



Helping HANDS

NOV / DEC 2022

A Publication of the HANDS Foundation

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

Stuff the Escalade is Back! At Western Reserve Masonic Community

GRAND PRIZE!

The lucky grand prize winner will receive a Power Wheels Cadillac Escalade stuffed to the brim with gifts and goodies!



SAVE THE DATE! DECEMBER 7th AT 6:30pm



After a two-year hiatus, the HANDS Foundation will once again host their annual Stuff the Escalade event on Wednesday, December 7th being held at Western Reserve Masonic Community (WRMC). The popular event always draws a large crowd of guests to celebrate the upcoming holiday while at the same time supporting the work of the HANDS Foundation.

This very family-oriented occasion offers crafts, games and prizes for the kids, including a visit from Santa Claus.

Everyone is invited to enjoy the complimentary refreshing beverages, tasty hors d'oeuvres, and holiday dessert buffet prepared by the WRMC staff.

Attendees can make their bids on the many gifts and silent auction items and to buy sideboard tickets.

As in years past, the bidding for the grand prize is a Power Wheels Cadillac Escalade, stuffed to the brim with presents valued at several thousand dollars. The Power Wheels Escalade provides all the fun and excitement kids need for hours of driving fun!

Will you be the lucky winner? There's only one way to find out! Join us for this great holiday event and support a worthy cause to help seniors in Medina County. All money raised will be donated to the HANDS Foundation.

MORE INFO AND TO GET TICKETS

Entrance to the event is by donation.

Tickets for a chance to win prizes are
\$1 each OR 25 for \$20.00.

Please email Chrissy Waller at
Plum Creek Senior Living to purchase your tickets.
chrissy@plumcreekseiorliving.com.

Board members will also have
tickets available for sale during the event!

Happy Holidays!

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A PUBLICATION OF THE HANDS FOUNDATION
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HANDS FOUNDATION

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ABOUT THE HANDS FOUNDATION AND HELPING HANDS NEWSPAPER

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

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



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GET ON OUR MAILING LIST

If you would like to get on our mailing list, please contact Liz Murphy at the HANDS Foundation office at:
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Tues, Wed, Thurs, 9:30 am - 12:30 pm
or by email at: **OfficeHandsFound@aol.com**

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SAVE THE DATE




STUFF THE ESCALADE

*Wednesday, December 7TH
at 6:30p.m.*

*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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Activities subject to change *= Fee required Z=Zoom Class</p>	1 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	2 BILLIARDS ALL DAY 9-12 Humana Table 9:30 BP Screening 9:30 Bingo - Z 10:00 Painting 10:30 "Managing Pain as You Age" Angels Home Care 11:30 Lunch - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	3 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:30 Hand & Foot 1:00 Parkinson's Support 1:00 Beginner Watercolors* 2:30 BalloFlex*	4 BILLIARDS ALL DAY 9:30 Grocery Bingo - Z 10:30 Resistance Bands Workout 11:00 Lunch/Program: Smooth Transitions "Decluttering & Tips for the Holiday Season"* 12:00 Pinochle
7 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Art with Mishalene 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	8 BILLIARDS ALL DAY SENECA ALLEGANY CASINO TRIP 9 & 10 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 1:00 Hook Nook	9 BILLIARDS ALL DAY 9:30 Bingo - Devoted - Z 10-12 Flu Shots: Health Dept. 10:00 Painting 10:30-12 Devoted Table 11:00 Program: Humana "Boost Immunity" 11:30 Lunch - Medina Center 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	10 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:30 Hand & Foot 1:00 Beginner Watercolors* 2:30 BalloFlex*	11  VETERANS DAY MCOOA OFFICE CLOSED
14 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong 2-4:00 40th ANNIVERSARY OPEN HOUSE	15 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:15 MOVIE: Top Gun 12:30 Veteran's Lunch 1:00 Hook Nook	16 BILLIARDS ALL DAY 9:30 Bingo - Avenue - Z 10:00 Painting 10:45 Program: OSU Ext Ofc "Wits & Wisdom Part 4" 11:30 Lunch: Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends 'n Focus	17 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:00 BP Screening 11:30 Lunch 12:30 Hand & Foot 1:00 Jammers Jam Session 1:00 Beginner Watercolors* 2:30 BalloFlex*	18 BILLIARDS ALL DAY 9:30 Bingo - Broadway Creek- Z 10:30 Resistance Bands Workout 11:00 Thanksgiving/Veteran's Program w/music by Jammers 11:30 Lunch* 12:00 Pinochle
21 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	22 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	23 BILLIARDS ALL DAY 9:30 Bingo - Danbury - Z 10:00 Painting 11:00 Lunch/Program: Baron Law "Avoiding Medicaid Spend Down" 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	24  Happy THANKSGIVING MCOOA OFFICE CLOSED	25 ALL COUNTY OFFICES CLOSED
28 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	29 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	30 BILLIARDS ALL DAY 9:30 Bingo - Summa - Z 10:00 Painting 10:30-12:30 Summa Table 11:00 Lunch/Program-Brookdale "Thankfulness" 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	 November 2022 Medina County Office for Older Adults	

NOVEMBER

OF EVENTS

CALENDAR

MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 December 2022 Medina County Office for Older Adults				
5 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Art w/Mishalene 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Cookie Decorating 1:00 Mahjong	6 BILLIARDS ALL DAY GREAT LAKES THEATER TRIP 9:00 Edwina's Exercise 9:30-2 AARP Driving Class 10:00 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 Program: FBI Agent Prorrini "Frauds & Scams" 11:30 Lunch: Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3:00 Ask an Attorney	8 BILLIARDS ALL DAY JACK CASINO & HOLIDAY LIGHTS 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:30 Hand & Foot 1:00 Parkinson's Support 2:30 BalloFlex*	9 BILLIARDS ALL DAY 9:30 Bingo - Broadway Creek - Z 10:30 Resistance Bands Workout 10:45 Program: NASA 11:30 Lunch* 12:00 Pinochle
12 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	13 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	14 BILLIARDS ALL DAY 9:30 Bingo -Z NO LUNCH: DINING ROOM CLOSED FOR SENIOR SERVICES NETWORK MEETING & STAFF XMAS PARTY 12:00 Pinochle 1-3:00 Ask an Attorney	15 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:00 BP Screening 11:30 Lunch 12:30 Hand & Foot 1:00 Jammers Jam Session 2:30 BalloFlex*	16 BILLIARDS ALL DAY 9:30 Bingo - Medina Center - Z 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 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	20 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 12:15 MOVIE: Where the Crawdads Sing 12:30 Veteran's Lunch 1:00 Hook Nook	21 BILLIARDS ALL DAY 9:30 Bingo - Avenue - Z 10:00 Painting 11:00 Lunch/Learn - Avenue "Wits & Wisdom Part 5" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends 'n Focus	22 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:30 Hand & Foot 2:30 BalloFlex*	23 BILLIARDS ALL DAY 9:30 Bingo-Echelon - Z 10:30 Resistance Bands Workout 11:00 XMAS PARTY w/Entertainment* 12:00 Pinochle
26  MCOOA OFFICE CLOSED	27 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 Activities subject to change *=Fee required • Z=Zoom class	28 BILLIARDS ALL DAY 9:30 Bingo - Summa - Z 10:00 Painting 11:00 Lunch/Learn - Brookdale 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	29 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 11:30 Lunch 12:30 Hand & Foot 2:30 BalloFlex*	30 BILLIARDS ALL DAY 9:30 Bingo - Danbury - Z 10:30 Resistance Bands Workout 11:00 NOON YEARS PARTY w/Entertainment 11:30 Lunch* 12:00 Pinochle

DECEMBER

OFFICE FOR OLDER ADULTS AND SENIOR CENTER


MEDINA

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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
 <p>Activities subject to change</p>	1 8:00 Cards 10:00 Book Club 11:00 SS Cardio 1:00 Bingo	2 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 10:00 Activity Council 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	3 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	4 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
7 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:15 Mah Jongg 1:00 Art w/Mishalene	8 SENECA ALLEGANY CASINO TRIP 8:00 Cards 11:00 SS Cardio 1:00 Bingo	9 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	10 8:00 Cards 10:00 Write Your Autobiography w/ Cindy McQuown 10:15 SS Classic 11:30 Line Dance (Beg)	11  VETERANS DAY MCOOA OFFICE CLOSED
14 9:00 SS Classic 9:30 Art Critique Grp. 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:00 Lunch & Learn (prior sign up required) 12:15 Mah Jongg	15 8:00 Cards 11:00 SS Cardio 1:00 Bingo	16 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	17 8:00 Cards 10:00 Write Your Autobiography w/ Cindy McQuown 10:15 SS Classic 11:30 Line Dance (Beg)	18 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
21 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:15 Mah Jongg	22 8:00 Cards 11:00 SS Cardio 1:00 Thanksgiving Bingo	23 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	24  Happy THANKSGIVING MCOOA OFFICE CLOSED	25 9:00 SS Cardio 10:00 SS Chair Yoga 12:30 Ladies Pinochle ALL COUNTY OFFICES CLOSED - NO OOA NUTRITION TODAY
28 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 12:15 Mah Jongg	29 8:00 Cards 11:00 SS Cardio 1:00 Bingo	30 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	 November 2022	

MEMBER OF EVENTS CALENDAR BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 December 2022			1 VICTORIAN VILLAGE TRIP 8:00 Cards 10:00 Write Your Autobiography w/ Cindy McQuown 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	2 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
5 9:00 SS Classic 10:00 SS Chair Yoga 11:00 Lunch & Learn (prior sign up required) 11:15 Line Dance (Inter) 12:15 Mah Jongg	6 8:00 Cards 10:00 Book Club 11:00 SS Cardio 1:00 Bingo	7 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 10:00 Activity Council 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	8 JACK CASINO & HOLIDAY LIGHTS TRIP 8:00 Cards 10:15 SS Classic 11:00 HOLIDAY SOCIAL	9 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
12 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:00 HOLIDAY SING ALONG W/BRUCE 12:15 Mah Jongg	13 8:00 Cards 11:00 SS Cardio 1:00 Bingo w/Devoted Health	14 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	15 8:00 Cards 10:00 Write Your Autobiography w/ Cindy McQuown 10:15 SS Classic 11:30 Line Dance (Beg)	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 HOLIDAY MOVIE: "ELF" 11:15 Line Dance (Inter) 12:15 Mah Jongg	20 8:00 Cards 11:00 SS Cardio 1:00 Bingo	21 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	22 8:00 Cards 10:00 Write Your Autobiography w/ Cindy McQuown 10:15 SS Classic 11:30 Line Dance (Beg)	23 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
26  MCOOA OFFICE CLOSED	27 8:00 Cards 11:00 SS Cardio 1:00 Bingo Activities subject to change	28 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	29 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Westwood Place	30 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle

DECEMBER

OFFICE FOR OLDER ADULTS BRUNSWICK

BRUNSWICK REC CENTER

3637 Center Road
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LAURA TOTH
LToth@medinaco.org

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



FROM YOUR STATE REPRESENTATIVE



Addressing the Workforce Shortage in Nursing Homes

By: State Representative, MARK ROMANCHUK



MARK ROMANCHUK



SHARON A. RAY
State Representative
House District 69

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Rep69@OhioHouse.gov

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As we come out of this pandemic, Ohio faces some lingering issues. One of the most impactful is the workforce shortage in nursing homes. According to the U.S. Bureau of Labor Statistics, about 420,000 skilled employees have left the profession over the past two years. Three out of five nursing homes are limiting new admissions due to the ongoing staffing shortages. Without a robust workforce, it is challenging for nursing homes to provide the level of care that Ohio's elderly population deserves. Some nursing homes have started to use staffing agencies to fill the shortage. This is only a short-term fix however, since nursing homes cannot always afford the high cost of these agencies.

