



Homemaker Program
Time to spring into action!
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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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Willoughby nonagenarian has made a huge impact on Lake County residents

Meet Tom Dreher, a 91-year-old senior citizen who grew up in Pittsburgh, Pennsylvania, but has spent most of his life making an impact on the Lake County residents.

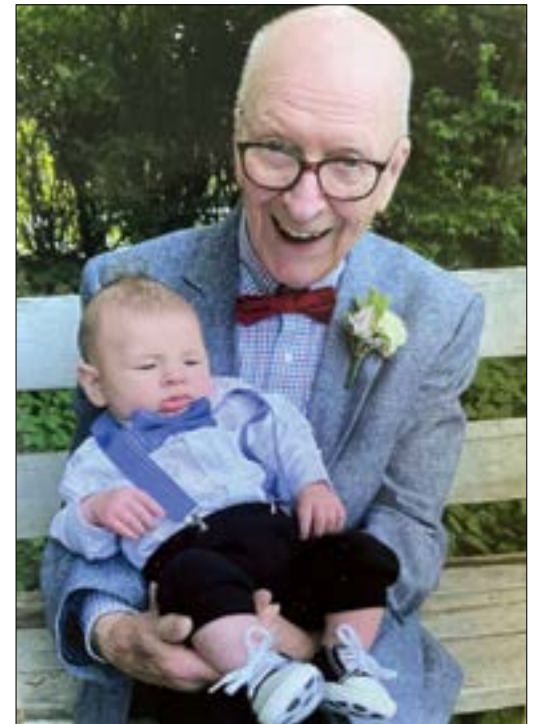
Dreher has been a people's advocate all his life, beginning with his stint in the U.S. Army and continuing through his lifetime commitment to his neighboring communities. "I guess my interest in being engaged in the community began young as I saw my mother's involvement and how she wanted to be an influence in her hometown and make a difference," Dreher says. "She was a precinct committee member for over 50 years. I believe she holds the record for that."

It's easy to see where Dreher learned about diplomacy, too, after growing

up with two brothers, one younger and one older. It's well known that middle children are good mediators. And while his younger brother died at age 32, he still sees his older brother, who is still going strong at age 96 and resides in P.A. "He was a career architect and designer, and oversaw the dormitories at Duquesne University," Dreher says proudly.

Dreher credits his time in the U.S. Army during the Korean War for giving him the skills for his future. "I got drafted but it turned out to be a very good thing," he says. "The Army taught me a lot. I have been able to utilize what I learned through that experience and have made use of the great benefits I received for housing

Continued on page 4



Tom Dreher with his great-grandson, Oliver.

Join us for World Elder Abuse Awareness Day

A call to action in Lake County!

Each year, we observe June 15 as World Elder Abuse Awareness Day (WEAAD). Established in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization, WEAAD shines a crucial spotlight on the pressing issues of elder abuse and neglect. As Richard J. Regovich, president of the Board of Lake County Commissioners, stated, "This day offers a vital opportunity for our Lake County community to emphasize the importance of safeguarding our elderly population and ensuring they receive the dignity and respect they deserve."

The statistics surrounding elder abuse are alarming: approximately five million older Americans, or 1 in 10, face abuse, neglect, or exploitation each year—but shockingly, only 1 in

Commissioners Corner



Morris Beverage III



John Plecnik



Richard Regovich

14 cases are ever reported to authorities. Many seniors suffer in silence, hindered by social isolation and limited support systems. "It's a sad reality that countless instances of elder abuse go unnoticed," said Commissioner John T. Plecnik. "By raising our voices and creating supportive networks, we empower our older adults and their neighbors to report mistreatment."

Get involved: Join us on June 12!

This year, Lake County Adult Protective Services, the board of commission-

ers, and Lifeline will host the 4th annual WEAAD event on Thursday, June 12, 2025. We invite you to participate in a meaningful walk that begins at 11:45 a.m. at the Lake County Department of Job and Family Services, 177 Main Street, and concludes at the Lake County Administration Building, 105 Main Street. This event is an opportunity for participants to come together, make a stand, and raise awareness for the cause. Special speakers will follow the walk, and attendees are encouraged to wear purple, the official color representing elder abuse awareness, as a symbol of solidarity and commitment to prevent elder abuse in our community.

Commissioner Morris Beverage III emphasized the importance of

See AWARENESS on page 4

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Wednesday, June 25, 2025

Williams On The Lake
787 Lafayette Road, Medina
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Thursday, June 26, 2025

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5783 Heisley Road, Mentor
Credit card bar available

Tickets for both locations

Lunch & Show 12:00 pm.....\$74.00
Dinner & Show 6:30 pm\$74.00
Show Only 1 pm or 7:30 pm.....\$57.00



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, July 23, 2025

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787 Lafayette Road, Medina
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Show Only 1 pm or 7:30 pm.....\$56.00



The Rat Pack & More

Enjoy timeless music like Frank Sinatra's "Fly Me To The Moon," Sammy Davis Jr's "I've Gotta Be Me," and Dean Martin's "That's Amore." Grab a martini and enjoy the show!

Wednesday, August 20, 2025

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Wednesday, September 24, 2025

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787 Lafayette Road, Medina
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Tickets

Lunch & Show 12:00 pm.....\$72.00
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Boogie Fever '70s Disco Band

Hey everybody, put on your dancin' shoes! It's time for the Disco phenomenon known as Boogie Fever. Rudy Duck, Buddy Velvet, Heywood Japayme, and the Candyman will electrify your senses with crazy grooves. Boogie Fever plays all the top disco dance hits of the '70s with an amazing fully-costumed stage show! It's a funky time warp sure to get your back off the wall and out on the floor! Everyone attending has a license to GET DOWN!!

Thursday, September 25, 2025

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Rumours Unplugged Fleetwood Mac Tribute

Check out Lance, Claudia and Shannon as they take a more intimate look into Lindsey, Christine & Stevie's careers together and as solo artists. Hear stories about the artists they portray that you may have not heard before! Their amazing harmonies will take you back to when these classic songs began. Come on out and join them as they rock your town with many of your favorite Fleetwood Mac hits as well as their solo hits.

Wednesday, October 29, 2025

Williams On The Lake
787 Lafayette Road, Medina
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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



Elvis Christmas Show

Aloha & Merry Christmas from Hawaii! We present the music from the legendary "Aloha from Hawaii" concert as it passes the 50-year mark! Walt Sanders gives an incredible performance of Elvis's music, along with Christmas and swing era favorites performed by the Dave Banks Big Band!

Wednesday, November 19, 2025

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Welcome from the CEO

Given a choice, older adults often prefer to stay in their community—and in most cases, in their own homes—for as long as possible. Since 1972, the Lake County Council on Aging has helped make that choice possible. Through our celebrated, in-house programs and services to our collaborative work with community-based, partner organizations, we provide seniors with the tools and awareness of the resources that can help them remain self-sufficient.

Whether you are facing a crisis with a parent or loved one, or in need of assistance in navigating the aging experience, the Council on Aging is here to help. Thanks to our team, including the board of trustees, staff and volunteers, our agency continues to work tirelessly in multiple ways to give support and provide programs that have a positive effect on an ever growing senior community.

Recently, the agency was the cover story and featured organization in Mentor Living Magazine. The special edition provided an exclusive “insiders look” into the services we offer and how to get connected to our programs. Of course you can stay connected by “friending us” on Facebook where we regularly post all of the activities and educational programs that are available throughout the year.

