



# Helping HANDS

MAY / JUNE 2023

A Publication of the HANDS Foundation

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

## SAVE THE DATE! SENIOR DAY MAY 16 AT THE FAIRGROUNDS



### THIS YEAR'S THEME: WELCOME TO THE WILD WEST

The 2023 Medina County Senior Day is coming up on Tuesday, May 16. This year's attendees can put on their country best as they join the Medina County Office for Older Adults and event sponsors in celebrating the theme, "The Wild West."

The Medina County Senior and Adult Foundation, the 501(c)(3) organization that supports operations of MCOOA, has once again funded the admission and lunch so the event is free. Be sure to stop by their table and say hello. Members of the board of Medina County Advisory Council on Aging and Disability will be pitching in to serve beverages, coffee cake, and to run the raffle table, while the entire MCOOA staff welcome you, serve lunch and make sure the day runs smoothly for everyone.

Doors open at 9:00 a.m. The Marine Corps League will serve as color guard, bringing in the flag before the invocation and singing of the national anthem. Starting at 10:00 a.m., the real country flavor of the day kicks off with live music by Medina's own, "The Cookin' Country Band." Attendees can visit the sponsors' booths and learn about all the products and services that are available for the fastest-growing segment of the population: seniors. They can also have some fun posing in the photo booth. After everyone has worked up an appetite by touring the large area in the Community Center dedicated to exhibits, a Honeybaked ham box lunch will be served in the stage area.

There are no reservations needed for the event unless bus transportation is needed. To make reservations for transit on that day, call Jenny at 3300-925-9177 before May 3, 2023.

**SEE FLYER ON PAGE 4**

Happy Mother's Day and  
Father's Day to Everyone!



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



# HANDS HAPPENINGS

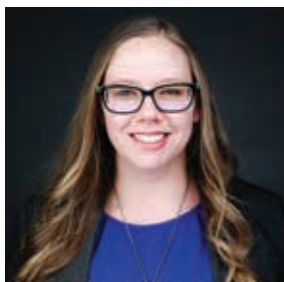
## News from the HANDS Foundation

### The HANDS Foundation is Incredibly Excited to Welcome Two New Board Members!

We are blessed to welcome Grant Crabbs, LNHA. Grant is a graduate of Ohio University where he majored in Long-Term Healthcare Administration with a minor in Hospital Administration. While at Ohio University he also received his certificate for Gerontology. After graduating a year early with summa cum laude (with highest honor) he began his career in long-term care. Grant completed his administer in training program in skilled nursing and spent the first part of his career there. Today, Grant works at Plum Creek Assisted Living where he first found his passion for senior care at just 15 years old! We are super excited to welcome him to the board and look forward to the many areas he will help us grow as a foundation!



GRANT CRABBS



DEVON DUNCAN (DIELLO)

We are also super blessed to welcome Devon Duncan (Diello) to the HANDS Board. Devon is a longtime supporter of the HANDS Foundation and a true senior advocate in Medina County. Devon has an extensive background in skilled nursing and assisted living as well as most other areas of senior care. She is well known for her work ethic, motivation and loyalty to seniors, her co-workers, colleagues, friends and family. Devon is a girl everywhere doing everything at 100%. From volunteering for feeding Medina County, to assisting with the major fundraiser for the Medina Hospital Foundation Devon is an asset to the non-profit community. This past year Devon started a fundraising event from scratch in which will raise money for different senior organizations each year called Purses with a Purpose. Devon is the Director of Marketing and Admissions at CareCore Willowood in Brunswick. Although we are super thrilled to welcome a board member with such experience in the world of senior care, we are even MORE thrilled to welcome someone who has SUCH passion for not only caring for seniors but advocating for them.

### The HANDS Foundation is Proud to Name Kimberly Valco as the First Recipient of the “Women of Distinction in Senior Care and Advocacy” Recognition.

When you think of the term “Women of Distinction in Senior Care and Advocacy” you quickly understand it is recognizing women who have made significant contributions within the senior living or skilled nursing professions or who have demonstrated exceptional commitment to the field!

With that being said, The HANDS Foundation would like to proudly name Kimberly Valco as our first ever Women of Distinction in Senior Care and Advocacy nominee. This recognition is testimony of Kimberly’s passion and commitment to the seniors in Medina



County and the extraordinary support of our community as a whole.

Along with her dedicated commitment as a HANDS Foundation board member,

Kimberly just celebrated 21 years at Western Reserve Masonic Community where she serves as the Community Relations Advisor. Her 21 years at Western Reserve is a reflection of her loyalty and passion to senior care.

To know Kimberly is to love her and to know that she is a true blessing to the senior community in Medina County. Kimberly is admired by many and valued by all. The HANDS Foundation is dedicated to improving the quality of life for Medina County seniors and Kimberly lives out that mission each day.



**HANDS**  
FOUNDATION

## Please Support Helping HANDS Newspaper

**Your generosity will keep Helping HANDS the #1 resource for seniors in Medina County and help defray publication and mailing costs to keep HANDS FREE**

*(Complete this form and mail or fax to the address below)*

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METHOD OF PAYMENT

☐ Check (Make check payable to “HANDS Foundation”)  
☐ Invoice Me (Invoice will be sent to above address)

RECEIPT (Check One)

☐ No receipt is necessary ☐ Yes, please send a receipt

*All donations are tax deductible.*

*Thank you for helping “HANDS” help our seniors.*

**Make checks payable to HANDS Foundation**

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(email) HandsFoundationHelps@gmail.com

(web) www.Hands-Foundation.org





# MORE HANDS HAPPENINGS

## Brunch with the Easter Bunny at Plum Creek!

### Holiday Event Benefits the HANDS Foundation

On April 1st, 2023, Plum Creek Assisted Living hosted Brunch with the Easter Bunny and an Easter Egg Hunt event with proceeds benefiting the HANDS Foundation. The Plum Creek dining services team worked hard to prepare a delicious brunch buffet complete with quiche, bacon and eggs, pancakes, cherry strudel and fresh fruit. HANDS Board Members were in attendance to volunteer by serving the breakfast and helping with clean up!



taking was complete the children moved outside for the Easter Egg Hunt! 100s of Easter Eggs were gathered by the children including one special golden egg that was stuffed with \$10.00 and would ensure a prize basket! A special guest, JR DeMell found the golden egg, won the basket and was so excited!

