



Helping HANDS

A Publication of the HANDS Foundation

MARCH / APRIL 2023

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

SENIOR EXPO 2023!

POPULAR ANNUAL EVENT DRAWS LARGE CROWD AT THE BRUNSWICK REC CENTER



ATTENDEES
MAKE THEIR WAY
THROUGH THE MAZE
OF TABLES TO
GRAB INFORMATION
AND GET ADVICE
FROM SHOW
PRESENTERS.

The Medina County Office for Older Adults (MCOOA) and Brunswick Parks and Recreation welcomed 320 people to the 17th Annual Senior Expo on Wednesday, February 8th.

Over 50 sponsors set up at the Brunswick Recreation Center, 3637 Center Road, for the Expo. This year, MCOOA Brunswick Activity Coordinator Darlene Jarvis chose to have a theme: "Sock Hop." Vendors and staff had fun dressing up in their poodle skirts, saddle shoes and other '50s-style gear while '50s tunes could be heard throughout the Rec Center.

The 17th year of this popular event once again provided guests with the latest information about medical services, fitness and health opportunities, legal help and advice, a wide range of community services, entertainment events, financial advice sources, various styles of housing options including both in-home and assisted living, Covid vaccinations and much more.

In addition to the commercial sponsors, who offered an array

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Happy Spring & Easter!



HANDS
FOUNDATION

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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EXPO

>> CONTINUED FROM FRONT PAGE

of take-away goodies, pamphlets and brochures full of valuable information, many county and city departments and services were in attendance. Brunswick Rec had a table, as did Brunswick Police and Fire departments. County agencies included MCOOA, the Park District, the Health Department, and the Prosecutor's office. The County Commissioner table was manned by Public Information Officer Brian Gallatin, while Commissioners Colleen Swedyk and Aaron Harrison were out in the crowd greeting their constituents.

Attendees enjoyed free coffee and bakery at the Bake Off station. To compete in the Bake Off, sponsors provide their best bakery efforts and the public is invited to vote for their favorite. The winner, Brunswick Pointe, will be provided a free table at next year's Expo.

MCOOA is looking forward to another successful senior health and wellness fair when they present Senior Day at the Medina County Fairgrounds on May 16th. This year the theme will be "The Wild West." To sponsor or for more information about that event please call Medina Activity Coordinator Jenny Kioussis at 330-725-9177.

Office for Older Adults Director, Laura Toth (far right) with staff members dressed in their 50's attire.



To learn more about the programs and services of the MCOOA call 330-723-9514 or visit www.mcooa.org



Attendees making their way into the expo at the Brunswick Rec Center.



THE HASSLER GROUP

Our Knowledge and Experience Make the Difference!

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

ROGER: 330.421.3430 / NANCY: 330.421.0011
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RE/MAX
CROSSROADS



ROGER & NANCY HASSLER

Happy 101st Birthday Richard!



Photos courtesy of John Wasylo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  </div>				
6 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	7 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 Basic Phone/Tablet Class "iPhones/iPads" Part I	1 BILLIARDS ALL DAY 9:00 BP Screening - Samaritan 9:30 Bingo - Z - LifeCare 10:00 Painting 10:30 Lunch/Learn: "Scams" Better Business Bureau 11:30 Lunch - 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 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 1:00 Parkinson's Support 2:30 BalloFlex*	3 BILLIARDS ALL DAY 9:30 Bingo - Z - Altimate HHC 10:30 Resistance Bands 10:30 Program - "Let's Play the Feud" 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia
13 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:00 SILVER STRINGS UKULELE BAND ST. PAT'S DAY PROGRAM 11:30 Lunch* 1:00 Mahjong	14 BILLIARDS ALL DAY MGM TRIP 9:00 Edwina's Exercise 10:00 Edwina's Exercise 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 Program - "Probate" Judge Dunn et al 11:30 Lunch: Medina Ctr 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends n Focus	16 BILLIARDS ALL DAY 9:00 BP Screening-Cleve Clinic 9&10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 1:00 Beginner Watercolor* 1:00 Jammers Jam Session 1:00 Grief Recovery Program 2:30 BalloFlex*	10 BILLIARDS ALL DAY 9:30 Bingo-Z-Broadway Creek 10:30 Resistance Bands 11:00 Program - ST PATRICKS DAY PARTY with "NO STRANGERS HERE" BAND 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia
20 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 12:15 Movie: "The Banshees of Inisherin" 1:00 Mahjong	21 BILLIARDS ALL DAY 9:00 Edwina's Exercise 9:30 AARP Driving Class 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 Basic Phone/Tablet Class "Android/Galaxy Part I"	22 BILLIARDS ALL DAY 9:30 Bingo - Z - Autumnwood 10:00 Painting 11:00 Lunch/Learn: Echelon 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 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 1:00 Grief Recovery Program 2:30 BalloFlex*	24 BILLIARDS ALL DAY 9:30 Bingo - Z - Humana 10:30 Resistance Bands 11:00 Program - TBA 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia
27 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong	28 BILLIARDS ALL DAY EASTER BUNNY LANE/ TARA TRIP 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 One-on-One Tech Help	29 BILLIARDS ALL DAY 9:30 Bingo - Z - OOA 10:00 Painting 11:00 Lunch/Learn: "Planning Ahead/Estate Planning" Brookdale 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	30 BILLIARDS ALL DAY 9&10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 1:00 Beginner Watercolor* 1:00 Grief Recovery Program 2:30 BalloFlex*	31 BILLIARDS ALL DAY 9:30 Bingo-Z- OOA 10:30 Resistance Bands 11:00 CLEVELAND GUARDIANS DAY W/ ENTERTAINMENT 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia

ALL ACTIVITIES SUBJECT TO CHANGE
 * = Fee required z = Zoom class

MARCH

OF
EVENTS
CALENDAR

MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 1:00 Easter Cookie Class*	4 BILLIARDS ALL DAY 9:00 Lilly's Beginner Art Class 9 & 10 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 Matter of Balance 1:30 Basic Phone/Tablet Class "iPhones/iPads" Part II	5 BILLIARDS ALL DAY 9:00 BP Screen. w/Samaritan 9:30 Bingo - Z - LifeCare 10:00 Painting 11:00 Program - "Identity Theft" Ohio Attorney General 11:30 Lunch - LifeCare 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	6 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 1:00 Grief Recovery Program 1:00 Parkinson's Support 2:30 BalloFlex*	7 BILLIARDS IN A.M. 9:30 Bingo - Z - WRAAA 10:30 Resistance Bands 11:00 Lunch* 12:00 Pinochle GOOD FRIDAY NO AFTERNOON ACTIVITIES
10 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong	11 BILLIARDS ALL DAY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 12:30 Sip-n-Paint FREE 1:00 Hook Nook 1:00 Matter of Balance 1:30 One-on-One Tech Help	12 BILLIARDS ALL DAY 9:30 Bingo - Z - Willowood 10:00 Painting 11:00 Program - "Early Medina County" Comm'r Hambley 11:30 Lunch - Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3 Ask an Attorney	13 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Bunco 1:00 Grief Recovery Program 1:00 Beginner Watercolor* 2:30 BalloFlex*	14 BILLIARDS ALL DAY 9:30 Bingo-Z- Broadway Crk 10:30 Resistance Bands 10:30 Program - "Titanic, A Night to Remember" Carl Quataro 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia
17 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 12:15 Movie: "The Fableman" 1:00 Mahjong	18 BILLIARDS ALL DAY 9&10 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 Matter of Balance 1:30 Basic Phone/Tablet Class "Android/Galaxy Part II"	19 BILLIARDS ALL DAY 9:30 Bingo - Z - Medina Ctr 10:00 Painting 10:30 Program - "Senior Feud" 11:30 Lunch - Medina Center 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends n Focus Vision Support Group	20 BILLIARDS MEADOWS TRIP 9 & 10 Edwina's Exercise 9:00 BP Screening-Cleve Clinic 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Jam Sess. 1:00 Grief Recovery Program 1:00 Beginner Watercolor* 2:30 BalloFlex*	21 BILLIARDS ALL DAY 9:30 Bingo - Brookdale Camelot 10:30 Resistance Bands 11:00 Program - Leo's Jammers Concert 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia
24 BILLIARDS ALL DAY 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong	25 BILLIARDS ALL DAY CLEVE AQUARIUM/LAKEVIEW/ LITTLE ITALY 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 One-on-One Tech Help	26 BILLIARDS ALL DAY 9:30 Bingo - Z - Falling Waters 10:00 Painting 11:00 Lunch/Learn - Brookdale 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 4:00 SPECIAL PROGRAM: "Take a walk through Dementia" - Asst'd Presenters	27 BILLIARDS ALL DAY 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Grief Recovery Program 1:00 Beginner Watercolor* 2:30 BalloFlex*	28 BILLIARDS ALL DAY 9:30 Bingo - Z - Humana 10:30 Resistance Bands 11:00 Program - Senior Driving Safety 11:30 Lunch* 12:00 Pinochle 12:30 Mind Challenge Trivia

