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LAKE COUNTY COUNCIL ON AGING

BRIDGE

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

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SAVE
— THE —
DATE!

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The solar eclipse is coming your way

By Deanna Adams

In case you haven't heard (though who hasn't?), there is going to be a rare historical event taking place right here in Lake County on Monday, April 8. That's the day the sun will be blocked by the moon, leading to four minutes of complete darkness starting at 3:12 pm, and lasting until 3:16 pm. It is so infrequent that local officials expect an anticipated 300,000 to 500,000 visitors to northeast Ohio to witness this phenomenon.

Why so much fuss? According to NASA, this will be the last eclipse to appear in North America until 2044. The next total solar eclipse in Ohio will occur in 2444.

"The EMA (Lake County Emergency Management Agency) has been preparing for this event since 2022," says Joe



Hum, EMA deputy director. "We've been holding planning meetings with public safety, elected officials, and stakeholders to keep informed and share plans among all involved. We will be monitoring all that weekend and be activated to assist the locals with any of their needs throughout the event."

All total solar eclipses are not the same and this year promises to be particularly extraordinary, according to NASA experts. Some of you may recall

that we experienced a solar eclipse just seven years ago. What makes this year more exciting is that the moon will be closer to Earth than it was during that 2017 event, further obscuring the sun and creating a wider path of totality. Also exciting is that the sun could add some breathtaking streams of light at the end of the eclipse. "Viewers should have a better chance to see prominences, which appear as bright, pink curls or loops coming off the Sun," states NASA.

Due to the probable mass crowds and traffic, all schools and most senior centers will be closed for the day. It is suggested that most people hold off appointments to avoid expected delays because of the crowds and traffic. Note that there might be limited cellphone and radio communication services due

See *ECLIPSE* on page 4

Board of commissioners awards healthy aging grants

Lake County was recently awarded \$447,954 in Healthy Aging Grant funds from the Ohio Department of Aging (ODA). Funds were to be dispersed by the county in an effort to address social determinants of health and to foster improved quality of life for older adults so they may remain in their homes and connected to their communities, preserve their personal assets, and promote a healthy, independent, active lifestyle.

Established through House Bill 33 of the 135th General Assembly, Healthy Aging Grant funds were provided to all Ohio counties to address the longstanding health and economic disparities, which amplified the impact of the pandemic in many of Ohio's counties.

"We are thrilled to have this opportunity to award these healthy aging grant funds to agencies that are making an enormous impact in the lives of older adults. This mission critical funding will allow us to continue providing

Commissioners Corner



John Hamercheck



John Plecnik



Richard Regovich

essential services and programs to our senior population, helping them to age well and live healthy, fulfilling lives," said John T. Plecnik, commission president.

In January, the board of commissioners released an application for qualified agencies to apply for funds. Nineteen applications were received, totaling more than \$1,274,000 in requests. Forty-seven percent of funds were awarded to housing assistance programs, 30% to food assistance programs, 12% to advancing digital literacy, and the remaining 11% to other miscellaneous projects that are in alignment with Ohio's 2023-

2026 State Plan on Aging. The agencies awarded funds include the Lake County Council on Aging, Lifeline, Inc., Fair Housing Resource Center, Lake County Free Clinic, Family Pride of Northeast Ohio, among others.

"Receiving these grant funds is a tremendous boost to our efforts in promoting aging in place among our aging community," said Commissioner John R. Hamercheck. "This funding will enable us to expand services to our seniors and infuse additional dollars where they're needed most."

"The support from the Ohio Department on Aging in awarding us the healthy aging grant funds demonstrates their commitment to promoting the health and well-being of our state's older adults. We want older adults in Lake County to live longer, healthier lives with dignity and autonomy," said Commissioner Richard J. Regovich.

See *GRANTS* on page 4

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Guardianships through the Lake County Probate Court



By Judge Mark J. Bartolotta

As judge of the Lake County Probate Court, one of my main duties is the appointment of guardians for those individuals who somehow become unable to properly care for themselves physically, or for their financial affairs, or both. This incompetence can be caused in any number of ways, such as mental or physical illness, injury, developmental disability, substance abuse, advanced age, or other reasons.

Regardless of the cause of the condition, the probate court will determine whether the individual needs a “guardian of the person” to make decisions for the ward’s physical well-being, or a “guardian of the estate” to make decisions for the ward’s financial well-being. An appointed guardian might fill both roles if necessary.

When a caregiver or other interested party has reason to believe that a person might need a guardian

appointed, the process begins with the filing of an application in the probate court in the county where the proposed ward resides. This application requires a recent evaluation by a properly qualified physician, psychiatrist, or other appropriate expert. The expert will advise the court of the proposed ward’s physical and mental condition, abilities, prognosis for improvement, and recommended treatment plan.

A hearing will be held to determine if a guardianship is necessary, and if so, who will be an appropriate guardian. The court will conduct a background check on those who apply to take on the role of guardian. A guardian can be a ward’s family member, close friend, or other responsible adult. If no family members or friends are willing or able to be guardian, the court will appoint an outside party, such as a local attorney or a volunteer or staff guardian of the Volunteer Guardian Program (VGP) through Lifeline, Inc.

The proposed ward has a number of rights when it comes to the

guardianship process, such as the right to be present at the hearing, the right to oppose the guardianship, the right to have an independent expert evaluation, and the right to an attorney. However, the probate court has the sole responsibility of determining the necessity of a guardianship and the appointment of the guardian.

A guardian’s responsibilities are varied. A guardian of the person makes sure that the ward’s personal and everyday needs are met. This includes decisions about medical treatment, housing, nursing care, transportation, and the overall health and welfare of the ward. A guardian of the estate is responsible for handling the ward’s financial affairs, such as paying bills, caring for real estate, vehicles, and other personal property, purchasing items of need for the ward, and taking care of the ward’s income and other assets.

In order to help protect a ward’s estate, the probate court requires guardians of the estate to be bonded or insured. Regular reports are required listing the ward’s as-

sets and liabilities. Annual accounts must be filed showing all receipts and expenditures from the ward’s estate over the previous year. Prior approval must be obtained from the court before the guardian may spend any money from the estate. The only spending that is authorized by the court will be for expenses that directly benefit the ward. If the court finds that a guardian is not fulfilling his or her duties, the guardian will be removed and a successor guardian will be appointed.

The need for guardians is common and growing, based partly upon our aging population. My goals at the Lake County Probate Court are to be thorough when assessing the need for guardianships, and to be judicious in selecting appropriate guardians for those in need. I will continue to do my best to assess every case that comes before me, with the most important goal being to do what is in the best interest of the ward or proposed ward. I will continue to protect the families of Lake County to the best of my ability.

STAR Program

Rental Housing Assistance



Senior or Person with a Disability?

Are you over the age of 62 or a person with a disability? FHRC can provide low to moderate-income households with temporary subsidies for up to 6 months.

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FHRC can provide assistance with 1st months rent and utility deposits. Any low-moderate income household can apply for assistance.



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- Low to moderate income household
- Must reside or be moving to Lake County
- Cannot live/move to City of Mentor

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Welcome from the CEO

Each day, the Lake County Council on Aging brings resources together to provide services that our senior community and their families can count on, touching lives and making a difference since 1972. We continue to be your trusted link to social work services, homemaker services, meals (both home-delivered and congregate), senior health insurance and benefits screenings, information and resources, educational opportunities and so much more!

Thanks to our staff members' commitment to excellence, our agency continues to provide and improve programs and services that help seniors age in place. We are most honored and grateful for the opportunity to serve you and your loved ones, as the primary senior services provider in Lake County.

I want to thank all of the individuals, businesses and sponsors who contributed to and participated in our 2024 March for Meals fundraiser. Together, we raised over \$40,000, more than any previous year, to help subsidize the rising cost of meals for homebound seniors in our community. Your generosity has brought us a great distance in the march against senior hunger and I am deeply grateful for your continued support.

In May we celebrate Older Americans Month, and I hope you can join the Council on Aging and fellow members of Senior Services Levy Coalition at "Senior Day at the Mall" on Tuesday, May 21. We will celebrate with entertainment, prizes, games and the presentation of the annual "outstanding senior awards."

Our 2023 annual report is now available online at lcco.org or you may call the office for a printed copy. The numbers, statistics, charts, and names included in the report give you a glimpse into the multiple ways that the Council on Aging supports an ever-growing senior population. By reading through it, I'm sure you will realize the impactful role that the Council on Aging plays to ensure our clients' needs.

Thank you for your support over the years, and for allowing us to be part of your lives each and every day.

Sincerely,

Joseph R. Tomisck
CEO, Council on Aging

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Mission Statement

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

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

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

www.lcco.org



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Eclipse from page 1

to heightened network use. The entire eclipse event will last just over two hours, although the totality will occur just under four minutes.

Where to go to watch

“As long as the weather is clear, we should have great viewing everywhere in Lake County,” Hum says. “However, I would like to add that staying home and watching with your family will be the best if you want to avoid any traffic.”

While you can indeed stay home and watch this event in your own backyard, there are a number of places you can go in Lake County where you can experience it and join the throng of excited viewers. There will be several “watch parties” happening throughout the Lake County area. Here are just a few of interest:

The Mentor Civic Amphitheater

Mentor Civic Amphitheater will host a free eclipse watch party that day from 1–5 pm. Attendees will enjoy a number of games and activities while tracking the progress of the eclipse on video screens. In addition, a DJ will be playing records until 3:14 pm when all will

be experiencing the event together. Food and beverages will be available for purchase. Be aware, however, that there are a limited number of free eclipse glasses that will be available.

