



The Lunch Place
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LAKE COUNTY COUNCIL ON AGING

BRIDGE

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

October/November/December 2023 • Vol. L, No. 4

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**SAVE
— THE —
DATE!**

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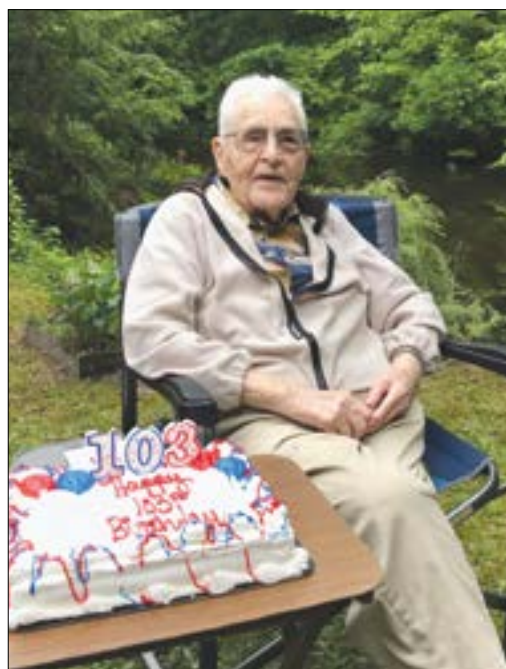
Centenarian lives a life of service

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

William Robert Boyd has lived a wonderful life of service to his family, community and his country. Born in 1920, this father of three has certainly lived a full life and continues to do so at 103.

His father was a Native American who studied medicine at Yale. The elder Boyd worked as a physician and surgeon in the Cleveland area. His mother was a first-generation German who served as a nurse. They moved their family to Willoughby in 1922 when William Robert, known as Robert, was 2 years old. He was the eldest of three.

Robert graduated from Willoughby High School in 1937 and attended Hiram College where he studied eco-



William Robert Boyd

nomics and political science. He was drafted into World War II prior to his college graduation and served nearly four years in the American Theater. During the war, he suffered from radia-

tion poisoning. While in recovery, he met his future wife, Maxine, who was a nurse.

After being discharged from the Army in 1946, Robert returned to Hiram to complete his degree. In 1948, he and Maxine were wed; the two would be married for 60 years until her passing at the age of 85 in 2008. Early in their marriage, the couple bought a home in Mentor, just over the Willoughby line. This is where they raised their three children Winona, Beverly, and Bill.

In 1954, Robert served as township trustee working to help combine Mentor's surrounding communities into what is now the city of Mentor. He served eight years as city councilman, and two years as council president/mayor from 1970-1972.

In his professional life, Robert ran the real estate division at First Federal Savings & Loan in the mid-1960s. A

See CENTENARIAN on page 6

New Helping Hands program seeks volunteers

The Helping Hands for Seniors (HHS) program was launched this past March by Lifeline, Inc. in an effort to help older adults age in place safely, comfortably, and independently. The program matches eligible adults, 60 and older, who reside independently in Lake County with vetted volunteers who assist them with various daily activities. Services that HHS can provide may include minor repairs and handyman tasks, organization projects, outside maintenance, errands, technology services, and other in-home services.

"This new program is an exciting opportunity to link older adults with much needed services, as well as a great example of community organizations working together," said commission president, John R. Hamercheck.

Since March, the program has quickly taken off and received an overwhelm-

Commissioners Corner



John Hamercheck



John Plecnik



Richard Regovich

ing response from the community. "The success of this program depends on volunteers," stated Commissioner John Plecnik. "We are so fortunate in Lake County to have such an amazing volunteer core allowing us to continue to create new programs, such as Helping Hands for Seniors, to meet the needs of older adults."

The Lake County Volunteer Network (LCVN) at the board of commissioners works with individuals, aged 55 and older, who are interested in engaging with their community through volunteer

work. With more than 50 partnerships with local nonprofits and government agencies, there is something for everyone. The LCVN provides support for the Helping Hands for Seniors program by helping to recruit and onboard volunteers.

When asked why volunteer for HHS, Diane Melshiemer, a current LCVN volunteer, commented, "I'm happy to help our seniors because I'm lucky enough to be healthy and able to do these things. Many seniors cannot do some of these housekeeping tasks anymore, and with just an hour or so of my time, they are pleased to have these things done. It is a very satisfying volunteer opportunity, plus it is somewhat of a workout for me (vacuuming and cleaning floors)!"

Here is what some of our HHS participants have said:

See HELPING HANDS on page 5

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Welcome from the CEO

As we step into the final quarter of this year, I am both honored and excited to welcome you to this edition of Bridge. It's hard to believe how quickly time has passed, but it's also a testament to the incredible work and dedication of our staff, volunteers, and the entire Council on Aging family.

Throughout this year, we have faced numerous challenges, but we have also achieved remarkable milestones. The unwavering commitment of our team and the support of our community have propelled us forward, enabling us to continue our mission of enhancing the lives of older adults throughout Lake County.

In the coming months, as we transition into the winter season, our focus will be on ensuring that our seniors receive the support and resources they need to thrive during this time. We understand the unique challenges that the colder months can bring, and we are dedicated to providing solutions that address these issues head on.

Nearly one in three of our Lake County residents are 60 years of age or older. These statistics compel us to continue positioning the agency for the impact of this ever-growing senior population and to adequately prepare to meet the needs of Lake County seniors. Our work and accomplishments would not be possible without the support of the Lake County Senior Citizens Services Levy, which is a tremendous asset to our entire community.

As we approach the holiday season, I encourage all of us to remember the importance of gratitude, kindness, and togetherness. Let us extend a helping hand to our neighbors, friends, and family members, especially those who may be feeling lonely or in need of assistance.

In closing, I want to express my deepest appreciation for your continued support. It is your dedication, generosity, and commitment that drive the Council on Aging's success. Together, we will ensure that our seniors enjoy a warm and fulfilling fourth quarter, and we will lay the foundation for a bright and promising year ahead.

Thank you for being an integral part of our Council on Aging family. Your unwavering support makes all the difference.

Wishing you a joyful and fulfilling fourth quarter.

Warm regards,

Joseph R. Tomsick

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Holiday Office Hours:

The Lake County Council on Aging and all of the nutrition sites will be closed on the following days:
Monday, Oct. 9: Columbus Day
Friday, Nov. 10: Veterans Day
Thursday, Nov. 23 and Friday, Nov. 24: Thanksgiving
Monday, Dec. 25: Christmas observance
Monday, Jan. 1: New Years observance

Mission Statement

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

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

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

www.lcco.org



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Consider a year-end gift to Council on Aging

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

Since 1972, the Lake County Council on Aging has provided services that help older adults remain independent with programs such as Meals on Wheels, social work services, homemaker and grocery shopper. Today, the agency's services remain as critical as ever, serving a growing number of Lake County residents.

Last year, even as the pandemic was raging, volunteers donated 38,846 hours of service in a number of areas including nutrition where the agency served 206,279 meals to seniors across the county. Our staff provided countless hours of case management, information and assistance to older adults who were facing isolation and loneli-

ness. Through it all, we have been able to take the lead in the delivery of critical services that can help older adults continue enjoying a long, healthy life.

Below is our donation form. We hope that you will take the time to clip it out, complete the information, and return it with your contribution. Your gift can help us make a difference in serving an ever-expanding senior population in need!

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

Please support the Council on Aging!

Clip and mail this form to:

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

I want to help Lake County's older adults!

Please accept my year-end gift of \$ _____

I am making my donation by:

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Card number: _____

Exp. date: _____ **CVV code:** _____

Your name: (as you wish to be acknowledged)

Company name: (if applicable)

Address: _____

City: _____

State: _____ **Zip:** _____

**You may also click the *DONATE NOW* button
at www.lccoa.org to make an instant online donation.**

licensed broker, Robert helped the bank with property development and subdivision projects throughout Mentor. He later served as vice president of the real estate division when First Federal was purchased by Charter One. Throughout his career, he maintained his brokers license, and managed a team of agents through Boyd Realty, a business he started in the 1970s and continued well into his retirement.

In 1953, he and some friends started the Weslaco Sportsmen Club in Hamden. "Named after West Lake County, where the founders all lived," explained his son Bill. "It's a one-of-a-kind club where members can hunt, fish, trap, and skeet shoot." Bill continued, "With his background in real estate, Dad was instrumental in securing the 220-acre property."