ALL ACTIVITIES SUBJECT TO CHANGE
 * = Fee required z = Zoom class

APRIL

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
See our newsletter for a full list of programs and descriptions, available on our website: www.WadsworthCity.com/SopremaSeniorCenter	PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS! *PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).	1 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Blind Truth 1:00 Dominoes & Games 1:00	2 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Autobiography 9:30 - 11:00 Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Support* 1:00	3 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
6 Pinochle 10:00 Modern Hearing Lunch - & Learn 12:00-2:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00 Coloring Fun 1:00	7 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General Caregivers* 1:00 Wits Workout 2:00	8 Summa Health Chat* 10:00 Gentle Exercise <u>11:00</u> Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Aging Gracefully w/ Brookdale* 2:00	9 Mah Jong 9:30 Autobiography 9:30 - 11:00 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00	10 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 Veterans Seminar 2:00
13 Pinochle 10:00 Walking Track 12:00 - 2:00 Bunco 1:00 Coloring Fun 1:00 Medicare 101 Hybrid* 3:00	14 Crafts/Puzzles w/Windfall 10:00 Walking Track 10:00 - 12:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00 Storytime w/ Wade (Zoom) 3:30	15 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00 Decorating Demo 2:00	16 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Autobiography 9:30 - 11:00 Walking Track 10:00-12:00 Bridge 11:00 County Assistance- appts. 2:00 Cooking with Bev 2:30	17 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 
20 Pinochle 10:00 Walking Track 12:00 - 2:00 Coloring Fun 1:00 Senior Driver Safety 2:00	21 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 Ask an Attorney 1:00 Parkinson's Caregivers* 1:00 Wits Workout 2:00	22 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 History of Clev. Baseball 2:00	23 Mah Jong 9:30 Autobiography 9:30 - 11:00 Walking Track 10:00-12:00 Bridge 11:00 Poetry Open Mic 12:00 Senior Book Club 1:00	24 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
27 Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00-2:00 Bunco 1:00 Coloring Fun 1:00	28 Walking Track 10:00-12:00 Coupon Clippers 10:30 Garden Chat 11:00 Euchre 1:00 Tech Tuesday 2:00 - 4:00	29 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Dr. Dan Health Chat 2:00	30 Mah Jong 9:30 Autobiography 9:30 - 11:00 Walking Track 10:00 - 12:00 Bridge 11:00	31 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

OF
EVENTS

MARCH

CALENDAR

WADSWORTH


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pinochle 10:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00	4 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General Caregivers* 1:00	5 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Blind Truth 1:00 Dominoes & Games 1:00	6 Mah Jong 9:30 Autobiography 9:30 - 11:00 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Support* 1:00	7 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
10 Pinochle 10:00 Walking Track 12:00-2:00 Bunco 1:00 Medicare 101 Hybrid* 3:00	11 Walking Track 10:00-12:00 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00 Storytime w/ Wade (Zoom) 3:30	12 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Aging Gracefully w/ Brookdale* 2:00	13 Mah Jong 9:30 Autobiography 9:30 - 11:00 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00	14 Strokes of Art 9:30 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
17 Chronic Disease SM 9:30 Pinochle 10:00 Walking Track 12:00 - 2:00 Lunch & Learn w/ Autumnwood 12:30	18 Walking Track 10:00 - 12:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Ask an Attorney 1:00 Euchre 1:00 Parkinson's Caregivers* 1:00 Sound Immersion 2:30	19 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00	20 Mah Jong 9:30 Autobiography 9:30 - 11:00 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 County Assistance- appts. 2:00 Cooking w/ Bev 2:30	21 Strokes of Art 9:30 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
24 Chronic Disease SM 9:30 Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00	25 Walking Track 10:00-12:00 Coupon Clippers 10:30 Caregiver Event by RSVP 11:00 Euchre 1:00 Dementia Workshop 1:00 - 3:00 Tech Tuesday 2:00	26 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Dominoes & Games 1:00 Empower Renal Support 1:00	27 Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Garden Chat 11:00 Poetry Open Mic 12:00 Senior Book Chat 1:00 Grief Support 2:00	28 Strokes of Art 9:30 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
We have so many Games to choose from! ♦ Pinochle ♦ Bridge ♦ Euchre ♦ Mah Jong ♦ Chess ♦ Dominoes ♦ & Bunco!	PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS! *PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).	Do you provide assistance to a Senior loved one? Join one of our General, Alzheimer's or Parkinson's Caregiver Support Groups!	See our newsletter for a full list of programs and descriptions, available on our website: www.WadsworthCity.com/SopremaSeniorCenter	

APRIL

SOPREMA
SENIOR CENTER
& CAFE

WADSWORTH


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



SOPREMA
Senior Center
& Cafe

ssc@wadsworthcity.org

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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2023 		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 10:00 SS Cardio Toning 11:30 OOA Nutrition 11:30 Cardio Dance 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	7 8:00 Cards 10:00 Book Club 10:00 Irish Dance 1:00 Bingo - Crossroads Hospice & Palliative Care	8 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	9 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	10 10:00 SS Cardio Toning 11:30 OOA Nutrition 11:30 Cardio Dance 12:15 Create a Better You! 12:30 Ladies Pinochle
13 9:00 SS Classic 9:30 Art Critique 10:00 SS Chair Yoga 11:00 LUNCH & LEARN - BARON LAW 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg 1:00 Culinary Club	14 MGM TRIP 8:00 Cards 10:00 Irish Dance 1:00 Bingo - Crossroads Hospice & Palliative Care	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 1:00 OOA Benefits-Sean	16 8:00 Cards 10:15 SS Classic 11:00 "LET THE SHENANIGANS BEGIN!" PARTY 11:30 Line Dance (Beg) 12:00 Ask an Attorney (by appointment only)	17 10:00 SS Cardio Toning 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
20 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:00 LUNCH & LEARN - LIFE CARE CTR OF MEDINA 11:30 Cardio Dance 12:15 Mah Jongg	21 8:00 Cards 10:00 Irish Dance 1:00 Bingo - Westwood	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)	24 10:00 SS Cardio Toning 11:30 OOA Nutrition 11:30 Cardio Dance 12:15 Create a Better You! 12:30 Ladies Pinochle
27 11:00 LUNCH & LEARN - SPRY SENIORS 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	28 EASTER BUNNY LANE/ TARA TRIP 8:00 Cards 10:00 Irish Dance 1:00 Bingo - Medina Center for Rehab	29 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	30 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo - Spry Seniors	31 10:00 SS Cardio Toning 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle ALL ACTIVITIES SUBJECT TO CHANGE

MARCH

OF
EVENTS
CALENDAR

BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	4 8:00 Cards 10:00 Book Club 10:00 Irish Dance 1:00 Bingo	5 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	6 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	7 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
10 9:30 Art Critique 10:00 SS Chair Yoga 11:00 LUNCH & LEARN - CYPRESS & GENERATIONS 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg 1:00 Culinary Club	11 8:00 Cards 10:00 Irish Dance 1:00 Bingo - Crossroads Hospice & Palliative Care	12 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	13 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	14 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle "SPRING FLING" SUNDAY APR 16 6-8PM
17 10:00 SS Chair Yoga 11:00 LUNCH & LEARN - BRUNSWICK BD OF EDUCATION 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	18 8:00 Cards 10:00 Irish Dance 1:00 Bingo	19 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	20 MEADOWS TRIP 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg)	21 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
24 10:00 SS Chair Yoga 11:00 LUNCH & LEARN - SPRY SENIORS 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg ALL ACTIVITIES SUBJECT TO CHANGE	25 CLEVE AQUARIUM/LAKEVIEW/ LITTLE ITALY TRIP 8:00 Cards 10:00 Irish Dance 1:00 Bingo - Medina Center for Rehab	26 9:00 SS Circuit 9:30-2 AARP Driving Course 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitting Club	27 8:00 Cards 10:15 SS Classic 11:30 Line Dance (Beg) 1:00 Bingo - Spry Seniors	28 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle



April 2023


APRIL

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



A BRAND NEW TERM



By: State Representative, SHARON RAY



SHARON RAY

On January 3, 2023, a brand new class of the Ohio House of Representatives—the 135th general assembly was sworn in at the State House. 99 members – some new, some returning, each representing approximately 115,000 citizens spread across the great state of Ohio. As we took our Oath of Office, a sense of excitement filled the air; not only for the new members, but the returning members too. The wide range of ages – professions – backgrounds, make this an interesting group and I am anxious to get acquainted with my co-workers. The hustle and bustle of opening day has the feel of a new school year, friends and family attending the “swearing-in” wishing you well on your new adventure. Finding your seat (at least for the next two years) in the Chambers on the House floor. Trying to navigate the Statehouse without getting

lost – not as easy as it looks! It became apparent on opening day that this session would be different; we elected a new Speaker – one with bi-partisan support. While this pleased some, it disturbed others...welcome to politics where you rarely make everyone happy. Having worked with both gentlemen, I liked them both, each brought their unique strengths. In the end, I believe the new Speaker, Rep. Jason Stephens brought more experience and maturity, characteristics that will serve him well in his new position. He brought with him a slate that brings decades of experience in government, along with the wisdom and consideration that being a “more seasoned” member instills.

In a totally unexpected and humbling moment, they asked me to be a member of the Leadership team. Quite frankly, I was shocked. Anyone who knows me understands I can be a bit suspect when good things fall in my lap. I mean I have the age (and the gray hairs to prove it) and many years of experience in the administrative, legislative and judicial arena, but this will be a challenge.

I took a couple days to catch my breath and think about it, one thing maturity teaches you, if someone else is more qualified, I want that person to have the job. At my age I am not looking at this position as a “stepping stone”

I have no loftier political aspirations – perhaps that is what made me a good fit. I said yes and on January 24th was elected by a combination of Republicans & Democrats to the position of Assistant Majority Whip. It was honor to stand before the Ohio House of Representatives and be sworn in to my new position.

Medina County has been well represented in leadership positions in Columbus; Speaker William Batchelder – a Medina County legend (and my mentor), served as Speaker of the House from 2011 – 2014. Senate President Larry Obhof, a proud resident of Montville Township, served as Senate President from 2017-2020. Both gentlemen served Medina County and the State of Ohio with competence, dignity and honor – and both are remembered by their peers fondly. It is my goal to continue the examples they have set.



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



Sharon A. Ray
State Representative
House District 66



614-466-8140

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JOHN BURKE

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MARCH 31st. LAST DAY TO APPEAL YOUR PROPERTY TAX VALUE

As County Treasurer I want to remind property owners that March 31, 2023, is the last day for taxpayers to file an appeal of their property values for their current tax bills with the Board of Revision (BOR). The Board of Revision is made up of the County Auditor, County Treasurer and one County Commissioner or their designated representatives. The three BOR members hear complaints filed by taxpayers and make the decisions on any change to property values.

The property tax bills that were sent out this year included new 2022 updated reappraisal values placed on your property by the County Auditor. Ohio Law requires the Auditor a reappraisal of all property once every six years with a triennial update three years after.