As you walked into Plum Creek you were greeted with the cutest Easter decorations, a balloon design (created by Sarah Meadows of Plum Creek) and SO many smiling faces of the Plum Creek residents and staff. Visitors enjoyed their delicious brunch and then made their way to the community room for a special visit from the most important person of the event- the Easter Bunny! After picture

Plum Creek Assisted Living has been a huge supporter of the HANDS Foundation for many years.

Plum Creek's owner, Dan Ihrig, was originally asked to join the HANDS Board by the founder of the foundation, Don Simpson and the foundation has remained dear to Dan Ihrig and his family ever since. Plum Creek enjoys being able to support the mission of the foundation which is to take care of those who always took care of us-our Medina County seniors.

Special mention to HANDS Board Members Kimberly Valco (Western Reserve Masonic Community), Nancy Hassler (The Hassler Group-REMAX Crossroads), Linda Samosky (Plum Creek Assisted Living), Grant Crabbs (Plum Creek Assisted Living) and Chand Manglani (Medina County Office for Older Adults) for their hours spent volunteering to ensure that the event was a success and money was raised for the HANDS Foundation.



From the HANDS Foundation (L-R): Board Member, Lori Betz; Treasurer, Nancy Hassler; and Board Member, Kimberly Valco.



THE HASSLER GROUP

## Our Knowledge and Experience Make the Difference!

Members of the HANDS Foundation,  
the Medina Sunrise Rotary, American Legion, and  
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ROGER & NANCY HASSLER



**THE WILD WEST**  
**SENIOR DAY 2023**

**MAY 16**  
Medina County Office for Older Adults

**MEDINA COUNTY FAIRGROUNDS**  
LIVE MUSIC **THE COOKIN' COUNTRY BAND**  
**FOOD & VENDORS**

**9:00AM TO 1:00PM**  
**FREE**

**NO RESERVATIONS NEEDED EXCEPT FOR TRANSIT. BOOK TRANSIT BY MAY 3 WITH JENNY 330-725-9177**

## NEWS FROM THE MCOOA & SOPREMA

### MCOOA is Now the New Operator of the Wadsworth Soprema Cafe

The City of Wadsworth and Soprema Senior Center are pleased to welcome Medina County Office for Older Adults as their new Café operator. They have a planned opening this spring - be sure to watch for the big announcement with the opening date. MCOOA will offer delicious food with great prices, served with a smile. From fresh coffee, breakfast made-to-order and daily lunch specials, patrons will be in for a wonderful dining experience at the Soprema Café.

"OOA is truly excited to partner in this venture with the city and Soprema Senior Center. This is a brand new project and we are taking steps to make sure we are ready to go as an 'open to the public' business in Wadsworth," says Laura Toth, Director of Medina County Office for Older Adults. She adds, "We have an excellent Food Operations Supervisor in Jessica Curtis and we will be employing four additional individuals to work at the cafe. We want to provide the best service at the best prices in town. Please stop by Soprema Senior Center in the next few weeks to try us out!" said MCOOA Director Laura Toth.

MCOOA plans to offer Soprema Center members a special discount when their member keytag is presented. (Membership is free for anyone 55+.). But the Cafe is not just for the 55+ crowd, it is open to the general public as well, so everyone is welcome to come and enjoy a meal indoors or on their outdoor pavilion. Watch for the opening announcement, and plan to stop by for great food and to meet the new Café team - you will be glad you did.

### Exciting News at the Soprema Senior Center This Spring!

This spring is bringing extra excitement to the Soprema Senior Center & Café! Our programming has expanded with more opportunities for seniors than ever before – check out our May & June calendars inside this edition and find our current newsletter by going to [www.wadsworthcity.com/SopremaSeniorCenter](http://www.wadsworthcity.com/SopremaSeniorCenter).

Many Center improvements are being made courtesy of the Wadsworth Older Adults Foundation, including the installation of a permanent awning/pergola structure over the front entrance. This will provide much needed protection from the elements as seniors come and go, wait for transportation, etc.

We are also very excited to welcome the Medina County Office for Older Adults as our new Soprema Café operator! Stop in to check out their wonderful breakfast and lunch offerings!