He also served as head of Lake County Civil Defense in the 1970s and was active with Shriners International—a fraternity based on fun, fellowship, and the Masonic principles of brotherly love, relief, and truth.

He and his wife Maxine served on the finance committee at Mentor Methodist Church where they attended services. Robert and Maxine moved from Mentor to Leroy Township in 1998 where Robert helped establish the senior center and fire department. He celebrated his 103rd birthday in July, surrounded by his children, grandchildren, and great-grandchildren.

While Robert has slowed down over the years, he's still active, attending his rifle club each Tuesday evening. He reads the newspaper, has a full head of hair and all his faculties, which his son credits as good genetics. "He's rather remarkable," Bill noted. "Since he came back from the war his guiding principle has always been, 'How can I give back to my community?'"

The Boyd family legacy of community service lives on through Robert's children, Beverly and Bill, daughter-in-law Laura, and two of his grandchildren, who served or continue to serve as nurses in their own communities.

~Article by Stacy Turner

Council on Aging sets date for annual awards luncheon

Agency recognizes community members October 12

The board of trustees of the Lake County Council on Aging will host the annual meeting and awards presentation on Thursday, October 12, 2023 at Pine Ridge Country Club, 30601 Ridge Road in Willoughby. Doors open to the public at 11 am with socializing, followed by lunch and a brief program. The event will conclude at approximately 1 pm.

President of the board of trustees, John Thomas, will present the 2023 Ruth A. Densmore Senior Advocate Award which is named by the board of trustees and Council on Aging leadership. This award annually recognizes a deserving person or organization that has demonstrated a passion for service to seniors and whose actions help support the senior population of Lake County. This year's honoree is the late **Joann Bentley**, a legacy donor to the Council on Aging, who silently helped others financially and contributed greatly to dozens of organizations. She told her closest friends years ago that Council on Aging would be remembered in her estate for the work the agency does in helping so many less fortunate. Her friends will accept the posthumous award at the luncheon.

Since 1994, the Senior Citizens Hall of Fame has honored individuals who at age 60 or older have had significant impact on the community through their employment, civic or volunteer activities. The following individuals will be inducted this year at the October 12 event:

Donald and the late **Karen Densmore** have dedicated themselves to making the world a better place, helping countless people through



their varied volunteer efforts and many leadership roles in their community.

Judy McCracken has shown an endless amount of vitality when it comes to helping anyone in need, gathering people into a community, organizing them, and improving their lives.

The late **William Snow** (posthumous award) is best remembered for his many years dedicated to the betterment of the city of Mentor and the overall Lake County community and his recognition as Citizen of the Year in 2000 by the Mentor Area Chamber of Commerce.

The Helping Hands Award is an honor given directly from nominations of employees of the Council on Aging, to recognize a community partner or individual who goes above and beyond in assisting seniors, or our agency, in our mission. This year's recipients are **Nicole Cook** of the Greater Cleveland Food Bank, **Tom Brodnick** from Gloria Jeans Coffee, **Jessica Humphrey** from Family Pride and **Don Schutz**.

Join us for this important event by contacting the Council on Aging at 440-205-8111 or making your reservation online at www.lcco.org. Tickets to the annual meeting and award presentation are \$30 each.

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Are you ready for winter?

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

After the September thunderstorms and tornado left many without electricity for days, it is an important reminder that weather emergencies occur during any season. With winter approaching, the time to be prepared and stock emergency food supplies is now.

Be prepared for any power outage by having a flashlight and back up batteries on hand for each person in your household. Be sure to keep your cell phone charged and have a backup charging method. Be sure to keep your vehicle's gas tank full. Connect with your neighbors and family now to know who may be of extra support, if needed. Stock an emergency food pantry before you need one.

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

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

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

What to stock in your emergency food supply:

Three-day food supply for each member of the household. Be sure to check expiration dates and rotate food every six months.

- **Water** – water is ESSENTIAL! A plastic gallon bottle of water for each person each day. At least three gallons per person.
- **High protein items** – peanut butter, nuts, dried fruit, trail

mix, beef jerky, meat sticks, protein bars or powder, tuna, canned meats, cheese crackers, canned chili or stew.

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

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

Do not stock these items ahead of time with other nonperishable, shelf-stable items.

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

A thermometer in your refrigerator and freezer will allow you to monitor the temperature of your food. Food that has been exposed to temperatures 40 degrees or higher for two or more hours or that has an unusual odor, color or texture should be thrown out. It's better to be safe.

Having an emergency food supply ready for any emergency situation will give you peace of mind and keep you safe when the unexpected snowstorm or emergency occurs. Being prepared will help to keep you safe, but don't be afraid to ask for help from family, friends, neighbors or 911, if needed.

Drive to do more in October

Meals on Wheels America and Jiffy Lube partner to help seniors in Lake County

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

Jiffy Lube, Meals on Wheels America and Meals on Wheels member programs (such as Lake County Council on Aging) are combining their efforts to raise funds for Meals on Wheels programs across the country.

Lake County Council on Aging and Jiffy Lube at 9595 Diamond Centre Drive in Mentor are partnering to raise funds for the local Meals on Wheels program serving Lake County seniors.

In 2023, the need continues to grow. Each month, nearly 17,000 meals are delivered to approximately 725 seniors in Lake County. The dedicated volunteers of Council on Aging not only deliver meals, but they deliver a smile, connection and conversation as a well check. Lake County Council on Aging Meals on Wheels serves more than a meal.

During the month of October, when customers visit the Mentor Jiffy Lube on Diamond Center Road for an oil change, tire rotation or other vehicle maintenance, they'll be asked to donate \$3.00 to Meals on Wheels when they check out. All of the monies raised at the



Mentor Jiffy Lube will benefit the Lake County Council on Aging Meals on Wheels program.

In addition to the Jiffy Lube Signature Service® oil change, which even includes vacuuming the interior and cleaning exterior windows plus complimentary fluid top off on vital fluids in between visits, Jiffy Lube offers a wide range of automotive maintenance services including brakes, tires, and engine diagnostics.

October is a great month for an oil change or tire rotation in preparation for the winter weather to come and you can make a difference in the lives of seniors in Lake County with a simple \$3.00 donation at the time of service at Jiffy Lube on Diamond Centre Drive in Mentor. Open Monday through Saturday from 8 am–6 pm. Stop by and drive to do more in October. Interested in delivering more than a meal to seniors in your community? Call or email Ann Marie at 440-205-8111 ext. 228 or email AArmoro@Lcco.org.

Radio show for Lake County seniors!

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

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



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SAVE THE DATE!

March 16, 2024 • March For Meals

Join us for lunch at The Lunch Place!

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

Do you live in Lake County?
Are you 60 years old or older?
Enjoy dining out? On a budget?
Want something to look forward to?
Just want to get out the house?
Why not join us for lunch?

As people laugh together and share stories, thoughts, and ideas, the stress of day-to-day life begins to dissipate. The simple act of communal dining can help to boost happiness, increase joy, foster a sense of security and belonging, and even alleviate depression. Social activities like dining with others has been shown to be one of the most effective ways for seniors to improve their mental health. According to the American Public Health Association, socialization improves mood, cognition, memory recall, and is associated with healthy behaviors, including exercise.

Dining together with other seniors can be the highlight of the day. It also helps to create a routine and structure to the day. The positive effects of eating together

extend beyond mealtimes, as older people often report feeling happier and more content.

Lake County Council on Aging has four congregate Lunch Place locations in Lake County for seniors to enjoy a nutritious, tasty meal with other seniors for a suggested donation of \$1.50. It's a great opportunity to enjoy lunch with friends or to make new friends. The menu is created by a registered dietician, so every meal served will provide one-third of daily nutritional values with lower calories, lower fat, and lower sodium than most meals. Every hot meal has a serving of a protein entrée, a starchy side, a vegetable, a fruit, a bread and a milk. Through congregate meals, older adults receive nutritious, well-balanced meals on a regular basis. Getting more of the nutrients required—such as protein, calcium, and fiber—can help prevent chronic conditions like heart disease, hypertension, and osteoporosis.