Headlands Beach State Park

Headlands Beach State Park has plenty of room for everyone and their friends and family to share in this unique day. When you first arrive, head over to Crossroads Health's tent and you'll find free merchandise and souvenirs—even kites (while supplies last). “Our parks and wildlife areas will allow people to be surrounded by the state's natural wonders as people take in the eclipse,” says ODNR (Ohio Department of Natural Resources) Director Mary Mertz.

See www.ohiodnr.gov/go-and-do/see-the-sights/solar-eclipse-2024/solar-eclipse-2024 for all details.

Lake Metroparks Farmpark

This popular park is also offering a free day of excitement leading up to the total solar eclipse. Join in hands-on experiments, interactive activities, planetarium shows and more. A limited number of solar eclipse viewing glasses will be

provided. Parking will be limited as well so the earlier you arrive, the better. See www.lakemetroparks.com/events-activities/events/total-solar-eclipse-2024 for more information.

The Holden Arboretum

The Holden Arboretum is hosting a ticketed full-day eclipse event from 10 am–5 pm featuring food trucks, activities, and a DJ. Tickets will include eclipse glasses and admission to the Arboretum. The limited number of tickets are expected to sell out quickly so once again, prepare in advance.

Osborne Park

Osborne Park in Willoughby will also be open to the public for viewing, featuring a DJ and various activities along the lake shore.

In addition to all those options, there will also be wine trail events hosted throughout the area's wineries in and around the city of Madison.

See more at <https://ohio.org/home/eclipse/lake-county>.

How to see it safely

Keep in mind that looking at the intense light from the sun—even for just a few seconds—can cause retinal burns (solar retinopathy) resulting in permanent damage to your sight.

You will need proper protection to view the eclipse. Please be mindful of the following tips to ensure your safety.

- Use proper eye protection. Regular sunglasses or homemade filters, no matter how dark, are not safe for direct solar viewing. You must use ISO-certified eclipse glasses or handheld solar viewers to protect your eyes.
- Optical devices such as cameras, telescopes, or binoculars can greatly magnify sunlight's intensity, making them unsafe for viewing the eclipse. Astronomers warn that the lens of your camera or phone will concentrate the sunlight and so, can ruin your camera, your phone or your eyes. Yes, you can use

your phone to see the eclipse but you still cannot look directly at the sun during an eclipse even through your phone.

- Supervise children. Children should be closely supervised when using eclipse glasses or solar viewers to ensure that they are using them correctly and not looking at the sun without proper protection.

Where to get eclipse glasses

If you're not planning to go to any of the watch parties in town, you can still get your eclipse glasses elsewhere.

Most libraries will have a limited number of eclipse glasses for the public now, before the total solar eclipse on April 8. As long as you have a library card in good standing you can stop in and receive two pairs of glasses. “Glasses are also available from some area businesses and many websites like Amazon.com,” notes Hum. “Anyone purchasing should make sure they are ISO and CE certified for safety reasons. There are also instructions available online to build a solar eclipse viewer and that can be a great craft for families to do together.”

For more information regarding the solar eclipse and its potential impact in Lake County, visit the Lake County Emergency Management Agency website at www.lakecountyohio.gov/emergency-management-agency.

Solar Eclipse Closings

The following will be closed all day, April 8, 2024

Council on Aging offices
Eastlake Senior Center
Fairport Senior Center
Kirtland Community Center
Madison Senior Center
Mentor Senior Center
Perry Senior Center
Willoughby Senior Center
Willowick Senior Center

Closing at noon

Kirtland Senior Center

Open

Wickliffe Senior Center

Grants from page 1

Awarded agencies have until September 30, 2024, to spend funds. Questions related to Lake County's Healthy Aging Grant funds can be directed to Alyea Barajas, senior services manager, at alyea.barajas@lakecountyohio.gov or 440-350-

2748.

The Healthy Aging Grant project is being supported, in whole or in part, by federal award number awarded to Executive Office of State of Ohio by the U.S. Department of the Treasury.

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RSM Events Presents 2024 Dinner Show Series



Kenny & Dolly Country Legends Tribute

Direct from Vegas & Branson, Dave Karl and Wendy T perform your favorite hits like: Islands In The Stream, You Can't Make Old Friends, Lady, I Will Always Love You, Through The Years, 9 To 5, She Believes In Me, and more!!!

Wednesday, April 24, 2024

LaMalfa
5783 Heisley Road, Mentor
Credit card bar available

Tickets

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



Garth Brooks & Trisha Yearwood Tribute

Direct from Vegas & Branson, Shawn Gerhard and Amy Pelton recreate a Garth & Trisha concert and perform their greatest hits like: Friends In Low Places, The Dance, If Tomorrow Never Comes, Like We Never Had a Broken Heart, She's In Love With The Boy, That's What I Like About You, and more!!!

Thursday, April 25, 2024

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

Tickets

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



Elton John & Billy Joel Tribute

The music of Elton John like: Candle In The Wind, Rocket Man, Crocodile Rock, Can You Feel The Love Tonight. The music of Billy Joel like: Piano Man, Uptown Girl, You May Be Right, My Life, all in one show! Caesars Palace, Walt Disney World, and The Hard Rock Casino are just a few of the places Walt Wise has headlined with this tribute.

Wednesday, May 15, 2024

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

Tickets

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



Always Shania Shania Twain Tribute

#1 Hits like: From This Moment On, Man I Feel Like A Woman, You're Still The One, That Don't Impress Me Much! Direct from Toronto, Michelle Truman brings you her tribute to the queen of country pop!

Thursday, May 16, 2024

LaMalfa
5783 Heisley Road, Mentor
Credit card bar available

Tickets

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



Phase 5 Motown Revue

Performing hits by Motown artists like: The Temptations, The Four Tops, Smokey, Robinson, The Contours and more! The choreography, the costumes and tight harmonies you know and love....a must-see show!!

Thursday, June 20, 2024

LaMalfa
5783 Heisley Road, Mentor
Credit card bar available

Friday, June 21, 2024

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

Tickets for both locations

Lunch & Show 12:00 pm..... \$72.00
Dinner & Show 6:30 pm \$72.00
Show Only 1 pm or 7:30 pm..... \$56.00



Lights Out Frankie Vallie Tribute

Back By Popular Demand! Lights Out performs: Sherry, Rag Doll, Walk Like A Man, Big Girls Don't Cry, Can't Take My Eyes Off Of You! Relive magical moments with their "Journey Thru Musical Time" tribute!

Wednesday, July 24, 2024

LaMalfa
5783 Heisley Road, Mentor
Credit card bar available

Thursday, July 25, 2024

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

Tickets for both locations

Lunch & Show 12:00 pm..... \$72.00
Dinner & Show 6:30 pm \$72.00
Show Only 1 pm or 7:30 pm..... \$56.00



The Gatlin Show

Darryl Gatlin achieved major success in Nashville with albums on Sony/Epic, and a Billboard Top 40 Hit with No Sir. Seen on CMA, TNN and received ACM award nominations. Andrea performed on national & international stages. Together they have been selling out shows with their unique blend of country & pop music.

Wednesday, August 21, 2024

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

Tickets

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



Tony Bennett Tribute

Join us for an unforgettable evening as Steve Leeds pays homage to the legendary Tony Bennett. In this tribute show, listen to the timeless classics and memorable hits that have made Tony Bennett an icon in the world of music. Steve's smooth vocals and charming stage presence captures the essence of Tony Bennett's signature style.

Thursday, August 22, 2024

LaMalfa
5783 Heisley Road, Mentor
Credit card bar available

Tickets

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

Call for group rates & other available discounts!

Call Monday-Friday, 9am-5pm



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To order tickets call:
216-744-7090

For future events visit:
www.rsmevents.com

Experiencing a loss? Reach out for help!

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

Feelings of grief that come from experiencing loss in your life are often discussed during the holiday season in November, December, and January. However, loss and the feelings associated with it can occur at any moment throughout the year. A person's reaction to a loss in their life is unique to them and is processed by that individual in their own way.

One of the most common examples include the death of a loved one such as a family member, friend or pet. These losses can be emotionally devastating to an individual and affect their livelihood for the short or long term. Perhaps the person who passed away was a primary caregiver for you and has left you wondering what you are going to do to get help now. The Council on Aging may be able to help support you during this difficult time. The information and assistance specialists in the agency's Aging and Disability Resource Center (ADRC) can provide lists

containing contact information for various home health care resources. If you may be interested in looking for someone to talk to, the ADRC can provide information on counseling or mental health services.

The ADRC's options counseling service is also available to individuals and their support system to review the long-term care needs of a person and navigate the complex process of obtaining long-term care services.

An individual can also experience loss that affects them financially. One may need help finding out if there are any benefits that may be available to them to help supplement their current income. The Council on Aging's benefits assistance service can assist in determining eligibility and help with applying for programs such as Medicare Savings, Home Energy Assistance (HEAP), and Supplemental Nutrition Assistance (SNAP).