The new 2022 property values set by the County Auditor were based on an analysis of the prior three years' sales trends and applied on a percentage basis by neighborhood and taxing district. The average property value

increase was approximately 27% for residential homes. If you feel your new property value is too high, you can appeal it by completing a Board of Revision DTE-1 complaint form." Taxpayers can obtain a DTE-1 form from the County Auditor or on his website. Completed forms must be turned into the Auditor's Office by March 31, 2023.

Sometimes taxpayers ask me how they can tell if their property value is correct or fair. I tell them to look at the "total appraised value" established by the County Auditor and ask the following question: Could I sell my house for the total property value that has been set by the Auditor? If your answer is yes or you think you could sell it for more, then you should be satisfied with your new updated value. If your answer is no, you can look for comparable sales and appeal your value to the Medina County Board of Revision.

It is important that you provide evidence that indicates the true value of your home or property. The best evidence is comparable sales or transfers

that have occurred close to January 1 of the tax year 2022.

Ohio law requires the County Auditor to appraise property values based on the estimated fair market value. The fair market value is the price that your property would be expected to sell for on the open market between an informed and willing buyer and seller.

Remember that the burden of proof lies with the taxpayer/complainant to establish market value. Evidence presented by a taxpayer to the BOR must pertain to the property value not the taxes or tax rates.

A private appraiser can determine the market value of your home, but there is normally a fee for this service. Another approach is to use a market comparison where the taxpayer finds sales values of similar homes in the last year that have a lower square foot value than the Auditor's square foot value of their home.

For example, a taxpayer can take the County Auditor's

appraised value of their home and divide it by the total square footage to get the value per square foot. Then the taxpayer finds the sale price of a comparable home and calculate the price per square foot by dividing the sales price by the total square footage of the home. Compare the two square foot values. If the Auditor's square foot value is higher than the comparable home sale square foot value, then the taxpayer may want to file an appeal with the Board of Revision.

The Auditor's appraised value of taxpayer's home is \$200,000 and square footage is 1,700. Divide \$200,000 by 1,700 square feet would equal \$117 per square foot.

A comparable home with similar age and size in the neighborhood sold for \$180,000 and is 1,810 square feet. Divide sale price \$180,000 by 1,810 equals \$99 per square foot. This is less than the \$117 square foot value set by the Auditor so the taxpayer might wish to consider filing a BOR complaint form DTE-1.

I usually encourage taxpayers who file a BOR appeal, to find 2 or 3 properties that have been sold for a square foot price less than the square foot price of their home according to the Auditor's value. The BOR rules state that the Auditor may present similar comparable sale values at the BOR hearing. The taxpayer can ask up to 10 days in advance of the hearing date for the Auditor's comparable sales to review them before the hearing.

Taxpayers can obtain a BOR complaint DTE-1 form at the County Auditor's Office in the County Administration Building 144 n. Broadway St. Medina Ohio, or by downloading the form (DTE Form 1) online the Auditor's website. Complete the form and turn it into the Auditor March 31, 2023, or if you mail it in make sure it is post-marked by March 31st. You will be notified of a hearing date by the County Auditor.

For questions or more information, call the Medina County Treasurer at 330-725-9748.

COMMISSIONERS' CORNER



MEET YOUR NEW COMMISSIONER

The Medina County Republican Party Central Committee appointed Aaron M. Harrison as commissioner at their meeting on Sunday, Jan. 8.

Harrison fills the vacancy left by William Hutson who was elected as Common Pleas judge in November.

At the start of the Tuesday, Jan. 10 Commissioners' meeting, Board Present Colleen Sweddy welcomed Harrison as the brand new commissioner.

He said he was eager to get started and looking forward to working with his two fellow commissioners.

"I am thrilled to put my skills and experience to work for the residents of Medina County," said Harrison. "I am excited to work with the leaders of our townships, villages and cities and my fellow commissioners to ensure that Medina County continues to thrive and to offer ample opportunities for those looking to raise a family, operate a business or take advantage of the many other opportunities this community has to offer."

State Representative Sharon Ray was also present at Tuesday's meeting to welcome Harrison.

"Aaron, you are inheriting a well-run county," said Ray. "Some of the department heads here are just very special. They've been very helpful to me in my career; I know they will be helpful to you. Welcome to the Board of Medina County Commissioners."

ABOUT AARON HARRISON

Professional: Harrison has practiced law in Medina for over 15 years. His primary focus is advising small businesses



and their owners on estate planning, business formation, succession planning, contract and real estate matters.

In addition to his business and corporate practice, Harrison assists many individuals and families with estate administration, wills, trusts, real estate and related personal transactions.

With a focus on corporate and transactional work, and an emphasis on customer service, he works to anticipate client needs and exceed expectations in every engagement.

In 2005, Harrison arrived in Medina to begin his career at the Medina office of Critchfield, Critchfield & Johnston. He founded his own law office in 2008 which merged with another local firm.

In 2013 he transitioned into a role in the financial services field, where he used his estate planning and business planning acumen to assist clients of Legacy Business Advisors achieve their business succession and exit planning objectives.

While working in financial services, Harrison maintained a modest stable of clients and operated his practice part time, but in late 2019 he made the decision to expand his private law practice into a full-time venture.

Community Involvement: Harrison is a dedicated member of the Medina community. He has previously served as a member of the Medina City Schools Board of Education and is the past President of the Medina City Schools Foundation, where he also served on the executive committee for three years.

He is a member of the Akron Children's Hospital Children's Hope Ambassador Committee, where he assists with the development of programming designed to inform estate planners and financial professionals of the important work being done by Akron Children's Hospital.

He is a past President of the Medina County Bar Association, where he served as a member of the executive committee for five years and a past President of the Medina County Estate Planning Council.

He remains a member of both organizations along with the Akron and Cleveland Metro Bar Associations, the Ohio Bar Association and the Medina County Law Library Association.

Together with his wife Kelly, who is an art teacher in Brunswick, and his children Lincoln and Lucille, Harrison and his family are active supporters of other non-profit organizations including Hospice of Medina County, Medina County 4-H, Medina County Arts Council and other local youth enrichment programs.

Personal: Harrison was raised on a farm in rural northwestern Ohio. He received his B.A. in Political Science from Ohio Northern University and his J.D. from Case Western Reserve University. He resides in Montville Twp with his family.



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STEVE HAMBLEY
Commissioner

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FROM YOUR VETERANS OFFICE



ED ZACKERY

PACT ACT ARE YOU ELIGIBLE TO RECEIVE BENEFITS?

ELIGIBILITY THROUGH 'MEANS TEST'

Over the past few months, I have had the opportunity to discuss and engage with fellow county veterans service officers from around the country. Everyone I talked with said the same thing, "veterans are inquiring, applying and accessing their VA benefits more than at any other time in history". With the passage of the "PACT Act", the largest

piece of veteran legislation passed in more than fifty years, it's not surprising. The new law changes benefits for several generations of veterans and also incorporates rules that will affect future veterans when it comes to toxic exposure.

The law still leaves out some veterans due to the Means

Test (financial assessment) applied to accessing VA Healthcare Benefits for veterans that are not eligible through another avenue. The means test is a gathering of financial information by which VA determines your priority group for enrollment and whether or not you are required to make copayments for the service you receive. The new law (PACT Act) does expand eligibility to millions of veterans who were not previously eligible except for the Means Test. Over the past several years, the VA has made significant improvements on modernization, infrastructure, and access to care within the community and that's great for those that are inside the system and are eligible. Our leaders should abolish the Means Test and



make healthcare assessable to all veterans no matter their income. It's been proven that veterans enrolled in VA healthcare are less likely to commit suicide, more likely to improve in their mental health, and other specific disabilities that effect the veteran population more than their civilian counterparts. Accessing VA healthcare is the most important benefit a veteran can have, all veterans should have it!

Whether it's a VA home loan, education benefits, healthcare, disability, or a survivors pension for a widow/r, we urge everyone to inquire and ask about what benefits you may be eligible for at this point in your life. It's better to ask and be told you are not eligible than to find out later you may have been eligible and missed out on benefits that could have made life a bit easier.

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.



Don't forget to come out and see us at 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.

SAVE THE DATE VETERAN BENEFITS MEETING

Our 2nd Veteran Benefits Brief will be Wednesday, April 19th, 2023 at the Wadsworth American Legion Post #170, 129 Main St, Wadsworth, OH 44281 at 6:00. Dinner is at 6:00 and the seminar starts at 6:30. Sign up now, dinner included! RSVP NOW! Call: (330) 722-9368.



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

**2ND VETERAN BENEFITS BRIEF, SIGN UP NOW
DINNER INCLUDED! *RSVP NOW!***

WHEN: Wednesday, April 19th, 2023
WHERE: American Legion Post #170
129 Main St, Wadsworth, OH
TIME: Dinner at 6:00; Seminar at 6:30
Learn About Your Veterans Benefits

- The New VA "PACT Act"
- County & State Benefits
- VA Health Care (in-homecare)
- VA Compensation
- VA Pensions (Aid & Attendance)
- VA Pension for Widows
- VA Burial Benefits

Presented by: Medina County Veterans Service Office ****You Must RSVP NLT April 14th, 2023**
Call: 330.722.9368 Dinner will be provided
(Limit 50 people)

*"Service for Those That Served and Their Families"
Because - We are Family*

Senior Valentines!

Residents of Danbury and Plum Creek Assisted Living Communities Receive Personalized Valentines Wishes.

From: The Brunswick High School BEAT Program



On Saturday, February 4th from 9am to 11am, close to 30 Brunswick Schools BEAT Video Program students (grades 6-12) created 200 hand-crafted and personalized valentines for residents at Danbury and Plum Creek Assisted Living Communities in the Brunswick High School Media Center (3581 Center Road, Brunswick).

The annual project, which BEAT students have done since 2015, is the students' way of warming the hearts of seniors who may not have someone in their lives on Valentine's Day.

