



# Helping HANDS

JAN / FEB 2022

A Publication of the HANDS Foundation

HELPING TO ASSIST AND INFORM OLDER ADULTS AND SENIORS IN MEDINA COUNTY

## Traditions Hospice in Cleveland Honors Those Who Served



Plum Creek Assisted Living located in Brunswick was one of the buildings chosen by Traditions Hospice to host a Veterans Pinning Ceremony. Pictured standing is Plum Creek Owner Dan Ihrig, LNHA (Army Veteran) with the many Veterans who reside at Plum Creek.

All the accomplishments of past wars are credited to the most courageous and respected people of this nation. On Veterans Day our war heroes are praised for their dedication to the United States of America. The reimbursements necessary to repay these peoples' contributions would be immeasurable but Traditions Hospice has been hard at work honoring those who have served our great nation. Traditions Hospice has become a true asset to seniors in Medina County (and beyond). Their love for seniors goes far beyond the amazing hospice care they provide, and you could truly see how happy they were to host these phenomenal Veteran's Day pinning ceremonies in communities throughout Medina County. The entire Traditions Hospice team worked together (Chaplin, RN, LPN, Volunteer Coordinator, Marketing) to ensure these pinning ceremonies went perfect because they feel that the people who fought in the wars deserve all the glory that their bravery and patriotism has proved. Its incredible to see this amazing hospice team doing what they love which is ensuring the BEST quality of life for all seniors in our county.



A PUBLICATION OF THE HANDS FOUNDATION  
HANDS Across Medina County Foundation  
P.O. Box 868 | Brunswick, Ohio | 44212  
Visit us on the Web: [HANDS-Foundation.org](http://HANDS-Foundation.org)

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PERMIT #1737



# { WADSWORTH NEWS }

## The Soprema Cafe is Open!

The Soprema Senior Center is excited to announce that the Soprema Cafe reopened on November 15. The Soprema Cafe is now open from 7:30am - 2:00pm and offers breakfast, lunch, and lots more! They feature home-made daily specials for only \$6 or \$7 along with different sized coffees with prices starting at only \$1.00. We hope you will stop by to pick up a "loyalty card" which entitles you to a free item after purchasing six similar items. You will be greeted with a smile and food/coffee that has been made with love.



Dianne DesPasquale-Hagerty, MCH CEO and Kim Headrick, MCH COO at the new coffee bar ready to greet Cafe patrons.



Beautiful new pavilion on the outdoor patio.

The Soprema Café is now operated by Medina Creative Housing (MCH), which is a non-profit 501 (C)(3) serving individuals with developmental disabilities in Medina County for twenty-nine years. MCH provides eighty-eight specialized housing units and eighteen different programs

which enable individuals with disabilities to live their lives with dignity and opportunity. The Soprema Café is now also a vocational training program for adults and students with disabilities from Wadsworth Schools to develop work skills. Their coffee is roasted at their Grand Café & Roastery in Medina and their produce is grown hydroponically. They are excited to work with the City of Wadsworth to open the Soprema Cafe and bring their quality food and coffee to Wadsworth!

When you visit the Soprema Senior Center & Cafe, you will see many improvements that have been made thanks to the generosity of the Wadsworth Older Adults Foundation, including fresh paint, new furnishings, a coffee bar addition and the beautiful new pavilion on the outdoor patio. Please stop by soon and visit us!

## SAVE THE DATE

### BRUNSWICK SENIOR EXPO

RESOURCES FOR 60+

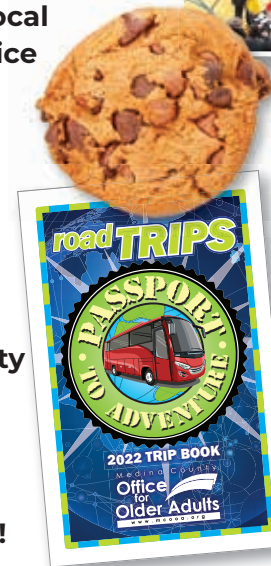
FRI., JAN. 14 • 9:30AM - 12:30PM  
BRUNSWICK REC CENTER

FREE ADMISSION  
FREE BAKERY & COFFEE  
FREE HEALTH SCREENINGS



Featuring a variety of local senior service providers:

- Medical Services
- Fitness & Health
- Legal
- Community Services
- Financial
- Housing
- And more!



### EXPO BAKE OFF

Taste and Vote!  
You decide which of our Sponsors has the best baked goods!

### Get the new 2022 Trip Book

Wait 'til you see the adventures we have waiting for you!

Presented by



NOT FOR PROFIT



FAITH BASED



LOCALLY OPERATED

LESS WORRY.  
MORE WHIMSY.  
THIS IS LIVING  
YOUR BEST LIFE.

When your plan for the future includes a full continuum of care and support to address whatever comes your way, planning joyful moments in your day becomes routine. At The Village of St. Edward, we invite you to learn more about a lifestyle of convenience and security for those seeking purpose and promise.

VSECOMMUNITIES.ORG

INDEPENDENT & ASSISTED LIVING • MEMORY CARE • NURSING CARE

FAIRLAWN: 3125 Smith Road, Fairlawn, OH 44333, 330-668-2828 • GREEN: 3813 Fortuna Drive, Akron, OH 44312, 234-294-0010  
WADSWORTH: 880 Main Street, Wadsworth, OH 44281, 234-217-8735

### HANDS FOUNDATION

Office ..... 330-225-4242  
Email ..... OfficeHandsFound@aol.com

.....  
Founder ..... In Memory of Don Simpson  
President ..... Lori Betz  
Vice President ..... Ryan Boulton  
Secretary ..... Brandi Provoznik  
Executive Assistant ..... Liz Murphy  
Executive Director ..... Christina Waller

Publisher ..... Greg Ramler, RMC Communications  
To Submit Ads & Articles ..... Contact Greg Ramler  
Phone: ..... 330-410-5497  
Email: ..... Gramler@ZoomInternet.net

Ad & Article Deadline for MAR/APR Issue: 2/11/22

### GET ON OUR MAILING LIST

If you would like to get on our mailing list, please contact Liz Murphy at the HANDS Foundation office at:

330-225-4242

Tues, Wed, Thurs, 9:30 am - 12:30 pm  
or by email at: OfficeHandsFound@aol.com

# SAVE THE DATE

## *Warm Wishes*

*January 7, 2022*

*Medina County Office for Older Adults*

*10:30 a.m.*

*RSVP-330.725.9177*



Seniors are invited to join us for a free lunch (soups and rolls from Bob Evans), hot chocolate, musical entertainment, a free blanket and the opportunity to "wish" for things to stay warm this winter!



## Willowood Care Center is Now Even Better!

Located in the heart of Brunswick, Willowood is a 5 star clinically deficiency-free nursing home.



# CARECORE




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## Skilled Nursing & Rehabilitation

- Short & Long Term Care
- Respite
- Hospice
- Wound Care
- Church Services
- Physical, Occupational & Speech Therapy
- 24/7 Admissions

Call Admissions at 216.316.6630 for more information / 1186 Hadcock Road / Brunswick





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong	<b>4 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>5 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Lifecare 11:30 Lunch/Learn-Lifecare "Falls Prevention" 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>6 BILLIARDS ALL DAY</b> 9&10 Edwina's Exercise 10:00 BP Screening 11:00 Zoom Computer Class 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>7 BILLIARDS ALL DAY</b> 9:30 Grocery Bingo - Z 10:30 Warm Wishes 11:00 Wheel of Fortune 12:00 Pinochle 12:30 Trivia
<b>10 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong	<b>11 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 Art w/Mishalene 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>12 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Crossroads 11:30 Lunch/Learn-Medina Ctr 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Ask an Attorney 1:30 Tai Chi	<b>13 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>14</b>  <b>9:30am - 12:30pm</b> <b>MCOOA OFFICE CLOSED</b>
<b>17</b>  <b>MCOOA OFFICE CLOSED</b>	<b>18 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 Bridge 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>19 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z - Medina Meadows 11:30 Lunch/Learn-Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>20 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 BP Screening 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>21 BILLIARDS ALL DAY</b> 9:30 Bingo-Westwood Place 11:00 Wheel of Fortune 11:30 Lunch* 11:30 <b>PJ DAY w/DJ TONY!</b> 12:00 Pinochle 12:30 Trivia
<b>24 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong	<b>25 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 Art w/Mishalene 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>26 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Summa 11:30 Lunch/Learn-Brookdale "Be Well" 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>27 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>28 BILLIARDS ALL DAY</b> 9:30 Bingo-Echelon 11:00 Wheel of Fortune 11:30 Lunch* 11:30 Talk: BBB: "Scams" 12:00 Movie: Jungle Cruise 12:00 Pinochle 12:30 Trivia
<b>31 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong	<div>  <div> <h1>January 2022</h1> <p>Medina Senior Center</p> <p><a href="http://www.mcooa.org">www.mcooa.org</a></p> <p><a href="https://facebook.com/MCOfficeforOlderAdults">facebook.com/MCOfficeforOlderAdults</a></p> </div> <div> <p>Medina County</p> <p>Office for Older Adults</p> <p><a href="http://www.mcooa.org">www.mcooa.org</a></p> </div> </div>			