One study showed that a lack



The Wickliffe Lunch Place

of social connection can be more detrimental to your health than obesity, smoking and high blood pressure. Fortunately, strong social connection has been shown to bring positive health benefits such as increased chances of longevity and improved immunity.

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

When you arrive to dine at the Lunch Place, you will need to sign in. You are welcome to make an anonymous suggested donation of \$1.50 by depositing it in the collection container. If you don't have exact change, no problem. Deposit what you can. If you are unable to make a donation, no problem. No senior is ever denied the ability to dine due to inability to make a donation. Your donation along with funding from the United Way of Lake County, the Lake County Senior Services Tax Levy and Western Reserve Area Agency on Aging support the Lunch Place congregate dining program for seniors in Lake County.

So let's plan your first lunch at the Lunch Place. You can dine in

any or all locations throughout a month. Lunch is at 11:30 am, except Madison serves lunch at noon.

Lake County Council on Aging Lunch Place nutrition sites

The Lunch Place at Madison

Lunch starts: noon
Madison Senior Center
2938 Hubbard Road
Phone: (440) 428-7002
Call: Glynnis

The Lunch Place at Painesville

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

The Lunch Place at Wickliffe

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

The Lunch Place at Willowick

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

Call the Lunch Place site where you would like to dine and arrive about five minutes early to complete or turn in the registration form and nutrition risk assessment form. Sign in for lunch. Enjoy the company and the food.

We hope you will join us for lunch and experience the rewards of dining with other seniors and enjoying a healthy meal. It IS the best lunch for seniors in Lake County. See you soon!

For more information or questions, you may call any of the Lunch Place sites or Linda Llewellyn, director of community services at 440-205-8111 ext. 241 or LLlewellyn@Lccoa.org.

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Get ready for Medicare open enrollment

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

If you are on Medicare, this is the time to review your plan as Medicare Part D and Medicare Advantage plans change every year. If you are not reviewing your coverage annually, you could be missing out on big savings! Understanding your Medicare options can be overwhelming but you don't have to do it alone — we are here to help!

Medicare's annual open enrollment period begins on October 15 and ends December 7. This is your opportunity to review your Medicare coverage and make changes for 2024. The Council on Aging has trained Ohio Senior Health Insurance Information Program (OSHIIIP) volunteers available to help. We will help you review

your current coverage, look at plan options for 2024 and provide you with unbiased information. You may call the Council on Aging at 440-205-8111 to schedule a one-on-one appointment. Please note appointments are required during open enrollment.

In addition to one-on-one counseling, the Lake County Council on Aging will be holding Medicare check-up presentations throughout the county. These presentations will provide an overview of Medicare including 2024 plan options.

Presentations are free and open to the public but registration is required.

Please contact the respective site below to register.

Medicare Checkup Presentations



Thur., October 26 • 1:30 pm

Madison Senior Center
2938 Hubbard Rd.
(440) 428-6664

Wed., November 1 • noon

Perry Senior Center
2800 Perry Park Rd.
(440) 259-3772

Thur., November 2 • 10 am

Mentor Senior Center
8484 Munson Rd.
(440) 974-5725

Tues., November 7 • 7 pm

Perry Public Library
3753 Main St.
(440) 259-8191

Thur., November 9 • 6 pm

Mentor Public Library
(Mentor-on-the-Lake Branch)
5642 Andrews Rd.
(440) 257-2512

Tue., October 24 • 10:30 am

Morley Public Library
184 Phelps St.
(440) 352-3383

Mon., November 13 • 1:30 pm

Madison Public Library
6111 Middle Ridge Rd.
(440) 428-2189

Gorgeous mums donated

Maple Ridge Nursery and Greenhouse in Concord Township donated 30 beautiful fall mums for the recent Council on Aging and Volunteer Network recognition event. Both organizations thank Maple Ridge owner Diane Evon for the contribution and for deliver-

ing them to the event which was held at Painesville Township Park!

The volunteers who won the mums will certainly treasure them as a reminder of their dedicated work in the community!

Visit mapleridgegarden.com to view their incredible selection.

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Kirtland Senior Center

Eastlake Senior Center

600 East 349th Street
(440) 975-4268

Grace Giangiacomo, director

Sincere thanks to everyone who attended our 50th anniversary of the center back in September. It was a wonderful time with good food and company, and enjoyed by all.

We have a couple of fall foliage trips going out, always fun trips, as well as a trip to IKEA.

Call the Eastlake Senior Center to check on our Medicare check-up with the several vendors who will be coming here throughout the month of October to talk about the different changes that are happening in the coming year.

Come visit us for our Fall Boutique, October 21 and our Christmas Boutique on December 2. Both events will run 9 am–3 pm,

SENIOR CENTER *UPDATES*

October/November/December 2023



and we expect over 30 vendors, a concession stand, bake sale and basket raffle.

We will be open on Veterans Day and Pete Booth will be here for a special veterans presentation.

We have our annual Halloween party in October. Be sure to bring your favorite ghou! Our Turkey Bowl is in November—don't forget your favorite turkey. Our Ugly Sweater Party in December.

We will close out the year with our Christmas party, Cleveland Pops Orchestra, a poinsettia sale, and a trip to Kingwood. Then we will relax the last week of the year. We will be closed between Christmas and New Year's. For complete details, please give us a call!

Fairport Senior Center

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

Chris Yano, director

Welcome to fall! We have our Craft Fair and Basket Raffle on November 4 with lots of vendors and baskets.

We also have a trip to Niagara Falls planned for December. If

interested contact the senior center.

We are taking deposits for our Memphis trip next year. Seats are filling up.

If you would like more information regarding our center, please call 440-354-3674.

Kirtland Senior Center

7900 Euclid-Chardon Road
(440) 256-4711

Teresa Szary, coordinator

Spring may be the season of new beginnings, but fall is an opportunity for fresh starts! Join us in Kirtland for our regular programming, including art classes, chess club, hiking excursions, fitness classes, and more. In addition to the normal schedule, we invite you to come learn, meet new friends, and to challenge yourself.

October includes our Kirtland Area Service Council senior lunch, a threat awareness training class presented by our police chief, hands-only CPR and AED training with our fire department, the autumn pickleball tournament, our citywide "Trunk or Treat," and a bus trip to the Cuyahoga Valley

Scenic Railroad, and (just in time for Halloween) a mystery trip!

November will bring cooler temperatures and an opportunity to gather in appreciation of our veterans as well as Kirtland's annual prayer service. With the annual holiday party coming up in December, we have also brought back, by popular demand, daily random acts of kindness to those who are in attendance every day of the month.

There is always something new to try in Kirtland, and we would love to meet you. More information is available on our website at www.kirtlandcommunity.com, where you can find our monthly newsletter. Happy fall, y'all! As always, feel free to contact us at any time at 440-256-4711.

Madison Senior Center

2938 Hubbard Road
(440) 428-6664

Carol Billetter, director

Madison Senior Center's annual Holiday Bazaar is Saturday, October 21, from 10 am–3 pm. The show features vendors with hand-made arts and crafts, basket auc-

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SENIOR CENTER **UPDATES**

October/November/December 2023



tion, themed tree raffle and bake sale. Refreshments are available throughout the show.

Health education on October 24 is learning to make your own Mrs. Dash seasoning and go home with a sample bottle.

November 15 is health screenings and December 19 is sampling healthy appetizers and going home with the recipe. Call 440-428-6664 to register for programs.

By the way, the Lake County Council on Aging meal program is available at our center every day of the week with nutritious and delicious lunches. For more information on the lunch program, please call the LCCoA at 440-205-8111.

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 in conjunction with ASA (Association of Specialists in Aging) is hosting a free Community Health Fair from 9:30–11:30 am on Thursday, November 2. Stop by for free information, resources and senior health screenings from ASA vendors to keep your mind and body healthy. Following the health fair, is our annual Chili Cookoff that goes from 11:30 am–12:45 pm and features delicious chili, salads, and desserts. The fee for the Chili Cookoff is \$5. To register or for more information please call 440-974-5725.

Perry Senior Center

2800 Perry Park Road

(440) 259-3772

Christine Znidarsic, director

Perry Senior Center presents its 11th annual Craft Fair on Saturday, October 7, from 9 am–3 pm at the center, 2800 Perry Park Rd. in Perry. Discover many hand-crafted items for sale including jewelry, stationery, pottery, holiday décor, and so much more.

