



Helping HANDS

MAY / JUNE 2022

A Publication of the HANDS Foundation

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

MARK YOUR CALENDAR! SENIOR DAY IS BACK ON MAY 17

From: THE MEDINA COUNTY OFFICE FOR OLDER ADULTS



The day will begin at 9 a.m. with hot coffee, coffee cake and entertainment by vocalist Holly Prather. MCOOA will pack the building with sponsors eager to share their services and products that make life easier for area older adults. They are looking forward to the personal connection and more in-depth discussions with attendees than was possible with the drive-through style expo last year.

"We are thrilled to be able to host Medina County Senior Day at the Fairgrounds Community Center. After a two-year hiatus, the staff of MCOOA and the vendors who are coming are eager to interact with so many seniors in the community. Senior Day is a great place to tour all kinds of senior services available in the county. After a trip through the vendor displays, you can sit back, relax and enjoy the entertainment while having lunch on us! We encourage all seniors in the county to attend!" said MCOOA Director Laura Toth.

At 10 a.m. the Jazz Guys will take the stage for their first set, followed by a welcome ceremony and remarks by County Commissioner Colleen Swedyk. A box lunch and more tunes by the Jazz Guys will round out the day.

1920S TO ROAR INTO MEDINA ON MAY 17.

The exuberance of the Jazz Age will be recreated on May 17 when the Medina County Office for Older Adults (MCOOA) hosts their annual Senior Day at the Medina County Fairgrounds Community Center. Staff and sponsors will be sporting their finest 20s-style "glad rags" and attendees are encouraged to join the fun and dress the part as well.

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

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CONTINUED ON PAGE 3

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319 SOUTH COURT | MEDINA

Medicare
Advisors *Ohio*



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HANDS FOUNDATION

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Office Hours.....Tues, Wed, Thurs, 9:30 am - 12:30 pm

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CIRCULATION

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ABOUT THE HANDS FOUNDATION AND HELPING HANDS NEWSPAPER

The HANDS Foundation is a non-profit organization dedicated to helping and improving the lives of senior citizens throughout Medina County. Helping HANDS is a publication of the HANDS Foundation and is a go-to resource for Medina County seniors and their families.

The HANDS Foundation reserves the right to edit information published in Helping HANDS. Articles published in Helping HANDS are from independent article submitters and do not necessarily reflect the opinions or beliefs of the HANDS Foundation.

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Ad & Article Deadline for JULY / AUG Issue: 6/10/22

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

**MEDINA
SQUARE
FARMERS
MARKET**



Opens May 14!

Saturday mornings, 9am-1pm

May 14-October 15, 2022

Medina Public Square



Supplemental
Nutrition
Assistance
Program



Sponsored by:



With additional support from:



SENIOR DAY

Admission to the Expo this year will be free, courtesy of a donation by the Medina Senior and Adult Foundation (MCSAF). The non-profit 501(c)(3) foundation was created in 2018 to support MCOOA in their mission to help Medina County older adults remain self-sufficient. MCSAF funds items outside the normal operating budget such as this Senior Day admission, lunch and learn luncheons at the Senior Center, gift cards for seniors in need, and money toward home-delivered meals.

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You must be pre-registered to attend. To make your reservation for the 2022 Senior Day, please call the MCOOA office at 330-723-9514.



The Jazz Guys will provide the musical entertainment at 10am.



Attendees enjoying the provided box lunch after an action-packed morning checking out more than 80 vendors.



The day will begin at 9am with hot coffee, coffee cake and entertainment by vocalist Holly Prather.



Some of the vendors in 2019.



MCOOA staff having fun during the hippie-themed senior day event in 2019.



MEDINA COUNTY SENIOR DAY 2022

THE ROARING 20s

TUESDAY MAY 17, 2022
9:00AM - 12:00PM
MEDINA COUNTY FAIRGROUNDS

Featuring over 80 Vendors that provide services geared toward Seniors

PLUS Music by
The Jazz Guys • Holly Prather
 Door Prizes • Photo Booth
 Honeybaked Ham
 Box Lunch

Call the OOA to register 330-723-9514
 Deadline to sign up for transportation May 3

FREE ADMISSION! Courtesy of Medina County Senior and Adult Foundation

Thanks to the Medina County Public Transit & Medina County Fair Board
 Special thanks to entertainment sponsor: Western Reserve Area Agency on Aging



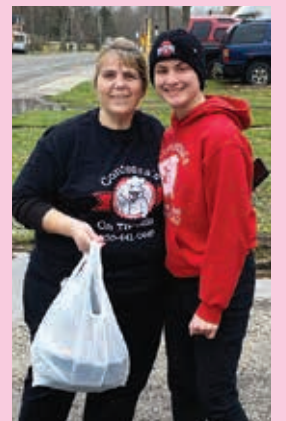


FOOD DRIVE

The HANDS Foundation held a senior food drive on March 23rd in Chippewa. Thank you to Connie Cieker of Contessa's on the Lake in Chippewa for all her help giving seniors a free healthy drive by lunch.



Kim Valco from Western Reserve Masonic taking lunch orders.






Connie Cieker, owner of Contessa's on the Lake with her daughter, Angel assisting the HANDS Foundation with the senior citizen drive by lunch.

BAUER FUNERAL HOME

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	3 BILLIARDS ALL DAY 9:00 Edwina's Exercise 9:30 POOL TOURNAMENT 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	4 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo -Lifecare- Z 11:00 Lunch/Learn "Sepsis" Nurse Donna, Cleve. Clinic 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	5 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 BP Screening 10:00 Guided Autobiography 11:00 Zoom Computer Class 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 Watercolors 1:00 Parkinson's Support 2:30 BalloFlex*	6 BILLIARDS ALL DAY 9:30 Grocery Bingo 10:45 Let's Get Strong w/Lisa* 11:00 Lunch/Learn-Early History of Medina County* 12:00 Pinochle
9 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Art w/Mishalene 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	10 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	11 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo - Devoted-Z 11:00 Lunch/Learn "Fall Prevention, Brookdale HH 12:00 Pinochle 1-3:00 Ask An Attorney 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	12 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 10:30 Free Craft Class 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 Watercolors 1:00 Parkinson's Support 2:30 BalloFlex*	13 BILLIARDS ALL DAY 9:30 Bingo 10:45 Let's Get Strong w/Lisa* 11:00 Lunch/Learn- "Hearing Aid Care & Maintenance" Free Cleaning-Dr. Tatro* 12:00 Pinochle
16 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	17 9:00-12:00 SENIOR DAY AT THE MEDINA COUNTY FAIRGROUNDS MCOOA OFFICE CLOSED 	18 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo -Willowood- Z 11:00 Lunch/Learn "Wits Workout" Part 1, OSU Ext. 12:00 Pinochle 1:00 Friends in Focus Grp 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	19 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 10:00 BP Screening 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 Leo's Jammers Practice 1:00 Watercolors 2:30 BalloFlex* Activities subject to change *= Fee required • Z=Zoom Class	20 BILLIARDS ALL DAY 9:30 Bingo 10:45 Let's Get Strong w/Lisa* 11:00 Leo's Jammers Memorial Day Concert 11:30 Lunch* 12:00 Pinochle
23 BILLIARDS ALL DAY 8:00 PRESQUE ISLE TRIP* 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 10:30 Paint Pouring 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	24 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 MOVIE: The Adam Project 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	25 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo - Summa-Z 11:00 Lunch/Learn "Save the Bees Initiative" Brookdale 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	26 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 Watercolors 2:30 BalloFlex* Activities subject to change *= Fee required • Z=Zoom Class	27 BILLIARDS ALL DAY 9:30 Bingo-Echelon-Z 10:45 Let's Get Strong w/Lisa* 11:30 Lunch* 12:00 Pinochle 12:30 Free Sip 'n Paint by Devoted
30  MEMORIAL DAY REMEMBER AND HONOR MCOOA OFFICE CLOSED	31 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	 <div> Medina County Office for Older Adults www.mcooa.org </div> <h1>May 2022</h1>		

CALENDAR OF EVENTS

MAY

MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 June 2022	Office for Older Adults www.mcooa.org	1 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo -LifeCare- Z 11:00 Lunch/Learn* (see box) 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	2 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 10:00 BP Screening 10:45 Nutrition Class 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 Parkinson's Support 1:00 NEW! Beg. Watercolors 2:30 BalloFlex*	3 BILLIARDS ALL DAY 9:30 Grocery Bingo - Z 10:45 Let's Get Strong w/Lisa* 11:00 Lunch/Learn "Family Feud" Community Outreach Committee* 12:00 Pinochle
6 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	7 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	8 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo - Devoted -Z 11:30 Lunch/Learn* (see box) 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3:00 Ask an Attorney 1:30 Tai Chi*	9 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 10:45 Nutrition Class 11:30 Lunch 12:30 Hand & Foot 12:30 Euchre 1:00 NEW! Beg. Watercolors 2:30 BalloFlex*	10 BILLIARDS ALL DAY 9:30 Bingo - Z 10:45 Let's Get Strong w/Lisa* 11-1 PICNIC ON THE PATIO w/Entertainment* 12:00 Pinochle
13 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong	14 BILLIARDS ALL DAY 8:30 MEADOWS TRIP* 10:00 Lilly's Acrylic Art Class 9&10 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	15 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo - Willowood-Z 11:00 Lunch/Learn* (see box) 12:00 Pinochle 12:00 Friends in Focus Grp. 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	16 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Guided Autobiography 10:00 BP Screening 10:45 Nutrition Class 11:30 Lunch 12:30 Hand & Foot • Euchre 1:00 NEW! Beg. Watercolors 1:00 Leo's Jammers Practice 2:30 BalloFlex*	17 BILLIARDS ALL DAY 9:30 Bingo-Z 10:30 Art w/Mishalene 10:45 Let's Get Strong w/Lisa* 11:00 Leo's Jammers Concert 12:00 Pinochle
20  JUNE TEENTH FREEDOM DAY (OBSERVED) MCOOA OFFICE CLOSED	21 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 MOVIE: King Richard 12:30 Ukulele Lessons 1:00 Hook Nook	22 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo - Z 11:00 Lunch/Learn*(see box) 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	23 BILLIARDS ALL DAY 7:45 CLEVELAND TRIP* 9&10 Edwina's Exercise 10:45 Nutrition Class 11:30 Lunch 12:00 Hand & Foot 1:00 NEW! Beg. Watercolors 2:30 BalloFlex*	24 BILLIARDS ALL DAY 9:30 Bingo-Echelon-Z 11-1 PICNIC ON THE PATIO w/Entertainment* 12:00 Pinochle
27 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Bridge 11:30 Lunch* 1:00 Line Dancing 1:00 Mahjong Activities subject to change. *=Fee required • Z=Zoom class	28 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:30 14 - New Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	29 BILLIARDS ALL DAY 10:00 Painting 10:00 Bingo -Summa-Z 11:00 Lunch/Learn* (see box) 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Tai Chi*	30 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:45 Nutrition Class 11:30 Lunch 12:30 Hand & Foot 12:30 Euchre 1:00 NEW! Beg. Watercolors 2:30 BalloFlex*	Wed. Lunch & Learn Series 6/1 "Talk About Your Vision" Donald Kammer, O.D. 6/8 "Everything you always wanted to know about history but were afraid to ask." -Jim Duffy 6/15 Wits Workout Part 2 -OSU Ext. 6/22 "Advanced Directives" Baron's Law 6/29 "Secrets of the Mediterranean Diet" -Brookdale