### 10TH ANNIVERSARY CELEBRATION AND OPEN HOUSE

Be sure to mark your calendar for Friday, June 23 from 11:00 –2:00 and join us for our 10th Anniversary Celebration & Open House as we celebrate 10 years at our current location as the Soprema Senior Center with wonderful music, food specials and much more...you won't want to miss the fun!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 1:30 DIAL Class: Intro to Fiber & Streaming	<b>2 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 9:00 Lilly's Art Class 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 Matter of Balance 1:30 Tech Class: iPhone Q & A Session w/Joe	<b>3 BILLIARDS ALL DAY</b> 9:00 BP Screen. w/Samaritan 9:00 Bingo - Z - Life Care 10:00 Painting 11:00 Program - Write Your Life Story, Cindy McQuown 11:30 Lunch - LifeCare 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	<b>4 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Guided Autobiography 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*	<b>5 BILLIARDS IN A.M.</b> 9:30 Bingo - Z - OOA 10:30 Resistance Bands 11:00 Program: Cinco de Mayo Party w/Entertainment 11:30 Lunch* 12:00 Pinochle
<b>8 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 1:30 DIAL Class: Intro to Chromebooks	<b>9 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:00 Craft with Raechel FREE 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 Matter of Balance 1:30 One-on-One Tech Help	<b>10 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Carecore 10:00 Painting 11:00 Program - "All About Orchids" 11:30 Lunch - Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3 Ask an Attorney	<b>11 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Guided Autobiography 10:45 OSU Nutrition Class 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Bunco 1:00 Beginner Watercolor* 2:30 BalloFlex*	<b>12 BILLIARDS ALL DAY</b> 9:30 Bingo- Z- Broadway Creek 10:30 Resistance Bands 10:30 Program - Let's Play the Feud 11:30 Lunch* 12:00 Pinochle
<b>15 BILLIARDS ALL DAY</b> <b>HOLLYWOOD CASINO</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 1:30 DIAL Class: Intro to Fiber Gmail	<b>16 MCOOA OFFICE CLOSED</b> <b>SENIOR DAY 2023</b> 	<b>17 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Medina Center 10:00 Painting 10:30 Program - TBD 11:30 Lunch - Medina Center 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends n Focus Vision Support Group	<b>18 BILLIARDS</b> 9 & 10 Edwina's Exercise 9:00 BP Screening-Cleve Clinic 10:00 Tai Chi w/Danny* 10:00 Guided Autobiography 10:45 OSU Nutrition Class 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 2:30 BalloFlex*	<b>19 BILLIARDS ALL DAY</b> 9:30 Bingo - Wadsworth Pointe 10:30 Resistance Bands 11:30 Lunch & Program "Civil War & the Fiddle" Mary Ann Roth* 12:00 Pinochle
<b>22 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 12:15 Movie: "A Man Called Otto" 1:00 Mahjong 1:30 DIAL Class: Internet Basics & Online Safety	<b>23 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:30 Tech Class: Android Q & A Session w/Pieri	<b>24 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Autumnwood 10:00 Painting 10:30 Program: "Volunteering" - Southern Care Hospice 11:30 Lunch: The Village of Hinckley Oaks 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	<b>25 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny* 10:00 Guided Autobiography 10:45 OSU Nutrition Class 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 2:30 BalloFlex* 1:00 Jam Sess	<b>26 BILLIARDS ALL DAY</b> 9:30 Bingo - Z- Humana 10:30 Resistance Bands 11:00 Program - <b>MEMORIAL DAY CONCERT - LEO'S JOLLY JAMMERS</b> 11:30 Lunch* 12:00 Pinochle
<b>29 CLOSED FOR</b> <b>MEMORIAL DAY</b> REMEMBER AND HONOR	<b>30 BILLIARDS ALL DAY</b> 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	<b>31 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Falling Waters 10:00 Painting 11:00 Lunch/Learn - Brookdale South 12:00 Pinochle 1:00 Chair Yoga w/Lisa*		

\* = Fee required z = Zoom class

ALL ACTIVITIES SUBJECT TO CHANGE

# OF EVENTS CALENDAR MAY MEDINA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 1:00 Parkinson's Support 2:30 BalloFlex*	<b>2 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - TLC Insurance 10:30 Resistance Bands 11:00 Program - Party w/Entertainment 11:30 Lunch* 12:00 Pinochle
<b>5 BILLIARDS ALL DAY</b> <b>MOUNTAINEER TRIP</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong 1:30 DIAL Class: Intro to Fiber & Streaming	<b>6 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 9:30 OOA Pool Tournament 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 DEEP Class (Diabetes) 1:30 Tech Class w/Joe	<b>7 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Life Care 10:00 Painting 10:30 Program: "Heart Health" 11:00 Angels Auction 11:30 Lunch - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Ask an Attorney	<b>8 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 2:30 BalloFlex*	<b>9 BILLIARDS ALL DAY</b> 9:30 Bingo-Z-Broadway Creek 10:30 Resistance Bands 11:00 Program - Let's Play the Feud 11:30 Lunch* 12:00 Pinochle
<b>12 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 12:30 Movie: "80 for Brady" 1:00 Mahjong 1:30 DIAL Class: Intro to Chromebooks	<b>13 BILLIARDS ALL DAY</b> <b>ARK ENCOUNTER/CRUISE</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 DEEP Class (Diabetes) 1:30 One-on-One Tech Help	<b>14 BILLIARDS ALL DAY</b> <b>ARK ENCOUNTER/CRUISE</b> 9:30 Bingo - Z - Crossroads 10:00 Painting 10:30 Program - "Elder Law Q&A" 11:30 Lunch: Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends n Focus	<b>15 BILLIARDS ALL DAY</b> 9:00 BP Screening-Cleve Clinic 9 & 10 Edwina's Exercise 10:00 & 12:30 Hand & Foot 11:30 Lunch 1:00 Beginner Watercolor* 1:00 Jammers Jam Session 2:30 BalloFlex*	<b>16 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Brookdale Camelot 10:30 Resistance Bands 11:00 <b>LEO'S JAMMERS CONCERT</b> 11:30 Lunch* 12:00 Pinochle
<b>19</b>  <b>MCOOA OFFICE CLOSED</b>	<b>20 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Cards 1:00 Hook Nook 1:00 DEEP Class (Diabetes) 1:30 Tech Class: "What is the 'Cloud?'" w/Pieri	<b>21 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Autumnwood 10:00 Painting 10:30 Program - "Native Plants" OSU Master Gardener 11:30 Lunch: Medina Center 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	<b>22 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 & 12:30 Hand & Foot 11:30 Lunch 12:30 Euchre 1:00 Beginner Watercolor* 2:30 BalloFlex*	<b>23 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Humana 10:30 Resistance Bands 11:00 Program - "Scam Bingo" w/Kelly from BBB 11:30 Lunch* 12:00 Pinochle
<b>26 BILLIARDS ALL DAY</b> 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex* 11:30 Lunch* 1:00 Mahjong 1:30 DIAL Class: Internet Basics & Online Safety	<b>27 BILLIARDS ALL DAY</b> 9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 Card Game 1:00 Hook Nook 1:00 DEEP Class (Diabetes) 1:30 One-on-One Tech Help	<b>28 BILLIARDS ALL DAY</b> 9:30 Bingo - Z - Falling Waters 10:00 Painting 11:00 Lunch/Learn: Brookdale South 12:00 Pinochle 1:00 Chair Yoga w/Lisa*	<b>29 BILLIARDS ALL DAY</b> 9 & 10 Edwina's Exercise 10:00 & 12:30 Hand & Foot 11:30 Lunch 1:00 Beginner Watercolor* 2:30 BalloFlex*	<b>30 BILLIARDS ALL DAY</b> 9:30 Bingo- Z- Echelon 10:30 Resistance Bands 11:00 Program - TBA 11:30 Lunch* 12:00 Pinochle