Enter our Chinese auction to win one or more beautiful baskets, gift cards or money trees.

Free admission and parking. Refreshments for purchase.

For complete details on all our trips, programs, membership and activities, call 440-259-3772 or visit www.perryseniorcenter.net.

Wickliffe Senior Center

900 Worden Road

(440) 373-5015

Gerri Hubbell, director

This is an extremely exciting time of year at Wickliffe Senior Center. There is so much going on!

Of course we have all of our regular activities such as chair yoga, senior exercise, meditation, line dancing, pinochle, bingo, book club, senior art, Wii bowling, and more! And we have some special activities planned for the fall and early winter. Monthly trips, educational classes and programs, annual volunteer luncheon, Halloween bingo, Halloween party (with costume contest), bake sales, pink boutique, Thanksgiving bingo, member holiday party, white elephant bingo, holiday bingo, and so much more!

Please keep in touch with us for more information by visiting www.cityofwickliffe.com/recreation/seniors, or like and follow our Facebook page “City of Wickliffe Community Center.”

Membership is only \$10 a year for Wickliffe residents and \$15 for nonresidents.

And we can’t forget to mention the nutritious and delicious meals served at our center by the Lake County Council on Aging Monday through Thursday!

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

Is it possible that the long awaited summer is slipping away? What is next for you on your “to-do” list? Why not check it off and check in on the Willoughby Senior Center?

This fall we are planning day trips to the theatre, casinos, and mystery dinner locations. Call the center for information on our exciting trip to Niagara Falls Dec. 4–6, a quick but “enlightening” holiday adventure.

We will be celebrating the seasons with a '70s themed Halloween party, a “Friendsgiving” party and many more holiday events and parties. Our newsletter is online www.willoughbyohio.com or stop

in and we’ll give you a tour!

There are also ample fitness classes, card groups, craft classes, the fitness center, the walking track, the billiards room and library all available for you to enjoy, we hope you visit us this fall!

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

Willowick Senior Center

321 E. 314th Street

(440) 585-5112

Doreen Nevulis, coordinator

The leaves are starting to change, so get ready for fall — it will be busy and exciting. We will be hosting our 2nd annual Health & Wellness Day on Wednesday, October 11 from 9 am–noon at the senior center. We will share health education information, raise awareness of health risks, demonstrate healthy habits, other senior resources, cholesterol, blood pressure and glucose checks. So come and join us.

Our annual Holiday Boutique is Saturday, November 4 at the senior

center from 9 am–2 pm. Come check out our homemade crafts from vendors and our seniors. We are still looking for vendors. If you are interested, please contact Doreen at dnevilis@cityofwillowick.com or 440-585-5112.

Mark your calendars for our Holiday Christmas Party on Friday, December 8 at Pine Ridge Country Club. Celebrate the holiday with your friends. Details to follow.

Also, we will continue our programs and trips at the center. Just visit us at www.cityofwillowick.com or stop in and see what’s new at the center Monday thru Thursday 8 am–4 pm and Fridays 8 am–noon. And remember, we are also home to the Lake County Council on Aging meal program, Monday–Friday with nutritious and delicious lunches.

We are always accepting new members join us and see what we have to offer. Residents are \$12 and nonresidents are \$15.



2023 Concert Show Series

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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.



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Happy fall... y'all

By Ann Marie Armaro, Volunteer & Community Engagement



Fall is my favorite time of year! Bonfires, sweaters and pumpkin everything! What a great time to take a drive and deliver a meal to a senior while enjoying fall colors. Volunteers deliver meals on wheels and assist in kitchens preparing meals Monday through Friday at our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison. We ask volunteers to commit to one day a week. If you are unable to commit to one day per week, we are also looking for sub drivers to fill in. If a weekly commitment doesn't fit your schedule we have monthly opportunities to deliver produce or pet food to

our furry friends! Grocery shoppers are needed twice monthly. We have reopened our Friendly Visitor Program! Many volunteers have been asking when they could resume visiting clients and many lonely seniors are ready for a visit. Volunteers visit homebound clients who have limited social contact. Visits to seniors are one time per week for up to an hour.

The holiday season is fast approaching and we look forward to spreading joy to our clients with homemade cards for Thanksgiving and Christmas! If you enjoy making cards we would love to share them with a senior this season! Cards can be dropped off at the Lake County Council on Aging at 8520 East Avenue in Mentor.

If you are interested in learning more about any of our volunteer opportunities please contact me for more information. Call Ann Marie Armaro at 440-701-4660 or email aarmaro@lccoa.org.

Making sure our aging loved ones are part of the holiday festivities

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

The holidays are quickly approaching. Families are beginning to dust off their decorations, menus are being planned for the family gatherings, and Santa's wish list is beginning to be composed.

But what about our seniors? Mobility and cognitive issues may have hindered their ability to partake in the festivities as much as they had in years past. But, involving our aging loved ones in planning the holiday festivities makes them feel valued and loved.

Depression and isolation are among some of the greatest challenges facing older adults. Over time, it's easy for seniors to feel more socially isolated, as their friends and loved ones move away, loved ones pass, or changes in their health conditions make it more difficult to travel.

The holiday season can overwhelm our seniors. Remember that this is a time of year typically full of memories, a spirit of goodwill to all, and treasured time spent with family and friends. But any lifestyle or health changes might be an emotional heavy burden weighing on your elderly loved ones.

So, what is the best thing you can do for your aging loved one this holiday season? Make sure that your elderly loved ones feel included in all the holiday festivities.

How do we include the patriarchs and matriarchs of the family who at one time hosted all of the holidays for us? Let's explore some possibilities!

Make sure there are tasks for seniors to complete

Everyone wants to feel useful and important during the holiday season! If it's at all possible, try to leave a few chores aside for your older loved one during family get togethers. Some "age appropriate" ideas might be to include them setting the table, helping to dry dishes after dinner, or giving them a spot to stuff "Tom Turkey" or be the cookie cutter for the sugar cookies.

Keep up family traditions

Does your whole family come together for the holidays? It's a great idea to keep traditions alive from year to year – after all they probably started most of them-



even if you have to modify them due to their physical limitations. Here are a few ideas;

- Take a car ride to look at holiday lights instead of walking the neighborhood.
- Play card games or board games as a family.
- Watch a holiday movie and pop some popcorn — maybe even be sure to have some left over popcorn to make a garland and hang on the tree.
- Relive memories by watching home movies or going through old scrapbooks and photo albums.

Write your own family Christmas carol

Combining their past, with everyone's present, while passing along to the future generations all of the stories, recipes, and memories ... a legacy to treasure for a lifetime.

How many times we wish we had asked our loved ones certain questions before they passed like: What was your first job? What do you remember the most in each decade of your life? How did you and Grandpa react when you were going to be parents for the first time? What is the one thing you want people to remember you by? What a beautiful way to pay tribute to our aging loved ones!

Oh, and by the way, record that session. Being able to hear them tell their life story in the own voice will be priceless.

You know what is another priceless gift? Homemaking services through the Lake County Council on Aging. Homemakers come in twice a month to lend a helping hand with dusting and vacuuming the main living area, sanitizing the kitchen and disinfecting the master bathroom. Call 440-205-8111 for more information regarding our Homemakers Program.

Happy holidays to all of you from all of us at the Lake County Council on Aging!

SAVE THE DATE! March 16, 2024 • March For Meals

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Help with HEAP

Save money this winter

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

Autumn in northeast Ohio means cooler temperatures, cozy sweaters and brightly colored trees, but it is also the beginning of higher heating bills. The Ohio Development Services Agency (ODSA) offers programs such as the Home Energy Assistance Program, known as HEAP, to assist Ohioans with paying their utility bills during these cooler months. HEAP provides a one-time annual benefit/credit to your main heating source account. While applications may be submitted as early as September, eligible recipients will typically see the credit on their heating bill starting in January, depending on when the application was received.

To be eligible for HEAP, the total gross annual household income must fall below \$25,515 (175% of the federal poverty level) for a household of one or \$34,510 for a household of two. The gross income (before deductions) is counted for all household members, and includes income from wages, interest, annuities, pensions, Social Security (minus Medicare premiums), retirement, employment disability, public assistance, Supplement Security Income (SSI), alimony, child support, unemployment benefits, worker's compensation, utility allowances and any other indirect income. According to the ODSA, all persons who share a common kitchen and bath are considered members of the same household and must apply on one application.

