



Helping HANDS

SEPT / OCT 2022

A Publication of the HANDS Foundation

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



SUMMER BREEZES 2022!

HANDS Foundation's Summer Breezes Event Raises Funds for Seniors on August 13th at the Oaks Lakeside.

CONTINUED ON PAGE 3 ▶

HANDS Foundation President, Lori Betz addresses attendees during the event.

INSIDE THIS ISSUE

▶ HANDS HAPPENINGS.....	4
▶ SENIOR CENTER CALENDARS.....	6, 7, 8
▶ NEWS FROM YOUR STATE REPRESENTATIVE.....	9
▶ COMMISSIONERS' CORNER.....	10
▶ AUDITOR NEWS	11, 12
▶ FROM YOUR VETERANS OFFICE.....	13
▶ HANDS HERO'S.....	16
▶ LEGAL ADVICE.....	21, 26, 29
▶ DENTAL CARE	28
▶ LIBRARY NEWS.....	32

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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

SAVE THE DATE!



Sunday, September 25 at the Medina Square.
Entry at 8:30am | Ceremony at 9:30am | Walk at 9:45am

This article is brought to you by Team Life Care Center of Medina

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. Founded in 1980 by a group of family caregivers and individuals interested in research, the Association includes our home office in Chicago, a public policy office in Washington, D.C. and a presence in communities across the country.

Alzheimer's is destroying our families, our finances and our future. More than 6 million Americans are living with Alzheimer's. Between 2000 and 2019, deaths from Alzheimer's have more than doubled. One in three seniors dies with Alzheimer's or another dementia. Alzheimer's kills more than breast cancer and prostate cancer combined. More than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias. In 2022, Alzheimer's disease will cost the United States \$321 billion. This number is projected to rise to nearly \$1 trillion in 2050.

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. The Walk to End Alzheimer's is held annually in more than 600 communities nationwide.

Your health and safety are our top priorities. We will continue to closely monitor CDC, state and local guidelines to ensure Walk events adhere to the latest recommendations.

While there is no fee to register for the Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.

HOW TO PARTICIPATE IN 3 EASY STEPS:

1. Register for your local Walk. Find a Walk near you and sign up as a Team Captain, team member or individual. **2. Start fundraising and spread the word.** We'll provide tips and coaching every step of the way, including easy ways to raise funds online. **3. Join us on Walk day.** Come together for an inspiring community event that celebrates our commitment to ending the disease. Medina County's Walk to End Alzheimer's is on Sunday, September 25, 2022 in downtown Medina at the Square.

JOIN THE LIFE CARE CENTER WALK TEAM

To donate or join our team for this worthy cause go to act.alz.org and click on **WALK TO END ALZHEIMER'S > FIND A TEAM**. Type in Life Care Center of Medina and click **SEARCH**. Click on **LIFE CARE CENTER OF MEDINA**. Then select either **DONATE TO THE TEAM OR JOIN OUR TEAM**. Then just join or donate to our Team or our Team Member.



GENERAL INQUIRIES

Contact:
 Kaitlyn Kelly,
 Walk Manager
 234-284-2756
kckelly@alz.org



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SUMMER BREEZES

>> CONTINUED FROM FRONT PAGE

Around 100 guests were happy to attend Summer Breezes, the major fundraiser for the HANDS Foundation, which took place on Saturday evening, August 13, at the Oaks Lakeside in Chippewa Lake, Ohio.

According to HANDS Executive Director Chrissy Waller, the event offered the guests an opportunity to enjoy a delightful evening in the scenic, quaint setting.

As always, the Oaks provided a wonderful dinner while attendees participated in a variety of silent auction activities. A special thank you goes out to the Oaks Lakeside for hosting such an amazing event.

In addition, guests enjoyed the always-popular and talented David Young who entertained on the keyboard, took chances on the sideboards, and bid on a variety of decorative baskets featured in the large silent auction.

Board President Lori Betz shared the history of the Foundation established almost 30 years ago by the late Don Simpson, reminding the audience of its mission to care for those seniors who once cared for us. Betz thanked Waller for all her hard work, presented her with flowers

as a token of appreciation, and said there would not be a HANDS Foundation without her.

Carol Fritz of the Brunswick Eagles Auxiliary presented HANDS president Lori Betz with a \$3,000 check in support of the HANDS Foundation.

Everyone on the HANDS Board was on the committee that orchestrated the successful evening. We'd also like to thank all of the guests who attended and all the wonderful folks who provided auction items.

THANK YOU!

THANK YOU TO ALL OF
OUR WONDERFUL
SPONSORS!

WE SO MUCH APPRECIATE
YOUR SUPPORT FOR
SUMMER BREEZES AND
THE HANDS FOUNDATION!

SPECIAL THANK YOU!

A VERY SPECIAL THANK
YOU GOES OUT TO
CAROL FRITZ AND THE
BRUNSWICK EAGLES FOR
THEIR GENEROUS GIFT
OF \$3,000 TO THE
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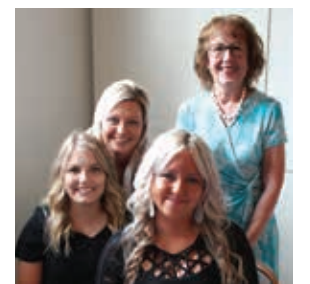


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A SPECIAL SPONSORSHIP SHOUT
OUT GOES TO BRUNSWICK POINTE.
THANK YOU FOR YOUR SUPPORT!!



Carol Fritz presenting
Lori Betz with the
\$3,000 donation from
the Brunswick Eagles.



Chrissy Waller (front right)
with Linda Samosky and
Brandi Provoznik (standing)
and volunteer Rachael Spelic.



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Members of the HANDS Foundation,
the Medina Sunrise Rotary, American Legion, and
St. Martin of Tours Parish.

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TheHasslerGroup.com



 All money raised will be donated to the HANDS Foundation-The HANDS Foundation is dedicated to improving the quality of life for all Medina County Seniors!

Any group, business or organization that is involved in senior care in any way is invited to form a team of 4 and take part! Bring your co-workers and friends to cheer you on!

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COMING HANDS EVENTS SAVE THE DATES

 **SAVE THE DATE**

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Wednesday, December 7TH
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A super fun Christmas party with appetizers, wine, beer, games for the kids, a visit from santa and a chance to win a powerwheel escalade stuffed with fun for the whole family!

Event will be hosted at
Western Reserve Masonic Community

All money raised will be donated to the HANDS Foundation. The HANDS Foundation is a non-profit dedicated to improving the quality of life for Medina County Seniors.

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The City of Medina

HANDS FOUNDATION
Mailing P.O. Box 868 • Brunswick, OH 44212
Physical . 4274 Manhattan Ave. • Brunswick, OH 44212
Office Hours.....Tues, Wed, Thurs, 9:30 am - 12:30 pm

Office 330-225-4242
Fax 330-952-2018
Web HANDS-Foundation.org
Email OfficeHandsFound@aol.com

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BOARD MEMBERS/STAFF
Trustees: Kimberly Valco, Linda Samosky, Angela Coleman, Chand Manglani, Nancy Hassler, Rebecca Rak, Dean Holman, Danielle Shaffstall

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Vice PresidentRyan Boulton
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Executive Director Christina Waller

Ad & Article Deadline for NOV / DEC Issue: 10/10/22



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HONORING THOSE WHO SERVE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div> September 2022  </div>				
5 CLEVE. AIR SHOW TRIP  MCOOA OFFICE CLOSED	6 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	7 BILLIARDS ALL DAY 9:30 Bingo - Life Care - Z 10:00 Painting 11:00 Lunch/Learn - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 6:45 Ukulele Lessons	8 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:45 Nutrition Class 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Parkinson's Support 1:00 Beginner Watercolors* 2:30 BalloFlex*	2 BILLIARDS ALL DAY 9:30 Bingo - Medina Meadows - Z 10:30 Resistance Bands Workout 11:00 Lunch-Program Medina Meadows "Health Talk"* 12:00 Pinochle
12 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong	13 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Art w/Mishalene 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	14 BILLIARDS ALL DAY 9:30 Bingo - Devoted - Z 10:00 Painting 11:00 Lunch: Medina Center Program: Senior Care Authority & HMC Hospice "Home Safety" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 6:45 Ukulele Lessons	15 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:45 Nutrition Class 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Jammers Jam Session 1:00 Beginner Watercolors* 2:30 BalloFlex*	16 BILLIARDS ALL DAY 9:30 Bingo - Samaritan 10:30 Resistance Bands Workout 11:00 Jammers Concert 11:30 Lunch* 12:00 Pinochle
19 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong	20 BILLIARDS ALL DAY RIVER'S TRIP 9 & 10 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 MOVIE: Uncharted 1:00 Hook Nook	21 BILLIARDS ALL DAY 9:30 Bingo - Willowood - Z 10:00 Painting 11:00 Lunch: Avenue /Program: Footsteps Travel "Italy" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends 'n Focus 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	22 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Beginner Watercolors* 2:30 BalloFlex*	23 BILLIARDS ALL DAY 9:30 Bingo-Echelon - Z 10:30 Resistance Bands Workout 11:00 90+ Party w/Holly Prather 12:00 Pinochle 12:30 Magic Color Circles w/Karen
26 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 Jane's Paint Pouring 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong	27 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:30 Fall Craft 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	28 BILLIARDS ALL DAY 9:30 Bingo - Summa - Z 10:00 Painting 11:00 Lunch/Learn-Brookdale "Stress Management Techniques" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	29 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Beginner Watercolors* 2:30 BalloFlex*	30 BILLIARDS ALL DAY 9:30 Grocery Bingo - Z 10:30 Resistance Bands Workout 11:00 Lunch-Traveling Man Band* 12:00 Pinochle