\* = Fee required z = Zoom class

ALL ACTIVITIES SUBJECT TO CHANGE

JUNE

**OFFICE FOR  
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AND  
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 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
<b>1</b> Chronic Disease SM 9:30 Pinochle 10:00 Walking Track 12:00 - 2:00 Laughter Yoga 2:00	<b>2</b> Walking Track 9:00 - 11:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General Caregivers* 1:00 Local Author Talk 2:30	<b>3</b> Hearing Screenings 9:00 - 2:00 Gentle Exercise 10:00 Chess 11:00 Coffee with a Cop 11:00 Walking Track 12:00 - 2:00 Blind Truth 1:00 Dominoes/Games 1:00	<b>4</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 - 11:00 Bridge 11:00 Alzheimer's Caregiver Support* 1:00	<b>5</b> 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 2:00 Balance Testing- by appt. 2:00
<b>8</b> Chronic Disease SM 9:30 Pinochle 10:00 Volunteer Apprecn 1:00 Walking Track 12:00 - 2:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101 Hybrid* 3:00	<b>9</b> Walking Track 9:00 - 11:00 Line Dancing Class 9:00 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00 Technology Class 2:00	<b>10</b> Summa Health Chat* 10:00 Gentle Exercise 11:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes/Games 1:00 Aging Gracefully w/Brookdale* 2:00 Storytime w/Wade (Zoom) 3:30	<b>11</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Vision Screen'g- by appt. 10:00 Seniors w/ Srs Lunchn 11:00 Bridge 11:00 Wadsworth Library Fun 1:00 Budgeting - by appt. 12:00 Royal Ball at Galaxy 6:00pm	<b>12</b> 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 2:00
<b>15</b> Chronic Disease SM 9:30 Pinochle 10:00 Walking Track 12:00 - 2:00 Laughter Yoga 2:00	<b>16</b> Senior Day @ Medina Cty Fairgrounds 9:00 - 1:00 Walking Track 9:00 - 11:00 Watercolor 10:00 Coupon Clippers 10:30 Euchre 1:00 Ask an Attorney - by appt. 1:00 Parkinson's Caregivers* 1:00	<b>17</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes/Games 1:00 Healthy Living w/Humana* 1:00 Scam Squad 2:30	<b>18</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 - 11:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance- appts. 2:00 Cooking with Bev 2:30	<b>19</b> 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 2:00
<b>22</b> Chronic Disease SM 9:30 Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00	<b>23</b> Walking Track 9:00 - 11:00 Line Dancing Class 9:00 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:00 Tech Tuesday 2:00 - 4:00	<b>24</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes/Games 1:00 Empower Renal Support 1:00 Baseball Watch Party 1:00	<b>25</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Bridge 11:00 Poetry Open Mic 12:00 Senior Book Chat 1:00 Grief Support 2:00	<b>26</b> Strokes of Art 9:30 Bingo Auction 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00
<b>29</b> Center Closed for Holiday 	<b>30</b> Walking Track 9:00 - 11:00 Coupon Clippers 10:30 Euchre 1:00	<b>31</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes/Games 1:00	PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS! *PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID). See our newsletter for a list of programs and descriptions, available on our website: <a href="http://www.wadsworthcity.com/SopremaSeniorCenter">www.wadsworthcity.com/SopremaSeniorCenter</a>	

OF  
EVENTS

WADSWORTH

CALENDAR

MAY


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS! *PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).	See our newsletter for a full list of programs and descriptions, available on our website: <a href="http://www.WadsworthCity.com/SopremaSeniorCenter">www.WadsworthCity.com/SopremaSeniorCenter</a>			<b>2</b> 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 2:00
<b>5</b> Pinochle 10:00 Walking Track 12:00 - 2:00 Movie at Wads. Library 1:00 Laughing Yoga 2:00	<b>6</b> Walking Track 9:00 - 11:00 Watercolor 10:00 Coupon Clippers 10:30 Euchre 1:00 General Caregivers* 1:00 Autoharp Music w/ Dan 2:30	<b>7</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Blind Truth 1:00 Dominoes & Games 1:00 Scattergories & Root Beer Floats w/ MCSSN 2:00	<b>8</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Seniors w/ Srs Lunchn 11:00 Bridge 11:00 Wadsworth Library Fun 1:00	<b>9</b> 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 2:00
<b>12</b> Pinochle 10:00 Walking Track 12:00 - 2:00 Bunco 1:00 Medicare 101 Hybrid* 3:00	<b>13</b> Walking Track 9:00 - 11:00 Line Dancing Class 9:00 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00	<b>14</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Aging Gracefully w/ Brookdale* 2:00 Storytime w/ Wade (Zoom) 3:30	<b>15</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 - 11:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance- appts. 2:00 Cooking w/ Bev 2:30	<b>16</b> 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 2:00
<b>19</b> Pinochle 10:00 Lunch & Learn w/ Three Rivers Diagnostics 11:30 Walking Track 12:00 - 2:00 Laughter Yoga 2:00	<b>20</b> Walking Track 9:00 - 11:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 Ask an Attorney - by appt. 1:00 Parkinson's Caregivers* 1:00	<b>21</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00	<b>22</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Bridge 11:00 Poetry Open Mic 12:00 Senior Book Chat 1:00 Grief Support 2:00	<b>23</b> 10th Anniversary & Open House 11:00 - 2:00 Celebration Band 12:00 - 2:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00
<b>26</b> Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00 Dr. Dan Health Chat 2:30	<b>27</b> Walking Track 9:00 - 11:00 Line Dancing Class 9:00 Coupon Clippers 10:30 Garden Chat 11:00 Euchre 1:00 Tech Tuesday 2:00 - 4:00	<b>28</b> Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Empower Renal Support 1:00 Happy Trails 2:00	<b>29</b> Walking Track 9:00 - 11:00 Mah Jong 9:30 Bridge 11:00	<b>30</b> Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00

