



GOLDEN THREAD

ROOTED IN COMMUNITY. CONNECTED WITH CARE.



| Feature Story

Kirtland Flower Barn: Delivering Joy, One Bloom at a Time

For the past four years, one of our Meals on Wheels (MOW) routes has carried a special sense of anticipation every Tuesday. Alongside the nutritious meals and a warm hello, our seniors receive a beautiful, unexpected surprise. Thanks to the remarkable generosity of the Kirtland Flower Barn, 20 stunning, long-stemmed flowers are donated to our program every single week.

This heartwarming partnership was recently brought to light by one of our dedicated MOW and Pet MOW volunteers, Kate Smith, who witnesses the impact of these flowers firsthand. For our clients, these weekly blooms are far more than just a lovely centerpiece. They represent connection, thoughtfulness, and a bright reminder that they are cherished members of our community. For some seniors who live alone, that flower and the volunteer delivering it might be the only interaction they have all day.

We extend our deepest gratitude to the Kirtland Flower Barn and its owner, Audra Madsen, for their unwavering generosity, and to our extraordinary volunteers who deliver these bursts of color and joy, rain or shine. Together, you are delivering smiles, hope, and connection—one doorstep at a time.



Photo: MOW volunteer, Kate Smith (L)
and Kirtland Flower Barn owner, Audra Madsen (R)

Interested in volunteering? Contact Denise Powell at (440) 205-8111 x 228 or email dpowell@lcco.org

| Welcome to our newsletter:
Golden Thread

Subscribe to our bi-monthly newsletter through our website www.lcco.org to have each new issue emailed directly to you!

| Stay Connected with LCCOA:



8520 East Ave., Mentor



www.lcco.org



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[@lakecountycouncilonaging](https://www.instagram.com/lakecountycouncilonaging)



(440) 205-8111



A Silver Lining: Senior Success Story

"The Council on Aging does a wonderful job matching the right employee to the services requested. Offering the appointments in the home makes it more convenient for the family needing assistance. Thank you for helping us out during a difficult time!" - Marcia in Painesville

Aging and Disability Resource Center (ADRC)

Medicare Annual Enrollment: We Can Help!

Medicare's Annual Enrollment Period is October 15th to December 7th. This is your opportunity to review your Medicare coverage and make changes for 2027. The Council on Aging has trained Ohio Senior Health Insurance Information Program (OSHIIP) volunteers available to help.

In addition to free and unbiased one-on-one counseling, we will offer Medicare Check-Up presentations. These presentations provide an overview of Medicare, including expected changes and plan options for 2027.



For a one-on-one appointment, call (440) 205-8111.

Wickliffe Public Library
(440) 944-6010

Thursday, October 15 at 10:00 am

Perry Senior Center
(440) 259-3772

Tuesday, October 20 at 1:00 pm

Mentor Senior Center
(440) 975-5725

Thursday, October 22 at 10:00 am

Willowick Senior Center
(440) 585-5112

Tuesday, October 27 at 10:00 am

Morley Public Library
(440) 352-3383

Thursday, October 29 at 11:00 am

Presentations are free but registration is required. Please contact the respective site to register.

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.



Homemaker Services

Prepare for Fall Housecleaning



The seasons of life and Mother Nature's seasons have so many parallels. The fall season is symbolic of plenty, ripening, harvest, and abundance. We reap the benefits of having toiled the soil, planted the seeds, nurtured them to maturity, and then harvested them and shared the abundance. The fall season of life is the period after we retire from our successful careers, start to slow down, and enjoy the fruits of our labor by spending more time with the people and projects that we love.

The Council on Aging is here for our seniors throughout the seasons of their lives. Our homemakers will assist in light housekeeping twice a month. Our services include dusting and vacuuming of the main living area and master bedroom. Cleaning and disinfecting the main bathroom (sink, bath, shower, commode, floor) and kitchen area (countertops, front of cabinets and appliances, and floor).

If you or a loved one needs a little assistance, please call (440) 205-8111.

Volunteer Services

The Council on Aging has many services that need generous individuals like you. Volunteerism assists our senior population to age-in-place safely and independently.

