

# GOLDEN THREAD

ROOTED IN COMMUNITY. CONNECTED WITH CARE.



## | Feature Story

### Celebrate America 250 at Senior Day at the Lake County Fair!

Please join us on Friday, July 31, 2026, from 10:00am to 2:00pm at the Lake County Fairgrounds for Senior Day at the Fair!





Our theme this year is America 250! We will have bingo, live entertainment, a delicious boxed lunch, and fun for all! This will be a rain-or-shine event, so please dress for the weather. Seniors who are 60+ will have free admission from 10:00am to 3:00pm.

A limited number of boxed lunches (375) will be available on a first-come, first-served basis. No advance registration required. Each lunch offers a tasty summer picnic menu and provides one-third of the recommended daily nutritional value. Don't miss the chance to celebrate America's 250<sup>th</sup> birthday, meet some new friends, and enjoy yummy summer food!

## | Welcome to our NEW newsletter: Golden Thread

We are excited to share the Golden Thread newsletter with our Lake County community! This bi-monthly newsletter will be available in print around the county, including at Lake County senior centers, libraries, and other community partners. We are also offering a special edition, digital version that includes additional information, articles, puzzles, and more. Subscribe through our website [www.lcco.org](http://www.lcco.org) to have each new issue emailed directly to you!

## | Stay Connected with LCCOA:

-  [www.lcco.org](http://www.lcco.org)
-  [facebook.com/lakecountycouncilonaging](https://facebook.com/lakecountycouncilonaging)
-  [@lakecountycouncilonaging](https://instagram.com/@lakecountycouncilonaging)
-  (440) 205-8111



### A Silver Lining: Senior Success Story

"I visited the Council on Aging over the winter after I received a very high gas bill. I am on a fixed income, and the Benefits Specialist helped me apply for HEAP. I can now use the money I will save towards my groceries. Thank you COA!"

— Mary, Painesville

## | Social Work Services

### Reaching out to Lake County Seniors

Connie Brocone is the Lake County Council on Aging's Community Outreach Social Worker. She is available to provide education on various services and community resources for seniors at public facilities, such as senior centers, libraries, and churches, just to name a few. Information and education are provided through presentations or individual meetings. In addition to an overview of Council on Aging's services and programs, other topics and current issues that seniors are encountering today are also discussed during these informative and interactive presentations.

The Community Outreach Social Worker collaborates closely with other community organizations to ensure seniors are knowledgeable about what resources are available to them. If you are interested in attending or setting up a presentation, please contact the Lake County Council on Aging at (440) 205-8111 x 253, or email [cbrocone@lcoa.org](mailto:cbrocone@lcoa.org).



Connect with Connie at upcoming events on page 4!

## | Medical Equipment Lending for Seniors!

The Health Equipment Lending Program (H.E.L.P.) at the Council on Aging accepts donations of gently used medical equipment and lends it back out to Lake County seniors (60+).

- Bedside Commodes
- Boost/Ensure (unexpired)
- Canes (adjustable)
- Incontinence Supplies (unopened)
- Rollators
- Tub Seats
- Tub Transfer Benches
- Transport Chairs
- Walkers (2 wheels only)
- Wheelchairs

For more info, call (440) 205-8111

## | Homemaker Services

### Freedom from Cleaning



As we bring out the "Red, White, and Blue" this 4<sup>th</sup> of July, let our homemakers bring out the "vacuum, mop, and bucket" so you can celebrate "freedom from housekeeping". Housekeeping extends beyond the appearance of the home. It focuses on maintaining a clean, safe, free environment through regular light housekeeping tasks. These services reduce safety hazards and improve air quality by eliminating allergens and dust, so our seniors can age in place in the comfort of their homes.

The Homemaker program provides light housekeeping twice a month to eligible seniors, including:

- Vacuuming of main living area and master bedroom
- Dusting of main living area and master bedroom
- Sanitizing of kitchen floor, countertops and front of appliances and cabinets
- Disinfecting of bathroom floor, commode, sink, tub and shower

For more information on the Homemaker Program, call (440) 205-8111.