I want to thank all of the individuals, businesses and sponsors that participated in our 2025 March for Meals fundraiser. The dollars raised help subsidize the rising cost of meals for homebound seniors in our community, and for 18 years your generosity through the event, has had a significant impact in the fight against senior hunger.

In May we celebrate Older Americans Month and this year’s theme, “Flip the Script,” encourages us to change the narrative surrounding aging and highlights the vibrant role seniors play in our communities. We’ll begin the month with our first ever 5k run/1k walk on Mother’s Day, May 11. We’re calling it “Miles for Mom” and details can be found on page 12. Then, on Tuesday, May 20, friends will gather for “Senior Day at the Mall” for awards, prizes and even a magic show! It will certainly be a great opportunity to meet representatives from dozens of senior-friendly organizations and to learn about resources that are available for seniors and their families in Lake County.

Our 2024 Annual Report is now available online at lcco.org or you may call the office for a printed copy. It offers a comprehensive overview of our impact in the community and gives a glimpse into the multiple ways that Council on Aging supports an ever-growing senior population. The numbers in the report reflect the amazing work of our staff and I am thankful to them and to our dedicated volunteers for their tremendous work and commitment to helping others.

Thank you for allowing us to be part of your lives each and every day, working hard to be recognized as Lake County’s most valuable resource for aging adults.

Sincerely,

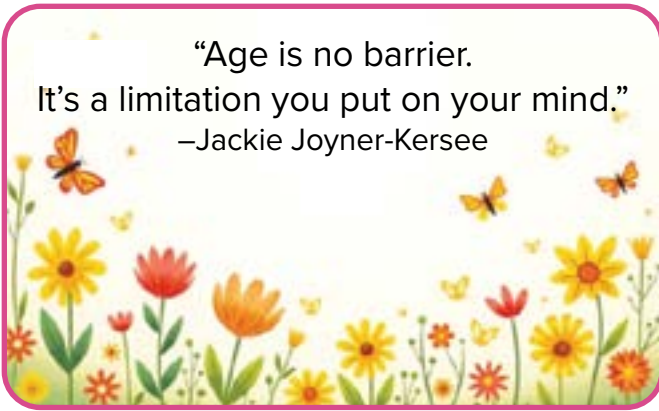
Joseph R. Tomsick

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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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Tom Dreher from page 1

and a higher education.”

He took advantage of those education perks by attending John Carroll University, where he majored in speech and communications while working at General Electric in Euclid. There, he wrote requests for government grants. All those acquired abilities came in handy when he decided to get into politics.

“Everything I learned in the Army, college, and my job, gave me the knowledge to prepare me for what came after in my career.”

That career included becoming the mayor of Willowick from 1980–1983. “I enjoyed that time very much,” he says. “I was mostly attracted to the people who really cared about their community and that drove my interest.” He adds that because of the people, and his young years watching his mother get involved in community affairs, it felt natural to him to want to serve people. For 11 years, he has served as a member of the Lake County Senior Citizens Advisory Panel.

“Everything we do impacts seniors and that’s important to me. And older people, especially, are interested in their government and their community. I found Lake County seniors are very active and interesting.” He then chuckled, adding, “And they do not hold back about how they feel!”

Dreher began playing the trumpet in high school, which led to his playing for years in his neighborhood church. When he decided to hang up the instrument, admitting “that phase was over,” he donated

his trumpet to a music shop in Euclid and began a new creative endeavor. He became an author. He has published four books and is currently working on his fifth. His titles are “Local Politician,” “Too Many Clowns and Not Enough Elephants,” “Gems and Blisters,” and “Prompts for Prosperity.”

“I basically write for my own pleasure,” he says. “I get a lot of satisfaction out of it and people do seem to enjoy them.”

His four children are all accomplished as well. His oldest son is a physician in pediatrics, the other is an attorney. His eldest daughter is in accounting at Lubrizol and the other daughter teaches math at Holy Name in Parma Hts.

Dreher’s first wife, Aurelia, passed away in 2010 after a long and loving marriage. He notes that she was 100% Polish.

Today, Dreher enjoys maintaining the home he shares with current wife, Ellie, and spending time with his 13 grandchildren and 11 great-grandchildren. He notes that his great-grandson, Oliver (pictured with Tom on the cover), is the first male great grandchild after 10 great granddaughters. What are the odds of that?!

In addition to family he finds great fulfillment from his steadfast involvement with seniors. And he is grateful for it all.

“As I look back, I’ve had many great offerings in my life,” he says. “I’ve been given a lot because of my military service, and I feel richly rewarded because of it.”

~Article by Deanna Adams

~Photo provided by Tom Dreher

Awareness from page 1

WEAAD. “As we approach June 15, we encourage all Lake County residents to stand together in awareness and advocacy, ensuring that our seniors are cherished and safeguarded. Together, we can create an environment where elder abuse is no longer tolerated.”

Recognizing the signs of elder abuse

Community members can play a crucial role in recognizing the signs of elder abuse. By engaging with loved ones, participating in supportive activities, and volunteering with local organizations, we can build connections that reduce isola-

tion and foster a safer environment for our seniors. If you suspect that an older adult is experiencing abuse, neglect, or exploitation, immediate help is available:

- Contact Lake County Adult Protective Services at (440) 350-4000, press 1, to report concerns about elder abuse for individuals aged 60 and over.
- For issues regarding suspected abuse in nursing homes, reach out to the Ohio Department of Health at (800) 342-0553.
- Concerns about long-term care services can be directed to the Office of the Long-term Care Ombudsman at (800) 365-3112.

AARP Smart Driver Course returns to Council on Aging Thursday, May 15

You may become eligible for a car insurance discount!

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 15, from 10 a.m. – 2:30 p.m. 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."

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VOLUNTEER SERVICES



Spring has sprung! Get out and enjoy it by volunteering!

By **Ann Marie Armaro**, Volunteer & Community Engagement Specialist,
Lake County Council on Aging

Spring is here! The sun is shining, and the flowers are blooming. Spring inspires us to try something new, and 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 more!

We are currently looking for volunteer drivers who can commit to one day per week Monday through Friday or become a sub volunteer when available. Volunteer drivers deliver lunchtime meals to homebound seniors between 10:30 a.m. and 12:30 p.m. Every weekday, kitchen volunteers are needed for three to four hours in the morning starting at 7:30 or 8 a.m. 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 provides more than a

meal, it is a friendly smile, conversation and also serves as a well check for the senior.

Grocery shoppers and friendly visitors are needed throughout Lake County to shop for or visit homebound seniors. We are looking for volunteers who can commit to shopping or visiting clients two times a month. 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@Lccoa.org.

COMMUNITY SERVICES

Self-care for seniors Tips to be healthy and happy

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

As our society continues to become more fast-paced every day, it is important now more than ever to spend time taking care of yourself. Sometimes we are so busy that we do not think about things we can do to maintain our overall well-being. It is important to look after your own health needs and develop some self-care time for yourself.

When thinking of self-care, one often may think first of the physical aspects. Scheduling and maintaining routine doctor appointments throughout the year is a critical step to prevent onset of new health conditions or a decline of current ailments. You may want to be prepared to ask questions or seek tips on how to best manage your current state of health with these providers. If you are not able to go to an office setting, ask your current provider for options on virtual or in-home appointments. Some other tips for physical self-care are eating healthy meals, getting enough sleep, and practicing good hygiene. Development of a daily exercise routine, if able, is another key to staying healthy. Something as little as stretching or seated exercise can go a long way to help maintain physical fitness. If you can physically do some more challenging activities, consider gardening or swimming as part of a physical activity routine as the weather gets warmer in the spring and summer. Consult a health professional to find out what type of routine will be best and safest for you.

