



Helping HANDS

JAN / FEB 2023

A Publication of the HANDS Foundation

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

Stuff the Escalade

Popular Holiday Event to Support the HANDS Foundation



WHAT A GREAT NIGHT FOR THE HANDS FOUNDATION! The toy Escalade overflowing with gifts and goodies!

What can possibly be more fun than a toy car filled with gifts? For years, that's been the "driving" motivation for the HANDS Foundation's "Stuff the Escalade" fundraiser held this year at Western Reserve Masonic Community.

This family-friendly event, which took place on December 7th was full of festivities for everyone to enjoy including a variety of delicious meal items and desserts all prepared by the chefs at WRMC.

"We worked very hard to collect a variety of items to stuff into the Escalade for this event," said Chrissy Waller, Plum Creek Executive Director and HANDS Foundation Executive Director. "Items such as lotto

tickets, gift cards, family games, movies, money and much more overflowed out of the Escalade. Each year, the prizes to stuff seems to get bigger and bigger."

The event featured a visit from Santa and even the Grinch to entertain both adults and kids. Adults took part in a basket raffle for a chance to win a variety of beautiful gift baskets.

The event took place in the newly-renovated chapel at Western Reserve Masonic Community where guests were treated to a beautiful holiday setting and warm atmosphere for lots of social mingling.

CONTINUED ON NEXT PAGE

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

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Escalade

>> CONTINUED FROM FRONT PAGE

The highlight of the night was when the lucky winner of the stuffed Escalade was announced. Shellie Crimaldi from the Brunswick Eagles took the grand prize of the Power Wheels Cadillac Escalade overflowing with prizes and goodies. Congrats Shellie!!

THANK YOU!

A huge thank you goes out to Western Reserve Masonic Community for hosting the event. Thank you to all of the WRMC staff for the wonderful food items and desserts! A very special thank you goes out to Enhanced Rehab Services for their contribution of the Power Wheels Escalade.

Thank you to all of the attendees who took part in the event and for their support of the HANDS Foundation. Thank you to all of the HANDS Foundation members who helped make this event a success!

Along with your help and several other businesses and community members, we were able to host an event with over 100 people in attendance and over \$5,000 was raised for the HANDS Foundation.

All proceeds raised went to support the Hands Foundation. "This is one of our best fundraising gatherings of the year and it's even more special during the holiday season," said Chrissy Waller. "Families who attend always have a wonderful time, and it's a beautiful thing to see so many people who have a special place in their heart to help seniors in our community," said Waller. "We hope to see many new faces next year!"



Mayor, Dennis Hanwell with wife Chris.



The newly-renovated chapel at WRMC was the perfect place for STE.



Santa Claus giving out magic stickers and goodies to the kids.



Office for Older Adults Director, Laura Toth with Pearlview Rehab & Wellness Center Administrator, Kim Korrigan and HANDS Foundation Executive Director, Chrissy Waller.



Along with Santa, the crowd was treated by a visit from the Grinch.



The whole evening was about fun and cuteness.



The buffet line served up an amazing variety of delicious meal items and desserts.



THE HASSLER GROUP

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

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a variety of
local senior
service
providers:
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 - Fitness & Health
 - Legal
 - Community Services
 - Financial
 - Housing
 - And more!



**2023 EXPO
BAKE OFF**
Taste and Vote!
You decide which of our
Sponsors has the best
baked goods!



HANDS FOUNDATION

Mailing P.O. Box 868 • Brunswick, OH 44212
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Office Hours.....Tues, Wed, Thurs, 9:30 am - 12:30 pm

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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 infor-
mation published in Helping HANDS. Articles published
in Helping HANDS are from independent article submit-
ters and do not necessarily reflect the opinions or beliefs
of the HANDS Foundation.

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If you would like to get on our mailing list,
please contact Liz Murphy at the
HANDS Foundation office at:
330-225-4242
Tues, Wed, Thurs, 9:30 am - 12:30 pm
or by email at: OfficeHandsFound@aol.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  MCOOA OFFICE CLOSED	3 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook	4 BILLIARDS ALL DAY 9:00 BP Screening w/Samaritan 9:30 Bingo - Z - LifeCare 10:00 Painting 11:00 Program 11:30 Lunch - LifeCare 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	5 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 Watercolor 2:30 BalloFlex*	6 BILLIARDS ALL DAY 9:30 Bingo - Z - Altimate HHC 10:30 Resistance Bands 11:00 Program: "Let's Play the Feud" 11:30 Lunch* 12:00 Pinochle
9 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:00 Art w/Mishalene 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong	10 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 12:30 Sip-n-Paint FREE 1:00 Hook Nook	11 BILLIARDS ALL DAY 9:30 Bingo - Z - Devoted 10:00 Painting 11:00 Program 11:30 Lunch - Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3 Ask an Attorney	12 BILLIARDS ALL DAY 9& 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 10:45 OSU Nutrition Class 11:30 Lunch 12:30 Bunco 1:00 Watercolor 2:30 BalloFlex*	13 BILLIARDS ALL DAY 9:30 Bingo- Broadway Creek 10:30 Resistance Bands 11:00 Program: Scam Squad & Adult Protective Services 11:30 Lunch* 12:00 Pinochle
16  MCOOA OFFICE CLOSED	17 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 Basic Computing 12:15 Movie 12:00 14 Card Game 1:00 Hook Nook	18 BILLIARDS ALL DAY 9:30 Bingo - Z - Medina Ctr 10:00 Painting 10:30 Program: Kidneys & You 11:30 Lunch - Medina Ctr 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	19 BILLIARDS ALL DAY 9& 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:00 BP Screening-Cleve Clinic 11:30 Lunch 12:30 Hand & Foot 1:00 Watercolor 2:30 BalloFlex*	20 BILLIARDS ALL DAY 9:30 Bingo 10:30 Resistance Bands 11:00 Program 11:30 PJ PARTY/LUNCH* 12:00 Pinochle
23 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:00 Art w/Mishalene 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong	24 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 One-on-One Tech Help	25 BILLIARDS ALL DAY 9:30 Bingo - Z - Summa 10:00 Painting 11:00 Program: Fall Prevention & Screening Brookdale 11:30 Lunch 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	26 BILLIARDS ALL DAY 9& 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:45 OSU Nutrition Class 11:30 Lunch 12:30 Hand & Foot 1:00 Watercolor 2:30 BalloFlex*	27 BILLIARDS ALL DAY 9:30 Bingo 10:30 Resistance Bands 11:00 Program: "Donuts & Conversation: Grief and Loss" HMC Hospice & Senior Care Authority 11:30 Lunch* 12:00 Pinochle
30 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:00 Art w/Mishalene 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong	31 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook	<div>  <div> January 2023 Medina County Office for Older Adults www.mcooa.org </div> </div>		

* = Fee required z = Zoom class

JANUARY

OF
EVENTS
CALENDAR

MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BILLIARDS ALL DAY 9:00 BP Screening w/Samaritan 9:30 Bingo - Z - LifeCare 10:00 Painting 11:00 Lunch/Learn: LifeCare 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	2 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 Watercolor 2:30 BalloFlex*	3 BILLIARDS ALL DAY 9:30 Bingo - Z - Altimate HHC 10:30 Resistance Bands 11:00 Program - Dr Tatro "Latest in Hearing Tech" 11:30 Lunch* 12:00 Pinochle
6 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:00 Art w/Mishalene 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	7 BILLIARDS ALL DAY 9:00 Edwina's Exercise 9:00 Lilly's Beginner Painting 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 Basic Computing	8  BRUNSWICK SENIOR EXPO 9:30am - 12:30pm MCOOA OFFICE CLOSED	9 BILLIARDS ALL DAY 9& 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:45 OSU Nutrition Class 11:30 Lunch 12:00 Bunco 12:30 Hand & Foot 1:00 Watercolor 2:30 BalloFlex*	10 BILLIARDS ALL DAY 9:30 Bingo-Broadway Creek 10:30 Resistance Bands 11:00 Program 11:30 Lunch* 12:00 Pinochle
13 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	14 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 One-on-One Tech Help	15 BILLIARDS ALL DAY 9:30 Bingo - Z - Medina Ctr 10:00 Painting 10:30 Drum Circle 11:00 Program 11:30 Lunch: Medina Ctr 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	16 BILLIARDS ALL DAY 9& 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Hand & Foot 10:00 BP Screening-Cleve Clinic 10:45 OSU Nutrition Class 11:30 Lunch 12:30 Hand & Foot 2:30 BalloFlex*	17 BILLIARDS ALL DAY 9:30 Bingo 10:30 Resistance Bands 11:00 VALENTINE PARTY WITH HAYDEN GROVE* 12:00 Pinochle
20  PRESIDENT'S DAY UNITED STATES OF AMERICA MCOOA OFFICE CLOSED	21 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 12:15 Movie: 1:00 Hook Nook 1:30 Basic Computing	22 BILLIARDS ALL DAY 9:30 Bingo - Z - Summa 10:00 Painting 11:00 Lunch/Learn: Brookdale "Your Heart's Desire" w/Screenings 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	23 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 Watercolor 2:30 BalloFlex*	24 BILLIARDS ALL DAY 9:30 Bingo 10:30 Resistance Bands 11:00 Program: "Donuts & Conversation" HMC Hospice & Senior Care Authority 11:30 Lunch* 12:00 Pinochle
27 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:00 Art w/Mishalene 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	28 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:00 Garage Band 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 One-on-One Tech Help	<div>  <div> February 2022 Medina County Office for Older Adults www.mcooa.org </div> </div>		