Each hand-crafted valentine included the resident's first name, and incorporated at least one of the resident's "favorite things" (shared by both facilities with the BEAT) in the design of their valentine. Students hope to hand-deliver the valentines to residents at both assisted living facilities before Valentine's Day.

Since 2000, the award-winning Brunswick Schools BEAT Video Program has provided

over 1,000 students in grades six through 12 a unique opportunity to write news stories, conduct on-camera interviews, edit, shoot and direct more than 5,000 programs that have been broadcasted on our Educational Access Channel 1025, the BEAT (Spectrum).

In 2011, these young people began to take over management of the station and Program as it evolved into a student-driven program. Each first, second, and veteran student (many of whom are in middle school) produces six print and video news stories that spotlight activities/events throughout Brunswick, Medina County, and beyond. Their articles not only appear on the BEAT and various websites but are often selected by area newspapers with bylines by our students.

Contact John Wasylo, BEAT Video Program advisor, at (330) 321-7601/cell for more information about both the BEAT and the Valentine's Day card project.



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HEALTH DEPT. NEWS

Looking for Tomorrow's Heroes Today: The Medina County Medical Reserve Corps (MRC)

By: JESSICA MILES, M.Ed., MCHES, Emergency Planner and
MRC Coordinator, Medina County Health Department



Want to make a difference in your community? Are you willing to assist during the county's greatest time of need? Then consider joining the Medina County Medical Reserve Corps (MRC). Medina County's MRC is looking for both medical and non-medical volunteers to help us make Medina County a healthier, safer, and better-prepared community. You don't need a medical background or any special skills to be a part of the MRC, just a willingness to help in a time of need. We are looking for anyone who can offer a variety of skills and are willing to assist in an emergency, vaccine clinics, or community events.

In a public health emergency, every helping hand can make a difference in reducing illness and saving lives. MRC volunteers are a valuable asset during all types of incidents. The MRC plays a critical role in helping to keep our emergency response system running smoothly by meeting the needs of residents and supporting first responders during a crisis. Remember, emergencies and disasters come without warning. When emergencies happen, Medina County wants to be prepared and have a team of volunteers ready to assist.

The Medina County Health Department is asking residents to help during all types of incidents by becoming a volunteer with the Medina County MRC. The program is part of nationwide organization developed to improve communities by establishing a system for volunteers to offer their skills and expertise to help strengthen emergency response efforts. For more information about the MRC program, please call 330-723-9688 ext. 639 or visit us at www.medinahealth.org.



Everyone Can Help

- Offer your time and skills to make your community healthier
- Medical & non-medical volunteers needed
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For more information, please call 330-662-0517 or
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FROM WRMC

WESTERN RESERVE MASONIC COMMUNITY

There's Excitement in the Air at WRMC! Our New Independent Living Building to Open This Spring!



For information regarding the grand opening/ribbon cutting of the new independent living apartments, check out our Facebook page or website [ohiomasonichome.org / wrmc/expansion2](http://ohiomasonichome.org/wrmc/expansion2)



Western Reserve Masonic Community (WRMC) is nearing the finish line on their expansion. The community center was finished first and opened in spring of 2022. Residents as well as the community enjoy using the space for a variety of different events. The Medina Community Band is making great use of the community center for their practices as well as performances.

The state-of-the-art healthcare center was complete in late fall. Leadership as well as residents and their families were counting the days until they could move in. Hospital referrals were scheduled to follow. The healthcare center contains 32 suites, 18 dedicated to long-term care and 14 for short-term rehabilitation. The rehab rooms are for individuals who may have just had surgery, such as knee replacement surgery or recovering from an accident. All rooms in the healthcare center have a lift system secured in the ceiling. This system is beneficial for staff and residents as well as short-term patients. The lift system is safer for the staff to help individuals get out of their bed and to move around their room more comfortably.

The rooms contain an extremely comfortable and highly innovative Med Mizer bed. This bed takes a person from laying down to sitting and to standing

on their own. The healthcare center also features a state-of-the-art therapy room for physical, occupational, and speech therapies. The therapy room contains the same ceiling lift system to help work on mobility as well as balance as safely as possible. The therapy room is used by both residents and outpatients from northeastern Ohio. This healthcare center was designed to provide a quality of care that sets Western Reserve Masonic Community apart from the rest.

The final stage will be the completion of the new independent living building. The building is anticipated to open this spring and features 56 independent living apartments with nine floorplans that range from a one bedroom, one bathroom, and 848 square feet to three bedrooms, two bathrooms, and over 1,500 square feet. Choices also include but are not limited to fireplaces, balconies and patios. The hallmark of this building won't just be the impressive apartments – it will be the community, life-style-centered spaces. The building will be complete with a 20,000 square foot common area, state-of-the-art fitness center, café, bar, and dining room so that independent living residents have easy access to the amenities that makes Western Reserve Masonic Community a great place to live.

LIFE SHOULD BE ABOUT LIVING. ESPECIALLY IN RETIREMENT.



At Western Reserve Masonic Community, we'll take care of the work – like snow removal, mowing the lawn, and maintenance – so you can get back to living. Enjoy dinner and a drink in the bistro, get a workout in the fitness center, start a new project in the woodshop or art studio, watch a performance in the community center, or even join a theater production yourself – the possibilities are endless!

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PHOTO RIGHT: Jason French, President of Western Reserve Masonic Community helps guide one of the residents into the new healthcare center.



A look at one of the kitchens in the spacious apartments at the new independent living building.

Moving Day at the New WRMC Healthcare Center



February 1st was so much more than just the beginning of a new month or time to decorate for the next holiday, Valentine's Day. It was moving day for the current healthcare center residents at Western Reserve Masonic Community. (WRMC) Remember that new home smell, decorating your bedroom just the way you want it to be and don't forget sleeping in a brand-new bed on crisp white sheets. That describes February 1st for the healthcare center residents. The smile on their faces says it all.

The WRMC staff moved the belongings of each healthcare center resident. Everyone including WRMC President, Jason French, and all the staff helped with the move. Many personal items were moved in advance so rooms would be ready for the big day. When moving day arrived, items such as favorite recliners or that special comforter were moved and then the residents got their turn. They took a short ride through the halls to their new "home."

Residents and family members had thoughts they wanted to share with the WRMC leadership and staff. When everyone started

talking, the compliments just kept coming. Gwen Wagner was there with her mother, Margaret. Gwen shared, "The Wagner family is extremely thrilled to be here in this beautiful new home, not only for the great care but in this great new facility."

Richard, a WRMC resident said, "It is a very nice, large room. I like it a lot!"

Ellie and her daughter Carol enjoyed their time together. Ellie stated, "Very nice, even more than I ever had thought it to be!" Her daughter Carol said, "There is so much space for the family to visit, and the big window. She loves how bright the room is."

As evening approached, all the residents enjoyed their first dinner in their new "home." Their families felt content while they watched the excitement in their loved one's eyes. As the families said good night and I love you, the residents settled down to watch TV and fall asleep in their brand new beds in their new "home."

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SENIOR SPOTLIGHT

DOROTHY WASNIAK



100-Year-Old Former Olympian and Danbury Resident Still Has Her Competitive Spirit in the Pool

By: SARAH KELLER,
Brunswick High School BEAT Reporter

Where others find relaxation in old age, 100-year-old Dorothy Wasniak finds drive. Born near Uniontown, Pennsylvania and Czechoslovakian, Wasniak has been swimming since her teen years and has picked it up once again.

Dorothy learned to swim at the Clark Recreation Center in Cleveland and began to competitively swim to make a name for herself. Putting in hours of practice, she was able to make the Olympic team during WWII, competing in Britain and all over the United States. Displaying years of dedication, Wasniak taught synchronized swimming, broke the national record for the 50 and 100-yard breaststroke in

1978, and won again in 1979 with the senior swimmers.

Wasniak, well into her nineties, swam almost every day during her retirement years, often driving 45 minutes away to swim a mile. When asked recently if she could have any wish fulfilled, she quoted, "I would love to swim again."

However, swimming isn't the only passion Wasniak has. After marrying her husband, they adopted many family members and began giving back to the community through food baskets. Eileen Gilhousen, life enrichment director at Danbury Senior Living Center, said "Dorothy has lived a beautiful, fulfilling life and she has such a kind nature about her."

On Thursday, February 9th, Wasniak found herself back in the water with the Brunswick High School swimming teams. Ty Worsencraft, a swimmer with the high school described, "For us, it was pretty crazy to think that she was setting world records in women's swimming 80 years ago, which was pretty insane to all of us even as experienced swimmers."

During the meet, Worsencraft and his teammates helped her swim from one end of the pool to the other, while the rest of the team was cheering her on.

Wasniak is an inspiration to many and continually proves that age is just a number.



Danbury Brunswick Associates with Dorothy. (from left) Karley Krajewski, Life Enrichment Assistant, Jill Bell, Danbury Brunswick Executive Director and Eileen Gilhousen, Life Enrichment Director.

Members of the Brunswick girls' swim team enjoying their time with Dorothy.



Find Your Best Life At Danbury

After a long winter inside are you feeling disconnected and lonely? Perhaps it's time for a move to Danbury Senior Living. Call 330.460.4244 to schedule a tour.





PURSES WITH A PURPOSE

Purses with a Purpose was held on Tuesday, February 7, 2023 at Western Reserve Masonic Community in the new community center. Kimberly Valco, Community Relations Manager for Western Reserve Masonic Community and Devon Diello, Director of Admissions & Marketing at Carecore at Willowood together talked about the needs of the older adults in Medina County and how could we help. Devon wanted to tie the community together and came up with 'Tying'

the community together to benefit Seniors and purses came to mind which was the start of this new fundraiser and were able to put the event together in less than 90 days! Over \$10,000.00 was raised and went to Medina County Senior Adult Foundation who support the Office for Older Adults. Please save February 6, 2024 for the 2nd Annual Purses with a Purpose. Hope to see you there!!!

OVER \$10,000 WAS RAISED!