OFFICE FOR OLDER ADULTS AND SENIOR CENTER

MEDINA


246 Northland Drive
330-723-9514 • 844-722-3800
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.

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Pinochle 10:00 Blood Press. Checks 11:00 Walking Track 12:00-2:00 Sign Language Club 1:30</div>	<div>3</div> <div>Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Support (in person & Zoom) 1:00</div>	<div>4</div> <div>Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00 Baseball Watch Party 1:00</div>	<div>5</div> <div>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Alzheimers Caregiver Support (in person & Zoom) 1:00</div>	<div>6</div> <div>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</div>
<div>9</div> <div>Pinochle 10:00 Walking Track 12:00-2:00 Medicare 101 Hybrid (in person & Zoom) 3:00 Movie <u>at</u> Wads. Library 1:00</div>	<div>10</div> <div>Walking Track 10:00-12:00 Crafts/Puzzles w/Windfall10:00 Coupon Clippers 12:00 Table Talk with Dr. Patel 12:00 "Weight Loss" (In Person & Zoom)</div>	<div>11</div> <div>Chess 11:00 Sign Language II 11:30 Summa Wellness Chat 10:00 "Sleep Issues" (In person & Zoom) Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00</div>	<div>12</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Wadsworth Library Fun 1:00</div>	<div>13</div> <div>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</div>
<div>16</div> <div>Pinochle 10:00 Blood Press. Checks 11:00 Walking Track 12:00-2:00 Video Party with SHE Did It Videography 12:30 Sign Language Club 1:30</div>	<div>17</div> <div>Senior Day <u>AT</u> Medina County Fairgrounds 9:00 - 12:00 Watercolor 10:00 Walking Track 10:00-12:00 Coupon Clippers 12:00 Parkinson's Caregiver Support (in person & Zoom) 1:00</div>	<div>18</div> <div>Hearing Screenings 10:00-3:00 (in person, by appt.) Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</div>	<div>19</div> <div>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00</div>	<div>20</div> <div>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</div>
<div>23</div> <div>Pinochle 10:00 Walking Track 12:00-2:00 Cooking with Liberty 2:00</div>	<div>24</div> <div>Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 Garden Chat 11:00 "All About Lichens" (In Person & Zoom)</div>	<div>25</div> <div>Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</div>	<div>26</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Senior Book Club 1:00 (in person & Zoom) Grief Support 2:00</div>	<div>27</div> <div>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</div>
<div>30</div> <div> Memorial Day City Holiday/ Center Closed</div>	<div>31</div> <div>Walking Track 10:00-12:00 Coupon Clippers 12:00 Doctor Dan 2:00 (In Person & Zoom)</div>	<div>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</div>	<div>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</div>	

OF
EVENTS

CALENDAR

WADSWORTH


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</div>	<div>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</div>	<div>1</div> <div>Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</div>	<div>2</div> <div>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00</div>	<div>3</div> <div>Ribbon Cutting & Pavilion Dedication 11:30 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</div>
<div>6</div> <div>Pinochle 10:00 Blood Press. Checks 11:00 Walking Track 12:00-2:00 Movie <u>at</u> Wads. Library 1:00 Sign Language Club 1:30</div>	<div>7</div> <div>Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Hybrid (in person & Zoom) 1:00</div>	<div>8</div> <div>Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00 pm</div>	<div>9</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Wadsworth Library Fun 1:00</div>	<div>10</div> <div>Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</div>
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<div>27</div> <div>Pinochle 10:00 Walking Track 12:00-2:00 Cooking with Liberty 2:00</div>	<div>28</div> <div>Walking Track 10:00-12:00 Garden Chat 11:00 "Composting" (in person & Zoom) Coupon Clippers 12:00</div>	<div>29</div> <div>Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00</div>	<div>30</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00</div>	

JUNE

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
2 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg	3 8:00 Cards 10:00 SS Irish Cannon Dancing 10:00 Book Club 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 Bingo	4 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	5 8:00 Cards 9:00 SS Classic 11:00 MOTHER'S DAY PARKING LOT BINGO 11:30 Line Dance (Beg) 1:00 Bingo-Altenheim	6 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 10:30 MOTHER'S DAY SOCIAL 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
9 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 1:30 Art w/Mishalene	10 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	11 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	12 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg)	13 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
16 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg	17 9:00-12:00 SENIOR DAY AT THE MEDINA COUNTY FAIRGROUNDS MCOOA OFFICE CLOSED 	18 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 Benefits w/Sean	19 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 12-2 Ask an Attorney	20 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
23 8:30 PRESQUE ISLE TRIP* 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg 1:30 Art w/Mishalene	24 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 Bingo	25 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	26 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	27 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle Activities subject to change Call to confirm
30  MEMORIAL DAY REMEMBER AND HONOR MCOOA OFFICE CLOSED	31 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 Bingo	 May 2022 Medina County Office for Older Adults www.mcooa.org BRUNSWICK REC CENTER		

OF EVENTS CALENDAR BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 June 2022		1 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	2 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo-Altenheim	3 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
6 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg	7 8:00 Cards 10:00 SS Irish Cannon Dancing 10:00 Book Club 11:00 SS Cardio 1:00 "Ice Tea" Bingo	8 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	9 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	10 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
13 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	14 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	15 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	16 8:00 Cards 9:00 SS Classic 11:00 FATHER'S DAY PARKING LOT BINGO 11:30 Line Dance (Beg)	17 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle 1:30 Art w/Mishalene
20  JUNE 19TH FREEDOM DAY (OBSERVED) MCOOA OFFICE CLOSED	21 8:00 Cards 8:30 MEADOWS TRIP* 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 "Summer" Bingo	22 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	23 8:00 Cards 8:15 CLEVELAND TRIP* 9:00 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	24 9:00 SS Chair Yoga 10:00 SS Cardio 10:00 Dominoes 11:30 MCOOA Nutrition 12:30 Ladies Pinochle
27 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn 11:15 Line Dance (Inter) 12:00 Mah Jongg	28 8:00 Cards 10:00 SS Irish Cannon Dancing 11:00 SS Cardio 1:00 Bingo	29 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	30 8:00 Cards 9:00 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	 Office for Older Adults www.mcooa.org Activities subject to change. Call to confirm

JUNE

OFFICE FOR OLDER ADULTS

BRUNSWICK

BRUNSWICK REC CENTER

3637 Center Road

330-416-3680 • 330-273-8000

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



DARRELL KICK

All my years serving Medina County, I have tackled issues such as workforce development, agriculture, foster family needs, broadband access, and eminent domain. I am an advocate for everyone in district and future district. Although the district is likely to change, I will continue to work with those in need in Medina and Ashland as your thoughts and concerns are important to me. As a foster parent I continue to look into concerns with the social service side of the State of Ohio. As a member of the Finance Committee here at the House of Representatives, I will continue to advocate for those most in need when it comes to budgeting. We look forward to our legislation continuing to make its way through the government process.

KICK IT UP A NOTCH

News from Representative Darrell Kick



HOUSE BILL 321

House Bill 321 is legislation that will make necessary updates to the license process and modernize other antiquated areas within Ohio's auctioneer law. This bill will do away with the outdated apprenticeship requirements. This creates a set curriculum as the standard and all new auctioneers will have the same central foundation when attaining a license in Ohio.

There is also a need to protect the standard of excellence in this profession. Therefore, HB 321 contains continuing education requirements where auctioneers will complete eight hours of continuing education every two years coinciding with the auctioneer's license renewal.

The Ohio Department of Agriculture worked with Representative Bob Young and myself alongside the committee and the Ohio Auctioneers Association helped shape this bill.

HOUSE BILL 397

This legislation will reduce the need for litigation between neighbors and establish needed transparency between the landlord and tenant. It is important that the agriculture industry in Ohio operates smoothly and House Bill 397 will help grease the wheels of one of Ohio's top industries. House Bill 397 will provide clarity with regard to agriculture leases and their method of termination.

This legislation will require that if an agriculture lease does not specify the method of termination for a written or verbal lease then the property owner must provide a written letter of termination on or before September 1. This must happen in the year the lease intends to be terminated to ensure the farmer and landlord are on the same page.

On April 6, 2022 House Bill 397 passed out of the Ohio House with a vote of 85-8.

HOUSE BILL 30

House Bill 30 has been moving through the Ohio Senate Transportation Committee and should be on the Senate Floor soon for a vote. House Bill 30 is sponsored by Representative Wiggam and myself. This bill strives to increase visibility of animal-drawn vehicles at all times of the day or night.

There is no excessive regulation or burden placed on the members of the Amish community because of this legislation. Safety is always our number one priority when crafting legislation. House Bill 30 will ensure the safety of Ohioans sharing the road with these much slower forms of transportation. The legislation will soon head to the Senate floor for a concurrence vote.



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

FROM YOUR TREASURER



JOHN BURKE

Fix-It Funds Home Improvement Loans Return for 2022

By: JOHN BURKE, Medina County Treasurer

Beginning May 2, 2022, Medina County Treasurer John Burke and Westfield Bank will once again begin offering Fix-It Funds low-interest fixed rate home improvement loans to Medina County homeowners. Since its authorization by the County Commissioners in 2002, the Fix-It Funds program has provided over \$15.1 million in low-interest home improvement loans to over 1,000 Medina County residents.

"Homeowners all across Medina County have been helped by these loans," said Treasurer Burke, noting that since the program's inception, \$2.6 million in loans have gone to homeowners in Brunswick, \$1.6 million to Wadsworth, \$2.7 million to Medina, and \$8.7 million to residents in surrounding townships. "Since we raised the home value limit to \$300,000 this year, over 92% of the homes in Medina County may qualify for a Fix-It Funds loan," he stated.

Westfield Bank has partnered with the Treasurer's office since 2015 to offer these fixed rate loans at up to 2% below the bank's current rate up to 5 years. Loans can be from a minimum of \$5,000 to a maximum of \$50,000 and are

given on a first-come, first-served basis until available funds are depleted. The bank's loan origination fee is \$150.