Another important aspect of self-

care is taking care of your mental health. It is crucial to take time to recognize how you are feeling at various times throughout the day and taking steps to address any emotional needs. Surrounding yourself with a positive support system and socializing with them can help you feel happy and connected to others.

If you are able to volunteer your time for others or for a community group, that may be beneficial and give you a feeling

of making a difference and boost your mood. Engaging in hobbies or activities that bring you joy are vital as well. If you feel like you are going through a difficult time, talking to someone may prove helpful. Formal services, such as counseling, are available for any challenge you may be currently facing. You may also wish to attend a support group or talk to a close friend or family member about your concerns.

There are many other things you can do for your health and happiness; it is all about finding out what works best for you. Some people like going outside in nature. Spring is a good time to get outside, watch birds, plant flowers, see a sunset, talk to neighbors, and enjoy other outdoor activities. Reading books can be good stress relief. Maintaining a clean and safe living environment is a component of self-care as well. Your journey to wellness can be self-guided and with help from others. Do whatever makes you feel happy and healthy for yourself. Take care!



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Andy & Amy G. – Kirtland



Jack Dever

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Homemaker Program helps seniors spring into action!

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

Goodbye dark, dreary, cold days of winter! Hello bright, sunny, warm days of spring!

So, what actions can seniors “spring into” this spring? The Lake County Council on Aging’s Homemaker Program offers a few ideas to get you moving!

Spring cleaning/decluttering

Spring cleaning is not the most enjoyable thing to do, but it does serve a purpose though. Spring reminds us that we can always begin anew and let go of things that no longer serve us. Take for example decluttering. For some people that word makes them shudder!

Decluttering can bring you peace of mind and allows you to focus on the here and now. When you declutter your home, your environment is calm, everything is organized, and you may find yourself having more restful nights — decluttering your space helps declutter your mind. Not only does it free up space in your environ-

ment, it frees up space in your life. Space and time you can spend with family and friends. Living the good life while making memories to last a lifetime.

The Lake County Council on Aging Homemaker Program provides light housekeeping twice a month to assist seniors maintain the cleanliness of their homes after they have been assessed by our Social Work Department and found eligible to receive the service. There is a monthly charge which is based on a sliding fee schedule.

The homemakers provide vacuuming and dusting of the main living area and main bedroom. Kitchen floors, counters, and fronts of appliances and cabinets are cleaned and disinfected. The main bathroom floor, commode, sink, tub and shower are sanitized. This promotes a healthy and germ-free living environment for our seniors.

The Lake County Council on



Aging Homemaker Program can assist you in making that free time last long after the decluttering process has been completed. With that free time, here are some other activities you can spring into action to do!

Walking

Spring is a great time for seniors to step outside and soak in and appreciate the beauties of nature blooming. And what better way to do so than walking?! Whether it is just a walk around the neighborhood catching up with neighbors, or packing a sandwich and taking a walk thru a park and enjoying a park bench picnic, a great way to get back to nature. No more hibernating in the house!

Walking is a low-impact exercise that is gentle on the joints. Slow and steady wins the race, so walk at your own pace. Maybe even

enlist a friend to walk with you to make it more enjoyable. Exercise and socialization; what a perfect combination!

Gardening

Gardening is a great mood booster. You can do it alone or enlist some friends. Turn your yard into a community garden. Whether you are sharing gardening tips or learning a new skill, gardening can reduce stress, and sunlight provides Vitamin D which aides in immunity, all while providing socialization and boosting self esteem and cognitive functions.

So, are you ready to “spring into action” for some light housekeeping? If you would like more more information on the Homemaker Program call (440) 205-8111.

Together we can maintain your home, not only in spring time, but ALL year round!

Senior Farmers Market Nutrition Program (SFMNP)

In anticipation of the upcoming 2025 season of the Senior Farmers Market Nutrition Program (SFMNP), we want to remind eligible Lake County seniors of the changes that took place in 2024. At the decision of the Ohio Department of Aging (ODA), the SFMNP went all electronic, including the online application process and obtaining the \$50 benefit.

The Lake County Council on Aging does not anticipate receiving 2025 SFMNP updates until sometime in May and/or when the ODA releases information.



Please check the Ohio Department of Aging’s website at www.aging.ohio.gov/SFMNP for the most up-to-date information.

The Council on Aging will post any information we receive at www.lccoa.org as well as on our Facebook page (facebook.com/lakecountycouncilonaging).



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Find out why seniors are saying “love it!”

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

Lake County Council on Aging has four Lunch Place locations in Lake County for seniors to enjoy a nutritious, tasty meal with other seniors for a suggested donation of \$1.50. It is a great opportunity to enjoy lunch with friends or to make new friends while enjoying a delicious, nutritious meal. Seniors who dine in the Lunch Place locations routinely say “love it” when asked about their experience and the food. On a recent satisfaction survey, 93% of seniors said that it helped them maintain or improve their health and 97% said that attending the Lunch Place is increased their socialization with other seniors and reduced feelings of loneliness and isolation.

The menu is created by a registered dietician, so every meal served provides one-third of daily nutritional values with lower calories, lower fat, and lower sodium than most meals. Every hot meal has a serving of a protein entrée, a starchy side, a vegetable, a fruit, a bread and a milk. You can eat the whole meal

and know that it is healthy for you—as well as, being delicious!

A senior who dines at the Wickliffe Lunch Place in the Wickliffe Senior Center says, “I enjoy my lunchtime here at the center. Workers, volunteers and seniors are top notch. Thank you all for this program.”

A senior who dines at the Madison Lunch Place in the Madison Senior Center says, “love it!” and another says, “I really enjoy coming to the Madison Lunch Place and spending time with wonderful staff and friends.”

It’s easy to start attending a Lunch Place. You can dine with us once a month, twice a week or as often as you like. You will need to make a reservation for the day(s) that you would like to dine in the Lunch Place. Reservations are made in advance by the Tuesday of the week before. You can even sign up for the whole month at once! The first time you dine at the Lunch Place, you will complete a simple confi-

dential registration form of basic demographic information including your name, date of birth, address and phone number. You will also complete a simple ten-question nutrition risk assessment. The form is also available on the Council on Aging website at www.lcco.org. You can also find the monthly menu on the website.

So let’s plan your first lunch at the Lunch Place. You can dine in any or all locations throughout a month. Lunch is at 11:30 a.m., except at Madison which serves lunch at noon. Call the Lunch Place and make a reservation today!

On day of dining

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

We look forward to seeing you at a Lunch Place in the near future. You’ll be saying “love it!” too.



Lunch Place Nutrition Sites

The Lunch Place at Madison

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

The Lunch Place at Painesville

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

The Lunch Place at Wickliffe

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

The Lunch Place at Willowick

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

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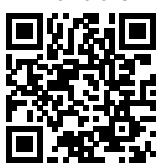
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Hooray for community champions

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

During the week of March 17–21, 2025 the five nutrition sites of Lake County Council on Aging (LCCoA) hosted Community Champions Week. This event is an opportunity for public officials, first responders, law enforcement representatives, business leaders, non-profit 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 125 seniors served in the Lunch Places, the 725 seniors served in home delivery across the county, and the hundreds of volunteers who assist LCCoA in providing meals. Community champions also received information on other services provided by LCCoA.