The Ohio General Assembly has been working to help address this shortage. Last year, the legislature passed House Bill 169, which gave \$350 million to long-term care (LTC) facilities to help with operating costs, including staffing. The legislature also just held hearings for the Nursing Facility Payment Commission. I was a co-chair on the commission, and during those hearings, we heard a great deal from nursing homes about this workforce shortage. Now that the hearings are over, we are working on our report that will recommend what legislative action the Ohio General Assembly should take. The report will be completed later this fall, and I believe that legislation will be passed to help staff our nursing homes. In addition, next year we will work on the biennial budget where I plan to address this shortage there as well.

One action that you can take to assist with addressing this shortage is to contact your local Area Agency on Aging to ask how you can help with the nursing home workforce shortage.

I always love to hear from my constituents, so if you would like to contact me to give your input on this issue or any other pending in the statehouse, please feel free to contact me at my office at **614-466-7505** or email at **Romanchuk@ohiosenate.gov**.

FROM YOUR TREASURER



JOHN BURKE

County Investment Earnings Up 30% Year to Date

In the current volatile financial market, it is reassuring to know that Medina County's investment portfolio is safe and sound. In fact, year to date our investment portfolio earnings are up 30% as compared to last year at this time. As of the end of September 2022, interest earnings were \$1,308,316 as compared to \$1,002,630 last year at this time — a 30% increase or \$305,686. This is the good news I recently shared at a meeting of the County Investment Advisory Board of which I am chairman. Other members include the three Commissioners and the Clerk of Courts. We meet quarterly to review the investment portfolio which it is my job to manage.

At the beginning of January, the projected interest earnings for the year were \$1,300,000. Because of recent changes in the financial market, we recalculated and updated the 2022 estimate and now the estimate is closer to \$2,000,000 for this year. This is extra income for the County, which can be used by

the Commissioners to help pay for services and the operational costs of the County. This extra revenue also helps to diminishes the need for additional taxes.

We have all seen interest rates increase this year, especially for home mortgage rates which have more than doubled. This is largely due to the Federal Reserve increasing their fund's rate charged to banks from 1.0% to 3.25%. The resulting increase in interest rates in the market provided opportunities to earn more money on our investment portfolio.

The positive performance in our investment portfolio is due to a successful investment strategy and laddering of the portfolio. We have purchased investments, evenly distributing them over a five-year maturity, but recently focused on higher yielding short term investments with a maturity of less than 2 years.

Ohio Revised Code requires County Treasurers to purchase fixed income interest bearing investments with maturities

of five years or less such as Certificates of Deposit, US Treasury Bills, Money Markets, Commercial Paper, US Government Agencies, FDIC Insured Products, Municipal and Corporate Bonds. The law does not allow for purchase of equities or stocks.

Our investment portfolio is approximately \$157,000,000. We normally have about 100 to 120 different investments on any given day. The largest investment allocation currently is 45% in US Government agencies such as Federal Farm Credit Bank, Federal National Mortgage Association, Sallie Mae Bank and Federal Home Loan Mortgage Corp.

I have always been a conservative investor with the public's money. My investment strategy has three basic goals that we have achieved every year. These goals are:

1. Safety of principle. In these volatile economic times, I am proud to say that we have never lost any money from investments during my five terms as County Treasurer.

2. Maintain liquidity. This means that I maintain adequate cash balances to cover the weekly expenses approved by the three County Commissioners.

3. Earn the highest yield possible. As a leader in the Ohio County Treasurers Association, I am in contact with all 88 County Treasurers and my observation is that our portfolio yield is one of the best in the state of Ohio.

In addition to managing the County's investment portfolio of over \$157 million, as Treasurer it is also my job to oversee the collection of about \$600 million in annual cash flow to Medina County. I have to collect, deposit and safely invest this money until it is used by the County or distributed to other agencies and political subdivisions.

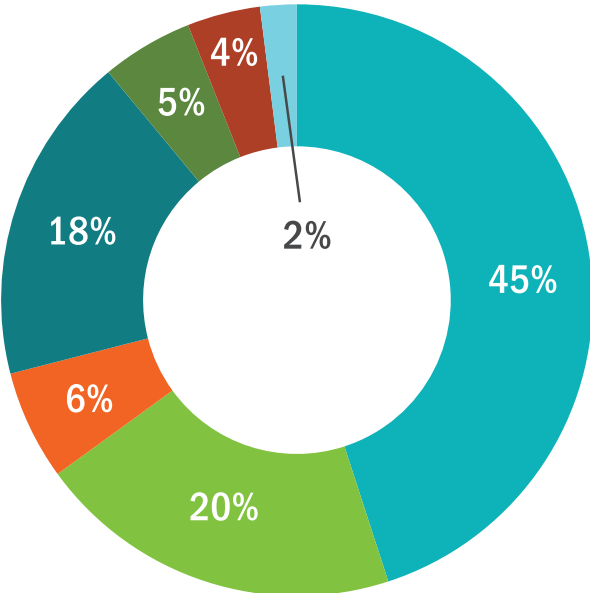
It is important that every public fund manager has the education and experience to successfully maintain a portfolio of investments. My formal

education credentials include a BA and a Masters of Business degree from Miami University in Oxford Ohio. The Ohio Revised Code requires County Treasurers to take 12 continuing education hours each year as approved by the State of Ohio Treasurer and Auditor. I have consistently completed those courses and I have also earned the Chancellor's Certification for Public Administration from IACREOT; Financial Officer Certification from NACTFO; and numerous professional development awards.

The Medina County Treasurer's office is located at 144 North Broadway in Medina. For information on all the services my office provides, please visit medinacounty-treasurer.com.

PLEASE NOTE: The information contained in this article was not intended to be nor should be considered investment advice.

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COMMISSIONERS' DEPARTMENTS: PART II

BUILDING MAINTENANCE DEPARTMENT

The Building Maintenance Department maintains 20 buildings and approximately 30 locations throughout the County.

Some of the jobs the Maintenance Technicians are tasked with include removing snow from parking lots in the winter, remodeling offices, moving electrical outlets, fixing plumbing leaks, working on heating and cooling equipment, preventative maintenance on approximately 850 pieces of equipment/assets.

Staff is on-call 24/7 for any emergencies. They also handle the capital improvement projects for these locations.

The Cleaning Department is tasked with keeping the buildings cleaned after the staff have left for the day. They clean, mop, restock the bathrooms, empty the trash throughout the buildings and vacuum/mop all the floors.

The Vehicle Maintenance Department maintains approximately 160 vehicles owned by the County. They do oil changes, wheel bearings, brakes, exhausts, and sometimes body work.

Steven Basteen has worked for Medina County for six years. He has been the Facilities Director for the last four years.

Basteen says the best part of the Maintenance Department is the diversity in the workload. "Every day presents new challenges, and it is usually never the same challenge," he said.

Basteen can be reached at 330-764-8258 or sbasteen@ohmedinaco.org.

FINANCE DEPARTMENT

Finance personnel perform budgetary, accounting and reporting functions; manage federal, state and local grants; manage leases; distribute school sales taxes; manage transfers and disposal of inventory; and prepare resolutions for the County Commissioners to approve agreements, contracts, and all financial activities under their authority.

Amy Lyon-Galvin has worked for Medina County for 18½ years. She has been the Assistant County Administrator for the last two years.

Lyon-Galvin is a Pennsylvania native and has lived and worked the last 30-plus years in Ohio.

She completed a Master of Public Administration degree online through Ohio University in 2021 that helped her to grow into a new area of responsibility after years of civil engineering in both the private and public sectors.

"The Finance Department provides support services to all other County Departments for their respective fiscal activities," she says. "It is amazing to see through that process how broadly the County serves the public.

Lyon-Galvin can be reached at 330-722-9204 or alyongalvin@ohmedinaco.org.

HUMAN RESOURCES

The Human Resources Department works with county employees from hiring through retirement.

They assist with job postings, applications and interviews, new hire onboarding, time and attendance, policies and procedures and retirement for departments that report directly to the Commissioners.

The HR department also assists all county employees in the areas of benefits and worker's compensation.

They offer their assistance to any county employee or elected official with personnel related questions or concerns.

Holly Muren has worked for Medina County for 19½ years and has been the HR Director for the last 10 years.

A graduate of the University of Akron with a Bachelor's Degree in Human Resources, Muren said she enjoys assisting county employees and resolving issues. "I also enjoy collaborating with other departments," she said.

Muren can be reached at 330-722-9340 at hmuren@ohmedinaco.org.

COUNTY HOME

The Medina County Home is a "safety net." It is a residential living facility for men and women over 18 who may need minimal assistance with daily activities, may not be able to care for themselves, do not require nursing home care, and may not meet the criteria for other residential facilities.

The Home has been meeting the needs of Medina County residents since 1894 and is the only facility of its kind in Medina County offering these services.

Adult Day Care services and short term respite care are offered as well to provide relief to caregivers. Residents of the Medina County Home enjoy many services including assistance with activities of daily living, medication management, nutritious meals, full laundry and cleaning services, and many activities.

Residents also work to the best of their abilities to help keep the Home in shape and perform daily tasks to keep expenses low. You are all invited to visit the Medina County Home and see for yourself what is happening.

Greg Brown has been the County Home Superintendent for the last two years and five months. He is a 20-year, retired, Army officer.

Since retiring from the military in 2006, Brown says this has been the most satisfying job. "I am humbled to be part of the long, rich history of the Medina County Home," he says.

Additionally, Brown says he gets immense satisfaction in taking care of the Medina County residents who live at the County Home.

Brown can be contacted at 330-723-9552 or gbrown@medinaco.org.



STEVE HAMBLEY
Commissioner

144 North Broadway Street
Medina, Ohio 44256

(330) 722-9208
SHambley@ohmedinaco.org

FROM YOUR AUDITOR



MIKE KOVACK

DON'T LET YOUR DOG BE A FUGITIVE



Did you know that Ohio law requires that you license your dog? Is your dog a fugitive on the run?