Meals on Wheels: program delivers hot, nutritious meals directly to an individual's residence, Monday through Friday; it also promotes daily interaction recipients may not otherwise have. Kitchen volunteers assist within our 5 Nutrition Site locations where meals are prepared and packaged, and in some instances, offer dine-in facilities. Both positions require a once-weekly commitment.

Pet Meals on Wheels: program is conducted just once a month. Volunteers pick up prepackaged animal food at the Council on Aging office and deliver it to a specific number of clients and their pets in need.

Friendly Visitor: program is conducted twice monthly. Volunteers provide socialization activities such as conversing, playing cards, games, or reading to a homebound individual. In this outreach, an on-going relationship develops. Flexible scheduling is available.

Grocery Shopper: program is also conducted twice monthly. Volunteers receive a grocery list of items from a senior or homebound consumer, shop for them at a neighborhood store using their selected form of payment, then return to the residence. This also offers flexibility of scheduling.

If you would like to positively impact a senior community members lifestyle, contact Denise Powell: Volunteer Engagement Coordinator at (440) 205-8111 or email: dpowell@lccoa.org

Nutrition Services

Celebrating Linda Llewellyn's Retirement

— HAPPY —
Retirement

After many years of dedicated service, Linda Llewellyn, Director of Community Services, retired from the Council on Aging on August 14, 2026. Linda has been an important part of our team, always bringing kindness, compassion, and a willingness to help to everything she does. Her work with community programs, volunteers, and older adults has made a real difference in the lives of many people throughout Lake County. Linda's friendly personality and caring nature have made her a wonderful coworker and a familiar, trusted face in our community. We will certainly miss having her here, but we are excited for her to begin this next chapter. We wish Linda a happy, healthy, and well-deserved retirement!

Congratulations

SEPTEMBER – OCTOBER 2026 EVENTS:



LCCOA in the Community:

Senior Day at Lake Metropark Farmpark: September 10 at 9:00 am

- Free admission for adults aged 55+ with a valid ID. Event features a guest speaker, bingo games with prizes, catch-and-release fishing (11:00 am to 1:00 pm), and a vendor showcase (9:00 am to noon). Also, pre-register for a free lunch in the pond pavilion. Lunch walk-ins are only accepted at 1:00 pm, as food is available.

8th Annual Senior Services Levy Breakfast: Sunday, September 13 from 9:00 am to 12:00pm

- The event will be at the Wickliffe Senior Center (900 Worden Rd., Wickliffe). Presale tickets available at any Lake County Senior Center, LCCOA, and Lifeline. Tickets- \$10/adult (presale), \$12/adult (at the door), and \$5/child (12 and under).

University Hospital's TriPoint Fall Festival: Saturday, October 17 from 10:00 am to 3:00 pm

- University Hospital's Tripoint Medical Center (7590 Auburn Rd., Painesville, Ohio 44077). Trunk or Treat will occur from 1:00 pm – 3:00 pm, and health screenings will occur from 10:00 am to 1:00 pm.

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

University Hospital's Fall Prevention Clinic: September 23 from 10:00 am to 3:00 pm

- Event is open to the public, and registration is not required.
- Event will offer fall prevention education throughout the afternoon, along with a number of health screenings, including cholesterol/glucose checks, blood pressure, body mass index (BMI), balance screenings, preventive risk screenings, and memory screenings.



Social Work Services

As the older adult population in Lake County continues to increase, many individuals in the county may be encountering multiple life challenges such as physical, cognitive, emotional, and functional limitations. In response, Lake County Council on Aging's team of licensed professional social workers are ready to work with any Lake County senior and their support system to help find the services that enable them to achieve an optimal, self-defined quality of life.

The social work staff conducts in-home visits to assess each person's functional abilities and home environment, identify areas of need based on one's current situation, and provide the connection to the agency's services to meet those needs. The social workers also have a vast knowledge of other community resources available that they can help a senior access. Once services are referred to, the social work staff communicates with various providers to ensure that assistance is well-coordinated and complete. To learn more about how we can help, call (440) 205-8111.