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Dr. Tushar Shah, MD



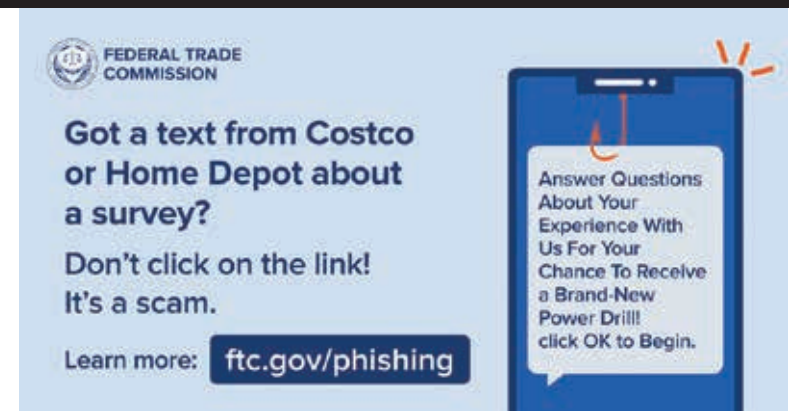
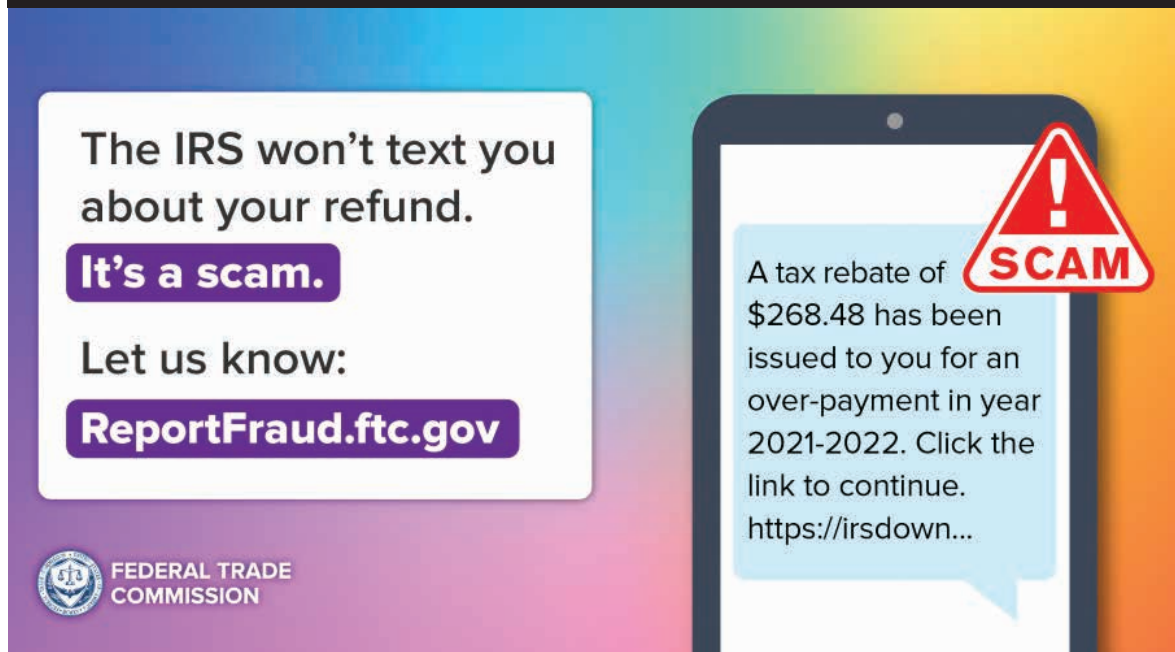
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Don't click on that random text. **IT'S A SCAM!**

These days we all use technology and devices to make life easier and for communication. Just look at everyone using smart phones, and we're constantly using apps and these devices almost to a point of insanity. But we must be careful not to get too comfortable with the information that comes into our phones and what we transmit out.

That unexpected text from the Postal Service (USPS), Costco, or The Home Depot telling you about an unclaimed package or a survey you can complete to claim a freebie is NOT from them. IT'S A SCAM.

The FTC has seen a spike in reports from people getting text messages that look like they're from well-known names like USPS, Costco, or The Home Depot and others. Spoiler alert: they're from impersonators. The details vary, but the scammers are after the same thing: your money and your personal information. You may get a text from scammers pretending to be USPS and asking you to confirm your debit card details so you can get an undelivered package. Or you might get texts about a chance to win a free gift card or a power tool. To claim your "reward," you're told to click on the link, answer some questions, and pay for shipping. Don't do it.

If you click on those links and submit your card information, you'll ending up with nothing — but you'll find unauthorized charges posted to your account.

NO, that's not the IRS texting you about a tax refund or rebate. **IT'S A SCAM!**

IRS impersonators have been around for a while. But as more people get to know their tricks, they're switching it up. So instead of contacting you about a tax debt and making threats to get you to pay up, scammers may send you a text about a "tax rebate" or some other tax refund or benefit. Here's what to know about the new twist.

The text messages may look legit, and mention a "tax rebate" or "refund payment." But no matter what the text says, it's a scammer phishing for your information. And if you click on the link to claim "your refund," you're exposing yourself to identity theft or malware that the scammer could install on your phone.

IF SOMEONE CONTACTS YOU ABOUT A TAX REBATE OR REFUND:

- Never click on links in unexpected texts. Don't share personal information with anyone who contacts you out of the blue. Always use a website or phone number you know is real.
- Know that the IRS won't call, email or text to contact you for the first time. They'll always start by sending you a letter. If you want to confirm, call the IRS directly at 800-829-1040.
- Find the status of any pending refund on the IRS official website. Visit Where's My Refund.
- Report unsolicited texts or emails claiming to be the IRS. Forward a screenshot or the email as an attachment to phishing@irs.gov

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NO MATTER WHAT THE UNEXPECTED TEXT SAYS, THE ADVICE IS THE SAME.

- Don't click on links or respond to unexpected texts — including ones asking you to fill out surveys to get free items. If you think it could be legit, contact the company using a website or phone number you know is real. Don't use the information in the text message.
- Don't pay to get a package redelivered. The real USPS won't contact you out of the blue about a delivery (unless you submitted a request first and give a tracking number) — and they'll never demand payment to redeliver a package.

If you receive an odd text message or a message from an unusual source, don't even open the text to read it. just delete it.

SEE MORE SCAMS ON PAGE 21 ▶



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

RAYMOND JAMES

Meet the Eldercare Specialists You Didn't Know You'd Need

Thanks to advances in medicine and technology, Americans can expect to live about 22 years in retirement. And to maintain your desired lifestyle throughout those decades, you'll want the support of a well-orchestrated team.

Get to know some of the professionals who stand at the ready, if and when you should need them.

#1 HEALTHCARE ADVOCATES

These professionals can help patients and families navigate public and private medical resources such as Medicare or individual insurance, as well as help evaluate in-home and long-term care options. Families separated by distance may take comfort in knowing their loved one is guarded by a healthcare advocate committed to ideal outcomes.

Resources: LeadingAge, Department of Health and Human Services' Elder Care, AARP

#2 MEDICAL SPECIALISTS

Beyond traditional specialists such as orthopedists or cardiologists, some doctors hold special designations that may be helpful in your situation. For example, Certified Dementia Practitioners specialize in memory care and medication management to help mitigate side effects that may exacerbate dementia and Alzheimer's symptoms. Some health professionals provide in-home care similar to services you'd find in a hospital or care facility. Start your search by looking for a caring, compassionate professional who also has experience with situations similar to yours. Verify that their training meets your state Department of Health's guidelines.

#3 ELDER LAW ATTORNEYS

Elder law goes beyond basic legal services to help older Americans prepare important documents – such as powers of attorney, medical privacy

release forms, living will and legacy documents – as well as review estate plans and update beneficiary designations. Other services include long-term care planning, resolving Social Security issues, fighting age discrimination, establishing conservatorship and litigating elder abuse cases.

Resources: National Academy of Elder Law Attorneys, Bar Association, American Association of Trusts, Estates, and Elder Law Attorney

#4 TRANSPORTATION EXPERTS

Driving specialists or driver rehabilitation specialists have backgrounds in occupational therapy and can recommend mobility equipment that would keep you or a loved one safely on the road for longer. Look for experience, clear pricing and convenient locations. Experts may have formal designations like Certified Driver Rehabilitation Specialist.

Resources: National Mobility Equipment Dealers Association, Association for Driver Rehabilitation Specialists directory, AAA

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#5 SENIOR MOVE MANAGERS

Moving can be overwhelming for anyone, but especially for seniors making a lifestyle change. Sorting through a lifetime of memories and possessions takes time and may be made more difficult by the realization that life is changing more than expected. That's where senior move managers come in to help declutter, organize and lend perspective when it's time to decide what

stays and what goes. They can also arrange to sell or donate unwanted items, supervise movers and then set up a new home.

Resources: National Association of Senior Move Managers

#6 CARE MANAGERS

These professionals connect families caring for loved ones with the right services, whether for healthcare, housing and social activities, or legal and

■ CONTINUED ON NEXT PAGE ►

Eldercare Specialists

>> CONTINUED FROM PAGE 20

financial services. They develop and maintain a care plan that evolves as needs change. Many caregivers believe they can perform these services for themselves, but experienced care managers often find appropriate and cost-effective solutions more efficiently than most of us could on our own, saving money and alleviating stress in one fell swoop.

Resources: National Association of Professional Geriatric Care Managers

#7 AGING IN PLACE EXPERTS

Certified aging in place specialists employ universal design ideas to modify and build safer living spaces for those who want to live independently. Those who have earned the CAPS designation have been certified as specialists by the National Association of Home Builders.

Resources: National Association of Home Builders, The National Aging in Place Council

#8 PROFESSIONAL FIDUCIARIES

Professional fiduciaries provide critical assessments and planning for seniors and their families facing medical, psychological, housing, social, legal and/or financial obstacles. They may be tasked with managing financial affairs or coordinating day-to-day activities for those who can no longer do so for themselves.