In his 2021 annual report on Fix-It Funds to the Medina County Commissioners, Burke reported that the average loan size was \$23,458, up from \$20,200 in 2020. "As I speculated last year, the lingering effects of the COVID-19 pandemic, with people spending more time at home, has continued to drive homeowners to take on more home improvement projects," Burke related. He also pointed out that the number of loans more than doubled from 2019 to 2020.

Almost all types of interior and exterior home improvements are eligible, including painting, wallpaper, lighting, flooring, plumbing, carpeting, furnaces, air conditioners, remodeling, additions, decks, window and door replacements, roofing, siding, gutters, driveways, patios, and sidewalks to name a few. There are only a few ineligible improvements such as swimming pools, satellite dishes, or hot tubs. Manufactured homes are not eligible for a Fix-It Funds loan.

There is no income limit to qualify for these loans. You must be a Medina County resident; your home (1-4 family



BEFORE

A Fix-It Funds loan helped a Wadsworth couple totally refresh their home with new paint, landscaping, and chimney repairs.

unit dwelling) must have a tax appraised value of \$300,000 or less excluding land, according to the Medina County Auditor's appraised value, and you cannot be delinquent on your real estate taxes. Homeowners have up to 18 months to complete the work for which the loan was granted.

This innovative and unique program has been given national recognition, earning the Eagle Award for best practices by the national county elected officials' organization IACREOT. Treasurer Burke has assisted the Treasurers of Stark and Portage counties to establish the same linked-deposit program. Only three other counties in Ohio offer similar programs.

Qualified homeowners interested in low-interest improvement loans can apply at two Westfield Bank locations:

CONTINUED ON NEXT PAGE

Medina County Homeowners
Does your home need some help?

Fix-It Funds

Low Fixed Interest Rate
Home Improvement Loans

UP TO 2% BELOW
the bank's current interest rate
for home improvement loans

Available through September 2022

APPLICATIONS AND INFORMATION AVAILABLE FROM
Medina County Treasurer: 330.725.9746
Westfield Bank: 330.764.6091, 330.722.8774
or 330.661.6083

www.medinacountytreasurer.com/FixItFunds

A program of Medina County Treasurer
John Burke

Authorized by the Board of Medina County Commissioners



TREASURER >> CONT. FROM PAGE 8

CONTACT INFO

4015 Medina Road on Route 18 in Medina and Two Park Circle in Westfield Center. Westfield Bank is member FDIC and equal opportunity lender.

For more information, please contact the Medina County Treasurer's office at 330.725.9746, medinacountytreasurer@medinaco.org

or Westfield Bank, Cheryl Murrin (NMLS#1365194) at 330.764.6091 CherylMurrin@westfield-bank.com,

Kendra Carte (NMLS#1397259) at 330.722.8774 KendraCarte@westfield-bank.com

Michelle Evans (NMLS#1460020) at 330.661.6083 MichelleEvans@westfield-bank.com.



STEVE HAMBLEY
Commissioner

144 North Broadway Street
Medina, Ohio 44256

(330) 722-9208
SHambley@ohmedinaco.org

PLEASE JOIN US FOR

SUMMER Breezes

AT THE OAKS LAKESIDE

Saturday, August 13th at 6:00p.m.

The Oaks Lakeside
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RSVP TO CHRISSEY@PLUMCREEKSENIORLIVING.COM

Dinner & auction hosted by the HANDS Foundation to raise awareness and funds for seniors in Medina County

Life Care Center of Medina

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SUMMER Breezes

Sponsorship levels are:

- ☐ **\$150** and donate a silent auction basket
- ☐ **\$250** (includes 1 free ticket)
- ☐ **\$500** (includes 2 free tickets)
- ☐ **\$1000** (includes 4 free tickets & ad in Helping HANDS Paper)
- ☐ **\$2000** (includes a table of 8 & ad in Helping HANDS Paper)
- ☐ **Donate a silent auction basket**

Name: _____

Billing Address: _____

Phone Number: _____

Email Address: _____



COMMISSIONERS' CORNER



ROUTE 18 CONSTRUCTION

State Route 18 is currently in the middle of a widening project from Alber Drive just west of the hospital to Nettleton Road in portions of the city of Medina, Medina Township and Montville Township. The project will widen any two lane section to three lanes from Alber Drive to just west of Foote Road; widen to five lanes from just west of Foote Road to River Styx Road; and to seven lanes from River Styx Road to Nettleton Road.

The roadway improvement project started in April 2021 and is scheduled to be completed by June 2024 at a cost of \$24 million.

According to Project Engineer Scott Turcek, last year's Phase 1 included the construction of a retaining wall at River Styx Road and SR 18; the installation of temporary traffic signals at four intersections, and temporary pavement for this year's Season 2 work.

Season 2 began in 2022 and involves Phases 2, 3, and 4 with the reconstruction and

widening of State Route 18 from the west end to Foote Road where it will transition from three to five lanes. All intersections within the above limits will be reconstructed during this construction season. One lane of traffic will be maintained at all times with a left turn lane at all signalized intersections, with the exception of the west hospital drive.

Season 2 also includes the reconstruction and widening of SR 18 from River Styx Road to the east end where it will widen to seven lanes.

Season 3 will include Phases 5, 6, and 7 and will be constructed in 2023. This will involve the reconstruction and widening of SR 18 from Foote and River Styx roads where SR 18 will transition from five to seven lanes. All intersections in this season will be reconstructed as well.

Season 4 will be 2024 and is Phase 8 which includes the placement of the surface course and the final placement markings for the entire

project limits. According to Turcek, the entire widening project will provide many added benefits including much needed added capacity, a new multi-use path for pedestrians and cyclists, as well as many improvements to the drainage system, traffic signals, and signage for the project.

ABOUT THE PROJECT

Access management techniques will be implemented along the corridor. Improvements will be made to drainage, traffic signals, and signage and a new bridge will be constructed for a multi-use path to be added along the south side of the roadway through the project for bicyclists and pedestrians.

River Styx Road, from Smith Road to 295 feet south of Smith Road, will be widened and reconstructed and new storm drainage will be installed as well.

YOUR COMMISSIONERS

- Steve Hambley
- Colleen Swedyk
- Bill Hutson

QUICK FACTS

- Estimated End Construction: June 2024
- Contractor: Fechko Excavating
- Estimated Construction Cost: \$22,770,000



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www.waitefuneralhome.com

FROM YOUR AUDITOR



MIKE KOVACK

Medina County Residents Pay Some of the Lowest Taxes in Northeast Ohio



Medina County Auditor Mike Kovack recently surveyed selected surrounding communities to compare tax rates for Medina County and he liked what he found. "I was pleasantly surprised," Kovack said. "I believe our tax rates are tremendously competitive with all communities in northeast Ohio."

Three Medina County cities were in the top four lowest tax districts of those analyzed, despite Medina and Brunswick just passing new tax levies in 2021.

"This is a great selling point for Medina County," Kovack said. "Savvy home buyers often research tax rates before deciding where they want to live."

How has Medina County managed to keep such a relatively low tax burden?

First, Medina County's communities are relatively newer than others. Newer infrastructure is less costly to maintain, which can factor into lower taxes. Alternatively, aged infrastructure requires more repairs and maintenance, which increases the need to raise money through taxes in older communities throughout the area. Additionally, Medina County cities boast a good

mix of commercial and industrial properties, as well as residential. This mix helps to spread the tax burden.

Another reason why Medina County's tax burden is low is the culture of fiscal responsibility in its public school systems. "A very large factor in these tax rates is our school districts," Kovack said. "And I believe the main point you can take from these comparisons is that Medina County School districts are doing an excellent job managing their finances for the property owners in their communities."

Lastly, Auditor Kovack and his office have taken an aggressive approach to managing bond levies and emergency levies throughout Medina County. These levies, unlike operating levies, are adjusted individually by the Auditor's office, rather than by the state. "We've always taken a very vigorous approach to rolling these levies back. In that way, Medina County residents are never paying any more taxes than they've approved," said Kovack.

The net result is some of the lowest property tax rates in northeast Ohio – even if it doesn't feel like it at tax time!



Meet Leo, a Boxer & Pit Bull Terrier Mix Ready for Adoption. Bunny Ears Included.

Medina County Animal Shelter Offers Safe Haven for Dogs at NO COST to Taxpayers

Did you know that the Medina County Animal Shelter, located at 6334 Deerview Lane in Medina, is a 100% self-funded operation?

Adoption fees, revenue from dog licenses as well as donations are what keeps the shelter running.

Many people don't realize that when they buy a dog license, the entire amount of that \$14 fee (that's right - 100 percent!) goes straight to the shelter. That's not only making sure your dog follows the law and has his ticket home should he ever get lost, but it's making a difference in the lives of Medina County strays.

2021 SHELTER STATS

- Total Dogs Impounded: 234
- Total Dogs Adopted: 132
- Dogs Redeemed by Owner: 94
- Total Dogs Sent to Rescues: 5
- Dangerous Dogs Euthanized: 1
- Total Placement Rate: 99.57



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WADSWORTH: 880 Main Street, Wadsworth, OH 44281, 234-217-8735

FROM YOUR VETERANS OFFICE



ED ZACKERY

CARING FOR OUR VETS

Are You a Veteran in Need of Long-Term or In-Home Care?

By: ED ZACKERY, Medina County Veterans Service Office

Are you a veteran thinking about long-term care? In need of in-home care?

The Department of Veterans Affairs (VA) has several programs and possibly one might fit your needs.

If a veteran is signed up for VA health care, they can get help managing their disability or health condition while living at home. The services they may qualify for will depend on their needs and whether a service is available in their area. If they need to, they may be able to use more than one service at the same time.

Home-Based Primary Care (HBPC): A VA health care team, led by a VA doctor, who provides services (like nursing care, physical therapy, and help with daily tasks) in your home.

Homemaker / Home Health Aide (H/HHA) Services: A trained caregiver (supervised by a registered nurse) who comes into your home to help you care for yourself.

Adult Day Health Care: A program you can go to during the day for social activities, companionship, and recreation as well as care and support.

Hospice Care: Skilled caregivers who come into your home to provide comfort care to you and your family. You qualify for hospice care if you have a terminal condition (a condition that can't be treated),

with less than 6 months to live, and you're no longer seeking treatment other than to ease pain.

Palliative Care: Skilled caregivers who come into your home to provide comfort care to help ease your pain and control your symptoms so you can do as much as possible in your daily life.

If you're in need of residential care at a skilled nursing home, the VA may pay/contract that care for certain eligible veterans. Criteria like having a service-connected disability rating of 70% or higher, POW's, MOPH recipients as well as others may be eligible to have the VA pay for their nursing home at a VA contracted facility.

All the services mentioned thus far are for veterans only that are actively enrolled and utilizing the VA Healthcare system. Ask your VA primary care provider for details about eligibility and enrollment.