## Volunteer Services

# Thank you, thank you, thank you!



A big shout out and our heartfelt thanks to Peg Hayes of Painesville Township who has been a Meal On Wheels driver for over 3 decades and has donated 20 gallons of blood to the American Red Cross. Peg says “It’s such a wonderful way to give back for all the wonderful things she has in life.” Our MOW drivers deliver more than a nutritious meal to older adults, their daily delivery provides a safety check, social interaction and connections to other community-based services. Peg says “A lot of people don’t realize how incredibly rewarding it is and the many wonderful people you meet.” Our drivers are instrumental in keeping seniors in their own homes and we are deeply grateful for their commitment to this program.

Thank you Peg for your dedication and commitment to the Lake County Council on Aging and our Meals on Wheels program!

If you’re looking for a similar meaningful experience, Council on Aging has many opportunities to support seniors. Contact Denise Powell at (440) 205-8111 x 228 or [DPowell@lcco.org](mailto:DPowell@lcco.org)

*We ♥ our  
Volunteers*

## Nutrition Services

# Painesville Senior Organization Funds LCCOA Nutrition Services

Special thanks and appreciation to the Painesville Senior Organization for the generous funding to enhance and expand the service to seniors from Lake County Council on Aging’s Painesville nutrition site. This grant enables Council on Aging to purchase additional equipment that is used daily in the home-delivered meal program, serving approximately 210 seniors, and the in-person dining program at the Lunch Place, serving approximately 15-20 seniors every weekday.

The generosity of the Painesville Senior Organization has been incredible and immense. The support for seniors in the Painesville community and the support of Council on Aging’s mission and services is evident. The grant funding has expanded and enhanced Council on Aging’s ability to serve seniors.



Presentation of the donation check: (L-R) Dan Plageman, Painesville Senior Organization, Pattie Hibler, LCCOA, DuWayne Henke, President, Painesville Senior Organization, Barb Geisman-Turk, LCCOA, and Jamalliah Colon, LCCOA.

## JULY - AUGUST 2026 EVENTS:



UPCOMING  
EVENTS

### LCCOA in the Community:

July 31, 2026 at 10:00am - Join us for Senior Day at the Lake County Fair!

Connect with Connie, Community Outreach Social Worker, on:

- July 2 and August 6 at 5:30pm: St. Noel's monthly "Neighbor to Neighbor" dinner
- July 6 at 9:30am: St. Gabriel's Food Pantry (info table)
- July 14 from 10:00am to 1:00pm: Kirtland Community Center Wellness Fair (info table)
- July 16 and August 20 at 11:00am: Mentor Senior Center (info table)

### Events at LCCOA (8520 East Ave., Mentor):

July 27, 2026 at 12:30pm (registration NOT required for this event) - Treasurer Zuren Presentation

August 6, 2026 at 1:00pm- Laughter is the Best Medicine! With Therese Zdesar, RN, BSN, President and owner of Home Instead Senior Care.

- Join us for a fun-filled presentation where we'll share laughs, funny stories, and discover why a good chuckle may be the best "prescription" around. Just bring your smile and your sense of humor!

August 19, 2026 at 1:00pm: Social Security 101 with Brandon Smith

- Learn the difference between early and delayed benefits, the different rules regarding spousal and survivor benefits, and how working while receiving benefits will impact you and your family.



\*Registration required for August events at LCCOA. Limit of 20 attendees per event.

Call (440) 205-8111 to reserve your spot!

### Aging & Disability Resource Center (ADRC)

I&A Specialists visit local senior centers each month to answer your questions and provide community resources. Stop by and say HELLO!