Sources: Barron's; National Care Planning Council; Transamerica; MIT AgeLab

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#9 VETERANS SERVICES OFFICERS

These experts assist veterans and their families with navigating the benefits and integrated health services offered by the U.S. Department of Veterans Affairs. They can help you find a local VA medical hospital or outpatient facility; apply for federal benefits and employment assistance; and access specialized programs designed for military members. Widows and widowers also may need help applying for burial and survivors' benefits.

#10 FINANCIAL PROFESSIONALS

Your financial advisor can work with your estate attorney and an accountant to help pull financial, tax and estate plans together, and coordinate with other specialists who can help you or a loved one live a fulfilling life throughout retirement. He or she has likely helped others in similar situations and has the expertise to bring together health and wealth solutions that can alleviate some of the burden that may come to rest on your shoulders.

You may never need some of these services. But understanding your options and having a contingency plan for "just in case" ensures you and your loved ones will be well taken care of at a time when they may need it the most.

CALLER ID SPOOFING

**Don't
trust your
caller ID.**

**Scammers can
make any name
or number show
up on your caller
ID. That's called
spoofing.**

How it can happen:



1. Scammers use automated dialing software to set up robocalls.



2. They decide what to display on your caller ID. It could look like a local call.



3. They start calling, and can make millions of calls over internet phone lines in minutes.

What you can do:

Use call blocking. Talk to your phone carrier and read expert reviews about your options.

Scammers can fake caller ID info

>> CONTINUED FROM PAGE 19

Scammers are using fake caller ID information to trick you into thinking they are someone local, someone you trust — like a government agency or police department, or a company you do business with — like your bank or cable provider. The practice is called caller ID spoofing, and scammers don't care whose phone number they use. One scammer recently used the phone number of an FTC employee.

Don't rely on caller ID to verify who's calling. It can be nearly impossible to tell whether the caller ID information is real. Here are a few tips for handling these calls:

■ If you get a strange call from the government, hang up. If you want to check it out, visit the official (.gov) website for contact information. Government employees won't call out of the blue to demand money or account information.

■ Don't give out — or confirm — your personal or financial information to someone who calls.

■ Don't wire money or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.

■ Feeling pressured to act immediately? Hang up. That's a sure sign of a scam.

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ANN SALEK

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

Why Does Everyone Tell Me to Avoid Probate?

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For assistance, contact attorney
Ann Salek*

*Certified Elder Law Attorney
*Certified Specialist in Estate Planning, Trust, and Probate Law
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www.ccj.com

Probate is a court procedure that enables your estate assets to transfer to your heirs. When you pass, the “title” to certain assets cannot transfer to your heirs unless your Will is probated. The probate court oversees this process and the assets cannot be distributed until the court approves the proposed distribution.

This process can sometimes be cumbersome and is typically done with the assistance of an attorney. This can result in time and money (court fees and attorney fees) spent to get assets distributed to your heirs. This is typically why people want to avoid the probate procedure.

However, not all assets must go through the probate procedure in order to be distributed to your heirs. Oftentimes people will re-title assets or name beneficiaries in order to avoid the probate process. This can be a great plan if implemented correctly. However, many people do things to avoid probate without understanding the unintended consequences that may occur. The unintended consequences can cause bigger problems than what the probate process would have been.

For instance, you may think it would be easy to make your real estate “transfer on death” to your three children which will avoid the probate process. However, in order for your three children to sell/transfer the real estate after your death, all three children must agree to the sale/transfer plus each of their spouses must sign the deed to release their dower rights in order to transfer the real estate. That may be a problem

if one of the children are in the middle of a divorce or one of the children is generally not cooperative with the rest of the family.

Many people are often advised by their bank or financial planner to make an account “payable on death” to their children or add their children as beneficiaries to an account. That makes sense on the surface but if that bank or financial planner does not know of all your assets and how they are titled and what your general estate plan is, that may be a problem. For instance, if you have real estate that needs probated but your cash accounts all transfer outright to your heirs, your Executor has no cash to use to maintain the real estate until it sells.

Another pitfall is if you make one child the beneficiary of one account, and another child the beneficiary of another account. If you get sick and one of your accounts is depleted to pay for your care, the beneficiary child on that account will receive nothing upon your death and that was not your intention.

The issue to keep in mind is that it is best to get comprehensive advice regarding your entire estate plan. Inform your attorney of all your assets and how they are titled and who you want to receive them when you pass. Your attorney can help you avoid probate if it makes sense. Your attorney will also be able to advise you of the pitfalls of certain planning. If you “piecemeal” your plan in an attempt to avoid probate, there may be some unintended negative consequences that result.

FROM THE PARKS DEPT.

Local Family's Land Donation Allows Lake Medina to Expand



Artist Renderings

Medina County Park District (MCPD) is pleased to unveil a new master plan for Lake Medina that includes a third entrance to the park located at the corner of Foote and Weymouth roads in Medina Township. This future addition is made possible thanks to a generous donation of eight acres by the Shotwell family.

The Shotwell family is no stranger to the park district. In 2018, the family donated an adjacent 17.5 acres to protect the west branch of the Rocky River. Becky Shotwell shared, "We are excited to help preserve and create a new area that will serve not only as an additional access to Lake Medina but also provide an exciting new place where friends can strum their guitars, a grandparent can identify a wildflower with a child, families can enjoy a tranquil picnic, or where a child can magically transform his/her imagination while climbing through a treehouse."

Shotwell said Medina County Park District has provided her family with places for hikes, company picnics, meetings, celebrations, education, and more over the years. "We are honored to make this gift and feel fortunate to have a park district with the vision and leadership to preserve land and expand services for future generations," she added.

In recognition of the family's generosity, this new area will be called The Shotwell Gardens at Lake Medina. It will include an outdoor amphitheater, an indoor space for public programs, gardens featuring native plants, walking trails, treetop views, and more. The park district and the Shotwells worked with Environmental Design Group last year to develop the plan. Improvements that will provide access to the water for fishing and paddlecraft and a concept to turn the former pump house into an observation platform are also included in the master plan.

MCPD Director Nathan Eppink anticipates construction will take place in phases starting in 2025. "Visitors will be able to watch this site grow over several years."



CONTACT ANTHONY & ANGELA TODAY!



Is the Cost for Assisted Living Tax Deductible?

By: ANTHONY COLEMAN,
Certified Senior Advisor

TWO

A licensed medical professional must oversee the patient's care. Prior to admission, a licensed health care professional from the Assisted Living community partners with the resident's physician to design a personal plan of care. This describes all of the services that the resident will receive in the community.

In order to qualify, the unreimbursed medical expenses and assisted living expenses must exceed 7.5% of the adjusted gross income. The amount you can deduct may vary, some patients will be able to deduct the entire monthly fee (rent and medical) and others may only be able to deduct the medical expenses. To get the best advice, we suggest that you consult with your tax advisor.

Finding the best care environment can be difficult, and CarePatrol knows the challenges seniors and families face. Our team is here to help you navigate senior care, get answers to your questions, and help you find the best senior living option available.

The majority of seniors that reside in assisted living pay the fees with their own money, and the median cost is \$4,000 per month. This is a substantial investment, so being able to deduct these expenses may ease the burden. Many families wonder if this expense is tax deductible. According to the 1996 Health Insurance Portability Act (HIPAA), long term care services are tax deductible.

In order to qualify for a tax deduction a resident must meet two requirements:

ONE

The resident must be considered "chronically ill". A chronically ill senior cannot perform two or more of their activities of daily living, which include: transferring, dressing, continence, bathing, and eating. Another way a resident could be considered "chronically ill" is if the senior requires constant supervision because of severe cognitive impairment. A doctor must certify that the patient is chronically ill within the last 12 months to qualify.



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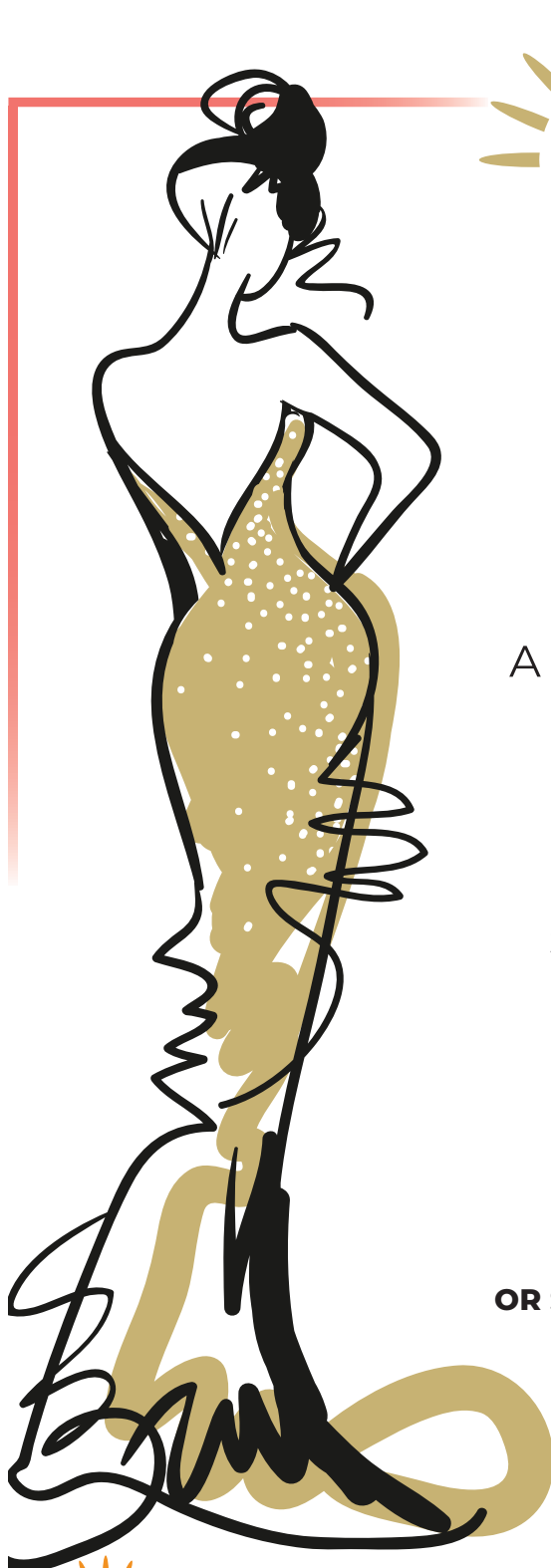


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NEWS FROM THE OFFICE FOR OLDER ADULTS

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NEWS FROM THE OFFICE FOR OLDER ADULTS



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Take charge of your health! Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop can help you take control of your Diabetes and reduce the risk of complications. DEEP empowers people with diabetes and pre-diabetes to take charge of their health. With hands-on learning, DEEP is a fun, interactive, small-group workshop. Our workshop will meet for 2-hour sessions, 6x.