* = Fee required z = Zoom class

FEBRUARY

OFFICE FOR
OLDER ADULTS
AND
SENIOR CENTER

MEDINA

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



LAURA TOTH
LToth@medinaco.org




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Center Closed for City Holiday</div> <div></div>	<div>3</div> <div>Walking Track 10:00 -12:00 Watercolor 10:00 Coupon Clippers 10:30 Euchre 1:00 General Caregivers* 1:00 Wits Workout 2:00</div>	<div>4</div> <div>Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Blind Truth 1:00 Dominoes/Games 1:00</div>	<div>5</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Alzheimers Caregiver Support * 1:00</div>	<div>6</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy - by appt. 2:00 Mindfulness 2:00</div>
<div>9</div> <div>Pinochle 10:00 Walking Track 12:00-2:00 Coloring Club 1:00 Movie at Wads. Library 1:00 Medicare 101 Hybrid* 3:00</div>	<div>10</div> <div>Walking Track 10:00 -12:00 Crafts/Puzzles w/Windfall10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00 Storytime w/ Wade (Zoom) 3:30</div>	<div>11</div> <div>Summa Health Chat* 10:00 Gentle Exercise 11:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes/Games 1:00 Aging Gracefully w/Brookdale* 2:00</div>	<div>12</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00</div>	<div>13</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Learn BlackJack 12:30 Genealogy - by appt. 2:00</div>
<div>16</div> <div>Pinochle 10:00 Walking Track 12:00-2:00 Coloring Club 1:00 CAVS Watch Party 2:00</div>	<div>17</div> <div>Walking Track 10:00 -12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 Ask an Attorney - by appt. 1:00 Parkinson's Caregivers* 1:00 Wits Workout 2:00</div>	<div>18</div> <div>Gentle Exercise 10:00 Chess 11:00 MC Flex Pilot* 11:30 Walking Track 12:00-2:00 Dominoes/Games 1:00 Healthy Living w/Humana* 1:00</div>	<div>19</div> <div>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance- appts. 2:00</div>	<div>20</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Learn BlackJack 12:30 Genealogy - by appt. 2:00</div>
<div>23</div> <div>Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00-2:00 Coloring Club 1:00 Cooking with Liberty 2:00</div>	<div>24</div> <div>Walking Track 10:00 -12:00 Coupon Clippers 10:30 Garden Chat* 11:00 Learn BlackJack 12:30 Euchre 1:00 Tech Tuesday 2:00 - 4:00</div>	<div>25</div> <div>Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes/Games 1:00</div>	<div>26</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Poetry Open Mic 12:00 Senior Book Club 1:00 Grief Support 2:00</div>	<div>27</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Learn BlackJack 12:30 Genealogy - by appt. 2:00 Travel Preview 2:00</div>
<div>30</div> <div>Pinochle 10:00 Walking Track 12:00 - 2:00 Coloring Club 1:00</div>	<div>31</div> <div>Walking Track 10:00 - 12:00 Coupon Clippers 10:30 Euchre 1:00</div>	<div>PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS!</div> <div>*PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).</div>		<div>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</div>

OF EVENTS

CALENDAR

WADSWORTH


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div>	<div>PLEASE RSVP TO RESERVE YOUR PLACE IN THESE GREAT PROGRAMS!</div>	<div>1</div> <div>Hearing Screenings - by appt. 9:00 - 2:00 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Blind Truth 1:00 Dominoes & Games 1:00</div>	<div>2</div> <div>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Support* 1:00</div>	<div>3</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Balance Testing - by appt. 2:00 - 3:00 Genealogy - by appt. 2:00</div>
<div>6</div> <div>Tax Preparation - by appt. 9:30 - 11:45 Pinochle 10:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00 Coloring Club 1:00</div>	<div>7</div> <div>Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General & Parkinson's Caregivers* 1:00 Wits Workout 2:00</div>	<div>8</div> <div>Tax Preparation - by appt. 9:30 - 11:45 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Aging Gracefully w/Brookdale* 2:00</div>	<div>9</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00</div>	<div>10</div> <div>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy - by appt. 2:00</div>
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<div>20</div> <div>Center Closed for City Holiday</div> <div></div>	<div>21</div> <div>Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 Ask an Attorney - by appt. 1:00 Wits Workout 2:00</div>	<div>22</div> <div>Tax Preparation - by appt. 9:30 - 11:45 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00</div>	<div>23</div> <div>Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Poetry Open Mic 12:00 Senior Book Club 1:00 Grief Support 2:00</div>	<div>24</div> <div>Bingo Auction 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy - by appt. 2:00</div>
<div>27</div> <div>Tax Preparation - by appt. 9:30 - 11:45 Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00-2:00 Coloring Club 1:00 Cooking with Liberty 2:00</div>	<div>28</div> <div>Walking Track 10:00-12:00 Coupon Clippers 10:30 Garden Chat 11:00 Euchre 1:00 Tech Tuesday 2:00 - 4:00</div>	<div>*PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).</div>		<div>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</div>

FEBRUARY

SOPREMA SENIOR CENTER & CAFE


WADSWORTH

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



ssc@wadsworthcity.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg MCOOA OFFICE CLOSED NEW YEARS DAY OBSERVED	3 8:00 Cards 10:00 Book Club 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	4 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 10:00 Activity Council 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	5 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	6 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
9 9:00 SS Classic 10:00 SS Chair Yoga 11:00 LUNCH & LEARN 11:15 Line Dance (Inter) 11:30 Cardio Dance 12-2 AARP Driver Class 12:15 Mah Jongg 1:00 Culinary Club 1:00 Art w/Mishalene	10 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	11 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	12 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	13 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:00 Create a Better You! 12:30 Ladies Pinochle SUNDAY JANUARY 15 WINTER CHILL 6-8PM WITH FUNKOLOGY
16 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg MARTIN LUTHER KING DAY MCOOA OFFICE CLOSED	17 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	18 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	19 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 12:00 Ask an Attorney <i>(by appointment only)</i>	20 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
23 9:00 SS Classic 10:00 SS Chair Yoga 11:00 LUNCH & LEARN <i>(prior sign up required)</i> 11:15 Line Dance (Inter) 11:30 Cardio Dance 12-2 AARP Driver Class 12:15 Mah Jongg	24 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	25 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	26 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	27 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:00 Create a Better You! 12:30 Ladies Pinochle
30 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	31 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	<div>  <p>January 2023</p> <p>Medina County Office for Older Adults www.mcooa.org</p> <p>BRUNSWICK RECREATION CENTER</p> <p>Activities subject to change.</p> </div>		

JANUARY

OF EVENTS

CALENDAR

BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 10:00 Activity Council 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	2 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	3 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
6 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg 1:00 Art w/Mishalene	7 8:00 Cards 10:00 Book Club 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	8  9:30am - 12:30pm MCOOA OFFICE CLOSED	9 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	10 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:00 Create a Better You! 12:30 Ladies Pinochle
13 9:00 SS Classic 10:00 SS Chair Yoga 11:00 LUNCH & LEARN <i>(prior sign up required)</i> 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg 1:00 Culinary Club	14 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 11:00 "PIZZA MY HEART" VALENTINE PARTY (No Bingo)	15 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	16 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	17 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:30 Ladies Pinochle
20 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg PRESIDENT'S DAY MCOOA OFFICE CLOSED	21 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo	22 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	23 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo	24 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 12:00 Create a Better You! 12:30 Ladies Pinochle
27 9:00 SS Classic 10:00 SS Chair Yoga 11:00 LUNCH & LEARN <i>(prior sign up required)</i> 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	28 8:00 Cards 10:00 Irish Dance 11:00 SS Cardio 1:00 Bingo Activities subject to change.	<div>  <p>February 2022</p> <p>Medina County Office for Older Adults www.mcooa.org</p> <p>BRUNSWICK RECREATION CENTER</p> </div>		

FEBRUARY

OFFICE FOR OLDER ADULTS

BRUNSWICK

BRUNSWICK REC CENTER

3637 Center Road
330-416-3680 • 330-273-8000
www.mcooa.org



LAURA TOTH
LToth@medinaco.org

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



FROM YOUR STATE REPRESENTATIVE



Come Down and Visit the People's House

By: State Representative, SHARON RAY



SHARON RAY

building to the splendor the original builders envisioned, as well as, making the Statehouse a useful and functional government building. Original furniture and modern reproductions of long-gone items such as carpets and light fixtures were created. The restoration project also resulted in the addition of a third building to Capitol Square. The Atrium, which connected the Statehouse with the Judiciary Annex was completed in 1993. After the renovation, the Judiciary Annex became the Senate Building.

There are several portraits of governors, lieutenant governors, Speaker of the House and President of the Senate's portraits hanging in the Statehouse. Medina County is proud to have portraits of former Speaker of the House Bill Batchelder and former president of the Senate Larry Obhof in residence.

.....

Tours are available every day at no cost. Tours for small groups are conducted on the hour. Large groups can be scheduled by calling my office at 614-466-8140 or emailing me at Rep66@ohiohouse.gov

.....

One of my favorite things to do as your State Representative is to help arrange tours of the Ohio Statehouse. The beauty of the building and grounds is something everyone should experience at least once. The Statehouses prominent architecture has made it a National Historic Landmark visited by over 500,000 visitors a year.

The Ohio Statehouse is a Greek revival building located on Capitol Square in downtown Columbus. The Capitol houses the Ohio General Assembly, consisting of the House of Representatives and the Senate. It also houses the ceremonial offices of the governor, Lieutenant governor, state treasurer and state auditor. It is one of the oldest working Statehouses in the United States.

Built over a 22- year period between 1839 and 1861 at a cost of \$ 1.3 million dollars. The construction took many twists and turns and suffered many setbacks. Columbus was not even the original State Capital – Chillicothe was. Legislation enacted in 1810 deemed the State Capital be "not more than 40 miles

from what may be deemed the common center of the state". On February 14, 1812, the General Assembly, after intense debate selected the current location and decided to name the new town Columbus. The design of the new Statehouse was selected via a competition – a common practice at the time. When the cornerstone was laid on July 4th, 1839. The building was still without a final design. While the General Assembly's legislation selecting Columbus was set to expire – renewed debate about the location stalled construction – open excavations were re-filled with earth and Capital Square became open pasture for livestock.

In 1848 construction resumed only to be interrupted by a cholera epidemic. Construction resumed, and with great fanfare, the new Statehouse opened to the public on January 7th, 1857. Construction of Capitol Square, including its buildings, grounds and landscaping, was finally completed in 1861.

In 1989, a massive project commenced to restore the



Sharon A. Ray
State Representative
House District 66



614-466-8140

Rep66@OhioHouse.gov

77 South High St., 13th Floor, Columbus, Ohio 43215

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FROM YOUR TREASURER



JOHN BURKE

Inflation: A Brief History



One of the biggest buzzwords this year has been inflation, not only in the U.S. but around the world. Currently in 2022, inflation has been hovering around 8%, the highest since 1982 according to the U.S. Bureau of Labor Statistics. The result has been a dramatic increase in the prices of goods and mortgage rates. Leading core categories have been food – up 12% and energy – up 17%.

THERE ARE THREE MAIN CAUSES FOR THE CURRENT INFLATION SPIKE:

1. Supply chain disruption and decrease in the availability in goods caused by COVID-19 shut down and the war in Ukraine.
2. Pent up demand for goods and services.
3. Government spending with stimulus programs and increasing the money supply by printing more money.

What was the highest inflation rate in the United States? The highest annual inflation rate since the establishment of the Consumer Price Index CPI in 1917, has been 29% in 1978. That is very high, but not when compared with some other examples looking back in history.

One of the first records of inflation occurred after Nero became emperor of the Roman Empire in AD 54. As Rome overtook countries, they plundered those lands and took the gold and silver to pay the Roman Army. After conquering all the known world, the Roman Army came home. To pay the soldiers, Emperor Nero took all the silver in the Empire and reissued silver coins in a smaller size, taking the difference to pay the army.

Next, he introduced other metals into the silver coins, keeping the difference. But the metal alloy he used caused the coins to rust. The vendors realized the scam, so they required twice as many coins to purchase items — hence the first inflation.

An example of hyperinflation was in Germany after WWI. Germany had a terribly large debt to pay to the Allies for the cost of the war, so they printed more money — a lot of money. The result, in 1921, was that it took 100 German marks to feed a family of four for one year. (4 marks = \$1 US). One year later it took 50,000 marks to feed a family for a year, and by 1923, it took 2,000,000 marks. A famous picture shows a German taking a wheelbarrow full of 300 million

paper German marks to buy one loaf of bread. The wheelbarrow was worth more as firewood than all the money.