A license attached to your dog's collar proves ownership and is your pet's ticket home if they get lost. With that number we can help you find your lost dog.

And by licensing your dog, you are also helping a good cause. One hundred percent of all license fees go directly to the Medina County Animal Shelter.

The annual license renewal period is December 1 - January 31. If you have a new puppy, you must buy a license by the time he reaches three months old. If you have just moved into Medina County or if you just acquired a new dog, you must

purchase a license within 30 days. One-year licenses are available for \$14 but owners can also purchase a three-year license for \$42 or a permanent tag for \$140. Licenses are dog specific and no refunds can be issued for any tag sold.

Dog licenses can be purchased in four different ways. If you would like to purchase your license by mail, please call our office and request that an application be mailed to you. Licenses are available for purchase in our office, on the third floor of the County Administration Building in Room 303, 144 N. Broadway St., Medina.

Licenses can also be purchased at one of our neighborhood vendors listed here:

BRUNSWICK AREA

Drug Mart.....1673 Pearl Road
Drug Mart.....5270 Center Road

MEDINA AREA

Buehler's*275 Forest Meadows
Buehler's*3626 Medina Road
Drug Mart.....135 Harding Street
Drug Mart.....5923 Wooster Pike
Drug Mart.....38 South Medina Line Rd
Medina County Animal Shelter6334 Deerview Lane
Medina County SPCA.....8790 Guilford Rd.
Medina License Bureau.....972 N. Court St.
Pet Supplies Plus1150 N. Court St.

WADSWORTH AREA

Buehler's*175 Great Oaks Trail
Drug Mart*1005 High Street
Creekside Animal Clinic.....3744 Wads. Rd., Norton
Wadsworth Auto Title.....123 Broad St., Suite B

LODI AREA

City Hardware.....129 Wooster St., Lodi
Drug Mart.....661 Wooster St., Lodi

A 75¢ SERVICE FEE PER DOG IS CHARGED AT ALL LOCATIONS
* TAGS SOLD ONLY DURING DECEMBER & JANUARY

Adult Category Once Again Part of Auditor's Seals Design Contest

Mike Kovack, Medina County Auditor is announcing a call for entries in the 23rd Annual Seals Design Contest. In addition to high school students, the Auditor invites adults 18 and over to participate, as well.

Each year, a panel selects the very best designs to be displayed for Medina County's state-mandated seals for Auditor Kovack's Weights and Measures Department. These seals are posted on every scale, gas pump and commercial measuring device in the county. The seals are required, in accordance with Ohio law, to advise consumers that measuring devices have been inspected.

"If you fill up your car or buy groceries at the store, you will see a seal on the pump or the register," said Kovack. "Each one of those seals was designed by a Medina County high school student. Look closely. Each seal contains the name of the student who designed it!"

There are two categories of seals. One for "Inspected and Sealed," indicating a measuring device has been calibrated and then sealed to avoid tampering and a "Passed Price Verification" to indicate that items are ringing up at the cash register for what they are advertised for on the shelves.

All entries must be in the Auditor's Office by Friday, December 9. The top high school winner in each category will each receive a \$75 cash prize at the annual awards ceremony. The top five winners in each category will have their seals printed for use by the auditor's office. The winners in the Adult category will each receive a \$50 gift certificate to a local restaurant. The seals will be on all commercial measuring devices for the entire year of 2023. Go to the following link for contest rules: <https://www.medinacountyauditor.org/photos.php>

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- Family Caregiver Support Program:**
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- Older Americans Act Programs:**
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- PASSPORT Medicaid Waiver Program:**
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FROM YOUR VETERANS OFFICE



ED ZACKERY

WATER CONTAMINATION Camp Lejeune Lawsuit



Recently veterans especially Marines have been bombarded with ads about Camp Lejeune water and filing claims and lawsuits. This is a result of the recently passed piece of legislation known as the "PACT Act". Contained in the PACT Act, was a provision entitled the Camp Lejeune Justice Act of 2022 which will have a profound effect on veterans and their dependents who suffered ill effects caused by the contaminated water at Camp Lejeune. The requirement is the individual had to be exposed to the water at Camp Lejeune for a period of not less than 30 days at any time between August 1, 1953 and December 31, 1987. This unprecedented piece of legislation allows veterans and their dependents to directly sue the United States for damages caused by the contaminated water. Until this Act was passed, veterans could not sue the U.S. based on the Feres Doctrine which blocked any such suit from proceeding. The Act also waived the sovereign immunity of the

United States for such suits and waives the applicable statutes of limitation.

There is a limited period of time when such a suit may be filed and requires all potential litigants to seek relief through an administrative claim process prior to filing the suit. An administrative claim must first be filed the Department of the Navy, Office of the Judge Advocate General, Tort Claims Unit. All lawsuits must be filed in the US District Court for the Eastern District of North Carolina within six months of the denial of the claim by OJAG or two years after the Act's passage (August 10, 2024) whichever is later.

This change in the law is not a claim for benefits against the Department of Veterans Affairs (VA) but a lawsuit against the US Government. You can still file a claim for benefits though with the VA, they are two separate issues though. These lawsuits can be filed by veterans, family members or those that worked on Camp Lejeune

during the specified time. There are considerations veterans need to take as to whether they are already collecting disability benefits from the VA for said disabilities. Fees being charged by various law firms may vary and the contract or agreements one may be asked to sign will differ from law firm to law firm.

Our office is in the position to provide as much information as possible for you to make the best decision as how to proceed for your situation. Our office is not in a position to say what you should do one way or another, nor are we able to provide or recommend any particular law firm. Each person must take the information we can provide and make the best decision they can possible based on their situation. Feel free to contact our office or stop in to receive more information on this important issue.



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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Because - We are Family*

PACT ACT QUESTIONS

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 catch us on the web at www.medinacountyveterans.org

SUICIDE PREVENTION HELP

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



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HANDS BUSINESS SPOTLIGHT

ELEGANT ESSENTIALS

Restoring Confidence is Elegant Essentials' Number One Mission

By: THEERTHAA KRISHNAN, BEAT Reporter



As individuals fight against breast cancer, Elegant Essentials helps to make them feel more confident and comfortable as they are going through breast cancer treatment & throughout survivorship. Elegant Essentials is a business that provides products, clothing, and consultations for breast cancer survivors. It has been in Medina, Ohio since 1998, but the business has been alive since 1993. The business is based on the motto "We look forward to serving your special needs."

Shellie Graf, a board-certified fitter for 40 years, is the owner and founder of Elegant Essentials, which was created to provide breast cancer survivors a place where solutions to their breast needs would be met.

The Elegant Essentials team works to form close relationships with each and every one of their patients. The store receives patients from all over as they have some that travel over 3 hours to visit. "We have helped thousands of women over the years," said Graf. "It is such a privilege to care for their special needs."

Graf has had several success stories in her career. One in particular that she remembers, involves a woman with 3 young boys when they first met. She had been cancer-free for several years but ended up having a recurrence and was diagnosed with stage 4 breast cancer. Graf helped guide her through her journey as she ended up surviving and fully living an additional 14 years. Years ago, that would not have been possible. Because of the advancements in treatment, stage 4 for many is treatable.

Elegant Essentials provides a wide variety of services including fittings for fashionable pocketed bras and camisoles both pre and post-surgery, breast prostheses including custom breast forms, special headwear and hats with hair for those going through chemotherapy, and for those that may develop lymphedema they also provide compression sleeves and gloves that help to reduce swelling after surgery. Many of these services are covered by insurance with a physician's prescription.

All of these services are meant to aid patients as they go

through a journey that no one should have to go through. This is also why they make the showroom feel more like a boutique as they want their customers to feel more comfortable and welcomed.

The ultimate goal of Elegant Essentials is to help not only those going through their breast cancer journey, but also those that may have developed unevenly or those born without a breast on one or both sides. "As board certified fitters, we make sure we stay on top of the newest technology so we can always provide the best possible care and choices to our customers," said Graf.

Breast Cancer is something that impacts 1 in 8 women. It is something that also impacts men. "Our patients' range between the ages of 19 to 98 with most averaging in their 50's and 60's," explained Graf.



People sometimes spend years fighting this disease. "Cancer made me realize certain things are beyond our control and it's a very humbling experience in that way. I slowed down a lot and learned to let go of things I otherwise would have worked hard to get," stated Ahalya Vikram, a current breast cancer fighter.

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visit:
elegantessentialsonline.com.

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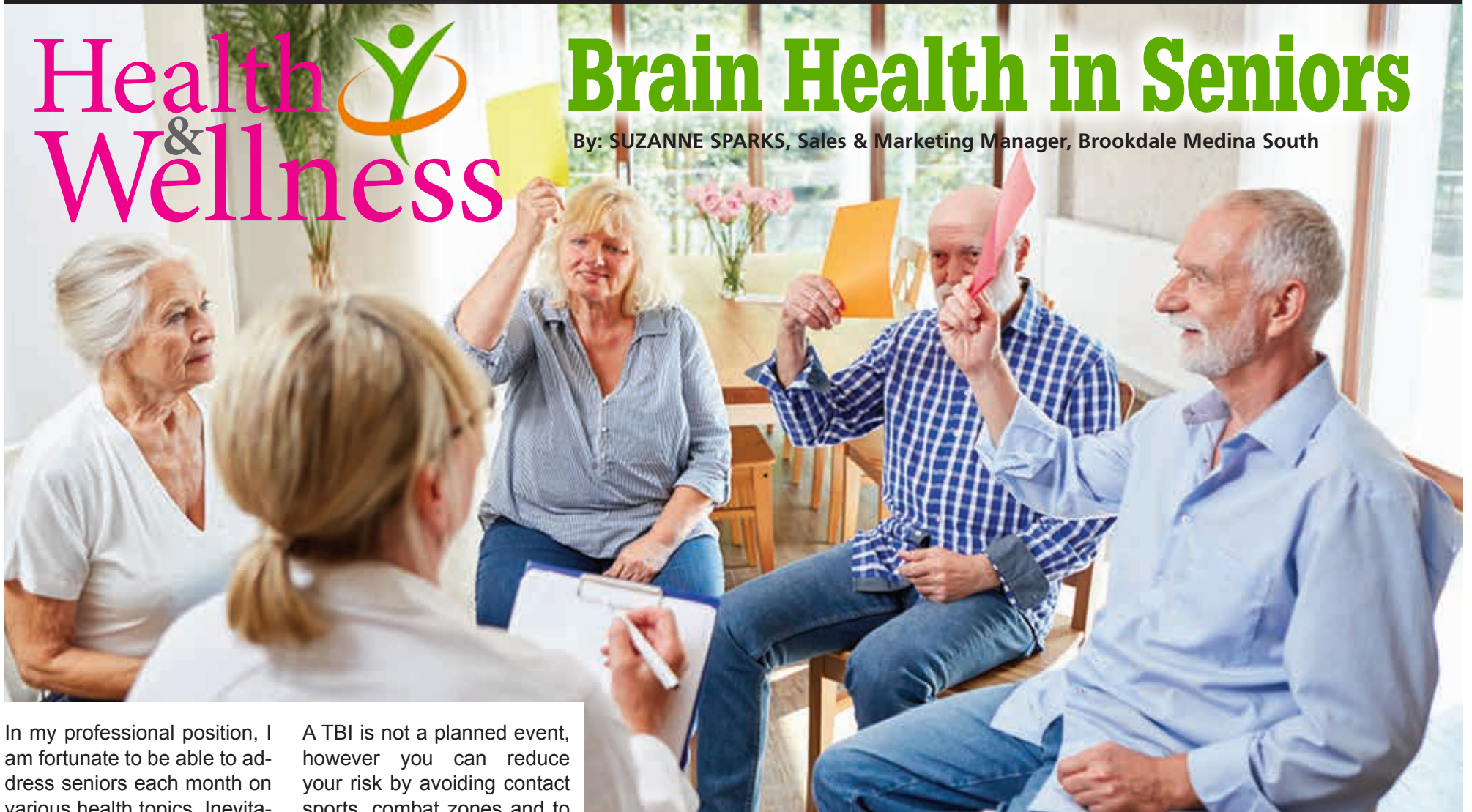