- Mentor: 1<sup>st</sup> Mon at 12:00
- Perry: 1<sup>st</sup> Wed every other month at 11:00
- Willoughby: 1<sup>st</sup> Thurs at 10:30
- Kirtland: 1<sup>st</sup> Wed every other month at 10:00
- YMCA (Painesville): 2<sup>nd</sup> Wed at 11:00
- Willowick: 2<sup>nd</sup> Tues at 10:00
- Eastlake: 2<sup>nd</sup> Thurs at 10:00
- Wickliffe: 3<sup>rd</sup> Wed at 10:30
- Madison: 4<sup>th</sup> Wed at 11:00



### Vial of Life

The Vial of Life is an emergency-preparedness program offered by the Lake County Council on Aging. This kit includes a senior's medical information that can assist emergency personnel in administering appropriate medical treatment. A red, magnetized pouch is placed on the individual's refrigerator, where first responders can readily locate the information. Call (440) 205-8111 to learn more.



## GOLDEN THREAD CONNECTION: FAIR HOUSING RESOURCE CENTER

The Fair Housing Resource Center (FHRC) offers programs and services that help seniors maintain stable housing and understand their rights. Our Landlord-Tenant Hotline provides free guidance on housing concerns, lease issues, repairs, eviction questions, and tenant rights.

FHRC also administers the STAR Program, which provides temporary rental assistance and subsidies for eligible seniors and individuals with disabilities experiencing financial hardship. Assistance may include first month's rent, short-term rental subsidies, and other housing stabilization support designed to help individuals secure or maintain safe housing.

In addition, FHRC provides fair housing education, advocacy, and referrals to community resources. Our goal is to help older adults remain safely housed, avoid housing crises, and access the support they need to live independently in the community.

For more information, call FHRC at 440-392-0147 or visit [www.fhrc.org](http://www.fhrc.org).

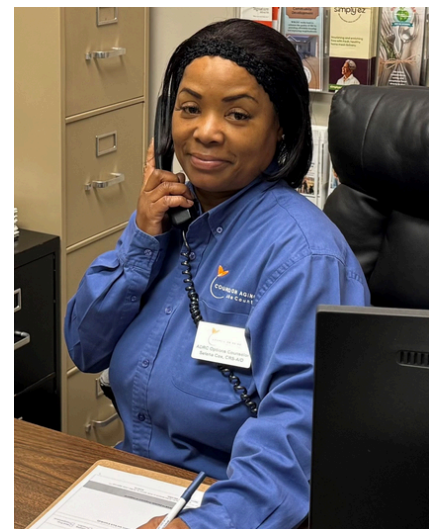


## LCCOA STAFF CONNECTION:

### Selena Cox, Options Counselor

Selena has been a proud employee with the Lake County Council on Aging for over 12 years. Selena helps seniors, families, and caregivers by providing them with an unbiased look at long-term care options. If you need help understanding your options, call (440) 205-8111 to learn more.

When Selena is not at work, she loves to vacation with her family (especially cruises) and cook for family, friends, and neighbors. Selena also loves Sundays, AKA her “Family Day”, dedicated to spending quality time with her husband and daughter.



## July: UV Safety Month



This is a timely reminder of the importance of protecting our skin, especially as we age. Sunlight is vital for our health, aiding in Vitamin D and well-being, but it can lead to consequences due to elevated risk from age-related skin and immune function. As we age, we face unique challenges from UV exposure. Our skin becomes thinner, less elastic, and more vulnerable to damage. Our body's natural ability to repair cellular damage diminishes, increasing our risk of other issues. You may not feel the sun's heat as acutely, which may allow for more burning and make you more susceptible to skin cancers. Certain medications, including many that are common among seniors, like diuretics, antibiotics, and anti-inflammatories, can also increase photosensitivity, making sun even more critical.

Cumulative UV exposure can lead to eye damage, such as cataracts and macular degeneration, which can impair vision and reduce independence. Be proactive in protecting yourself by wearing sunglasses that block 100% of UV rays and by having regular eye exams. Be generous with your sunscreen and use an SPF of 30 or higher. Conduct regular self-exams of skin. Early detection of skin cancer dramatically improves outcomes, so schedule an annual full-body screening. Stay hydrated and cool. Seniors are more susceptible to heat-related illnesses. Understanding and embracing sun safety measures is about preserving quality of life and long-term health.