SUPPORT

| GOLDEN THREAD CONNECTION: UNIVERSITY HOSPITAL'S FALL PREVENTION CLINIC



The University Hospital Fall Prevention Clinic is a specialized, multidisciplinary program designed to assess and reduce fall risks and injury-related complications in older adults.

What Happens During a Visit?

Patients take part in a comprehensive, one-hour evaluation with a team of various medical specialists. Instead of focusing on a single isolated issue, the multidisciplinary team reviews the full picture of a person's health.

The care team typically includes experts in:

- **Physical Therapy:** Assessing gait, balance, strength, and mobility.
- **Geriatrics:** Reviewing medical history, cognitive function, vision, depression risk, and nutrition.
- **Pharmacy:** Evaluating current medications to spot polypharmacy or drugs causing dizziness.
- **Ear, Nose, and Throat (ENT):** Checking for peripheral vestibular and balance.

Personalized Action Plans

At the end of the appointment, the team creates a customized roadmap for the patient. Recommendations may include targeted physical therapy, adjustments to medications that cause lightheadedness, referrals for vision or hearing care, and practical safety tips for the home environment.



To learn more, call (833) 710-1038 or email fallsclinicreferral@UHhospitals.org

| LCCOA STAFF CONNECTION:

Jamalliah Colon, Nutrition Services Manager

Jamalliah has been a proud employee with the Lake County Council on Aging for nearly 13 years. She has had a few roles within our agency over the years, but in her newest role, she will oversee all things nutrition, including our Meals on Wheels and Lunch Places, as well as our side programs like Produce, Pet Meals on Wheels, holiday meals, and food drives. She will also continue our community events, like Senior Day at the Fair!

Outside of work, Jamalliah is in what she likes to call her “sports mom era”! She helps coach her daughters’ softball team, or she is on the sidelines being a football mom for her son! But when she is not doing those, she is reading a book, cooking, or at a concert! She has a total of 5 concerts this year!



September: National Preparedness Month



Take control by planning in advance for a possible emergency. By evaluating your own personal needs and making an emergency plan, you will be prepared for a possible disaster.

I. Medical & Prescription Information

- **Conditions & Allergies:** Note chronic conditions (e.g., heart disease, diabetes) and severe allergies.
- **Medications:** Write down medication names, dosages, frequencies, and the conditions they treat.
- **Medical Devices:** List the make, model, and serial numbers of devices like pacemakers, CPAPs, or oxygen tanks.
- **Providers:** Record the names and phone numbers of your doctors and pharmacy.

2. Personal Support Network

- **Network Contacts:** Identify 3–4 trusted family members, friends, or neighbors who will check on you.
- **Out-of-Town Contact:** List a relative or friend who lives outside your region as a central point of communication.

3. Evacuation & Communication Plans

- **Transportation:** Write down exactly how you will evacuate (e.g., driving your own car or relying on a specific person or accessible transit service).
- **Destinations:** Pre-identify designated meeting locations and pet-friendly shelters.
- **Communication:** Have a physical, written list of phone numbers, as digital contacts may become inaccessible during internet outages.

4. Important Documents: Store hard copies of these records in a waterproof traveler's wallet or bag:

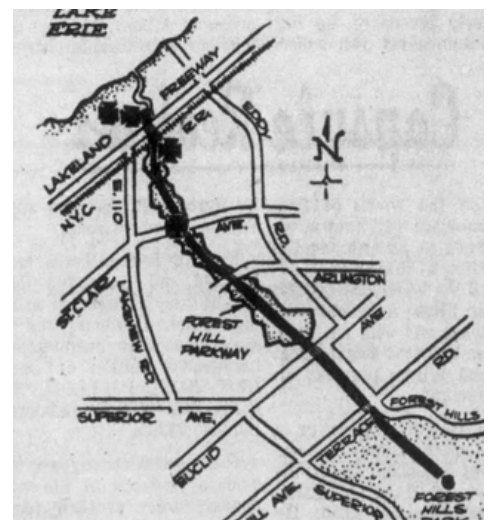
- Government IDs (Driver's license, Passport)
- Medicare and supplemental health insurance cards
- Power of attorney, advance directives, and wills.