Another significant loss in one's

life can be the loss of independence, often related to a decline in health or sudden onset of a medical condition. A senior may be trying to maintain as much independence in their home as possible during this time. A licensed social worker from the Council on Aging can conduct a visit to a senior's home to assess a person's strengths and their level of independence in daily activities. The social worker will work with the senior to determine what their major areas of need are in their daily life and develop a plan to address any limitations that are present. For example, a senior who is struggling with preparing meals may benefit from receiving Meals on Wheels. If you are having difficulty managing personal care tasks, the social worker can help determine if you are eligible for the NonMedical Home Care Program for home care assistance once per week. The social workers can also help support a senior emotionally, and provide them resources to reach out to that may benefit one's mental health during



a difficult time to help manage loss and grief.

Grief from a loss can manifest in an individual in various forms, including sadness, anger, guilt, or even confusion. Anything can trigger the individual to express these feelings. When you or someone you know is going through a difficult time, consider reaching out to someone for help. If that person is a senior who needs some extra assistance, contact the Council on Aging at 440-205-8111 for more information on services and resources that can help.

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Swinging for a Cause

20th annual golf outing

This summer, on Monday, June 24, 2024, Lake-Geauga Recovery Centers will host their much anticipated 20th annual golf outing. Golf enthusiasts and supporters of a noble cause will converge on the greens of Quail Hollow for a day of swings and community building.

Benefiting the Lake-Geauga Recovery Centers, this event goes beyond a day of golf—it's a collective effort to promote lifelong recovery from addiction. The mission of Lake-Geauga Recovery Centers is to promote lifelong recovery from addiction through education, prevention, and treatment regardless of ability to pay.

The 20th annual golf outing provides networking opportunities for attendees, allowing them to connect with like-minded individuals passionate about supporting addiction recovery initiatives.

The event's highlights include not only a day of golf but also the chance to contribute directly to the Lake-Geauga Recovery Centers' mission. Proceeds from the outing

will aid in providing crucial education, prevention, and treatment services, making a tangible impact on individuals and communities affected by addiction.

In a community-driven effort, this golf outing serves as a platform to strengthen ties and collectively combat addiction. Lake-Geauga Recovery Centers provides a wide range of services for adults whose lives have been affected by their own or another's use of alcohol or other drugs, by problem gambling or by mental illness. At every level from prevention to residential recovery services, we offer a message of hope to individuals, families, and the entire community.

Lake-Geauga Recovery Centers is a private, nonprofit agency providing continuous service to the community since 1971. Services at Lake-Geauga Recovery Centers are made possible due to the generous support of the Lake County ADAMHS Board, the Geauga Board of MHRS, and United Way of Lake and Geauga counties.

A positive review by seniors for the nutrition programs

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

"I am very pleased with all aspects of my food delivery. Everyone is so nice and do a good job. Thank you. I can stay in my house longer." ~ Meals on Wheels client in Willowick

"I have the best service and meals in Lake County. Thank you so much. God bless all of you." ~ Meals on Wheels client in Painesville

"I appreciate the warm, friendly smiles and greetings I get from those that deliver the meals." ~ Meals on Wheels client in Mentor.

"Food is a well-balanced meal, protein, starch, fruit, and vegetables plus milk and whole grains. Definitely saves me work and adds to good nutrition for me." ~ Meals on Wheels client in Madison.

Numerous studies have been conducted that demonstrate the value

of the Meals on Wheels concept. A hot, nutritious meal and brief interaction with a kind volunteer during delivery go a long way to help combat two issues that home-bound seniors face: food insecurity and social isolation. In 2023, our volunteers delivered 199,862 meals to 1,222 seniors throughout Lake County who cannot easily prepare their own meals or had difficulty obtaining food. These numbers represent a 6% increase over 2022 and the continued increase of need in our community.

Recently, the Meals on Wheels clients took the opportunity to provide feedback on the home-delivered meal program by responding to a survey. The results shown below reaffirm the importance of the program and express that the recipients feel a high degree of satisfaction.

Agree or Strongly Agree	Impact
95%	I am eating regularly scheduled meals
97%	I feel my nutrition has maintained/improved
91%	I feel less lonely and isolated
99%	I can remain living in my own home
97%	I feel secure because I have someone checking in on me
95%	I am satisfied with the overall food service
100%	Overall, I am satisfied with Meals on Wheels

Similarly, a survey was offered to our dine-in Lunch Place guests. The same meals that are delivered in home delivery are also served to our senior guests at four Lake County Lunch Place locations within the Madison, Wickliffe, Willowick senior centers and the Painesville nutrition site in the community room of the Extended Housing building. These diners are more mobile than home-delivered clients and enjoy not only the meal, but eating together with their peers in familiar surroundings for a sug-



gested donation of \$1.50. Almost half of the seniors who dine at the Lunch Place enjoy lunch 3-5 times per week. Of those dining at the Lunch Place, 83% believe attending lunch at the Lunch Place helps maintain an independent lifestyle.

Satisfied	Impact
98%	I am satisfied with the overall quality of the food
98%	I feel comfortable in the lunch room with other seniors
99%	I enjoy eating in a group setting
97%	I am satisfied with the people who work in office and kitchen
97%	I am satisfied with the people who serve my meal
92%	I believe dining at the Lunch Place with others increases my socialization and reduces a sense of loneliness and isolation.
98%	I am satisfied with the reservation system
97%	I feel the suggested donation of \$1.50 is fair

"I look forward to every meal and friendship."

~ Lunch Place client in Wickliffe

"Site is very accommodating for senior citizens. Staff very efficient and relaxed. Always enjoyable to be associated with."

~ Lunch Place client in Madison

"In my opinion, it is perfect, except more cheesy potatoes."

~ Lunch Place client in Willowick

The Council on Aging can only fare so well in client satisfaction surveys or program success because of a very dedicated staff and of course, the compassion and

generosity of hundreds of volunteers. It is also important to mention the critical financial support we receive from the Lake County Senior Services levy, the Western Reserve Area Agency on Aging, United Way of Lake County, and community donors who together provide funding for the nutrition programs along with the donations from seniors who receive meals or dine in at the Lunch Places.

Please contact the Council on Aging with questions about home-delivered meal eligibility or Lunch Place registration at 440-205-8111.

The Lunch Place

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

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

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

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

The Lunch Place at Madison
Lunch starts: noon
Madison Senior Center
2938 Hubbard Road
Phone: (440) 428-7002

The Lunch Place at Painesville
Lunch starts: 11:30 am
Extended Housing Building
270 East Main Street – Lower Level
Phone: (440) 354-6700

The Lunch Place at Wickliffe
Lunch starts: 11:30 am
Wickliffe Senior Center
900 Worden Road
Phone: (440) 373-5017

The Lunch Place at Willowick
Lunch starts: 11:30 am
Willowick Senior Center
321 East 314th Street
Phone: (440) 946-8822

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Special thanks to community champions

During the week of March 18–22, 2024, the five nutrition sites of Lake County Council on Aging (LCCoA) hosted Community Champions Week.

Community Champions Week is an opportunity for public officials, first responders, law enforcement representatives, business leaders, nonprofit leaders and those invested in the lives of seniors from across the country to show their support for seniors and the nutrition programs by preparing and packing meals for home delivery, delivering meals to homebound seniors and serving meals to seniors who dine at the nutrition sites.

Community champions had the opportunity to talk with the seniors served and the volunteers who assist LCCoA in providing meals to 750 seniors in their homes and

serving lunch to approximately 250 seniors in the four Lunch Place locations every week day. Community champions also received information on other services provided by Lake County Council on Aging.

Each day of Community Champions Week was well attended by commissioners, mayors, fire and police chiefs, city council members and leaders from the community. Linda Llewellyn, director of community Services shared, “We are honored to have the chance to provide a firsthand experience to leaders in our community to share our commitment to providing support services to seniors so that they can live their best life here in Lake County.”

Thank you to all the champions who participated in Community Champions Week!

Sharing love with seniors and their pets

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

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

This year Valentine’s Day sharing of love was extended to the 163 pets in the Meow or Woof Pets Meals on Wheels program. Pet MOW volunteers delivered the toys and treats of love to pets along with the monthly food delivery. Seniors and their pets were thrilled with the loving surprise.

The Pet Meals on Wheels program, in collaboration with the Lake Humane Society’s Auggie’s Pantry and a grant from Meals on Wheels America provided by Petsmart Charities, provides a supplemental supply of food to the pets of the Meals on Wheels seniors who would not be able to visit the pantry in person. Providing a supplemental supply of pet food supports the senior’s nutrition and health by ensuring the senior has enough money to purchase their own food and does not have to share their MOW meal with their pet. The Pet Meals on Wheels program has expanded services this



past year to include financial assistance for vaccinations, heartworm testing, veterinarian care, flea and tick prevention and grooming on a limited basis.

Sharing the love with seniors and their pets doesn’t stop at Valentine’s Day in the Pet MOW program as pet food drives at local Pet Supplies Plus stores in Lake County occur throughout the year.

On June 1, 2024, the Pet Meals on Wheels program will host an event to kick off Pet Appreciation Week, June 2–8, 2024. Pet stores, veterinarians, grooming services, animal organizations and pet lovers will come together in their love of pets at the Council on Aging office for a day of pet-loving fun.

If you would like more information on how you can share your love of pets with the Pet Meals on Wheels program or the event on June 1, please contact Linda Llewellyn at 440-205-8111 ext. 241 or LLlewellyn@Lccoa.org.