A more recent example of runaway inflation was 2008 in Zimbabwe. Monthly inflation hit 79 billion percent — that's 79,000,000,000%. Zimbabwe issued the highest denomination note ever printed in the world — a \$100 trillion bill. That year a sign in a public toilet read "toilet paper only to be used in this toilet — no newspaper or Zimbabwe dollars."

How can we safeguard against this happening in the United States? In 1913, the Federal Reserve Bank was created to set monetary policy in the United States. Their purpose is to try to keep stable prices for goods and services, moderate interest rates and stimulate full employment. To do this the Federal Reserve will increase or decrease the federal fund interest rate by which banks can borrow money from the Federal Reserve. During the 1970's when inflation hit 29%

the Federal Reserve Bank raised their federal fund rate up to 22% which decreased inflation by slowing the economy and resulted in a recession.

In December, the Federal Reserve raised their Fed fund rate to 4.5% which compares with a 0.25% rate in 2021 at this time. This unprecedented and dramatic rise in 2022 of the Fed fund rate has increased the cost of borrowing for businesses and consumers. We have seen this especially in the doubling of interest rates for home mortgages which has cooled the red-hot housing markets. Another result has been a moderation of

employment and production figures as the economy starts to slow.

Lowering inflation remains the highest priority for the Federal Reserve. And their current strategy has begun to slow the CPI annual inflation rate. At the end of November 2022, the annualized CPI index decreased to 7.1% from a high of 9.1% in April (a 40 year high). But the unanswered question facing us in 2023, is whether inflation will continue to decline without slowing the economy to the point of causing a recession.

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



STEVE HAMBLEY
Commissioner

144 North Broadway Street
Medina, Ohio 44256

(330) 722-9208
SHambley@ohmedinaco.org

COMMISSIONERS' CORNER



COMMISSIONERS' DEPARTMENTS: PART III

JOB & FAMILY SERVICES

The Medina County Job & Family Services (JFS) is an agency whose mission is to guide and support families that have experienced crisis.

They provide various supportive services to families in our community by administering assistance and programs and supportive services — a variety of public assistance programs including Medicaid coverage, supplemental food assistance and child support determinations and collections.

JFS is also tasked with investigating reports of child abuse and neglect, ensuring children are in a safe environment while working to stabilize the family.

JFS Director Debbie Kiley started her career with Job & Family Services as a clerk in the Medicaid department, advancing through various responsibilities as time and experience allowed.

Kiley has worked for Medina County for 28½ years and has been the JFS Director for the past two years.

She says what she enjoys most about her department is the collaboration that exists between Job & Family Services and other departments in the County as well as other cities and townships.

"So many of us have an amazing collaborative relationship, working to provide the very best for the citizens of Medina County," Kiley said.

Kiley can be reached at 330-661-0831 or debbie.kiley@jfs.ohio.gov.

PLANNING SERVICES & FAIR HOUSING

The Planning Services and Fair Housing Department provides administrative, technical and professional planning services and grant management for Medina County agencies, townships and communities leading to effective and efficient development benefiting residents, businesses, builders and developers.

Working with cross-functional teams, we provide reports to the Medina County Planning Commission regarding residential and commercial development regulated by the Medina County Subdivision Regulations, oversee the county's Community Development Block Grants and Fair Housing services, and assist Townships with county-wide planning.

Denise Testa has been the Planning Services Director for the last two years. She is an experienced servant and situational leader with a successful history of working with cross-functional teams benefiting the residents of Medina County.

Prior to working in Planning Services, Testa worked in higher education for 25 years at Kent State University and the University of Akron including 13 years at the Medina County University Center.

She has served on a number of countywide boards including the Greater Medina Chamber of Commerce, Leadership Medina County and the Medina County Economic Development Corporation.

"I enjoy collaborating with our County and Township leadership leading to creative solutions that have a positive impact on our Medina County residents," says Testa.

Testa can be contacted at 330-722-9291 or dtesta@ohmedinaco.org.

MEDINA COUNTY PUBLIC TRANSIT

The Medina County Public Transit provides safe, reliable transportation to those passengers traveling to many destinations countywide for work, including medical appointments, shopping and social events.

Shannon Rine has been the director of Transit for 3 years and 7 months. He is described as a "people-first" leader that strives to manage things and lead people.

As the Medina County Transit Director, Rine says, "I'm blessed; I can't put it any other way. We have a great facility, a great team and great drivers."

He added, "I really enjoy that our department has an extremely dedicated team that works hard each day to provide safe, reliable transportation for the Medina County residents. Together, we are able to make a positive, significant impact for the community."

Rine can be contacted at 330-764-8102 or srine@medinaco.org.

SANITARY ENGINEERING

The Sanitary Engineering Department consists of three divisions — Sanitary Sewer, Water, and Solid Waste.

The departments are responsible for the collection and treatment of wastewater throughout the County, providing potable water to unincorporated areas within the County, and lastly, managing the Solid Waste (garbage) generated within Medina County.

They also oversee numerous re-cycling programs including House-hold Hazardous Waste and Yard Waste.

Jeremy Sinko has worked for Medina County for 18 years. He has been the Sanitary Engineer for the past two years.

He attended the University of Toledo where he received his Engineering degree.

Sinko says he enjoys the every-day challenges that are presented and brainstorming with staff to derive reasonable solutions.

Sinko can be contacted at 330-764-8331 or jsinko@ohmedinaco.org.

CUSTOM INSURANCE PLANS FOR SENIORS



**CONTACT
Mark Herwick**

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FROM YOUR VETERANS OFFICE



ED ZACKERY

WHAT'S HAPPENING IN 2023

I want to start out by wishing everyone a Healthy and Happy New Year! This upcoming year will be a busy one for us here at the Medina County Veterans Service Office. We have a lot going on and several changes with recent veterans' laws which have impacted three generations of veterans.

First, we have several things happening right here in our community this upcoming year. We have our first ever "Veterans Field Day Trip" January 28th to the National Veterans Memorial and Museum in Columbus, Ohio. This trip is sponsored by the Medina County Veterans Memorial Fund 501c3 at a cost of only \$25.00. This is the first time we have planned anything like this and depending on its success hope to have more in the future. The trip includes round trip bus ride, breakfast snack on the way down, and dinner in Columbus before we return.

Next, we have the I-X Piston Powered Auto-Rama, March 31 through April 2, 2023. We have been a part of the Piston Powered Auto-Rama for almost ten years now, partnering up with other County Veterans Service Offices from Northeast Ohio to discuss veterans benefits with the more than 50,000 people that come to the show. We have had the

opportunity to be a part of the themed events which have included topics like Vietnam, women veterans' issues, service animals and prosthetics. This year's theme is burn pits and toxic exposure.

Next up is the month of May which is probably the busiest of months for all the various veterans' organizations throughout the county. On Armed Forces Day, Saturday, May 20th, we will be hosting the 1st Annual Medina County Armed Forces Day Auto Show. All proceeds will go to the Medina County Veterans Memorial Fund 501c3. We are hoping to have over 100 vehicles at the show. Music and other events will also be at the show. If you or someone you know is interested in sponsorship, entering a vehicle, or having a booth at the show contact our office for details. We also will be bringing back our Veterans Benefits Seminars for 2023. We stopped having these events during the pandemic but have been asked by several veterans when we would be starting them again. The first one is scheduled for late January.

All this just to start up the year. We have brought on an additional Service Officer to the team and will hopefully

be starting construction on the existing building modifications this summer and plan to be completed by the end of 2023.

Aside from the upcoming events we have been busy serving our veterans and family members with all the changes and the implementation of the "PACT Act" things have really gotten busy. Since the beginning of this year, we have seen a 76% increase in the number of appointments we would typically have. We don't expect things to slow down anytime soon either. If you or someone you know is affected by or disabled from your time in service, contact our office to see if we can help.

Happy New Year!
From all of us at
The Veterans Office



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



There are several changes starting in 2023 that will affect our veterans, survivors and military retirees.

- 8.7% COLA increase
- Expanded VA healthcare eligibility
- "PACT Act" implementation
- VA Life insurance (VA Life)
- SBP-DIC Offset ends (survivors)
- Happy New Year!

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

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.

NEED A MEAL?

Meals on Wheels of Wadsworth, Inc.

In the mid-1970's, a group of Wadsworth teachers saw a need to feed people in the community. So, they got together, came up with an idea, and formed an organization called Meals on Wheels of Wadsworth, Inc.

Since 1975, Meals on Wheels of Wadsworth has provided dinner-quality meals to seniors and homebound individuals, cooked and prepared fresh daily, and delivered directly to their customer's homes or community settings.

Meals on Wheels of Wadsworth helps fulfill many critical needs of seniors or homebound individuals: provides some customers with possibly their only hot meal of the day; a well-check visit for someone with physical disabilities or limitations; social contact and companionship which often can lead to long-term relationships. In some instances, this visit by our volunteer driver might be the only contact our customers have.

Our strong volunteer network is the heart of the Meals on Wheels organization. Meals on Wheels touches the lives of hundreds of people every day: the customer, their families, the volunteers, and the donors. Often folks who once served as board members, volunteers, and even program founders discover themselves on the receiving end of our meals program. We work hard to meet an essential need and the rewards are endless.

Nutrition is a key focus with Lisa Hale, dietary manager for Meals on Wheels of Wadsworth, Inc. Lisa is very thoughtful with her menu planning and does not use

More Than a Meal. Delivering Food, Kindness and Peace of Mind.



pre-packaged or pre-cooked foods. Rather than a one-size fits all approach, she is mindful about the specific needs of the clients, such as diabetic requirements, lactose intolerance, and allergies. Lisa, along with her kitchen assistant and volunteers, works from the Trinity Church kitchen in Wadsworth that is inspected annually and regularly approved by the County Health Department.

Recipients of Meals on Wheels of Wadsworth were recently surveyed as to what they liked best about the meals, and their responses included:

- *"The meals are well-balanced at a very reasonable cost."*
 - *"They are always hot and yet easy to warm up if we aren't ready to eat them right away."*
 - *"Efficient, reliable, timely, regular delivery."*
 - *"They are good and hot. Healthy and a nice variety."*
 - *"Taste good. Packaged nicely. Good variety."*
- And our favorite response:
- *"Cookies!"*

Meals on Wheels of Wadsworth, Inc. is a private, local non-profit directed by a seven-member Board of Trustees. The continuous generosity of financial supporters and the efforts of more than 70 volunteers (kitchen help and drivers) makes it possible for the Meals on Wheels program to provide this valuable service to Wadsworth residents. Meals on Wheels of Wadsworth receives no state or federal funding and is sustained through donations from local civic organizations, meal fees, and memorial donations. Meals on Wheels of Wadsworth has steadily grown to five delivery routes of about 15,000 meals annually.

Meals on Wheels of Wadsworth was inducted into the Senior Advocate Hall of Fame sponsored by the Wadsworth Older Adults Foundation and recognized for this accomplishment by the Ohio Senate.