Another program which certain veterans as well as surviving spouses may be eligible for is the VA's non-service connected & survivors' pensions (with aid & attendance). War-time veterans and their surviving spouses can get help paying for in-home healthcare as well as assisted living or nursing home care. All the VA's pension programs are based on net worth as well as income and medical expenses. Currently,

the maximum net worth is approximately \$138,000.00 to qualify for a VA pension.

SCAM ALERT

Be cautious if someone offers to move your assets around for you to qualify for VA pension. This type of scam is often directed toward Veterans and family members who do not actually qualify for VA pension. You could be required to repay these benefits to the government. Examples of possible pension poaching scams: • Organizations that cold call Veterans, charge money for assisting with a VA pension claim, and take credit card information from Veterans over the telephone • People who charge as much as \$6,000 upfront to represent claimants before VA, with a percentage of any eventual back payment from VA as a portion of the ultimate fee. For more information about VA pension eligibility requirements—which include special monthly pension benefits—go to www.benefits.va.gov/pension or call 1-800-827-1000.

Another option available to veterans who reside in Ohio and meet the eligibility is the Ohio Veterans Homes. The Ohio Veterans Homes are a State of Ohio establishment comprised of three facilities—a nursing home located in Georgetown, and a nursing home and a domiciliary located in Sandusky. Each one offers



210 Northland Dr.
Medina, Ohio 44256
(330) 722-9368
veterans@medinacountyveterans.org



Find us on
Facebook

The VA's Nonservice-Connected Pensions with (Aid & Attendance) can help pay for Assisted Living and In Home Health Care. It can provide up to \$2,050 per month to a veteran, \$1,318 per month to a surviving spouse.



The VA's Pensions provide benefits for veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature as well as suffering from cognitive issues. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an assisting living facility may also qualify.

We are a free service that you earned, so if you know of a vet that needs help call us, we can help.

"Service for Those That Served and Their Families" because We are Family

a quality of life which emphasizes privacy, encourages independence, provides comfort and security, and meets social needs.

If you think you may be eligible for one or more of these programs, contact our office or your nearest VA Medical Center.

SUICIDE PREVENTION HELP

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.

AGENT ORANGE CLAIMS

If you have any questions about Agent Orange Claims or any of your 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 or catch us on the web at www.medinacountyveterans.org



HearingLife is a national hearing care company and operates more than 640 hearing care centers across 42 states. We follow a scientific, results-oriented approach to hearing healthcare that is provided by highly skilled and caring professionals.

Our Medina, Ohio office is served by Dr. Eleni Santarelli, clinical audiologist. Dr. Santarelli graduated from the Northeast Ohio Au.D. Consortium in 2021 and is a member of the American Academy of Audiology and the Ohio Academy of Audiology. The staff at Medina strive to help people hear better by gathering a comprehensive scope of their patient's listening journey.

Office hours are 9:00 AM - 5:00 PM, Monday through Friday; convenient walk-in hours are 1pm – 2pm daily. HearingLife in Medina is conveniently located near I-71 and Route 18 making it easily accessible for patients in Medina and Summit counties. In addition to Medina, HearingLife has 12 locations in the Northeast Ohio/Cleveland area.

Personalized hearing care **starts here.**

HearingLife's experienced professionals provide life-changing hearing care. Through their passion for helping others, our team delivers custom solutions to meet your individual needs. This practice aims to help people hear better by gathering a comprehensive scope of your listening journey. Dr. Eleni Santarelli is the clinical audiologist at this location. She graduated from the Northeast Ohio Au.D Consortium in 2021.

Our services include:

- Complimentary hearing assessments*
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Mention code AG60-1 when calling.

Eleni Santarelli, Au.D., Audiologist Lic. #A.02315

*See office for details.

THE SKYLINE OF WRMC KEEPS CHANGING!

From: WESTERN RESERVE MASONIC COMMUNITY



As you drive by Western Reserve Masonic Community (WRMC) you will keep seeing changes. Go slow and enjoy the view! The Community Center is nearing completion. For the WRMC community members, that means a beautiful place to hold campus or personal activities. For the citizens of Medina, this will be an exceptional place to have meetings or gatherings with seating up to 270 people. We're looking forward to sharing information on how to reserve the community center. Stay tuned!

Maybe you are looking at the skyline of WRMC for yourself, not just for planning a meeting. Is it time to consider a move? Maybe you are not ready to move today or tomorrow or even next month, but when is it time to begin looking? Making an educated decision takes time and planning. Therefore, it's never too early to begin looking when you are planning for your future.

Have you ever wanted to be the first person to live in a new home or apartment? Most people have and you will hear them talk about that "new home feel." With planning in advance you have the opportunity to do just that. Take a minute and ask yourself some very basic questions. How many bedrooms do I want? Do I want a fireplace? Would I prefer a patio or a balcony? How many square feet will I need or want to feel "at home?" Very simply, what do I want when I make my next move?

To help you make your best, educated decision, please visit Western Reserve Masonic Community to learn what will work best for you. We have something for everyone!

The WRMC members are excited for the grand opening of their Community Center! The citizens of Medina will have the opportunity to rent the center for meetings and functions. Watch for details on the ribbon cutting happening later this month.



The community members are watching their healthcare center's progress. People don't want to think about needing rehabilitation or particularly long term care. Sometimes, these types of care simply becomes a fact of life. Knowing that you have this needed care right in your own backyard is very comforting.

The healthcare center will be a one floor, state of the art facility with its own entrance. The healthcare center will provide both short and long term care. Kimberly Valco, Community Relations Manager shared, "It's coming along very quickly!"



CALL NOW to get the floor plan you want!

Just call to set up an appointment!

330-642-3841

CONTINUED ON NEXT PAGE ►

WRMC >> CONTINUED FROM PAGE 14



As the weather has started to warm up, you can find community members standing outside watching the construction. The independent living apartment construction is underway. The underground parking garage is well underway and the three elevator shafts can now be clearly seen.

There are different floor plans in a variety of sizes and let's not forget a new restaurant as well as a state-of-the-art fitness center. The amenities are designed to fit not just your needs, but those special items that make a house "your home."



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Medina Lions UPDATE



Medina Lions members are a part of Lions Club International (LCI). Lions Club International Foundation (LCIF) is one of eleven recipients listed on our 2021-22 Parade of Checks at our District Convention. Who is LCI? They are the International Association of Lions Clubs, a non-political service organization established in 1916 in Chicago, Illinois, by Melvin Jones and founded, June 07, 1917. Their pledge is:

I pledge allegiance to my country and the cause of peace throughout the world. I believe in the principles of Lionsism as contained in the Lions Code of Ethics. I am proud to be a Lion, dedicated to the service of others.

When we donate to any of the recipients on the Parade of Checks, you, our supporters, along with our members donate to those causes. LCIF was one of the first Foundations to travel to Poland and deliver \$3,000,000.00 to the humanitarian relief of the Ukraine refugees fleeing their war torn country. Lions Clubs worldwide support this effort as pledged above. Ohio Lions has seven districts with Lions Clubs within each district. Medina Lions is in district OH3.

Our District Convention was held at the Greystone Event Center in Wooster, April 22nd thru April 24th with special guest, Past International President Jimmy Ross. Although we do not presently have a total from the 2021-22 Parade of Checks, I can tell you the totals for the past five years are averaging upward of \$50,000.00.

A few of the other Parade of Check recipients are Akron Children's Hospital Diabetes Program, Ohio Lions Pediatric Cancer Foundation, Ohio Lions Eye Research Foundation, Greater Akron Lions Eyecare and Hearing Program, and Lions Eye Program, Inc.

It won't be long now and we will be having our annual picnic with the Miracle League Baseball team. Come and see this inspiring group Play Ball! We have a call in to be a social host for the Medina Community Band. The Friday night concerts are back after a two year hiatus due to the pandemic. The Izaak Walton League will be needing sponsors for their annual Children's fishing party. They can count on us! We are planning a tour of the Children's Center of Medina County this month. High School Seniors, don't forget to pick up an application from your counselors for a scholarship opportunity. We award two \$1000 scholarships and if you return to tell us how you are doing after your first year we will automatically award you an additional \$500 at our year end banquet. If you want to help us, come and sit in on a meeting, become a member, or a Lions helper. We will be inducting a new member in June at our upcoming year end banquet.

You can reach us at... medinalions@zoominternet.net or call Lion Joyce 330-635-0331.

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

★ HANDS HERO'S ★

By: SUZANNE SPARKS, Sales & Marketing Manager, Brookdale Medina South

This is a story about a man who, despite facing many obstacles, remained true to himself and his desire to serve the greater good of the community. Randall Bruce Schmidt, or Randy, is a 72-year-old gentleman who is humble and soft-spoken. He resides with his wife, Elizabeth (Liz), in Medina, not far from his two sons, Daniel, also in Medina, and Gerald in Akron. Born and raised in California, Randy was inspired to join the military by several members of his family who served. Like so many of our brave soldiers, Randy has numerous moving stories to tell about experiences that have truly shaped his life.

In June of 1943, at the tender age of 14, Randy's biological father, Wiley Earl Coffey, joined the Navy, followed by his two brothers. No one questioned his age due to his stature, exceeding six feet in height. By the fall of 1944, Wiley was on a ship headed for Japan. He continued in the Navy for thirty years, attending Officer's Candidate School and becoming an Ensign. From there, he joined the Merchant Marines for 20 years and ultimately achieved his Captain's license. **CONTINUED BELOW ▼**



HONORING VIETNAM VET, RANDY SCHMIDT

Three of Randy's brothers also served in the military, one in the Air Force and two in the Navy. However, when Randy was old enough to join the service, he decided to take a different path. "It was always in my heart to serve our country," explains Randy. As a teenager, he read many military novels. He developed a special interest in the history of the Marine Corps, the individuals involved, and what they accomplished. In the end, he felt the Marine Corps would challenge him the most. "I always like a good challenge – always want to go up against the best."

Randy's original intention was to serve in the Marine Corps for four years and then go into law enforcement. However, he discovered that he really enjoyed the service. At age 18, after training in San Diego, he went to Camp Pendleton for weapons training, and had three weeks of Jungle Training before leaving



Randy with Ed Zackery, Director/Service Officer, Medina County Veterans Service Office.

for Okinawa. After spending 11-12 days there, it was on to Da Nang. From there, his unit moved around to other locations in Vietnam.

In March of 1968, Randy sustained a gunshot wound to his head. Luckily, the bullet

diverted around to the back of his head where it took a slice of flesh, but never fractured his skull. Even in this situation, Randy insisted on remaining with his unit instead of returning to the ship for some time to recover.