JANUARY

OF  
EVENTS  
CALENDAR

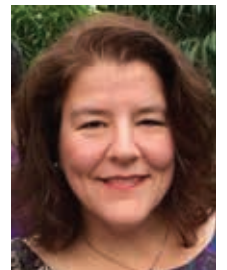
MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>2 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Lifecare 11:30 Lunch/Learn-Lifecare 11:30 Pollinators & Native Plants 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>3 BILLIARDS ALL DAY</b> 9&10 Edwina's Exercise 10:00 BP Screening 11:00 Zoom Computer Class 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>4 BILLIARDS ALL DAY</b> 9:30 Grocery Bingo - Z 11:00 Wheel of Fortune 11:30 Lunch* - Aromatherapy by Maggie Kimble 12:00 Pinochle 12:30 Trivia
<b>7 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 11:30 Art w/Mishalene 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong	<b>8 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 Art w/Mishalene 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>9 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Crossroads 11:30 Lunch/Learn-Storypoint 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Ask an Attorney 1:30 Tai Chi	<b>10 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>11 BILLIARDS ALL DAY</b> 9:30 Grocery Bingo - Z 11:00 <b>VALENTINE PARTY w/HADEN GROVE</b> 11:30 Lunch* 12:00 Pinochle 12:30 Trivia 12:30 Movie: King Richard
<b>14 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong <b>HAPPY VALENTINE DAY</b>	<b>15 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>16 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z - Medina Meadows 11:30 Lunch/Learn-Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>17 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 BP Screening 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>18 BILLIARDS ALL DAY</b> 9:30 Bingo-Westwood Place 11:00 Wheel of Fortune 11:30 Lunch* - Talk: "Lincoln" by Massillon Museum 12:00 Pinochle 12:30 Trivia
<b>21</b>  <b>MCOOA OFFICE CLOSED</b>	<b>22 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 Art w/Mishalene 11:30 Lunch 12:30 Veteran's Group Lunch 1:00 Hook Nook	<b>23 BILLIARDS ALL DAY</b> 10:00 Painting 10:30 Bingo - Z Summa 11:30 Lunch/Learn-Brookdale "Scams" 12:00 Pinochle 1:00 Chair Yoga w/Lisa 1:30 Tai Chi	<b>24 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*	<b>25 BILLIARDS ALL DAY</b> 9:30 Bingo-Echelon 11:00 Wheel of Fortune 11:30 Lunch* 12:00 Greatest Sitcoms Program 12:00 Pinochle 12:30 Trivia
<b>28 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 1:00 Line Dancing 12:00 Bridge 1:00 Mahjong		<div> <h1>February 2022</h1> <p>Medina Senior Center</p> <p><a href="http://www.mcooa.org">www.mcooa.org</a></p> <p><a href="https://facebook.com/MCOfficeforOlderAdults">facebook.com/MCOfficeforOlderAdults</a></p> </div> <div> <p>Medina County</p> <p>Office for Older Adults</p> <p><a href="http://www.mcooa.org">www.mcooa.org</a></p> </div>		

FEBRUARY

OFFICE FOR  
OLDER ADULTS  
AND  
SENIOR CENTER  
**MEDINA**

246 Northland Drive  
330-723-9514 • 844-722-3800  
[www.mcooa.org](http://www.mcooa.org)



**LAURA TOTH**  
LToth@medinaco.org

All Senior Center events are listed on the calendar day in which they occur. Any questions about specific events or other details can be directed to the Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00 Movie at Wadsworth Library (Remote) 1:00	<b>4</b> Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Hybrid (in person & Zoom) 1:00	<b>5</b> Gentle Exercise 10:00 Walking Track 12:00-2:00	<b>6</b> Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00	<b>7</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>10</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00 Medicare 101 Hybrid (in person & Zoom) 3:00	<b>11</b> Walking Track 10:00-12:00 Watercolor 10:00 Crafts & Puzzles w/Windfall 10:00 Wits Workout 11:00 Coupon Clippers 12:00 Storytime with Wade (Zoom) 3:30	<b>12</b> Summa Wellness Chat 10:00 <i>"Heart Health"</i> (In Person & Zoom) Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00	<b>13</b> Mah Jong 9:30 Autobiography Hybrid 10:00 (in person & Zoom) Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00 (Remote)	<b>14</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>17</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00	<b>18</b> Walking Track 10:00-12:00 Coupon Clippers 12:00 Parkinson's Caregivers Hybrid (in person & Zoom) 1:00	<b>19</b> Gentle Exercise 10:00 Walking Track 12:00-2:00 Table Talk with Dr. Patel 12:00 <i>"Inflammatory Arthritis"</i> (In Person & Zoom)	<b>20</b> Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Autobiography Hybrid 10:00 (in person & Zoom) Bridge 11:00 WRAAA Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00	<b>21</b> Bingo Auction 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>24</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00	<b>25</b> Walking Track 10:00-12:00 Watercolor (in person) 10:00 Wits Workout 11:00 Coupon Clippers 12:00	<b>26</b> Gentle Exercise 10:00 Sign Lang. Beginners 11:30 Walking Track 12:00-2:00 MCSSN Scattergories (Zoom) 1:00 Sign Language II 2:00	<b>27</b> Mah Jong 9:30 Walking Track 10:00-12:00 Autobiography Hybrid 10:00 (in person & Zoom) Bridge 11:00 Senior Book Club 1:00 Grief Support 2:00	<b>28</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>31</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00	<b>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</b>	<div> See our newsletter for a full list of programs and descriptions, available on our website:  <a href="http://www.wadsworthcity.com/SopremaSeniorCenter">www.wadsworthcity.com/SopremaSeniorCenter</a> </div>		


OF

EVENTS

CALENDAR

WADSWORTH

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</b>	<b>1</b> Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Hybrid (in person & Zoom) 1:00	<b>2</b> Gentle Exercise 10:00 Hearing Screenings by Apt. 10:00 - 3:00 Walking Track 12:00-2:00 Beginner Sign Lang. 11:30 Sign Language II 1:00	<b>3</b> Mah Jong 9:30 Sewing Seniors 9:30-11:00 Autobiography Hybrid 10:00-12:00 (in person & Zoom) Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00	<b>4</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>7</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00 Movie at Wadsworth Library (Remote) 1:00	<b>8</b> Walking Track 10:00-12:00 Watercolor 10:00 Wits Workout 11:00 Crafts & Puzzles w/Windfall 11:00 Coupon Clippers 12:00 Storytime with Wade (Zoom) 3:30	<b>9</b> Gentle Exercise 10:00 Beginner Sign Lang. 11:30 Walking Track 12:00-2:00 Sign Language II 1:00 Laugh & Learn with Brookdale 2:00 pm	<b>10</b> Mah Jong 9:30 Autobiography Hybrid 10:00-12:00 (in person & Zoom) Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00	<b>11</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>14</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00 Medicare 101 Hybrid (in person & Zoom) 3:00	<b>15</b> Puzzle Club 10:00 Walking Track 10:00-12:00 Coupon Clippers 12:00 Parkinson's Caregivers Hybrid (in person & Zoom) 1:00	<b>16</b> Gentle Exercise 10:00 Beginner Sign Lang. 11:30 Walking Track 12:00-2:00 Table Talk with Dr. Patel 12:00 <i>"Fibromyalgia"</i> Sign Language II 1:00	<b>17</b> Mah Jong 9:30 Sewing Seniors 9:30 Walking Track 10:00-12:00 Autobiography Hybrid 10:00-12:00 (in person & Zoom) Bridge 11:00 County Assistance (in person by appt.) 2:00	<b>18</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>21</b>  City Holiday - Center is Closed for President's Day	<b>22</b> Walking Track 10:00-12:00 Watercolor (in person) 10:00 Wits Workout 11:00 Coupon Clippers 12:00 Cooking with Brookdale Camelot 1:00	<b>23</b> Gentle Exercise 10:00 Beginner Sign Lang. 11:30 Walking Track 12:00-2:00 MCSSN Trivia (Zoom) 1:00 Sign Language II 1:00	<b>24</b> Mah Jong 9:30 Walking Track 10:00-12:00 Autobiography Hybrid 10:00-12:00 (in person & Zoom) Bridge 11:00 Senior Book Club 1:00 Grief Support 2:00	<b>25</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00
<b>28</b> Pinochle 11:00 Walking Track 12:00-2:00 Scrabble 1:00 Dr. Dan <i>"High Blood Pressure"</i> 2:00	<div> See our newsletter for a full list of programs and descriptions, available on our website:  <a href="http://www.wadsworthcity.com/SopremaSeniorCenter">www.wadsworthcity.com/SopremaSeniorCenter</a> </div>			

FEBRUARY


SOPREMA

SENIOR CENTER

& CAFE

WADSWORTH

617 School Drive  
Wadsworth, OH 44281  
330-335-1513






SOPREMA

Senior Center & Cafe

ssc@wadsworthcity.org

All Senior Center events are listed on the calendar day in which they occur.  
Any questions about specific events or other details can be directed to the Senior Center.







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	<b>4</b> 8:00 Cards 10:00 Book Club 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>5</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 Advisory Board 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>6</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes 1:00 Bingo w/Altenheim	<b>7</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
<b>10</b> 9:00 SS Classic 9:30 Art Critique Group 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg 1:00 Culinary Club	<b>11</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>12</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>13</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes	<b>14</b> <b>BRUNSWICK SENIOR EXPO</b> 9:30am - 12:30pm <b>MCOOA OFFICE CLOSED NO MCOOA NUTRITION</b>
<b>17</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg  <b>MCOOA OFFICE CLOSED MARTIN LUTHER KING JR DAY</b>	<b>18</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>19</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club 1:00 Zoom Scattergories	<b>20</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:00 Ask an Attorney 12:30 Dominoes	<b>21</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
<b>24</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	<b>25</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>26</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>27</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes 1:00 Bingo w/Pearlview	<b>28</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 12:30 Ladies Pinochle <b>SILVER SNEAKERS CLASSES SUBJECT TO CHANGE. CONTACT REC CTR FOR MORE INFO</b>
<b>31</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	<div>  <div> <h2>January 2022</h2> <p>Brunswick Senior Activities  <a href="http://www.mcooa.org">www.mcooa.org</a>  <a href="https://facebook.com/MCOfficeforOlderAdults">facebook.com/MCOfficeforOlderAdults</a> </p> </div> <div>  <p>Medina County Office for Older Adults  <a href="http://www.mcooa.org">www.mcooa.org</a> </p> </div> <div>  <p>BRUNSWICK Parks &amp; Recreation </p> </div> </div>			

JANUARY

OF  
EVENTS  
CALENDAR

BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Cards 10:00 Book Club 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>2</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 Advisory Board 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>3</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes 1:00 Bingo w/Altenheim	<b>4</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
<b>7</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	<b>8</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>9</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>10</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes 12:30 AARP Meeting 1:30 <b>VALENTINE PARTY</b>	<b>11</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
<b>14</b> 9:00 SS Classic 9:30 Art Critique Group 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg 1:00 Culinary Club <b>HAPPY VALENTINE'S DAY</b>	<b>15</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>16</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club 1:00 Zoom Trivia	<b>17</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:00 Ask an Attorney 12:30 Dominoes	<b>18</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
<b>21</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg <b>MCOOA OFFICE CLOSED PRESIDENT'S DAY</b>	<b>22</b> 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	<b>23</b> 9:00 SS Chair Yoga 9:00 Vintage Artists 10:00 SS Cardio 11:00 SS Classic 11:30 MCOOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	<b>24</b> 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12:30 Dominoes 1:00 Bingo w/Pearlview	<b>25</b> 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle <b>SILVER SNEAKERS CLASSES SUBJECT TO CHANGE. CONTACT REC CTR FOR MORE INFO</b>
<b>28</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	<div>  <div> <h2>February 2022</h2> <p>Brunswick Senior Activities  <a href="http://www.mcooa.org">www.mcooa.org</a>  <a href="https://facebook.com/MCOfficeforOlderAdults">facebook.com/MCOfficeforOlderAdults</a> </p> </div> <div>  <p>Medina County Office for Older Adults  <a href="http://www.mcooa.org">www.mcooa.org</a> </p> </div> <div>  <p>BRUNSWICK Parks &amp; Recreation </p> </div> </div>			

FEBRUARY

OFFICE FOR  
OLDER ADULTS

BRUNSWICK

BRUNSWICK  
REC CENTER

3637 Center Road  
330-416-3680 • 330-273-8000  
[www.mcooa.org](http://www.mcooa.org)



**LAURA TOTH**  
LToth@medinaco.org

All Brunswick Rec Center activities are listed on the calendar day in which they occur. Any questions about specific events or other details can be directed to the Senior Center.