MORE INFO

NEED A MEAL?

There is no income or age requirement to sign up for the meals and the service is also open to people who may be home-bound on a short-term basis for medical issues (like surgery) or other reasons. If you call us and tell us you need a meal, you are on our list.

HOW CAN YOU HELP? BECOME A VOLUNTEER!

For as little as one day a month (or more often as you are able), we are in need of:

Assisting the Dietician

- Preparing and packaging meals
- Approximately 3 ½ hours of your time (9:00AM to 12:30PM)
- Interested kitchen volunteers, contact Lisa at (330) 335-6156 (please leave a message if no answer)

Drivers

- Deliver meals
- Use your own vehicle (no further than 2 miles from Trinity Church)
- Approximately one hour of your time (11:00AM to Noon, Mon-Fri)
- Interested drivers, please contact Pat at (330) 336-2036

Donations or Charitable Bequests

- Please email Laura at mrsduzzi@gmail.com



NEED A MEAL?



We prepare fresh meals for seniors and homebound individuals in the community. Customers pay a nominal fee of \$4.00 for a lunch delivered daily right to their home.



MEALS on WHEELS
of Wadsworth, Inc.

Call 330-335-6156 between 9:00 a.m. and 12:00 p.m.
Monday through Friday for more info and to sign up.



FROM THE REC CENTER



By: CAROL VACCARIELLO, Silver Sneakers Instructor at Medina Recreation Center

Who says there's nothing for nothing anymore? Recently, I met a woman at a farm market. We exchanged conversation about who we are and how we spend our time. I found it interesting and disconcerting that she had no idea about the Silver Sneakers program for older adults. She was sharing about some physical problems, having learned that I am a Senior exercise instructor. She asked if I had any thoughts about how she might relieve her pain.

If you are over 65, and your medical insurance is invested not only in providing you with health care, but also invested in wanting to keep you healthy, active and thriving well past your 65th birthday with preventative care, then you might have insurance coverage to pay for your membership to an exercise center and/or use your membership for online Silver Sneakers classes led by highly trained Silver Sneaker Professional Instructors.

Personally, I like the mix of gathering at the Medina Recreation Center and, now and then, enjoying a new class online. Gathering in the classrooms at the Rec is special. There is the social aspect of being together that is not possible when following an online instructor. However, during the Covid shutdown, when there were no opportunities to be together, it was awesome to have the

possibility of turning a room in my home into my personal exercise space. I also took that time to go online and learn new material to share with Rec members once we were able to meet face to face.

I make it a practice to open my classroom about 20 minutes early. Folks come early, raring to go. Early opening provides an opportunity for shared stories and catching up with one another. There is a beautiful camaraderie. People care about each other. They check to see how absent folks are doing and where in the world they might be traveling for fun or family.

Silver Sneakers classes have appeal for different needs. All classes are designed for the senior body. For example, Yoga Stretch does not require anyone to sit on the floor. All our yoga poses are done either sitting in a chair or standing near the chair for balance. The Silver Sneakers' chairs are made in a way that offers sturdy support and a prop for balance when standing. If you have never attended one of the Yoga Stretch classes, you might think it would be too easy, not challenging enough. I invite you to visit before you make that judgment. These are deep and sometimes challenging poses. Instructors offer alternative levels of difficulty and complexity so members can participate in the workout best suited to their body.

Enerchi combines Tai Chi and Qi Gong. The word Enerchi is a combination of two words: Energy and Chi, also spelled Qi, which refers to our Life Force; the energy needed for us to thrive. Practicing Enerchi can improve balance, stability, and flexibility. With regular practice, it can also help reduce physical, emotional, and mental pain and can significantly reduce the risk of falling. These practices teach balance and grounding, reducing the fear of falling, which, in itself, is a risk of falling.

There's something for everyone: Yoga Stretch, Classic

Aerobics, Boom Muscle-Interval Training, Boom Mind, Meditation and Stress Management, Stability. Most of the classes are in the morning which makes it convenient if you like to indulge in a morning of exercising and have the rest of your day free. Some members stay for three classes because of the sequential scheduling and the mixture of high and low intensity and are finished well before noon.

Wintertime is a great time to come to the Rec. Especially as the weather begins to curtail outdoor activities. There are lots of people to share

with and opportunities for good healthy practices.

Call your medical insurance provider to find out if you have this awesome benefit sitting there waiting for you to claim it!

All of us at Medina Recreation Center, from the wonderfully helpful front desk crew to all the instructors and additional workforce look forward to meeting you soon.

**Medina Recreation Center
is at 855 Weymouth Road
in Medina.
Phone: 330-721-6900**

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- Shopping Medicare Supplement plans to reduce your costs
- Finding Dental, Vision & Hearing plans that fit your needs

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Medicare Advisors of Ohio is not a Government Agency. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

SCAM SQUAD

MEDINA COUNTY

The Medina County Prosecutor with the Medina County Office for Older Adults announces the formation of the Medina County Scam Squad!

The Medina County Scam Squad is a financial fraud task force in Medina County, Ohio, that unites social service agencies, nonprofits, and local, state and federal law enforcement in the fight against scams. The goals are to educate Medina County residents about the different types of scams, encourage residents to report scams, and connect victims with the agency best suited to investigate.

The Medina County Scam Squad features a toll-free phone

number of **1-877-SCAM550 (1-877-722-6550)** that all victims or potential victims of scams within Medina County can call to receive advice and support, and which will connect them to the agencies best suited to assist and investigate. An Assistant Medina County Prosecutor is assigned to the Scam Squad to insure a swift response.

Medina County Prosecutor S. Forrest Thompson states:

“As the Medina County Prosecutor I believe it is incumbent upon us to be both vigilant and, where possible, proactive when there is a threat to our community. This obligation is even more

important when the target of these threats are our senior citizens.

Over the past several years well organized and sophisticated criminals have hidden behind the internet to steal from these citizens. Often, the thefts went unreported or, when reported, law enforcement was unable to investigate beyond their own jurisdictional boundaries.

The Scam squad was developed to combat these crimes head on. By educating our citizens on what these scams look like and encouraging them to report immediately, as well as coordinating with the office for older adults and

ATTEND OUR SCAM SQUAD PRESENTATION

MCOOA's Adult Protective Services team will do a presentation on Scam Squad on Friday January 13 at 11:00 am here at 246 Northland. Reservations are required, call 330-723-9514. The presentation will be followed by a house-made lunch for \$5.00.

law enforcement from all local, state and federal agencies we are creating a team oriented approach that will provide early detection and allow us to reach beyond local, state and even national boundaries to go after these criminals and bring them to justice.”

Laura Toth, the Director of the Medina County Office for Older Adults notes: “MCOOA is excited to partner with the Medina County Prosecutor's

Office on this important project. We have found so many seniors have fallen victims to scams through the internet, the telephone, or unfortunately, through trusting relatives. The Medina County Scam Squad is an excellent resource that will lead to the prosecution of many of these scammers.”

If you or someone you know has had contact with a scammer, please call the Scam Squad hotline.

HEALTH DEPT. NEWS

Medina County Health Department Offers Services in Wadsworth

Did you know that the Medina County Health Department has a satellite Health Center in Wadsworth where you can get almost all of the same medical services available at the Medina facility? The Wadsworth office, located at 185 Wadsworth Road - Suite C, is fairly new to the community, having opened in early 2020. The Wadsworth location is now open three days a week and same-day appointments are available.

“We are very excited about the Health Center's Wadsworth location,” said Debbie Kubena-Yatsko, Executive Director of the Health Center. “It provides a more convenient location for residents in the southern areas of the County to access our primary medical care and reproductive health and wellness services. And just like at the Medina location, we can treat all people, including those with and without insurance by offering a sliding fee scale to those who may qualify.

The Health Center's Wadsworth location has a nurse practitioner on staff as well as the services of a licensed social worker who can provide counseling, insurance enrollment assistance, and other referral and information services. Dental services are offered at the Medina location. Having both locations helps ensure comprehensive, primary care for all, according to Kubena-Yatsko.

“What makes us unique is the range of comprehensive services provided. We accept Medicare and Medicaid insurances, private insurances and patients with no insurance,” Kubena-Yatsko said. “We believe everyone should have the opportunity for primary medical and dental care.”

The Wadsworth location office hours are Tuesdays from 8 a.m. to 7 p.m.; Wednesdays from 8 to 4:30 p.m. and Fridays, 8 a.m. to 2 p.m. To make an appointment, call 330-723-9688 and press Option 1.

Services are partially funded by your local health levy. This institution is an equal opportunity provider.



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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 HERO'S ★

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



HONORING VIETNAM VET, DAVID TAYLOR

David W. Taylor, 76 years old, was born in Philadelphia, PA, and raised in Southern New Jersey. "I was not a great high school student," explains David, who fought boredom in the classroom. "My mom wanted me to be a teacher – but not me. I wanted to be an officer."

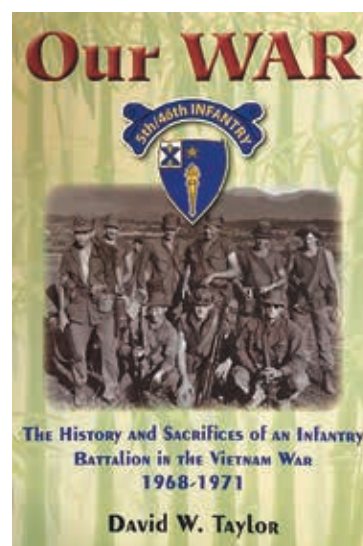
His motivation for joining the military was straightforward. "I wanted to serve my country. That's simply what we believed. My father was too young for WWI and too old for WWII, but all four of his sons served in the military, and three of the four went to the Vietnam War." Dave continues, "I was the last to go and served as an Army Infantry Officer in Vietnam."

Volunteering for the draft, David realized his goal of enrolling in Army Officer's Candidate School (OCS), the first step to becoming a commissioned Officer in the Army. "I found a life – I loved it!

It was everything I needed; discipline, confidence and leadership capabilities."

Upon completing OCS, David deployed to Vietnam. There, David encountered extreme challenges: "June 3, 1969, I took five of my men on a helicopter to rescue the crew of another helicopter that had been shot down. The enemy were waiting for us. I lost three of my five men, and I was shot twice, but was able to rescue the remaining soldier who was still alive from the helicopter that was shot down. A month prior to that, I was hit in the head, neck and ear by shrapnel from an anti-personnel mine that one of my men stepped on; and prior to that I spent a week in the hospital with malaria (welcome to the life of an infantryman!)"

David was returned to Fort Dix for a period of recovery. Here David met his future wife, Susan, who was completing her Nurses Operating Course.



Susan, originally from Middleburg Heights, rose to the rank of Captain before leaving the service. "I like to say that the Army issued me a wife," says David.

Following four years of active duty, which earned him the rank of Captain, two Purple Hearts and a Silver Star, David joined the Army Reserve Special Forces. He served there for the next 22 years, achieving the rank of Colonel.