JUNE

SOPREMA  
SENIOR CENTER  
& CAFE

WADSWORTH

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



ssc@wadsworthcity.org

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 <b>LUNCH &amp; LEARN - BRUNSWICK FIRE CHIEF GLAUNER</b> Line Dance (Inter) 11:15 Cardio Dance 11:30 Mah Jongg 12:15	<b>2</b> 8:00 Cards 9:00 SS Cardio 10:00 Book Club 10:00 Irish Dance 1:00 Bingo - Hearing Life	<b>3</b> 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	<b>4</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:00 <b>MOTHER'S DAY SOCIAL</b> 11:30 Line Dance (Beg) 1:00 Bingo w/Altenheim	<b>5</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
<b>8</b> 9:00 SS Classic 9:30 Art Critique 10:00 SS Chair Yoga 11:00 <b>LUNCH &amp; LEARN - MEDINA CTY VETS</b> Line Dance (Inter) 11:15 Cardio Dance 11:30 Mah Jongg 12:15 Culinary Club 1:00	<b>9</b> 8:00 Cards 9:00 SS Cardio 9:30 Art Critique 10:00 Irish Dance 1:00 Bingo with Darlene	<b>10</b> 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	<b>11</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg)	<b>12</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle
<b>15 HOLLYWOOD CASINO</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	<b>16 MCOOA OFFICE CLOSED</b> <b>SENIOR DAY 2023</b> 	<b>17</b> 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	<b>18</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg) 12:00 Ask an Attorney <i>(by appointment only)</i>	<b>19</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
<b>22</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 <b>LUNCH &amp; LEARN-HUMANA</b> Line Dance (Inter) 11:15 Cardio Dance 11:30 Mah Jongg 12:15	<b>23</b> 8:00 Cards 9:00 SS Cardio 10:00 Irish Dance 1:00 Bingo - Spry Seniors	<b>24</b> 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	<b>25</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg) 1:00 Bingo	<b>26</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle <b>ALL ACTIVITIES SUBJECT TO CHANGE</b>
<b>29</b> <b>CLOSED FOR</b> <b>MEMORIAL DAY</b> REMEMBER AND HONOR	<b>30</b> 8:00 Cards 9:00 SS Cardio 10:00 Irish Dance 1:00 Bingo - OOA	<b>31</b> 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg		

MAY

# CALENDAR OF EVENTS

## BRUNSWICK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>5 MOUNTAINEER TRIP</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg	<b>6</b> 8:00 Cards 9:00 SS Cardio 10:00 Book Club 10:00 Irish Dance 1:00 Bingo - Angel's Care Home Health	<b>7</b> 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	<b>8</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg)	<b>9</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle
<b>12</b> 9:00 SS Classic 9:30 Art Critique 10:00 SS Chair Yoga 11:00 <b>LUNCH &amp; LEARN - CENTER WELL HOME HEALTH</b> Line Dance (Inter) 11:15 Cardio Dance 11:30 Mah Jongg 12:15 Culinary Club 1:00	<b>13 ARK ENCOUNTER/CRUISE</b> 8:00 Cards 9:00 SS Cardio 10:00 Irish Dance 1:00 Bingo - Ohio's Hospice	<b>14 ARK ENCOUNTER/CRUISE</b> 9:00 SS Circuit 9:00 Vintage Artists 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg	<b>15</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:00 <b>FATHER'S DAY PARKING LOT BINGO</b> 11:30 Line Dance (Beg)	<b>16</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle
<b>19</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:15 Line Dance (Inter) 11:30 Cardio Dance 12:15 Mah Jongg <b>COUNTY OFFICES CLOSED FOR JUNETEENTH</b>	<b>20</b> 8:00 Cards 9:00 SS Cardio 10:00 Irish Dance 1:00 Bingo - Spry Seniors	<b>21</b> 9:00 SS Circuit 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 1:00 OOA Benefits-Sean	<b>22</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg)	<b>23</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:00 Create a Better You! 12:30 Ladies Pinochle
<b>26</b> 9:00 SS Classic 10:00 SS Chair Yoga 11:00 <b>LUNCH &amp; LEARN - BARON LAW</b> Line Dance (Inter) 11:15 Cardio Dance 11:30 Mah Jongg 12:15	<b>27</b> 8:00 Cards 9:00 SS Cardio 10:00 Irish Dance 1:00 Bingo - OOA	<b>28</b> 9:00 SS Circuit 10:00 SS Classic 11:30 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg	<b>29</b> 8:00 Cards 10:00 SS Classic 11:00 SS Zumba 11:30 Line Dance (Beg) 1:00 Bingo w/Humana	<b>30</b> 9:00 SS Cardio 10:00 SS Chair Yoga 11:30 OOA Nutrition 11:30 Cardio Dance 12:30 Ladies Pinochle <b>ALL ACTIVITIES SUBJECT TO CHANGE</b>

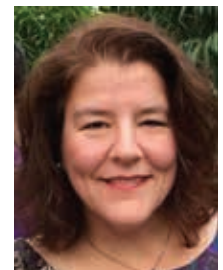
JUNE

## OFFICE FOR OLDER ADULTS

### BRUNSWICK

## BRUNSWICK REC CENTER

3637 Center Road  
 330-416-3680 • 330-273-8000  
[www.mcooa.org](http://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 VISIT TO THE STATEHOUSE



SHARON RAY

By: State Representative, SHARON RAY

While it is always great to have visitors from the District, I was especially blessed recently to have some of my favorite groups come to Columbus and visit the Statehouse.

The Fourth-grade classes from Valley View Elementary school in Wadsworth made their annual visit to Columbus at the end of March and luckily, I was able to greet them as they began their tour of the Statehouse. These young ladies and gentlemen were well behaved and curious about the building and what the general assembly was currently working on. As an alum of Valley View Elementary, it was exciting to see students from my childhood school enjoy the People's House.