Send it to me!

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



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COA Board of Trustees host successful Leap Day fundraiser

Board members Katey Tutolo, Marnie DeGuire, Megan Coy and Suzie Begovic organized a Leap Day celebration on February 29, with a “kick-off to March for Meals” at the beautiful LaVera Party Center.

Over 100 attendees enjoyed a delightful evening of food, raffles and mingling. The committee would like to acknowledge the incredible support of the dozens of individuals, businesses and organizations that supported the event by participating in the fundraising effort.

A special thank you to \$500 table sponsors Schraff Thomas Law, Legacy Health Services, Carver Financial Services, the Kovalcheck Family and the Tomsick Family. A highlight of the evening was a performance by the Egan Irish Dance Company, under the direction of Tommy Egan Conkey. For more information, visit eganirishdance.com.

Health Equipment Lending Program (H.E.L.P.)

Medical equipment for Lake County seniors

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

It is again that time of year for some spring cleaning and decluttering! Perhaps you have a walker or wheelchair that is no longer being used and is taking up space in your basement. Through the Health Equipment Lending Program (H.E.L.P.) at the Council on Aging, we accept donations of gently-used medical equipment and unopened incontinence supplies and lend them out to Lake County seniors (60+).

This program would not be possible without the generosity of those within our own community. Donated equipment should be clean and in good condition; we will provide a letter of receipt for all donated items. Once donated, medical equipment is cleaned, checked for safety, and lent out to those who otherwise would need to purchase the equipment. Anyone receiving and utilizing equipment through H.E.L.P. will need to sign a release of liability and waiver when picking up the item(s).

Are you in need of medical equipment?

Lending days: Monday through Friday between 9 am and 4 pm

Interested in donating medical equipment?

Donation day: Thursday between 9 am and 3 pm

We strongly encourage you call ahead if you are in need of medical equipment or interested in donating. We have a limited amount of storage space and if necessary, we may turn away items based on space availability or condition of the equipment. Please call the Lake County Council on Aging at (440) 205-8111 to learn more about H.E.L.P. today!

Items ACCEPTED & LENT:

Bedside commodes
Boost/Ensure (unexpired)
Canes (adjustable)
Incontinence supplies (unopened)
Reachers/extenders
Rollators
Tub seat/shower chairs
Tub transfer benches
Transport chairs
Walkers (foldable, 2 wheels only)
Wheelchairs

Items NOT accepted:

Bed rails
Breathing machine supplies/tubing
Clothing/blankets
Crutches
Diabetic supplies
Hospital beds
Handheld urinals/bedpans
Hearing aids/eyeglasses
Medications
Motorized wheelchairs
Raised toilet seats

Radio Show for Lake County Seniors!

Tune into "Our Aging World"

Listen 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 from 2-3 pm. The show focuses on issues, resources and opportunities for those Lake County residents 60 and older. Listeners may also connect through tunein.com and search for WINT.



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.lcco.org, or mailing your check to: Council on Aging, 8520 East Avenue, Mentor, Ohio 44060.

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There are three levels of patron support:

Platinum (\$100 per year)
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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:

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8520 East Avenue
Mentor, Ohio 44060

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



Keep connected...

to news that is important for Lake County seniors — services, programs resources and information!
Visit the Council on Aging's website at www.lcco.org or like us on Facebook.

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Stay connected at your local senior center!

Eastlake Senior Center

600 East 349th Street
(440) 975-4268

Grace Giangiacomo, director

Greetings! The start of this year has been a busy one. Seniors have been swarming in to join for the first time or renew their memberships creating lots of buzz about what's coming next and what they can look forward to.

One of our most popular activities are the bus trips to the local theaters in Downtown Cleveland. Coming up is Stomp, Patsy Cline and Back to the Future. Reservations are filling fast, so please act quickly!

Last year we tried our hand at the area-wide Senior Mind Challenge competition with one team and we didn't come in last! Not even close! This year we have two teams ready to represent our East-

SENIOR CENTER **UPDATES**

April | May | June 2024

lake center. On Saturday, May 18, from 9 am–3 pm, we'll be hosting our Senior Attic (otherwise known as an indoor garage sale) fundraiser. "Our junk is your treasure!"

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

Fairport Senior Center

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

Chris Yano, director

Our exciting news for 2024 is that we are in the planning stages of adding pickleball courts next to the center, as one of our members has funded the courts!

We have many trips planned for this year and we are still adding more to our list. Visit Put-in-Bay for the day, The Comedy Club Museum in New York, Euclid Garden Tour, Station Dinner Theater, Playhouse Square, the Guardians, Lady Caroline and more. We also have a few overnight trips including Memphis and Canada.

In March we started a new stained glass class! If you are interested please give us a call and

we will put you on the list. Did you ever want to learn to draw, then we have a class for you. Would you like to learn line dancing? Come to our center on Mondays, from 6–7 pm for the beginners line dance class with Tina, intermediate 7–8 and advance 8–9. We also offer tai chi, yoga, chair yoga, balance classes, weights and band.

We have a wonderful newsletter. Call us at 440-354-3674 and we'll send out a copy.

Kirtland Senior Center

7900 Euclid-Chardon Road
(440) 256-4711

Teresa Szary, coordinator

Spring will kick off with a spring tea and concert on Wednesday, April 3. Also new for this year is a volunteer group which will identify local opportunities for our seniors to give back to our community. Along with the rest of the area, we will celebrate the eclipse on Monday, April 8. Although we will close at noon that day, members are invited to stop by to get their "eclipse bags" the week prior

(while supplies last).

Later in the spring we join together with the Kirtland Area Service Council for a senior appreciation lunch, with the high school for their annual Dinner and a Show event, and for senior and veteran yard cleanup with the Mayor's Action Network. We're all excited for outdoor pickleball to be open and hope to see you on the court!

If you've never stopped by, come on in to introduce yourself! Annual membership is \$10 for residents (\$5 renewal) and \$12 for non-residents (\$7 renewal). We love meeting new friends and are always looking for suggestions to help make our center your center.

Madison Senior Center

2938 Hubbard Road
(440) 428-6664

Carol Billetter, director

In April please join to support our furry friends and help make toys and mats for the Lake County Dog Shelter. You can help by coming to the center on April 11 at 1 pm to complete projects or donate polar

LAKEMETROPARKS

Binge Walk your parks!

Red trillium Spring beauty Trout lily

Squirrel corn Virginia bluebell Mayapple

Go on a spring scavenger hunt for wildflowers including these beauties and more!

Endless places to explore close to home, free and at your own pace!

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SENIOR CENTER **UPDATES**

April | May | June 2024

fleece to the cause. On April 25 we are having a dichroic glass pendent class, utilizing shards of glass to make a beautiful pendent.

On June 17, Peter Booth and Dave Townsend will present the Normandy Invasion at 1 pm. Along with their program they bring hundreds of artifacts to see and reflect on.

Health education this quarter is as follows: April 10 (benefit of nuts), May 8 (cardiac procedures) and June 12 (health benefits of chocolate). All start at 11 am.

To register for programs call 440-428-6664.

Mentor Senior Center

8484 Munson Road
(440) 974-5725

Renee Ochaya, director

Are you 55 or older and looking to stay active, engaged, and connected? Look no further than the Mentor Senior Center! We offer a variety of fun and stimulating activities, from fitness classes and social gatherings to educational workshops, travel, and ways to explore creative interests. Make new friends, learn new skills, and enjoy delicious meals—all in a welcoming and supportive environment.

Check out our open house on June 20 from 2–3:30 pm to see what a great asset the center is to the community. Program displays will help you discover for yourself the many classes, programs, and events that keep our seniors young. A presentation will highlight our many programs, program leaders will be on hand for questions, a tour will showcase our beautiful facility and delicious made from scratch refreshments made by our lunch staff will provide a snapshot of a day at the center. We finish the day with free demo classes and a rousing game of bingo. Program is free, but please register.

Perry Senior Center

2800 Perry Park Road
(440) 259-3772

Christine Znidarsic, director

The Perry Senior Center is excited to announce our 2nd annual Casino Night on the Lake on Friday, May 3, 2024 from 6–9 pm.

Enjoy an evening filled with friends, food, drinks, gambling for prizes, reverse raffles, 50/50 drawings every hour, a Chinese auction

and more! For your \$25 per person donation, you will enjoy a small plate meal with a soft drink and a great evening of fun. Wine, beer, and concession items will be available for purchase. Information can be obtained by calling the Perry Senior Center at 440-259-3772.

Tickets can be purchased at the Perry Senior Center, or you can mail your check (payable to PAJRD) to: Perry Senior Community Center, Attn: Casino Night, 2800 Perry Park Road, Perry, Ohio 44081. Tickets will be held at the door. Sponsors are being accepted for the games, raffle baskets and gift cards. This is a great way to advertise your business and support the Perry Senior Community Center!

Wickliffe Senior Center

900 Worden Road
(440) 373-5015

Gerri Hubbell, director

As always, we are busy with programs and activities!

We offer our senior members ongoing programs such as chair yoga, senior exercise, line dancing, Wii bowling, meditation, veteran's groups, senior free dance, and more! And we are always adding in fun and special activities such as themed bingo, parties, and educational programs. We are fortunate to have the Lake County Council on Aging Lunch Place on site to serve delicious & nutritious meals every day Monday – Friday. We are currently still planning some warmer weather activities, but we would love for you to stop by our first summer concert featuring Red Light Roxy on Wednesday, June 12, 6–8 pm at 900 Worden Road in Wickliffe. The concert will be outside behind our senior center. Remember to bring your lawn chairs!