Also known as the Green Berets, the U.S. Army Special Forces are described by the Army as "America's premier special operations force. The tip of the spear in the United States' fight against diverse enemies worldwide." As a Green Beret, David was awarded the Legion of Merit Award, Defense Meritorious Service Medal, Two Army Meritorious Service Medals, Combat Infantryman's Badge, Special Forces tab & Ranger Tab.

Susan and David settled in Ohio and had two children, a daughter, Kyra, and a son, Michael (now deceased). David states he, "came to Medina to work for the BF Goodrich Chemical Group (Independence) ...ending up as the head of Advertising and Public Affairs." His division ultimately merged with a larger company, at which point says David, "I took an early retirement package at the age of 57."

Retired? Not so much! David devoted the next eight years to researching and writing his first book, "Our War: The History and Sacrifices of an Infantry Battalion in the Vietnam War 1968-1971." Earning rave reviews, the book details the experiences and tremendous sacrifices of the 5th/46th Infantry Battalion. Additionally, he wrote a book on military history and 30 magazine articles, including an American Legion cover story.

■ CONTINUED ON NEXT PAGE ►

★ HANDS HERO'S ★

>> CONTINUED FROM PAGE 14

DAVID REMAINS AN ACTIVE MEMBER OF MILITARY ORGANIZATIONS INCLUDING:

Life Member: VFW Post 5137 - Medina, Purple Heart Association, American Army Division Association, US Army Officer Candidate School Alumni Association, US Army Ranger Association and US Army Special Forces Association.

Annual Paying Member: American Legion Post 202 (Medina)

LEADERSHIP POSITIONS AND OTHER HONORS:

President, Board of Directors: Medina County Veterans Memorial Hall (which comprises American Legion Post 202 (Medina City) and county-wide organizations: Disabled Amer-

ican Veterans Chapter 72; AMVETS Post 1990 and Vietnam Veterans of America Chapter 385

Vice-President of Operations: US Army Officer Candidate Alumni Association (10,000+ members)

2016 Medina County Veteran of the Year (Medina County Veterans Coalition)

2017 State of Ohio Veterans Hall of Fame

Finally, would David encourage younger generations to become involved in the military? David responds, "YES! I always tell teenagers...go into the military and get training to do something, plus meet people from all over the country, be subjected to some structure & responsibility in their lives, learn camaraderie with others. That will benefit them the rest of their lives."



Veterans Memorial Hall Youth Program.



Eighth Graders at the Hall.

WADSWORTH NEWS

Soprema Senior Center Christmas Party



On December 12, the Soprema Senior Center held their BIGGEST in person Christmas Party in their history, attended by a record number of over 200 seniors. The party started in the Wadsworth High School auditorium with breakfast and music by Laura Taylor and then senior guests were escorted into the Performing Arts Center and treated to a private WHS Show Choir performance.

Several Professional Friends donated the food and helped at the party along with the Wadsworth Older Adults Foundation. WOAF board member Karen Thompson donated her beautiful Santa collection that was given away as beloved prizes. Mayor Laubaugh, Robert Patrick and Mike Testa from City Administration were VIP guests who all spoke to the crowd on

behalf of the City and helped pass out special gifts to each attendee courtesy of the Soprema Senior Center, WOAF and a grant from Hillier Family Foundation.

It was a wonderful day full of holiday joy that will be remembered well into the next year. The Soprema Senior Center is excited for all that the year 2023 will bring as they celebrate their 10th Anniversary at their current location.

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Western Reserve

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FROM WRMC

WESTERN RESERVE MASONIC COMMUNITY



An Exciting New Year at WRMC Check Out Our New Health Care Center!



Western Reserve Masonic Community (WRMC) is kicking off 2023 in a very exciting fashion! The WRMC Healthcare Center held a ribbon cutting showing the community a state of the art facility, unlike any other in Medina. WRMC broke ground in September, 2021 and anticipates having all projects completed in the fall of 2023. Jason French, WRMC President shared, "The healthcare center will be comprised of 50 private suites, the newest skilled nursing facility in over a decade in the Medina area."

As our country's population ages, people are taking a closer look at their health and how to make the best possible decisions regarding their own healthcare. If the need arises for either short or long term care, don't forget to look closely at the services provided. If your stay is short term rehabilitation, make sure to ask questions about physical and occupational therapy as well as speech therapy.



FROM LEFT: Jason French, President, Western Reserve Masonic Community with Dr. Gary Williams, Ohio Masonic Home Board Member doing the ribbon cutting, and WRMC Chief Executive Officer, Scott Buchanan.

The WRMC Healthcare Center has technology that will benefit everyone, staff and patients. Each room contains a laptop computer for charting items such as vitals and medications. All rooms have a locked cabinet where the patient medications are secured, greatly reducing the possibility of medication errors.

The beds located in short-term rehabilitation are "Med Mizer" beds. This innovative bed can help the staff to transfer patients without the need to touch the patient. With a remote, the staff can move the bed for a patient that is lying down to a sitting position and then to standing comfortably. The Med Mizer

bed can also weigh patients without the traditional method of standing up. The increased comfort is an exciting addition for WRMC rehab patients.

All of the rooms, both rehab and long term care, have a lift located in the ceiling. This gives the staff the ability to move a patient comfortably

from one location to another. One example might be from their bed to a wheelchair. In several of the short-term rehab rooms and in the therapy room, there are several tracks throughout the room to create more accessibility. With several tracks, staff members are able to move patients around the room whether that be from the bathroom to a chair or back to their bed. "When you look at the technology that we're using, our already great outcomes are going to become spectacular outcomes because of what we're going to be able to do for our patients," French said. Current WRMC healthcare patients will move in first, followed by new patients referred from local hospitals and other locations in the surrounding area.

The last component of the WRMC expansion will be 56 independent living apartments. There are still a variety of floor plans to choose from. How many bedrooms and

■ CONTINUED ON NEXT PAGE ►

>> CONTINUED FROM PAGE 16

bathrooms are you looking for? How many square feet do you want in your new home? Do you want a fireplace? Just think of the excitement of being the first person to live in your new home.

No matter where on the Western Reserve Masonic Community you call home, you can find an exciting and fulfilling lifestyle. If you want to do an art project, participate in a Bible study, go to a baseball game or out for dinner, these are just a few of the lifestyle activities offered at WRMC. Take time to meet your neighbors and make some new friends. You will discover that WRMC offers something for everyone. Please call us today at 330-642-3863 and schedule a visit.



Spacious rooms with all the amenities. Below: Tim Bohman demonstrates the state-of-the-art Med Miser bed.



BUILDING FOR THE FUTURE

The New Health Care Center at Western Reserve Masonic Community

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

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

**For more information, or to inquire with the sales team, contact Melissa Todd
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The Outstanding Silver Tree presented by The Optimist Club.



The Pink Tree presented by Plum Creek Assisted Living and the HANDS Foundation.



The Seas and Greetings Tree presented by Encompass the World Travel and KHM Travel Group.

On December 8, a very large enthusiastic crowd gathered at Danbury Senior Living in Brunswick, 3430 Brunswick Lake Parkway, to support their annual Festival of Trees.

Local businesses were invited to donate a decorated artificial Christmas tree that would be displayed between November 28 and December 8, after which it became a silent auction item at a festive community holiday celebration the evening of December 8.

More than 20 cleverly decorated themed trees lined the halls of Danbury, some beautifully designed, some delightfully whimsical, but all creative works of art. In addition, wreaths of all sizes and seasonal themes were donated for this auction, many by community individuals.

There were countless additional opportunities to add to the funds raised at this fun-filled event: silent auction

Festival of Trees Held at Brunswick Danbury

bidding on holiday-related items displayed on several tables and individuals could win up to \$1,500 with a purchase of a \$10 ticket.

The funding raised at the Festival of Trees will go toward the Optimist Club of Brunswick which provides scholarships and prizes for essay and oratorical contests. It also goes toward helping families in need during the holiday season along with other programs.

This complimentary, open to the public event featured an assortment of wines and soft beverages, an incredibly extensive, sumptuous hors d'oeuvres buffet prepared by Chef Stephanie, and an



almost unbelievable array of elaborately decorated, decadently delicious desserts.

Danbury Senior Living Executive Director Jill Bell and Optimist Club President Dean Holman, along with event committee members welcomed everyone to this special evening.

Jill Bell thanked everyone for their support, and especially gave credit to the committee who successfully pulled the event together. She said the residents enjoyed the activities and shared in the excitement of the festival.

The Purple Candy Tree presented by Pete & Polly Children's Resale Shop.

A mechanical Santa entertained guests. Just clap to hear him sing.

Special thanks went to the 24 tree donors, 11 wreath donors and 10 raffle basket donors. Some local businesses donated money instead of a tree or wreath. Guests were bidding generously on all the trees and wreaths.

All proceeds from the auction will benefit Brunswick Optimist Club. The club is always grateful for funds raised by events such as this.



CONTINUED ON NEXT PAGE



Brunswick Danbury was wonderfully decorated for Christmas and the Festival of Trees event. Below, some action photos of the evening. THANK YOU DANBURY!



The Gingham Tree presented by Pearlview Nursing Home.

New Year, New Opportunities, New Home!

The arrival of a new year is always a good opportunity to evaluate what's important to you and your loved ones. If you or an aging loved one is looking for added comfort, support, and security in 2023, consider a move to Danbury. Benefit from a staff that treats residents like family, daily chef-prepared meals, engaging activities, and an on-site nursing team available twenty-four hours a day, seven days a week.

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The Christmas Light Tree presented by Home Depot.

Social Security Myths and Misconceptions



CLAUS MEYER



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

RAYMOND JAMES

There's no doubt about it. Filing for Social Security can be daunting. There's a ton of information – and misinformation – to weed through, as well as the need for some calculations based on several variables. Your benefits depend on your age, how long you've worked, what you earned, your marital status and your number of dependents. It seems like you have to factor in everything but your IQ. So to help, we offer some common misconceptions as well as some guidance on ways to get the most from your hard-earned retirement benefits.

MYTH # 1 SOCIAL SECURITY WON'T BE AROUND WHEN I NEED IT.

While it's true that your contributions go to current beneficiaries as opposed to an account reserved for you, Social Security continues to be replenished by younger, working Americans, as well as earned interest on its bond portfolio and income tax on benefits paid to higher-income retirees. However, the trustees have projected that any existing surplus could be depleted sometime between 2033 and 2037 if no further legislative action is taken. This could mean that future retirees may be paid some

portion, between 75% and 80% for example, of the benefits promised, but not zero like many fear.

MYTH # 2 SOCIAL SECURITY IS ALL YOU NEED.

Somewhat paradoxically in light of myth No. 1, more than half of Americans expect to fund their retirement entirely with Social Security. While benefits do get adjusted for cost of living increases, they were always intended to supplement, not replace, retirement savings. Retired workers received an estimated average of \$1,538 in benefits for the month of April in 2022. Even if you live frugally, that amount is likely not enough to account for all the variables you might encounter over a decades-long retirement. That's why it's important to do what you can to maximize all your retirement savings for as long as possible (think taking full advantage of your employer's 401(k) match).