Diabetes Empowerment Education Program (DEEP)

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Fairhill Partners is a 501(c)3 nonprofit organization. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency On Aging, The Cleveland Foundation Encore Cleveland initiative, gifts to the Fairhill Annual Fund, and our volunteers.

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Do You Use “People First Language?”

From: The Medina County Board of Developmental Disabilities

Do the words used to describe you have an impact on your life? You bet! Contrary to the age-old “sticks and stones” lesson we learned as children, words do matter. They can raise or lower expectations; hurt or help; and so much more. Did you know that the first way to devalue someone with a disability is through language; by using words or labels to identify a person as “less-than,” or not like us. Using People First Language - putting the person before the disability - will help to eliminate old and hurtful descriptions and move us in a new and more inclusive direction.

People First Language is not political correctness; instead, it demonstrates good manners and respect. It can change the way we see a person, and it can change the way a person sees them self. People with different abilities are not their diagnoses or disabilities; they are people first.

- Avoid putting a label or condition prior to a person’s name or title. Examples: “John is a person with autism”, not “John is autistic.” Or “The meeting was for students with different abilities”, not “The disabled student’s meeting.”
- Only refer to a person’s disability when it is relevant to the conversation. Examples: “Jenny has fibromyalgia, a condition that causes symptoms like muscle spasms and fatigue,” not “Jenny constantly twitches.”
- Avoid negative or sensational descriptions of a person’s disability, keep it positive. Examples: “Jim suffers every moment of the day because of his severe epilepsy,” rather say “Jim, a person living with epilepsy, also enjoys going out.”
- Don’t portray people with disabilities as overly courageous, brave, special, or super human. Example: “Autistic children are special and bravely face enormous challenges each day.” instead try “Children with autism spends their days working on increasing their abilities.”

Here is a list of common phrases and terms that are useful when using person-first language, as well as some terms and phrases to avoid.

WORDS THAT WORK

- individual with a different ability
- individual who has autism
- student with learning challenges
- person who is visually impaired
- relative who is hearing impaired
- people who use wheelchairs

AVOID

- handicapped
- disabled
- special children
- crippled
- autistic
- slow or slow learner
- the blind/the deaf
- confined to a wheelchair
- emotionally disturbed
- normal

The words you use in a conversation can make all the difference in making those around you feel respected. People First Language and positive words are important to making our community more inclusive and welcoming to people of all abilities. If you are looking for more information or have questions about ways to include about people with difference abilities, contact the Medina County Board of Developmental Disabilities (MCBDD) at 330-725-7751 or visit www.mcbdd.org.

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Interactive Experience Offers Inside View of Dementia

By: KIM CORRIGAN, Administrator Pearlview Rehab & Wellness Center



Pearlview Rehab & Wellness Center is the only certified Dementia Live facility in Medina County and recently hosted a unique opportunity for family and professional caregivers to briefly, yet movingly, experience the challenges and struggles of a person living with dementia.

Dementia Live™ is an innovative program designed by a team of dementia, sensitivity and awareness, and professional development experts from the nationally recognized AGE-u-cate® Training Institute headquartered in the Dallas/Fort Worth Metroplex.

Using specialized gear within a safe, experiential setting, Dementia Live™ gives participants a real-life simulation of what it must be like to live with dementia. Participants gain greater awareness and understanding of the constant struggles (24/7) affecting persons with dementia. Greater understanding leads to more sensitive care partnering.

The Dementia Live program is the newest tool in the powerful arena of sensitivity awareness training being used for the booming number of direct care staff, family caregivers, healthcare professionals, and college and university students. "We are at the

crossroads of understanding aging and dementia; this understanding is not an option but a necessity for every member of our society. It is a worldwide phenomenon affecting every level of our society," states Pam Brandon, President, and Founder of the AGE-u-cate Training Institute. "We must equip those who are caring for and serving our aging population to better understand their challenges. We are living in a fast-aging world."

"Our team and families had the honor of experiencing what it would be like to live with dementia, to develop even more empathy and compassion towards those we are so very blessed to serve. I appreciated the amazing candor

and feedback received during this intensive training process over the course of the last year and I am excited to roll out this training to our local community," said Kimberly Corrigan Administrator Pearlview Rehab & Wellness Center. Additionally, we will be coupling this training with education on reducing the risk of diabetes which is the underlying cause of dementia. Dementia it turns out is yet another preventable disease that is caused by insulin resistance. Learn what you can do now to change your lifestyle. Stay Tuned!



KIM CORRIGAN



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THANK YOU!

As we head into Spring, I want to thank our faithful 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



MICHAEL LARIBEE

A TRUSTEE'S DUTIES TO INVEST PRUDENTLY

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

A trustee has a unique responsibility to trust beneficiaries when handling trust assets. Generally, a trustee must exercise the care, skill, and diligence of a person of ordinary prudence dealing with the person's own property.

Trust agreements often grant trustees the power to invest trust assets to grow the principal and to provide income for the beneficiaries. However, when faced with a volatile stock market, a trustee must act carefully to avoid loss. The Ohio Uniform Prudent Investor Act provides direction and requirements for trustees.

The Act governs trustees who serve testamentary trusts (those administered under supervision of a probate court) as well as inter vivos trusts (those administered with no probate court supervision). Trustees must exercise reasonable care, skill, and caution and may utilize a wide range of investments including bonds (U.S., state, county, municipal, and school district), stocks and securities, promissory notes, life insurance and annuity contracts, and certificates of deposit.

Trustees must diversify the investments across different sectors and markets to limit risk and decrease the chances of losing money. However, the Act recognizes that there may be special circumstances when a trust is better served without diversifying, but this is rare. A trustee's investment and management decisions are evaluated by viewing the trust portfolio as a whole. The overall investment strategy should have risk and return objectives reasonably suited to the trust.

The Act provides several circumstances that a trustee must consider in investing and managing trust assets:

1. The general economic conditions;
2. The possible effect of inflation or deflation;
3. The expected tax consequences of investment decisions or strategies;
4. The role that each investment or course of action plays within the overall trust portfolio, which may include financial assets, interests in closely held enterprises, tangible and intangible personal property, and real property;
5. The expected total return from income and appreciation of capital;
6. Other resources of the beneficiaries;
7. Needs for liquidity, regularity of income, and preservation or appreciation of capital;
8. An asset's special relationship or special value, if any, to the purposes of the trust or to one or more of the beneficiaries.

It is important to note that the terms of a trust document will supersede the requirements of the Ohio Uniform Prudent Investor Act. In other words, the trust may direct the trustee to make certain investments that may be speculative or risky. A trustee will not be held liable for losses as long as the trustee acted in reasonable reliance on the provisions of the trust.

When administering a trust, it is important to consult with a trusted attorney to understand all of the duties and requirements involved. That way, trust assets will provide their intended benefits to the trust beneficiaries.



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REVIEWING. REMEMBERING. REMINISCING.

By: SHERRY CASSILY, Director, Archangels Specialty Home Care

Reviewing, Remembering, and Reminiscing can have many positive effects on an aging adult. According to the American Psychological Association, therapy using reminiscence is “the use of life histories – written, oral or both – to improve psychological well-being.” This therapy relies on helping individuals remember past experiences through sight, sound, taste,

preserving, and remembering your local history. Get a group of friends together for lunch and a scheduled visit to Medina County’s many local historical societies.

Plus, reminiscing about days gone by can bring friends and families closer together. Seniors who reminisce may also show improved outlooks on life. After remembering happy

their medical conditions. Plus, it increases their self-esteem. Something as simple as recalling past experiences can also improve one’s body. According to the book, “I Remember When: Activity to Help People Reminisce” by Howard Thorsheim and Bruce Roberts, seniors who reminisced showed lowered blood pressure and heart rates.



SHERRY CASSILY, DIRECTOR
OF ARCHANGELS SPECIALTY
HOME CARE

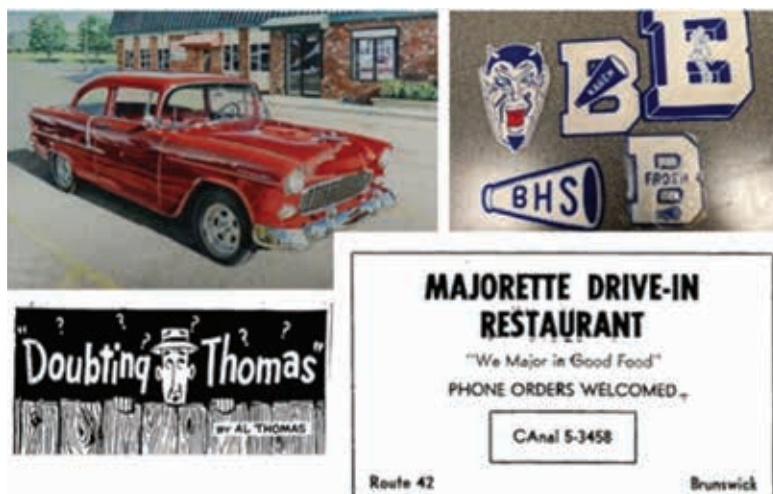
Those growing up in Cuyahoga County during this period will certainly remember emotions and experiences viewing the photo below. Looking back on old conflicts in their lives can help seniors

find closure. After reviewing past experiences with a more mature understanding, many people

Reading old newspapers is a fun activity and generates memories as well as makes one aware of events they may have ignored at the time. Newspaper Archives can take you where ever you wish to search. The librarians at the various branches of the Medina County Library will be willing to spend time showing how to access local newspapers using The Digital Archives of the Medina County District Library. mcdl.advantage-preservation.com/

Anyone growing up in Medina County in the 1960’s will recall lots of memories and experiences reading this article. Aging is a process that can be quite challenging for many. Reminiscing helps you cope with growing older as you recreate your life’s meaning by

■ CONTINUED ON NEXT PAGE ►



touch, or smell. It can include various activities like looking at pictures, singing a song, or talking about an event.