Although it may seem like a lot

of information, the application process is relatively easy, and the Lake County Council on Aging is able to help you to apply for HEAP. You will need to bring your photo ID, Social Security card for each member of the household, proof of income for each member of the household, and a copy of your most recent heating/utility bill. Staff will help you complete the application, make copies of the required documents, and mail the application to the Lifeline, Inc. Energy Assistance Office. The Council on Aging staff member will also follow up on your application to ensure that it was processed and the credit/benefit was issued. In the event that more assistance is needed, say you are homebound; our benefits specialist offers home visits to assist you with the application process. Although appointments are not required, they are strongly encouraged so we can guarantee a staff member's availability.

It is important to note that if you have a shut-off notice, or if your service has already been shut off, you MUST contact the Lifeline, Inc. Energy Assistance Office for assistance as the Council on Aging is not able to assist in these circumstances. The Lifeline, Inc. appointment hotline is 440-381-8230, or you can reach their office at 440-350-9160.

Call the Lake County Council on Aging at 440-205-8111 for more information.



Deepwood Industries recognition

Dennis Martin is an employee of Deepwood Industries. He has worked for the Lake County Council on Aging for several months now cleaning the building twice per week. Dennis was recently named the Deepwood Industries employee of the quarter for his attention to detail and sunny disposition and willingness to help his employers.

Dennis also works at several other job sites and pays equal attention to detail there as well. Staff at Council on Aging have shown tremendous support for Dennis in this position and supported him in his award. Deepwood Industries appreciates employers like Council on Aging for giving our individuals with disabilities an opportunity to work.

Pancake breakfast a success!

On Saturday, September 16 the Lake County Senior Services Levy committee hosted a pancake breakfast fundraiser at the Kirtland Senior Center and would like to thank all those who attended and volunteered on a beautiful Saturday morning. A few hundred guests enjoyed a delicious hot breakfast and the chance to win any one of over 15 baskets, each valued at over \$50.

Commissioners Plecnik and Regovich welcomed one and all, while Kirtland Mayor Kevin Potter sang happy birthday to Teresa Szary, the Kirtland Senior Center director.

Deep appreciation to all of the sponsors of the event including University Hospitals, the Winfield at Richmond Heights, Kaz Company, How Money Works, Jennings



Center for Older Adults, DeJohn Funeral Homes and Crematory (also supplied the breakfast sausage), and several table and placemat sponsors.

The Senior Services Levy committee works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. These fundraising events help market the levy campaigns to keep these vital programs that support our seniors.

The pancake breakfast raised slightly over \$6,000 for the next Senior Services Levy campaign!

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Time to consider year-end tax planning

By Paul Pahoresky, Board Member, Council on Aging

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

For those individuals that make significant gifts to friends and family members the annual exclusion from filing and reporting a gift tax is \$17,000 per individual recipient from each gift giver. So, a couple can give \$34,000 per year to a child and not have to file a gift tax return. This annual exclusion is a use-it-or-lose-it benefit and it resets each January 1, but cannot be then taken retroactively for the prior year. Gifts beyond the \$17,000 per year require a gift tax return to be filed and generally count against the lifetime estate tax exclusion. Although this will not reduce your taxes it is a great way to assist family members that has no tax consequences to either the donor or the recipient.

Rather than giving a direct gift to a family member, another alternative that offers actual tax savings is making an Ohio 529 contribution into an account on their behalf that you control. This offers a direct tax deduction of up to \$4,000 per beneficiary per year on the Ohio return. As the account owner you can actually change the beneficiaries at a future date and the

funds can generally be used for more than just traditional four-year colleges as well. As a parent of two kids in college this certainly would be very helpful for all parties involved! In lieu of another toy, a gift of education has a much longer-term impact as well.



Making charitable contributions to qualifying charitable organizations such as the Lake County Council on Aging before year end could also help to reduce your upcoming tax obligation. A gift of appreciated stock to a charitable organization should also be evaluated as the taxpayer eliminates the capital gains that would occur with a traditional sale of the investment and gets

a tax deduction for the full market value of the donated stock. A great way for seniors to make charitable contributions is as a direct contribution as part of your required minimum distributions (RMD) from your IRA. A direct charitable contribution from your IRA offers tax savings at both the federal and state levels.

A relatively new charitable deduction at the state of Ohio level is the Angel Scholarship fund. This allows the taxpayer up to a \$750 tax credit per taxpayer, or \$1,500 for a couple. A tax credit is a dollar-for-dollar reduction in your Ohio taxes. There is a list available at <https://charitable.ohioago.gov/Scholarship-Granting-Organization-Certification/List> where you can find the list of qualifying educational programs and institutions.

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

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

Paul Pahoresky is the owner of the accounting firm of PRP & Associates located here in Lake County and is the treasurer of the Lake County Council on Aging.

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Laketrans Dial-a-Ride is helping seniors and veterans stay active and vote

Laketrans expands Reduced Fare program

Laketrans has launched a new reduced fare program that offers reduced fares to seniors, individuals with disabilities, veterans, and students. Any customer who would like to participate in Laketrans' Reduced Fare Program for Local Routes, Dial-a-Ride or Park-n-Ride must complete a reduced fare application. Laketrans is requiring all customers, even those who already ride for a reduced fare, to complete the application to update customer files. Seniors, individuals with disabilities, veterans, and students can ride Laketrans' Local Routes and Park-n-Ride services for a reduced fare. In addition to seniors and people with disabilities, veterans can now ride Dial-a-Ride for the reduced fare.

Take Dial-a-Ride free to a senior center

In partnership with the Lake County Commissioners, Laketrans offers free Dial-a-Ride transportation to seniors 60+ to any senior center in Lake County. Reservations are required one to 12 business days in advance by calling 440-354-6100 or online with a Laketrans Request-a-Ride account.

Vote & ride to early voting or the polls on Election Day

Early in-person voting begins October 11 for the November 7 general election. Laketrans will

once again offer its Vote & Ride Program that provides free rides to vote early at the Lake County Board of Elections or to a polling location on Election Day.

Residents who prefer to take Laketrans' Local Routes 1-9 simply need to inform their bus driver when they board that they are going to vote or just voted and the trip will be free. To vote early, Local Routes 1, 4, 5, and 9 directly serve the downtown Painesville Transfer Center adjacent to the Board of Elections at 105 Main Street, Suite 107.

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

Laketrans honors veterans with week-long discount on transit services

To honor our Lake County veterans, Laketrans will be offering free rides to veterans during the week of Veterans Day from Monday, November 6 - Saturday, November 11.

Laketrans customers on Local Routes and Park-n-Ride will need to inform their driver that they are a veteran when they board the bus, and their trip will be free. Dial-a-Ride customers should inform Laketrans of their veteran status when scheduling their reservation.

Ladies Auxiliary of Willoughby Eagles raise dollars for the LCCoA!



Lake County Council on Aging volunteers Arlene Sakach and Marlene Hazeltine helped raise \$500 at the Fraternal Order of Eagles #2300 in Willoughby by selling 50/50 tickets during a special "disco" event. Both are also members of the Willoughby Eagles Ladies Auxiliary. Arlene presented the check to Council on Aging CEO Joe Tomsick in August.

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Medicare's annual election period is October 15-December 7. During this period, anyone with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.



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**Veterans' Benefits
Luncheon**

**Wednesday, November 8th
11:00am - 1:00pm
35400 Curtis Blvd • Eastlake**



This **FREE** event is presented by Monreal Srnick Funeral Home of Eastlake to help Veterans better understand VA Burial Benefits that are offered to all who were honorably discharged. **Lunch will be provided** to all guests. [Space is limited!](#)

Featured Speakers:

Jack Burlingame - Legal Administrative Specialist for Cleveland Veterans Benefits Administration

Shannon Stih-Zaun - Advance Planning Specialist

Please RSVP to Kristina by November 6th 440-951-1220

Do you love pets?

Volunteers needed to support seniors and their pets

Lake County Council on Aging has a new volunteer opportunity! Pet ambassadors are needed to support seniors and their pets. The Meow or Woof Pet Meals on Wheels program recently received a \$12,000 grant to grow and expand the program by developing more collaborations with other pet businesses and providing more service to home-delivered meal seniors and their pets. The Pet Meals on Wheels program will be able to offer more preventative and sick veterinarian care, grooming services along with pet food and accessories and support for the senior and the pet.