SEPTEMBER

**OF
EVENTS
CALENDAR**

MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong	4 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	5 BILLIARDS ALL DAY 9:30 Bingo - Life Care - Z 10:00 Painting 11:00 Lunch: Life Care Program: Cleve Clinic "Stroke 101" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	6 BILLIARDS ALL DAY HOLDEN ARBORETUM 9 & 10 Edwina's Exercise 10:00 BP Screening 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch • 12:00 Euchre 10:00 Hand & Foot 1:00 Parkinson's Support 1:00 Beginner Watercolors* 1:00 BalloFlex*	7 BILLIARDS ALL DAY 9:30 Grocery Bingo - Z 10:30 Resistance Bands Workout 11:00 Program: Medina Parks "Local Wildlife in the Fall" 11:30 Lunch* 12:00 Pinochle
10  MCOOA OFFICE CLOSED	11 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook	12 BILLIARDS ALL DAY 9:30 Bingo - Devoted - Z 10:00 Painting 11:00 Lunch: Medina Center Program: Joann King "Early Medina City History" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:30 Ask an Attorney 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	13 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:00 Euchre 1:00 Watercolors 1:00 Jammers Jam Session 1:00 Beginner Watercolors* 2:30 BalloFlex*	14 BILLIARDS ALL DAY 9:30 Bingo - Broadway Creek - Z 10:30 Resistance Bands Workout 11:00 OOA OKTOBERFEST* 12:00 Pinochle 12:30 Magic Color Circles w/Karen
17 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	18 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 MOVIE: Elvis 1:00 Hook Nook	19 BILLIARDS ALL DAY 9:30 Bingo - Willowood - Z 10:00 Painting 11:00 Lunch: Avenue Program: Barb Parshe "Kidney Disease" 12:00 Pinochle 12:00 Friends 'n Focus Grp. 1:00 Chair Yoga w/Lisa* 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	20 BILLIARDS ALL DAY MOUNTAINEER TRIP 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:00 BP Screening 11:30 Lunch 12:00 Euchre 1:00 Beginner Watercolors* 2:30 BalloFlex*	21 BILLIARDS ALL DAY 9:30 Bingo - Samaritan - Z 10:30 Resistance Bands Workout 11:00 Jammers Concert 11:30 Lunch* 12:00 Pinochle
24 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 10:30 Jane's Paint Pouring 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong	25 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:30 Fall Craft 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	26 BILLIARDS ALL DAY 9:30 Bingo - Z 10:00 Painting 11:00 Lunch/Learn - Brookdale "Halloween Fun & Trivia" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 2:15 Tai Chi w/Mike* 6:45 Ukulele Lessons	27 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:00 Euchre 1:00 Beginner Watercolors* 2:30 BalloFlex*	28 BILLIARDS ALL DAY 9:30 Bingo-Echelon - Z 10:30 Resistance Bands Workout 11:00 HALLOWEEN PARTY* 12:00 Pinochle 12:30 Magic Color Circles w/Karen
31 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong Activities subject to change * = Fee required • Z = Zoom class	 <div> October 2022  </div>			

OCTOBER

OFFICE FOR OLDER ADULTS AND SENIOR CENTER



MEDINA

246 Northland Drive
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www.mcooa.org



LAURA TOTH
LToth@medinaco.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Alteheim Activities subject to change. Call to confirm.	2 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
5  MCOOA OFFICE CLOSED	6 8:00 Cards 10:00 Book Club 11:00 SS Cardio 1:00 Bingo w/Crossroads Hospice	7 9:00 Vintage Artists 9:00 SS Circuit 10:00 SS Classic 10:00 Activity Council 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	8 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	9 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
12 9:00 SS Classic 9:30 Art Critique Grp. 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:00 Mah Jongg	13 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 1:00 Bingo w/Devoted Health	14 9:00 Vintage Artists 9:00 SS Circuit 10:00 SS Classic 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	15 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 12:00 Ask an Attorney (appt only)	16 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
19 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:00 Mah Jongg	20 7:30 RIVERS CASINO 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 Bingo w/Westwood Place	21 9:00 Vintage Artists 9:00 SS Circuit 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 1:00 OOA Benefits w/Sean 12:30 Knitting Club	22 8:00 Cards 10:15 SS Classi 11:00 "AUTUMN" PKG LOT BINGO 11:30 Line Dance (Beg)	23 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
26 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:00 Mah Jongg	27 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 1:00 Bingo	28 9:00 Vintage Artists 9:00 SS Circuit 10:00 SS Classic 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	29 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	30 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle

SEPTEMBER

OF EVENTS CALENDAR BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg	4 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 11:00 TACO TUESDAY TALENT SHOW (NO BINGO TODAY)	5 8:00 HOLDEN ARBORETUM TRIP 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 10:00 Activity Council 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	6 8:00 Cards 9:00 SS Circuit 9:00 Vintage Artists 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	7 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle 12:30 "Avoid Scams" w/My Medicare
10  MCOOA OFFICE CLOSED	11 8:00 Cards 10:00 SS Irish Dance 10:00 "Sip & Paint" w/Devoted Health 11:00 SS Cardio 1:00 Bingo w/Devoted Health	12 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	13 8:00 Cards 10:15 SS Classic 11:00 HALLOWEEN PARKING LOT BINGO 11:30 Line Dance (Beg)	14 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
17 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg	18 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 12-1 Blood Pressure Checks-Danbury 1:00 Bingo	19 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:00 Mah Jongg 1:00 OOA Benefits w/Sean 12:30 Knitting Club	20 8:00 Cards 10:15 SS Classic 8:15 MOUNTAINEER CASINO TRIP 11:30 Line Dance (Beg)	21 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
24 9:00 SS Classic 9:30 Art Critique Grp. 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:00 Mah Jongg	25 8:00 Cards 10:00 SS Irish Dance 11:00 SS Cardio 1:00 Bingo w/Crossroads Hospice	26 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:00 Mah Jongg 12:30 Knitting Club	27 8:00 Cards 10:15 SS Classic 11:00 "HOCUS POCUS" HALLOWEEN PARTY 11:30 Line Dance (Beg) (NO BINGO TODAY)	28 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
31 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:00 Mah Jongg				

OCTOBER

OFFICE FOR
OLDER ADULTS

BRUNSWICK

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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



The days drag on but the years fly by

By: State Representative, SHARON RAY



State Representative Sharon Ray with Joe Gains during an episode of WCTV to discuss current events.

As I finish my second year as a State Representative I have learned much; and realize there is much more to learn. When I see residents out and about, they frequently ask me how they can stay more informed about what is happening at the Statehouse – a daunting task. With so much misinformation and misleading websites/Facebook experts/Fake news posts, it is hard to know what to believe and what is fiction.

There are two websites I use frequently that present information in a complete and unedited or editorialized format:

<https://www.legislature.ohio.gov>

This website is the ultimate guide to the general assembly and includes information about the Ohio House – the Ohio Senate – and how things operationally work at the Statehouse. You can check all of the 99 House Representatives and the 33 State Senators and look up their districts, contact information, committee assignments and voting record. You can read the actual bill language and where bills are in the legislative process. Legislative calendars, session schedules and committee schedules are also listed. There is also a section with information on how

State government is organized, rules of the general assembly and some very helpful charts on the legislative process as a whole.

This site also includes information on Volunteer Internships, the Page and Legislative Service Commission Fellowships and current job openings with the Legislature.

<https://www.ohiochannel.org>

The Ohio Channel website carries live - all sessions of the Ohio House and Senate, in addition to, all committee meetings of both chambers. Every meeting is archived so you may watch on your schedule. Other meetings listed for viewing include the Unemployment Compensation Council, the Ohio Parole Board and the Retirement Study Council. The Ohio Supreme Court Hearings are also available.

This general assembly session has been a busy one. I have introduced 13 bills; 6 of my bills have passed the house. Most have had bi-partisan support; my bill to reform the State of Ohio's technology/shared services passed the House unanimously. I am hopeful these bills will pass out of the Senate in the next few months.

Any bill introduced during a general assembly session (the 2 year term we are elected for) must pass both chambers before the session ends; if not, it would have to be re-introduced in a subsequent session and start the process over.



SHARON RAY

MR. JOSEPH GAINS

I wrote this article in memory to my High School Government teacher, Joseph Gains. If you graduated from Wadsworth High School in the last two generations, you remember Joe as a beloved Government teacher and longtime head coach of the Wadsworth High School Speech and Debate Team. He was a big fan of the power of civil public debate and I appeared as a guest on his WCTV show to talk about current events several times. I have many fond memories of Mr. Gains through the years and the encouragement and leadership he exhibited inspired many. He lost his valiant battle with Parkinson's disease in May of this year.



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



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



**MEDINA COUNTY
AUDITOR'S OFFICE**

Mike Kovack, Auditor
AuditorKovack@medinaco.org

144 N. Broadway Street | Medina, OH 44256
Tel: (330) 725-9754 Toll Free: (844) 722-3800 ext. 9754
www.MedinaCountyAuditor.org

COMMISSIONERS' CORNER



COMMISSIONERS' DEPARTMENTS: PART I



RICH NELSON

BUILDING PERMITS DEPARTMENT

The State of Ohio certifies the Building Permits Department to provide plan reviews for new construction or repairs. The County entrusts them to be the department who then issues building permits for the work. Reviews and permits are of two basic types: Residential or Non-residential.

Residential projects include 1, 2, and 3 family dwelling units, and accessory structures. Along with additions, garages and pole buildings, the department issues permits for new furnaces and electric upgrades.

Non-residential projects are "everything else" as the name implies — offices, factories, warehouses, schools and much more. Items which are exempt from review and permit include standalone structures 200 square feet or less, play sets, and fences up to six feet high.

While the State entitles the department to review new roof replacements, they have always opted out. As it is hard to provide a good and timely inspection for the work, as such, the cost of the permit is also hard to justify.

Richard Nelson has worked for Medina County for 19 years. He has been the Chief Building Official for almost two years.

Nelson says what he enjoys most about the Building Permits Department is helping everyone who comes in for permits.

"We pride ourselves for being friendly, fast and fair as we provide our service to the community of homeowners, builders and designers," he said. "We maintain good review times and almost always provide inspections for the following business day."

INFO

Nelson can be reached at 330-722-9221 or rnelson@medinaco.org.



LAURA TOTH

OFFICE FOR OLDER ADULTS

The Office for Older Adults (OOA) has a wonderful team of workers who help in their mission to keep seniors independently in their homes and communities.

According to Director Laura Toth, the department has a lot of fun, but employees also do great work by helping older adults and adults with a disability through the provision of nutrition and transportation subsidies, educational programs, recreational activities and benefit help.

In the past year, the department has added Adult Protective Services (APS) in its agency, in an effort to streamline services.

APS has the important job of ensuring older adults are safe from abuse, neglect and exploitation.

Whether you enjoy small gatherings, cards, billiards or need assistance with a referral or understanding your Medicare choices, OOA is here for you.

Toth has worked for Medina County for 25 years. During that time, she has worked in three agencies — Medina County Job & Family Services, Medina County Probate Court, and OOA. She has been the OOA Director for the past 11 years.

Toth says working with older adults is rewarding, and she enjoys seeing their staff helping people.

"Our most important role in the community is our home delivered meal program, and our drivers are dedicated to being gatekeepers for the individuals on their routes," Toth said. "They consistently keep an eye on the people they serve, and we inform families of their health and wellbeing when necessary. It is a vital service to some of the county's most vulnerable people, and I am proud of this program and all of the services we provide."

INFO

Toth can be contacted at 330-723-9514 or ltoth@medinaco.org.