A few weeks later, the Leadership Medina County class came down for a tour of both the Statehouse and the Supreme Court. Leadership Medina County is a nonprofit, educational and leadership development organization exists to build

and maintain a county wide network of talented responsible and dynamic leaders, who learn first-hand about issues facing Medina County and who serve by assisting in addressing those issues.

Many of our Counties elected officials, School and Government employees and interested parties from a wide variety of professions and occupations are graduates of Leadership Medina County's innovative learning experience. During their lunch break, Rep. Melanie Miller, Sen. Mark Romanchuk and myself were able to talk about how (and why) we got into public service. We also had time to share issues we are working on and what the general assembly has accomplished this year.

If you have a desire to learn more about Medina County and the many opportunities to make a difference, please visit their website at [Leadershipmedinacounty.org](http://Leadershipmedinacounty.org).



**Sharon A. Ray**  
State Representative  
House District 66



614-466-8140

[Rep66@OhioHouse.gov](mailto:Rep66@OhioHouse.gov)

77 South High St., 13<sup>th</sup> Floor, Columbus, Ohio 43215

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[Medicareadvisorsfohio.com](http://Medicareadvisorsfohio.com)

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

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**Contact Tami Glover**  
for all your Medicare needs



# FROM YOUR TREASURER



JOHN BURKE



## Low-Interest Fix-It Funds Home Improvement Loans Return for 2023

On May 1, 2023, Medina County Treasurer John Burke and Westfield Bank announced that they will once again be offering Fix-It Funds low-interest fixed rate home improvement loans to Medina County homeowners. These loans have a discounted fixed interest rate that is up to 2% below the bank's current rate. "This can be a big savings to homeowners especially with the dramatic increase in interest rates over the past year," noted Treasurer Burke.

Westfield Bank has partnered with the Treasurer's office since 2015 to offer these fixed rate loans at up to 2% below the bank's current rate. Loans can be from a minimum of \$5,000 to a maximum of \$50,000 and are given on a first-come, first-served basis until available funds are depleted.

Almost all types of interior and exterior home improvements are eligible, including painting, wallpaper, lighting, flooring, plumbing, carpeting, furnaces, air conditioners, remodeling, additions, decks, window and door replacements, roofing, siding, gutters, driveways, patios, and sidewalks to name a few. There are only a few ineligible improvements such as swimming

pools, satellite dishes, or hot tubs. Manufactured homes are not eligible for a Fix-It Funds loan.

There is no income limit to qualify for these loans. You must be a Medina County resident; your home (1-4 family unit dwelling) must have a tax appraised value of \$300,000 or less excluding land, according to the Medina County Auditor's appraised value; and you cannot be delinquent on your real estate taxes. Homeowners have up to 18 months to complete the work for which the loan was granted.

Since its authorization by the County Commissioners in 2002, the Fix-It Funds program has provided over \$15.1 million in low-interest home improvement loans to over 1,000 Medina County residents. "Homeowners all across Medina County have been helped by these loans," said Treasurer Burke, noting that since the program's inception, \$2.7 million in loans have gone to homeowners in Brunswick, \$1.6 million to Wadsworth, \$2.9 million to Medina, and \$8.2 million to residents in surrounding townships. "Since we raised the home value limit to \$300,000 last year, over

90% of the homes in Medina County may qualify for a Fix-It Funds loan," he stated.

In his 2022 annual report on Fix-It Funds to the Medina County Commissioners, Burke reported that the average loan size was \$21,728. Burke related that last year the lingering effects of the COVID-19 pandemic had people spending more time at home, which led homeowners to take on more home improvement projects. But we also saw a dramatic rise in interest rates last year. Home mortgage interest rates are over 6% and some home equity loans are charging 8 to 9%. "Those high interest rates make our discounted Fix-It Fund loans look pretty good," Burke said.

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

### WESTFIELD BANK CONTACT INFO

Qualified homeowners interested in low-interest improvement loans can apply at two Westfield Bank locations: 4015 Medina Road on Route 18 in Medina, and Two Park Circle in Westfield Center, or contact the following Westfield Bank representatives:

**Cheryl Murrin**  
(NMLS#1365194) at 330.764.6091  
CherylMurrin@westfield-bank.com

**Rachel Mlynczak**  
(NMLS#244675) at 330.764.6080  
RachelMlynczak@westfield-bank.com

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

*Westfield Bank is member FDIC and equal opportunity lender.*

For more information, please call the Treasurer's office at 330.725.9746, email [treasurerburke@medinaco.org](mailto:treasurerburke@medinaco.org), or search Fix-It Funds at [www.medinacountytreasurer.com](http://www.medinacountytreasurer.com).

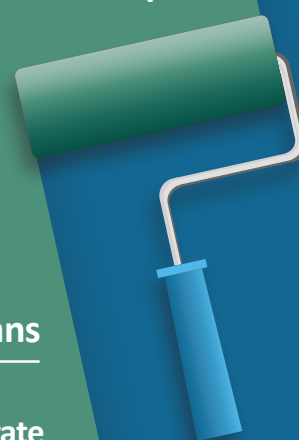
Medina County Homeowners  
Does your home need some help?

# Fix-It Funds

Low Fixed Interest Rate  
Home Improvement Loans

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

*Available through September 2023*



APPLICATIONS AND INFORMATION AVAILABLE FROM  
Medina County Treasurer: 330.725.9746  
Westfield Bank: 330.764.6091, 330.764.6080  
or 330.661.6083

Westfield Bank, FSB (NMLS #507706)



[www.medinacountytreasurer.com](http://www.medinacountytreasurer.com)

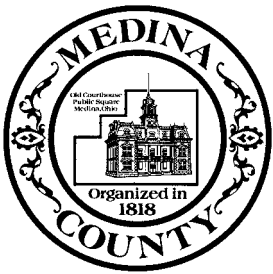
A program of Medina County Treasurer  
**John Burke**

Authorized by the Board of Medina County Commissioners





# COMMISSIONERS' CORNER



**STEVE HAMBLEY**  
Commissioner

144 North Broadway Street  
Medina, Ohio 44256

(330) 722-9208  
SHambley@ohmedinaco.org

## CAN'T DRIVE? Try Public Transit In Medina County

*It's Easy!*

By: STEVE HAMBLEY,  
Medina County Commissioner



Commissioner Steve Hambley recently traveled to and from the office via Medina County Public Transit. Also pictured is transit driver Wayne Duncan.