## FROM YOUR STATE REPRESENTATIVE



# Everybody Has the Right to Become a Foster or Adoptive Parent

By: State Representative, SHARON RAY



SHARON RAY



State Representative Sharon Ray with State Senator Mark Romanchuk (left) and Representative Darrell Kick (right)

### Greetings my friends.

Many of you know that adoption and foster care issues are very important to me. My Mother was a foster care kid and my siblings and I are all adopted. My parents were always open about my being adopted and relayed the story many times of the day I entered their life and how happy they were to become parents. They were supportive and loving and I always felt fortunate to have ended up with them.

Unfortunately, the opioid epidemic has produced a generation of orphans; kids placed in foster care for varying amounts of time while their parents work on overcoming their illness. Sometimes the children become permanent wards of the state lingering in limbo until an appropriate adult guardian is found. The struggle to find guardians (especially for our teenagers in foster care) has become increasingly difficult.

In response to this situation, I have introduced two bills to help our children in Foster Care.

House Bill 352 – Will prohibit a disability from preventing a person from becoming a foster parent, adoptive parent or to deny parenting rights. This bill will expand the pool of potential guardians by allowing folks with disabilities to fully participate in the process. I have a hearing loss (not uncommon at my age) and wear a hearing aid, technically this qualifies as a disability and could be counted against me when applying to become a guardian. While this is an extreme example, it had become an issue especially within the blind community. If an accommodation can be made that allows an individual to be a responsible, productive and engaged parent, we certainly do not want to exclude them from the process. Of course, the Courts always have the final say on what is in the best interest of the child.

House Bill 442 – Will help address staffing shortages plaguing Ohio's foster care and adoption agencies. The bill brings parity between the public and private Foster/Adoption agencies by eliminating regulatory barriers and expanding the labor pool for home assessors and professional treatment staff. This will help reduce the amount of time it takes to place the right child in the right home.



**SHARON A. RAY**  
State Representative  
House District 69

614-466-8140  
Rep69@OhioHouse.gov

77 South High Street / Columbus, Ohio 43215

PAID FOR BY SHARON RAY FOR REPRESENTATIVE

I am happy to say that both bills passed the house on Wednesday, December 8th with overwhelming support and will now move on to the Senate for their input.

On behalf of myself, Representative Darrell Kick and State Senator Mark Romanchuk, we wish you a very Merry Christmas and a happy and prosperous New Year.

As I complete my first year as your State Representative, I would like to thank you for the opportunity to represent you at the Statehouse – it is an honor and a privilege.

2021 has been a difficult year; hopefully, the pandemic is in our rearview mirror and 2022 will be a year that returns us to normalcy. It is during the difficult times we are reminded of what is truly important – family, friends and our faith.



Sharon Ray is the Representative for the 69th district of the Ohio House of Representatives which includes Medina County.



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# COMMISSIONERS' CORNER



## Office for Older Adults Joins Meals on Wheels with the Subaru Share the Love Program



Medina County Office for Older Adults (MCOOA) is proud to announce that it participated in the 2021 Subaru Share the Love Event as a member of Meals on Wheels America - one of four national Share the Love charitable partners supported through the campaign.

From Nov. 18, 2021, through Jan. 3, 2022, Subaru of America donated \$250 for every new Subaru vehicle purchased or leased to the customer's choice of participating charities.

"Partnering with the Subaru Share the Love Program has been a positive community experience over the past three years," said Laura Toth, Director of MCOOA. "From creating senior gift bags, to sending out greeting cards to spreading the word about this excellent donation program, the activities created to support Subaru's Share the Love Program have emphasized our commitment to the seniors in Medina County and to Meals on Wheels America. We look forward to the 2021 campaign to promote the Share the Love Program while providing essential services to the most vulnerable to our community."

Participating Meals on Wheels America members, like MCOOA, will receive a share of the donation raised by Subaru in their state.

"Meals on Wheels America is proud to partner with Subaru of America for the 14th consecutive year to enable more seniors to live with independence and dignity," said Ellie Hollander, President and CEO, Meals on Wheels America. "Since 2008, the Subaru Share the Love Event has helped deliver more than 2.5 million meals and friendly visits to vulnerable seniors nationwide. We're enormously grateful to Subaru and its retailers for their long-standing commitment to Meals on Wheels and the millions of seniors who depend on it for nourishment and companionship."



Over the last 13 years, Subaru of America and its participating retailers have donated more than \$200 million to its charity partners.

This year's Subaru Share the Love Event is on track to bring that total to over \$225 million, proving there's no limit to the amount of love we can all share.



**STEVE HAMBLEY**  
Commissioner

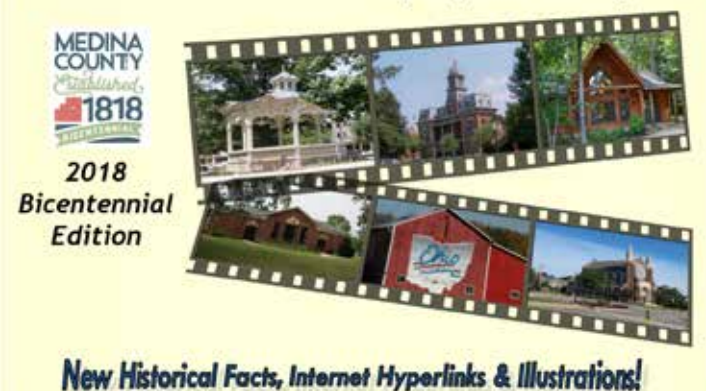
144 North Broadway Street  
Medina, Ohio 44256

(330) 722-9208  
SHambley@ohmedinaco.org

## Timeline of Medina County History Now Available Online for FREE

### Timeline of Medina County History

By Stephen D. Hambley, Ph.D.



Originally published in 2018 to celebrate the Bicentennial of Medina County, the "Timeline of Medina County History" by Stephen D. Hambley, PhD is now available online at no charge.

Printed in both hardback and paperback (spiral bound) by Bookmasters of Ashland, Ohio, it was sold through an agreement with Project:LEARN, which operates three bookstores in the county.

The book was also available at several other local shops and the Medina County Convention and Visitors Bureau. All net proceeds from the sale of the books went to the Project:LEARN adult literacy program. The first printing sold out the first month, requiring a second printing in February 2018. Currently, over 1,000 copies are in circulation.

The book provides a rich summary of the events that helped shape the physical, institutional, and cultural landscape of Medina County, as well as the State of Ohio.

This Timeline is being provided as a public service in the interest of promoting the History of Medina County. Although copyrighted, the author provides advance permission for others to reproduce any portion or all of the book provided copies are made available free of charge.

The "Timeline of Medina County History" will now be available on the Medina County website at:  
[medinaco.org/timeline-of-medina-county-history/](http://medinaco.org/timeline-of-medina-county-history/)

For more information, visit:  
[www.mealsonwheelsamerica.org/sharethelove](http://www.mealsonwheelsamerica.org/sharethelove)



# FROM YOUR AUDITOR



MIKE KOVACK



## Meet the Winners for Auditor Kovack's 27th Annual Top Dog Contest!



First-place winner Alliah Yappel from St. Francis Xavier School and her Top Dog, Heisman



Auditor Kovack poses at the awards ceremony with four of the five winners. From left, Koyli Angus, Second Place; Alliah Yappel, First Place; Lena Riffle, Fourth Place; and Kylie Sibits, Fifth Place. Not present: Third-Place Winner Eddie Casciano

**This contest kicks off dog-licensing season, which runs through Jan. 31. Remember to get your dog licensed! Here are THREE good reasons why:**

1. It's the law.
2. It's your dog's ticket home should they ever get lost.
3. All proceeds from dog license sales benefit the Medina County Animal Shelter.

## Voters Passed 12 Tax Issues in November

All levies begin in 2022 unless otherwise noted.

DISTRICT	LEVY ISSUE	Cost to Owner (based on \$100,000 home valuation)
MEDINA COUNTY HOME (Begins 2023)	RENEW WITH AN INCREASE-CO-HOME OPERATIONS	\$7.78
GUILFORD TWP. (includes Seville Village)	RENEW- AMBULANCE & EMS	\$63.72
LITCHFIELD TWP.	RENEW- ROAD & BRIDGE	\$19.28
LIVERPOOL TWP.	RENEW - FIRE & EMS	\$48.30
LIVERPOOL TWP.	ADDITIONAL - FIRE & EMS	\$52.50
MEDINA TWP. (Begins 2023)	RENEW WITH DECREASE- AMBULANCE & BRIDGE	\$25.44
MEDINA TWP. (Begins 2023)	RENEW WITH INCREASE - SAFETY SERVICE	\$63.88
SHARON TWP.	ADDITIONAL - FIRE & EMS	\$38.50
LODI VILLAGE	RENEW - CURRENT EXPENSE	\$80.62
GLORIA GLENS PARK VILLAGE (Begins 2023)	RENEW - CURRENT EXPENSE	\$121.60
HARRISVILLE-LODI UNION CEMETERY (includes Harrisville Twp. & Lodi Village)	RENEW - CEMETERY	\$14.92
WADSWORTH CITY SCHOOL DISTRICT	ADDITIONAL-CURRENT ADDITIONAL BOND	\$318.50 (Cost estimates are for passed levies. Does not include expiring or lowered levies.)



**The Medina County Auditor's Office will be sending out tax bills for the first half of 2021 by mid-January and they will be due by mid-February. Check the Auditor's website for specific dates.**

[www.medinacountyauditor.org](http://www.medinacountyauditor.org)

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### Aging & Disability Resource Center:

The starting point for information, assistance & counseling.

### Family Caregiver Support Program:

Information, respite, counseling & other services.

### Older Americans Act Programs:

Community-based meal sites & home delivered meals.

### PASSPORT Medicaid Waiver Program:

Long-term support with in-home services to older adults.