DEL SAFFLE

MEDINA COUNTY ANIMAL SHELTER

The Medina County Animal Shelter, located at 6334 Deerview Ln., Medina, operates a clean and efficient shelter where staff pick up stray dogs, take in unwanted dogs from the owner, and investigate dog complaints made by county residents.

In addition, the dog warden patrols the county, does dog license checks, issues citations for dogs running at large or for not having a dog license.

The Animal Shelter often reunites lost dogs with their families and adopts dogs out to a loving home. They sell dog licenses and enforce dog laws per the Ohio Revised Code.

Del Saffle has worked for Medina County for 36 years and has been the Dog Warden for the last 17 years. Saffle says he most enjoys reuniting a lost dog with the owner.

"We pick up a lot of lost dogs," he says. "Most of the owner's are thankful that we have their dog at the shelter where it is safe. That's very rewarding when they come to get it and thank you for keeping it safe."

INFO

Saffle can be reached at 330-725-9121 or dogscats@frontier.com.



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MEDINA COUNTY COMMISSIONER

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FROM YOUR AUDITOR



MIKE KOVACK

State-Mandated Property Tax Reappraisal Set For This Fall

HOW THIS AFFECTS YOU!

TAX

State law mandates that every county in the state review and update property values every three years. A county-wide reappraisal was completed in Medina County in 2019. All properties were individually reviewed to ensure that the property record information was correct, new cost schedules were created and analyses were completed to account for trends in sales prices over the prior three years.

The State-Mandated Reappraisal this year is a much less

intense review. The changes mandated by the state this year are based on an analysis of the prior years' sales compared to the previously existing values of those sales. Those trends were then applied across taxing districts. Expect the notifications of new tax values to arrive in mailboxes countywide around the end of August or early September.

When property values are increased due to state mandated

reappraisals (inflation), voted tax levies (outside millage) are "rolled back" so that the same amount of tax monies are collected as when the levy originally passed. A small portion of the total tax rate (inside or non-voted millage) is not rolled back as property values increase.

A ball park estimate is that taxes typically go up about 2% when there is a 10% district-wide increase in property values. Property owners in

the Black River, Brunswick, Buckeye, Cloverleaf and Highland school districts will see larger increases due to their schools hitting the 20 mill floor for community support. Final tax rates, used to calculate tax bills, will not be available from the state until late December.

If you purchased your property in an open market sale in the past 2 years, your property value should be about equal to your purchase price,

assuming you have not made significant changes to the property since the purchase.

To research what property is selling for go to www.medinacountyauditor.org and click "Transfers." Select "2022" for year, enter city and street (name only, NOT St., Rd., Ave., etc) and click "Submit." From the list, click on each parcel number to review the property information. For additional transfers in your

■ CONTINUED ON NEXT PAGE ►

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Property Tax Reappraisal

>> CONTINUED FROM PAGE 11

neighborhood, select prior years 2021 or 2020 and/or adjacent street names.

Find three to five properties that are as similar to yours as possible. These are your “comparable sales.” As a simple way to compare values, calculate the “price per sq ft” for each property by dividing the sale price by the finished living area of the home. Then calculate the “price per sq. ft.” for your property by dividing your value by your finished living area. Compare your “price per sq. ft.” to those of the comparable sales. If the figures are relatively close, you should be satisfied with your value.

If you are still not satisfied with your value after doing your own research, you may want to contact a realtor or private appraiser to value your property. However, since there is normally a fee for this service, we recommend that you do not pay for an appraisal or market analysis until after you have contacted our office or attended an informal hearing.

The easiest way to have a question answered about your property value is to log on to www.medinacountyauditor.org and click on the “2022 State-Mandated Reappraisal” tab near the top of the home page. Complete and submit the form that appears. We will address your questions and concerns as soon as possible.

We also have scheduled 15 Informal Hearings at various locations throughout the county where you can speak directly with Auditor Kovack or a member of his staff regarding your property value. At these hearings you may present any information that you feel is relevant to a possible change to your value. As previously described, you are strongly encouraged to review recent sales in your neighborhood on our website prior to attending an Informal Hearing.

You may also call our office at 330-725-9753 or 330-725-9758 (toll free), weekdays, 8 a.m. to 4:30 p.m.

August 30, 2022 8 a.m. - 4:30 p.m.
Medina County Administration Building
144 N. Broadway St., Medina

August 31, 2022 11 a.m. to 7 p.m.
Brunswick Library, 3649 Center Rd.

September 1, 2022 8 a.m. to 4:30 p.m.
Medina County Administration Building
144 N. Broadway St., Medina

September 6, 2022 11 a.m. to 7 p.m.
Granger Town Hall, 3713 Ridge Rd.

September 8, 2022 11 a.m. to 7 p.m.
Brunswick Library, 3649 Center Rd.

September 13 - 14, 2022 11 a.m. to 8 p.m.
Chatham Township Community Center
6306 Avon Lake Rd., Spencer

September 15, 2022 8 a.m. to 4:30 p.m.
Medina County Administration Building
144 N. Broadway St., Medina

September 20, 2022 8 a.m. - 4:30 p.m.
Medina County Administration Building
144 N. Broadway St., Medina

September 21 and 22, 2022 11 a.m. - 7 p.m.
Wadsworth Library, 132 Broad St.

September 27 - 29, 2022 8 a.m. - 4:30 p.m.
Medina County Administration Building
144 N. Broadway St., Medina

Are you getting your Homestead Exemption Tax Credit?

Did you know you are entitled to an exemption of up to \$25,000 of market value on your home if you qualify for Homestead Exemption? You must:

- **Own your own home as your principal place of residence on Jan. 1, 2022.**
- **Be at least age 65 or totally and permanently disabled (proof of age or disability required).**
- **Have adjusted gross income in 2021 or \$34,600 or less (line 3 of the Ohio Income Tax Return).**

For more information, please contact the Medina County Auditor's Office at 330-725-9756.



Mike Kovack

MEDINA COUNTY AUDITOR
144 N. BROADWAY ST.
MEDINA, OH 44256
330-725-9754

INFORMAL HEARING SCHEDULE



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FROM YOUR VETERANS OFFICE



ED ZACKERY

The PACT Act and Your VA Benefits

By: ED ZACKERY, Medina County Veterans Service Office



We had a great Veterans Day at the Medina County Fair with the US Army 338th Country Band and food sponsored by our office and Mission BBQ. I want to thank everyone who came out and supported the event and enjoyed the music and fun. Veterans Day at the fair is one of the biggest events we do each year, and we are proud to be able to carry on this tradition.


In the last edition we discussed a piece of legislation “The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics” or what has become known as the (PACT) Act. As discussed previously this is the largest piece of legislation affecting the Department of Veterans Affairs (VA) and our veterans ever to be passed and implemented. Implementation will be difficult and take time. Estimates show this will more than double the number of claims processed by the VA over the next seven years. The adage about fitting a ping-pong ball through a garden hose isn’t even close, in this case its more like a basketball.

We are encouraging everyone that believes that these changes affect them to apply. But we also want everyone to know that once the bill becomes law things aren’t going to happen overnight. The VA will have to take the law and right policy and procedures in order to implement the changes. They have already started to prepare by increasing staffing and looking at how the changes will affect the system. What we want is for our veterans to be informed so that they understand the procedures and how it will be implemented so that they can plan.


The PACT Act and your VA benefits: The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve.

If you’re a Veteran or survivor, you can **FILE CLAIMS NOW to apply for PACT Act-related benefits. Contact the Vets Office for assistance.**

If you have any questions about the PACT ACT 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 check out our website at www.medinacountyveterans.org



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



“PACT ACT” 2022

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve.

If you would like to know more about the PACT ACT or to apply, contact our office at (330) 722-9368.

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SEE ARTICLE ON PAGE 28

PARTNERING: Medina Lions members believe in a Quote by Helen Keller, "Alone we can do so little: Together we can do so much." We were invited by President, Brenda Swartz of the Izaak Walton League to come use their pavilion for our first summer picnic in July. She encouraged us to invite local Boy Scout Troops, three to be exact, to also attend our picnic. After sharing a wonderful picnic dinner Medina Lions President, Kent Von Der Vellen proposed a project to the Scoutmasters. They enthusiastically agreed to help Medina Lions with this project, taking notes and suggestions on a design and build for countertop eyeglass collection boxes. We currently have 12 city wide locations where these boxes would be placed. One would be located at the Medina County Office for Older Adults. The used glasses are presently kept in thin plastic bags where they could be easily broken. These new boxes made by Boy Scouts will make a real difference keeping the donated glasses intact! One of the Scoutmasters spoke with Brenda from Izaak Walton who said she would love to have them trail blaze and enjoy a camp-out. Once again, this reminds us of Helen Keller's quote.

Medina Lions UPDATE



Our August summer picnic was held at Huffman Field in Medina's City Park Pavilion. Medina Lions supplied the materials and built this pavilion marked by a plaque placed on top of a bolder. The barbecue and potluck were a perfect combination that was shared by all attending. A fill the trunk project benefits Cups Cafe.

in and helped this client. Please come out and support our October Sweetest Day Rose Sale. We will be selling dozens of beautiful roses on Friday, October 14th and Saturday, October 15th. See you at our trailer in the parking lot at Medina's Shopping Center on North Court Street so we can continue giving back within our community.

We are continuing our purpose as Helen Keller challenged us to be "Knights of the Blind". Thus, we support Ohio Lions Eye Research, Sight and Hearing, Pilot Dogs, Diabetes Research, and provide local help with those who fall through the cracks of the under-insured and working poor. Medina Lions has helped residents with Exams, Lens, Frames, and even Surgeries. We work closely with GALEP, Greater Akron Lions Eye Program. Last month one application was approved by GALEP and one was not within their guidelines. Some cases are borderline and extenuating circumstances are considered by Medina Lions who stepped

A few local sponsorships include, \$750 to the Miracle League of NE Ohio and \$500 to The Trinity Rose Foundation.

We would love to have you join us at a meeting. Just to listen. Order a beverage. Meetings begin at 6:30 pm on the 2nd and 4th Tuesday's September thru June (No meetings in December.) at the Eagles Club, 696 Lafayette Road, Medina 44256. We can always use Lions helpers even if you are not ready to join. That's ok, see what helping others does for your soul. You can reach us at: medinalions@zoominternet.net or call Lion Dee at 330-725-0687.



★ ELECT ★ Anthony P. Capretta

Our Medina County Auditor

- 17 years of Auditor's Office experience.
- State Certified Weights & Measures Inspector for 10+ years.
- Worked in the Appraisal, Board of Revision, Homestead, General Accounting, and Weights & Measures Departments.
- Former Police Officer and Common Pleas Court Bailiff.
- Brunswick City Councilman who oversees a \$40 million budget.