Only six weeks later, while in a bunker at an Army camp, his unit experienced an extreme torrential downpour. "It was like a waterfall," said Randy. Suddenly, the entire roof of the bunker building collapsed, dumping 800 lbs. of structural material on Randy's chest. He passed out and when they finally uncovered him, he was no longer breathing. While Randy nearly lost his life, thankfully he was revived by CPR, although he remained in extreme pain. After only ten days of recovery on the ship, Randy returned to duty.



Other notable instances during his service include contracting malaria and spiking a 105.9 temperature, and waking in the middle of the night to find a rat inside his jersey. When he attempted to get it off him, the rat promptly bit Randy, and escaped through his sleeve. This resulted in a full course of painful rabies shots. Finally, Randy accidentally stepped into a huge water-filled bomb crater in the dark of night and nearly drowning before being pulled out of the water by a fellow marine.

Randy's best and worst experiences revolved around his good friend, Daniel Gallagher. During a nighttime crossing of a rice paddy, the dyke Randy was traversing fell in. His boots sank deep into the mud, making it impossible to move. Daniel, grasping the gravity of the situation, immediately came to his rescue. Explains Randy, "There was

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★ HANDS HERO'S ★



machine gun fire all around. It was unbelievable that he didn't get hit."

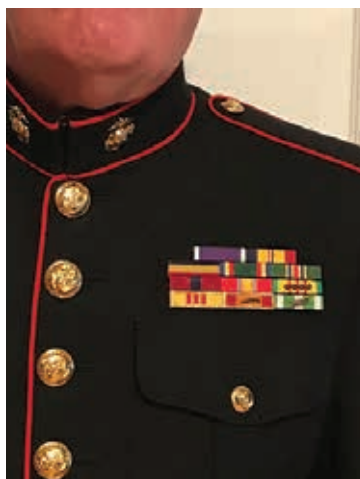
Toward the end of Randy's deployment, his company was assigned to go out on an operation. Daniel and another Marine were aware that Randy's vision was becoming compromised, possibly an effect of the gunshot wound or the bunker collapse. "The guys looked out for me," explains Randy. "They went and spoke to the Lieutenant in charge, who told me to stay back." However, Randy wanted to stay with the guys until the end. When Randy protested, the Lieutenant said, "That's a direct order," leaving Randy no choice but to remain behind, a difficult position for him. It was during this mission when Daniel Gallagher lost his life when another Marine stepped on an anti-tank mine. Daniel took shrapnel to his neck, killing him instantly. This tragedy still affects Randy to this day. In tribute to his friend, he named his second son after Daniel.

After serving for two years, four months and 26 days, Randy was medically discharged from the Marine Corps due to his deteriorating eyesight. His list of honors from the military is extensive, including a Purple Heart, a Presidential Unit Citation and a Navy Commendation.

Upon his discharge, Randy returned to California and dedicated his life to working in the social services. He served as a juvenile counselor, a probation officer, and finally sat on the bench as a hearing officer for the Juvenile Traffic Court until his retirement.

When Randy retired, he and Liz recognized that the political climate in California was changing and the cost of living had increased significantly. This left Randy and Liz open to considering a move to another part of the country. In 1998, they attended a military reunion in Cincinnati, followed by a visit to a college friend who was building a house in Medina. They visited the Square and Randy admits, "I was won over by Dan's Dogs," the renowned Medina eatery which has been serving hot dog creations since 1991. "I stood in the Square and felt that this was the place to come." When he mentioned the possibility to Liz, her response was, "Well, this will be a new adventure!"

He and Liz bought the property across the street from his college friend's residence and they have been here ever since. However, neither retirement nor his blindness could quell Randy's desire to serve. Soon after arriving in Medina, Randy heard that there was talk of closing the County Home, so he began to volunteer there. Soon, he was appointed to the council that advised the County Commissioners on the home's fate. To this day, the Medina County Home provides adult day programs, as well as 60 beds for seniors in the county who need primary custodial, rest-home-type care.



Since becoming an Ohio resident, Randy has been a consistent presence at many charity and service organizations inside and outside of Medina County, as well as an active member of his church. He has participated in various fundraisers, charity golf outings, church mission trips, charity car washes, parades and more. Named the 2011 Disabled Veteran of the Year for the state of Ohio, Randy was also the runner-up that year for the National Disabled Veterans of the Year. One of the first organizations he volunteered with is Disabled American Veterans (DAV), a nonprofit charity dedicated to helping disabled veterans and their families. In fact, he has served as the Medina County Veterans Services

RIBBONS:
Purple Heart
Combat Action
Presidential Unit Citation
Navy Meritorious Unit Commendation
Good Conduct
National Defense
Vietnam Service 4 Stars
Vietnam President Unit Citation
Vietnam Cross of Gallantry with Palm
Vietnam Campaign Medal



Commission's DAV representative for the last 21 years, stepping down from this position only recently.

Serving his community has become more difficult for Randy since being diagnosed with Parkinson's disease linked to Agent Orange exposure during his service in Vietnam. Even so, this has not slowed his desire to help those around him.

When asked if he would encourage today's youth to serve in our military, Randy hesitated, citing our current political culture as cause for concern. However, Randy was adamant about this, "The best thing about my service was the time spent with all those other guys serving under the same conditions. The Corpsmen especially are Marine heroes." These were soldiers as well as medical technicians, who serve alongside both Navy and Marine forces. "They served with us in the worst conditions and took care of us. At no other time in my life, have people put their lives on the line for each other without thinking of themselves. There is not any love greater than that."

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★ FUTURE VETERANS OF OUR GENERATION ★

In recognition of Memorial Day, we'd like to recognize these students who have dedicated themselves to serving. *Thank You!*

By: TEODORA LOVI, BEAT Reporter

On Wednesday March 9th, Brunswick High School (BHS) hosted a special event for a group of 15 high school students across Medina County. This was a Military Commitment Ceremony for the seniors who have dedicated themselves to serving in the military after their High School graduation in May.

That same day, down at the Greater Columbus Convention Center in Columbus, the Ohio Department of Education hosted an in-person ceremony for Ohio's high schoolers, grades 11 and 12, who have committed to military service.

Since many students were unable to make it to the celebration in Columbus, BHS principal Keith Merrill decided to find a way to honor the students from six high schools in the area. "There was a National Day of signing on March 9th," he explained. "So, instead of people going to the State, we decided to hold it as a county and invited the surrounding schools to come and participate." The students who were honored at the commitment ceremony

valued the efforts of Merrill. Hunter Ulry, a Medina County Career Center (MCCC) student, said he was grateful for the ceremony, "especially since my family was able to come watch. Due to Covid, they were not allowed to come see me enlist so it was nice that they got to see me do the oath."

Ulry's decision to serve in the Navy was predominantly driven by his father, who inspired him from a young age. "He was in the Navy out of high school and had always told me stories about the opportunities that I could have through service," he said. Additionally, he mentioned, "I love the water and swimming and have spent much of my childhood on boats." For Ulry, there was no better branch for him to join than the Navy.

The Military Commitment Ceremony not only celebrated the new armed forces of our generation but it also commemorated the older Veterans who have risked their lives to serve and protect the freedom of this country.

■ CONTINUED ON NEXT PAGE ►



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★ FUTURE VETERANS

>> CONTINUED FROM PAGE 18



Donald Darrell pictured with his recruiter and family will be heading off to US Military Academy West Point.



Medina County Career Center students include Emily Czech, Hunter Ulry, Trevor Badiu, Carlos Hernandez and Jacob Schneikart.



Medina High Student Trevor Badiu and his recruiter James Collins.



KC Shaffer and his recruiter shaking hands after signing the certificate.



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Meet Anthony & Angela Coleman from CarePatrol

Why are they in the business of helping seniors?

For many professionals working in the senior care industry it starts out with a personal experience. For them, it was Anthony's grandmother. She had multiple strokes that developed into vascular dementia. It was a family effort with Anthony's dad, Bob, being the primary caregiver. She was in and out of the hospital and nursing facilities and oftentimes did not receive the best care. Bob eventually moved in with her because she required 24/7 care and supervision. This took an immense toll on Bob and if she would have lived any longer, he wouldn't have been able to continue.

They experienced, firsthand, just how challenging this process can be. They were introduced to different options like nursing homes, assisted living, memory care, and private duty in home care. Trying to sort through all these options was exhausting and left them asking a simple question, "How do families find the safest care options?" At that point in their lives, they just didn't know.

Shortly after this experience, Anthony was transitioning out of a business and wasn't sure what he wanted to do next.



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A close friend told them about a franchise called CarePatrol. As they researched the mission of CarePatrol (to help families find safer senior living options) they felt that it was a perfect fit for that point in their lives. They started their CarePatrol business a few months later and at that time Angela was still a high school science teacher.

Over the next few years, Angela watched her husband Anthony help families at a time when they were overwhelmed with making

decisions about the safest care options for their loved ones. Angela was so drawn to the business that she decided to quit teaching and join CarePatrol. They have enjoyed working together and watching their business grow over the last five years and feel that their life has been blessed in ways that are hard to comprehend.

Things have come full circle and recently they needed to place Anthony's dad, Bob, in assisted living. Now working as a Certified Senior Advisor, the process was much easier than what they endured with Anthony's grandmother. Having the knowledge and skills to navigate senior living options resulted in a safe and effective placement. Bob is now well taken care of and happy in a great community that fits his needs.

So why do they do what they do? A personal experience was their call to action that created an undeniable passion to advocate for seniors and families. They never want a family to feel how they felt. CarePatrol's services are always FREE, call them at **440-387-5180** if they can be of service to you.

DIMINISHED CAPACITY

and the competency to sign documents



As people live longer, the legal issues surrounding diminished physical and mental capacity become more and more problematic. I often have people tell me “my mom is unable to execute a Will.” When I question them further, I find out mom has the legal mental capacity needed to execute a Will but she just physically cannot sign her name. A physical inability to sign your name does not, in itself, preclude you from executing a document. A person can legally “sign” a document with just an “X” or a mark or even direct someone else to sign on their behalf so long as the person has the mental capacity necessary to sign that document.

People also tell me their loved one is “too out of it” to execute a document. However, the mental capacity necessary to execute a Will is relatively low (often referred to as “Testamentary Capacity”). In very simplified general terms, Testamentary Capacity requires

you to know (1) who is your family; (2) what property you have; and (3) generally understand that a Will is a document directing the disposition of your property upon your death.

Furthermore, that Testamentary Capacity level is only needed at the time of execution. Therefore, you may have “moments of lucidity” when you have the capacity level necessary to execute the Will but an hour later, you do not have that capacity level. So long as you execute the Will during a “moment of lucidity,” forgetting what you signed an hour later will not invalidate that Will.