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Health & Wellness

Brain Health in Seniors

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



In my professional position, I am fortunate to be able to address seniors each month on various health topics. Inevitably, the topic of cognitive decline is expressed as a major area of concern as we grow older. In fact, research has indicated that after the age of 55, fear of getting Alzheimer's disease outweighs concerns about major health issues including Heart Disease, Cancer, Diabetes and Stroke (MetLife Foundation Alzheimer's Survey, 2006). Therefore it is not surprising that a common question is, "how can I prevent dementia (or progressive cognitive decline)?"

The answer is not a simple one because both genetics and environmental factors play a role. However, a group called the Lancet Commission endeavored to define the "modifiable" risk factors, or the ones that we can control, that can help minimize or possibly prevent the onset of dementia (Livingston, G., et al, 2020, Dementia prevention, intervention, and care). Of these, two are less modifiable; traumatic brain injury (TBI) and air pollution.

A TBI is not a planned event, however you can reduce your risk by avoiding contact sports, combat zones and to the extent possible, automobile accidents. For seniors, evaluating the home environment for fall hazards and paying attention to potential medication interactions that could lead to falls is beneficial. Also, if you are feeling unsteady, seeking out physical therapy can help you maintain your balance better. As for air pollution? We have less control over this, but if you live in an urban area or near industrial sites, then you could move to a more rural location away from industry.

That leaves ten factors that we have the best chance of affecting. The most important take away from the Lancet Commission's work is that these remaining risk factors fall into two main categories: risk factors for cardiovascular disease and for social isolation. While it is difficult to determine with accuracy the exact effect each individual risk factor has on cognitive decline, addressing these two main categories may be a more comprehensive way to avoid or delay the onset of dementia.

The cardiovascular risk factors that are also risk factors for dementia are; high blood pressure, smoking, obesity, diabetes, and physical inactivity. This makes sense when you consider that 25% of the blood from every heartbeat goes up into your head. It is vital for supplying the brain with the oxygen, fat and nutrients needed to both protect and nourish the brain. If blood flow is restricted, the brain will not get what it needs to stay healthy.

The second main category of risk factors that can affect brain health is social isolation, which is also an individual risk factor. But the remaining four factors also lead to social isolation, so it makes sense to group all of these together. Those four factors include; hearing loss, depression, physical inactivity, and chronic illness.

So my best answer for the question of how to prevent dementia is this: keep your body healthy and active, and seek opportunities to stay socially connected to other people. The good news is that Medina County offers endless options for seniors to do both with active senior centers in Brunswick, Medina, Wadsworth and Lodi, many options for spiritual engagement through area churches as well as volunteer opportunities with the many charitable organizations throughout the county.



Everyone deserves a place that feels like home.



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INSURANCE HELP



Inflation Means Replacing Your Property Will Cost More

From: DENNY BAUER, The Romig Agency

Fire, natural disaster-related damage, and general property losses could be more costly with inflation on the rise. As a consumer, you can plainly see this with things you buy every day. My wife has commented more than once on what it now costs to buy groceries and put gasoline in the car. Building supplies are no different. According to the National Association of Home Builders, in just the past year, prices for residential construction have climbed nearly 20 percent. What can you do? Here are two good steps to take.

■ Talk to the contractors in your area to learn what the reconstruction costs are for the type of home you live in now.

■ Do a policy review! Make time to review your homeowner's policy with your agent. The American Property Casualty Insurance Association found that just 30 percent of over 1,000 U.S. homeowners polled had adjusted their insurance policies in response to the hikes in reconstruction expenses. If you see that a change is needed to your policy then make the proper adjustment.

Inflation will not last forever, but during this time, it is best to be proactive and take the necessary steps to make sure you're protected.



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HEALTH DEPT. NEWS

Updated COVID boosters and the flu vaccine provide us with the protection we need

More than 40,000 Medina County residents over age 60 received a COVID vaccine between January 2021 and July 2022. Most are now eligible for the new booster that is now available. Many readers of this article may fall into this group. So far, less than 20% of older Medina County adults have rolled up their sleeves for the new booster. This could be happening because people believe they have enough protection with previous vaccines they already received. Or people who have had COVID within the past six months might think that natural immunity will protect against a future infection. Both of these reasons are understandable, but not necessarily protective for everyone alike.

As we age there are parts of the immune system that do not function as well. The new boosters developed by Pfizer and Moderna are made to provide wider protection against COVID-19 and stronger protection against the Omicron variant. If you are working or volunteering in places that expose you to many people, you may want to consider a new booster. People with chronic illness, or those living with family members with chronic illness, should also plan to get vaccinated again this fall.

The availability of the new boosters is happening during flu season, which has raised the question about whether or not a person can receive both the flu vaccine and the new COVID-19 booster at one visit. Getting both the flu shot and the new COVID booster is important for prevention of severe disease for

those at higher risk. Whether you get them the same day or days apart, the key is to protect yourself and those around you with both shots.

It is easy to forget that COVID-19 is still a new virus that doctors are learning about. For example, how the human body responds to repeat infections of this virus is unknown. Understanding why some people develop long-term symptoms and who is at risk for having long-term symptoms is still being studied. Additionally, how our immune system responds to each new variant is being watched each time a variant occurs.

We cannot yet consider this virus to be "like the common cold" because it is not. There is still suffering and illness that vaccination can help minimize. Speak with your physician or local pharmacist about an appointment. The Medina County Health Department is offering clinics at various locations. Details on times and location can be found at <https://medinahealth.org/vaccine/> or by calling 330-723-9688 option 2.



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The Medina County Health Department has protected your health since 1918 and has been nationally accredited since 2015. Services are partially supported by your property tax health levy. Equal opportunity provider. This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$600,000 with a portion financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.



HANDS SENIOR SPOTLIGHT

Samantha (Sam) Boyer

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

Upon meeting Samantha (Sam) Boyer, 83, of Brunswick, I was unprepared to speak with someone who has the energy and enthusiasm of a 16-year-old, an encyclopedic knowledge of Brunswick, and bright purple hair! If it has happened in the city of Brunswick since the 1960's, then "Sam" Boyer has experienced it, and most likely written about it!

Samantha graduated from Columbia Station High School in 1957. "There were 47 in our graduating class, though we started with 57," Sam explains. "Several students had to drop out to go to work." By 1959, Sam and her husband, a returning Korean War Veteran, had settled in Brunswick. "We bought a house with a VA (Veteran's Administration) loan at 4.9% interest, but we needed extra income."

In March of 1959, at the age of 19 and with a three-month-old baby at home, Sam was

hired as a typist for the first off-set newspaper in Ohio. It was started by Neil Gowe, who also owned a printing shop in Medina. Soon, Neil began referring to Samantha as "Sam," and the moniker stuck.

"We worked on IBM Executive typewriters and the pay was 95 cents per hour," recalls Sam. Their original office was located in the Post Office building at the corner of Routes 42 and 303 in Brunswick. "It had a tin roof and if we stopped typing, you could hear the mice run across it!"

During this time, major Cleveland employers, like Ford, Chevy and Alcoa Corporation (an acronym for Aluminum Company of America), drew many young families to the area. However, as Veterans returned from the war, there was nowhere to live. Housing developers soon arrived and the area exploded. "It was all farmland, people would find onions and potatoes in their yards," says Sam.



Sam with Medina Kiwanis President, Dave Gedrock.

One of the funniest things during that time was the telephone system. "Everyone had to have a party line," Sam explains. "I only had four people on my line, but most had to have eight." During emergencies, everyone had to hang up so that first responders could be reached.

When the 1960 census established that more than 5,000 people now resided in the Village of Brunswick, it allowed for Brunswick to become a city. In 1961, Sam was asked if she could cover the newly elected city council's meetings for the newspaper. She agreed, and was paid \$10 per meeting. With this new development, Sam's writing career was launched! "The first meeting was held in the firehouse," says Sam. "It ended at midnight and I typed until 3:00 am to get it in on time!"

Although Brunswick remains highly community oriented, the early years reflected the

social forces in play at the time. Sam remembers an advertisement for a Brunswick Chamber meeting from the 1950's that read, "Open to all businessmen and all male residents of the community." During this time, women referenced in the newspaper were referred to by their husband's name, as in "Mrs. John Doe," instead of "Jane Doe." However, using the name, "Sam," led most people to assume she was a man. "Overall, I just worked really hard to be fair to everyone," says Sam.

Sam fondly remembers those early years in her career. "Brunswick was a fun place to be where everyone knew their neighbors. Even today, people here will help you." Throughout the early 1960's, the growth continued. "47% of the population was under the age of 19 – the area just grew and grew and grew!"

■ CONTINUED ON NEXT PAGE ►



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HANDS SENIOR SPOTLIGHT

Samantha (Sam) Boyer

>> CONTINUED FROM PAGE 16

When McDonalds came in 1970, it was the first in the area. We thought we were a big town!"

Sam has been anything but a bystander in the community. Through the years, Sam has been an active volunteer for many causes and organizations. She detailed just some of her involvement, explaining, "I was a volunteer with the Brunswick Sesquicentennial committee in 1965 and the Bicentennial committee in 2015. I was a board member and first woman president of the Brunswick Chamber of Commerce. I was a Brunswick Jaycee (way back before I turned 35--the age you have to leave); I wrote scripts for the Brunswick Entertainment Company for several years; was on the founding board of the Medina County Economic Development Corp. and on founding boards of the Brunswick Sports Hall of Fame and Brunswick Distinguished Alumni Hall of Fame. I filled an unexpired term for a couple years on Leadership: Medina County board; was on the home health advisory committee of the Medina County Health Department. (That was ages ago, whew!) I was the producer of the Miss Medina County (Miss America) pageant for its first years (now Miss North Coast) and on the Ohio Miss America board for several years and judged around the state."