PAID FOR BY CAPRETTA FOR AUDITOR COMMITTEE



KIM CORRIGAN

THE HEALING POWER OF MUSIC

By: KIM CORRIGAN, Administrator Pearlview Rehab & Wellness Center

No one wants to end up alone and isolated in a nursing home. It is hard enough to lose someone you love to dementia. It is terrifying to think you could end up there yourself, someday. New and exciting approaches to reducing the harmful effects of those suffering from dementia exist, right here in Brunswick.



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A SNOEZELEN Multi-Sensory Environment incorporates equipment and materials that offer a broad range of sensory experiences. It is specifically designed to offer individuals of all ages and abilities the opportunity to exercise choice. It bridges cognitive, perceptual, behavioral, physical, and other conditions to provide a sense of empowerment. It is a refuge. It's called a Snoezelen room, which is pronounced snooze-uh-len and is a Dutch word that means to explore and relax. The agitated individual that's not able to communicate verbally and has a lot of frustration from the stimulation they're receiving will go into the Snoezelen room, find tranquility, and gain enjoyment, enhancing overall wellbeing and sense of personhood.

Certified Music & Memory Program - Therapists, nurses and activity staff working with dementia patients describe seeing people "wake up" when the sound of music fills their heads. We set up personalized music playlists loaded on iPods, so patients can connect with the music they love, with the goal of improving their overall health and well-being. The musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize and stay present often after months or even years of barely communicating. Additional benefits include reduction on the reliance of anti-psychotic and anti-anxiety medications, reduced agitation and sun downing as well as improved cooperation in daily care such as bathing. Music & Memory is rooted in extensive neuroscience research. For more information on this, watch "Alive Inside" on Netflix.

More than five million Americans live with Alzheimer's, according to the Alzheimer's Association, a disease for which there is no cure. One in eight boomers will get the disease. About fifteen million family members in the United States are locked in what can become a heartbreaking nightmare of taking care of a loved without being able to hold a relationship sustaining conversation. For many, music and sensory environments can ease that suffering. It brings back the feelings of love and family linking senior citizens with their pasts. Researchers think the music & a sensory environment touch so many areas of the brain, making connections, which may have the power to awaken memories and feelings that would otherwise be lost. Pearlview is a Certified Music & Memory Provider in the State of Ohio.

★ HANDS HERO'S ★

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



HONORING KOREAN WAR VET, FRANCISCO COLON



Congressman Jim Renacci arranged for the original solid gold "Borinqueneers Congressional Gold Medal," usually housed in the Smithsonian in Washington, D.C., to be couriered by armed guard to Brookdale where he then formally presents the honor to Francisco.

Francisco Colon was born on the Commonwealth of Puerto Rico, a beautiful and vibrant Caribbean island. He was raised in the small and closely-knit northern town of Barceloneta, along with his two sisters and three brothers.

Growing up, Francisco sets himself apart by developing a strong, clear voice and the rare ability to sing in both baritone and soprano. He was often called upon to sing at weddings and during picnics in the park. In the late 1940s, his special talent is discovered by a Maestro who is determined to help Francisco pursue his dream of becoming a professional singer. While waiting to be enrolled in opera school, Francisco maintains employment in the food service industry.

However, in June of 1950, armed conflict breaks out on the Korean Peninsula and the United States military must scramble to react. At age 19,

Francisco is drafted into the 65th Infantry Regiment, United States Army. "I can remember the Maestro's reaction when I told him. He threw a book clear across the room!" explains Francisco. He would not be the first of the Colon brothers to serve our country, as his older brother, Jose, had served in Panama during World War II.

The 65th Infantry Regiment becomes known as the "Borinqueneers," a native term for Puerto Rico meaning "land of the brave lord." It is the United States military's last segregated unit

composed primarily of Puerto Rican soldiers. Up until this time in the country's history, wide-spread prejudice and discrimination had kept segregated Black and Hispanic Regiments out of active combat zones. However, as the Korean War heats up, the critical need for combat support means the United States must use all available resources.

Francisco began his active service in September of 1950. Following training, he shipped out to Korea, where he was

■ CONTINUED ON NEXT PAGE ►



STEVE HAMBLEY
Commissioner

144 North Broadway Street
Medina, Ohio 44256

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SHambley@ohmedinaco.org

★ HANDS HERO'S ★

astounded by the pervasive poverty and hunger throughout the country. He was assigned to work in the unit's kitchen, providing meals for the other soldiers. These were the times that he felt the best about his service.

Francisco admits that, once all the soldiers have eaten, the kitchen staff would assist the local people who were in such need. "All the food that was left over went to the poor people. We saw them as human beings, so it was impossible to deny them food. How could we do that? They were so poor and so hungry."

For Francisco, the culture shock did not end there. Once on the battlefield, there was no doubt, "it was kill or be killed" he says. The tactics of the enemy have a crushing effect on U.S. soldiers serving during this period. In particular, their use of children, as young as 9 or 10, is devastating. To see children on the front lines with weapons, and worse, to lose soldiers to children who are used as booby traps (essentially suicide bombers), is the worst aspect of his service. These horrendous tactics haunt him to this day. Francisco declines to elaborate on his experiences during this time, but notes that the language barrier made everything especially difficult.

Francisco's service record speaks for itself. He has been honored with the following:

- Combat Infantryman's Badge
- Korean Service Medal
- Two Bronze Stars
- National Defense Service Medal
- United Nations Service Medal

After leaving the military, Francisco returned to Puerto Rico to marry the love of his life, Carmen Delores (Pintor) Colon.

The couple settled in the United States to begin their lives together. "It was hard after the war," admits Francisco. But the couple persevered. His oldest daughter, Martha Romero explains that, "they felt that the United States held more opportunity in life, career and for family."

Francisco worked in various jobs, first in restaurants and then in the clothing industry on 5th Avenue in New York City. Finally, he was employed by Consolidated Edison, Inc., commonly known as Con Edison, in New York, where he remained until his retirement. Francisco and Carmen raise three daughters and one son, the beginnings of a family that now includes eight grandchildren, six great-grandchildren and two great-great grandchildren. Sadly, Francisco's beloved wife, Carmen, passed away in 1994.

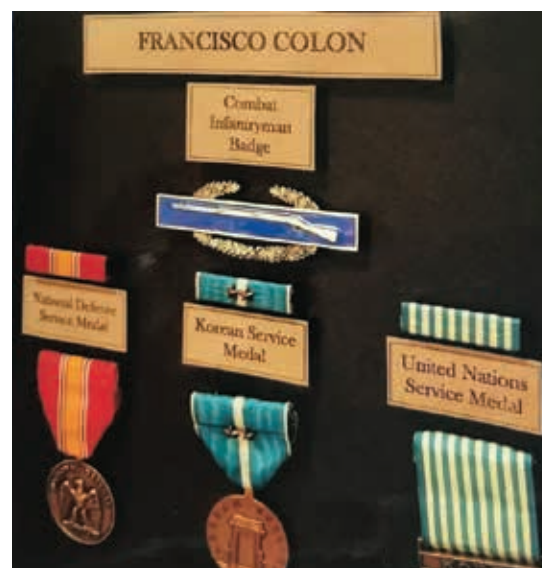
In June of 2014, seemingly out-of-the-blue, Francisco hears from a fellow "Borinqueneer" that their Army unit is being recognized by the president of the United States. He is very surprised to find out that the "Borinqueneers Congressional Gold Medal" is being awarded to Puerto Rico's 65th Infantry Regiment by President Barack Obama, in June of 2014. According to the U. S. Senate, the Congressional Gold Medal is, "Congress's highest expression of national appreciation for distinguished achievements and contributions."

The details in the Act of Congress awarding this distinguished honor shed more light on the experiences of the 65th Infantry Regiment during 1950-1952. On February 3, 1951, General MacArthur wrote: "The Puerto Ricans forming the ranks of the gallant 65th Infantry on the battlefields of Korea by valor,



determination, and a resolute will to victory give daily testament to their invincible loyalty to the United States and the fervor of their devotion to those immutable standards of human relations to which the Americans and Puerto Ricans are in common dedicated. They are writing a brilliant record of achievement in battle and I am proud indeed to have them in this command. I wish that we might have many more like them.'

■ CONTINUED ON PAGE 18 ►



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AUTO INSURANCE HELP

From: DENNY BAUER, The Romig Agency



Rental Car Coverage

As the owner and agent of an agency that sells auto insurance, one of the most common questions I am asked is, "When I rent a car, should I take the car rental companies insurance"? The answer to this age-old question is that it depends. Here are things to consider.

■ Does your current personal auto insurance have comprehensive and collision coverage? If so, your coverage should cover your rental if you get into an accident. I recommend you confirm your coverage with your agent.

■ If you are traveling abroad, you need to confirm with your agent that you have coverage. Most policies don't cover you in a foreign country when renting a vehicle in that country.

■ If you are traveling on business you should consider taking the insurance that is offered. Most personal auto policies don't cover you when using the car for business purposes.

■ If you are renting a truck that will be used for moving, you should consider taking the insurance provided by the rental agency as it's designed to cover that type of risk.

■ If you are the type of person who enjoys the peace of mind of knowing that if something happens to the vehicle, you can hand the keys back and walk away, you might want to consider taking the offered coverage.

To conclude, other than some of the considerations mentioned above, if you have a policy that covers comprehensive and collision, you don't have to spend the money on the extra insurance.



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★ HANDS HERO'S ★

>> CONTINUED FROM PAGE 17

In September of 2000, further validating this important honor, Secretary of the Army Louis Caldera explains that, "Even as the 65th struggled against all deadly enemies in the field, they were fighting a rearguard action against a more insidious adversary—the cumulative effects of ill-conceived military policies, leadership shortcomings, and especially racial and organizational prejudices, all exacerbated by America's unpreparedness for war and the growing pains of an Army forced by law and circumstance to carry out racial integration. Together these factors would take their inevitable toll on the 65th, leaving scars that have yet to heal for so many of the Regiment's proud and courageous soldiers."

Unfortunately, Francisco's health prevented him to attend the formal ceremony when Congressional leaders presented the Congressional Gold Medal to the 65th Infantry Regiment in Washington D.C. in 2016.

In 2017, Francisco moved to Brookdale Medina South, a senior living community, to be close to his daughter, Martha. When the staff at the Brookdale community found out that Francisco was unable to attend such an important ceremony, they contacted Congressman Jim Renacci's office for help. His response was tremendous.



Congressman Renacci arranged for the original solid gold "Borinqueneers Congressional Gold Medal," usually housed in the Smithsonian in Washington, D.C., to be couriered by armed guard to Brookdale where he then formally presents the honor to Francisco.