THREADS OF TIME: WICKLIFFE

On July 28, 1958, four boys were swept into a storm sewer near Forest Hills Park in East Cleveland when a sudden flash flood trapped them underground. Kevin McNerney of Wickliffe, Ohio vividly recalls the terrifying experience. “We saw some other kids crawl out of the sewer, so being curious, we went down the ladder into the dark tunnel. Before we knew it, water came rushing in. I spent nearly five hours being tossed around in the raging sewer system. Eventually, I washed up onto a ledge and saw a ray of sunshine above me. I was able to crawl up a ladder where an Ohio Bell worker spotted me and began shouting, ‘I found the sewer boy!’

Bystanders and construction workers then used sledgehammers to break through steel bars and rescue me. I spent more than a month recovering in the hospital. Today, at 81 years old, I am the only surviving member of that group.”

The dramatic rescue was later featured in Life Magazine as one of the nation's top stories of 1958, ranking #72 among the year's 100 most significant events.



Storm sewer route from Forest Hills Park

| October: Cybersecurity Awareness Month



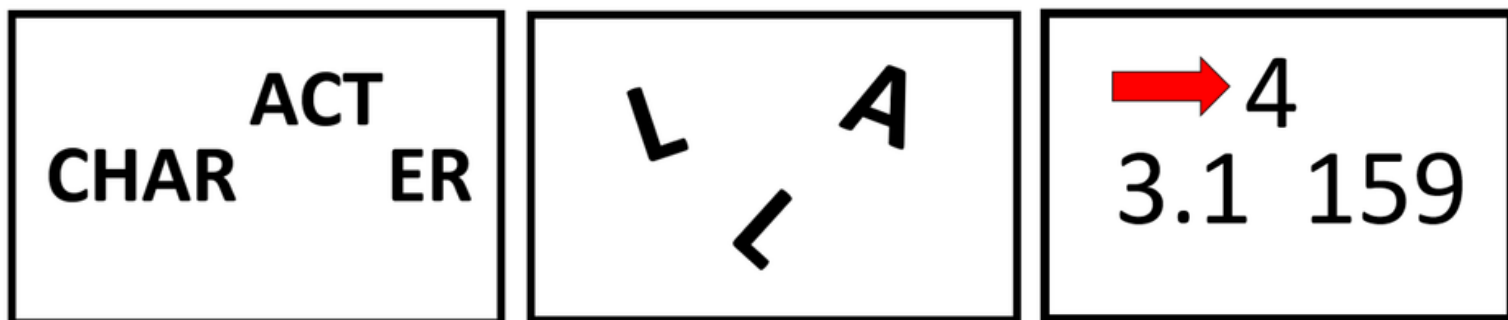
Cybersecurity Awareness Month is a global initiative held every October to empower individuals with the tools and knowledge to stay secure online.

The "Core 4" Safety Tips:

1. **Turn on Multi-Factor Authentication (MFA):** Add an extra layer of security. When you log into an account, this requires you to enter a code sent to your phone in addition to your password.
2. **Use Strong Passwords:** Never use the same password twice. Use a password manager to keep track of them securely, or opt for a unique "passphrase" (e.g., a random, easy-to-remember string of 4-5 words).
3. **Update Software Regularly:** Set your computers, tablets, and smartphones to update automatically. These updates contain critical security patches that keep hackers out.
4. **Recognize and Report Scams:** Never click on unexpected links in emails or text messages. If something feels urgent, threatening, or "too good to be true," pause, verify by calling the organization directly, and report it.



| Brain Health: Solve the puzzles by thinking literally!



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@lccoa.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@lccoa.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.lccoa.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

1. Act out of character
2. All messed up
3. Piece of pie



LCCOA Hours and Location:

Mon – Fri: 9:00 am – 4:30 pm

Sat – Sun: CLOSED

Closed on federal holidays

8520 East Ave.

Mentor, OH 44060