“Contractual Capacity” is a higher level of capacity needed to execute documents such as a real estate deed or a financial power of attorney or entering into transactions such as gifting property or selling a business. Contractual Capacity requires the ability to comprehend the

nature and effect of the transaction. This higher capacity standard requires more than a transient surge of lucidity, it requires an understanding of the significance and consequences of the transaction. Many believe it makes sense that Testamentary Capacity is lower than Contractual Capacity because the consequence of your testamentary decisions do not occur until after you are deceased but the consequences of your contractual decisions typically occur while you are still living.

Determining whether someone is “competent” to execute a document depends on whether that person meets these capacity levels. The capacity level can be determined by a combination of input from several different sources such as a physician, attorney, family members, etc. Keep in mind that just because someone may not seem “with it” doesn’t mean they cannot execute documents or enter into transactions.

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



ANN SALEK

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7 TIPS FOR STAGING YOUR HOME

By: LORI SCHWARZ, REALTOR, Financial Coach | 330-725-4408 | Lori.Schwarz@KW.com



LORI SCHWARZ

The first step to getting buyers to make an offer on your home is to impress them with its appearance so they begin to envision themselves living there. Here are seven tips for making your home look bigger, brighter, and more desirable.

[1] START WITH A CLEAN SLATE

Before you can worry about where to place furniture and which wall hanging should go where, each room in your home must be spotless. Do a thorough cleaning right down to the nit picky details like wiping down light switch covers. Deep clean and deodorize carpets and window coverings.

[2] STOW AWAY YOUR CLUTTER

It's harder for buyers to picture themselves in your home when they're looking at your family photos, collectibles, and knickknacks. Pack up all your personal decorations. However, don't make spaces like mantles and coffee and end tables barren. Leave three items of varying heights on each surface, for example, place a lamp, a small plant, and a book on an end table.

[3] SCALE BACK ON YOUR FURNITURE

When a room is packed with furniture, it looks smaller, which will make buyers think your home is less valuable than it is. Make sure buyers appreciate the size of each room by removing one or two pieces of furniture. If you have an eat-in dining area, using a small table and chair set makes the area seem bigger.

[4] RETHINK YOUR FURNITURE PLACEMENT

Highlight the flow of your rooms by arranging the furniture to guide buyers from one room to another. In each room, create a focal point on the farthest wall from the doorway and arrange the other pieces of furniture in a triangle around the focal point. In the bedroom, the bed should be the focal point. In the living room, it may be the fireplace, and your couch and sofa can form the triangle in front of it.

[5] ADD COLOR TO BRIGHTEN YOUR ROOMS

Brush on a fresh coat of warm, neutral-color paint in each

room. Ask your real estate agent for help choosing the right shade. Then accessorize. Adding a vibrant afghan, throw, or accent pillows for the couch will jazz up a muted living room, as will a healthy plant or a bright vase on your mantle. High-wattage bulbs in your light fixtures will also brighten up rooms and basements.

[6] SET THE SCENE

Lay logs in the fireplace, and set your dining room table with dishes and a centerpiece of fresh fruit or flowers. Create other vignettes throughout the home — such as a chess game in progress — to help buyers envision living there. Replace heavy curtains with sheer ones that let in more light.

Make your bathrooms feel luxurious by adding a new shower curtain, towels, and fancy guest soaps (after you put all your personal toiletry items out of sight). Judiciously add subtle potpourri, scented candles, or boil water with a bit of vanilla mixed in. If you have pets, clean bedding frequently and spray an odor remover before each showing.

[7] MAKE THE ENTRANCE GRAND

Mow your lawn and trim your hedges, and turn on the sprinklers for 30 minutes before showings to make your lawn

sparkle. If flowers or plants don't surround your home's entrance, add a pot of bright flowers. Top it all off by buying a new doormat and adding a seasonal wreath to your front door.



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In the 1920s, Hemlines Were Thought to Predict the Economy

By: CLAUS MEYER, Certified Financial Planner,TM Retirement Income Certified ProfessionalTM with Raymond James

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Throughout history, select economists have used creative forecasting methods to predict booms and busts. Take a look at some of these for-amusement-only indices.

Hemlines, high heels and lipstick aren't typically what you think about when it comes to economic forecasting. But "indices" based on each exist. That's right, there are certainly some interesting (and fun?) ways economists make market connections and attempt to predict a boom or a bust. (*Warning: These should be used for amusement only.*)

We can take these fashion-based forecasts with a grain of glitter, er, salt. But these so-called indices can be entertaining to explore.

THE HEMLINE INDEX, EXPLAINED

In 1926, economist George Taylor stated that he could predict the economy based on hemlines. He said when they went short, it meant the economy was in good shape. And if hemlines trended longer, the markets would be headed for a slide.

The funny thing is the hemline theory was "proven." But it actually works opposite from what Taylor thought. In 2010, economists did quantitative

data analysis on monthly hemline data from 1921 to 2009 and found that hemlines shift following the economy – by about three to four years. In other words, poor economic times meant hemlines would creep closer to the floor within a few years. And prosperity meant miniskirts would start showing up within that same time frame.

It's quirky and entertaining – but there are lots of problems with using this as a source of truth. Manufacturing isn't as big a proportion of the U.S. economy as 100 years ago and designers don't typically set hemlines anymore. Further, no one cares how short – or long – your hemline is. Wear what you want and feel good doing it.

OTHER INDICES

If you're not buying the hemline index (we're not so sure either), try these on for size – for a topic at your next brunch, perhaps, but not to guide your investments. That's what an advisor is for.

LIPSTICK INDEX: In the recession following 9/11, lipstick sales increased. Women sought an affordable luxury, instead of splurging on expensive clothing and accessories. The lipstick index fell

apart during the pandemic, though – because of masks.

HIGH HEEL INDEX: According to research from IBM about a decade ago, an economic downturn meant higher heels. As the height shrinks, so does the possibility for a recession. Kitten heels and ballet flats mean an upswing is on the way.

REAL TRENDS

Amusement aside, if you're looking for economic indicators to lend insight into the health of the market, consider indices based on real disposable personal income, producer prices, consumer prices and confidence and employment indicators. Better yet, your advisor can help guide your next move based on your personal financial situation and goals.

NEXT STEPS

If you're curious about where the market is headed:

- Consider subscribing to financial news sites and sign up for automatic alerts.
- Follow trusted financial social media handles for passive updates and ask your advisor for professional investment commentary and analysis.
- Ask your advisor to lend insight based on your timeline and goals.

Sources: [medium.com](https://www.medium.com); [forbes.com](https://www.forbes.com); [huffpost.com](https://www.huffpost.com); [investopedia.com](https://www.investopedia.com)

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DEPRESSION IN OLDER ADULTS



Older adults are at an increased risk for depression. Many people believe that depression is a normal part of aging – a natural reaction to loss of loved ones, retirement, chronic illness, and stressful life events. It is not a normal part of aging, it's a true medical condition that is treatable. Depression is more common in people who have chronic medical illnesses. The Centers for Disease Control and Prevention (CDC) reports that 80% of older adults have at least one chronic health condition and 50% have two or more. Many older adults with depression need treatment to feel better and there are resources available that can help.

SIGNS OF DEPRESSION:

- Persistent sad, anxious or "empty" mood
- Loss of interest or pleasure in hobbies/activities
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Decreased energy, fatigue
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or unintended weight changes
- Thoughts of death/suicide, suicide attempts
- Restlessness, irritability
- Aches/pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment

SOME RISK FACTORS OF DEPRESSION:

- Chronic medical illness
- Disability
- Poor sleeping habits
- Personal or family history of depression
- Stressful life events (loss of spouse, divorce, or taking care of someone with chronic illness)
- Social isolation
- Misuse of alcohol or drugs

If you think that you or a loved one may have depression, it is important to seek treatment. If you're in need of a health care provider, schedule an appointment with Medina County Health by call 330-723-9688, option 1. A person with depression cannot simply "snap out of it." If left untreated, depression can lead to suicide. Medina County's 24/7 crisis and behavioral health helpline is 330-725-9195.

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.

The Medina County Health Department has protected your health since 1918. Services are partially supported by your property tax health levy. Equal opportunity provider.



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The Importance of "Old Dogs Learning New Tricks"

By: SHERRY CASSILY, Archangels Specialty Home Care

Aging is a process that begins at conception and continues until death. It is a series of physical, social, emotional, and spiritual events that pose crises to be resolved. The infant must learn to trust that caregivers will provide nourishment, support, and care. The child must develop skills that lead to self-sufficiency and feelings of competency. The adolescent must transition from childhood to adulthood by developing an understanding of self and goals which lends to clarity of their chosen role. Adulthood includes finding a job, contributing to society, and maintaining family and care of offspring.

As adults age, the crisis lies in working, teaching, caring for others, contributing to the products and ideas of the culture, and in a more general belief of humanity. By old age, people's goals and abilities have become more limited. It is important that the person looks back on their life with satisfaction accepting life as a series of events and not assuming responsibility for what has happened. The person achieves a sense of



SHERRY CASSILY, OWNER OF
ARCHANGELS SPECIALTY
HOME CARE

satisfaction with the past by finding meaning in events and times of suffering. Old age is adjusting to retirement, loss, decreasing physical strength, and deteriorating health. Old age is establishing affiliation with members of one's age group, satisfactory physical living arrangements, and flexibility to changing social roles.

In old age, the person must find meaning in memories and not look back at life with dissatisfaction. One must accept that what happened in life is not one's own responsibility and even suffering provides meaning. Finding meaning in one's life prevents old age from being a time of misery, hopelessness, or anguish. Satisfaction with one's

life is not a matter of what has happened, but about what one feels about it. It is like the Serenity Prayer, "God grant me the serenity to accept the things I cannot change."

If one feels despair, it is a call for change and action. Geriatric counseling is helpful adjusting to retirement, loss, and changes in social roles. Counseling facilitates the "looking back at life and finding meaning or acceptance with what has happened." Home Care will facilitate satisfaction with living arrangements, coping with deteriorating health and physical strength, and affiliating with those of the same age.

Mental health issues and inability to cope with personal responsibilities are very prevalent for those near the end of their life span. Old age does not need to be a time of despair. If one is in the latter stages of life, it is important to recognize when a helping hand is needed and accept the help. Archangel's Specialty Home Care can help with a plan to remove the despair from old age.



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A DIFFERENT KIND OF GIFT

From: The Medina County Board of Developmental Disabilities



A grandchild is one of life's most wonderful gifts. But what if that gift is not what a grandparent quite expected? A grandchild with a disability is still a gift, they just come in a different sort of wrapping. A child born with a disability may take grandparenting into a new dimension and direction. While different needs and challenges may arise, there are also opportunities along the way for new discoveries and adventures. So how should a grandparent of a child with a disability respond and learn to navigate this new world?

BE ACCEPTING

The first step is acceptance. Family members often experience grief and denial when a child is born with disabilities. You may struggle with 'what might have been'. You may look at your grandchild and think of the things he may struggle with in life, but remember, typical kids have heartaches and struggles too. Accepting and loving your grandchild for who he is, is the most important thing you can do for your family. A grandparent's positive attitude can set the stage for the whole family and make it easier for

parents to deal with any brief moments of grief they may experience.