This proud yet unassuming gentleman, now 90 years old, is fiercely patriotic to this day, evidenced by the U. S. Constitution that hangs prominently on his wall. Though many miles from his home of origin in Puerto Rico, Francisco Colon is happy to call Medina home and we are all fortunate to have such a national treasure living in our midst!

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- ✓ Recipient of the 2012 Bishop Cosgrove Award — Catholic Commission of Summit County

★ ★ ★
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Election Day
is Nov. 8.



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Pulling Money From Your IRA

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

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Elder Law and Estate Planning



Qualified retirement plans such as IRA's, 401k, 403b, SEP, etc are a common part of the average person's "savings." Many people start building their retirement plan accounts while they are working or their employer contributes funds to the plan. The mindset is typically to contribute your pre-tax income to the retirement fund and don't touch it – let it grow and defer taxes. That's a great initial plan. Particularly because most plans penalize an owner for withdrawing funds prior to the age of 59 ½.

However, as you age over 59 ½, you should really consider certain rules surrounding the qualified retirement plan accounts. Let's review some basics. Qualified retirement plan accounts are comprised of funds that have never incurred income tax. The pre-tax funds are invested, grow, and defer taxes until the owner later withdraws the funds. The owner is required to withdraw a minimum amount every year starting at age 72. That minimum amount is calculated based on the owner's life expectancy. However, the owner may withdraw more than that amount.

Any amount withdrawn must be reported on the owner's tax return in the year of withdrawal and the owner must pay taxes on that "income."



ANN SALEK

The amount of taxes to be paid is determined by how much is withdrawn and how much other income the owner has that year. The owner may be retired and at the lowest income earning period of their life. Their tax bracket is likely relatively low and they could withdraw a significant amount of IRA funds without reaching a higher tax bracket.

For example, if the owner has \$45,000 of income, the highest tax percentage they will pay is 22%. That owner will not pay a higher income tax percentage until they reach \$89,075 (in 2022). Therefore, that owner could withdraw \$44,000 from their IRA without hitting the next highest tax bracket.

Let's also review some basics about taxes that must be paid by the beneficiary of an IRA after the owner dies. If the beneficiary is the spouse of the owner, the spouse may "roll-over" the IRA and the same ownership rules will likely apply to the spousal beneficiary as to the original owner.

However, if the beneficiary is a child of the owner, that child receives an "inherited IRA" and different withdrawal rules apply. Almost all non-spouse beneficiaries are required to withdraw all of the IRA funds over a 10-year time period and pay income taxes on those withdrawn funds. Oftentimes, a child beneficiary is at the height of their earning capacity and paying taxes at a much higher tax bracket than their retired parents. Therefore, a retired IRA owner who only withdraws the required minimum distribution may just be deferring taxes for a child to pay at a much higher rate than a retired IRA owner.

IRA owners should really talk with their financial planner and accountant about whether or not it makes sense to withdraw more than the required minimum distribution amount. Keep in mind that even if you withdraw funds from your traditional IRA, you can still invest those funds to try to continue to "grow" the value. In addition, you may be able to use the after-tax withdrawal amount to invest in a Roth IRA that will continue to grow tax-free.

This concept is definitely a different way of thinking for most "savers" out there and it may not be the best option for everyone, but definitely something to think about.

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FROM WRMC

WESTERN RESERVE MASONIC COMMUNITY



Technology and Senior Living: An Interesting Mix

Some people may think that technology is only for the young, tech savvy crowd. At Western Reserve Masonic Community (WRMC) you will quickly discover that technology is a part of life regardless of whether you live in independent or assisted living, the healthcare center or memory care.

The Ohio Masonic Home Foundation put tablets in the hands of community members across all of WRMC. The pandemic changed lives forever, some more drastically than others. Even though the tablets were a great gift that brought joy and happiness to so many people, they helped to bring peace to some and sadly a way of saying a final goodbye to others. Not only were tablets provided to our community members, they were provided to families in other facilities to make sure that connection could happen.

The pandemic may have been the catalyst for getting tablets into people's hands, however now, they are still part of everyday life for the community members. They can do a virtual doctor visit or take a tour of their favorite city. Another new option to the tablet is K4 Connect. They can keep updated on activities and menus at WRMC as well as communicate with other community members. Everyone also enjoys seeing pictures of their friends and neighbors.

In the last few months, a new technology has improved the community members' lives significantly. Hearing can be a problem as people age. Being in large groups with extraneous noises can be very challenging. The Community Center has blue tooth installed under the carpet that automatically connects to over 95% of the hearing aids on the market. This totally changes the experience when community members or guests are listening to the different programs. Jason French, WRMC President shared, "Due to the size and the renovations of our Community Center, we can bring experiences to our community members without having to leave the campus. This type of technology is new in the Medina area and has been very well received."

When you hear the word "Butterscotch" you probably don't think technology. Some Western Reserve Community Members certainly do. Earlier this summer, The Ohio Masonic Home took possession of several robotic pets that are designed to look, feel, and act just like a real animal – complete with authentic sounds and motions. There are many different types of robotic pets available to choose from, but so far cats and dogs have been the most common choices.

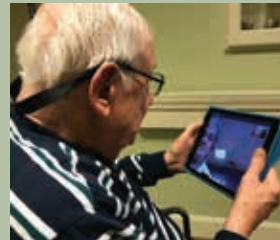
"We have seen a decrease in anxiety, stress, and use of anti-psychoactive medications," shared Cara Schuster, Chief Clinical Officer of The Ohio Masonic Home, about the furry friends.

For community members who can sometimes be isolated from family and friends, especially those with a memory-related diagnosis, these furry friends provide companionship and have been shown to have a positive effect on their mental wellbeing. Butterscotch and her counterparts have

other benefits as well, including reducing stress, improving physical mobility, and reducing feelings of isolation.

Thanks to the generous support raised through The Ohio Masonic Home Foundation, furry companions have been made available to community members in both Pathways and skilled nursing units.

If you would like to learn more about the exciting technologies at Western Reserve Masonic Community, please call (330) 642-3841 and schedule a tour. There is something for everyone. Consider becoming part of the WRMC family.



Tablets are now in the hands of community members across all of WRMC.



Butterscotch is a robotic pet that is designed to look, feel and act like a real animal with authentic sounds and motions.



BUILDING FOR THE FUTURE

The New Health Care Center at Western Reserve Masonic Community

Construction is well under way on the Western Reserve Masonic Community Healthcare Center. It's under-roof and the construction is moving along. What can Medina and the surrounding communities expect? Fifty state-of-the-art private suites that will assure everyone that they will be comfortable and well cared for. The Healthcare Center will have short-term rehabilitation as well as long-term skilled nursing and memory care.

Follow the WRMC Facebook page to keep up with the progress.

**For more information, or to inquire with the sales team, contact Melissa Todd
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Recent Western Reserve Masonic Community Events



We had such an amazing turnout for our Dream Flights Event this year! The veterans of our community certainly got the ride of a lifetime in the Dream Flights 1942 Biplane. We were so blessed to have been a part of the Dream Flight's amazing mission of giving back to our veterans and thanking them for their service to our country.



Go Akron Rubber Ducks!

Riding in style in a limo bus, our community members cheered on the Akron Rubber Ducks and enjoyed stadium hotdogs in an outing to Canal Park. They even got a visit from the one and only Rubber Ducks Mascot.




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NEWS FROM THE OFFICE FOR OLDER ADULTS



Ohio Adult Protective Services (APS) help vulnerable adults age 60 and older who are in danger of harm, are unable to protect themselves, and may have no one to assist them.

WHAT IS ADULT PROTECTIVE SERVICES?

Adult Protective Services is a mandated service provided by local social services districts in Medina County. Medina County Office for Older Adults is the agency contracted to provide this service throughout the county; this contract was awarded in September 2021. OOA employs three full-time social workers to this unit. It involves intake, investigation and assessment of referrals of abuse, neglect and financial exploitation of impaired, vulnerable adults age 60 and over who live in the community. APS workers develop service plans for eligible clients to remedy physical abuse, sexual abuse, emotional abuse, neglect, financial exploitation or to address unmet needs of older adults.

WHAT TYPES OF THINGS ARE CONSIDERED ABUSE?

The most common types of elder abuse reported in Ohio are neglect, self-neglect, exploitation, and emotional, physical, and sexual abuse.

■ **Neglect** is the failure of an adult to provide the goods or services necessary for his or her own safety and/or well-being – such as avoiding physical harm, mental anguish, or mental illness – or the failure of a caretaker to provide such goods or services.

■ **Exploitation** is the unlawful or improper act of a caretaker using an adult or his/her resources for monetary or personal benefit, profit, or gain.

■ **Physical abuse** is the intentional use of physical force that results in injury, pain, or impairment. It includes pushing, hitting, slapping, pinching, and other ways of physically harming a person. It can also mean placing an individual in incorrect positions, force feeding, restraining, or giving medication without the person's knowledge.

■ **Emotional abuse** occurs when a person is threatened, humiliated, intimidated, or otherwise psychologically hurt. It includes the violation of an adult's right to make decisions and the loss of his or her privacy.

■ **Sexual abuse** includes rape or other unwanted, nonconsensual sexual contact. It also can mean forced or coerced nudity, exhibitionism, and other non-touching sexual situations, regardless of the age of the perpetrator.

Adult Protective Services (APS)

WHAT IS THE BEST WAY TO REPORT SUSPECTED ABUSE OR NEGLECT?

If you believe that an adult age 60 or older has suffered abuse, neglect or exploitation, you may file a report by phone, mail, fax or in person during agency hours – or you can call 855-OHIO-APS (1-855-644- 6277) toll-free 24/7. You may also contact the county's hotline at 330-661-0800. An online portal is also now available 24 hours a day to report suspected adult abuse, neglect, and exploitation that is not an emergency. Go to: <https://aps.jfs.ohio.gov/> If you need to make a report, provide as much of the following information as possible:

- Name, address and approximate age of the person
- Name and address of the person responsible for the victim's care
- The name and address of the alleged perpetrator, if different from the caretaker
- The reason you suspect abuse, neglect or exploitation
- The nature and extent of the suspected abuse, neglect or exploitation
- Any other known information

The more information we receive for a referral, the better start we have to investigate. Medina County is dedicated to protecting all seniors in the county and Adult Protective Services sees some of the county's most vulnerable. This is a vital service that often goes unnoticed. Additionally, adult abuse is underreported, so we need your help. If you suspect any adult aged 60 or over is being abused in any way, please do not hesitate to contact us.

The Medina County Office for Older Adults is located at 246 Northland Drive in Medina. Office hours are Monday through Friday from 8:00 a.m. to 4:30 p.m. The office phone is 330-723-9514 and fax is 330-723-9506.