## Western Reserve Area Agency On Aging

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MEDINA COUNTIES



# FROM YOUR TREASURER



JOHN BURKE

# Captain Wolf of the Lenapi

## One of Medina's Historical Spirits of the Past

By: JOHN BURKE, Medina County Treasurer

In my research of early pioneer records, I came across a Native American known as Captain Wolf. He was a Lenapi or Delaware Indian who lived in his village along Chippewa Lake and fought in the War of 1812. I have portrayed him for many elementary schools, Medina's Spirits of the Past, historical societies, Boy Scouts and senior citizen groups. Here is his story.

When the first settlers came to Medina County they encountered Native Americans. In those early years of settlement around 1810-1811, there were several Indian villages. There was one at Chippewa Lake, another on Little Chippewa Creek and one on Killbuck Creek. These villages consisted of about a dozen wigwam lodges that were shared by members of the Wyandot and Lenapi (Delaware) tribes. Along the East Rocky River tributary there was a Mingo village at a large bend in the river in what is now Granger Township. In Liverpool Township, there were Ottawa and Lenapi villages on Mallet Creek. The first encounters between the Indians and early settlers were friendly.

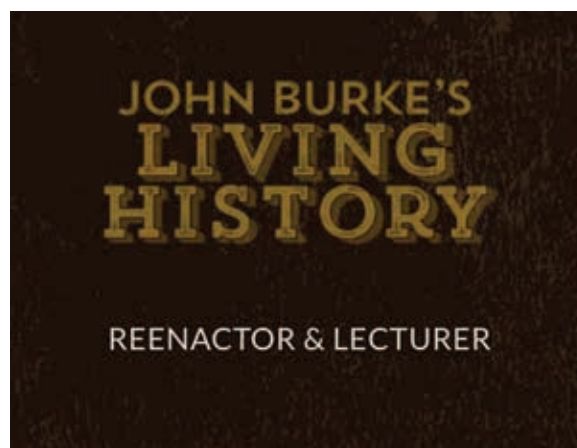
Joe Harris came to the Lodi area to settle in 1811. His cabin was built on a ridge (where the elementary school was located) overlooking an old Indian trail that led from the trading post in Wooster, north to Lake Erie and then west to Fort Sandusky, the present

Route 83 and Route 2. It was also near a buffalo migration trail also used by the Indians, the current Route 42. Soon other pioneers came and the settlement became known as Harrisville (later renamed Lodi). There were Indians along Killbuck River and it was there that Joe Harris came to know a Lenapi leader named Captain Wolf.

In June 1812, the United States declared war with Great Britain. There were only about 10 white families in Medina County at that time and when they learned of the hostilities there was great concern that the Indians would attack the local settlements of Liverpool and Harrisville. And so, the settlers hastily packed up their handiest and most valuable goods and left their cabins for the safety of the block houses at Columbia Station and Wooster. Some settlers packed up and went back east never to return.

This scare was heightened by news brought one dark night that Fort Detroit had surrendered and the British were landing at Huron on Lake Erie. However, it was later discovered that the British were not landing at Huron. The men seen were actually prisoners

John Burke brings the story of Medina County and our country to life through his interpretations of various Native Americans and early settlers.



of war from General Hall's American army who had surrendered Fort Detroit.

Many of the Indians in the area left to fight in the War of 1812, some with the British and others with the Americans. Captain Wolf fought with the Americans and served under General William Henry Harrison, who later became the 9th President of the United States. The Lenapi warrior was an eyewitness to the battle of Lake Erie where Commodore Perry defeated the British fleet in Sandusky Bay on September 10 of 1813. After the war, Captain Wolf returned to his village



Treasurer Burke, a lover of local history and historical reenactor, portraying Lenapi Indian leader, Captain Wolf.

along Chippewa Lake and entertained local settlers with his descriptions of the battle and other adventures in the war and his life on the Ohio frontier.

Captain Wolf had trapping interests along Chippewa Lake and was often seen with his young son in a bark canoe paddling across the lake. Sometimes he was accompanied by Albert Harris the son of Joe Harris of Harrisville. Some 50 years later Albert remembered trapping with Captain Wolf and visiting the Indian villages and seeing the young papooses.

After the war the Native Americans returned to the area and had temporary hunting camps along many of the rivers and Chippewa Lake. Each spring the Indians liked to hunt during the bleating season to obtain the tender meat of the young fawn. In 1822, the local settlers resolved to stop the Indians from destroying too many young deer so they took their flintlock guns and visited the Indian villages in the area. Finding the wigwams deserted, the frontiersmen decided to leave a message for the

CONTINUED ON NEXT PAGE



# Captain Wolf of the Lenapi

»» CONTINUED FROM PAGE 10

Indians when they returned to the village. A large tree was stripped of its bark and the figure of an Indian was drawn with charcoal from the fires on the white wood. Then the settlers shot their rifles into the image for the Indians to find.

The Indians returned and understood the message. Soon many Native American camps were abandoned for more Western locations. Old records discuss some "Wolf Indians" moving and setting up camp six miles west of Lodi. This was probably Captain Wolf's clan of Lenapi. There is no record of what eventually happened to Captain Wolf. But we know that the Lenapi were one of the last Indian tribes to leave Ohio around



"John's visits to Heritage Elementary were the highlight of the school year for our students."

John has researched and created characterizations of over a dozen Native Americans and historic figures. For more information visit:

[www.BurkesLivingHistory.com](http://www.BurkesLivingHistory.com)

1840. They were forced across the Mississippi River to the Western states, as were many Native American tribes. The Lenapi ended their Western migration in

Indian Territory which became the state of Oklahoma. That is where the Lenapi (Delaware) reservation is today. There are no Indian reservations in Ohio.



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# FROM YOUR VETERANS OFFICE



ED ZACKERY

## HAPPY NEW YEAR! May it be a healthy and prosperous one for you all.

By: ED ZACKERY, Medina County Veterans Service Office



We always wish friends and family a healthy and prosperous new year, but do we actually take the necessary steps to be and stay healthy, and prosper? Well, I am not going to give anyone financial advice here but if you are enrolled in VA healthcare, they have some great programs that can help our veterans have a healthier new year. If you are not enrolled in VA healthcare then consider enrolling today, eligibility is based on several factors. Contact our office to apply or click the link <https://www.va.gov/health-care/eligibility/> to see if you are eligible.

**Your VA Medical Center has several programs to help you be healthier in the upcoming new year.**

### NUTRITIONAL COUNSELING

Nutritional counseling is one such program, some may think nutritional counseling is only for those folks that are stretching out the beltline a bit. Nutritional advice and counseling are there to help

with several other health concerns other than weight gain. It can help avoid diabetes or in some cases reverse the effects. Along with diabetes, cancer, fiber, food and drug interactions, healthy aging, heart health (managing high cholesterol and high blood pressure), kidney disease, neurological disorders and spinal cord injuries, plant based and sustainable eating, vitamins and supplements, weight management - if you want to lose weight or weight management - if you need to gain weight, wellness and healthy living and women's health are just some areas where healthy eating habits can lead to a healthier new year.

### WHAT ABOUT SMOKING?


Quitting smoking can improve your physical health as well as your mental health. We know that smoking and tobacco use has a long history amongst the military particularly during long deployments and during times of stress. "Smoke'em if ya got'em"! Well, if ya

smoke'em chances are you're going to get cancer of the mouth, throat and or lungs. Smoking can increase the risk for stomach (gastric) cancer, kidney cancer, bladder cancer, cervical cancer, and pancreatic cancer. Now seven out of every 10 veterans who smoke would like to quit and the VA has one of the highest success rates in helping those who wish to do so.

The VA has information on vaccines and immunizations, not just the COVID vaccine but all vaccines one may want to consider getting. If you're a veteran who travels abroad, you may want to consider talking with your primary care doctor about various vaccines you should get before you embark. They also have information on the flu vaccine and the health benefits of receiving one each year.

The VA also has recommended preventive services for men and women to prevent and maintain a healthier new year. So, this year instead of just saying it, get out and work at it. Perhaps there is that one person that could use a little nudge (support) in becoming a little bit healthier.

The Veterans Health Administration is America's largest integrated health care system, providing care at 1,293 health care facilities, including 171 medical centers and 1,112 outpatient sites of care of varying complexity (VHA outpatient clinics), serving 9 million enrolled Veterans each year. Here in Northeast Ohio the VA provides



**Medina County  
Veterans Service Office**

(330) 722-9368  
210 Northland Dr. Medina, OH 44256  
E-mail: [veterans@medinacountyveterans.org](mailto:veterans@medinacountyveterans.org)  
Website: [www.medinacountyveteransn.org](http://www.medinacountyveteransn.org)

## VA Health Care Enrollment

Eligibility for VHA health care service depends on several qualifying factors, including:

- Nature of discharge from service
- Length of service
- VA adjudicated disabilities (service-connected)
- Special program eligibility
- Income level, based on geographic location
- Available resources (priority group)

**If you would like to know more about VA eligibility or to apply, contact our office at (330) 722-9368.**

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comprehensive, seamless healthcare and social services for 112,589 Veterans across Northeast Ohio. With 18 locations of care, including 13 outpatient clinics, two community resource and referral centers, a psychosocial rehabilitation and recovery center, a chronic dialysis center and an outpatient surgery center, VA Northeast Ohio Healthcare System's quality services are easily accessible to Veterans in 24 counties.

If for some reason you are ineligible for VA healthcare don't let that stop, you from having a healthy new year. Contact your medical provider or local health department to see how you can improve your health and the health of your loved ones. There are several preventive healthcare programs offered throughout our

community that can assist in a happy and healthier you. Have a happy, healthier, and hopefully a more prosperous new year from all of us here at the Medina County Veterans Service Office.

If you are a Veteran having thoughts of suicide—or you are concerned about one—free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and press 1, text to 838255, or chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat).

If you have any questions about veterans benefits, feel free to contact us at the Medina County Veterans Service Office at 330-722-9368 or email us at [veterans@medinacountyveterans.org](mailto:veterans@medinacountyveterans.org) or catch us on the web at [medinacountyveterans.org](http://medinacountyveterans.org)



# JOINT BANK ACCOUNT WITH A CHILD?

## Convenience may not be worth the risk.

By: MICHAEL LARIBEE, Esq., Laribee & Hertrick, LLP



MICHAEL LARIBEE



## Laribee & Hertrick, LLP

with the ability to write checks. Third, Paul could have listed his sons as transfer-on-death (T.O.D.) beneficiaries on the account. T.O.D. beneficiaries receive no interest in an account until the death of the account owner. Again, this shields the funds from his son's creditors during Paul's lifetime. Fourth, Paul could have established a revocable living trust to hold title to the account. The trust could provide for management of the funds upon Paul's incapacity and distribution to his sons upon Paul's death. Further, the trust could be drafted to hold the funds for the benefit of his sons in the event they have creditors waiting to pounce.