BE FEARLESS

Even though children with disabilities may need different care, and sometimes their daily care may seem tiring and overwhelming, grandparents can play a part in easing that load. Sometimes that means overcoming fears about unfamiliar things, like therapy, injections and feeding tubes. While it may seem scary at

times, be fearless and find ways to jump in to help. All parents need time away from the pressures of caring for their children, and it's no different when your child has a disability. Knowing that someone else feels comfortable caring for their child, frees parents to relax and recharge – a crucial need.

BE READY AND AVAILABLE

Time is one of the best gifts you can offer. For your grand-

child with a disability, offer to do simple things like take them to therapy and other appointments. Don't forget to be patient because sometimes children with disabilities take a little longer to do basic things. This helps an entire family meet the demands of everyday life. It is also a great opportunity for you to develop a close relationship and strengthen the bonds between you and your grandchild. If your grandchild has siblings, remember they

often get left behind as parents meet the needs of a child with a disability. Having Grandma and Grandpa there to attend ball games, fix supper and lend a hand with homework, helps smooth the difficult path faced by siblings of children with disabilities. Being available for them too, can help prevent resentment and jealousy within their family.

NEED HELP?

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. Call us 330-725-7751 for help or information.



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JUST IN CASE



By: MARIE EDMONDS, Counselor at Law

We all plan for "just in case" scenarios. When we pack for a week-long trip, we throw in a rain jacket "just in case." When we travel in the winter, we throw a blanket, flashlight, extra coats in the car "just in case" there's an unexpected snowstorm. So, it makes sense to plan in your estate planning documents (your will or your trust) what will happen "just in case" one of your loved ones becomes disabled.

It's easy to think that disability is something that happens to other people, not you or your loved ones. However, approximately 61 million adults in the United States live with a disability – that's one in four adults! Disability is unpredictable. An accident or a serious physical or mental condition can hit anyone at any age. Even if you currently do not have a loved one who is disabled, it is critically important not to overlook the possibility, and the devastating affect it can have on that loved one. We don't know when we will pass away, and we can't predict what position our loved ones will be in when we do.

If someone becomes disabled, they may need to rely on government assistance of some kind, such as Medicaid, SSI or Social Security Disability Insurance. Receiving an inheritance (certainly well intentioned and thoughtful) may disqualify your loved one from receiving some of these public benefits, like Medicaid or SSI. Medicaid and SSI are means-tested programs, meaning recipients of those benefits are severely limited as to how much they can own. Currently, that amount is only \$2,000. If their resources are over that amount and not spent within the month of receipt, they will become

disqualified from these life-saving programs. Often, the recipients are most dependent on the medical benefits they can receive and then are lost.

If you already have a special needs child or grandchild, you may already be aware of these limitations. However, even in that instance, make sure you have provided correctly for them upon your death. You do not have to disinherit these loved one, but rather plan accordingly.

To avoid the possibility of disqualifying your loved ones from the critical government benefits they may be receiving, you may want to consider setting up a standby supplemental needs trust, "just in case" one of your loved ones is disabled at the time of your death. In Ohio there is a statutory trust which accomplishes this – a wholly discretionary trust. The terms of such a trust provide that any assets owned by the trust are not "available" to your beneficiary, other than at the sole and absolute discretion of the trustee. Therefore, the trusts assets are not included as an available resource and countable when determining your loved one's eligibility for these government programs. A "standby" supplemental needs trust is not created automatically in your estate plan but in effect is "on standby" and comes into existence only if your loved one

is disabled at the time of your death and receiving these means-tested government programs. What you have potentially accomplished is that your loved one can continue to receive their much needed assistance but have funds available to supplement the benefits they are receiving and perhaps give them a better quality of life. The funds are typically used for things like providing vacations, purchasing equipment like computers, etc.

If only we knew exactly what the future holds both for us and those we love, estate planning would be so much simpler. However, since we don't, including a "standby" supplemental needs trust in your estate planning is the best you can do. If it is not needed at the time of your death, the trust does not come into existence. But there is certainly no harm, and could be quality of lifesaving to include it – "JUST IN CASE."



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ORAL HEALTH AND WHAT WE DRINK

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SUGARY DRINKS VERSUS ORAL HEALTH

It probably doesn't surprise many people to hear that soda is pretty terrible for our teeth, but so are sports drinks and fruit juice. The main culprits within these types of tasty drinks are acid and sugar. Sugar feeds the harmful bacteria in our mouths, which then excrete acid on our teeth, where it erodes tooth enamel. Acid, whether it's carbonic acid in soda or citric acid, essentially cuts out the middle man and erodes tooth enamel directly.

Sugar-free soda is a better option, but still not perfect because removing sugar doesn't do anything about the acidity. A better way to get daily servings of fruit than glasses of fruit juice is by eating the actual fruit. The water and fiber helps diminish the effects of sugar and acid, more of the nutrients remain, and it's much more filling.

OTHER MOUTH-UNFRIENDLY DRINKS

Drinks like coffee, black tea, and alcohol are also pretty bad for oral health, particularly the varieties that are dark in color, as these can stain. With coffee and tee often comes a lot of added sugar, and alcohol dehydrates the mouth, which makes it more vulnerable to bacteria without the defense of saliva.

GOOD DRINKS FOR HEALTHY TEETH AND GUMS

Milk is an excellent source of calcium, which we all need for keeping our teeth and bones strong. Some enamel remineralization is possible in our teeth, but only when

our bodies have the right building blocks available, like calcium. For those who are lactose intolerant or dairy free, calcium-fortified soy milk is a great alternative.

One caution about milk: it does contain natural sugars, which means it's not a good idea to leave a child with a bottle or sippy cup of milk at bedtime. The remnants feed oral bacteria just like sugar in soda does, leading to a condition known as "bottle rot."

Unlike black tea, coffee, and red wine, green and herbal teas don't stain teeth! They actually have benefits for oral health, because they contain bacteria-fighting polyphenols. Just keep the added sugar low or use sugar-free sweeteners instead!

Water isn't just a great mouth-healthy drink, it's essential to good overall health! Without enough water, we can't produce saliva, and the simple act of drinking water after we eat helps wash away the remaining food particles to keep our mouths clean until it's time to brush our teeth!

DEVELOPING GOOD MOUTH-HEALTHY HABITS

We aren't going to tell our patients that they must cut all the sugary and acidic drinks out entirely, but we do recommend cutting back and drinking more of the good ones: milk, green and herbal teas, and especially water. On top of that, don't forget about brushing twice a day, flossing daily, and scheduling dental cleanings twice a year!

We love seeing those healthy smiles!



UNDERSTANDING YOUR BRAIN AND DEMENTIA



KIM CORRIGAN

By: KIM CORRIGAN, Administrator
Pearlview Rehab & Wellness Center

ACTIVITY vs. SITTING

Sitting too much is linked to changes in a section of the brain that is critical for memory. Studies show that too much sitting increases the risk of heart disease, diabetes and premature death. "Sitting is bad for your brain -- not just your metabolism or heart: Thinning in brain regions important for memory linked to

short bursts of physical activity every hour. This is because your body and mind are highly connected. It is also why movement therapies have been studied as a potential treatment for depression and anxiety when psychotherapy and medication are not enough. Aside from treating mental health disorders,

approximately 150 minutes a week. However, if that seems daunting, start small. Some exercise is better than none.

An active lifestyle is important for a number of reasons. It'll keep your weight down, give you more energy, help your cardiovascular health, and decrease your insulin levels. But one of the most important reasons that you should be standing, walking, and generally staying active is that if you don't, there's a chance that you'll get dementia.

The average American sits over 10 hours a day, making us the most sedentary generation in American history, according to Forbes. This week, walk for 10 minutes, five days

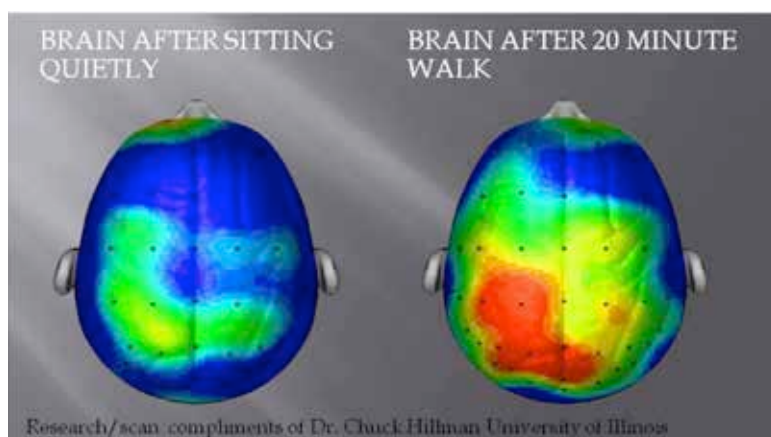
a week. The following week, add five minutes to each walk and continue until you reach your fitness goals. If you do not think you can stick to your new routine, join a class or work out with a friend. An exercise buddy will hold you accountable.

As you become more active, try something that would have once been outside of your comfort zone. Whether you do something wild like hula-hoop or bear crawl (not beer crawl, get your heart rate up and your blood pumping. If it doesn't challenge you. It doesn't change you.

It is time to make changes that will support your heart and brain for years to come.

Shocking that just a few minutes of walking per day and building upon that with some fun heart pumping cardio can have such a drastic impact on your memory and cognitive abilities. Pearlview has a great therapy program to build endurance, muscle strength and help with balance and flexibility.

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sedentary habits." Science Daily, 12 April 2018. The Centers for Disease Control and Prevention data shows just 1 in 5 American adults meet their physical activity guidelines. However, many believe that rates of physical inactivity are underreported. This is leading to a wide range of health concerns, particularly in terms of the heart and brain.

A healthy human brain requires continuous movement throughout the day, ideally

exercise has also been shown to improve memory and thinking skills. As reported in one Harvard Medical School article, researchers found that regular aerobic exercise increases the size of the hippocampus. This is the region of your brain that is associated with learning and memory. It is also the brain area that physically shrinks due to the progression of Alzheimer's.

On average, it is recommended that you exercise



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ESTHER'S LAW:

More Protection for Nursing Home Residents

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

In the end of December 2021, Governor Mike DeWine signed legislation commonly known as Esther's Law to provide more protection for nursing home residents in the State of Ohio. The new law grants nursing home residents and their family the ability to authorize and install electronic video devices in resident rooms to monitor the quality of care. It went into effect March 23, 2022.