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Finding the Right Care Community

By: **ANTHONY COLEMAN**, Certified Senior Advisor

Finding the right care community is simple, right? Having first-hand experience helping my parents navigate eldercare for my grandparents proved to be more difficult than easy. There is no play book or "blue-print" on how to plan, evaluate, and choose the right option. Oftentimes, families get overwhelmed and overloaded with information which makes their decision even more difficult. Here are some tips to help you on your journey.

What should you do prior to looking into senior living communities? You should get your legal affairs in order. Make sure you have advanced directives, living will, and a financial and medical power of attorney in place. This will make things easier if something tragic happens and you or your loved one becomes incapacitated.


Conduct a needs assessment. How much care do they require on a daily basis? Do they need help with meals, laundry, housekeeping, medications, bathing, grooming, ambulation, or toileting? Do they have neurocognitive decline that is making it difficult for them to accomplish their activities of daily living without verbal cueing and support?

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Conduct a financial discovery. Determine monthly income, amount received from pension and social security. How much money is currently in checking and savings? Are there additional financial resources available like a 401k, IRA, annuity, stock/bonds, etc. Is there a life insurance policy? Is this a term policy or a whole life policy that has built cash value? This exercise will help determine the monthly budget.

Now that you've laid a good foundation, how do you locate

a senior living community that fits your needs? To start, you need to realize that not all communities are created equal. They charge differently, offer varying levels of care, and take on unique personalities. How a community is staffed with caregivers determines their care capabilities. If your loved one requires light care you will have several options to choose from but if your loved one has high care needs or dementia needs your options will be more limited. Lastly, some communities are private pay only, whereas others allow Medicaid after being able to pay privately for a certain time period.

Having the opportunity to educate and assist several hundred families over the past few years on their eldercare journey has been gratifying. At CarePatrol North Central Ohio we know first-hand how stressful this process can be. We serve our seniors by offering free consulting and placement services. It starts with a needs analysis and then we make recommendations that fit your needs based on your unique circumstances. Contact us at **440-387-5180** if we can be of service.



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WHERE MEDICARE FALLS SHORT

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

RAYMOND JAMES

Get wise about maintaining your health – and wealth – in retirement. Medicare provides a lot of coverage, but it doesn't cover everything.

You may have a clear vision of your ideal retirement, but that dream could be challenged by unexpected healthcare costs. Even with Medicare, quality healthcare can come with a hefty price tag. There are still premiums, co-payments, deductibles and other out-of-pocket expenses that must be accounted for. To better estimate and plan for your future medical costs, take a look at what Medicare may not cover.

HEARING AND VISION

Hearing aids can range from \$900 to more than \$6,000 each, depending on the technology. They also need to be replaced every five years or so and require maintenance and batteries. Medicare covers hearing tests when medically necessary (think vertigo or injury), but otherwise you're on your own. A typical hearing test can cost up to \$250 without insurance; it's about the same cost for a hearing aid fitting or consultation, too.

Traditional Medicare also doesn't usually cover the cost of glasses, contact lenses, or



CLAUS MEYER

eye exams, though there are some exceptions for those who have had cataract surgery.

DENTAL CARE

Routine dental care, including dentures, is not covered by Medicare or supplemental health insurance. The American Dental Association estimated that the average cost of two exams and cleanings and a set of X-rays is about \$288. It's estimated that an average retired couple will spend \$18,590 out of pocket for dental services without additional insurance.

MENTAL HEALTH

Many retirees struggle with finding a sense of purpose when they transition into retirement, and this can lead to anxiety, stress or depression. Unfortunately, Medicare may not provide enough support. Part B allows for an annual health screening and therapy should you receive an official diagnosis. Medicare covers 80% of the cost after you meet your deductible; you'll

be responsible for the other 20%, which can range from \$50 to \$250 an hour with an approved provider.

COVERAGE ABROAD

Like to travel overseas? You might be under-covered. Traditional Medicare generally does not provide coverage for hospital or medical costs outside the United States. Residents of Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa and the Northern Mariana Islands are covered, and in some cases, inpatient hospital services in Canada or Mexico may also be covered.

If your wanderlust takes you further abroad, consider short-term travel insurance or a Medigap policy that covers foreign emergencies, such as plans C through J. Just be aware that the coverage applies for a limited time and doesn't cover all expenses. A deductible and lifetime maximum apply.

LONG-TERM CARE

Medicare, for the most part, doesn't cover long-term or custodial care for help with everyday tasks like dressing or bathing. However, some 70% of us will need some form of long-term care either in a specialized facility or at home. The median cost of

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nursing home care in 2020 was \$93,075 – even higher for a private room – according to the Genworth Cost of Care survey, and the median cost of a home health aide was \$150 a day. Long-term care insurance can help you manage this risk by covering a range of nursing, social and rehabilitative services for people who need ongoing assistance due to a chronic illness or disability. Talk to your advisor about when it makes sense to invest in a policy, what coverage you

might need for skilled, intermediate and custodial care, and whether it makes sense to pay your LTC premiums from a health savings account (HSA). Of course, supplemental insurance might help in many cases, but even that comes at a cost, and the premiums are subject to inflation over time.

■ CONTINUED ON NEXT PAGE ►

Where Medicare Falls Short

>> CONTINUED FROM PAGE 24

COVERING YOUR BASES

You have several options when it comes to planning for the expenses mentioned above. A broad approach may be allocating a lump sum of money to cover the average lifetime healthcare costs. However, not everyone is able to set aside hundreds of thousands of dollars to fund future healthcare needs. Even if you can, it may take away from your general retirement savings, leaving you with a smaller pool of assets to fund the lifestyle you've worked so hard for.

It may be more practical to estimate your and your spouse's projected health needs based on your family history and state of health. You and your advisor can start with a baseline for a person your age and adjust from there depending on how conservative you wish to be. Keep in mind, the

longer you expect to live, the higher your costs could be, so you may want to use more aggressive numbers in your estimations.

You may also consider a hybrid approach, estimating costs, buying enough insurance to cover most of your anticipated needs and then setting aside a smaller cash reserve for the unexpected.

It may be advantageous to use a health savings account (HSA) while you can. HSAs are associated with high-deductible health insurance plans, and the money saved within them can be used for many of the costs outlined above as well as other qualifying health expenses. Distributions for qualified medical expenses are also tax-exempt. You can't contribute once enrolled in Medicare, even if you're still working – but you can use any HSA funds you already have and roll over unused amounts.

Think through, too, how life insurance could play a role. Most permanent life insurance policies allow partial withdrawals or loans for healthcare expenses. The caveat here is that any unpaid loan amounts will reduce the future benefit to your heirs.

If you're still working, you may be covered by an employer-sponsored plan, but you'll need to determine how your benefits work with Medicare and what your spouse may be entitled to. Some previous employers also extend insurance benefits to retirees.

TO YOUR HEALTH

It pays to understand what you can and can't expect from Medicare so that unexpected medical expenses don't eat into your retirement savings. Rely on your financial advisor to help clarify issues, add in contingency plans to your retirement income and point you toward helpful resources.

These policies have exclusions and/or limitations. The cost and availability of Long Term Care insurance depend on factors such as age, health, and the type and amount of insurance purchased. As with most financial decisions, there are expenses associated with the purchase of Long Term Care insurance. Guarantees are based on the claims paying ability of the insurance company.

Sources: Centers for Medicare & Medicaid Services; medicare.gov; aarp.com; time.com/money; kiplinger.com; "How Much Does Therapy or Counseling Cost?" Depression RSS2, March 29, 2016; costhelper.com

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What Some Well-Known U.S. Presidents Have Taught Us About Estate Planning



By: MARIE EDMONDS,
Counselor at Law

Let's start with George Washington, the most beloved US president to date. We all know much about him and what he accomplished in his lifetime. What is significant is also the care Washington took to ensure that his final affairs were in order and that those who relied on him were cared for after his death. Washington's last will and testament, available online and very interesting to read, shows that he was very thoughtful in making decisions and gifts of all of his personal property and belongings. It is interesting to know that Washington had married a widow, Martha Custis, when he was twenty-six. Martha had two children of her own from a previous marriage and whom they raised together, as well as raising his stepson's two youngest children after his stepson's death. Because of his blended family, Washington was very careful in his will to provide very specific bequests to his family members to make sure they were well taken care of.

Washington is an excellent example of a person giving a lot of thought and care to his estate plan. Each of us can also be very deliberate and thoughtful when it comes to leaving something for our loved ones – how much to leave, to whom to bless with our gifts and how we leave our wealth and meaningful personal property. Our efforts can leave a real legacy for future generations.

How about Thomas Jefferson? He did not have the wealth of George Washington, but he had different concerns to deal with in his estate planning. Jefferson struggled to manage his own financial affairs, as well as inheriting debts from his family and as a result of cosigning on a loan for a friend who died before him. Upon his death, his family had significant debts to pay. Jefferson had little liquid cash upon his death, but owned valuable real property so his executor had to sell the family land at a reduced value to get enough cash to pay his debts. Unfortunately, that meant that little of Jefferson's property was able to be passed on to his family.

Many families today face similar problems with illiquid or insolvent estates. For example, a business or farm owner may have most of their wealth tied up in the business or farm, but little cash. Like Jefferson's family, this may cause families to have to sell under not the best of conditions to raise the cash to pay off debts and taxes. This is where life insurance becomes an important estate planning tool.

Another well-known and beloved US president is Abraham Lincoln, who surprisingly died without a will or any other type of estate planning in place. Lincoln, I'm sure, believed he had many more years to address his estate planning needs. His murder plunged his family into a confusing situation as they attempted to settle his estate with no direction left to them by Lincoln. I understand Lincoln's oldest son, Robert, asked US Supreme Court Justice David Davis to take charge of Lincoln's affairs, which he did after stepping away from his Justice duties. Lincoln's estate was divided between his wife and living sons, although we'll never know if that is how Lincoln would have wanted his estate to be divided.

The obvious lesson here is that no one knows when they will pass away, and you can leave your family completely unprepared if you have made no plans yourself.

Hopefully, these few examples the Presidents have provided us will help you think about your own estate planning and what changes you may want to make at this point to address similar or other family issues. Do try to make sure your wishes are known, and your family's burden is eased.

Marie Mirro Edmonds
Company, L.P.A.

Elder Law & Estate Planning Attorneys

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



Marie Edmonds



Ashley Sorgen

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10 Ways You Can Have a Great Conversation with a Person with a Developmental Disability

From: The Medina County Board of Developmental Disabilities

It is important for many reasons to include people with developmental disabilities in all areas of life in our community. One of the first things you can do is to simply have a conversation and get to know the people around you who have different abilities. Here's how:

INTRODUCTIONS ARE IMPORTANT

When meeting a person with a disability, it is important to share your name, ask them theirs and offer to shake hands. When meeting a person with a visual impairment, identify yourself and others who may be with you. When meeting with a person in a wheelchair, place yourself at eye level to start the conversation.