## THREADS OF TIME: WILLOUGHBY HILLS

Edward Platzar, a long-time resident of Willoughby Hills and now 100 years old, fondly recalls being named Mr. Ohio in 1953. His journey into bodybuilding began in December 1946, shortly after he returned from his service in the United States Army. Inspired by his father, a lumberjack with impressively large arms, Edward sought to follow in his footsteps. To support his fitness journey, his father installed a "pull-up" bar for workouts, which ignited Edward's passion for bodybuilding. He achieved remarkable feats, managing to squat 500 pounds and bench press 400 pounds. Edward's son, Tom, vividly remembers witnessing the bar bend as he watched his father lift weights.



Pictured: Edward Platzar, Mr. Ohio (1953)

## August: National Wellness Month



August 2026 is National Wellness Month, a dedicated time to prioritize self-care, manage stress, and establish healthy routines. This month encourages a focus on physical, mental, and emotional well-being through daily habits such as hydration, nutrition, and exercise. It can also serve as a reminder to explore new wellness routines, such as spa treatments or meditation. Here is a helpful list to help improve your overall wellness:

### Physical Wellness

- **Hydrate Daily:** Drink enough water to help with digestion and skin health.
- **Move Your Body:** Aim for 30 minutes of daily exercise, such as walking or stretching.
- **Nutritious Eating:** Focus on adding more fruits and vegetables to your diet rather than just restricting foods.
- **Prioritize Sleep:** Establish a consistent bedtime routine by limiting screens to regulate your sleep.

### Mental and Emotional Wellness

- **Unplug from Screens:** Take breaks from social media and technology to reduce stress.
- **Practice Mindfulness:** Use meditation or deep breathing exercises to stay present and manage anxiety.
- **Journaling:** Use a gratitude journal to reflect on positive aspects of your day.
- **Seek Support:** Do not hesitate to contact a professional, such as a counselor or psychiatrist, for mental health support.

### Social and Lifestyle Wellness

- **Connect with Others:** Spend time with family and friends to strengthen relationships.
- **Create Boundaries:** Set boundaries at work and in your personal life, such as not answering emails after hours.
- **Spend Time Outdoors:** Spend time in nature to lower blood pressure and boost mood.
- **Start a Hobby:** Engage in activities you are passionate about to improve mental health.



## Brain Health: Solve the puzzle by thinking literally!

WHAT  
MUST

SOUP

STAND  
TRY 2

## SENIOR CONNECTIONS: WE WANT TO HEAR FROM YOU!



At the Council on Aging, we focus on community involvement! We want to hear from YOU, and so does our community! Below are the two prompts that we plan to feature in each upcoming issue of the Golden Thread. Featured stories will only use your first name and city of residence, unless a media release form is completed. To have a chance of being featured, submit your stories!

**Silver Linings:** Tell us about a time the Council on Aging helped you! Do you receive Meals on Wheels and enjoy the program? Have you met with our Benefits Specialist to discuss your Medicare options? Email us your “silver lining” story to [councilonaging@lcco.org](mailto:councilonaging@lcco.org) (50 words or less, please).

**Threads of Time:** Are you a long-time resident of Lake County? Share with us your favorite memory of how our local area has changed over the decades. Let’s reminisce about the good ol’ days and share those “I remember when...” stories. Email your favorite memory or story to [councilonaging@lcco.org](mailto:councilonaging@lcco.org) (100 words or so), along with a photo (optional).

## LCCOA Celebrates Centenarians!

The Lake County Council on Aging seeks to honor all residents of Lake County who turn 100 in 2026. What an honor and privilege it is to celebrate the history, wisdom, and resilience of our centenarians.

Please visit our website: [www.lcco.org](http://www.lcco.org) and complete the Centenarian Certificate Request so we can send your loved one (or you) a beautiful Centenarian Certificate from LCCOA.



## Answer Key

Brain Health: page 7

- #1: What goes up must come down
- #2: Split pea soup
- #3: Try to understand



### LCCOA Hours and Location:

Mon - Fri: 9:00am - 4:30pm

Sat - Sun: CLOSED

\*Closed on federal holidays\*

8520 East Ave.

Mentor, OH 44060