MYTH # 3 FILE AS EARLY AS POSSIBLE.

No one quite knows how long you'll live past full retirement age (FRA), so some think you should collect as soon as you're eligible. But that means permanently reducing

benefits when the odds favor a longer lifespan for most of us. Your advisor can help you calculate your breakeven point based on your statistical life expectancy and your family history. Higher earning spouses, in particular, may want to delay as long as possible, not just to maximize their own benefits, but to ensure a higher payout for their widow or widower when the time comes. Surviving spouses are eligible for 100% of their spouse's benefit.

MYTH # 4 FILE AS LATE AS POSSIBLE.

We're not trying to confuse you. For the vast majority of applicants, waiting until past full retirement age to file makes the most sense financially. But there are conditions that warrant filing early, particularly if you need the extra income or if your health isn't the best. On the other hand, retirees who want to have the most income during their prime years may want to file early, too. Should you change your mind, you can claim a do-over within the first year, but you have to pay back what you received. If longer than a year, you can voluntarily suspend your benefits at FRA and then earn delayed credits until age 70.

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MYTH # 5 YOU'LL LOSE BENEFITS IF YOU CONTINUE TO WORK AFTER FILING A CLAIM.

If you file before your normal retirement age and continue to work, your benefits will be temporarily reduced depending on how much you earn. But those benefits are merely delayed FRA, not lost forever. Once you reach FRA, you'll receive increased monthly payments to make up the difference. Plus, you may end

up increasing your annual benefit because Social Security is based on your 35 highest years of income.

MYTH # 6 YOU'RE OUT OF LUCK IF YOU'VE NEVER WORKED OUTSIDE THE HOME.

It's true that regular benefits are based on an employment record of at least 40 quarters. But those who haven't worked for that long, or at all, can

■ CONTINUED ON NEXT PAGE ►

Social Security Myths and Misconceptions

>> CONTINUED FROM PAGE 20

receive half of what a spouse or even an ex-spouse would receive (as long as you were married for at least 10 years and haven't remarried). If you're a surviving spouse, you may be eligible for full benefits on your spouse's record. Even ex-spouses can claim full survivor benefits as long as they were married for more than 10 years and never remarried before their ex-spouse passed away. Of note: remarriage after age 60 does not prevent or stop entitlement to benefits for survivors – even ex-spouse survivors.

Sources: [ssa.gov](https://www.ssa.gov/); [investopedia.com](https://www.investopedia.com/); [forbes.com](https://www.forbes.com/); [thefiscaltimes.com](https://www.thefiscaltimes.com/); [marketwatch.com](https://www.marketwatch.com/); [cnnmoney.com](https://www.cnnmoney.com/)

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MYTH # 7 FOLLOW THE ADVICE GIVEN BY FRIENDS AND FAMILY.

Filing for Social Security based entirely on advice from nonprofessionals may work just fine, but it may not help you maximize benefits, which could leave thousands of dollars at stake. Often a consultation with your financial advisor and an accountant can help determine the best strategy.

Medina Lions Update



On December 3, 2022 Medina Lions held their annual Christmas Party at the VFW Hall. This event is always very special as this is our holiday collection for Toys For Tots. We not only had a good number of toys, but we presented them with a cash donation. We were honored to have several Marines and spouses in attendance. It was a fun filled evening with *Music Man Limited* playing Christmas Carols and fun games. The hall was in festive decorations and good food.

Medina Lions are now preparing for our near 30 year Reverse Raffle to be held on March 3, 2023. This will be held at Guys Party Center at 500 East Waterloo Road Akron, OH. 44319.

This has become our major fundraiser to help the community with time and service to others. We relate to sight conservation, hearing conservation plus other programs that support our local community. This is a fun evening with sideboards, 50/50 raffle, Lottery tree and more. The main board ticket offers the chance of up to a winning of \$2,500.

Tickets for the event are on sale for \$85.00 a couple and \$55.00 for single. We would love to invite anyone that may be interested in helping out to give us a call. We can always use extra help! Any questions can be directed to Sandy 330-620-5065 or to Joyce at 330-635-0331.




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HANDS BUSINESS SPOTLIGHT

RON'S GARAGE Fixing Cars with Furry Friends

By: HANNAH REICHENBACH, BEAT Reporter



When you look around a repair shop, you expect to see the typical things. Tools, cars, car parts, and wait. . . a dog and cat? At Ron's Garage in Brunswick, Jake the Cavachon and Josie the tabby cat greet customers as they walk in to get their cars fixed.

It all started when Ron, the owner of the repair shop, felt bad leaving his dog Jake at home while he worked all day, and decided to bring him to work. Jake's favorite thing to do is watch the door for customers to greet.

Josie was a gift to the shop from a customer, and she's about 4 months old. Josie is still warming up to shop life, but more adventurous by the day.

Greg Morris, an employee at Ron's Garage, explains that on a typical day, "Jake is definitely the one up front all day trying to get into as much action as he can. He's always meeting new people or getting treats from someone. He also loves to explore the shop and give the cars a good smell if he can." On the other hand, Josie typically sleeps a lot and tries to find something to eat or get attention from someone.

Josie's favorite thing to do is be held. "She purrs so loud when someone is giving her attention," Greg added. Jake's favorite thing to do is meeting new people or going on car rides.

When asked about how Jake took to Josie, Greg said, "At first, we thought it was going to be a problem because the first time he saw her he tried to eat her. But, after a day or two, he started watching out for her and protecting her. Now she's the first thing he wants to see in the morning when he gets to work."

Even though Ron, Greg and the other employees are the ones fixing the cars, when it comes to popularity, Jake and Josie have got them beat. "Every business should have an animal greeting or hanging out with customers," Greg explained. "They make it feel like home here and have an almost calming sensation over the business. Customers are so disappointed when they're not around because the animals are always so happy and eager to see them."

Ron's Garage is located at 1460 West 130th Street in Brunswick. Call (330) 220-9222 for more information.

Brunswick's Bullseye Activewear

By: SAIGE CICIC, BEAT reporter

Think it. Print it. Stitch it. For Bullseye Activewear & Promotion, that's a tagline that they've embraced with pride for over three decades.

Located in Brunswick, Bullseye is a branding and marketing company that organizes custom screen printing, and embroidery. In addition, the business offer's promotional products, signage, vehicle graphics, and print service.

Bullseye started 30 years ago in a garage as a part-time business. As the company grew and got more sales and customers, Jim Heiser, the founder, left his full-time job and moved out of his garage to a rented commercial space in Brunswick.

Learning the craft of printing and embroidery can be challenging. "There is a lot of training, testing, and learning that goes into custom apparel," Heiser stated. Technology also plays a major role. As a result, Bullseye has invested



in and uses the latest in printing technology so they can deliver the best product, for the best value in the shortest time possible.

Every project is different at Bullseye. And, sometimes, that can create some interesting experiences. One of Jim Heiser's fun times was when his company got involved with printing champion shirts for the Cleveland Cavaliers in 2016.

"I enjoy helping our customers with their marketing challenges, and offering unique solutions," said Jim.

PHOTOS:
Jim Heiser in the Bullseye showroom. Tom Bartleson, Lead Operator, hand screens a shirt.

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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.



NEWS FROM THE OFFICE FOR OLDER ADULTS

GIVING IN STYLE

A Fashion Show + Lunch



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"Giving in Style" – a Fashion Show + Lunch is back in 2023 after its successful 2022 debut. This year the venue will be the Blue Heron Event Center. It will again feature cakes as centerpieces/dessert, local and professional models in clothing by Toni in Style and new for this year is an unlimited mimosa bar.

Giving in Style has been developed to raise money to help fund the continual needs of the Medina County Office for Older Adults. The Medina County Senior Adult Foundation (MCSAF), an entity organized to benefit the Medina County Office for Older Adults (MCOOA), would like to invite you to attend a very fashionable lunch!

The MCOOA provides meals and activities for seniors aged 60+ and adults 18+ with various disabilities, helping with short-term case management, MediCare Open Enrollment, and transportation to medical appointments and



shopping. The Office for Older Adults provides activity locations in Medina and Brunswick for art classes, games, dancing, luncheons, live music, and more.

You can support the event by purchasing tickets or VIP Runway tables, donating and/or sponsoring the event!

Tickets are available now at <https://www.tickettailor.com/events/mcsaf/>. Individual Tickets: \$75; Limited VIP Runway Tables for 10 people (\$1000) to include a bottle of



wine, early arrival, custom tabletop signage and name/logo in the program. This year we are offering a fun locally sourced bracelet by "The Joy Collective" as your pass for an Unlimited Mimosa Bar that includes orange, pineapple, and grapefruit options with berries!

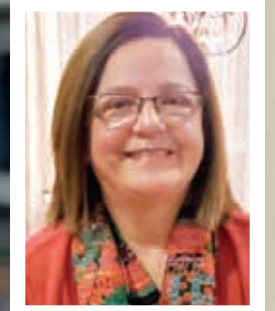
Sponsorship Levels are available by contacting GivingInStyleMedina@gmail.com. Sponsorships range from \$100-\$5000 with options to have a VIP Runway Table & Advertising to name recognition in the program.

**For sponsorship or more information contact Mishalene Wasmer,
Event Chair at GivingInStyleMedina@gmail.com**

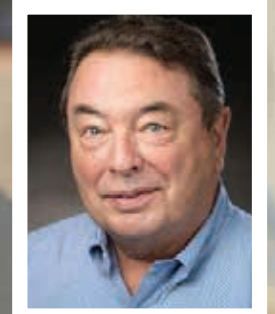


NEWS FROM THE OFFICE FOR OLDER ADULTS

It's Tech Time at the Medina Senior Center



PIERI LEVANDOFSKY



JOE GEIGER

By: LAURA TOTH,
Director, Medina County Office for Older Adults

The Medina County Office for Older Adults is excited to announce new services and programming for the Medina Center beginning in January. Remember, no matter where you are located, you are welcome at any of our centers.

We have upgraded our audio equipment in the main dining area to include a hearing loop system. With the hearing loop, any person with an assistive hearing device can tune their hearing aids to the t-coil channel and any audio coming through our main A/V equipment will come directly to your devices. Over 85% of hearing aids are equipped with a t-coil channel; talk to your audiologist if you need your t-coil activated. Look for the Hearing Loop symbol around town, this symbol means the building is equipped with a hearing loop. Many churches and theaters have installed the system and we are happy to be on board. If you don't have assistive devices or an active t-coil, we have earphones for you so that you can experience the loop system.

We have heard everyone's request to learn more about their computers, tablets and smart-phones! We are kicking off tech help at the Medina Center in January. Our Kickoff meeting will be held on Tuesday, January 17 at 12pm. Joe and Pieri, our instructors, want to hear from you. They want to plan their classes based on what you want to learn. Please join us so that we can design these classes to meet everyone's needs. Light refreshments will be served.