SPEAK DIRECTLY TO THE PERSON, NOT TO WHOEVER IS ACCOMPANYING THEM.

Most people with disabilities prefer to be addressed directly, and may be insulted if you talk about them like they are

not in the room. If the person is not especially talkative, they are more likely to speak up if you talk to them instead of talking over their heads.

SOME PEOPLE WITH DISABILITIES HAVE DIFFERENT BODY LANGUAGE

Remember that a person has no control over their disability. For example, it is not uncommon for a person with autism to fidget and appear "zoned out" while they listen closely to someone speaking. Do not assume that someone is not listening just because of their body language.

TREAT THEM LIKE THEIR REAL AGE

Speak and treat them the same way you would speak to their same-age peers. Treat adults as adults; do not call them kids. Match your vocabulary to theirs. Many people with disabilities have typical vocabularies. Avoid coming across as condescending, and just speak normally.

TREAT THEM THE SAME WAY YOU WOULD TREAT ANY OTHER FRIEND OR ACQUAINTANCE

People with disabilities are ordinary people with hobbies, interests, opinions, and relationships. You do not need to treat them differently than anyone else. They love a good joke, tease, or challenge just like you do. Just be yourself.

DO NOT CHANGE YOUR STYLE OF COMMUNICATION UNLESS THEY ASK YOU TO

Many people with disabilities understand regular speech, and do not want people to speak differently to them. Speak at your normal speed and volume. If they need you to speak up or slow down, they will tell you.

EXPECT TO GET A LOT OF QUESTIONS

People with disabilities are very curious about what you may be doing and also just



about you, but it is okay to draw boundaries too. Do not allow them to get away with bad behavior—just as you would not allow someone without a disability to behave badly. If the questions get too invasive, it's okay to say, "I'm not comfortable answering that." Otherwise, have fun and enjoy their candor but also be prepared for their bluntness. Sometimes people with developmental disabilities can be very honest.

GIVE THEM TIME TO EXPRESS THEMSELVES

Ask them their thoughts and allow them to answer at their own pace. Do not put words in their mouths. When you are talking with a person who has difficulty speaking, be patient and wait for the person to finish. Some of them may stammer, speak slowly or have trouble connecting words. If necessary, ask short questions that require short answers, a nod, or a shake of the head. If the conversation is struggling or they seem uninterested, find a topic they feel passionate about and let them tell you all about it.

LISTEN ATTENTIVELY

Everyone has something to teach. Pay attention and you will discover you learn at least as much from them as they do from you. Never pretend to understand if you are having difficulty doing so. Instead,

repeat what you have understood and allow them to respond and clarify if necessary.

IF THEY DON'T WANT TO TALK, THEN DON'T PRESSURE THEM

They may feel uncomfortable or even scared simply communicating with new people. Respect their wishes. Depending on the disability, the person you are talking with could get frustrated, impatient, distracted, or even angry. Do not take these things personally and stay calm. People with disabilities are still people who experience a full range of emotions. Just like everyone else in the world, they know when you are tense and it stresses them. Just relax and enjoy your conversation.

Have questions or need additional help or resources? 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 happy to help any family or community members get the information they need to support people with disabilities. Call us at 330-725-7751 for more information.

Medina County
board of developmental disabilities

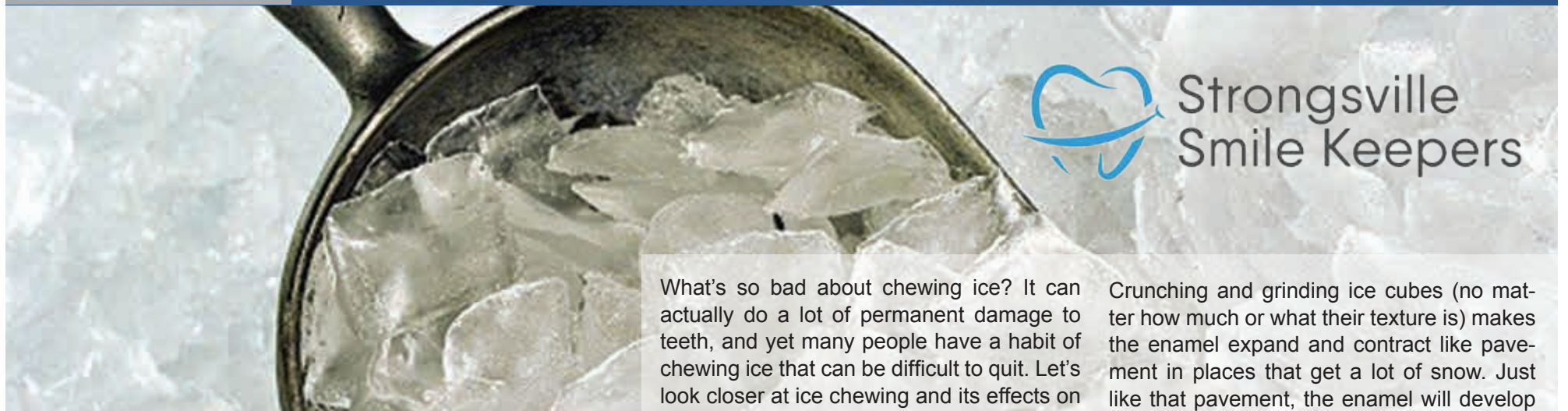
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ORAL HEALTH

QUIT THAT ICE-CHEWING HABIT!

From: STRONGSVILLE SMILE KEEPERS



What's so bad about chewing ice? It can actually do a lot of permanent damage to teeth, and yet many people have a habit of chewing ice that can be difficult to quit. Let's look closer at ice chewing and its effects on dental health.

COMPULSIVE ICE EATING, OR PAGOPHAGIA

The scientific name for compulsive ice eating is pagophagia. For some people, it goes beyond the level of a bad habit and actually indicates a psychological disorder called pica. Pica is the compulsion to eat non-food items such as dirt, clay, hair, or ice, and it is sometimes caused by a nutritional deficiency.

HOW IRON DEFICIENCY ANEMIA LEADS TO EATING ICE

Recent studies have found a connection between the compulsive eating of ice and iron deficiency anemia, a condition that affects 3% of men and 20% of women (a number that goes up to 50% for pregnant women).

What do iron levels have to do with eating ice? Ice doesn't contain iron, so how would eating it help with an iron deficiency? It's actually pretty fascinating. Our red blood cells require iron to be able to effectively carry oxygen throughout our bodies. A person who is iron deficient doesn't get as much oxygen to their brain. By eating ice, they stimulate the blood flow to the head (and consequently the brain), giving them a temporary boost in alertness and mental clarity.

HOW ICE AFFECTS OUR TEETH AND GUMS

All of that might seem like a clever workaround for iron deficiency, but it comes with serious drawbacks. Tooth enamel is the strongest substance in the body, but it's very brittle. Ice isn't dangerous to chew merely because it is hard, but specifically because it is cold.

Crunching and grinding ice cubes (no matter how much or what their texture is) makes the enamel expand and contract like pavement in places that get a lot of snow. Just like that pavement, the enamel will develop cracks over time.

The weaker the enamel is, the more vulnerable the rest of the tooth is to painful sensitivity and decay. Chewing ice isn't good for gum tissue either. Because of its temperature, it creates a numbing effect while chewing, which makes it harder to notice an injury if it slips and slices the gums. Ice can even chip or break teeth.

HOW CAN I BREAK MY ICE-CHEWING HABIT?

Before fighting the symptoms, it's important to learn the cause. If the pagophagia is due to iron deficiency, iron supplements may remove the cravings to chew ice and the habit will go away on its own. If the problem is pica, a variety of interventions, from therapy to medication, are available.

If the craving is less about the ice than the crunch, we recommend replacing ice with baby carrots or apple slices. If it really is about the ice but not connected to pica or iron deficiency, try letting the ice melt on your tongue instead of crunching down on it.

DENTAL PROFESSIONALS CAN HELP!

The dentist is a great person to go to if you struggle with an ice chewing habit. Another is your general physician. We can figure out what's causing it and treat existing damage to the gum tissue and teeth, as well as preventing additional damage by helping you kick the habit.

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FOR JUDGE

Medina Domestic Relations Court

Our Families - Our Community - Our Future

2022



Pete Kirner of Kirner & Boldt Co., L.P.A is seeking your vote for the November election for Judge of the Medina County Court of Common Pleas, Domestic Relations division. He promises to work daily to make the Court better for the families of Medina County.

Practicing domestic relations law for over fifteen years, Kirner has served to represent the best interests of children of divorce cases. His experience in domestic relations law is unmatched by his opponent.

Kirner is a member of the Medina, Parma and Cleveland Bar associations and previously served as a magistrate in Parma City Schools Truancy Court. Kirner currently serves on several bar association committees.

We love seeing those healthy smiles!



Establishing the Validity of a Will or Trust

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

John is the patriarch of a large family horse farm. He is the sole owner of the property which contains hundreds of acres, valuable equipment, and more than twenty horses. His children, Beth and Luke, both work on the family farm along with Cole, a long-time faithful employee. Beth and Luke always expected to inherit the horse farm from their father. However, John began to question certain actions by Beth and Luke that were not in the best interest of the horse farm. He decided to name Cole as the primary beneficiary of the horse farm as well as all of the valuable horses. Beth and Luke were enraged. They promised to do everything within their power to convince a court to throw-out John's will and trust. They threatened to claim that John was kicked in the head by a horse and lost his ability to think clearly. Can John do anything to make sure that his will and trust are honored?

Ohio law provides a procedure through which a testator (the person making a will or trust) can ask a court to make a finding that his will or trust is valid before he dies. To initiate the process, the testator must file a complaint in the probate court where he lives. Only the testator can file such an action. It cannot be filed



MICHAEL LARIBEE

by the testator's guardian or power of attorney. The complaint must include an express written waiver of the testator's physician-patient privilege. This allows the court access to the testator's medical records.

The testator must name all of the following as party defendants in the case: (1) the testator's spouse; (2) the testator's children; (3) the testator's heirs who would inherit if the testator died without a will; (4) the testator's beneficiaries under the will; (5) any beneficiary under the testator's most recent prior will. The testator may also name any other person that the testator believes may have a monetary interest in the validity of the testator's will or trust.

The court will examine the will and trust documents and declare whether they meet all of the requirements of Ohio law. The court will also determine whether the testator has the

legal capacity to establish the will or trust, was free from undue influence, and was not under restraint or duress. Also, the court will verify that the execution of the will or trust was not the result of fraud or mistake. Unless the will or trust is modified or revoked later, no person who was included as a party to the case may contest the validity of the will or trust upon the testator's death. However, the court's ruling is not binding on any person who was not named in the action.