It is important that you explore your options with a trusted probate attorney before you use bank accounts as a part of your estate plan. That way, your funds are not at risk and will go to your intended beneficiaries.

Paul was a saver. Every year, he set aside money for his retirement. He kept the majority of his funds in a simple savings account at the local bank. It was Paul's wish that his three sons, Ringo, George and John would share the money equally upon his death. But, Paul was concerned that his children would not have access to the funds to pay his bills in the event he became incapacitated. A bank clerk instructed Paul to put one of his sons on his account. That way, the bank clerk explained, his son would have full power to manage the funds. So, Paul listed Ringo as a joint owner on his account since Ringo lived closest and had time to assist Paul if necessary.

A few months later, Paul checked the balance of his account. He saw that all the funds had been seized by a collection company and were now being held by the local court clerk. Paul was confused because he had no outstanding debt. He examined the court docket and realized that a credit card company attached the funds to satisfy a large judgment against Ringo. Paul learned that Ringo ran up his credit cards buying expensive drums and other musical instruments. When Paul called the bank to complain, the bank clerk said there was nothing he could do. Since the funds were held in a joint account with Ringo, they were fair game for Ringo's creditors.

While joint accounts may seem like an attractive method to allow another to manage funds, there are some serious risks. Once money is deposited into a joint account, it belongs to both account holders equally, regardless of who deposited the money. Either account holder can withdraw, spend, or transfer money in the account without the consent of the other person. That means the creditors of a joint owner can attach all of the funds to satisfy the joint owner's debts. Likewise, the spouse of a joint owner may claim an interest in the funds.

Perhaps more importantly, a joint account may not be consistent with the account owner's estate plan. When a joint account holder dies, the money in the account automatically goes to the other account holder without passing through probate. That means upon Paul's death, Ringo would own the funds in the account. Ringo would have no legal obligation to share the funds with his brothers.

There are several ways Paul could have done things differently. First, he could have designated one of his sons as his agent in a financial power of attorney. That way, his son could manage the account, but his son's creditors could not reach Paul's assets. Second, banks often allow account owners to name a power-of-attorney on a specific bank account



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Michael Laribee is a partner in the Medina law firm of Laribee & Hertrick, LLP. This article is intended to provide general information about the law. It is not intended to give legal advice. Readers are urged to seek advice from an attorney regarding their specific issues and rights.





# Look What's Happening at Western Reserve Masonic Community!



If you drive by Western Reserve Masonic Community (WRMC) in Medina, Ohio you will see heavy equipment on their property. You might ask, what are they doing? WRMC is undertaking a \$49 million dollar expansion and repositioning project which will consist of two phases. The leadership and the community members are excited for the changes.

Jason French, WRMC President shared, that Phase I will include the addition of a 32 bed Skilled Nursing Unit to include 14 short-term rehab beds. There will also be a 56 unit Independent Living apartment building. This new three story Independent Living apartment building will contain underground parking, and offer one, two and three bedroom floor plans with

balconies. This new building will also contain a new commons area complete with attractive amenities for food, fellowship and family gatherings.

Phase II will be the demolition the current Skilled Nursing building and will be replaced with 18 long-term care Skilled Nursing beds, bringing the total of new

Skilled Nursing beds back to 50. Finally, there will be a connector constructed to house a common area and join the existing building with the 50 new Skilled Nursing units.

Lastly, the existing chapel will be renovated to create a multi-purpose room to be used by campus community members as well as outside entities. This renovation involves

the addition of an external entrance as well as a dedicated food service area. A new chapel will be included in the construction. Currently, an existing room is being used for Sunday church services. These combined projects will position Western Reserve Masonic Community as the premier senior living community in Medina, Ohio.

On any given day, you will find the community members watching out the doors and windows enjoying the show. Construction is now the best "show" in town. Everyone is so pleased that not one community member will be displaced from Western Reserve Masonic Community during the expansion project.

So far, parking lots have been removed and new parking lots have been laid, nearly doubling the amount of parking spaces. The chapel is behind the fence and currently a hardhat area. If the chapel to community center renovation continues on schedule, it should be finished in late January. As the community members continue to watch the "show," they are watching the footers being placed. You can feel the excitement growing each and every day.



Reconstruction of the front parking lot and main entrance.



The front parking lot is complete! The lot has grown by 44 spaces so there are now 90 parking spaces. The small incline that was at the front entrance has been removed making it easier to enter the building.

CONTINUED ON NEXT PAGE



# Western Reserve Masonic Community!

>>> CONTINUED FROM PAGE 14



## GREAT THINGS ARE HAPPENING at Western Reserve Masonic Community!



Tuesday, September 28th was a momentous day at Western Reserve Masonic Community. (WRMC) Jason French, WRMC President and other leaders held a ground breaking! The construction project will include an additional 56 independent living apartments with private patios and balconies. This construction project will also include a 50 bed dual certified nursing center with a separate entrance and a new physical/occupational therapy area.

As you enter, you will be greeted by a beautiful great room lobby. There will be multiple dining venues to include a bistro and a formal dining room. You will also have the use of a wellness/fitness area and a multi-purpose room to help keep you active. Your car will be kept out of the weather with spacious underground parking.

Be sure to follow our construction progress! These projects will position Western Reserve Masonic Community as the premier senior living community in Medina, Ohio. Please contact us for more information.



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The chapel is being renovated to create a multi-purpose room to be used by campus community members as well as outside entities. This renovation involves the addition of an external entrance as well as a dedicated food service area.

Everyone knows that an expansion project of this magnitude takes time to complete. What about moving into WRMC now? Can I do that or do I have to wait until the expansion is complete? WRMC has independent living options available to you right now. There are a variety of sizes and floor plans that you can enjoy. As the weather is getting colder by the day, consider how nice it would be to have someone else shovel

your driveway, sidewalks and streets. You can enjoy socializing with neighbors and friends in a hassle free, well maintained community. There is something for everyone not just in the winter, but year round. Consider joining the WRMC family now. It's just a phone call away. You won't regret it. Check us out on our website at [www.wrmcohio.org](http://www.wrmcohio.org) or call us at 330-642-3863. You can be part of watching WRMC grow!



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# The Psychological Side of Spending Your Retirement Savings



CLAUS MEYER

By: CLAUS MEYER, Certified Financial Planner,<sup>TM</sup> Retirement Income Certified Professional<sup>TM</sup> with Raymond James

## RAYMOND JAMES

Many investors worry about outliving their savings. As a result, they sometimes underestimate what they can comfortably spend in retirement.

For years, you've been saving and investing for retirement. But what happens when you finally retire and it's time to switch gears from saving to spending?

It turns out, many people are so focused on accumulating assets that they never really think about actually withdrawing the money. In fact, recent studies show that many retirees aren't drawing down their retirement portfolios, opting instead to live on Social Security and the minimum required distributions (aka RMDs) so their portfolios can continue to grow. This may lead to unnecessary sacrifices in a retiree's standard of living. After almost two decades in retirement, most current retirees still have 80% of their pre-retirement savings, according to research from BlackRock.

### THE PROBLEM WITH UNCERTAINTY

So why aren't these retirees spending their nest eggs? Some may be spending as little as possible to leave behind a larger sum for their

loved ones or philanthropic pursuits. But in many cases, it's because they aren't sure how to determine a sustainable withdrawal rate that accounts for their total lifespan. They worry about the "what ifs" retirement may throw their way and want to be prepared. You may be able to relate.

This latter group understands that over the course of a long-term retirement, inflation can erode savings. Portfolio returns can vary, and healthcare costs can quickly escalate. And they may be concerned about outliving their savings – only 25% of baby boomers believe their savings will last throughout retirement, according to the Insured Retirement Institute. By spending less and allowing their savings to potentially grow in the early years of retirement, they hope to offset some of the uncertainty.

Collaborating with your financial advisor can help increase your confidence about having enough money to live comfortably in retirement. Just like in your working years, you can establish a just-in-case cash cushion or line of credit that helps put you at ease. And having a sound distribution strategy in place – one that takes into account

your income sources, lifestyle, asset locations and tax situation – can help you enjoy the retirement lifestyle you envisioned.

### WITHDRAWING YOUR MONEY

When it comes to withdrawing your retirement savings, here are a few things to consider:

### ORGANIZE YOUR EXPENSES

Three typical categories include essential expenses (think food, housing and insurance), lifestyle expenses (vacations, hobbies) and unexpected expenses (healthcare costs, auto repairs). Consider paying for your essential expenses with guaranteed income sources such as Social Security or annuities. Use growth or income investments to pay for lifestyle expenses, and maintain a cash reserve for any unexpected costs that might occur.

### BE FLEXIBLE

For instance, a downturn in the market is a good time to tighten the reins on your spending. But if you experience some unexpected investment gains, the timing might be right for that dream vacation.

There's little doubt your income needs will fluctuate during retirement. The early

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years may be filled with travel and other big-ticket items that require more substantial withdrawals. As time goes on, you'll likely travel less, but your healthcare expenses may increase. Studies show that spending tends to decline in the later years of retirement, most likely the result of less travel and similar pursuits. People ages 55 to 64 spend on average \$60,076 per year, while people ages 65 and over spend \$45,221, according to the Bureau of Labor Statistics.

Building in flexibility allows you to go with the flow. Just be sure to regularly touch base with your advisor so your budget can stay on track.

### REVIEW YOUR PLAN

Work with your advisor to develop and review your retirement income and distribution strategies. You can run hypothetical simulations based on different withdrawal rates, how many years you will live

CONTINUED ON PAGE 19



# Never too Old to Shoot for the Gold

Written For: Archangels Specialty Home Care - By: JOHN CASSILY, 74 Years Old

If you live in the Medina County area, you are within an easy drive of a great year-round activity, archery. I am 74 years old and a new member of the Crooked River Archers. I started by signing up for lessons with our granddaughter. It was an escape from the indoor isolation brought on by the Covid pandemic coupled with a desire to enjoy my granddaughter's companionship. After completing the lessons, we decided to join the club so we could participate in club shoots on Saturdays. The club shoots are not intimidating for beginners, well-organized, and you continue to receive personal coaching while participating.

During the summer months, Crooked River Archers provide a target range in the Cleveland Metroparks near York Road. This range is set up and maintained by the club. The outdoor range is open for public use at no cost. During the winter months, the Crooked River Archers set up an indoor range located in the Southland Shopping Center inside the former Burlington Coat Factory building, Middleburg Heights.

It is not necessary to join the club to receive lessons. Crooked River Archers offer "Beginner Coaching" for all those 8 years or older. There is a \$10 fee for the lesson and the club provides the equipment. They encourage use of club equipment to decide which equipment is appropriate for you. Crooked River Archers will schedule private lessons if you wish to organize your own group for instruction.