Memberships are available to those 55 and older. Wickliffe residents only pay \$10 a year, while non-Wickliffe residents pay \$15 a year.

Willoughby Senior Center

36939 Ridge Road
(440) 951-2832

Amy Cesa, manager

Spring and summer are all abuzz at the Willoughby Senior Center. Everyone aged 55 and over is

welcome to join and gain access to our beautiful library, well-thought-out fitness center, air conditioned walking track, outdoor patio, senior trips, classes and activities. At \$12 for Willoughby residents and \$18 for nonresidents per year, the Willoughby Senior Center is a place you want to be a part of!

Highlights to entice are the upcoming Health Fair on May 10, "Under the Sea" themed party on June 18, and many summer socials. Play pickleball all year in our air conditioned field house. Stop in for a tour and to become a member today!

Find us on Facebook at Willoughby Senior Center.

Willowick Senior Center

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

Doreen Nevulis, coordinator

The Willowick Senior Center is looking forward to celebrating our 50th anniversary. Every month during our birthday lunches we have been going down memory lane.

Wednesday, April 17, 2024 join

us at Regovich Catering in Eastlake for a celebration lunch. Cost is \$20 per person; doors open at 11:30 am – 3:00 pm. City officials will be on hand to help us celebrate, also great entertainment and a great lunch. Tickets on sale now at the center. We will also be opening up our time capsule, that has been here for 20 years. Can't wait to see what's inside.

On June 26, 2024 the Willowick Senior Center is planning on hosting an open house to showcase what the center has to offer. We will have displays and memorabilia from the past 50 years. We will also be creating a new time capsule to be opened in 2049 (25 years). All are welcome to join us for all the activities, details to follow in future months.

For more information, please stop by or visit the website www.cityofwillowick.com/seniorcenter, or email the center at dnevulis@cityofwillowick.com.



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Lake County property taxes to rise in 2025

Here's what you should know and how to prepare for it

The U.S. real estate market has seen a spike in home prices over the past couple of years. For the period January 2022 to January 2024, home prices in Lake County have increased over 6.2% according to RedFin. While that might be great news when it comes to the equity in and value of your home, this increase will literally have a taxing effect on all homeowners starting in December 2024 or January 2025 — but especially for those on a fixed budget.

This increase in property taxes is due to the Triennial Update Program that is required by Ohio law for all counties in Ohio. This means that every three years the county auditor must revalue all real property to update market values, and therefore, to update assessed values. The last property tax increase in Lake County was in January 2022 with values based on the 2021 tax year. The next one will be in January 2025 with values based on the values for the 2024 update program that is currently underway.

At present, Lake County residents with no mortgage are required to prepay their property taxes in 10 monthly installments throughout each year. With the larger than normal increase looming in 2025, this could wreak havoc on those who are on a fixed budget.

To help offset the effect of the increase, the Lake County treasurer's office will be offering the opportunity for residents to prepay in 12 monthly installments. Your overall property tax liability for the year will rise, but by spreading it out over 12 months, it can help you



to better budget for the increase. Payment options include manual submissions (checks) that can be paid with coupons (bills) that will be provided to you biannually in March and August. Or you can opt to have monthly automatic withdrawals from your bank account which will take place on the fifth of each month.

To help you learn more about these changes, the Lake County Council on Aging will be hosting presentations led by Michael Zuren, Lake County's treasurer. Each session is limited to 25 participants and will cover the new 12-month payment plan, homestead and VA tax credits, financial literacy and identity theft.

To reserve your spot, please RSVP to Sherri Falkenberg at 440-350-2540 or by email at sherri.falkenberg@lakecountyohio.gov.

Presentation Days and Times

Wednesday April 17
2–4 pm

Wednesday, May 8
6–8 pm

Tuesday, May 28
2–4 pm

Thursday, June 13
2–4 pm

HOMEMAKER PROGRAM

Spring cleaning is in the air!

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

I came across this quote by a Marcus Buckingham that made me chuckle....

“We dream of having a clean house, but who dreams of actually doing the cleaning.”

I hope the quote brought a smile to your face!

As seniors age, muscles become weaker and joints become stiff and more painful. The aging process has led them to have reduced muscle mass, reduced coordination and balance, reduced mobility and flexibility, as well as, in some seniors, reduced cardiovascular and respiratory function. Once simple tasks like vacuuming or cleaning the tub become an every day struggle because of the uncomfortable posture or stress placed on their joints to complete these tasks. They get overwhelmed by their lack of stamina and the physical limitations their age or chronic illness has placed on their abilities to maintain their home. The home they loved and felt comfortable in for so many years is becoming cluttered, unkempt, dirty (by their standards) and unsafe. All of this impacts their overall health and quality of life.

Family members can assist their loved ones by making sure that hallways, stairs and walkways (indoors and outdoors) are free of clutter allowing clear safe paths for them to ambulate, and especially if they need assistance with a walker or rollator. Giving them ample space allows them the ability to maneuver themselves and the devices with ease and peace of mind. Be sure light bulbs are changed and there is adequate lighting in

the home, so they can see any potential obstacles. Throw rugs are nice to place shoes on or add to the decor, but they also pose a threat that could result in a serious fall. Make their bathrooms safe by installing grab bars in the shower and by the commode. Be sure that smoke and carbon monoxide detectors batteries are changed on a routine basis. Living in a clean and safe environment is everyone's dream. It promotes good mental, emotional, and physical well-being.

Here at the Council on Aging our mission is to provide aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined quality of life.

Our Homemaker Program offers seniors homemaking services twice per month. Our homemakers provide light housekeeping which includes vacuuming of main living area and primary bedroom, sanitizing the bathroom floor, sink, tub/shower and toilet, disinfecting the kitchen, floor, fronts of cabinets and appliances, and if those fitted sheets fight with them when it's time to be changed, our homemakers are only too happy to give them a helping hand.

So, going back to our quote, when our seniors dream of cleaning their homes they can now actually see their homemaker's face cleaning their homes...who says dreams don't come true!

Call the Lake County Council on Aging at 440-205-8111 and ask for more information regarding our Homemaker Program and let us make your dreams come true!

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COMING SOON

Senior Farmers' Market Nutrition Program (SFMNP)

By Jackie Oliverio, Manager,

Aging and Disability Resource Center, Lake County Council on Aging

During the warmer months in Lake County, is there anything better than enjoying the fresh air while shopping at a local farmers market for the freshest fruits and vegetables? To help take advantage of this resource and improve the nutritional health of seniors, the United States Department of Agriculture administers the SFMNP which awards grants to states to provide limited-income seniors with coupons that can be exchanged for eligible foods at area farmers' markets. To be eligible for this program in Lake County, you must be a Lake County resident, age 60+ with an annual income (from all sources) under 185% of the federal poverty level.

For the past few years, seniors called the Lake County Council on Aging to register for a specific day and time to pick up the coupons at the Mentor United Methodist Church. We are excited to announce we will be doing a similar process again in 2024. On a to-be-announced date, seniors will call the Council on Aging to register for a specific day to pick up SFMNP coupons. We receive a limited amount of coupons each year, so this will be a first call, first serve

registration process.

Dates and details for SFMNP 2024 will be announced in June. Once applications are available, we will have them on-site the day(s) of the distribution event and available online to print from the Council on Aging's website, prior to the distribution date. A completed application and current I.D. will be required to pick up the coupons at the distribution. A proxy is allowed to pick up the coupons on a senior's behalf, but the application will need to be signed by the senior utilizing the coupons at the time of pick up.

The Council on Aging thanks the Mentor United Methodist Church who is graciously allowing us the use of their church for coupon distribution once again. Mentor UMC has been a great community partner and we truly appreciate their generosity!

For the most up-to-date information and announcements, please check our website (www.lcco.org) or Facebook page (www.facebook.com/lakecountycouncilonaging) starting in June. For general SFMNP questions, please contact ADRC Manager, Jackie Oliverio at 440-205-8111 ext. 236 or email info@lcco.org.

Free health screenings on April 23

Learn your numbers and take control of your health

The Council on Aging along with University Hospitals Lake Health will conduct a free health fair on Tuesday, April 23, 2024 between 10 am–4 pm. The event will be held in Mentor at the Lake County Council on Aging Office, 8520 East Avenue, and the screenings will take only about 5–20 minutes to complete. Participants will receive personalized information about indicators that can help determine the risk of developing chronic health conditions, empowering you to take control of your health.

Health screenings offered that day will measure cholesterol, blood sugar, body mass index (BMI), blood pressure, stroke, and bone density. Participants can also receive advice regarding avoiding

falls from UH Lake West's multi-disciplinary trauma team. Falls are a leading cause of injury death in adults 65 and older.

The Western Reserve Area Agency on Aging in collaboration with Prevent Blindness Ohio, will also conduct free vision screenings on April 23. Adult vision screeners are certified by Prevent Blindness and identify risks for eye disorders, provide the public with valuable information and may make referrals to an eye care professional. No appointments are needed. The health screenings will be available for Lake County seniors, aged 60 and over, and their caregivers from 9:30 am–4 pm.