Seniors who recount past experiences can pass on valuable memories for future generations. The Review can begin by organizing pictures, family movies, school year books, memorabilia, etc. Join your local historical society to get involved in learning,

memories, seniors are often brighter and smile more. Engaging in animated conversation with others helps seniors maintain balance in their lives.

According to the LA Times, those who reflect on their lives “find greater satisfaction in their old age.” When seniors are busy sharing their accomplishments, it distracts them from worrying about



If you grew up in Medina County during the 1960’s, the picture above of Chippewa Lake Amusement Park will generate memories and stories to share. Talking about the past can offer relief, especially for seniors who are less mobile. It can also take them out of their current situation and help them relive more active days. Memories can provide laughter and entertainment for seniors. Since “laughter is the best medicine,” generating happy memories can make the day lighter for everyone that joins in.

can move forward to live in a healthier present. As a senior share the past, it increases their ability to communicate. When they talk about their past, their memory ignites and emotion is likely involved, too. Research shows that as seniors remember the past, new pathways form in the brain that help with communication. Also, it gives them an opportunity to practice communicating in a way that is meaningful to them.





REVIEWING. REMEMBERING. REMINISCING.

>> CONTINUED FROM PAGE 29



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being connected to the past. It also helps reaffirm your feelings of being important. Plus, sharing the past helps reflect on achievements and appreciate what you have done.

Organize a group of friends, call a county historical society and schedule time to visit and learn how to access the community's history. Your group can also schedule some time to visit the Medina County District Library to learn more about accessing the historical archives of local newspapers using The Digital Archives of the Medina County District Library. Don't forget to schedule a time to stop at a local restaurant (or Bar) to "REMINISCE".

Medina County Historical Society
 206 N Elmwood Ave, Medina, OH 44256
 (330) 722-1341

medinacountyhistoricalsociety.com

Brunswick Area Historical Society
 4613 Laurel Rd, Brunswick, OH 44212
 (330) 441-0292
brunswickhistory.com

Granger Library & Historical Society
 1261 Granger Rd, Medina, OH 4425670
 (330) 239-1523

Seville Historical Society
 70 W Main St, Seville, OH 44273
facebook.com/sevillehistoricalsociety/grangerhs.com

Chippewa Lake Ohio Historical Society
 PO Box 106, Chippewa Lake, OH 44215
 (216) 269-3348
clohs.org

Hinckley Historical Society
 1634 Center Rd, Hinckley, OH 44233
 (330) 278-3159
hinckleyohiohistoricalsociety.com

Wadsworth Historical Society
 161 High St, Wadsworth, OH 44281
 (330) 334-1191
wadsworthareahistoricalociety.org

The Digital Archives of the Medina County District Library
<http://mcdl.advantage-preservation.com/>

You are probably thinking that you don't really need to worry about federal estate taxes – those are worries for the very wealthy, right? But don't be so sure.

Although the federal estate tax exclusion amount in 2023 is \$12.92 million for individuals and \$25.84 million for married couples, those large exclusion amounts are only temporary. Unless Congress extends it, the exclusion amount will return to \$5 million adjusted for inflation on January 1, 2026. For federal estate tax purposes, your estate consists of everything that you own, including life insurance even though the proceeds will pass to the beneficiary you've named upon your death. So you may have a larger estate than you realize and should probably plan around the smaller exemption amount.

There is some concern that if you have made gifts of the additional \$7 million between the time of the law change increasing the exemption (January 1, 2018) and December 31, 2025 (the expiration of the large exclusion amounts) that those gifts could be "clawed back" in the calculation of estate taxes. However, in November of 2019 the IRS released final regulations providing that taxpayers who take advantage of the higher gift and estate tax exemption between 2018 and 2025 will not lose the benefit of that higher exclusion amount upon their death after January 1, 2026.

Basically, these regulations say that the increased exclusion amount is a "use it or lose it" benefit. So if your estate is over \$5 million (or \$6.8 million adjusted for inflation), and you feel comfortable making gifts, you should seriously consider doing so. Here are a couple strategies for you.

If you make gifts during your lifetime of up to \$12.92 million, you have removed that much from your estate whether or not the exclusion

DO I NEED TO WORRY ABOUT FEDERAL ESTATE TAXES?

By: MARIE EDMONDS, Counselor at Law

amount decreases before your death. You may want to consider, for example, transferring appreciating assets to your children or family, to remove the growth from your estate. Such a gift is best made to a trust for their benefit, which will provide them asset protection and perhaps direction regarding distributions from the trust. If you have not made gifts exceeding the lowered exemption amount before December 31, 2025, you will be limited to that lower exemption amount at the time of your death.

Another technique is called a Spousal Lifetime Access Trust. If you feel giving up the benefit of \$12.92 million is too difficult, you might consider making a completed gift to your spouse through the Spousal Lifetime Access Trust. Your spouse can be the beneficiary of the trust, providing access to the assets to provide for him or her and the family, thus giving you some "access" to the funds you've given away.

It would be wise for you to reconsider the true size of your estate to see if you may be putting your heirs in a situation where they will owe federal estate tax upon your death. A situation that can definitely be avoided with the right planning.



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



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Ashley Sorgen

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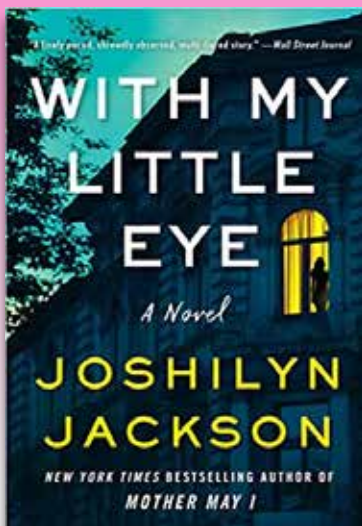
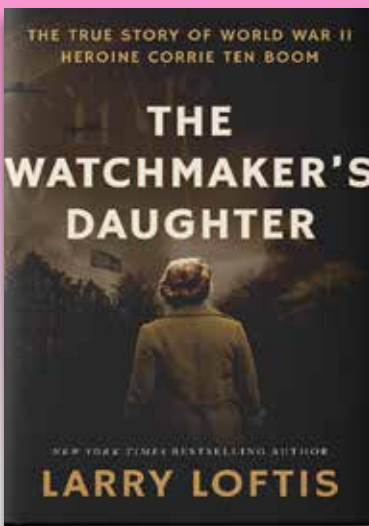
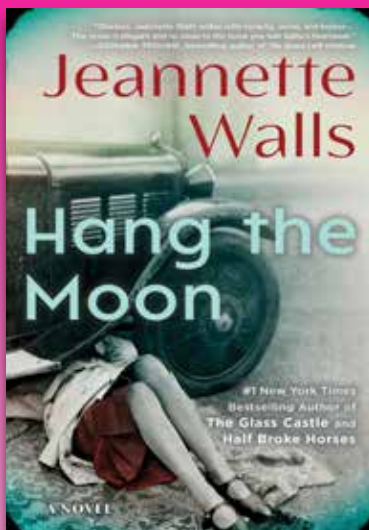
LIBRARY NEWS

Read it and Reap!

SPRING READING

Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



Passport & Photo Service

Available by appointment only at Medina, Brunswick & Lodi Libraries



mcdl.info/Passport



COMPUTER COURSES

Register at mcdl.info/ComputerClasses

ONE-ON-ONE TECH SUPPORT

Seville Library - Every Thurs., 1:00 pm

Brunswick Library - Every Tues. & Thurs. 10:00 am, no session Mar. 2 Schedule 30 minutes with a staff member to learn or review computer basics. Call for topics.

TECH CLASSES

Learn new computer and technology skills with Pieri.

Spring Clean Up

Learn to declutter your computer.

Medina Library - Wed., Apr. 12, 6:30 pm

Highland Library - Tues., Apr. 25, 6:30 pm.

Beginning Computer 101

New to computers? Bring your Windows 10 or higher laptop. No Macs please.

Brunswick Library - Tues., May 9, 10:00 am - 12:00 pm

Internet Browser Basics

Medina Library - Wed., May 10, 6:30 pm

Highland Library - Tues., May 16, 4:00 pm



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www.mcdl.info

HEALTH & WELLNESS

Register at mcdl.info/Health

OVERVIEW OF CPR

A firefighter and paramedic shares her experiences, training, and gives a CPR demonstration in this lecture style class, not a certified course.

Seville Library - Wed., Mar. 8, 4:00 pm

HEART SAVER & FIRST AID

Learn lifesaving skills from Granger Fire Department. Bring a lunch or snack.

Highland Library - Sat., Apr. 22 10:00 am - 2:00 pm

TIME OUT TUESDAY

Tips on how to enhance your physical and mental well-being.

Brunswick Library - Tues., Apr. 25, 1:30 pm

SAVE TIME BY PRIORITIZING WHAT MATTERS MOST

Tips and tricks to managing your time and priorities.

Brunswick Library - Thurs., Apr. 27, 6:30 pm

MEMORY CAFÉ

Socialization and support for care partners and those living with memory loss or mild cognitive impairment.

Buckeye Library - Mon., May 8, 1:00 pm (Across from Buckeye High School)

CHAIR YOGA

Improve flexibility, concentration, and strength, while boosting your mood and reducing stress. No registration required for this event.

Buckeye Library - Thurs., May 18, 6:30 pm (Across from Buckeye High School)



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