Friendly instructors are on hand to help you with your archery skills - including your aim. LOL!

Crooked River Archers provides bows, arrows, and arm guards for new shooters. You can continue to use the equipment after you become a member. They encourage you to start with a draw weight that is not too heavy. Your bow's draw weight is the amount of force you will pull to fire the arrow. The lower



the draw weight, the lighter the force you will pull and transfer to the bow's limbs. Crooked River Coaches will help tailor the bow to your strength.

My favorite activity has become shooting archery with our twelve-year-old granddaughter. She enjoys competing with grandpa while socializing with youth her own age. I enjoy her companionship, the challenge, activity of the sport, and being outdoors. Her mother goes when her work schedule permits. She still enjoys competing with Dad, and now her daughter. We have just started shooting indoors and find it just as much fun.

Archery is a great year-round sport for senior athletes. It can be a solitary activity or a social sport. Ask Crooked River Archers about lessons and club shoots, which are great ways to meet new friends while learning archery. The club shoots accommodate all ages and abilities and a wonderful way to get out of the house to connect with others.

What are you waiting for? You are never too old to shoot for the gold, but it is never too soon to start, either! Archery is a life-long sport, no matter your age. Start today by emailing Crooked River Archers at: [info@crookedriverarchers.net](mailto:info@crookedriverarchers.net) Website: [crookedriverarchers.net](http://crookedriverarchers.net)





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**FOR MORE ON ARCHANGELS SEE AD ON THIS PAGE**





# HANDS SENIOR SPOTLIGHT

## Jim & Prudence Aylsworth

By: ANGELA HUSTON, Contributing Columnist for MedinaCountyLife.com



Jim and Prudence Aylsworth were eighth grade sweethearts in Shreve, Ohio. Although separated for years when her family moved, as retirees they reconnected, married in 2007, and settled on their 19-acre farm in Medina. Prudence has one son and Jim has five children.

James Quentin Aylsworth (the name Quentin is given to the fifth son in a family) grew up on a 400-acre dairy farm. After graduating from Shreve High School in 1960, he earned a BS in Agriculture from The Ohio State, and an MS in Horticulture and a PhD in Agricultural Economics from the University of Illinois.

Jim briefly taught high school vocational agriculture, was a cooperative extension agent, then spent the rest of his career as a Professor of Economics/departments chair at Lakeland Community College. He has been a private consultant with Brookside Laboratories Inc. since 1976. The soon-to-be 79-year-old who is still going strong said, "I am well past the legal age but still act like a kid most of the time."

Prudence Ann Krupp-Davis Aylsworth was born in Latrobe, Pennsylvania; her family later moved to Shreve. She attended Youngstown State, married in 1966, and resided for 41 years in Albuquerque, New Mexico. She earned a BS in Family Studies Education, an MA in Education, and did post graduate work/empirical research on mid-life career change, all at the University of New Mexico.

She taught in a private school 16 years, was a vocational counselor/consultant, and became Albuquerque's first career counselor, working with veterans, helping single parents, and assisting people who had been incarcerated. After Prudence became a widow in 1998, she was hired to work with the New Mexico Special Services Department, assisting individuals with documented disabilities. She retired in 2007.

Prudence was named Outstanding Career Counselor in Albuquerque, and received the George Keppers Career Practitioner Award in Tucson, Arizona in 2001.

Jim and Prudence have spent their lives doing for others. Jim said, "I used to tell my students that the best thing that ever happened to me was that I was raised on a farm and learned to work. In fact, I never considered it work, it was just something that needed to be done: crops have to be planted on time,



livestock has to be cared for humanely with due consideration for their well being -- you care for the livestock or crops, and they will take care of you. My dad taught me that when I was a child and it has stayed with me throughout my life."

With a similar philosophy, Prudence, who began volunteering as a ten-year-old, credits many who shaped her into the person she became. "I was very active in 4-H, church, and with music. My dad had much to do with pushing me on, always saw to it that I got to these activities, they were my life, but then...I best get my tail home asap to make hay and milk the cows!" Being that her farmer dad also was a minister, church was prime.

Prudence started singing in the choir at age 10; it was a wonderful part of her life.

She credits her college professors for encouraging her "TO BE, TO GET INVOLVED BOTH PROFESSIONALLY AND IN THE COMMUNITY!" In countless ways, Prudence and Jim have done just that, supporting so many local agencies: Faith in Action, The Children's Center, Project: LEARN, Our Lady Help of Christians, The Society, Red Cross, Creative Housing, HANDS Foundation --- for the past 14 years, almost every local fundraiser has included several of Prudence's beautifully crafted, donated baskets. They may be retired, but Jim said, "We don't live in a vacuum."

Prudence says, "Medina has been a gold mine for us. We are involved in the community: active with our church, host garden tours on our Oak Ridge Farm for the YWCA (also serve on the YWCA board), chaired the Candlelight

Walk two years, and conduct tours for the scouts and school groups. I also play (piano) for mass for musicians on vacations."

Jim described the depth to which their interest in agriculture has played a key role in their lives. "We are very food conscious, feel strongly about food safety, and have been very active in local food movements at our Farmers Market currently being held at the VFW Hall on North Court Street in Medina. All vendors produce and sell only locally produced products. We know who and how the products were produced and we feel that level of accountability is important for food safety."



On Oak Ridge Farm, named for the farm on which he grew up, Jim makes county fair award-winning jams and jellies with fruit grown on their property. He was encouraged to sell his products at the Farmers Market, which he began doing in 2009. "It has been modestly successful as we now have over 75 different recipes of various jams and jellies."

CONTINUED ON NEXT PAGE





## HANDS SENIOR SPOTLIGHT

### Jim & Prudence Aylsworth



healthy and connected with family, watching the birds outside their sunroom, visiting, cooking, and making flower arrangements for friends and events. They also plan to continue traveling; so far they



#### CONTINUED FROM PAGE 18

In 2008, Jim planted pumpkins because the grandchildren wanted them for Halloween. Some grew, but not many. He noticed there were not many bees so the next year he established two beehives. “We had so many pumpkins we were giving them away. It’s all about pollination! So now, we started adding honey to our sales line at the Farmers Market as well as a line of jellies sweetened with honey instead of sugar.”

He went on to say, “Because of this success, I now have 38 beehives scattered through the county mostly in people’s backyards. I have an observation beehive that I take to the Farmers Market every Saturday where I talk about honeybees, trying to encourage people to start their own beehives, or to at least have a better understanding of the problems that bees face on a daily basis. Even if people don’t want to keep honeybees, I tell them that the best thing they can do to support the honeybees is to plant flowers.”

Jim often demonstrates or explains the workings of the hives to Scout troops. “If they come to my farm, I will put the



kids in bee suits and open up a hive for them to see the inside of it.”

He loves taking care of his bees, learning about their fascinating habits, and sharing the many benefits of honey by giving talks to groups. “Always fun, always the teacher.”

Like Prudence, Jim has been a participant in many other community activities including being a member of Main Street Medina, a poll worker for the Board of Elections, a Eucharistic minister in his church, a volunteer at the Medina County Home, a cubmaster for 12 years, and a volunteer basketball coach.

Jim and Prudence share the goals of enjoying life each day with each other, staying

have visited 46 of the 50 states, plus trips to the U.K., Canada, and Italy.. and Prudence hand-writes letters when they travel; in March, she wrote 36.

These two conscientious, caring people who constantly do so much for others have set the bar high. They are happily, completely immersed in the community, and have set an impressive example for everyone.

“Retire: Are you joking? We plan to keep on being involved, active both physically and mentally, and playing the piano from old music lesson books.”

## The Psychological Side of Spending Your Retirement Savings



#### CONTINUED FROM PAGE 16

in retirement or any other contingencies, which will allow you to develop a better idea of how much you can comfortably and confidently spend in retirement to help achieve your goals.

Everyone’s retirement situation is different. You may have encountered some unexpected circumstances, such as a layoff or forced retirement that occurred earlier than you planned, and you weren’t able to save as much as you hoped. On the other hand, leaving a legacy may be your primary goal. Whatever the case may be, establishing a withdrawal strategy that’s right for you – while also keeping your emotions in check – is often a good plan of action.

#### SOURCES:

[kitces.com](http://kitces.com); [forbes.com](http://forbes.com); [cnbc.com](http://cnbc.com); [ournextlife.com](http://ournextlife.com); [smartabout-money.org](http://smartabout-money.org); [thetstreet.com](http://thetstreet.com); [kiplinger.com](http://kiplinger.com); [myirionline.org](http://myirionline.org)

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# Do I Need to Update My Estate Plan Documents?

By: ANN SALEK, Certified Elder Law Attorney (CELA)  
Critchfield, Critchfield & Johnston

When did you last establish your estate plan? Do you have a “life plan” in place as well? Many people plan for their death but more people need to plan for their life as well. As you age, you may become ill or your capacity may diminish. You need to make sure you have the correct documents in place to accommodate your death as well as your life. Have you had “life changes” since initially implementing a plan? Many people establish a plan and then forget about it assuming they never need to revisit that plan.

I suggest to my clients that they review their plan at least every five years or when they have had a “life change.” Many people forget what plan they have in place. Just reviewing that plan and refreshing your memory may be enough to confirm you have the correct plan in place. Similarly, revisiting your plan may confirm you want to make some changes.

**The following include some of the “life changes” that may warrant updating your plan:**

- Death in the family
- Birth in the family
- Remarriage
- Illness
- Children reaching adulthood
- Receiving an inheritance
- Purchasing a second home
- Starting a new business venture
- Acquiring new assets
- Fulfilling philanthropic intentions
- Diminishing capacity



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As you age, you may find yourself contemplating what kind of legacy you will leave behind. The time to plan your legacy is during your lifetime. This is a time to consider philanthropic intentions. What are you passionate about? How can you leave this world in a better position?

Regardless of what your “life changes” may be, just make sure you have properly prepared for your life as well as your death.





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# HEALTH DEPT. NEWS

## CHASE THOSE WINTER BLUES AWAY!



The holidays and winter time can be a difficult for many seniors, especially with the added stress of the pandemic. Loss of family traditions, increased feelings of loneliness or isolation, sadness, and memories may lead to feeling anxious and depressed. These are often referred to as Holiday or Winter Blues. Changes in routine and decreased sunlight also have an impact on mental health during this time of year.

As we enter the holiday season, be sure to set aside time to tend to your health and wellness. Consider these practical suggestions on how to manage the Holiday Blues. These include:

- Exercise and stick to an exercise regimen
- Spend time outdoors, weather permitting
- Do projects around the house
- Eat and drink in moderation
- Acknowledge your feelings and share them
- Take a walk
- Spend time calling loved ones or send cards to others who may be having a hard time
- Get enough sleep
- Set reasonable expectations and set aside differences
- Get seasonal and routine vaccinations including your flu shot and COVID-19 booster dose

If you have experienced the Holiday Blues in the past, be aware of your symptoms and look for possible red flags. Schedule relaxing activities and don't feel as though you have to do it all.