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 first-hand 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. We are equally grateful for the participation by our community champions.”

Thank you to all who participated!



State Representative Dan Troy serving lunch at the Wickliffe Lunch Place during 2024 Community Champions Week.



Lake County Commissioner Rich Regovich (second from the right) is joined by officers from the Wickliffe Police Department, Vontrice Jones from Greater Cleveland Food Bank and former Wickliffe Senior Center Director Gerri Hubbell.



Mentor Police Chief Ken Gunsch packs meals for home delivery during 2024 Community Champions Week.

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Senior Day at the Mall set for May 20

Mark your calendar for this special event as we celebrate the seniors of Lake County. This year's event takes place at the Great Lakes Mall on Tuesday, May 20 and the theme is “Flip the Script on Aging.”

Lake County seniors are invited to come for a special day of activities, annual “outstanding senior awards,” and great fellowship. Tickets for will be available from the Council on Aging and each of the Lake County senior centers beginning on April 1 for only \$1 each. Tickets are also available at the door on the day of the event.

Guests will be welcomed beginning at 8:30 a.m. 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 from 9–10 a.m. Guests will then have plenty of time to visit vendor booths before awards and entertainment. This year, guests will be captivated by the magic of Rick Smith Jr. beginning at 11:30



a.m. Proclamations from the Board of Lake County Commissioners will be presented at 12:30 p.m. during a special program emceed by Council on Aging CEO Joe Tom-sick.

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.

Transportation to Senior Day at the Mall is available through Laketrans by calling (440) 354-6100. Please consider celebrating aging in Lake County by attending this year's event on May 20!

A positive review by seniors for the nutrition programs

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

"Meals are delicious. People that deliver are always cheerful and sociable." –Meals on Wheels client in Mentor.

"Grateful for MOW, keeps me eating, nice variety of food as it's much harder for me to prepare meals at 85 years old." –Meals on Wheels client in Madison.

"I'm very pleased with the program. The food is very good. All the volunteers are always pleasant, no matter the weather. Did not realize I was missing fruits and vegetables in my diet. Thank you." –Meals on Wheels client in Willowick.

"I am very impressed with variety and quality of food" *"I admire the volunteers and am jealous because I cannot do this."* Meals on Wheels client in Painesville.

"I'm enjoying my daily meals very much. Thankful to my volunteers." –Meals on Wheels client in Wickliffe.

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 homebound seniors face — food insecurity and social isolation. Meals on Wheels

is the most effective solution to ending senior hunger. In 2024, our volunteers delivered 212,185 meals to 1,245 seniors throughout Lake County, who cannot easily prepare their own meals or had difficulty obtaining food. These numbers represent a 6% increase over 2023 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 (see table 1) reaffirm the importance of the program and express that the recipients feel a high degree of satisfaction.

Similarly, a survey was offered to our dine-in Lunch Place guests. (See table 2), 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 other seniors in familiar surroundings for a suggested donation of \$1.50.



Seniors enjoying lunch at the Wickliffe Lunch Place.

Sixty-nine percent of the seniors who dine with at the Lunch Place enjoy lunch 3–5 times per week. Of those dining at the Lunch Place, 88% believe attending lunch at the Lunch Place helps maintain an independent lifestyle.

"Enjoy my lunchtime here at the center. Workers, volunteers and seniors are all top notch. Thank you all for this program." –A Lunch Place client in Wickliffe.

"I really enjoy coming to the Madison Lunch Place and spending time with the wonderful staff and friends." –A Lunch Place client in Madison.

"Love it!" –A Lunch Place client in Willowick

The Council on Aging would not fare so well in client satisfaction surveys or program success without a very dedicated staff and of

course, the compassion and generosity of hundreds of volunteers. We are committed to aging well in Lake County by providing a quality service that improves seniors' nutrition, reduces loneliness and isolation, and supports seniors' desire to remain independent in their own home. 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, and community donors who together provide funding for the nutrition programs along with the donations from seniors who dine 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

Table 1

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

Table 2

Satisfied	Impact
94%	I am satisfied with the overall quality of the food.
95%	I feel comfortable in the lunch room with other seniors.
99%	I enjoy eating in a group setting.
98%	I am satisfied with the people who work in office and kitchen.
98%	I am satisfied with the people who serve my meal.
97%	I believe dining at the Lunch Place with others increases my socialization and reduces a sense of loneliness and isolation.
94%	I am satisfied with the reservation system.
99%	I feel the suggested donation of \$1.50 is fair.

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

“Welcome to Medicare” presentations

Simplifying Medicare for you

Join the Council on Aging’s benefits specialist for one of our “Welcome to Medicare” presentations! These presentations will provide you with an unbiased look at all things Medicare. Whether you are new or have been on Medicare for a while, these presentations are beneficial for everyone. Join the Council on Aging’s benefits specialist, Kellie, as she breaks down the complex world of Medicare with this informative and interactive presentation. Kellie will help you understand the different plan options, enrollment windows, anticipated costs and how to avoid costly penalties.

Presentations are FREE and open to the public, but registration is required. Please contact the respective site listed to the right to register.

Unable to attend a presentation, but want to learn more? Our benefits specialist (OSHIP-certified) is available to schedule one-on-one appointments. During an appointment, you may also be screened for Extra Help and Medicare Savings Programs, or other state and federal funded benefits such as Medicaid or SNAP. To learn more or schedule an appointment, please call (440) 205-8111.



Welcome to Medicare presentations 2025

Tuesday, April 29 • 10 a.m.
Willoughby Senior Center
36939 Ridge Rd.
(440) 951-2832

Tuesday, May 6 • 6 p.m.
Mentor Public Library
(M-O-T-L branch)
5642 Andrews Rd.
(440) 257-2512

Tuesday, May 20 • 10 a.m.
Wickliffe Public Library
1713 Lincoln Rd.
(440) 944-6010

Thurs, June 12 • 10:30 a.m.
Morley Public Library
184 Phelps St.
(440) 352-3383

Friday, June 13 • 1 p.m.
Madison Senior Center
2938 Hubbard Rd.
(440) 428-6664

Apply for HEAP

Spring in northeast Ohio does not always mean immediate warmer temperatures. In fact, you may even call spring an “extended winter” through at least April. The Ohio Department of Development and the Lake County Council on Aging want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program, known as HEAP, provides a one-time annual benefit/credit to your main heating source account and helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

The application process is easy, and the Lake County Council on Aging can help you to apply. Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income



types).

- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

If you need immediate assistance with your energy bills or have received a shut-off notice, please contact your local energy assistance provider, Lifeline, Inc., at (440) 354-2148.

The last day to apply for the regular HEAP benefit is May 31, 2025.

For more information or assistance with applying for HEAP benefits, contact the Lake County Council on Aging at (440) 205-8111.

Miles for Mom 5k run set for May 11

First ever Council on Aging 5K benefit

Grab your sneakers and start off Mother's Day with a 5K race and 1-mile walk to honor all moms and support the Council on Aging.

In partnership with the Lake County General Health District and treasurer's office, the Council on Aging presents its inaugural 5k run/1k walk, “Miles for Mom” on Mother's Day, Sunday, May 11. The event will take place at the

Lake County Fairgrounds in Painesville, with a start time of 9 a.m.