I recently had a medical procedure that prohibited me from driving for a week. Fortunately, I was able to work around this restriction.

Traveling to the public meetings that I had to attend was accomplished by rideshare with my wife and friends. But one day, I was able to use Medina County Public Transit (MCPT) to go back and forth from Brunswick to Medina. I followed the required registration and scheduling procedures and paid full fare for the rides.

This is exactly why MCPT exists. It's not just for those who need transportation rides several times a week, but also for those who might occasionally need it.

I am a longtime advocate of public transit. As a student in the 1970's at Kent State University, the campus experience convinced me bus transit can work. At that time, the transit system was student

run and all you needed was your student ID to ride anywhere on the system. I was cheap as a student and after parking my car in the student lot for the week, I rode the bus everywhere and all the time.

Even in my adult life, I take the opportunity to ride the GCRTA Rapid in and out of Cleveland every chance I get. When I was a State Representative in Columbus, I frequently used the C-Bus to traverse downtown and encouraged my fellow representatives to use the free service. Public transit can and does work!

### HOW DO YOU GET A RIDE ON MCPT?

If you have access to the internet, visit [www.medina-countytransit.org](http://www.medina-countytransit.org). On the website you can see the fixed route bus schedules, on-demand services, rates and fares, and bus services for those customers of our county agencies such as the Office for Older Adults.

MCPT works with these agencies, and you may qualify for free or reduced fares. On the website, you can plan your ride with MCPT by just hitting a tab on the homepage and following the instructions. There is even a tab that takes you to a Facebook page with a video explaining the MCPT De-mand service.

Paying your MCPT fares, when not entirely subsidized by a county agency, couldn't be easier. MCPT accepts EZfare! You don't have to carry exact change, and you can buy tickets anytime and anywhere. You can store the tickets on your phone for future use, and activate them when you load the bus. The EZfare application is available for any smartphone and can be used for all the major public transit systems in northeast Ohio. Call the MCPT office if you need help figuring out how to use the app.

If you don't like all of that technology, then no worries!



All you have to do is call to register and schedule a ride. The numbers are 330-723-9670 or toll free 1-844-722-3800. On weekdays, office hours are from 6 a.m.–5:30 p.m., and reservations can be made by phone from 7 a.m.–2 p.m. Service hours are from 6 a.m.–6 p.m., Monday through Friday.

I was able meet and talk with some of the MCPT passengers during my brief experience with demand-response service. Surprisingly, all of them were much younger than me; in their 20's! The driver has been with MCPT for over a decade and seemed to know a lot about my fellow riders. I could tell that he genuinely likes his job as he

treated the MCPT customers with respect and courtesy, as well as a friendliness that too often seems to be missing in post-COVID business customer service.

As I told many people years ago when I first ran for office, my support for a good system of public transit in Medina County is somewhat a selfish one. I want to have a great bus system in place when I get too old and unable to drive.

So far, it's looking better and better that will be the case when I finally get to that stage of my life in Medina County. In fact, it's probably not too soon to get registered and load the EZfare app for the occasional need. Try it; it's easy!



# FROM YOUR VETERANS OFFICE



ED ZACKERY



## HONORING *our* VETERANS

Spring has sprung and May is upon us once again. May is what I consider the military month. Our veterans' organizations are busy with several events around the county and getting ready for the most sacred day of all. We start the month off with Loyalty Day on May 1st, Military Spouse Day on the 12th, the entire month is dedicated to the military child and Armed Forces Day on the 20th, and of course we close out the month with Memorial Day. In June we have the Army's birthday and Flag Day on the 14th. We have the "We Support Our Veterans" yard signs again this year so if you would like one stop by and pick one up. They are available to Medina County Veterans as long as supplies last. They'll look great in your yard for the month of May.

Over the past several months we have been discussing the "PACT Act" and all the recent changes that go along with it due to toxic exposure. Since its passing in late August and implementation in January, we have been incredibly busy. Our appointments have more than doubled, along with phone calls and inquiries we get. We're still here to answer your questions and assist you in getting your benefits. So please be patient as we work through this busy time.

For those of you who need a ride to the VA Medical Centers in Parma, Cleveland, and Akron we provide transportation five days a week to all three. We are now able to provide

wheelchair accessible transport. The first of the year we put into service a brand-new wheelchair accessible bus. For more information on our transportation program call our office at (330) 722-9368.

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.

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](http://www.medinacountyveterans.org)

### 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](http://www.medinacountyveterans.org)

### SUICIDE PREVENTION HELP

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.



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



## "PACT ACT" 2023

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

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

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





**Brunswick Pointe**  
SKILLED NURSING AND LONG-TERM CARE



LOCALLY OWNED AND COMMITTED  
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4355 LAUREL ROAD | BRUNSWICK, OHIO 44212 | 330-741-8000  
WWW.BRUNSWICK-POINTE.NET



## Brunswick Pointe Achieves Deficiency-Free Survey!



We are very proud to announce that Brunswick Pointe has achieved a deficiency-free survey with the Ohio Department of Health!

The annual survey given by the Ohio Department of Health inspects professional care standards, infection control, drug administration, food preparation, and the overall clinical outcomes of the healthcare administration. The survey process is an extensive, multiple-day, unannounced visit from the inspector team of the Ohio Department of Health.

The achievement of this survey speaks directly to the resilience of our team at Brunswick Pointe, and especially to our Administrator, Amanda Anderson. "I am humbled and honored to lead the team at Brunswick Pointe. Together as a team, we accomplished a Deficiency Free Survey! Each member of our team works hard to provide our residents with the highest quality care, and it shows throughout the entire building. It is rewarding to know that our residents receive that care day in and out here at Brunswick Pointe. We will continue to strive towards success for residents," shared Amanda.