You can also meet the teachers. Pieri Levandofsky is the owner of PC Computing, LLC in Medina, Ohio. She provides computer education, training and repair services to businesses and residential customers. Pieri also offers technology courses for the public through the Medina County District Library.

Joe Geiger is an IT professional who retired after 50+ years working in data quality, project management, and technology training. He created a "Doctor-Is-In" program to assist Ohio Living Rockynol residents resolve their computer related issues. Pre-COVID, he was the coordinator for Senior Net at Western Reserve Masonic Center in Medina. Joe was the owner/operator of the long running SeniorNet program at Western Reserve Masonic Community. He has helped hundreds of seniors learn about computers and how technology can help each of us. Joe is passionate about computer education and is looking forward to sharing his knowledge with the seniors here at OOA. He is especially interested in helping people learn and expand what they can do with their Apple iPhones and iPads.

We hope all can join us for conversation on January 17 and one-on-one tech help and basic computing classes start the week after.

You can download our January/February newsletter which contains the schedule for dates and times at <https://mycommunityonline.com/organization/medina-county-office-for-older-adults>. Call 330-725-9177 to schedule your one-on-one tech help today.

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By: MARIE EDMONDS, Counselor at Law

Most of us keep way too many papers and for too long. There's always the fear that you will need something as soon as you get rid of it.

However, there are some documents that you will want to make sure to keep forever and some you only need to keep for a few years. Here are a few that came to mind.

DOCUMENTS YOU WANT TO KEEP FOREVER

As you want to keep the following to have them available when you need them, be sure to store them securely but in a place that is easily accessible to you:

- Birth Certificates
- Death Certificates
- Marriage license
- Social Security Card
- Insurance policies – life insurance, health insurance, homeowners or renters' insurance, car insurance

Fortunately, if you can't locate these you can get them replaced. Where depends on the state in which they were first obtained, for example, death certificates and birth certificates can be obtained from the county health department where the birth or death occurred.

DOCUMENTS YOU ONLY NEED TO KEEP TEMPORARILY

Most documents can be obtained online now, and their importance diminishes over time. However, some of the following should be kept for a few years, e.g., five to seven years:

- Documentation you have relating to charitable donations
- Tax returns
- Credit Card statements
- Canceled checks
- Bank Statements

Most of these are easily retrievable from the company,

WHAT DOCUMENTS SHOULD I KEEP AND FOR HOW LONG?



MARIE EDMONDS

or once again can be obtained online.

So why is it important to keep some documents? Upon your death, it may be crucial to have certain documents as the probate court may request some of them. Another reason to keep some documents is if you would need to make a Medicaid or Veterans Benefits application, copies of many of these are required in order to process those applications. There may be other legal reasons to keep some of these documents, e.g., if you are a party to a lawsuit, some of these may be requested and/

or required. I've referred to obtaining some of your documents online. Digitally storing your documents can also significantly cut down on your clutter, and make these documents easily retrievable. Before you scan everything possible, it would be wise to look at all your documents and see whether they are really necessary to keep. Then create a few important categories for your documents. Finally, scan what you've determined you want to retain, either on your computer, on an external hard drive, or on a flash drive. Remember to keep up to date with technology so you don't find yourself unable to access your own files, and to password protect all sensitive information.

You will find a sense of relieve once you've committed to making this part of your life easier, and then really doing it!



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Marie Edmonds



Ashley Sorgen

Happy New Year!
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PH: 330.725.5297 | FAX: 330.722.5932
Marie@MarieEdmonds.com | Ashley@MarieEdmonds.com



5 Tips to Hosting an Inclusive Gathering

Help Friends with Disabilities be Part of the Fun

From: The Medina County Board of Developmental Disabilities

also useful anywhere there is a lot of kids!

Everyone loves a good party – the food, the fun, the friends. Unfortunately, more often than not, people with disabilities are left out of the mix. People with disabilities like to get out and meet new people too, so why not consider holding a gathering where all guests — with and without disabilities — feel welcomed and have fun. All it takes is some pre-planning to ensure your gatherings are inclusive, fun and welcoming to all.

DON'T BE AFRAID TO INCLUDE GUESTS WITH DISABILITIES.

People with disabilities love parties and want to participate in all the festivities. If you know someone has a disability, use a simple strategy — ask the person what they need to be fully included. If it's an event which includes children, parents can tell you, right off the bat, what their child's needs might be to attend the event.

SPECIAL DIETS

Anyone can have allergies, celiac disease or lactose intolerance, but you won't know unless you ask in advance or even on the invitation or RSVP. Making sure there are alternative options for cake, snacks, treats and other food

for guests with special diets can be as simple as picking up a gluten free cupcake to serve with the cake. If you have someone coming who uses a wheelchair, consider putting food on tables that are low enough for them to serve themselves.

OPPORTUNITIES FOR LEARNING ABOUT EACH OTHER

Children (and adults too) can be cautious when encountering

someone who is different from them. If children are attending your event, you can talk to them at the start of the event about kindness and respect for each other and each other's differences. A party is a great opportunity for everyone to learn about one another, what you have in common, and make new friends regardless of ability.

SENSORY OVERLOAD AWARENESS

Large gatherings may cause sensory overload for some children or adults. For a person with autism or a sensory processing disorder, a large gathering may be really overwhelming. Offer opportunities for guests to take a break, perhaps in a quiet room away from the crowd. Consider turning down music or minimizing stimulation - which is

COGNITIVE AND VISION CONSIDERATIONS

If you are planning activities, remember children and adults with cognitive, learning disabilities or vision impairments might not be able to read instructions for a scavenger hunt or a game score sheet. Pictures and verbal instructions are useful, as well as pairing participants with those who can help.

Finally, remember to enjoy your gathering! Don't let inclusion stress you out. If you are reading this list and considering these tips, you are already doing more than most. Stay positive, smile and have a great time!

For more information about individuals with disabilities and services available, call the Medina County Board of Developmental Disabilities at 330-725-7751 or visit mcbdd.org.

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Health & Wellness Mindfulness & Gratitude in the New Year

A quick guide to invoke peace, harmony and spark joy in your life

By: KIM CORRIGAN, Administrator Pearlview Rehab & Wellness Center



Another year is dawning and yet this pandemic continues to drag on, we have all been trying to stay optimistic working on reviewing what we have accomplished, setting new goals, and making new plans for a happy & better year. Wow, how is it that another year has ended, and a new year just begun? Where did the time go? How did we not achieve what we wanted and planned for at the beginning of last year?

Reflecting upon the past year, taking time to ponder what could be done differently and how to adjust the dials on our internal radio frequency and our approach to New Year's resolutions, to establish meaningful intentions, feel more inspired, and become more empowered.

Well, here is how: Remind yourself that there is no past or future. Life only happens in this moment, and you can start the day (or your life) right now

SET INTENTIONS NOT RESOLUTIONS

The difference between an intention and a resolution may seem arbitrary but it can make a big difference in your attitude. A resolution is statement to change something you want to fix about yourself or your lifestyle and tends to have a negative connotation. On the other hand, an intention is focused on the good in your life. An intention does not imply that you're faulty or need to fix something about the way you live, but instead, it motivates you to live even better! When you set mindful intentions for yourself, you shift the focus from the outcome

to the actions you are willing to take to make your dreams and desires come true. An intention is a positive call to action about something you want to do instead of a resolution which is something you think you must do to get better.

PRACTICE BREATHWORK AND MINDFULNESS

Promote awareness of our thoughts, feelings, and behaviors while helping you stay focused on the present. Practicing breathwork and mindfulness has been shown to reduce stress, anxiety, depression and protecting the brain from disorders like Alzheimer's and dementia. Meditation, breathwork, journaling, and yoga are types of mindfulness, but you could bring mindfulness into anything you do. Look at the resources offered from the CDC.



KIM CORRIGAN



Keep your eyes peeled for some exciting new BREATHWORK programs that will be offered in the New Year at Pearlview.

KEEP ACTIVE & MOVE

On average, it is recommended that you exercise approximately 150 minutes a week. However, if that seems daunting, start small. Some exercise is better than no

exercise. An active lifestyle is important for several reasons. It'll keep your weight down, give you more energy, helps your cardiovascular health, and decreases your insulin levels. Most importantly be your own cheerleader, when you focus on the good the good just keeps on getting better!

PRACTICE GRATITUDE DAILY BY NOTICING THE GOOD THINGS IN YOUR LIFE.

Start to notice and identify the things you are grateful for. Pay attention to the small everyday details of your life and notice the good things you might sometimes take for granted. Each day, think of 3 things you are grateful for. Nature. People. Community. Shelter. Creature comforts like a warm bed or a good meal. It's amazing what you notice when you focus on

feeling grateful. Start a gratitude journal. Making a commitment to writing down good things each day makes it more likely that we will notice good things as they happen. Practice gratitude rituals such as simply saying thank you to someone and specifically stating what they did that you are grateful for and how it benefited you.

As we enter this new year, I am grateful for all of you, the readers of HANDS Newspaper, the customers of Pearlview Rehab & Wellness Center, most especially all our amazing caregivers who provide the best care to seniors in Medina County. I am and forever will be blessed by your dedication, love, and generosity. Thank you! Kimberly.

GIVE US A CALL TODAY SO THAT WE CAN HELP YOU ENHANCE YOUR MINDFULNESS JOURNEY THIS YEAR!

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Trustee's Duty to Keep Beneficiaries Informed

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

One advantage of using a trust in an estate plan is that a trust administration is not public record. Unlike a probate estate, the details of the decedent's trust remain private. However, that does not mean that the trustee can leave the trust beneficiaries in the dark. Since there is no court reviewing the trustee's actions, Ohio law requires trustees to keep beneficiaries reasonably informed about the status of the trust and any facts that are necessary to allow the beneficiaries to protect their interests.

First and foremost, trustees must promptly respond to a beneficiary's request for information related to the trust. The trustee must notify the current beneficiaries of the trustee's name, address, and telephone number. Also, the trustee must notify the current beneficiaries of the trust's existence, of the identity of the settlor (the person who established the trust), of the right to request a copy of



MICHAEL LARIBEE

the trust instrument, and of the right to a trustee's report.

Upon a beneficiary's request, a trustee must furnish to the beneficiary a copy of the trust instrument. Unless the beneficiary expressly requests the complete document, a trustee may provide a redacted version of the trust that includes only those provisions that are relevant to the beneficiary's interest. If the beneficiary requests a copy of the entire trust instrument after receiving a redacted copy, the trustee must furnish a copy of the entire trust instrument to the beneficiary.

The trustee has a statutory duty to send to beneficiaries a report of trust property at least annually and at the

trust's termination. The report should include liabilities, receipts, and disbursements, including the amount of the trustee's compensation, a listing of the trust assets, and, if feasible, the trust assets' respective market values.

The trustee must also notify the current beneficiaries in advance of any change in the method or rate of the trustee's compensation. If a trustee resigns his or her position, the former trustee must send a report to the current beneficiaries for the period during which the trustee served. A beneficiary may always waive the right to a trustee's report or other information otherwise required to be furnished.