You are invited to run, walk or volunteer! Sign up for the race today by calling (440) 205-8111, and help us make a difference, one step at a time. All funds raised directly support Council on Aging nutrition programs.

Visit www.gcxc racing.com/milesformom to register online.



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

Anonymous wrote:

“Pat: I just want to let you know how Danielle has gone above and beyond in her work as my homemaker! I have been going thru a really deep depression lately and just can't do anything. Everything was piling up and overwhelming. Danielle took it upon herself to do all of my dishes. I just had to let you know how grateful I am for her doing that.”

Greg wrote:

“Selena: I just wanted to thank you again for getting my mom into assisted living and completing the paperwork. Your help and confidence truly made a difference!”

Diane wrote:

“Dear Kellie: Thank you for meeting with me recently to discuss my options regarding medicare enrollment. With your help, I was able to evaluate which options are best for me. Your honesty and guidance are much appreciated!”

Katherine wrote:

“Denise: Thank you for helping set up my emergency call system. It is so reassuring to have a resource like Council on Aging and its caring, patient counselors!”



“Aging is a privilege denied to many; cherish every moment.” –Unknown

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Celebrating Lake County's Aging and Disability Resource Center

Your one-stop shop for resources

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

The Council on Aging is home to Lake County's Aging and Disability Resource Center, otherwise known as the ADRC. The goal of the ADRC is to empower individuals to effectively learn about and make informed decisions regarding their long-term support options. Our resource center is part of the Aging and Disability Resource Network that spans across Cuyahoga, Geauga, Lake, Lorain and Medina counties in northeast Ohio. Since May celebrates Older Americans Month, let's look at the many benefits of having an Aging and Disability Resource Center in our very own community!

The ADRC uses a person-centered, community-based approach that promotes independence and dignity for individuals, provides easy access to information to assist consumers, and provides resources and services that support the needs of family caregivers. Made up of three main components, the ADRC consists of:

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

Benefits assistance: Our benefits specialist



A snapshot of the talent and dedication within the ADRC:
L-R: Kellie Blauman (benefits specialist) and Selena Cox (options counselor).

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

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

In partnership with the Western Reserve Area Agency on Aging (WRAAA) and the Ohio Department on Aging's statewide initiative, the ADRC was established at the Lake County Council on Aging in 2011. Fast forward to 2025, we service an average of 6,300 phone calls and visits per year.

Perhaps you are still wondering: Who should call the ADRC?

- Senior citizens 60+ or age 18+ with adult-onset disabilities.
- Anyone who counsels senior adults, adults with disabilities or their caregivers in steps towards independence and quality of living.
- Anyone who provides services to meet the physical and mental health needs of a senior adult or an adult with a disability.

To learn more about Lake County's Aging and Disability Resource Center, please call us at (440) 205-8111.

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SENIOR CENTER HAPPENINGS

April | May | June 2025



Seniors enjoying a lively game of chair volleyball at the Perry Senior Center.

Fairport Senior Center

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

Chris Yano, director

Welcome to spring! After a long winter, now is the perfect time to get out and socialize with new friends. Our pickleball courts will be opening soon, with members receiving first choice.

Are you interested in line dancing, yoga, weight training, resistance bands, or any other exercise class that we offer? Join our center and take advantage of these opportunities.

I recently learned that senior centers in Florida are called Friendship Centers for those 55 and older. I believe our centers should adopt a similar name, as everyone can benefit from meeting new friends.

Membership dues are \$12.00 for everyone. Come in and join the fun! We look forward to seeing you soon.

If you would like more information regarding the activities at our center, please call and we will be happy to mail out a current newsletter.

Kirtland Senior Center

**7900 Euclid-Chardon Road
(440) 256-4711**

Julia DeWolf, coordinator

Everyone here at the Kirtland Senior Center is ready for sunshine and spring. Join us as we welcome the season with a tea luncheon on May 7.

We continue to offer ongoing programs to our senior members such as chair yoga, strength training, all levels of pickleball, chair volleyball, balance and flexibility, and many more. We're all excited for outdoor pickleball to be open and hope to see you on the court!

In the office, we've been busy planning some fun bus trips across northeast Ohio – from shopping trips to boat rides to theater shows. We hope you can join us!

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

Eastlake Senior Center

**600 East 349th Street
(440) 975-4268**

Grace Giangiacomo, director

After a winter with some pretty low temperatures and high snowfall, we are anxiously awaiting spring. We've stayed warm as best as we can with some exciting parties, fun trips and a new senior cycling program. But it's time to turn up the heat as we are in the process of planning a new batch of memories for our amazing members.

To welcome spring and baseball season in northeast Ohio, join us on April 10 at the Chagrin Harbor Beach Association for our baseball-themed Spring Fling. Wear your favorite Captains or Guardians gear, enjoy a ballpark menu lunch and dance the day away as Mayor Sakacs in Wickliffe will be our DJ! Stop in to the center and sign up!

Also, coming up on April 23 is an educational seminar on downsizing. Then on April 30 an employee from the Lake County Crime Lab will be here to discuss the behind-the-scenes details of how crimes are solved.

Every spring we have a "Senior Attic" event which is basically a flea market. Purchase a table for \$15 to sell some of your stuff. Or come and shop. We will have a bake sale, raffles, 50/50 plus concessions. This year's event is on Saturday, May 17. In June, we will head to the Station Dinner Theater to see Holy Cannoli, a comedy. We will also be enjoying a cruise in Downtown Cleveland on Lady Caroline. Check out our newsletter on the city's website at www.eastlakeohio.com.



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SENIOR CENTER HAPPENINGS

April | May | June 2025

Madison Senior Center

2938 Hubbard Road

(440) 428-6664

Carol Billetter, director

Happy spring! As we enter this beautiful time of year we hope you can get outside to start enjoying the sunshine. Madison Senior Center is putting in herb gardens sponsored by the Madison High School Service Learning Program. Our senior student, Sarah, will be doing the design and installation of our garden. We are excited to have these fresh herbs available.

We continue to promote our congregate lunch program to our community. Meals are provided by the Lake County Council on Aging through Greater Cleveland Food Bank. These nutritious, delicious meals are served at 11:45 a.m., Monday-Friday. We ask that you sign up in advance by calling (440) 428-7002.

Mentor Senior Center

8484 Munson Road

(440) 974-5725

Renee Ochaya, director

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

Mentor residents: \$10 per year

Nonresidents: \$15 per year

Perry Senior Center

2800 Perry Park Road

(440) 259-3772

Christine Znidarsic, director

Spring is here. Are you ready?! The Perry Senior Center has a full fitness room and exercise classes for the chair bound as well as the fully mobile senior. We offer massage, podiatry, health screenings, wellness coaching, educational lectures, and socialization to get you ready for a beautiful summer.

Membership runs from January through December and is open to those 55 years of age or older. Cost is \$12 annually. It is never too late to prioritize your health and make

2025 your best health year ever.

SAVE THE DATE: Friday, May 9 is our third annual Casino Night. You will not want to miss this exciting event.

Wickliffe Senior Center

900 Worden Road

(440) 373-5015

Bob Liddy, director

The Wickliffe Senior Center is putting winter in the rearview mirror and looking ahead to sunny skies and outdoor activities.

