cookout (or bring your own picnic). Activities include fishing off the pier, flying a kite, hopscotch and cornhole. You can also give archery a try under the watchful eye of a certified instructor. Registration required.

Painesville Township Family Fun Day

Sat., August 26 • 11 am–4 pm
Lake County History Center
415 Riverside Drive
Painesville Township
www.painesvilletwp.com
This family-oriented event features children's games, the Euclid Beach rocket car, music, face painters, Dr. Bubble, animal show, food, and much more. Bring the children out and enjoy a fun afternoon.

Snake, Turtles & More

Sun., August 27 • noon–4 pm
Penitentiary Glen
8668 Kirtland-Chardon Road, Kirtland
www.lakemetroparks.com
This event will feature live reptiles and amphibians, have informational and activity stations, and will help reveal what makes amphibians and reptiles so special! Miniature steam train rides will be offered, courtesy of the Lake Shore Live Steamers (weather permitting). Free admission.



77th One World Day Festival

Sun., August 27 • 11 am–6 pm

Cleveland Cultural Gardens

MLK Drive, Cleveland

216-220-3075

www.clevelandoneworldday.org

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

SEPTEMBER 2023

Corn Maze

September 1–October 15, 2023

9:00 am–4:30 pm

Lake Metroparks Farmpark

8800 Euclid Chardon Rd., Kirtland

www.lakemetroparks.com

Follow winding paths that steer you to intersections where you must decide which way to go. Maze is included in Farmpark admission. To check the conditions of the maze call 440-256-2122.

Cleveland Oktoberfest

Sept. 1–4 and Sept. 8–9

Cuyahoga County Fairgrounds

www.clevelandoktoberfest.com

Live musical and artistic cultural performances, food, weiner dog races, fireworks (on the 4th), 5K bier run, and more. \$16 for general admission. Parking is free.

SUMMER

FUN

GUIDE

Cleveland National Airshow

September 2–4 • 9 am–4:30 pm

Burke Lakefront Airport, Cleveland
216-781-0747

www.clevelandairshow.com

Featuring the U.S. Air Force Thunderbirds, USAF F-22 Raptor demo, USMC Harrier demo, U.S. Army Golden Knights Parachute, Dronewerx, Aftershock Jet Fire Truck, C-130 Hercules, Metro Life Flight, Aeroshell Aerobatics Team, cockpit photos, Kid-die Koncourse, Cleveland Aeromodeling Society, Meet a Hero, food vendors and more! Tickets available only in advance. No gate sales. General admission: \$30 for adults (\$35 after 8/28/23), \$20 for children ages 6–11 and FREE for children 5 and younger.

Madison Septemberfest

Saturday, September 9 • 2–8 pm

Bill Stanton Community Park

5585 Chapel Rd. North, Madison

facebook.com/septemberfest44057

Featuring local beer, wine and spirits along with food trucks, vendors, live music and games all located on the shore of Lake Erie.

Sampling tickets are \$30–\$40. See Facebook page for a link.

Bug Day

Sun., September 10 • noon–4 pm

Penitentiary Glen

8668 Kirtland-Chardon Road, Kirtland

www.lakemetroparks.com

Adults and kids alike will enjoy the amazing bug exhibits designed to entertain, enlighten and educate about the importance of bugs in our lives. Children can earn their "Bugology" degree by participating in bug-themed activities, encouraging learning and play at the same time.

Miniature steam train rides will be offered, courtesy of the Lake Shore Live Steamers from 1 to 3 pm weather permitting.

Tremont Arts & Cultural Festival

Sat., September 16 • noon–7 pm

Sun., September 17 • noon–5 pm

Lincoln Park

1200 Starkweather Ave., Cleveland

www.experiencetremont.com

Over 100 vendors featuring artists selling their paintings, sculptures, jewelry, etc., live music, dance performances, children's village, and more. Rain or shine. Free admission.

Pancake Breakfast

Saturday, September 16 • 9 am–noon

Kirtland Community Center

7900 Euclid-Chardon Road

Breakfast includes all-you-can-eat pancakes, two sausages, coffee and

juice! Valuable prize baskets will be raffled that morning as well. Donation for tickets is just \$12 for adults, \$5 for children under 12, and are available from all Lake County senior centers and the Council on Aging.

Eastlake Oktoberfest

Sun., September 17 • noon–4 pm

Eastlake Senior Center

600 East 349th Street

440-951-2200 ext. 1001

Music by The Deutsche Musik Verein, German dancers, vendors, games for the kids. Food provided by the Gottscheer Club of Novelty—schnitzel, bratwurst, sauerkraut and potato salad! Pretzels w/cheese & beer. Something for everyone! Free admission and parking.

IngenuityFest 2023

September 23–25

IngenuityLabs

5401 Hamilton Avenue, Cleveland

www.ingenuitycleveland.com

Theme: *Biologies & Geologies*

Dedicated to a rebirth, and celebration of our singular planet's resources and wonders, this year's Fest will explore how human innovation interacts with communities across earth, air and water.

Unique performance spaces, original works, and hundreds of exhibitors, performers and artisans.

Just \$10 gets you access for the whole weekend! Children under 12 are always free.

For more fun events and ideas for summer and beyond visit:
www.TodaysFamilyMagazine.com

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