The law was named after Esther Piskor. The State of Ohio's Department of Aging reports that for the last three years of her life, Esther was abused and neglected in an Ohio nursing home. She was in her 70s and living with dementia. The Department of Aging states that Steve Piskor, Esther's son, put a hidden camera in Esther's nursing home room. The video recording captured aides yelling at Esther, spraying liquid into her face, handling her roughly, and neglecting her for long periods of time.

Esther passed away in May 2018. Her son then worked with Ohio lawmakers to draft the law. The Ohio Statehouse News Bureau reported that two nursing home aides went to prison for their treatment of Esther.

Esther's law provides that a resident (or a resident's guardian or attorney in fact) may authorize the installation and use of an electronic monitoring device in the resident's room in a long-term care facility. The cost of the device

and the cost of installing, maintaining, and removing the device must be paid for by the resident (or the resident's guardian or attorney in fact).

A long-term care facility may require the resident (or resident's guardian or attorney in fact) to complete a form which includes an acknowledgment that the resident (or resident's guardian or attorney in fact) has consented to the installation and use of the recording device in the resident's room. If a resident lives in a room with another resident, the other resident must consent to the installation of the recording device. If a resident's roommate refuses to consent, then the facility is required to make a reasonable attempt to move either resident to another available room with the consent of the resident being moved. The form may also contain a provision that the facility is released from liability

in any civil or criminal action for a violation of a resident's right to privacy.

A resident who has authorized the installation and use of an electronic monitoring device may withdraw that authorization at any time. Also, a long-term care facility may post a notice in a conspicuous place at the entrance to a resident's room stating that an electronic monitoring device is operating in that room.

The full text of the statutes which make up Esther's Law can be found in Ohio Revised Code Sections 3721.60 to 3721.67.

If you or a loved one is concerned about their safety within a long-term care facility, it is important that you consult with a trusted attorney to explore the rights of nursing home residents.



MICHAEL LARIBEE

Laribee & Hertrick, LLP



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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.

Want to Give Back to Your Community? CONSIDER VOLUNTEERING.

From: HOSPICE OF MEDINA COUNTY

With all the “busyness” in our lives today, it may seem impossible to find time to volunteer. Even those who are retired find their daily schedules fill up quickly. But for those who do desire to volunteer, the rewards are great. Studies show volunteering reduces stress, lifts spirits and provides greater purpose to life.

If you’ve been looking for a way to give back that is deeply satisfying yet flexible enough to accommodate your busy lifestyle, helping hospice patients may be right for you.

Choosing a fulfilling activity is the key. The experts at HMC Hospice of Medina County, an affiliate of Hospice of the Western Reserve, encourage volunteers to consider sharing a special hobby, talent or passion.

Do you like to work on art projects, play the guitar or write poetry? Creative activities like these can be very rewarding for volunteers as they see how much joy and peace they bring into patients’ lives. The volunteer services team will collaborate with you to help customize a volunteer experience that maximizes the impact of these special skills.

Those who have served in the Armed Forces often find it especially meaningful to serve fellow

veterans as Peaceful & Proud volunteers, providing companionship and conducting private recognition ceremonies to honor veterans in hospice care for their service.

Do you enjoy knitting, crocheting or sewing? Many volunteers enjoy creating textured lap blankets for patients with dementia or sewing comfort pillows and much of this work can be done from home.

Pet therapy is another frequently requested service. If you own a registered therapy dog, HWR or HMC would love to work with you and have you and your dog join the Volunteer Team.

Many people enjoy working directly with patients, visiting them in their own homes, assisted living communities, hospitals or nursing homes. Volunteers receive specialized training to assist with hands-on care or they can read to patients, play board games or help with family errands.

Flexibility is a hallmark of volunteering with HWR or HMC. We’ll work with you to find a role that’s a perfect fit for your interests, skills and availability. For more information, call Volunteer Services at 216.255.9090, email volunteering@hospicewr.org or visit hospicewr.org/volunteer.



Janet Pavlic with her therapy dog, Sadie.



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Check Out Modern Yoga in Strongsville

A Way of Life for Mind and Body

By: SOFIA ADROVET, BEAT Reporter

Being “present” is something that many people can struggle with. It can be hard to turn off the normal thoughts and worries of the day. Practicing yoga can take you on a journey of health and peace and provide a retreat from the mayhem of daily life.

Modern Yoga is a yoga studio located in Strongsville that stands out from the others. Joyce Atheron, who owns the studio with her husband James, says, “I always worked for big companies, but my husband James had always worked for small companies. He wanted to own his own business, and we both love yoga, so it just worked out.”

When you walk into the studio, the first thing you see is a sign that says “no judgment, no bias.” That sets the mood for your practice. As you lie



down on your mat, the lights dim and you are free to make your practice your own and focus on your breath.

There are many classes, such as hot power, slow flow, Yin sauna, and more to fit your needs and challenge yourself, but not go over your “edge”. With different humidities and heat, each class varies and

provides a multitude of benefits. At the beginning of each class, the instructor asks if anyone wants to focus on any specific moves. Some classes focus on the hip or neck; it just all depends on the class and instructor. Everyone is encouraged to make their practice their own and focus on their individual needs.

Yoga is a way of living. It can benefit you physically and mentally. Yoga can reduce stress, anxiety, blood pressure, and just make you a better person overall. When you set those intentions at the beginning of class on your mat, it will be easier to find them in your daily life.

The poses are a great way to exercise and, at the same time, get into your mind. Atheron says, “Yoga saved my life. It reduces my anxiety, makes me calmer, and helps me make better decisions. Yoga helps me be more understanding and it helps me feel like I am not alone.”

Modern Yoga practices vinyasa yoga, which means that there is a flow between poses, connecting with breath. They use a method called

“Ujjayi breathing,” which calms your mind by focusing on your breath. Breathing like this also calms the nervous system, slows the heart rate, and lowers blood pressure.

Modern Yoga has a very welcoming community with various activities on and off the mat. Every Friday, Modern Yoga hosts a donation class where all of the proceeds go to a charity. They also have a softball team, a running group, a book club, a podcast, and more clubs that are in the process of being formed. “At Modern Yoga we created a community, and I am really proud of it and that everyone feels welcomed here,” said Atheron.

Modern Yoga is opening a second location in Brecksville this summer. If you are trying yoga for the first time or are a seasoned yogi, Modern Yoga will welcome you with open arms.

They are located at 16714 Pearl Road in Strongsville.

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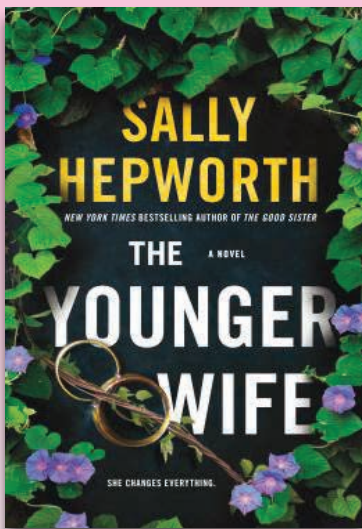
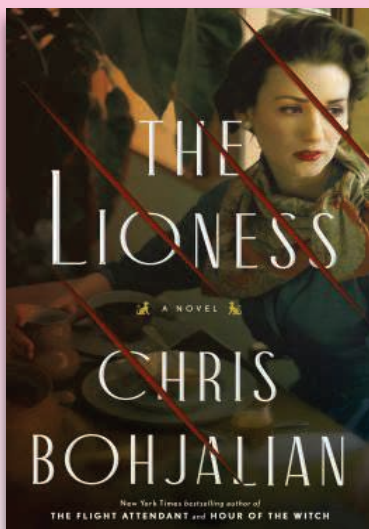
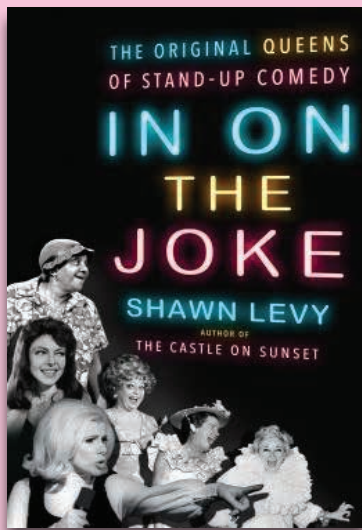
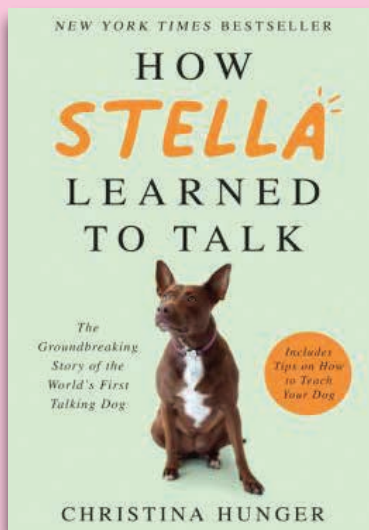


LIBRARY NEWS

Read it and Reap!

RECOMMENDED BOOKS

From: MARY OLSON, Readers' Advisory Librarian



Help your grandchild thrive this summer

Medina County District Library's annual Summer Reading Game begins June 1. Ages birth through 5th grade can play the Children's Game. Books read to children of course count towards pre-readers' success!

Pick up a gameboard at your library in June, attend fun events at the library, check out books to read at home, and help prevent the summer slide some school-age children experience, especially early readers in grades K - 3.

And check out these many resources offered to help the youngsters in your family succeed! Be part of their success by taking advantage of these free, fun, resources!



MCDL early literacy resources

mcdl.info/EarlyLiteracy

1000 BOOKS BEFORE KINDERGARTEN:

A reading game to motivate caregivers and children to read, with gameboards to track progress, prizes along the way, and a selfie frame for memorable photos upon completion.

EARLY LITERACY KITS: Center around a theme, complete with numerous books, puppets, games and crafts. Great for small group and in-home use.

DISCOVERY PACKS: A bookbag with themed books and toys for checkout.

KINDERGARTEN KITS: Made available through partner preschools and for download on the library website, these kits help caregivers assess their child's school readiness with skills practice incorporated into fun activities.

ABC MOUSE: Award-winning learning program featuring thousands of lessons is available free on the library website and on library computers.

GET READY TO READ NEWSLETTER:

A monthly calendar of activities and events to do with your child and songs, rhymes and games to make early literacy fun.

LIBRARY EVENTS: From storytimes to dozens of events, every library event for young children incorporates early literacy skills into the learning and fun.

PLAY AREAS: MCDL locations have designated play areas in each Children's department. Find stimulating toys, learning games and other families to interact with and practice those social skills!

BOOKS: Our carefully curated Children's collection features the latest and greatest, classics, fiction and non-fiction. We can pull books from other MCDL locations and from 40 plus other libraries through our CLEVNET consortium of libraries. Ask a librarian for reading suggestions or to reserve a specific book for your family!

Outreach Services

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