Our regular free programming offers members sessions in chair yoga, senior exercise, line dancing, Wii bowling, meditation, veteran's groups, senior free dance, and more! We also present morning/afternoon bingo, an arts & crafts club, book club, reader's theater and two-three bus trips per month. A new walking club and pickleball are also on tap as the temperature rises. The center is also fortunate to have the Lake County Council on Aging Lunch Place on-site to serve delicious & nutritious meals every day Monday – Friday at 11:30 a.m. Finally, our first summer concert, featuring Funkology, will be held on Tuesday, June 10 from 6–8 p.m. at the Wickliffe Community Center (900 Worden Road). Don't forget to bring your lawn chairs!

Memberships are available to those 55 and older.

Wickliffe residents: \$10 per year

Nonresidents: \$15 per year.

Hope to see you soon.

Willoughby

Senior Center

36939 Ridge Road

(440) 951-2832

Amy Cesa, manager

Sunny days ahead! Come out and stop in at the Willoughby Senior Center to see what's happening. Want to start a walking routine? Our indoor, air-conditioned walking track is available to all of our members. Interested in pickleball, corn-hole, table tennis or line dancing lessons? We've got it. How about finally trying a yoga class? There are many to choose from including chair, barre, slow flow, and stretch & flow — try each class once at no charge to see what fits your pace.

With better weather comes more travel opportunities. We are hoping to head to Hartville, casinos, museums, exhibits, theatres and more

— there is something for everyone. Membership starts at age 55.

The senior center newsletter is online and be sure to like our Facebook page. Have a wonderful summer, we'd love to meet you! Willoughby residents: \$12 per year
Nonresidents: \$18 per year

Willowick Senior Center

321 E. 314th Street

(440) 585-5112

Doreen Nevulis, coordinator

Welcome spring! Our classes are going strong, so stop by and give them a try. We offer yoga (chair, floor & meditation), exercise, line dancing and come try the new cycling program. We also have pinochle, bridge, poker, and LCR (so much fun). You can also stop and try our ceramics & paint pouring classes. Our craft room would also like for you to show off your talents. Also if you like to sing, our Willo-Aires would love for you to join.

We didn't forget about trips you may like to join us this spring. The Greater Cleveland Aquarium,

theatres, casinos, lunches and our in-house events.

We still offer the foot doctor, blood pressure checks, and our Medicare Q & A sessions with the Lake County Council on Aging.

This year the Willowick Senior Center is excited to be hosting "mind challenge." This is a trivia tournament for active seniors (55+). May 1, 8 and 15 at 1 p.m. members come to join the Willowick teams.

To receive the latest information please check out the website at cityofwillowick.com/departments/senior-center.

"There IS a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age."
—Sophia Loren



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A March for Meals to remember!

Council on Aging thanks the Lake County community for great support

On the morning of March 29, hundreds of Lake County residents gathered at the Great Lakes Mall to take part in the 2025 “March for Meals” event hosted by the Council on Aging. This marked the agency's 18th edition celebrating the national recognition event.

March for Meals is the nonprofit organization's annual fundraising 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 2024, the Council on Aging delivered 212,185 meals to homebound older adults! Besides the nutritional value, these home delivered meals offer many seniors a sense of connection to the outside world. The program provides nutritious quality food, a daily wellness check and positive interactions with our dedicated meal delivery volunteers. These generous individuals 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.

Over 45 businesses sponsored the event with the Western Reserve Area Agency on Aging as title

sponsor. One of the sponsors, Visiting Angels Homecare, showed incredible support with over 50 walkers participating that morning! 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 received a commemorative t-shirt, enjoyed food, and giveaways.

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. We will list all of the final sponsors in the third quarter issue of Bridge.



Free health screenings at Council on Aging 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, from 10 a.m.–4 p.m. 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 multidisciplinary trauma team. Falls are a leading cause of injury death in adults 65 and older. No appointments are needed. The health screenings will be available for Lake County seniors, aged 60 and over, and their caregivers from 9:30 a.m.–4 p.m.

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

Lake County Treasurer sponsors smart money management sessions

Are you a senior eager to master your money? Join us at Lake County Council on Aging! Our smart money management and senior resources sessions can help you. Council on Aging is located at 8520 East Avenue in Mentor. Pick a date that works for you: June 17, or December 2 at 1 p.m. One evening, September 10 at 5 p.m. is also an option. Call (440) 205-8111 to RSVP now. All sessions will cover the same material and will be hosted by Treasurer Michael Zuren along with Council on Aging CEO Joe Tomsick.

Learn strategies to manage your finances effectively, create a budget, and set realistic financial goals to help you achieve financial stability. Additionally, you'll learn about the myriad resources available through



the CoA including home-delivered meals and lunch place meals, social work services, nonmedical home care, public benefits assistance, and homemaking services.

Finally, we'll spend some time learning about the Lake County Birthday Club which was started in 2021 by Michael Zuren and Theresa Bowes Koszey. These celebrations honor individuals with special needs and seniors reaching milestone birthdays. If you know of a senior reaching a milestone birthday, contact Michael at (440) 251-5381 or Theresa at (440) 567-0991.

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Embrace the future with preparedness

A document list can help your family navigate life’s uncertainties

By Paul Pahoresky, Vice President, Council on Aging Board of Trustees

I am a scout leader and our motto is “Be Prepared.” The only things in life that are certain are death and taxes. In order to be prepared for the inevitable it is important to take the time to prepare an important document list. This list should include the names and account numbers for all financial institutions where any assets are held. In addition, you should include the policy number and information for all insurance policies including life insurance and disability coverage.

As the recent executor of my father’s estate, the easier and more organized that this information is the less burdensome it becomes to the family in the event of a death or disability. I have had clients come in and had a safe deposit box key for their loved one that they found. However, no one knew what bank it was for. Ultimately these assets can become lost if no one knows where they are housed. Some folks also have a private stash of cash that they have squirreled away as a “just

in case.” If no one knows where this may be hidden it too could be lost. We have all heard of stories of found treasure by a new owner when they are remodeling a home that they purchased.

Preparing a list such as this is separate and distinct from a last will and testament. The purpose of this type of list is to provide documentation as to where the accounts are housed, and how to access them. Including the proper point of contact for each of these accounts as well as the necessary account access is critical whether an individual becomes disabled or passes away. Although the task of putting this list together may not seem urgent, it is very important.

Few of us want to think about the inevitable, but being prepared will help your family immensely.

Paul Pahoresky is the managing member of PRP & Associates. He can be reached at 440-974-1040, x14 or at paul@prpassoc.com. Consult your tax advisor for your specific situation for additional information and guidance on these topics.

COMMUNITY SERVICES



2024 Pet Palooza event at Council on Aging offices in Mentor.

Sharing love with seniors and their pets

On Valentine’s Day, Lake County Council on Aging shared letters of love with nearly 850 seniors in the Meals on Wheels and Lunch Place programs. Letters of Love is an annual tradition of sharing hand-crafted Valentine’s Day cards made by Council on Aging volunteers especially for our seniors.

This year, the sharing of love was extended to the 136 pets of the 71 seniors in the Meow or Woof Pets Meals on Wheels program. The Pet Meals on Wheels program, in collaboration with Lake Humane Society’s Auggies’s Pantry, provides a supplemental supply of food to the pets of the Meals on Wheels seniors who would not be able to visit the pantry in person. Providing a supplemental supply of pet food supports the senior’s nutrition and health by ensuring the senior has enough money to purchase their own food and does not have to share their nutritious MOW meal with their pet.