Sam continued writing for the paper full-time until 2007. "I started off as the youngest person in the office at 19, then retired as the oldest person at 70." Even so, Sam continues to write a weekly column



Sam in the 1970s explaining her flower to a youngster.

detailing the people and happenings in Medina County. "My stories go up on Cleveland.com and are published the following Thursday." She has never lost her passion for writing and explains that, "It's still fun. I love talking to people and hearing their stories and then letting people know about them."

Sam's "retirement" simply enabled her to devote her time to

a different passion, preserving the rich history and artifacts of the area. Almost immediately, Sam found out that one of the officers at the Brunswick Area Historical Society was moving out of town and she was able and willing to step into that role. She continues as the Society's Corresponding Secretary and also heads up the Sunday Farmer's Market today.



Sam in the 1970s giving a talk to a women's group.

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This new role proves to be a daunting task as a small group of volunteers, and "wonderful community partners" endeavor to showcase the development of Brunswick as a community. Sam notes, "Now I realize that the historians are not good at asking for money!" But preservation now, before various artifacts are lost to time, is a vital effort.

The Heritage Farm property was purchased in 1995 to create a home site for all things related to Brunswick's rich and storied past. It now includes the Old School Museum, the Bell Tower and Heritage Farm & Museum. The development since 1995 has been the result of amazing community partnerships with the city, the Brunswick Area High School and various other organizations. However, maintaining the buildings and continuing to develop the property requires regular funding.

To that end, in 2012, Sam helped the Historical Society began the late Sunday Farmer's Market. "It went from 11:00 am to 3:00 pm, but was moved to 10:00 am to 1:00 pm so as not to make God or Ministers mad," explains Sam. The Farmer's Market runs from mid-June through early October on the Heritage Farm property. While this and other fundraising efforts help, the Brunswick Area Historical Society relies heavily on the support of individuals and families. Sam encourages everyone to consider helping the Society, "People can join (very inexpensive) or donate. <http://www.brunswickhistory.com>."

To hear Sam speak about the Brunswick community is truly inspiring – she is able to paint such a vibrant picture of a tight community of neighbors who look out for one another. But she is also quite an individual, and advises, "Never be like everybody else!"

FROM WRMC

WESTERN RESERVE MASONIC COMMUNITY



Life in a Brand New Apartment

You hear people talk about that new car feeling and how happy it makes them feel as they drive off the lot. You can have that same feeling when you move into your brand new apartment at Western Reserve Masonic Community (WRMC). There is something special about being the first person to cook dinner on your new stove and that first night entertaining your loved ones. Western Reserve Masonic Community is getting closer to being ready to welcome you to your new home!

It won't be long until winter moves into northeastern Ohio. WRMC can make your life so much easier and warmer too. You won't have to shovel your driveway or sidewalk and everything will be salted as well. Consider moving to your new home before the first snow.

As you begin the process of looking for your new apartment, you will discover that some communities have an entrance fee and some do not. An entrance fee can cost you upwards of \$300,000 or more and may not be refundable. Consider a community like WRMC where there is no entrance fee. You simply pay for the care you need each month without the worries of spending more than you need to spend.

When you think of your new apartment, what do you think of? Is it the number of bedrooms and bathrooms or the appliances? Maybe it's the garage or community center? Don't forget the fireplace or could it be a patio or a balcony? At Western Reserve Masonic Community you can choose an apartment that ranges from nearly 850 square feet to over 1,500 square feet. You have nine exceptional floor plans to choose from.

The common areas are designed to make your life even more exciting than you might have thought when you started your search. You can enjoy a 20,000 square foot common area with a state-of-the-art fitness center, as well as equipment to meet your needs. There will be a beautiful dining room, café, and bar. This is the perfect way to meet your neighbors and make new friends. You will find easy access to the other amenities located in the current building. Ask your new friends and neighbors about the different events such as Wine Down Wednesday and the concerts both on and off of the campus. There is something for everyone-whether it's a quiet indoor activity or a more adventurous outdoor activity.

At WRMC you have the chance to make new friends and take part in activities that you enjoy. Whether you are a Mason or not, you are always welcome at Western Reserve Masonic Community. The community is open to those over 55 years of age. Peace of mind comes from knowing that if your health changes, WRMC will always be your home. You can transition to assisted living or skilled nursing and even memory care if the need arises. No matter what type of apartment you choose, there is someone at WRMC to help you make the perfect decision for you or your loved ones.



Our new apartments will open in the spring of 2023.

Call us today at 330-642-3863 and schedule a visit.



The Western Reserve Masonic Community Expansion is Almost Ready for You!

As construction is getting closer to being finished, it's time to shed light on what you can expect from the expansion and when your new home could be ready for you.

Entrance Fee or Rent? Entrance fees are never required with us! The monthly rent model allows you the flexibility to only pay for the care you need in the future.

Why Choose a Continuing Care Retirement Community (CCRC)? As a CCRC, our care levels change as your needs do.

What does the expansion add? When will it be completed? When the expansion is completed, there will be a lot of fantastic new amenities, but the hallmarks of the project are a community center (open now), state-of-the-art healthcare center (Fall 2022), and 56 new independent living apartments (Spring 2023).

What are the amenities? A 20,000 square foot common area, state-of-the-art fitness center, café, bar, and dining room. It will even be connected to the current campus building for easy access to staff and other amenities such as the beauty parlor and woodshop.

What if I'm not a Mason? We are open to anyone over 55 – Mason or not!

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

For more information, or to inquire with the sales team, contact Melissa Todd (330) 642-3863 | MTodd@ohiomasonichome.org | www.wrmcoho.org



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More Western Reserve Masonic Community News



WRMC Veterans Enjoy Dream Flights!



Veteran's Day is just around the corner and Western Reserve Masonic Community (WRMC) is proud to recognize and honor their veterans. Earlier this summer WRMC provided an opportunity for their veterans unlike anything they had ever done before. They went flying! They participated in "Dream Flights."

Dream Flights is a non-profit foundation established and dedicated to honoring seniors and military veterans. Through donors, community support, and volunteers, the foundation provides Dream Flights in an open cockpit Boeing Stearman biplane, the same aircraft used to train many military aviators in the late thirties and early forties.

The foundation was created in 2011 by Darryl and Carol Fisher and the Fisher family out of their love for seniors and the aviation world. Generations of friends, members of the community, and family come together to celebrate the achievements and sacrifices made by our seniors. Nearly 5,500 flights have been given to date.

Nine veterans, both men and women, took to the sky from the Medina Municipal Airport. The 20 minute flights were enjoyed by veterans representing different branches of the military. Family members, children, and grandchildren, as well as spouses, celebrated this special day with their loved ones. Plans are already under way for WRMC's Dream Flights scheduled for late July.

Thank You Veterans!




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Correcting Your Retirement Course



CLAUS MEYER

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

RAYMOND JAMES

On the road to retirement, having spent decades working, saving and planning for your desired lifestyle, imagine approaching the one sign you didn't see coming: Detour ahead. Suddenly, your journey looks to be taking you out of the workforce years before you expected.

Thankfully you're not alone. According to the Employee Benefit Research Institute's 2021 Retirement Confidence Survey, nearly half of American workers retire earlier than planned. The reasons include job loss, health issues and other circumstances. Being in the same boat as others may not exactly be comforting, but knowing there are steps to take and adjustments to be made could help.

WHAT NOW?

The retirement transition can be stressful for those who feel unprepared. It's important to pause and take stock before making rash decisions. Consider these steps:

Breathe. Don't panic and do something you might regret, like immediately taking Social Security or putting everything on credit, if you can avoid it. Both could jeopardize your future financial security. It may even help to reframe your situation as a fresh start.

Get health insurance. If you're under 65 when you leave your job, you're likely not yet eligible for Medicare. You may be able to join COBRA or a spouse's plan or find coverage through the healthcare exchange. Keep in mind, COBRA lasts for 18 months. So, if you're still too young for Medicare after that time, you'll need to fill the gap. If you're in relatively good health, ask your advisor if a less expensive, high-deductible plan could make sense.

Evaluate your savings and income sources. Determine if those sources can cover your current living expenses. If there's a gap, work to reduce your expenses and/or tap into alternative sources of income. Try to avoid using your 401(k). Depending on your age, there could be tax consequences and potential penalties that would outweigh short-term relief.

Think twice about Social Security. Deferring these benefits typically increases your payments, so it may make sense to spend from other savings accounts first. But if you really need Social Security benefits sooner rather than later, talk to your advisor to determine the best withdrawal and filing strategy. If you can't work because of a

health issue, then Social Security disability benefits may be the answer.

Capitalize on other government benefits. You may qualify for unemployment or other assistance at the state and local level.

EMBRACE A NEW NORMAL

If you can stick to a retirement plan for as long as you have, then you can likely handle the effort of correcting your course. Adjustments like these could help:

Revise your spending strategy. Look carefully at each essential and discretionary expense to determine what you can eliminate and create a new budget to match your income.

Coordinate. Meet with your financial and tax advisors to structure your retirement income in a way that maximizes expected cash flow while minimizing taxes.

Put it in writing. Consider drafting a spending policy statement (SPS) with the help of your advisor. Similar to an investment policy statement, an SPS documents long-term spending goals and reminds you to avoid actions that could thwart your plans.

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Rethink your asset allocation. Talk to your advisor about alternative sources of secure income that meet your particular risk profile. Be careful not to invest more aggressively than you normally would to make up for perceived shortfalls.

LOOKING AHEAD

Once you've laid the groundwork for your new life in retirement, consider what's next for you and your family.

You could:

Job hunt. Despite being in the later stages of life, it's not impossible to find a part-time or contractor position that can bridge income gaps. Even \$10,000 a year can help significantly. That's the same as a 4% annual withdrawal on a \$250,000 portfolio.

Consider big changes. You may have to forgo the vacation home or new car, or even

■ CONTINUED ON NEXT PAGE ►

Correcting Your Retirement Course

>> CONTINUED FROM PAGE 20

downsize. But moving to a less expensive locale, like one without an income tax, could allow you the freedom to live the retirement lifestyle you had originally planned.

Make updates. Once you've come to terms with your new life, revisit your financial plan to make sure it reflects your current needs and wants. And, as with any major life event, revisit your estate plan to see if adjustments need to be made in light of your earlier-than-expected retirement.

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Sources: genworth.com; marketwatch.com; fool.com; money.usnews.com; kiplinger.com

FROM DANBURY BRUNSWICK

Festival of Trees

Danbury Brunswick's Festival of Trees

The residents at Danbury are excited to host our Annual Festival of Trees! We are inviting local businesses to donate a decorated, artificial Christmas tree, which will be displayed for a silent auction. Danbury will prepare a sign with your company name attaching it to your tree as advertising for your business. To further promote your business an ad in The Medina Gazette will list all companies that donated.