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

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VOLUNTEER SERVICES

Spring into volunteering

By Ann Marie Armaro, Volunteer & Community Engagement

Spring is far more than just a changing of seasons; it's a rebirth of the spirit. The sun is shining and the flowers are blooming. Spring time inspires us to try something new and renew our spirit. What a great time to become a volunteer! Volunteers deliver Meals on Wheels, assist in making meals in our nutrition sites, grocery shop for seniors and so much more!



We are currently looking for volunteer drivers who can commit to one day per week Monday through Friday. Volunteer drivers deliver lunchtime meals to homebound seniors between 10:30 am and 12:30 pm. Every weekday, kitchen volunteers are needed for three to four hours in the morning starting at 7:30 am or 8 am. Kitchen volunteers assist in preparing and packing meals. Our nutrition sites include Wickliffe, Willowick, Mentor, Painesville and Madison. Daily visits by Meals on Wheels volunteers provide more than a meal, they are a friendly smile, conversation and also serve as a wellness check for the senior.

Grocery shoppers are needed

throughout Lake County to shop for homebound seniors. We are looking for volunteers who can commit to shopping two times a month for clients. This opportunity has a flexible schedule and can be done weekdays, evenings or weekends.

If you have some extra time and enjoy making cards, this is a great opportunity that can be done at home on your own time. Lake County Council on Aging sends birthday cards to clients and we are always in need of cards. Cards are collected throughout the year and can be dropped off at 8520 East Avenue in Mentor.

Get started today by calling Ann Marie Armaro at 440-701-4660 or emailing Aarmaro@Lcco.org.



Celebrity keg tapper Bob Royer surrounded by the band, the Shotskis, and HofbrauHaus hostess Barbara Pesa of Willoughby Hills.

“Prost” to Hofbräuhaus Cleveland

The Lake County Council on Aging was selected as the beneficiary of the March 2024 Hofbräuhaus Cleveland Keg Tapping. Proceeds raised during the evening event went towards the 2024 March For Meals campaign. Hundreds of guests including a bus of staff, friends and supporters from Lake County were on hand to see Bob Royer, a friend of the agency, tap the keg of Hopfen Weizen. Those in attendance helped raise funds for

Lake County Meals on Wheels and enjoyed musical entertainment by the Shotskis, and a special appearance by 92-year-old Don Densmore, playing wonderful music on his magic accordion. Last fall, Don was inducted into the Lake County Senior Citizens Hall of Fame.

Hofbräuhaus Cleveland at 1550 Chester Avenue near Playhouse Square, is modeled after the legendary 400+ year-old Hofbräuhaus in Munich, Germany!

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March for Meals 2024 – Best Ever!

Council on Aging hopes to bring in more dollars than ever to support meals program

On March 16, hundreds of Lake County residents gathered in the early morning hours at the Great Lakes Mall to participate in the Council on Aging's "March for Meals" event 2024. This year's gathering showed great community support for the nutrition programs that the agency has developed since 1972. March for Meals is the Lake County Council on Aging's (a non-profit 501c3 agency) annual fund-raising effort to bring attention to the issue of food insecurity among seniors and the local volunteers that make home delivery throughout Lake County possible.

In 2023, the Council on Aging delivered 199,756 meals to homebound older adults. Besides the nutritional value, these home-delivered meals offer many seniors a sense of connection to the outside world. Meals on Wheels drivers take great pride in the services they provide each day delivering a hot nutritious meal and providing a safety well check to Lake County seniors all year long.

"By volunteering, donating, or

participating today, you are ensuring that seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be," said Joe Tomsick, CEO of the Council on Aging. "Our meals program is a proven service that effectively addresses the challenges of aging by promoting health and improving the quality of life for our most vulnerable residents."

Over 45 businesses sponsored the event with the Western Reserve Area Agency on Aging as Title Sponsor. Dozens of other businesses and individuals participated as in-kind sponsors, donating food, raffle baskets and giveaways! The morning began with Dante Citraro singing the National Anthem, followed by the Lake Catholic High School Drum Corps who led the way for hundreds of walkers to "march for meals." At the main stage, DJ Jesse Webb provided musical entertainment and assisted with drawing winning tickets for over 20 incredible raffle baskets. This year's participants also enjoyed coffee from Gloria Jean's and

food donated by the Greater Cleveland Food Bank and Great Harvest Bread.

At the time of this printing, the event was expected to raise over \$40,000 to help subsidize rising meal costs! This would be the

largest amount ever raised from a March for Meals event. The Council on Aging would like to thank all of those who participated, and of course the volunteers who helped make the event so successful, including many staff members.



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Letters of love sent to seniors

The Council on Aging would like to thank everyone who made a card for a senior for their “Letters of Love” program. It is a truly compassionate and “magical” experience to watch a senior light up and smile when they receive their letter of love as it touches their heart. It reminds all of us that we are all connected by love, even with those many miles away or those we have never met.

The time and creativity of volunteers from preschool age through adults was amazing! This year we collected more than any other year—over 1,400 cards! Letters of love were distributed to 700 home-delivered Meals on Wheels clients and 200 seniors who enjoyed lunch in the Wickliffe, Willowick, Madison and Painesville Lunch Places on Valentine’s Day on February 14, 2024.



A senior was so touched by the Valentine greeting she received, she replied back to one of the kids!



Volunteer Marisa Cireddu delivers a “Letter of Love” to Ken Mussig.

JOIN OUR TEAM!

The Lake County Council on Aging is currently accepting applications for individuals interested in providing support and assistance to senior citizens with periodic housekeeping tasks. As a housekeeper, your role would be to ensure a safe and independent living environment for older adult clients through biweekly house cleaning services.

Here are the key responsibilities:

- Light dusting: Keep surfaces free of dust.
- Vacuum and mop floors: Maintain clean and tidy floors.
- Clean kitchen: Wipe appliances, cupboards, counters, and sinks.
- Clean bathroom: Wipe down the tub, sink, and toilet.
- Changing bed linens: Ensure fresh linens for comfort.

Compensation and benefits:

- Job type: Full-time, Monday through Friday.
- Salary: \$15.00 per hour to start.
- Benefits: 403(b) with match; health insurance; dental insurance; vision discount program; and paid time off.

For more information or to apply, please contact the Lake County Council on Aging at 440-205-8111, extension #257.

Candidates must pass a thorough background check and fingerprinting.

Lifeline programs

Lifeline leads the fight against poverty by empowering community members to achieve self-sufficiency and by improving the quality of life for all residents. Here are some of the programs they offer:

Senior Housing Navigator:

The brand new Housing Navigator Program has launched to help connect Lake County senior citizens to housing options and resources, whether rental or for homeowners. The navigator can assist with finding and securing rental housing and can help with online applications and provide financial assistance with security deposits, first month rent and utilities. Dial 211 for more information or to connect with the housing navigator.

Are You OK Program: Are You OK is a safety assurance program for Lake County seniors (60+) 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. Senior

citizens wishing to enroll in Are You OK can call Lifeline program coordinator Andrea Johnson at 440-354-2148 ext. 207 or email her at andrea@lclifeline.org.

Helping Hands for Seniors Program:

The Helping Hands for Seniors Program matches eligible Lake County 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 andrea@lclifeline.org to see if they qualify and apply.

Kinship Navigator Program: Lifeline continues to offer one-on-one navigation and resource connections by appointment, as well as monthly workshops and support groups. Contact kinship coordinator, Andrea Johnson, by calling 211.

211: The 211 hotline is available 24/7 for help in connecting to health and human services programs throughout Lake County.



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Health District encourages senior cycling

With the help of Lake County Connections—a senior outreach program—the Lake County General Health District looks forward to piloting and implementing a program that will allow seniors to enjoy the benefits of bike riding while indoors and with other members of the community.

Building a program with seniors in mind

So, how does the virtual bike program work? The virtual cycling class uses the convenience of a stationary bike combined with a smart tablet and a class instructor to ensure participants can use the equipment as planned. What does the setup look like? Each bike will be paired with a tablet, which will be positioned in front of the bike, that will be preloaded with an app that responds to the rider's pedaling and will move their virtual avatar through a vivid, engaging, virtual environment. The goal of the class is to introduce bike riding without the ups and downs of the weather

and without the risks that come with riding on various kinds of terrain.

What's coming up for the bike program at LCGHD?

In the next year, the Health District is also interested in implementing trishaw rides through an organization called Cycling Without Age as a component of well-aging in the county. Trishaws are three-wheeled bikes that seat passengers out front with a full view and a pilot who pedals and controls the bike from behind.

Cycling Without Age offers recreational mobility to seniors in a more care-centered environment through piloted trishaw rides. These rides allow seniors to experience movement, enjoy the outdoors, and have great conversations with their pilot.

For more information on the virtual bike program, trishaw rides and cycling programs for outdoors, please contact the Health District at 440-350-2543

Reduce your risk of having a stroke

By University Hospitals

We all know of someone who has experienced a stroke. Nearly 800,000 people have a stroke each year in the United States. Many of those people were left with permanent disability to one degree or another, making stroke the leading cause of long-term disability in the United States.

In addition, nearly 140,000 people die every year from stroke, making it the fifth-leading cause of death. Strokes can occur at any age, but three-quarters of all strokes occur in people older than age 65.