Love is a four-legged word became the theme for the Pet MOW Valentine’s Day event. Donations

of dog and cat treats and toys and even treats for the bunnies and parakeet were collected by the students of Edison Elementary School in Willoughby under the guidance of Principal Nancy Tracz. Pet MOW volunteers delivered the toys and treats along with the monthly food delivery. Seniors and their pets were thrilled with the loving surprise.

Sharing the love with seniors and their pets doesn’t stop at Valentine’s Day in the Pet MOW program. Individuals and groups are invited to host their own Do-It-Yourself Pet Food Drive on behalf of the Pet Meals on Wheels program at Lake County Council on Aging, make a financial donation for the veterinarian or grooming care needed by pets in the program or volunteer in the Pet MOW or Meals on Wheels program to make a difference in the lives of seniors and their pets.

Contact Linda Llewellyn, director of community services for more information; LLlewellyn@lccoa.org or (440) 205-8111 ext. 241.



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Project Hope for the Homeless honors senior Diana Capanna for service

After retiring from service as a major with the Salvation Army and a long career in the social service field, Diana Capanna found a new role to serve others at Project Hope for the Homeless.

Capanna has served as the organization's Families Moving Forward director for the past seven years and will be retiring from the position to move into a part-time role as a chaplain.

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

Capanna has enjoyed helping guests work to find housing and become self-sufficient.

"Thanks to Diana and her team, 1,072 parents and children have been rescued," said Director Judy Burr. "It's great she can remain involved by giving them hope as a chaplain."

"That's a blessing right there," Capanna said. "It's been good working with many agencies to



Playhouse in the Families Moving Forward playground.

provide many resources for our guests. We have a lot of agencies that come in and work with our guests."

Volunteers needed

Families Moving Forward seeks volunteers from 1–4 p.m. and 4–7 p.m. weekdays and 5–7 p.m. on weekends.

Volunteers assist staff, get snacks together or warm up an evening meal, and spend time with parents.

Visit <https://projecthopeforthehomeless.org> or email mknight@projecthomeless.org to learn about volunteer opportunities.

Donate your vehicle to the Council on Aging

Running or not, donations like cars, trucks, boats can help keep Council on Aging's programs running

Seniors across Lake County are finding out that the organization "CARS" makes donating your car easy. Charitable Adult Rides & Services (CARS) takes care of everything from the pick-up and sale to sending you the donation receipt and necessary tax documents. CARS is committed to treating every vehicle donor with gratitude and great service while delivering the highest possible returns to our partners.

By donating your unused vehicle, you're not only eliminating the high costs of keeping up the car, like insurance, registration and maintenance, but you're also able

to help the Lake County Council on Aging financially with the sale price of the vehicle! So, maybe it's time to consider letting go of that car. If you're ready, the

Lake County Council on Aging is here to help!

To learn more or to get started, call 855-500-7433 (RIDE) or simply submit a secure online donation form

at <https://careasy.org/nonprofit/lake-county-council-on-aging>. Our vehicle donation support team is available seven days a week. Running or not, donations like cars, trucks, boats—and everything in between—have great potential to keep Council on Aging's programs running.



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.lcco.org and tap on the "email newsletter" link.

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

Hiking provides a wonderful way for all ages to exercise and see nature. Lake Metroparks encourages you to binge walk your parks this year. You can find special-interest hikes and scavenger hunts at:

goto.lakemetroparks.com/bingewalk

PHOTO BY JIM MARQUARDT

Trail Cart Tours Accessible Adventures

Lake Metroparks is pleased to offer scenic trail cart tours for people with limited mobility and their guests. Enjoy a guided ride along beautiful trails to scenic views and special locations. This is a great way to have fun and enjoy an "accessible adventure."

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Special sales to benefit the auxiliary of University Hospitals

Shop for great items at these three sales where proceeds will benefit the auxiliary of University Hospitals.

Nothing Bundt Cakes Mother's Day Sale

Shop for Mother's Day cakes and desserts. Sales in the lobbies from 10 a.m.–2 p.m. each day.

May 7

Lake West Medical Center
36000 Euclid Ave., Willoughby

May 8

TriPoint Medical Center
7590 Auburn Road, Concord Twp.

May 9

Beachwood Medical Center
25501 Chagrin Blvd.

For more information
call 440-354-1665.

Corporate Jewelers Sale

Proceeds benefit the auxiliary of University Hospitals.

Corporate Jewelers offers fine gold, silver, and diamond jewelry, on-site ring sizing, jewelry repair and watch batteries.

Sales in the lobbies from 8:30 a.m.–3:30 p.m. each day.

May 14 and 15

Lake West Medical Center
36000 Euclid Ave., Willoughby.

May 21 and 22

TriPoint Medical Center
7590 Auburn Road, Concord Twp.
For more information
call 440-354-1665.

In The Bag Sale

Proceeds benefit the auxiliary of University Hospitals.

Shop for authentic branded designer handbags, luggage, briefcases, backpacks, small leather goods for men and women all at 40% to 70% off department store prices. Sales in the lobbies, 7 a.m.–5 p.m. each day.

June 3 and 4

Lake West Medical Center
36000 Euclid Ave., Willoughby

June 5

TriPoint Medical Center
7590 Auburn Road, Concord Twp.
For more information
call 440-354-1665.



Sheriff's Corner

By Sheriff Frank Leonbruno
Lake County, Ohio

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Elder fraud financial losses continue to rise

Takeaways from the 2023 IC3 Elder Fraud Report

By Frank A. Suponcic
CPA, CFE, CFF

While we await the 2024 FBI's IC3 Elder Fraud Annual Report, let's review some of 2023 report's alarming trends: frauds targeting individuals over age 60 are escalating, along with the associated financial losses. This report only includes cases submitted by the public to the IC3 unit, suggesting the actual number of cases and losses is even higher.

According to the 2023 IC3 Report, those over age 60 reported \$3.4 billion in financial losses—a nearly 11% increase from 2022. This age group lost more money than all other age groups combined. The 101,068 elderly fraud complaints filed with the IC3 in 2023 represent a 14% increase from the previous year, with 40% of all complaints filed by individuals over age 60, accounting for 58% of total financial losses reported.

Over a six-year period, complaints from those over age 60 increased by nearly 70%, from 60,000 in 2018 to 101,068 in 2023, while financial losses rose by 36%. The average financial loss in 2023 was about \$34,000, and nearly 6,000 elderly individuals lost more than \$100,000.

The increase in volume and financial losses is primarily due to the success of criminals targeting the elderly, who are often the most vulnerable and trusting members of society. Despite this, the second-highest age group of victims was 30-39, though their total financial losses were one-third of those over age 60.

Tech support fraud, personal data breaches, and romance scams were the most common crimes reported, with investment frauds causing the highest individual transactional losses. Financial losses from investment frauds have surged by



over 400% in two years, highlighting the dangers of “too good to be true” offers. Similarly, while the volume of governmental impersonation fraud has remained flat, the dollar losses have increased by 160%.

Elderly individuals need encouragement to report these crimes to local law enforcement, the FBI, and the IC3 website, as quick reporting can help mitigate financial losses.

As we anticipate the forthcoming 2024 IC3 Elder Fraud Report, set for publication later this spring, it is crucial to remain vigilant and proactive. Emerging trends and strengthened preventative measures may significantly influence these statistics. Continual advancements in technology and increased awareness can help mitigate fraud.