Our Goal is to Raise \$5,000.00

All proceeds to benefit The Optimist Club of Brunswick

Silent Auction:

Wednesday, November 30th – Thursday, December 8th

- Auction will be held at Danbury Brunswick, 3430 Brunswick Lake Parkway, 44212
- Bidding will be open daily from 9:00AM – 5:00PM
- Bidding will close Thursday, December 8th at 7:00PM
- After bidding closes the winners will be selected and notified

Please Join Us In Celebrating The Holiday Season Thursday, December 8th from 5:00PM - 8:00PM

This special event will announce the Festival of Trees and Reverse Raffle winners. You will have the chance to enjoy Chef Stephanie's delectable holiday hors d'oeuvres, desserts and wines. Christmas music provided by local musicians will surely capture the holiday spirit.

Win Up To \$1,500.00 From The Reverse Raffle

Purchase a \$10 ticket for your chance to win! All proceeds benefit the Brunswick Optimist Club which supports the youth of Brunswick.

Danbury
SENIOR LIVING
Brunswick



Drop off and setup of items will be
Monday, November 21st - Monday, November 28th
Monetary donations and door prizes also accepted
Please make checks payable to Brunswick Senior Living

Healthy Holidays for Seniors

Even if we have happy memories of holiday celebrations from when we were young, this time of the year can be stressful for our elderly family members. Many hold to the expectations that everything should be merry and happy, regardless of our circumstances. Our elders used to oversee making the holidays merry, but as they age and begin to lose their abilities, the holiday responsibilities pass to the next generations.

Our desire is to provide a way for seniors to enjoy the holidays, but their health conditions and living arrangements can make that challenging. As the holiday season ramps up, it's important to remember that your love and attention are the most valuable gifts you can give. That, and helping your elders to feel included in whatever ways they can participate. Here are some ideas:

1. Assist with decorations and traditions. Make a family event of putting up decorations and mailing cards. Remember, it all doesn't have to be done in one day.
2. Simplify, Simplify, Simplify. Many holiday traditions are extravagant, long, and frankly, stressful. Promise your elder that they can arrive and depart as they please and they do not need to bring anything. Reassure them that it's all handled.
3. Time is the most important gift. During this time of year, our senior family members simply want the family to be together. Here's a tip: make it a fun gathering like an ugly sweater contest and everyone make silly faces for the camera.

At Danbury Senior Living, we take pride in offering a quiet, relaxing atmosphere where everyone is enjoying a festive Holiday Season. Give us a call at 330-460-4244 today to learn how we can help your family!

*May all that brings you joy
be yours this holiday season and
throughout the coming year!*

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DanburySeniorLiving.com



Should I get Remarried **PART TWO**

Elder Law Issues Surrounding Remarriage



ANN SALEK



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

A second marriage later in life can trigger several issues regarding who will receive assets upon one spouse's death. I discussed some of those issues in my article in the previous Helping Hands publication. However, there are other issues that arise when a spouse in a second marriage needs long term care (nursing home/assisted living).

As people age, mental capacity may diminish due to dementia, Parkinson's, Alzheimer's, stroke, etcetera. In such a scenario, it is very helpful if you appoint a Power of Attorney who can make health care decisions and financial decisions on your behalf. But who should you appoint to serve as your Health Care Power of Attorney and your financial Power of Attorney? Should a relatively new spouse serve in that role or should a child from a previous marriage serve? Should the same person serve to make health care decisions as well as financial decisions? If a court guardianship needs to be implemented, even more

complicated issues arise regarding who should be the guardian of the person and who should be the guardian of the estate. It may be very helpful to seek advice regarding typical situations that require a power of attorney. You can then make an educated decision about who to appoint.

Another issue to consider is how to pay for long term care. It is important to understand that not only does the patient become liable for the cost of long term care; but, their spouse may become liable for the cost of that spouse's care as well. This is the case even if a pre-nuptial agreement states that each spouse will keep their assets separate. For example, in determining whether a patient qualifies for Medicaid benefits to assist in paying for long term care, both spouses' assets are counted. This is true regardless of whether or not the spouses agreed to keep assets separate or both agreed to be liable for their own cost of care. Without specific planning otherwise, assets of one

spouse become susceptible to being spent for the long term care of the other spouse.

On a more positive note, marriage to a veteran may allow the spouse of a veteran to qualify for certain benefits in the future. The widow of a veteran may qualify for benefits called Aid and Attendance which may assist in the cost of long term care. In such a case the remarriage may be a significant benefit to a future widow.

While remarriage can trigger many significant issues, most can be overcome with proper planning. A second marriage can be a wonderful time in life. Spouses just need to address the potential pitfalls and make sure an appropriate plan is in place to address those pitfalls.

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MEDINA REC NEWS

Knitting & Crochet Circle at the Rec Center

This year, Medina Rec's Knitting & Crochet Circle has donated handmade items to The National Kidney Foundation, Knitting For Cancer, Salvation Army and more, using yarn generously donated by Medina County residents. As the weather grows colder, the group will donate handmade hats, scarves, blankets and more to local schools, various charities, plus non-profit organizations and agencies. Medina Rec gratefully accepts yarn donations which can be dropped off at the Rec's front desk. Thank You!



L to R: Glenna Schafer, Nancy Dieter, Ilza Ceceris, Linda Walsh and Dolores McIlvaine.



NEWS FROM THE OFFICE FOR OLDER ADULTS

MCOOA Plans Trip to see Holiday Classic!

Come See the Charles Dickens Story,
A Christmas Carol Live on Stage!



TUESDAY, DECEMBER 6 | GET YOUR TICKETS!

The Medina County Office for Older Adults has scheduled a trip to Playhouse Square this holiday season to see one of northeast Ohio's favorite holiday traditions, "A Christmas Carol" at Mimi Ohio Theater in Playhouse Square on Tuesday, December 6th.

The ticket for this trip is \$60 per person which includes bus transportation, ticket to the play and lunch at Hofbrau Haus.

The bus will depart from Medina's Regal Theater parking lot in Medina at 9:15 and from Brunswick Rec Center at 9:45. The play starts at 11:00 a.m. Lunch will be at 1:15 p.m.

This trip is open to everyone 21 and over. You do not have to be a member of the senior programs or a Medina County resident, so call some friends or family and join them for this fun day out. Payment accepted as check, cash or money order to secure your reservation.

Call Jenny at 330-925-9177 for more information.

Checks should be made payable to Medina County Office for Older Adults. Payment can be dropped off in-person to Darlene Jarvis at the Brunswick Rec Center or Jenny at the Medina Senior Center or mail your payment to MCOOA 246 Northland Drive, Medina OH 44256. **Deadline for reservations is November 21st.**

MCSAF Seeking Partners for Upcoming Charitable Events

The Medina County Senior Adult Foundation (MCSAF), an entity organized to benefit the Medina County Office for Older Adults (MCOOA), is in search of sponsors for a very fashionable lunch being held at the Blue Heron Event Center in Medina on Saturday, March 18th, 2023; Dancing with the Stars on Friday, November 3rd, 2023 at Weymouth Country Club and the Twin Sizzler 5k, 10k, Fun Run and Bike Race on Tuesday, July 4th, 2023 on the Medina Square. There are multi-level options to sponsor one, two or all three events this coming year.

Over the past few years, the MCOOA was impacted tremendously due to Covid-19. Demand for delivered meals rose while volunteers declined. In 2022, they are adjusting to higher than pre-pandemic numbers, with demand

continuing at a strong level. Thankfully, the MCOOA has reopened, but many projects and services still need assistance. "Giving in Style" – a Fashion Show and Lunch was developed to raise money to help fund the continual needs of the MCOOA. Dancing with the Stars and the Twin Sizzler events were acquired by the Foundation from Faith in Action in early 2022, and will now do the same.

The MCOOA provides meals and activities for seniors and adults with disabilities i.e., short-term case management, Medicare Open Enrollment, and transportation to medical appointments and shopping. MCOOA activity locations in Medina and Brunswick offer art classes, games, dancing, luncheons, live music, and more.

Please consider a multi-level sponsorship for 2023. The

events are expected to sell out. To be included in the Fashion Show's event publications (Save the Date, Invitations, Programs), sponsorship must be confirmed by

December 1st, 2022. To be included in the events program, the submission is due on February 1st, 2023. Whereas the deadlines for Dancing with the Stars will be

September 1st, 2023 and program submission is October 1st, 2023.

For more info, contact MCSAF at the Medina County Office for Older Adults at 330-723-9514.

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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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We all have our favorite charities that we like to support when we can. Did you know there are several ways to accomplish that and at the same time give a benefit to yourself? Let's look at a couple of those means to do this.

The Setting Every Community Up for Retirement Enhancement Act of 2019 (SECURE Act) became law on December 20, 2019. The Secure Act made major changes to the RMD (required minimum distribution) rules. If you reached the age of 70½ in 2019 the prior rule applies, and you must take your first RMD by April 1, 2020. If you reach age 70½ in 2020 or later you must take your first RMD by April 1 of the year after you reach 72. You may, however, make instead a Qualified Charitable Distribution (QCD) of up to \$100,000 per year directly from your IRA to an eligible charitable organization without having to include those distributions in your own income and hence pay income tax on the distribution. This QCD counts toward meeting your required minimum distribution (RMD). It also is not included in calculating your limitation on charitable deductions in the year the donation is made.

Although you don't get a charitable deduction for this QCD, it is not included in your own taxable income. This is a wonderful strategy that allows you to make a substantial donation, if you choose, to fulfill your charitable goals and reduce your taxable income. Definitely a Win-Win!

By contrast, there can be significant tax advantages to donating retirement assets to charity as part of an estate plan. When done properly, charitable donations of retirement assets can minimize the amount of income taxes imposed on both your individual heirs and your estate.

When you name a charity as a beneficiary to receive your IRA or other retirement assets upon your death, rather than donating retirement assets during your lifetime, the benefits multiply:

Neither you and your heirs nor your estate will pay income taxes on the distribution of the assets.

Your estate will need to include the value of the assets as part of the gross estate but will receive a tax deduction for the charitable contribution, which can be used to offset the estate taxes.

Because charities do not pay income tax, the full amount of your retirement account will directly benefit the charity of your choice. This benefit cannot be emphasized enough. Particularly if you have a definite charity or charities you wish to support, these dollars go 100% to the charity.

It's possible to divide your retirement assets between charities and heirs according to any percentages you choose.

There are also other alternatives to leaving money directly to charities.

Community Foundations can often provide more personalized benefits. These public charities (as opposed to private charitable organizations) focus on making an impact in a specific geographic area. They often provide a wide range of support through grant making. Donations to Community Foundations may also ensure that your money remains in your own community, if that is important to you and to the causes you have chosen to support.

If you have high-valued assets, you have even more options to give back. Charitable Trusts are one such option for larger donations. They can be a way to support

areas in need, while also providing assistance to other Beneficiaries through a stream of income and a pool of assets that can be used for charitable purposes.