Most of the time, these feelings are temporary. But if you have a period of more than two weeks where you have a depressed mood, crying spells, sleep problems, feelings of guilt and thoughts of death or suicide, and are unable to care for yourself, please seek professional help immediately. There are many resources and organizations available to help:

- 24/7 Local Crisis & Behavioral Health Helpline: 330-725-9195
- Medina County Office for Older Adults: 330-723-9514
- Ohio Department of Aging: 1-866-243-5678

The public health mission is to prevent, promote, and protect health. You can trust the Health Department to keep you informed and provide reliable information. For more information, visit [www.medinahealth.org](http://www.medinahealth.org).

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## Winter Reading for Adults

January 4 - March 5, 2022



Play in your library or at  
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FROM THE MCBDD



# Special Needs Grandparenting



When it comes to parenting a child, almost every parent has wished for a manual or a how-to class at some point in their life. It would be amazing to be handed a guide as you left the hospital covering every aspect of parenthood for each of your children. Unfortunately, manuals like that do not exist. Like everything else, grandparenting a child with a disability does not come with a manual. It too is learned through experience. However, being a positive role model as a grandparent to a child with special needs requires more than experience. It requires knowledge, understanding, involvement, and love.

## BASIC SKILL #1: KNOWLEDGE

Because most grandparents have lived for decades, they have plenty of knowledge, yet most are unfamiliar with

special needs diagnoses. Terms such as autism, ADHD, PTSD, IEP, PT, behavior specialist, speech therapy, and chronic illness are like a foreign language. Taking the initiative to learn about a grandchild's uniqueness is a huge step in playing a role in that child's life. It is important for grandparents to seek knowledge for themselves about their grandchild's diagnosis.

## BASIC SKILL #2: UNDERSTANDING

With knowledge comes a better ability to understand the physical and emotional needs of the family. The ability to recognize the stressors a child with special needs brings to the family, to realize the severity of the diagnosis, to appreciate the long-term prognosis, and to begin to grasp the numerous ways available to help makes the situation better for everyone.

## BASIC SKILL #3: INVOLVEMENT

The ability to understand not only result in a desire to be involved, but also develops a willingness to do whatever it takes to contribute positively to the family. This could be anything from participating in therapy sessions, attending doctor's appointments, cooking meals, giving the parents much needed breaks, or just being a listening ear.

## BASIC SKILL #4: LOVE

The more grandparents are involved with their grandchildren with special needs, the more their love for them will be apparent. Love without expectation, but filled with

acceptance; love that builds up and does not tear down; love without the need for acknowledgment, but a desire to quietly give; love that's willing to dream appropriate dreams for your grandchildren.

The role of grandparent is not always easy to define, but if the mind and heart are open to knowledge, understanding, involvement, and love, the impact a grandparent can have on the lives of their grandchildren with disabilities is immeasurable. And the love and appreciation they receive in return will truly be priceless.

The Medina County Board of Developmental Disabilities is the community resource responsible for connecting,

coordinating and funding services for individuals of all ages with developmental disabilities. We help with everything from early intervention and education opportunities for children to employment and community inclusive living for adults.

We are available to help any family or community members get the information they need to support people with disabilities.

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# How Often do Revocable Trusts Make Sense as the Center of Your Estate Planning?

By: MARIE EDMONDS, Counselor at Law



MARIE EDMONDS, LPA

More often than not, I see a revocable living trust making sense as the centerpiece of estate planning, even for those without taxable estates. Historically, trusts were used to maximize estate tax planning, but with an extremely high federal estate tax exemption (over \$11m/person) and no Ohio estate tax, that is no longer a motivating factor.

What is a revocable living trust? It is a set of instructions put in place by the Settlor which may be revoked or changed at any time. The trust may be funded during the Settlor's life or at their death. However, many of the trust's benefits are realized only if the trust is funded during the Settlor's life. Funding means transferring the ownership or changing the beneficiary of assets to your trust.

Whether a revocable trust makes sense in an estate plan has little to do with estate taxes, as mentioned above. Here are some of the benefits of a revocable trust, which most often influence our decision in choosing it as our basic estate planning tool.

If a revocable trust is funded during a Settlor's lifetime, management of the assets falls to a successor trustee during any period in which the Settlor is incapacitated. Typically, trustees have an easier time managing these assets than agents under a durable financial power of attorney.



Probate avoidance is another reason a person may choose to establish a revocable trust, although there are many ways to avoid probate court in addition to a funded revocable trust. Assets transferred to a revocable trust before a Settlor's death do avoid probate. Those assets pass according to the terms of the trust and the process of administering a trust is significantly less burdensome than the probate process. Revocable trusts also eliminate or minimize the liquidity problems occasioned by delays or waiting periods in the probate process. There may be reasons to want the

probate process depending on anticipated creditors claims as probate can shorten the time period within which creditors can file their claims.

A primary probate generally occurs in the jurisdiction of the decedent's domicile. However, if the decedent owns real property in another jurisdiction, an ancillary administration in that state is often required in order to transfer title of the real property. This can be avoided by transferring all property, both in Ohio and elsewhere, into your revocable trust during your lifetime.

Another factor to consider in choosing a revocable trust as your estate planning tool is whether your beneficiaries are minor or receiving government benefits. If a minor inherits assets through the probate process, a guardianship is necessary and any assets remaining in the guardianship upon the beneficiary reaching the age of 18 must be distributed to them. A trust can provide that assets are managed by a trustee of your choice for that beneficiary beyond the age of 18, with whatever provisions (and protections) you wish to offer that beneficiary. In addition, if a beneficiary is

receiving government benefits and/or is in need of special needs planning, a trust can provide for that beneficiary in a manner that allows them to continue receiving those all-important government benefits while receiving the benefit of your planning as well.

As mentioned above, probate is avoidable without a revocable trust. However, coordinating the rights and designations of each of your assets to achieve the allocation you wish can be a ponderous undertaking and requires constant monitoring to assure your wishes will ultimately be carried out. A revocable trust may serve as a "funnel" through which to allocate assets, so that as your assets change your specific allocation among your beneficiaries remain consistent and in accordance with your ultimate wishes.

Another advantage to choosing a revocable trust as your tool is that your trust can travel easily between states without the necessity for any major changes.

Most clients choose revocable trust planning because they wish to make things as easy as possible for their fiduciaries and beneficiaries. A discussion of the advantages and disadvantages of a trust-based plan is critical so that you can make an informed choice. You know what your goals are and what is most important to you. That will make your decision easy.

*Marie Mirro Edmonds*  
Company, L.P.A.

*Elder Law & Estate Planning Attorneys*

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Our team spends quality time with every client inquiring about family dynamics and listening to client's concerns. We strive to explain difficult concepts in understandable terms and to make ourselves accessible to answer questions. It is our mission to provide premium estate plans that accomplish appropriate personal goals for our clients and their loved ones.



Marie Edmonds



Ashley Sorgen

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# DON'T FEAR THE HOME

From: PEARLVIEW REHAB & WELLNESS CENTER

Your health is your most important asset so do you know when to walk away and when to run? Life is successful when you have your health, personal relationships, your community, great food, routine, respect, comfort, financial security and independence.

Have you experienced or will a recent surgery or a decline in your health status? Did your doctor suggest skilled rehab & wellness nursing facility but you fear the "home"? The truth of the matter is that fearing the "home" and going back to your house with small amounts of therapy divvied out incrementally is like walking away from your health. Versus diving in, basically running your way to intensive therapy and medical care offered in an inpatient rehab & wellness setting, will get you stronger, better, faster and with an entire team of caregivers who will become your family pushing right alongside you to heal faster. Even more reason to not fear the "home."



Skilled rehab & wellness nursing center "homes" have morphed into the future offering extensive physical, occupational and speech therapy, intense medically complex care provided by a multifaceted team of healthcare workers around the clock dedicated to your success.

Rehab and wellness centers aka the "home" specialize in extensive care and therapies, allowing patients to receive a diverse array of services ranging from social activities, your rehabilitation to great food.

Research suggests that patients who receive rehab care following a major health episode see greater and more rapid clinical improvements compared to patients

discharged to their homes without follow-up. These services are covered by your insurance, you worked hard all of your life to obtain them, considering using them to maintain your best life. Age is a state of mind! Intensive therapy and medical services can enhance your life and put more pep in your step. Don't fear the home!

Are you interested in your own personalized therapy and healthcare regimen to improve your quality of life in our community? Come and visit us at Pearlview for inpatient and outpatient physical, occupational and speech therapy. We also offer aromatherapy, a multi-sensory Snoezelen environment, recreational & massage therapy as well as certified Music & Memory programming to enhance your life! Learn about the Pearlview difference:



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# Strongsville Smile Keepers is the Place to Be!

From: STRONGSVILLE SMILE KEEPERS

Strongsville Smile Keepers is the place to be! Their beautiful state-of-the-art facility officially opened in May of 2019. With Dr. Matt Gaebelein as CEO, leader and distinguished clinician, his guarantee of excellence is evident in his passion for dentistry. Just one visit and you will witness Dr. Gaebelein's commitment to high-quality, high-tech dentistry. From the very latest x-ray equipment, implants, and same day crowns, patients are treated with innovative care. He also strives to make the office a friendly, relaxing and inviting place where patients of all ages have come to expect compassion as well as the best care possible. His warm and friendly demeanor helps to put every patient at ease. It's not surprising that they serve patients from all over Northeast Ohio and even have patients travel in from different states to continue receiving the great care they are used to. With over 25 years of experience, Dr. Gaebelein is a fellow with the Academy of General Dentistry (AGD). This is a title that only 6% of dentists in the United States and Canada achieve. It takes dedication to continuing education after graduation to attain this honor. Each AGD fellow must complete over 500 credit hours of CE, 350 of which must be live courses. Then, a board certification exam of equal difficulty to the courses must be passed. Because of his fellowship status, you can be confident that he is committed to being a life-long learner and will keep up with the latest information and techniques in dentistry.