Pet ambassadors will be a key role in helping this program grow. Ambassadors can be involved by delivering pet food monthly to seniors, checking in on the senior and pet in between deliveries, dog walking, taking pictures, creating

marketing materials, assisting with efforts to develop more partnerships in the pet community through referrals, letter writing, phone calls, and making connections, and assisting with special events in planning and day of; such as, pet food drives and a Pet Fair next summer.

Ambassadors will be able to determine how they would like to help the program grow. The only set time commitment is for delivery in the early afternoon on the last Thursday of each month; everything else can be done at the time that works best for you. The input from our pet-loving volunteers is crucial to doing our best.

Join the current pet ambassadors who have been delivering the monthly pet food and help our seniors and their pets have an optimal quality of life. Call Ann Marie or Linda at 440-205-8111 to start the conversation.

Project Hope for the Homeless seeks volunteers

Project Hope for the Homeless is looking for volunteers to give a little of their time.

Volunteers are vital to Project Hope for the Homeless's ability to provide shelter and care to the homeless in Lake County. These volunteers often 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.

A longtime shelter volunteer, who is a senior named Billie, recalled a recent experience with guests that made her grateful for serving others.

"I told the man with the walker that it would have made a great

picture. He laughed, 'For sure.' I had watched him come into the dining room at Project Hope for the Homeless," Billie said. "A guest who is blind held onto his shoulder and was being led to a chair. A female guest took over, helping him sit down, and was getting him coffee and breakfast. I was overwhelmed with thankfulness for this shelter of hope, and I was touched by the concern these guests have for one another (and my eyes leaked a bit). God shows His love to people—pass it on."

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

Free Christmas concerts by Decibells!

The community handbell ensemble "Decibells" will present two identical concerts with Sounds of the Season on Friday, 12/15 at 7 pm and Saturday 12/16 from 4-6 pm. The concert will feature Christmas songs of the past and present and will take place at Chapel Methodist Church, 2019 Hubbard Road in Madison. No reservations are necessary, however if a group is attending we can be notified at decibellslake@gmail.com.

The phone number for questions is 440-231-3144.

Decibells consists of 12 experienced handbell ringers from all over Lake County (and even Geauga). The musical group plays five octaves of Shulmerich handbells and rehearse 1½ hours per week.

Children and adults will enjoy the concert as we play popular Christmas favorites like "You're a Mean One, Mr. Grinch" and "A Charlie Brown Christmas."

Cleveland Clinic Mentor Hospital now accepting patients

By Cleveland Clinic

Cleveland Clinic Mentor Hospital offers inpatient, outpatient, surgical and emergency care for residents of Mentor and surrounding communities.

The hospital's versatile and efficient design can adjust to local communities' changing needs, allowing us to serve patients today and for generations to come.

Sustainable, healing design

Sustainability and energy conservation were important considerations in building Mentor Hospital. Natural wetland and woodlands on the property have been preserved. The building's energy use and performance are highly rated. Solar power generation helps reduce the hospital's carbon footprint. To create a calm and healing environment for our patients and visitors, we filled the space with light and beauty. Stunning artwork enriches the hospital atrium. An abundance of natural light brightens all levels, helping boost wellness.

Focused on patients

At Mentor Hospital, our work is about patients and families. Our caregivers, regardless of their job titles, work to create an exceptional experience for each patient. Everyone at Mentor Hospital is committed to providing the highest quality care with sensitivity to individual needs and concerns.

Mentor Hospital is equipped to provide comprehensive emergency services and low acuity in-hospital care. Patients with higher acuity or specialized care needs beyond what we can safely provide will be



transferred to other Cleveland Clinic hospitals. Those with less acute care needs can have follow-up care at home or in one of our outpatient settings.

Mentor Hospital is an extension of Cleveland Clinic Hillcrest Hospital and shares a leadership team. This operating model allows for easy access and flexible staffing between the facilities.

Mentor Hospital by the numbers

Mentor Hospital features:

- 34 inpatient and observation rooms
- 4 operating rooms
- 12 pre- and post-anesthesia care beds
- 19 emergency department bays
- 23 outpatient care rooms

The emergency department has a drive-thru canopy and an adjacent helipad.

Services

In addition to inpatient care, the hospital offers outpatient services in:

- Bariatric surgery
- Cardiology

- Colorectal surgery
 - General surgery
 - Orthopaedics and sport medicine
 - Pulmonary medicine
 - Urology
 - Vascular surgery
- The hospital also offers on-site:
- Imaging services
 - Laboratory services
 - Pulmonary function testing
 - Noninvasive cardiac and vascular lab testing

Virtual care

Mentor Hospital has an innovative virtual platform to bring world class Cleveland Clinic care to all our patients. Telehealth technology allows specialists anywhere in the Cleveland Clinic health system to consult with patients in Mentor. Every inpatient room has a high resolution camera and TV to facilitate consultations.

The emergency department has a telehealth "robot," and a mobile telehealth station to facilitate consults for patients there. In addition, every outpatient room workstation is equipped with virtual health capabilities.

Cleveland Clinic Mentor Hospital
8300 Norton Parkway
Mentor, Ohio 44060

Hospital
440-578-3000

Outpatient Center
440-578-3100

ClevelandClinic.org/
MentorHospital



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The bold beating heart of Lake County

By University Hospitals

The distance between excellent heart care and your front door just got a lot shorter. With the expansion of our Harrington Heart & Vascular Institute (Harrington HVI) at Lake West Medical Center, University Hospitals is bringing nationally recognized care right to your community, so you can get the superior treatment you need without having to travel far. From diagnostic testing to minimally invasive procedures, our team of experts is dedicated to providing personalized care that helps you return to your active life as quickly as possible. Our expanded team of providers will be led by our recently appointed new chief of cardiovascular medicine and a new expanded vascular suite at UH Lake West Medical Center.

"As we align with Harrington HVI it provides us with a great opportunity to offer our patients better access to specialists, diagnostic testing and advanced therapies within our community," said Paul

Zellers, DO, FACC, an interventional cardiologist with the Lake Health Physician Group/Northeast Ohio Heart Associates for the past seven years, who will now lead cardiovascular medicine. Dr. Zellers has been director of the Chest Pain Center there since 2020.

Vascular surgeon Woosup Michael Park, MD, shared an example of the efficiencies in expediting care through the expanding capabilities of UH Harrington Heart & Vascular Institute at UH Lake West, where a new vascular suite recently opened. In an investment of more than \$750,000, the suite offers non-invasive testing, including duplex and physiological testing across the full spectrum of vascular studies.

A patient who had suffered a stroke was found to have a blockage of his right carotid artery. The man recovered from his symptoms and was sent home. After discharge, he was referred to Natalie Evans, MD, a vascular medicine physician and medical director for Harrington HVI's regional vascular laboratories, who recognized that

the man had a small window of time to reduce his risk of recurrent, potentially disabling or fatal stroke with revascularization.

The man was referred to the new Vascular Center at UH Lake West Medical Center, which is a component of an expanding Harrington HVI footprint in Northeast Ohio. He was confirmed to have a blockage that was surgically accessible and was scheduled for an eversion endarterectomy two days later at UH Lake West. In this procedure, the plaque is removed from the artery by rolling back the artery away from the plaque. The patient's stroke risk was substantially reduced, Dr. Park said.

"A carotid endarterectomy remains a gold standard procedure in the toolbox of vascular surgeons in stroke prevention," said Dr. Park, who was named Medical Director of Vascular Services for UH Lake West on June 1. "While the new office is beautiful and convenient to many of my patients living in Lake County and beyond, it and the hospital are only as good as the people

working there. Harrington HVI offers truly integrated care across specialties with world class specialists committed to collaboration.

"If the patient was not a candidate for surgery, we still have minimally invasive options available. All of these are offered for our patients closer to home in Lake County and beyond."

With Harrington HVI at UH Lake West, a broader range of cardiac surgeries also are available, including minimally invasive bypass surgery advanced atrial fibrillation surgery, mitral valve repairs and aortic aneurysm repairs, said cardiac surgeon Pablo Ruda Vega, MD.