After the case is complete, the testator is free to modify or amend his will or trust. However, the court's ruling does not include later amendments or modifications to the documents. The law is also clear that failure of a testator to file a complaint declaring the validity of a will or trust cannot be construed as evidence or an admission that his documents are not valid.

It is important to consult with a trusted probate attorney and explore all options and procedures when creating an estate plan. That way, a testator can guard against the actions of others who may disagree with the testator's wishes.

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.



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(You may also qualify under other circumstances.)

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September 30 | 8:30 am - 4:30 pm
Tri-C's Corporate College
East Campus



From Hindsight to Foresight: The Evolution

Session Topics Include:

- New Ideas for post-pandemic aging
- Diversity, equity and inclusion in aging
- The power of developing great habits
- The evolution of aging
- Resiliency and aging

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The Cuyahoga County Division of Senior and Adult Services (DSAS), The MetroHealth System, and the Western Reserve Area Agency on Aging have partnered to present the Summit. The Summit will be held at Tri-C's Corporate College East campus located at 4400 Richmond Rd, Warrensville Heights, OH 44128. The 2022 Northeast Ohio Aging and Disability Summit to be held on Friday, September 30th.

The Northeast Ohio Aging and Disability Summit is a platform for sharing stimulating dialogue, innovations, and best practices on issues that impact older adults and persons with disabilities. Learn from national and local experts who speak about diversity, equity and inclusion, assistive technology, aging and public policy, gerontological research, workforce opportunities, and more. The Summit offers fresh ideas, a renewed focus, and professional development.

TOPICS FOR THIS YEAR'S SUMMIT INCLUDE:

- New ideas for post-pandemic aging
- Diversity, equity, and inclusion in aging
- The power of developing great habits
- The evolution of aging
- Resiliency and aging

General registration is \$65. Students/retirees enjoy a reduced fee of \$25. Also, there are still exhibitor opportunities available. Visit www.areaagingsolutions.org or contact 216-727-2629 for more information.

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Cons of Senior Independent Living Options

By: SHERRY CASSILY, Director, Archangels Specialty Home Care



This is the second in a three-part series of articles discussing Senior Independent Living Options. The first article can be found on the Archangels website under the Blog section, "Senior Citizens Independent Living Options."

In this article we will list the independent living options with a brief description of the cons.

AGING IN PLACE

When an older person continues living in their current home with home care services instead of moving to a retirement facility.

Cons:

- The option to remain at home is no longer viable if the level of care required is cost prohibitive.
- Unable to afford necessary home modifications for safety.
- If the home is far from family, it defeats the purpose of growing older surrounded by loved ones.
- If finances prevent an elderly homeowner from being able to pay for maintenance, staying in their current home may not be the best option.
- If there are signs of dementia &/or Alzheimer's disease, then remaining at home without constant supervision is strongly not recommended.
- Not meeting nutrition, some seniors may not realize they have not eaten a healthy meal.

55+ RETIREMENT COMMUNITIES

Housing options where residence is limited to people over a certain age.

Cons:

- Lack of age diversity is not appealing to everyone.
- Family members who are under 55 will not be permitted to use the property without a senior present.
- Active adult communities do not provide assisted living or healthcare services.
- If you are somebody who might stress over external control of your residence, belonging to a HOA may be an issue for you.

SENIOR HOME-SHARING

Is any arrangement where older adults share a living space.

Cons:

- Sharing space with someone can be challenging.
- Sharing space also means sharing personal items and responsibilities.
- Sharing the same living corridors will mean that you may have to give up some of your independence to make room for the other person and their things.
- If participating in shared activities is not something you enjoy, co-housing may not be the right fit for you.
- Some seniors may have health declines or conditions that make this kind of community living difficult.

CONTINUING-CARE RETIREMENT COMMUNITIES

Residents are making decisions about their health care and living options that will affect them for the rest of their lives by entering a contract that does not offer the option to make changes down the road.

Cons:

- There are substantial entry and monthly service fees.
- It requires intense planning, including guidance from a financial advisor and an attorney.
- There are complex contracts.
- Monetary loss should the CCRC go bankrupt.
- There could be wait-lists or limited housing choices and locations due to high demand.
- Applicants must meet physical and cognitive health requirements to be eligible.
- Members do not own the place of residence; they are paying to live there and receive care and amenities.



SHERRY CASSILY, DIRECTOR
OF ARCHANGELS SPECIALTY
HOME CARE

SENIOR CO-HOUSING COMMUNITIES

A type of living community that combines private homes with clustered living spaces where everyone shares the same lawn space and walkways.

Cons:

- Generally governed by stricter rules than you will find with condominiums or a traditional lease.
- Because you are purchasing into a partnership or association with a housing cooperative, there could also be strict rules in place about how you finance this investment.
- Many of the smaller housing cooperatives have limited staff resources to help maintain the building or property where the units are in place.
- Co-housing relies on the financial well-being of every member in the partnership so that it can be successful.
- It is possible to pay off your share of the partnership while the property or building you live in continues to maintain a mortgage.
- Purchasing in a co-housing community is complex and requires the guidance of a personal attorney.



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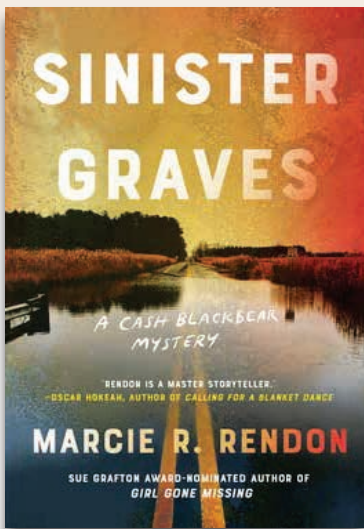
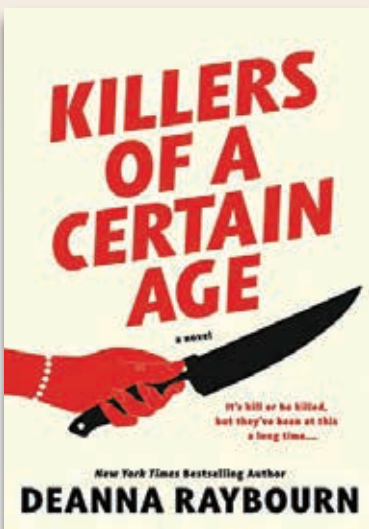
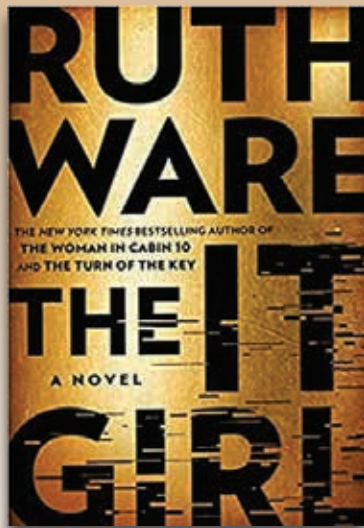


LIBRARY NEWS

Read it and Reap!

FALL READING Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



HEALTH EVENTS

Register at mcdl.info/Health

HERBAL INFUSED OIL

Seville - Thurs., Sept. 1, 6:00 pm
Learn how to make all natural herb infused body oil to combat dry skin.

DISCOVER YOUR LOCAL HEALTH DEPARTMENT

Brunswick - Wed., Sept. 14, 6:30 pm
Lodi - Thurs., Sept. 29, 11:00 am
Medina - Wed., Oct. 5, 6:30 pm
Discover hidden gems provided by Medina County Health Department to support your health and wellness.

DRUM GROUP

Medina - Tues., Sept. 6, Oct. 4, Nov. 1
11:00 am - Celebrate community and life through rhythm and music in this interactive session.

MINDFUL MONDAYS

Brunswick - Mon., 1:30 pm
Sept. 26, Oct. 24 - Calm activities
Nov. 28 - Drumming therapy

MANAGING HYPERTENSION

Brunswick - Tues., Sept. 27, 6:00 pm
Learn about complications of high blood pressure, treatment, and lifestyle changes to help control this "silent killer" with Cleveland Clinic.

LIFE IN THE BLENDER

Brunswick - Wed., Oct. 5
6:30 - 8:00 pm - Author and communications expert Heather Hetchler will discuss stepfamily life and how to handle its complexities.

UNDERSTANDING CRYSTALS

Seville - Tues., Oct. 18, 6:00 pm
Lucy, owner of The Busy Witch, guides you through choosing, charging and cleansing crystals, shapes, and ways to use them. Leave with a mini crystal.

MINDFUL PARENTING & HOLIDAYS

Buckeye - Wed., Nov. 2, 6:00 - 7:30 pm
Learn four strategies to help you and your family minimize stress and maximize joy, gratitude, and good memories. Kids welcome.

COMPUTERS & TECHNOLOGY

Register at mcdl.info/Computerclasses unless otherwise noted

CAMP WIRED

Medina - Every Thurs., 10:30 am
Learn or brush up on computer skills and software. Call for topics.
No session Nov. 24.
No registration required.

ONE-ON-ONE TECH SUPPORT

Seville - Mon., Sept. 12, 26, Oct. 10, 24, Nov. 14, 21, 28, 5:00 or 5:30 pm
Thurs., Sept. 8, 15, 22, Oct. 6, 13, 20, 27, Nov. 17, 12:00 or 12:30 pm
Schedule 30 minutes with a staff member to learn or review computer basics. Call for topics.

MAKERSPACE MONDAYS

Medina - Mon., 1:30 pm
Sept. 12 - Embroidery Machine
Oct. 10 - Laser Engraver
Nov. 14 - Cricut
Demos of how to use equipment in the Makerspace and Digital Lab.

BUYING A COMPUTER

Medina - Wed., Sept. 14, 6:30 pm
RAM, ROM, CPU? Learn the good and bad when buying a new computer.

TOUR THE COMPUTER

Brunswick - Tues., Sept. 20, 6:30 pm
Pieri shows you the lingo and components of a computer inside and out so you can be a confident user.
No registration required.

SAFETY & SECURITY ONLINE

Medina - Wed., Oct. 12, 6:30 pm
Learn to determine the fake from the real. We'll cover pop-ups, phishing, fake emails, mysterious links, and more.

MOBILE DEVICE SAFETY ONLINE

Brunswick - Tues., Oct. 25, 6:30 pm
It's easy to be scammed on a mobile device. Stay safe from scammers out to get your money and information.
No registration required.

Photo credit: Bill Miles

FREE AUTHOR VISIT

mary kay andrews

Wed., Nov. 9, 7:00 pm
Brunswick Middle School Auditorium
1483 Pearl Rd., Brunswick
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