A stroke is a brain attack. Somewhere in the blood vessels that feed our brains, blood flow is blocked and brain cells are starved of oxygen, sugar, and other factors they need to survive. Usually, the problem is a blood clot or buildup of plaque in the vessels. Women are slightly more prone to strokes than men, and people of African-American descent have almost double the risk compared to Caucasians.

Ways to reduce stroke risk

There are ways to reduce the risk of having a stroke. Many conditions can damage blood vessels on the inside, leading to more of the plaques that can block blood flow in those vessels.

- High blood pressure is a main contributor to stroke and is the most important risk factor. Is your blood pressure under control?
- High cholesterol and high blood sugar are also factors to an increased stroke risk. It's important to control your cholesterol and your blood sugar to keep your brain healthy.
- Smoking constricts all the blood vessels. A constricted blood vessel is more likely to form clots. Smoking also damages the lining of all blood vessels, leading to more plaques.
- Consuming too much alcohol contributes to risk. It's recommended that men drink no more than two alcoholic drinks per day, and women limit their alcohol consumption to one per day. A drink is 5 ounces of wine, 12 ounces of beer, or a 1½ ounce shot of hard liquor.
- Obesity also damages blood vessels. Often, losing even 10

pounds can make a big difference. One important note on being overweight, people often equate exercise with weight control. Along with eating a healthy diet, exercise will almost certainly help you drop pounds. However, even if you do not lose a single ounce, exercise will make you healthier; it will help control your blood pressure and blood sugar. Even if you do not lose a single ounce, exercise will help you reduce your risk of heart attack – and stroke.

What to do when stroke happens

When a stroke occurs, as many as two million brain cells can die every minute. The more time from stroke to treatment, the more brain cells are lost. This is why it is so important to recognize the symptoms of a stroke, call 911, and get emergency medical attention as fast as possible.

Use B.E. F.A.S.T. to recognize stroke symptoms:

- Balance: Is balance suddenly off?
- Eyes: Experiencing blurry or double vision?
- Face: Does one side of the face droop when smiling?
- Arms: Does one arm drift downward when arms are raised?
- Speech: Are words slurred? Can sentences be repeated correctly?
- Time: If a person shows any of these symptoms, time is important. Call 9-1-1 or get to the hospital fast.

STROKE RISK SCREENING

Find out your risk for having a stroke with a free stroke risk assessment:

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FREE ONLINE HEALTH TALK: STROKE 101

See page 22 for info!

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Reduce your property taxes

The homestead exemption is a form of property tax reduction in real estate taxes for those who qualify. The deadline is now on December 31, 2024. This is a good time to review some of the requirements for exemption. If you have any further questions, feel free to call the Lake County auditor's office at 440-350-2536 or you may download the application at www.lakecountyohio.gov/auditor/Forms.

Who is eligible to file for the homestead exemption?

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

If you are a veteran who is 100% permanently and totally service connected disabled, or the surviving spouse of a public service officer killed in the line of duty, then you may be entitled to an additional credit. VA disabled veterans do not have any income requirements but must provide a copy of their VA disability letter and DD214 to receive the homestead exemption.

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

The income is based on your modified adjusted gross income. This is your OAGI (Ohio adjusted gross income) which is located on line 3 of the state income tax return statement plus line 11 of the Ohio Schedule A of the state income tax return statement. The total income for the tax year 2023 must be under \$38,600. This income-based program applies to homeowners that are turning 65 in 2024 as well as persons qualifying under the disability exemption.

You must own and occupy your home or manufactured home and was your primary place of residence as of January 1, 2024. For all forms of qualifying ownership, please refer to page 2 of the homestead application (DTE105A).

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

expired passport must be included with your application. The application may be filed in person at the auditor's office or postmarked on or before December 31, 2024.

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

If you would have qualified for homestead in 2023 and did not apply, please check the "late application for prior year" box on the application as well as the current application box. If you are filing a late application, then the total amount of income must be under \$36,100 for tax year 2022.

Does disability qualify me for homestead?

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

What happens when a spouse has passed away?

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

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

If you have qualified, the exemption will appear on the tax bill you receive the following January. The auditor's office will review the information you provided and determine if you qualify for the homestead exemption. We will notify you before the end of the year in which you filed only if your application has been denied.

Call or visit the Lake County auditor's office if you have any further questions. You can also email at homestead@lakecounty.gov. Please remember that the deadline to apply is December 31, 2024.

Senior Day at the Mall 2024 scheduled for May 21

Mark your calendar for this special event as we celebrate the seniors of Lake County. This year's event takes place on Tuesday, May 21 and the theme is "Powered by Connection."

Lake County seniors are invited to come for a special day of activities, annual "Outstanding Senior Awards", and great fellowship. Tickets for \$1 will be available from the Council on Aging and each of the Lake County Senior Centers beginning on May 1 for \$1 each. Tickets are also available at the door on the day of the event. Guests will be welcomed beginning at 9 am with light snacks and Gloria Jean's Coffees. Dozens of sponsors and vendors will be on hand throughout the day to offer educational information and material on services available for seniors and their caregivers.

Activities begin with bingo in the food court at 9:30-10:30 am. Guests will then have plenty of time to visit vendor booths before awards and entertainment. Proclamations from the Lake County

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MONTH**



POWERED BY CONNECTION: MAY 2024

Board of Commissioners will be presented at 11:30 am with entertainment scheduled at 12:30 pm.

The Senior Services Levy Committee works to raise funds to support the Lake County Senior Services Levy, which has been operating since 1992. The levy supports many of the county's senior services such as home-delivered meals, social work services, home repairs and modifications, senior center programming and Adult Protective Services. Fundraising events like "Senior Day at the Mall" help to ensure successful future campaigns.

Laketran can provide transportation to Senior Day at the Mall by calling 440-354-6100. Please consider celebrating aging in Lake County by attending this year's event on Tuesday, May 21.

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Get your Vial of Life kit today

The Vial of Life is an emergency-preparedness program offered by the Lake County Council on Aging. This program consists of a small kit that is designed to speak for you when you can't speak for yourself.

This kit includes the senior's medical information that can assist emergency personnel in administering the proper medical treatment. A red, magnetized pouch is placed on the individual's refrigerator, where first responders are readily able to locate the information.



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

Project Hope for the Homeless seeks retirees for volunteering

Needs weekday afternoon volunteers

Retiree Anne Bandi loves how she feels after volunteering with families and children served by Project Hope for the Homeless.

"We have a unique opportunity to contribute to the well-being of these families," Bandi said. "We usually have more flexibility in our schedules and the shelter needs afternoon volunteers. Please prayerfully consider volunteering. I guarantee you will leave the shelter knowing you received more than you can possibly give!"

Families Moving Forward is a dedicated shelter program for homeless families with children in a safe, family-friendly environment for play, homework, relaxation, and parental learning opportunities.

It is open overnight and during

the afternoons when volunteers are needed on weekdays from 1-4 pm.

The main role of a volunteer is simple – to be present, Bandi said. Volunteers assist the staff, get snacks together or warm up an evening meal, and spend time with parents by talking with them about their day, empathizing with parenting challenges, and offering kind words.

Being present with children often involves just listening or having fun playing with toys and games while the parent works with shelter staff on goals and finding a new place to live.

Visit projecthopeforthehomeless.org or email volunteer@projecthopeforthehomeless.org to learn about volunteer opportunities.



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Leapin' grasshopper!

Barb Henderson, kitchen aide at the Lake County Council on Aging Madison nutrition site, won the best dessert award at the Taste of Madison event at the Madison Public Library on February 29!

Representing the Madison Senior Center, Barb's "leapin grasshopper fudge brownies" were a crowd favorite at the Leap day event. Barb practices her culinary skills Monday through Friday in the kitchen at the senior center preparing delicious and nutritious hot meals for the seniors receiving Meals on Wheels home-delivered meals from Lake County Council on Aging and seniors dining at the Lunch Place in the senior center. Join Barb for lunch.

Visit www.lcco.org to view the menu and call Glynnis at 440-428-7002 to make a reservation



for lunch at the Lunch Place. To learn more about the activities at the Madison Senior Center, please call Carol Billeter, senior center director at 440-428-6664. To learn more about home-delivered meals, please call the Council on Aging at 440-205-8111. Serving seniors is our mission.

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Appreciation to recent donations

Lake County Council On Aging was the recipient of a 2023 CVS Health Foundation Volunteer Challenge Grant. This program is designed to recognize the volunteer and fundraising efforts of CVS colleagues while also supporting the organizations they support. This \$1000 Individual Volunteerism Grant was presented in support of

the work of CVS Health colleague Colleen Mccarthy.

The agency was also awarded \$350 thru a partnership with Jiffy Lube and Meals on Wheels America. This national collaboration was part of Jiffy Lube's 2023 Drive To Do More initiative. The agency thanks Jiffy Lube on Diamond Center in Mentor.

Cleveland Memorial Society

The Cleveland Memorial Society (CMS) is a nonprofit organization that focuses on putting funeral arrangements back into the hands of families, making funerals simpler and less commercial. It addresses end-of-life planning, family-organized and family-directed funeral or cremation arrangements, affordable options, education and consumer advocacy. The organization partners with selected funeral directors in the northeast Ohio area to guarantee rates for simple, direct burials and cremations.