When administering a trust, it is important to consult with a trusted attorney to understand all of the duties and requirements involved. That way, beneficiaries know what to expect and the trust administration will run more smoothly.



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Complications of Gout

From: The Griswold Home Care, Caring Times Blog

Gout is a form of arthritis characterized by sudden and severe attacks of pain and swelling in the joints, especially the big toe. These attacks can occur randomly, often waking you up in the middle of the night with the sensation that your big toe is on fire. The affected joint can be so tender that even the weight of a bedsheet can be unbearable.

In this article, we will review the complications of gout in the elderly, including the age of gout, as well as treatment methods.

GOUT AGE OF ONSET

The age range for gout depends on the person's sex since gout occurs most often in those assigned males at birth. This gout age is due to naturally having lower uric acid levels. The average age for gout, in this case, is usually between 30 and 50. Meanwhile, the age of gout onset occurs after those assigned female at birth experience menopause, which is usually between 45 and 55, and when their uric acid levels approach those who are assigned males at birth.

Now that we know more about gout average age let's take a closer look at gout complications and treatment.

COMPLICATIONS OF GOUT

Below are some complications one may experience with gout.

■ **Tophi.** These clumps of urate crystals form on the joints, cartilage, and, sometimes, in the ears. If left untreated, this gout rash can damage your bones, cartilage, and joints.

■ **Joint damage and deformities.** Chronic inflammation and tophi can lead to permanent joint damage, deformity, and stiffness. This may also require a need for surgery.

■ **Kidney stones.** Urate crystals can build up in the urinary tract and form kidney stones, resulting in a gout UTI. They can also result in kidney disease and kidney failure when left untreated.

■ **Psychological problems.** Gout can affect one's ability to carry out daily tasks, such as walking. This constant pain can result in emotional distress, which could benefit from psychological counseling.

Finally, let's look at some treatment methods for gout.

TREATMENT FOR GOUT

How can one treat gout? Below are some possible treatment methods. Be sure to speak to your doctor to determine the one that works best for you.

■ **Medications.** Nonsteroidal anti-inflammatory drugs, colchicine, and corticosteroids have been known to prevent gout complications. Additionally, medications that block uric acid production or improve uric acid removal can also be very effective.

■ **Choose healthy food and drinks.** Non-alcoholic beverages, especially water, and purine-rich foods, can be helpful for people with gout.

■ **Exercise and maintain a healthy weight.** Engaging in low-impact exercises and keeping your body at a healthy weight can reduce one's risk for gout.

Types of Arthritis

From: The Griswold Home Care, Caring Times Blog

While there are 100 types of arthritis, a few are much more common than the rest. The five most common types of arthritis are:

- Osteoarthritis
- Rheumatoid arthritis
- Psoriatic arthritis
- Gout
- Lupus

Other conditions found on a list of arthritis types that you may be less familiar with include juvenile idiopathic arthritis, reactive arthritis, septic arthritis, thumb arthritis, and ankylosing spondylitis.

Joint pain and stiffness is a symptom of all types of arthritis. The cause of that joint pain and how it affects the body is generally what differentiate the various types.

LIST OF TYPES OF ARTHRITIS

Osteoarthritis is the most common type of arthritis. It is a result of the "wear and tear" that occurs on the joints. The cartilage between the bones of the joints breaks down due to either injury or age, causing the bones to grind against each other.

Rheumatoid arthritis is an autoimmune disease in which the body's immune system attacks the joints. The joints become inflamed and damaged. It is more painful than osteoarthritis.

Psoriatic arthritis is an inflammation of the skin and joints. People with this condition have patchy, red, white, and inflamed areas of skin with scales. Around 10 to 30% of those with psoriasis will also get psoriatic arthritis.

Gout is a buildup of uric acid crystals in the joints, most commonly the big toe. Attacks of gout generally last between 3 and 10 days. There could be months or even years in between attacks of gout. The symptoms generally come on very suddenly.

Lupus is an autoimmune disease that causes inflammation throughout the body.

Ankylosing spondylitis is an inflammatory disease that causes the vertebra in the spine to fuse together over time.

Juvenile idiopathic arthritis is the most common type of arthritis in children below the age of 16. It can cause persistent joint pain, swelling, and stiffness. Some patients only experience pain for a few months, while others can experience it for many years.

Reactive arthritis is inflammation triggered by an infection in another part of the body and generally affects the knees, ankles, and feet.

Septic arthritis is a particularly painful form of arthritis that occurs when germs from an infection travel through the bloodstream and enter a joint. It is more commonly found in infants and older adults.

Thumb arthritis is exactly what it sounds like - painful joint inflammation in the thumb. It most commonly occurs with aging and may need surgery to be corrected.

All types of arthritis are painful and can make normal daily activities more challenging. Speak to your doctor if you are experiencing joint pain and they can help determine the cause and the treatment plan that is right for you.



APARTMENT RENTALS

An Option for Seniors



**SHERRY CASSILY, DIRECTOR
OF ARCHANGELS SPECIALTY
HOME CARE**

You are sixty-five years old, healthy, and most of your responsibilities are behind you. Each month your retirement check is a direct deposit into your checking account. Your home is paid for, and you have the easy life ahead of you.

Really? Living in your own home still presents worries. Do you have a desire to mow the lawn, pull weeds from the garden, and perform other landscaping duties? When you own a home, you are fully responsible for all the maintenance and repairs, which over time can become quite costly. You either must know how to fix it yourself or hire specialized contractors, which can be very expensive. You live in Ohio with cold winters. Snow removal is an issue. When you own a home, you are responsible for the mortgage payment, taxes, maintenance, utilities, and so much more.

Is this the picture of the easy life that you looked forward to when thinking about retirement and your senior years? Have you thought about apartment living? Living in an apartment community comes with many benefits, including less financial stress, being a part of a great community, and not having to worry about many things that homeowners must think about.

While owning a home can be expensive in the short term, it is almost always cheaper than renting in the long-term. There are both one-time costs like closing costs on purchasing a home as well as monthly payments, however, you are slowly building



By: SHERRY CASSILY, Director, Archangels Specialty Home Care

equity in your property. However, when you are sixty-five years old or older, “the long-term plan” no longer are the operative words. Senior citizens are on the “short-term plan” and no longer interested in the “lifetime warranty” or even building equity. Renting an apartment is the way to go if you want to have less stress in your life.

While living in an apartment, there are a lot of things you no longer must stress over. No worries about landscaping duties, maintenance issues, or snow removal.

The financial burden is reduced by apartment rental. You no longer pay homeowner’s insurance; property taxes; utilities; operational costs; replacement costs for appliances and equipment; costs of maintenance, cleaning and repair; pest control; landscaping; and improvements and upgrades. When you rent an apartment, you pay your rent, security deposit, pet fees if applicable, and usually some utilities.

be able to enjoy community amenities that are often not found in homes such as a jacuzzi, pool, exercise room, and party room. In addition, you can choose an apartment community that is close to shopping, dining, and entertainment. When you live in an apartment, you put yourself in the middle of the fun! No more driving a half-hour to get to your favorite restaurant or store. Your apartment’s location is sure to be a huge

benefit to you and your lifestyle. Think about collecting the equity that you have built up in your home, place it into an interest-bearing account and pay your rent. Your faucet leaks, call the property manager.

Google “Is apartment rental a good idea for senior citizens?” Answer: YES

CONCLUSION

For seniors looking for a low-maintenance, lower-cost lifestyle, an apartment may be the ideal community. Apartments for seniors provide amenities such as house-keeping, dining, and activities that make life easier and more enjoyable. Older adults who are looking for a place to live have different expectations and requirements than younger adults or families with children. As a result, the search for senior apartments varies according to these needs. Instead of somewhere with a playground, older adults are interested in quiet, calm outdoor spaces. Rather than an apartment with several floors and lots of stairs, older adults are more apt to ground-level accommodations. These are just some of the conditions expected of senior apartments. To learn more about what you should look for when choosing the best senior apartments near you, check out the following website: seniorliving.org/apartments/



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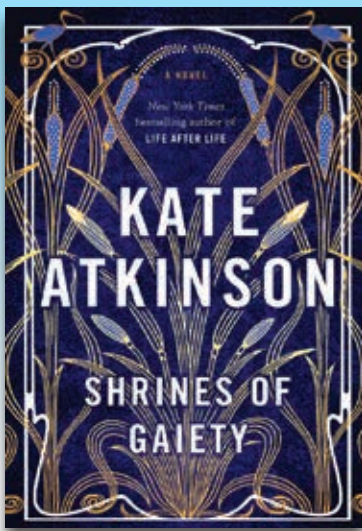
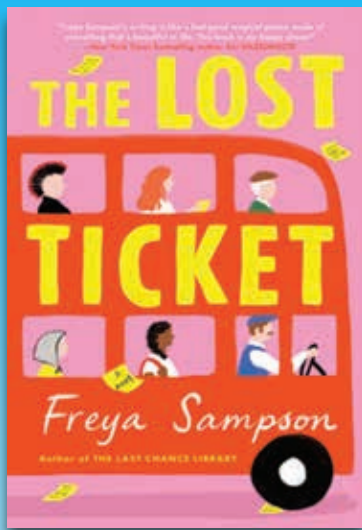
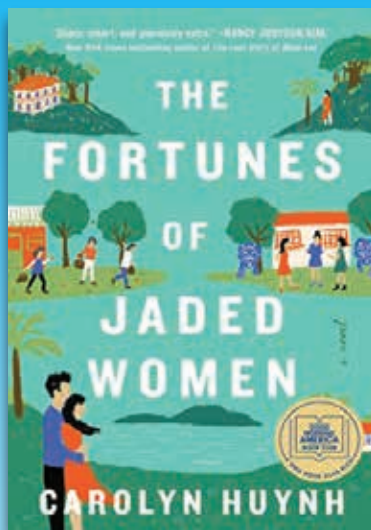


LIBRARY NEWS

Read it and Reap!

WINTER READING Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



Winter Reading for Adults

January 3 -
March 4, 2023

Pick up entry forms at your library.
mcdl.info/Readers



Time Saving Services

Options to
shop the collection
and pick up items

Take Advantage of MCDL Time Saving Services

During the busy holiday season every minute counts. Couple that with bad weather, kids on break from school, and traveling to see family, and it can be a struggle to pick up and return your library items! But MCDL makes it easy to fit the library into your busy schedule with these time-saving services.

Return your items to any of MCDL's six locations in the 24-hour book drops at Medina, Brunswick, Highland, Buckeye, Seville and Lodi Libraries. You can also return items at the two Medina Buehler's locations, Forest Meadows and River Styx, in their book drops at the service centers.

Pick up your library items when the library is closed with Anytime Lockers. When you get the alert that your reserved items are ready, simply call the library to put items in a locker. Have your library card ready for verification. Then drive by the library and type in the last four digits of your card to retrieve items from the locker. More at mcdl.info/Lockers



Swing by the library and staff will bring items to your car, curbside! Simply call ahead with your library card to establish a pick-up time. Pull into the designated parking spot and call the library. Staff will bring your items to you! More at mcdl.info/Curbside

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