Remember, reporting any suspicious activities promptly to local law enforcement, the FBI, or the IC3 website is essential. By staying informed and taking quick action, we can protect ourselves and our loved ones from financial exploitation and ensure our hard-earned savings are secure. Stay vigilant and stay informed.

Frank A. Suponcic, a CPA and certified fraud examiner and is a frequent speaker on elder frauds. He can be reached at (440) 459-5855.

Lifeline is here to help

Lifeline connects residents to a wide range of community resources and support services to meet various needs across Lake County.

(440) 354-2148 ext. 207 or email her at andreaaj@lclifeline.org.

Helping Hands for Seniors Program

This 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 her at andreaaj@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. Kinship coordinator, Andrea Johnson, can be reached by calling 211.

211

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

Are You OK Program

This 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

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Birthright – nurturing new beginnings with love

Visit their open house on May 2 to see the impact they are having on local families

Birthright Lake, Inc. is one happening place!

Birthright's mission is to provide compassion and care for women, nurturing and supporting their children with love, dignity, and respect. Birthright provides free, confidential, and nonjudgmental support to pregnant women and struggling families.

It is a vital resource for local families also offering basic health essentials including diapers, formula, clothing, and personal care items.

In 2024 Birthright served more than 746 women and 1,177 infants and toddlers in 2,020 visits through their door. They also supported 147 pregnant women. Birthright welcomed 126 new babies and provided supplemental formula to 351 infants.

Birthright's annual fundraiser, Light Up the Night, was held on Feb. 20 at Villa Croatia in Eastlake. Guests supported the event by participating in basket raffles, a silent

auction, the 50/25/25 raffle, grab bags and side boards. Every dollar raised goes directly back to support mothers in the community.

"I am incredibly grateful for the overwhelming support from our community, sponsors and attendees who made Light Up the Night such a success. Your generosity ensures that mothers and babies in need receive the care resources and love that Birthright is here to provide," said Janice Silvaroli, Birthright's executive director.

Open house

Birthright will be hosting an open house on Friday, May 2, from 5:00–7:30 p.m. The community is invited to visit the facility to see the impact Birthright has on children. Bring a pack of newborn or swim diapers to enter a raffle.

For an appointment, call 440-975-9055. For more information, or to donate to make a difference, visit www.birthrightlake.org.

100 YEARS

Saluting Lake County Centenarians

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

Suzuko Bacnik, Mentor

103 years old • Born February 10, 1922

Josephine Kubasky, Mentor

102 years old • Born March 3, 1923

Gerry Cintula, Madison

100 years old • Born May 13, 1925

Margaret Bakale, Eastlake

100 years old • Born October 24, 1924

Margaret Meyers, Concord

100 years old • Born March 3, 1925

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.

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WHO WE ARE

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YEARLY FOOD
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Lake County Adult Protective Services

Lake County Adult Protective Services is the agency mandated by the state of Ohio to assess concerns of maltreatment of vulnerable adults, age 60 or older, living in our community. Our seven day a week, 24-hour hotline is available to accept concerns of suspected abuse, neglect, self-neglect, or exploitation from concerned community members or senior services providers. Adult Protective Services staff work with seniors to ensure their needs are met and they have access to needed supports and resources. If you suspect a senior in Lake

County is being abused, neglected, or exploited, please call our hotline at (440) 350-4000, option 1. All calls are confidential.

Our staff are also available to provide education and training related to elder maltreatment and/or mandatory reporting requirements to community organizations, groups, and employers. For more information regarding these programs or to schedule an information session, contact Tyler Van Drei, Adult Protective Services supervisor, at (440) 350-4309 or tyler.vandrei@jfs.ohio.gov.

Laketrans adds flexibility to door-to-door service with new Rides on Demand service

Laketrans is excited to announce the upcoming launch of its new Rides on Demand service, set to debut this summer. This innovative service will provide customers with the convenience of same-day transportation, blending the reliability of Laketrans' door-to-door Dial-a-Ride service with the flexibility of traditional rideshare services.

Designed to enhance mobility options for Lake County residents, Rides on Demand will offer an affordable and accessible transportation option for individuals who need transportation without the need to book days in advance. The service aims to cater to the growing demand for flexible travel options, accommodating spontaneous trips for work, errands, medical appoint-

ments, or leisure activities.

"We know it's sometimes difficult to schedule every trip you need to take 1-12 days in advance with a reservation," shared Laketrans CEO Ben Capelle. "This new service will allow customers to request same-day trips on an app, giving them greater flexibility and control over their travel plans."

By offering an alternative to traditional Dial-a-Ride reservations, Rides on Demand is expected to meet the diverse needs of the community while maintaining Laketrans' commitment to affordability and accessibility. More details about service areas, pricing, and booking options will be announced soon at www.laketrans.com.

Lake County Mobile Food Pantry provides fresh produce to seniors

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 a.m. 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).

Lake County seniors, 60 years and older, may register for one pick-up per month by calling 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 \$30,120 for a household of one and \$40,880 for a household of two. Income is self-declared; verification is not required.

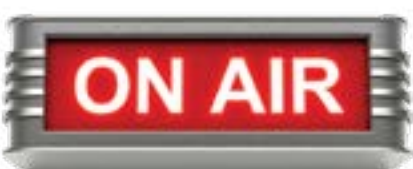
Laketrans offers free transportation to Lake County Mobile Food



Pantry distributions. 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 Lake County Volunteer Network helps make this program possible with the support of a number of dedicated volunteers. If you are 55+ years old and are interested in helping, contact Cristen Kane at (440) 350-5360.

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



Radio show for seniors in Lake County! Tune in to "Our Aging World"

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

LAKE COUNTY MOBILE FOOD PANTRY

RESERVE YOUR PICK-UP BY CALLING 2-1-1

PARTICIPANTS MUST BE 60 YEARS OF AGE AND CERTIFY ANNUAL GROSS HOUSEHOLD INCOME IS AT OR BELOW \$30,120 FOR A HOUSEHOLD OF 1 AND \$40,880 FOR A HOUSEHOLD OF 2. INCOME IS SELF-DECLARED - VERIFICATION IS NOT REQUIRED.

DISTRIBUTIONS ARE TUESDAYS FROM 10:00 A.M. - 11:00 A.M.

LAKE ERIE CHURCH 2300 HUBBARD RD.	NEW HOPE BAPTIST CHURCH 428 JACKSON ST.	WICKLIFFE SENIOR CENTER 900 WORDEN RD.	MENTOR PARK-N-RIDE 8650 MARKET ST.
APRIL 1 MAY 6 JUNE 3 JULY 1 AUGUST 5 SEPTEMBER 2	APRIL 8 MAY 13 JUNE 10 JULY 8 AUGUST 12 SEPTEMBER 9	APRIL 15 MAY 20 JUNE 17 JULY 15 AUGUST 19 SEPTEMBER 16	APRIL 22 MAY 27 JUNE 24 JULY 22 AUGUST 26 SEPTEMBER 23

*NO DISTRIBUTIONS: APRIL 29, JULY 29, AND SEPTEMBER 30

THANK YOU TO OUR COMMUNITY PARTNERS:



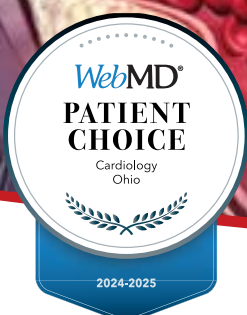
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