"Even more than the volume of patients is the complexity of the surgeries we can perform," said Dr. Ruda Vega, who performs surgeries at UH Parma and UH Elyria in addition to UH Lake West.

For more information on heart and vascular care in Lake County or to schedule an appointment online, visit UHhospitals.org/LakeHeart.

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

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

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

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2nd annual Lake County Caregiver Forum

The board of commissioners announces the return of the Lake County Caregiver Forum on Thursday, October 5, 2023, from 10 am–2 pm at University Hospitals TriPoint Medical Center, located at 7950 Auburn Rd. in Concord.

This year's event will feature keynote address titled "Human First, Helper Second," presented by trauma-informed care subject matter expert, Katie Kurtz, MSW LISW-S, along with lunch and learn sessions by Legal Aid and the Alzheimer's Association.

This a free event but registration is required. Lunch will be provided. Caregivers of older adults who are interested in attending may register by visiting lakecountyohio.gov/senior-services/lake-county-caregiver-forum.

The following vendors will be

on hand to provide information on services for caregivers and older adults in Lake County.

University Hospitals
Western Reserve Area
Agency on Aging
Laketran
Alzheimer's Association
Legal Aid
Lake County
Adult Protective Services
Benjamin Rose Institute
WeCare...because you do
Lake County Council on Aging
Lake County
General Health District
Lake County Connections
Lifeline, Inc.
Lake County
Veterans Service Center

United Way of Lake County announces goal of \$1,800,000 at campaign kickoff



United Way of Lake County (UWLC) kicked off their 2023 campaign at Spring Brook Gardens in Mentor.

Over 200 guests attended the luncheon. The highlight of the event was the "Pathway to Help" exercise, which showcased the many nonprofit programs supported by UWLC through their funding allocations. The exercise involved providing guests with various scenarios that someone in need would experience on their pathway to find support. This not only highlighted the many nonprofit programs available to those in need, but also emphasized how most people require more than one program.

The goal of the exercise was to raise awareness about the important work done by UWLC and its partner agencies, and the challenges so many in need face along the path toward a better life.

According to UWLC President and CEO Dione DeMitro, "For our

friends and neighbors who need assistance, the path is very seldom straight, often has many stops and doesn't always end where they thought it would take them. It can be full of detours, false starts, and lacking the directional signs so sorely needed."

DeMitro went on to explain that what sets UWLC apart is their focus on the broad spectrum of needs in Lake County, explaining that the gifts they receive stay in Lake County helping to fund gaps in need in the areas of education, health, and financial stability.

UWLC 2023 campaign chair Richard Selby II, managing partner of Dworken & Bernstein announced a campaign goal of \$1,800,000 and made an impassioned call for community support. As someone who grew up learning the difference between needs and wants, he implored all to join him in support of the work UWLC does to impact lives.

Those interested in making a gift to UWLC's 2023 Campaign to impact the lives of Lake County children, families, and seniors in need may do so online at uwlc.org/ give or by mailing a check payable to United Way of Lake County to 9285 Progress Parkway, Mentor, OH 44060, Attn: Community Impact.

Lifeline is there when you need

(NEW) Are You OK Program

The Are You OK Program is a safety assurance program for Lake County senior citizens (60 and older) who may be isolated or living alone. Seniors can enroll in the program to receive daily automated monitoring calls designed to provide security and ease the concerns that friends and families may have for their loved ones' safety. Through the program, which will be operated by Lifeline's 211 service, each enrolled senior will receive several automated calls at prearranged times each day. If those calls are not answered after three attempts, a safety alert is sent to Lifeline's 211. Lifeline's 211 team will contact emergency contacts and, if necessary, local law enforcement for well-check visits. Senior citizens wishing to enroll in Are You OK can call Lifeline program coordinator Andrea Johnson at 440-354-2148 ext. 207 or email at andrea.j@lclifeline.org to see if they qualify and enroll.

Helping Hands for Seniors Program

The Helping Hands for Seniors Program matches eligible Lake Co.

seniors (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. Seniors 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.

Kinship Navigator Program

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

HEAP WCP

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

2-1-1

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



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Facilities Available Throughout Lake County

Unsolicited telephone calls target obtaining your personal information



By Frank A. Suponic
CPA, CFE, CFF

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

Billions of robocalls are made monthly. Let's face it: We all get those annoying unsolicited telephone calls at home and on our cell phones, even if we thought we were protected by signing up on the National Do Not Call registry (www.donotcall.gov). If someone is going to perpetrate telephone fraud and other financial crimes, trust me, they are not concerned about whether the caller signed up on the Do Not Call Registry. The technology associated with Voice Over Internet Protocol ("VOIP") has allowed this fraud to explode as the fraudsters can reach an incomprehensible number of targets – and more importantly, their cost is zero. The cost to you, if defrauded, could be substantial.

These frauds (not the calls) affect as many as one in six consumers. It is estimated those over age 50 are

targeted 80% of the time. Like many telephone-related frauds, these usually originate overseas (which you would never know) because the calling number is "spoofed" to conceal the call's true origin. The fraudster will usually select the area code where the target resides and even use similar first three phone number digits to give the appearance the call is local. It's all part of the scam to make the recipient feel the call is local. If the number is local, chances are one will let their guard down.

These frauds typically offer to sell the caller goods that do not exist or sell a financial product that does not make sense (based on their age). Other telephone scammers will attempt to convince the unsuspecting target they are associated with your bank, credit card company, or even a governmental office.

Regardless of what the caller is attempting to sell you, how fabulous the offer may be, or whether they really

have the item they are selling, their objective is to secure as much of your personal identifying information such as your date of birth, Social Security number, bank account numbers, credit and debit card numbers, expiration dates and security



codes, account names and related online passwords, mother's maiden name, etc.

This information is then used in another identity-related fraud, most commonly to deplete the available credit on your current credit, your bank account

balance associated with a debit card, or obtain new credit cards or credit instruments in your name.

If you are in any doubt as to the authenticity of the caller, the best practice is just to hang up. If you are really pondering whether the call was legitimate, call the company or organization using a verified phone number from an account statement — **never use a telephone number the caller may have provided.**



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:

Douglas and Barbara Elersich



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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Bob & Betty Lanning
Betty Leiby

There are three levels of patron support:

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

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

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



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.

Critical elements that keep Lake County safe and secure



Sheriff's Corner



By Sheriff Frank Leonbruno
Lake County, Ohio

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

Police

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

Prosecutors

When criminals are arrested we need well trained, experienced prosecutors to bring such criminals who threaten our communities to justice. When Lake County goes to trial on serious cases such a murder, rape, or armed assault we need the best of the best to present good, sound cases in court. If we have poor prosecutors who are inexperienced, if we have insufficient numbers of prosecutors that make it difficult to get cases to court on time, then criminals move in with confidence to threaten our safety and security because they know they stand a good chance of eluding justice.

Courts

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

Too often we have taken for granted each of these three prongs of our criminal justice system. Insufficient training, poor staffing, the exodus of experienced professionals from the

public sector to private industry, and the lack of good candidates willing to come into these fields are significant issues affecting safe and secure communities. Today crime is increasing, offenders are becoming more violent, and the pool of willing candidates willing to make careers in any of these three areas is shrinking. Across our country, beginning with our largest cities, we are witnessing the growth of crime and violence at alarming rates because of the weakening of these three elements of the criminal justice system.

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

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. See page 4 of this issue for more information on how you can donate.



THANK YOU!

Top Five Parks for fall color

Chapin Forest Reservation

With a panoramic view of everything from Lake Erie to the Cleveland skyline, the view of fall colors is one of the best overlooks anywhere.

Indian Point Park

Enter from the upper parking lot for a spectacular view over the Grand River valley.

Girdled Road Reservation

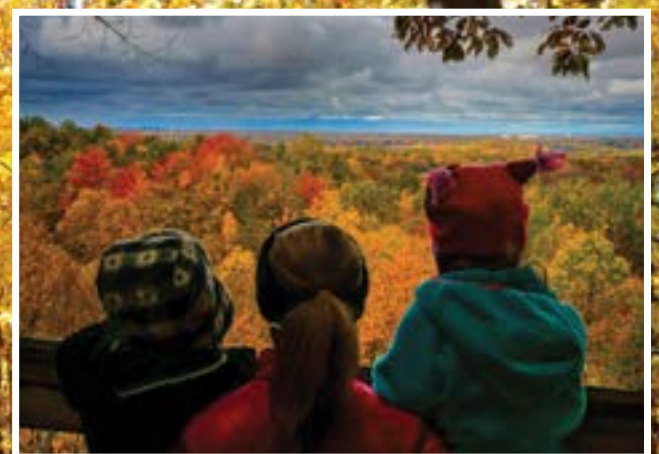
Stroll Skok Meadow to the scenic overlook and enjoy a meadow of native wildflowers.