DR. MATT GAEBELEIN

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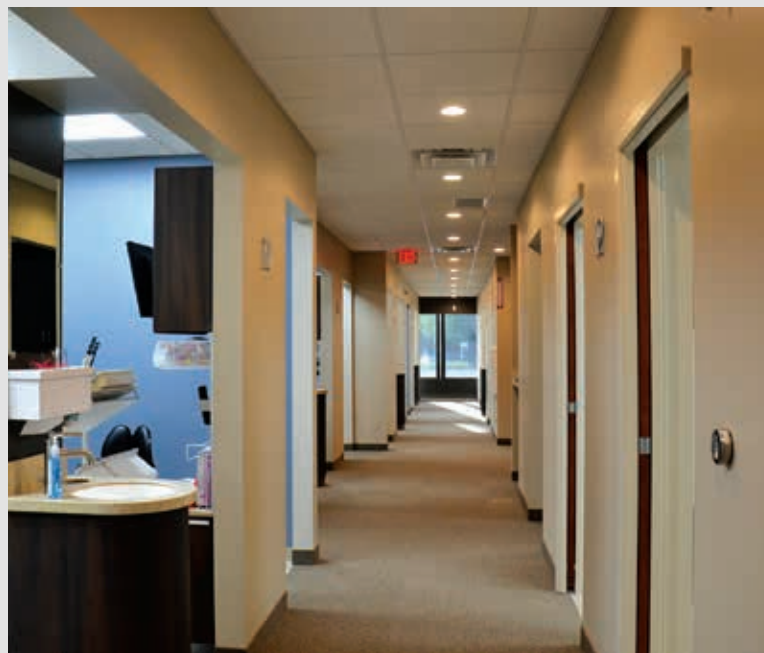


**Strongsville  
Smile Keepers**

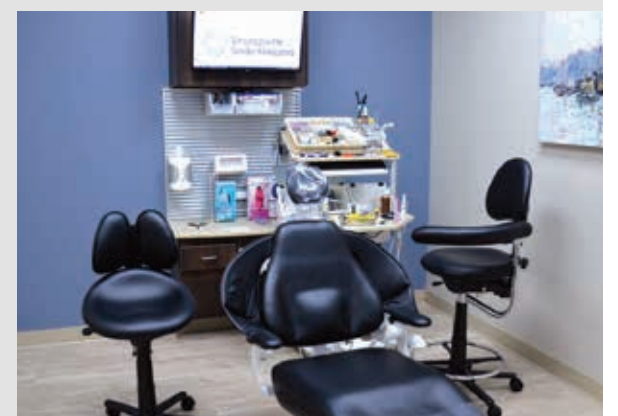


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**WE ARE NOW HANDICAP ACCESSIBLE!**



Dr. Gabelein is also an active member of The Academy of General Dentistry, The American Dental Association, The Medina County Dental Society and Spear Dental Education. He has studied extensively to become a Senior Master Provider in Fastbraces Orthodontic Technology and has given hundreds of children and adults beautiful smiles. He has been awarded the Teledyne Hanau Award for excellence in prosthodontics. Strongsville Smile Keepers has been voted "Best Dentist" by Medina County Gazette's Best of the Best Awards for 5 consecutive years. Dr. Gaebelein is a contributing author to various publications such as The Medina County Gazette, Helping Hands, Mimi Magazine and is publisher of the Smile Keepers Newsletter. He has also been seen discussing dental topics on television programming and heard on the radio on 95.5 the FISH. Dr. Gaebelein is a lifelong resident of Northeast Ohio. He is a graduate of St. Ignatius High School and earned his Bachelors of Science degree in Biology from John Carroll University. He attended The Ohio State University College of Dentistry and remains a committed Buckeyes fan! A dedicated family man, he and his wife Laura have 5 children and they love spending quality family time together. You can feel confident that when you enter Strongsville Smile Keepers you will be treated by a caring professional who will treat you like family.



**Strongsville  
Smile Keepers**

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# Medina Lions UPDATE



**We hope you had a very Merry Christmas and Happy New Year!**

Our annual Toys for Tots Christmas Party was held at Williams On The Lake, December 10th. One of the requirements to attend was to donate an unwrapped toy to the Medina Toys For Tots Campaign. What a delight to have so many dolls, trucks, games, and other toys for the Marines to add to their Medina collection. A 50/50 raffle was held with proceeds going to the Toys For Tots Campaign. Another cash donation was also presented.

Medina Lions heard of many residents struggling this past year. We were told about a young family of four who could use a little help during the holidays. Lions provided a beautiful Christmas for them. Clothes, toys, food, and a gas card helped to brighten their holiday. Helping others in need is the true meaning of Christmas.

Who are friends of Medina Lions? You are! Especially when you donate to our fundraisers, raffles, or given us your support through donations.

As always when the funds go out we need to replenish them. With that being said, we would like to invite all the residents and businesses of Medina to donate to our upcoming Reverse Raffle by purchasing a ticket, donating a basket, or item that we could add to our raffle. Please consider coming and enjoying



a fun evening with Lion's members, families, and friends this March 4th. Contact Lion Kent Von Der Vellen, Chairperson, at 330-421-0863 or email [medinalions@zoominternet.net](mailto:medinalions@zoominternet.net) for an order form. Arrangements can be made for pickup of donations. We will add your personal name, or business name to our table flier for your donations if you would like. We hope to see many of you there!

## PLEASE REACH OUT TO US AT:

[medinalions@zoominternet.net](mailto:medinalions@zoominternet.net) or call Lion Joyce at: 330-635-0331 if you would be interested in attending an upcoming meeting.

Kind Regards,  
Roger Grabowski, President  
Medina Lions Club, Inc.

# What Are 'Levels of Care?'

By: ANTHONY COLEMAN, Certified Senior Advisor

Families that are exploring senior living are often confused by 'Levels of Care'. In order to explain, let's start by defining "ADLs" or Activities of Daily Living. These include bathing, dressing, grooming, mobility, toileting, and medication management.

Assisted living communities determine levels of care by how much assistance a potential resident will need to safely accomplish their ADLs. Prior to admission, a nursing assessment will determine the resident's care needs and this assessment will be used to design a personalized care plan.

Assisted living communities determine the cost for a resident's care using either levels of care or a la cart care. Communities that use a level of care model often have 4, 5, or 6 different levels. A la cart care means that a resident will pay individually for the services they need, such as medication management or bathing.

Both of these models are simply a measuring tool used by the communities to determine the daily needs of a resident and to determine the cost for care services. Buyer beware - just because an assisted community offers 6 levels of care doesn't necessarily mean they can accommodate high levels of care.

Finding the right senior living community can seem overwhelming, but it doesn't need to be. At CarePatrol we help families navigate senior living. If you are confused about how to find the right senior living community or what level of care is appropriate for your loved one, or simply have questions regarding senior living, please feel free to call us at 440-387-5180. We offer a no cost service for families that need guidance.

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# INFO TO KNOW

## Move Over Law Promotes Safe Outcomes for Officers, Others

By: ZURI HOWERTON, BEAT Reporter

Ohio's Move Over Law requires motorists to cautiously shift over one lane when driving by any vehicle with flashing lights on the side of the road. The law, implemented in 1999 to reduce risk to law-enforcement officers, emergency responders and tow operators, was adjusted in 2013 and 2018 to include every stationary vehicle with flashing lights, including road construction, maintenance and utility crews. This law was specifically made for public safety and to encourage safe habits in driving, by explaining when and how to pass off-road vehicles to avoid fatalities.

"It was created because far too many first responders, highway workers and anyone working on the freeway were getting killed or seriously injured," explained Sgt. Michael Matheis, Brunswick police officer. "I'm not sure of one specific incident that spearheaded the law," he added.

"The law is relatively new," stated Matheis. "Many people have had their driver's license way before 1999 and may not be aware of the new law because they never got that information during driver's ed." Students of the age of 15 and 16 may be informed now of the law, but people who got their license before 1999 aren't informed on the specific guidelines.

In particular, the Move Over Law is designed to help protect civilians and workers on the highways. "The speeds on the highway are much faster than normal roads and any type of accident is going to be far worse with those speeds," said Matheis.

In instances where it is not safe or possible to move over because of traffic or weather conditions, or if a second lane does not exist, the law encourages drivers to slow down and proceed with caution.

While the Move Over Law goal is to help reduce and eliminate two-lane roadway accidents, there are other ways to stop accidents. "Keep in mind to stay off your phone and pay 100% attention to the road when driving," added Matheis. "All those folks working on the highway want to go home to their families, just like everyone else."



Zuri Howerton, a sophomore at Brunswick High School, is one of over fifty student "backpack journalists" (grades 6-12) in the award-winning BEAT Video Program. The program is sponsored by Scene75 ([www.scene75.com](http://www.scene75.com)), Plum Creek Assisted Living Community, Baskets Galore, Medina County Women's Endowment Fund, Medina County Community Fund, Brunswick University Center, Brunswick Eagles 3505, 100+ Women Who Care Medina, and the Brunswick Rotary Club. Go to [www.brunswickschoolsvideo-program.org](http://www.brunswickschoolsvideo-program.org) to learn more about the Program, or visit <https://the-beat.viebit.com> to view videos produced by the students.



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8672 Richman Road  
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### Brunswick

Willets Middle School  
1045 Hadcock Road  
Brunswick, OH 44212  
10:30am - 12:00pm

### Medina

Medina Fairgrounds  
735 Lafayette Road  
Medina, OH 44256  
7:30am - 9:00am

### Wadsworth

Art Wright Stadium  
280 Grandview Avenue  
Wadsworth, OH 44281  
10:30am - 12:00pm

### JANUARY

1/6 Lodi  
1/13 Brunswick  
1/20 Medina  
1/27 Wadsworth

### FEBRUARY

2/3 Lodi  
2/10 Brunswick  
2/17 Medina  
2/24 Wadsworth

### MARCH

3/3 Lodi  
3/10 Brunswick  
3/17 Medina  
3/24 Wadsworth

### APRIL

4/7 Lodi  
4/14 Brunswick  
4/21 Medina  
4/28 Wadsworth

### MAY

5/5 Lodi  
5/12 Brunswick  
\*5/25 Medina  
5/26 Wadsworth

### JUNE

6/2 Lodi  
6/9 Brunswick  
6/16 Medina  
6/30 Wadsworth

### JULY

7/7 Lodi  
7/14 Brunswick  
7/21 Medina  
7/28 Wadsworth

### AUGUST

8/4 Lodi  
8/11 Brunswick  
8/18 Medina  
8/25 Wadsworth

### SEPTEMBER

9/1 Lodi  
9/8 Brunswick  
9/15 Medina  
9/22 Wadsworth

### OCTOBER

10/6 Lodi  
\*10/12 Medina  
10/13 Brunswick  
10/27 Wadsworth

### NOVEMBER

11/3 Lodi  
11/10 Brunswick  
11/17 Medina  
\*11/23 Wadsworth

### DECEMBER

12/1 Lodi  
12/8 Brunswick  
12/15 Medina  
12/22 Wadsworth

\*Dates are Wednesdays