CMS is one of many memorial societies nationwide, and all are associated with the Funeral Consumers Alliance (FCA), an organization

committed to identifying legislative and regulatory issues of concern. At the local level, CMS supplies education in the form of a website, newsletter, member-driven forums and guest speakers. Our goal is simply to get people, and families, talking about end-of-life wishes and plans; death has become a taboo topic that is quite literally inevitable. The more we know, the better equipped we are to plan celebrations of lives well lived instead of being fearful of the final chapters.

Interested persons are invited to visit <https://clevememorialsociety.org> to become a member for a one-time fee of \$25.00, or to reach out by phone at 216-751-5515.



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

Some survey comments regarding our Home-Delivered Meal program

Rebecca wrote:

My mom lives in Concord Township. We love the programs and tell Cristina, the social worker, thanks!

Barbara, a home-delivered meal client said:

I am very impressed with HDM and didn't realize what a great program it was. It is a godsend, well-balanced and good for you. The drivers are fantastic.

A Painesville home-delivered meal client said:

I have the best of all the people, volunteers to bring my meals and Pattie who answers the phone, the beautiful people who get food together. My people that give me my food; Jack, Richard, Carol, Donny— God bless and thank you.

Celine in Willowick wrote:

Thank you for the nice surprise at Christmas! The people who make the visits are so nice. Thank you!

Free Online Health Talk: Stroke 101

Join Cathy Sila, MD, chair of the Department of Neurology at University Hospitals, and learn the facts about stroke – signs and symptoms, along with lifestyle changes you can make to control the health conditions that raise your risk for stroke followed by Q&A at the conclusion of the presentation.



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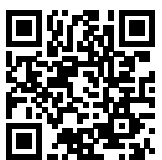
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AARP Smart Driver Course Returns May 16



Now is a great time to sharpen driving skills by participating in the AARP Smart Driver program, presented through a partnership between AARP and the Lake County Council on Aging. Lake County residents age 50 and over are eligible for the workshop which will take place on Thursday, May 16, from 10:00 am – 2:30 pm at the Council on Aging office, 8520 East Avenue in Mentor.

There will be a half-hour break for lunch which will be made available for registered participants that day. Those attending will learn defensive driving techniques and strategies, review new traffic laws, rules of the road and more in the

four-hour course. They will discover how to adjust their driving to age related changes in vision, hearing, and reaction time through an interactive discussion about the changing technology on newer vehicles and the warning signs that suggest it's time to give up the keys.

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

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

Lake County Mobile Food Pantry extends distribution to September

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

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

Lake County seniors, 60 years and older, may register for one pick-up per month by calling the Lake County Council on Aging at 440-205-8111 or Lifeline at 211. Preregistration is required for up to 90 spots available each week. Participants must certify annual gross household income is at or below \$29,160 for a household of one and \$39,440 for a household of two. Income is self-declared; verification is not required.

"A lot of agencies are reflecting on what things they did differently during the pandemic and what should stay," shared Laketrans CEO Ben Capelle. "As long as food insecurities exist among our seniors, we plan to continue this program with the support of the Greater Cleveland Food Bank and our lo-



cal partners. There is no reason seniors in Lake County should go without food."

Laketran offers free transportation to the Lake County Mobile Food Pantry distribution. Residents can call Laketrans customer service at 440-354-6100 to arrange transportation to pick up your produce. Reservations for Laketrans' Dial-a-Ride service can be made 1-12 business days in advance.

The Mentor Park-n-Ride is also accessible taking Laketrans' Route 8, but please be aware produce boxes are between 20-30 pounds.

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

This program is made possible through a partnership between Laketrans, board of Lake County commissioners senior services, Lake County Council on Aging, Lifeline, and the Greater Cleveland Food Bank.

Protect Your Loved Ones by Planning for the Years Ahead

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United Way of Lake County is a proud partner with COA!

The added benefits of a congregate meal

United Way of Lake County (UWLC) is proud to count the Lake County Council on Aging's Congregate Meal Program among one of the critical initiatives they support. Thanks to those who give to UWLC, they provided \$50,000 last year in support of the 19,020 meals that were served to Lake County seniors in need.

As we age, the importance of maintaining a balanced diet becomes increasingly vital for overall health and well-being, yet an estimated 6.5% of seniors in northeast Ohio suffer from food insecurity.

The sustenance they need not only fuels their bodies but also makes a significant contribution to their cognitive function, energy levels, and immune system.

Moreover, providing se-



niors with a congregate meal setting, where they can enjoy their meals alongside peers, offers more than just sustenance—it helps to combat loneliness and despair.

Many older adults face social isolation, which can lead to feelings of depression and hopelessness. Congregate meals not only provide essential nutrition but also create a sense of community and belonging.

Sharing a meal works to foster connections, encourage conversation, and cultivate friendships, all of which are crucial for mental and emotional well-being. For more information, please contact the Council on Aging at 440-205-8111.



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.

Mary Walukas, Wickliffe 101 years old • Born 2/18/1923	Robert L. Burden, Mentor 100 years old Born 5/10/1924
Arleen Wright, Mentor 100 years old Born 2/13/1924	Hilde Hura, Wickliffe 100 years old Born 4/23/1924
Pauline Lattanzio, Willowick 103 years old • Born 2/01/1921	Grace E. Elmore, Mentor 100 years old Born 3/24/1924
Valerie Naef, Painesville 100 years old Born 2/26/1924	

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

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

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

- Name of honoree
- Your name (as requestor)

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

Send to:

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

Privacy policy:

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

19th annual White Cane Walk on Saturday, June 1, 10 am–1 pm

Cleveland Sight Center is a nonprofit agency that provides individuals with the support and tools to navigate the visual world. Their specialized staff assess individuals of all ages with empathy and professionalism, seeking to help them understand their unique vision-related needs and how they can achieve their goals.

White Cane Walk is a celebration of the many ways individuals navigate the visual world. The event is hosted at Cleveland Sight Center and features a one-mile walk around Wade Lagoon in University Circle and a celebration to follow with family-friendly fun, music, food and games! Come together, explore and walk in support of Cleveland Sight Center.

There are many ways to participate! You can register to attend,

start or join a fundraising team or donate to the event. Registration is required and there is a suggested donation of \$25 per person to attend. By starting a fundraising team and taking on the role of team captain, you become an ultimate White Cane Walk supporter spreading awareness of the event and asking friends and family to get involved by donating to your team or registering to attend with you!

Help CSC reach their fundraising goal of \$70,000 to support our vision of a world where the quality of one's sight does not determine the quality of one's life. Funds raised will support the blind and visually impaired community by ensuring they have the tools and training to navigate the visual world.

Please visit whitecanewalk.org or call 216-791-8118 for more details.

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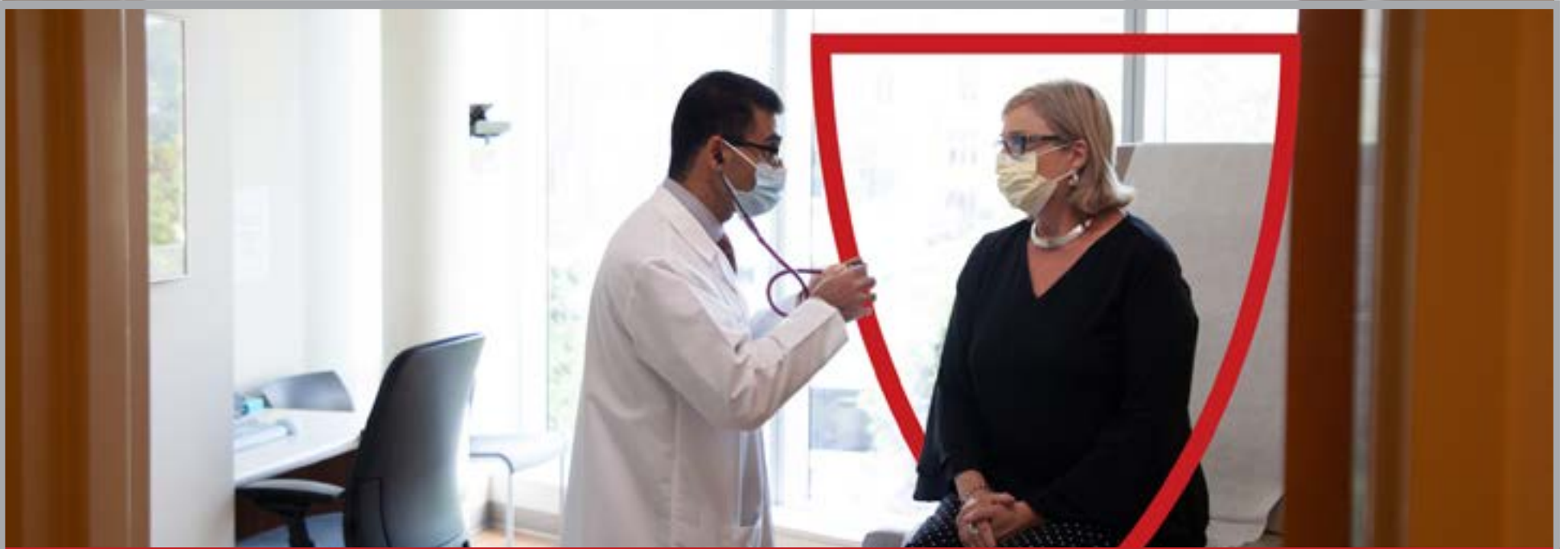
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