Private Foundations are another option. A Private Foundation is a separate entity you can create for charitable purposes. The funds held by a Private Foundation can be used in a wide variety of ways to support a foundation's mission under the direction of an Executive Board. Often this is a good alternative if you wish to name your family members as board members, so they continue your philanthropic wishes through choosing particular charities or causes to support through this Private Foundation. Private Foundations are generally more common at extremely high asset levels. Some you have heard of, for example, are the Bill and Melinda Gates Foundation and the Susan G. Komen Foundation.

As you can see, there are many great methods to utilize to help the charities that are most meaningful to you, often while still providing for your loved ones and yourself.



Giving to Charity And Helping Yourself Too!

By: MARIE EDMONDS, Counselor at Law



MARIE EDMONDS

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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PH: 330.725.5297 | FAX: 330.722.5932
Marie@MarieEdmonds.com | Ashley@MarieEdmonds.com

Being Part of the Community is Important

Meet Lena

Everyone wants a chance to live, exist and be valued as a unique member of our community. It is a proven fact, people with different backgrounds, abilities, and interests all contribute to the richness of our community. When our community defines people by what they can do and not by what they can't, it supports inclusion and only increase this richness. It is this community perspective which helps people with disabilities lead more productive and meaningful lives and provides them the power to make a positive impact on our community.

If you think about it, people are born "included," which means inclusion is the natural state of being. Thankfully, long gone are the days when people with developmental disabilities were shut away and segregated. Today's inclusion and participation efforts are critical keys to more independent and happier lives for people with disabilities. Whether it's the chance to work, socialize, or be involved



in community activities, inclusion helps people with developmental disabilities have the lives they want to live and no one is a better example of this than Lena.

Meet Lena - Lena is a go-getter, nothing stops this young lady in her pursuit of being a part of her Medina County community. Lena works at a local grocery store where her duties include bagging groceries and collecting carts. She loves her job because, "I get to meet a lot of new people in my community and work with some great coworkers." But Lena's involvement in her community goes beyond just her job. "When I'm not working I love to go out to eat,

go for long walks, and relax in my hammock while listening to Christian music. I love to cook and have started my own YouTube cooking channel - Cooking with Lena H. I also enjoy playing sports. I play basketball and baseball with a group called Empower Sports, which I look forward to every week."

Lena knows that being a part of the community helps her connect to new people and new adventures. "Recently I made a new friend, Erin. We have a lot in common and love hanging out with each other. We have joined the Medina Recreational Center so we can play basketball, swim, and walk the track together."

Lena's has dreams for her future too. "I have a passion for teaching others. My goal in life is to be a teacher. I volunteered at Waite Elementary School in Medina where I enjoyed reading to the students, assisting with science projects, and helping them learn sight-words. I'm hoping to do that again soon. If anyone is looking for a classroom volunteer, look no further, I'm your person!"



Lena is just one example of how increasing and promoting community inclusion for people with disabilities can significantly benefit their lives, enhance their independence, support their well-being and enrich our entire community.

Have questions or want additional information 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 and include people with disabilities. Call us at 330-725-7751 for more information.

- Helping People Succeed in Our Community -




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ORAL HEALTH

Botox and Dentistry: A Unique Connection

From: STRONGSVILLE SMILE KEEPERS



At Strongsville Smile Keepers, we always pride ourselves in providing our patients with the most advanced dental services. A treatment becoming popular in dental offices is the application of Botox and cosmetic fillers. Botox is noted for helping with signs of aging by relaxing muscles that cause wrinkles. Cosmetic fillers help to combat signs of aging by plumping areas that have lost volume and smoothness. Botox also has therapeutic applications in addition to its original cosmetic purpose. It can be of great help to individuals with clenching, grinding or TMJ issues and those that suffer with migraines. Dr. Gaebelein is a member of the American Academy of Facial Esthetics which is dedicated to providing the most advanced minimally invasive techniques for beautiful facial aesthetics and is proud to now offer these techniques to our patients.

Botox is a safe procedure that has been used for 20 years with millions of cosmetic procedures done each year. Botox is a trade name for botulinum toxin which comes in the form of a purified protein. Botox works by blocking nerve signals in the muscles where it is injected. When those nerve signals are interrupted, the affected muscle is temporarily paralyzed or frozen. Without movement of these selected muscles in the face, certain wrinkles may be softened, reduced, or even removed. Botox works on wrinkles that are caused by muscle movement. These are known as dynamic wrinkles and are often called "expression lines." The most common dynamic wrinkles are lines on the upper face such as the "11" between the brows, horizontal lines on the forehead, crow's feet around the eyes, water bottle lines and marionette lines that form from the corner of the mouth to the chin. These lines are all caused by smiling, frowning, squinting and other facial expressions. Botox helps to achieve a more relaxed and smooth facial appearance.

Botox has a long history of medically therapeutic uses as well. It can bring relief to migraine sufferers and is an FDA-approved treatment for chronic migraine headaches. Botox can also be used as a treatment for TMJ disorders, clenching, grinding and associated jaw tension and pain. Botox is a muscle relaxer and can greatly reduce the intensity of the muscle contractions that contribute to TMJ and facial pain, giving significant relief.

Cosmetic fillers, such as Juvederm, contain ingredients that are designed to fill in or plump areas that have thinned or lost volume and fullness due to aging. It is a minimally invasive procedure approved by the FDA. Cosmetic fillers are smooth, injectable gels made from naturally occurring hyaluronic acid. They treat static wrinkles which look the same regardless of whether your facial muscles are moving or are at rest. They add volume to weakened and sagging facial features and can stimulate collagen growth. The fillers help to plump up thinning lips and fill in shallow areas of the face.

The dental office may not be the first place you would think to go for these procedures, but it is a great option. Dentists are exceptionally qualified to administer facial cosmetic injections. Dentists have advanced training in oral and facial muscles and nerves from your forehead down to your chin. They use injections to make their patients more comfortable every day. Their extensive knowledge allows them to safely deliver Botox and filler injections. You can rest assured that Dr. Gaebelein is uniquely qualified to administer the injections safely and effectively.

If you are ready to achieve a more relaxed, smooth and natural facial appearance or need help with migraines, grinding or TMJ issues, please call our office for a free consultation. We will be happy to advise you on these procedures and enhance your life!



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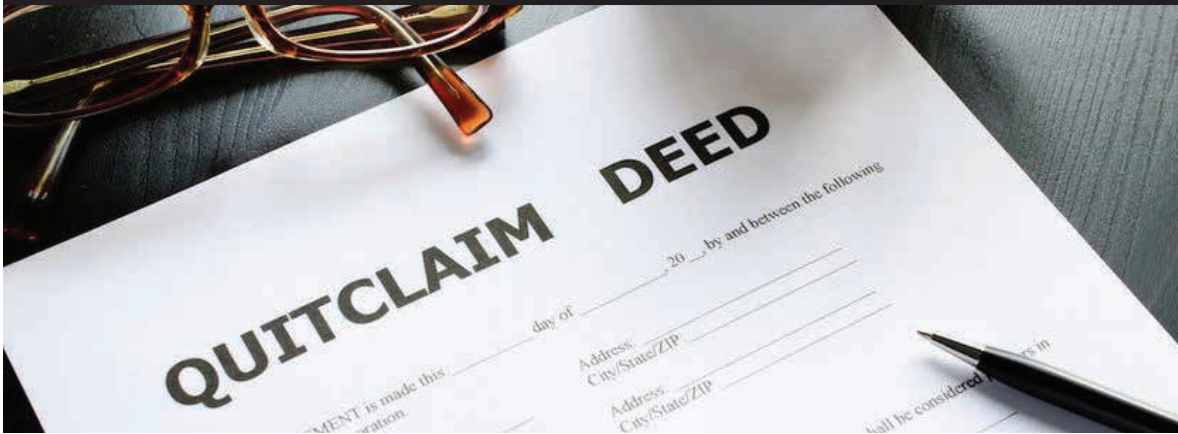
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Warranty Deeds & Quitclaim Deeds: KNOW THE DIFFERENCE

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

The legal transfer of real property is achieved through documents known as deeds. Generally, every deed must be in writing, name the party receiving the real property (known as the “grantee”), be signed by the transferring party (known as the “grantor”) before a notary public, and be recorded in the county recorder’s office where the real property is located.

Ohio law sets forth several statutory deed forms, however two types of deeds are most common: general warranty deeds and quitclaim deeds. Both effectively transfer the grantor’s ownership. Both must be executed and recorded in the same way. However, that’s where the similarities end.

A general warranty deed contains very specific covenants on the part of the grantor with the grantee. At the time of the delivery, the grantor warrants to the grantee the following:

- The grantor lawfully possesses the highest right, title, and interest that one can have in real property (known as “fee simple”);
- That the real property is free from encumbrances (liens, mortgages, encroachments, and interests of others);



MICHAEL LARIBEE

- That the grantor has the absolute right to transfer the real property to the grantee; and,
 - That the grantor will defend the grantee and the grantee’s heirs, assigns, and successors, against claims and demands asserted by all persons relating to the real property.
- Essentially, a general warranty deed allows a grantee to sue the grantor in the future if the grantee incurs damages as a result of title defects in the real property.

A quitclaim deed, however, transfers only those rights which a grantor has in the property at the time of the conveyance. Unlike a warranty deed, it does not warrant that the grantor possesses the highest right, title, and interest in the real property. At the time of the delivery, the grantor warrants only the following:

- The premises are free from all encumbrances made by the grantor himself/herself; and,

■ The grantor will defend the grantee against the claims and demands of all persons claiming by, through, or under the grantor only, but against no other party.

In other words, the grantor only remains responsible for title problems the grantor created himself/herself. The grantor is not responsible for claims of any third parties. A quitclaim deed is often used when there are title imperfections in the real property. The grantee of a quitclaim deed takes the land subject to all existing claims against it as well as any rights the grantor might have enforced. Basically, the grantee takes “the good, the bad, and the ugly.” Co-owners of real property, spouses, or members of the same family often use quitclaim deeds to transfer title among themselves when they are not concerned about liens, encumbrances, or interests of third parties.

When conveying or receiving real property, it is important to consult with a real property attorney and explore all options available. That way, the parties truly understand what rights and interest they are transferring and receiving as well as their ability to collect damages if problems arise in the future.