Hell Hollow Wilderness Area

Explore a stunningly unique overlook of the Paine Creek valley.

Pete's Pond Preserve

Slowly become engulfed in beautiful yellow fall colors in this two-mile round-trip trail.



LAKEMETROPARKS.COM

PHOTOS BY ANDREW CROSS, BRIAN FOWLER, NEIL JENTOFT & COURTNEY KEMPET

C.A.F.E. program for seniors comes to Painesville

The Fine Arts Association is excited to introduce C.A.F.E. to the 55 and older community of Painesville. This program offers engaging daytime experiences for adults looking for all the health benefits of relaxation and joy that the arts are proven to bring to our lives.

Each session is 1½ hours and includes time for the arts and time for socializing. This will take place in the community room at the Extended Housing building, 270 Main Street in Painesville, as seniors are finishing their lunches provided by the Council on Aging. All supplies are included. Fine Arts Association will offer C.A.F.E. crafting on Wednesdays, C.A.F.E.

music on Thursdays, and C.A.F.E. art on Fridays.

Ann Marie Raddell, director of creative arts therapies said the goal is to expand its area of service in areas that were previously underserved by Fine Arts programs. “Part of the reason, well actually the entire reason, that we are doing this is we want to make our services more accessible,” Raddell said. “Where we are at works, and it’s been great for the number of years that we’ve been a part of Willoughby, but we want to be more accessible to our other communities.

To learn more or register call 440-951-7500.

March for Meals – March 16, 2024

The board of trustees of the Council on Aging has selected Saturday, March 16, 2024 as the date for the annual March for Meals celebration at Great Lakes Mall. Please save the date and join us from 8 am–10 am. March for Meals is a national campaign, initiated and sponsored by Meals on Wheels America.

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

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

Older adults get prepared for disasters and emergencies in Lake County

Submitted by the Lake County General Health District

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This year’s campaign focused on preparing older adults for disaster, particularly in communities that are more likely to be affected by emergencies. Older adults may face greater risks during emergencies, especially if they are living alone, have low income, have a disability, or live in rural areas.

There are several simple, low-cost steps that can be taken to help older adults get better prepared. Knowing what disasters could affect your area is the first step. Lake County, Ohio’s hazards include, but are not limited to, severe weather, hazardous materials releases, infectious disease, and flooding. In addition, those who live or work within 10 miles of the Perry Nuclear Power Plant are encouraged to pick up free potassium iodide (KI) from the Lake County General Health District by calling 440-350-2543. In the event of an emergency at the power plant, individuals may be instructed to take KI to protect their thyroid from radioactive iodine, which is one of the contaminants that could be released in a nuclear accident or similar event.

Stay up to date on severe weather by monitoring television and radio for warnings. If you have a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, the frequency setting closest to Lake County, Ohio is Cleveland KHB59 162.550. In addition, in Lake County, Ohio you can sign up for text, email, and/or voice alerts related to weather events, emergencies, road closures, and more through the Lake County Wireless Emergency Notification System (WENS). To sign up for WENS alerts, visit <https://www.lakecountyohio.gov/emergency-management-agency/>.

A flexible plan is also important in getting prepared. Create a support network of family, friends, and others who can assist you during an emergency and a plan that includes how you will contact one another

and reconnect if you are separated. Be sure that at least one person in your network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment and/or how to administer medication. Plan for your transportation if you need help evacuating, and how you will bring any assistive devices with you during an evacuation.

When putting together an emergency supply kit, include food and other items that meet your individual needs, such as medicines, medical supplies, batteries, and chargers. Be sure to include food, water, and essentials for pets and service animals. In planning for pets, keep in mind that not all shelters accept them. Consider asking friends or family outside of your immediate area if they can help with pets.

If you receive treatments at a clinic or hospital, find out their emergency plans and work with them to identify backup providers. Be sure to make copies of Medicaid, Medicare, and other insurance cards.

A disaster can disrupt mail services for days. If you depend on Social Security or other regular benefits, arranging for electronic payments is one way to protect yourself financially. According to the United States Department of the Treasury, you can direct deposit federal benefits to a checking or savings account, or sign up for a Direct Express® card by calling 800-333-1795.

For more information on preparing for emergencies, visit the Lake County General Health District’s website at <https://www.lcghd.org/emergency-preparedness> or Ready.gov at <https://www.ready.gov/> september.





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100 YEARS

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.

Betty Haynes, Mentor

100 years old • Born July 16, 1923

Mary R Genelius, Willoughby Hills

100 years old • Born August 12, 1923

Nancy Notaro, Mentor

100 years old • Born July 31, 1923

Ruth Fox, Concord Township

100 years old • Born October 6, 1923

Gloria Nadolski, Wickliffe

101 years old • Born October 29, 1922

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

Since 2014, the Lake County Council on Aging has been honoring those residents of Lake County who have turned at least 100 years old. If you know of someone marking this milestone birthday or even older, please notify us by completing the centenarian request form online at lccoa.org. Click on the "programs and services" tab, and look for "centenarian certificate request." You will receive a beautiful centenarian certificate from the Council on Aging, along with name and birth date recognition in our quarterly newspaper, "Bridge."

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

- Name of honoree
- Your name (as requestor)

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

Send to:

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

Privacy policy:

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

Self Advocacy Day at Cleveland Sight Center

We are excited to announce that we are hosting a Self Advocacy Day event on October 5, 2023. Participants will make connections and learn more about how to advocate for themselves at home, work and in the community through a variety of sessions hosted by community members and CSC staff.

Self Advocacy Day sessions include:

- Personal safety awareness tips
- How to use a cell phone acces-

sibility

- Blindness basics
- How to navigate transportation
- The value of social and recreational activities
- How to advocate for yourself in the workplace

Full descriptions of each session are available online at www.clevelandsightcenter.org.

If you are interested, registration is available over the phone at 216-658-4685 or online.



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

"Selena is truly a gem and was unbelievably helpful to our family. I am so thankful for the services your agency provides, especially Options Counseling and having someone to help us navigate the overwhelming process of long term care. She is very knowledgeable and so kind. Thank you Council on Aging"
~Robin

I extend my thanks for being such a caring, as well as, many-faceted source of assistance for us golden

agers in Lake County. I started my journey of discovering your outreach when I called requesting the assistance of your Meals on Wheels. Your social worker, Cristina Cognati, arrived soon thereafter... one good thing led to another and another program was suggested that installed safety grab bars. Now, thanks to the Council on Aging, I am well fed and safer. You put your heart into what you are all about. You are GOOD PEOPLE!

~Bernice (Painesville)

My dad was a Meals on Wheels recipient at various times in 2021 and 2022. In addition to the meals, Dad was most appreciative of the kindness of the drivers, many of whom took the time to really get to know him. Living in New York, It was a great feeling knowing the Council on Aging was there to help Dad.

~A daughter in New York

Consider a year-end gift to the Council on Aging

See page 4 for details on how you can help!

EVERY LAKETRAN BUS IS FULL OF OPPORTUNITY



FOR LAKE COUNTY SENIORS, LIFE STARTS WHERE WE STOP.

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





No matter how complex your heart or vascular condition, our team is here for you.

We are nationally recognized for providing precise diagnosis and treatment with the highest quality outcomes. Our top-rated specialists offer more treatment options, more lifesaving interventions and more clinical research to bring the latest therapies to our patients – close to home.

▶ **Find a specialist or learn more at**
UHhospitals.org/LakeHeart

 **University Hospitals**
Harrington Heart & Vascular Institute

Lake County Locations

UH Lake West Medical Center
36060 Euclid Avenue, Willoughby

UH TriPoint Medical Center
7580 Auburn Road, Concord Township

UH Concord Health Center
7500 Auburn Road, Concord Township

UH Mentor Hopkins Health Center
9000 Mentor Avenue, Mentor