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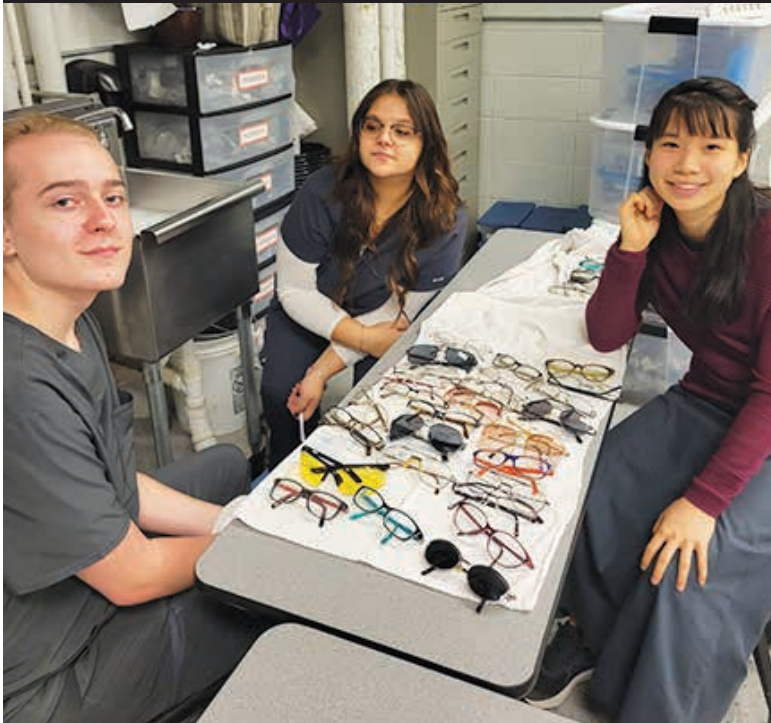
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Medina Lions UPDATE



Moving Forward into the Season of Giving



Moving forward into the season of giving we could not forget a need expressed by Cups Cafe Executive Director Cindy Maxwell. Everything served at Cups Cafe is free. Local businesses, service organizations, and churches make this possible. After making the delivery of food collected at our “Stuff The Trunk” project during Medina Lions August summer picnic a question was asked of Cindy, is there any other need we could help you with? She explained how the old freezer was needing replaced. Medina Lions made a motion to grant this need. A visit was made to Home Depot in Medina and thinking we could provide a 13 cu ft frost-free freezer with service funds, Home Depot came through with a nice discount on a 20 cu ft frost-free freezer. Thanks to Home Depot and Medina Lions this new freezer will keep the food safely frozen until breakfast or lunch needs are prepared.

We are looking forward to our annual Toys for Tots Christmas Party scheduled for Friday, December 2nd. All our Lions family, friends, and representatives from the Toys for Tots program have been invited. Attendees are asked to donate an unwrapped new toy.



Delivery of new freezer with Cups Cafe Executive Director Cindy Maxwell accepting.

A 50/50 raffle is held during this event with proceeds going to Toys for Tots. Once dinner is over we announce the 50/50 raffle winner and present the proceeds from this raffle to the winner and the Toys for Tots representative. Marines box and load all the donated toys into a van for children who would not have a toy this Christmas if it were not for this wonderful program.

Medina Lions was given three large boxes of new children’s frames from an optometrist who was retiring and in the process of closing his office. Who better to donate these frames to than the BrightEyedeas Optical Clinic at the Medina County Career Center. BrightEyedeas is a non-profit organization helping improve the vision of the community of Medina County.



We have taken many boxes of used glasses to students in the Optical Technology class to clean, script, and package for shipment to VOSH where they are stored until mission trips are made to Central and South America as well as overseas.

Medina Lions was able to donate \$600 from our Service Funds to The Steps Walk for Children’s Cancer Research. This walk was organized by our District which includes many area Lions Clubs. Last year Lions raised \$8000.

Please know how important you are in supporting our fundraisers so we can continue helping those in need. With that said, THANK YOU MEDINA, for supporting our Annual Rose Sale last month. We saw many familiar and new faces at our trailer parked at the Medina’s Shopping Center on North Court Street. Without YOU we could not continue giving back within our community.

Happy Holidays from the

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www.medinarec.org (330)721-6900 855 Weymouth Rd, Medina

BREAST CANCER SUPPORT GROUP

Medina Library

The Medina support group meets from 6:00 to 7:45 p.m. on the third Tuesday of each month at the Medina Library. The conference room where the meetings are held varies. Those interested in attending a meeting or finding out more about the support group can contact me, Berny Baldwin, at 330-225-3576 or bmbaldwin@att.net

Berny has “gone to bat against breast cancer” in Northeast Ohio ever since her diagnosis of such in 1992. At that time, she underwent a mastectomy and adjuvant chemotherapy. Her immediate response to becoming a breast cancer survivor was to devote herself to helping others who have also been diagnosed with this devastating and unpredictable disease.



Since 1994, Berny has served, and continues to serve, as the group facilitator for the monthly breast cancer support group in Medina County, which offers support, dialogue and informational resources for woman who have been diagnosed with this disease. Over the past 24 years, she has tirelessly devoted herself in other formal ways to help others and promote breast cancer awareness.

Early in her diagnosis, she became, and continues to be, involved with the Northeast Ohio Division of the American Cancer Society, serving on the Board of Directors/Council, being a Reach-to-Recovery volunteer and actively participating in many advocacy and awareness activities over the years.

Locally, in Medina County and in the Brunswick community, she had served for many years on Organizing Committees of the ACS Relay for Life, with a focus on recognizing and honoring cancer survivors at these events. In 2000, Berny, along with her husband, were recognized as the annual “Hometown Heroes” of the Susan G. Komen Foundation Northeast Ohio Affiliates chapter for their volunteer support of breast cancer awareness, the annual Race for the Cure and the Komen mission.

Get Out and Walk This Fall!



Check Out All the Beautiful Parks Medina Has to Offer!

From: THE MEDINA COUNTY
PARK DISTRICT

New Observation Platform Built by Boy Scout Troop 459 with Funding from Lodi Rotary

Eagle Scout candidate Zachary Worker recently led Boy Scout Troop 459 in the construction of an observation platform at Black River Nature Preserve—Bluebell Valley as part of his Eagle Scout service project. Funding for the construction materials was provided by the final donation from the now-dissolved Lodi Rotary as part of its nearly 100 years of community service. The observation platform, located near the mid-point of the nature trail, provides a spectacular view of the river valley and the Virginia bluebells that bloom here each spring.

Black River Nature Preserve—Bluebell Valley is located at 8500 Richman Road in Lodi/Harrisville Township. Bluebell Valley is a quiet, remote area in which to enjoy nature. Visitors can expect to experience beautiful views of grasslands

and woodlands, interesting walking trails, and lush habitat for butterflies and migrating birds. This area was part of a wetland mitigation and stream restoration project in 2002 that restored 8,000 linear feet of the Black River.

MCPD is a local and regional leader in conservation, education, and the protection of natural resources. Employees take pride in the parks, trails, programs, and community; ensure quality outdoor experiences; protect public investments; plant the forests and prairies of tomorrow; and develop the next generation of stewards. Established in 1965, the district manages over 8,300 acres and over 50 different trails.

Great Job, Zac and Scout Troop 459!



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Five Options for Residential Senior Living

By: SHERRY CASSILY, Director, Archangels Specialty Home Care

When a level of impairment requires substantial multidisciplinary intervention to ensure the comfort, health, and safety, providing residential accommodations may be the only option. A residential care facility is ideal for the delivery of a service that requires integration, coordination, and the sharing of information between different providers. The individual's needs are dealt with by a multi-disciplinary staff.

RESIDENTIAL OPTIONS WITH ASSISTANCE

- Respite care
- Residential Care Home
- Assisted living
- Nursing homes
- Memory care facilities
- Hospice

Respite Care (RC) is a temporary service provided in-home or out-of-home. Residential RC is provided in the community by service providers which operate licensed residential facilities. It is a family support service that provides planned short-term and time-limited breaks for families. RC also provides a positive experience for the person receiving care while providing a break for the family caregiver. RC has been shown to help sustain family caregiver health and wellness, avoid, or delay out-of-home placements, and reduce the likelihood of abuse and neglect.

Residential Care Home (RCH) is a family-like home with a small number of residents. It provides 24 hr. care by trained Care Assistants who often live on the premises. Seniors move to RCH when they are still independent but require help daily. If the assistance is associated with performance of activities



SHERRY CASSILY, DIRECTOR OF ARCHANGELS SPECIALTY HOME CARE

of daily living, an RCH may be appropriate. If health care is a primary concern, an RCH may not be appropriate. RCH are not medical facilities. Some offer health related services such as memory care; diabetic care; incontinence care; and medication management. RCH are often more economical.

Assisted Living (AL) is a residence for those who require help with some of the routines of daily living and access to medical care when needed. Such people, or their families, may choose AL facilities so that professional help is on hand. AL residents have access to medical care as well as trained nursing services. In terms of the level of care provided, AL is a step below a skilled nursing facility.

Nursing Homes (NH) offer an elevated level of medical care. People who need long-term medical assistance should consider moving to a NH. Like assisted living facilities, NH have numerous amenities and help with basic activities. However, they also provide medication management and 24-hour supervision, leading to a more clinical environment. They are considered a medical facility. They resemble a hospital much more than a family home.

Memory Care (MC) is a type of long-term care for those

who have advanced dementia that makes it unsafe to remain in assisted living or at home. MC residents are free of major health concerns. MC facilities offer a safe, structured environment that is specially designed to protect residents against wandering and self-harm.

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- Anti-wandering systems
- Low staff-to-resident ratio
- Family support

Hospice is an in-home or out-of-home service providing care to those who have a terminal illness. It includes physical, emotional, and spiritual care, for both the person dying, and their family.

When receiving hospice care, you are not seeking a cure for your disease, nor does hospice speed up or slow down the dying process. Hospice helps improve the quality of life. People in hospice can spend more quality time with friends and family, doing more of the things they enjoy. Hospice care helps with pain management, diet and nutritional needs, and emotional support. It even provides support and care for family members and loved ones.





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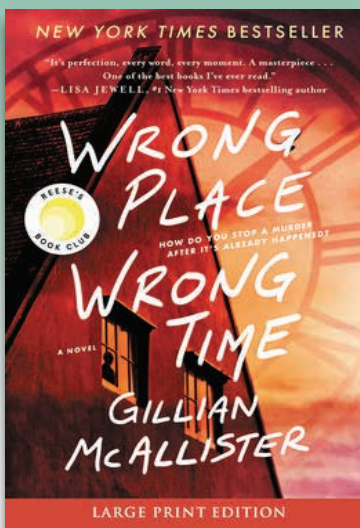
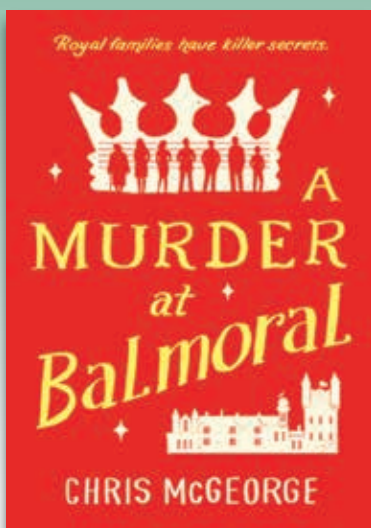
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From: MARY OLSON, Readers' Advisory Librarian



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