Being deficiency free doesn't mean we are perfect. We are always striving to provide better patient care. It is a great validation that what we are building here is working. It is our commitment to deliver the highest level of respect, dignity, and extraordinary service to the patients and residents who entrust us with their care. Our team has embraced these high standards, earning the distinction of a sound and quality reputation within our industry.

*Congratulations Brunswick Pointe!*



# Medina Lions Update



## Medina Lions Reverse Raffle



Calling numbers are Ron Iseli, Basil Guild, Deb Zimbardi and Jill Young.

On Friday, March 3, 2023, the Medina Lions held their annual Reverse Raffle at Guy's Party Center in Akron, Ohio. We are very pleased to announce a wonderful turnout of many generous folks. The mainboard was a sell-out as well as the sideboards and the lottery tree; the 50/50 raffle was a huge success as well, with one of the largest pots in recent history. The chefs at Guy's Party Center prepared an excellent buffet including chicken tenders, fish, fried mushrooms, a baked potato bar, and veggies. For dessert, there was an ice cream bar along with cake purchased from Giant Eagle in Medina.

The best part of the evening was the money the club raised for the purpose of giving back to the community. One of our recipients is the Miracle League, which is a program



Rich and Joyce Bonitz.



Jim Prokop with Past District Governor Carol Lester, and Past International Director Steve Sherer.

of opportunity for individuals with mental and/or physical challenges. Donations from the Lions assist these individuals in playing baseball during the summer months. There is an artificial turf surface that is friendly to both wheelchairs and bouncing balls. The Lions host an Opening Day Picnic early in the season each year at the Medina Lions Field at Sam Masi Park.

### LIONS EYE CARE PROGRAM

The Medina Lions are also involved in the Lion's Eye-care Program which provides services to residents in our community. Referrals are received from school nurses and other community services. The Hearing Aid Program provides exams and hearing aids to residents in need. "May no person be deprived the gifts of sight and hearing."

### OTHER CONTRIBUTIONS

Medina Lions are also involved with contributions to Isaac Walton, Buckeye Boys State and Girls State, Cupps Cafe, and scholarships to graduating high school students.

### BECOME A LION

In order to continue our work in the community, we would love to expand our membership. If you or anyone you know might be interested in seeing what the Medina Lions are all about, please feel free to reach out to Kent Von Der Vellen, President, at [vdv@zoominternet.net](mailto:vdv@zoominternet.net), 330-421-0863, or Sandy Sampsel, Vice President, at [sandy@sampselofmedina.com](mailto:sandy@sampselofmedina.com), 330-620-5065 for more information.



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## Exciting Changes Happening at The Ohio Masonic Home



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Nearly 130 years ago, The Ohio Masonic Home was started in Springfield, Ohio as a home for Master Masons and their wives, widows, and children. We've grown, adapted, and evolved since then, helping communities thrive with three senior living communities, a resource center, and a foundation.

### OUR FOCUS IS COMMUNITY

To bring more emphasis to our focus on community, The Ohio Masonic Home is now operating as The Ohio Masonic Communities. Whether it's the campuses where residents live or the broader communities where our resource center provides support to people in their homes our focus is always on helping communities thrive.

With the change to The Ohio Masonic Communities, The Ohio Masonic Home Foundation will now be operating as The Ohio Masonic Communities Foundation and The Ohio Masonic Communities Resource Center. The names of the three campuses – Browning Masonic Community, Springfield Masonic Community, and Western Reserve Masonic Community – will remain the same.

### WE ARE ROOTED IN MASONIC VALUES

The Ohio Masonic Communities were founded by Masons, and still works closely with the Masonic Fraternity. The Masonic values are not only integral to our past, but also guide and shape everything we do. That's why the Square and Compasses were added to the logo as a visual representation and reminder of our Masonic roots and values.

### OUR COMMITMENT IS TO EVERYONE

The Ohio Masonic Communities will still be committed to people and dedicated to the communities. Our goal is still to be an employer and organization of choice. The updated name and logo highlight that commitment, dedication, and goal. We're here for the long haul – with and for our residents, our staff, the communities we serve and you. Today. Tomorrow. Together.



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During the first visit, our residents begin the appointment by answering their Care Questionnaire, a screening that will help the provider determine the type of care needed and what resources may be most beneficial. This screening allows the Spry Senior medical team to learn more about where WRMC residents are outside of just healthcare, from diet and exercise to mental health and housing.

Western Reserve Masonic Community prides itself on providing the best lifestyle possible for all its residents. From fine dining both on and off the community, to exercise programs there is something for everyone. Let's not forget the golf membership and a variety of regular programs in the community center. By keeping yourself healthy and active through participation in Spry Senior, you will be ready to enjoy the spring and summer months at WRMC.

To learn more about Western Reserve Masonic Community, call today at 330-642-3841 and schedule a tour. You will enjoy a tour the community and learn about the exciting and fun-filled lifestyle that can be yours.



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# ★ HANDS HERO'S ★



The Oath Ceremony being led by Captain, Zachary Taylor.

## Medina County Students Display Service Before Self

By: SARAH KELLER, Brunswick High School BEAT Reporter

On Friday, April 14, Brunswick High School held a 2023 ceremony swear-in for the soon-to-be graduating new Military recruits from schools throughout Medina County. Previously giving the oath to serve at the Military Entrance Processing Station, families and students were invited to celebrate more closely and recognize the Military commitment. From banners of the American Flag to Marine support, eleven students swore to protect their country.

The importance of the ceremony was to recognize and celebrate the students that are beginning to serve the Nation. Keith Merrill, Brunswick High School (BHS) principal said, "Being a Veteran, a Brunswick Grad, and now a principal, it is commonplace for our students to have an athletic or academic commitment



National Guard Recruit, Montanna Luntsford of Wadsworth with her Mom, Monica Luntsford.

signing day. As the principal of BHS, I feel that our students enlisting in the military deserve the same opportunity and recognition. I want our community and my kids to see their peers get recognized for their decision to serve in the United States Military."

BHS continued to show support with the Mixed Symphonic

choir singing the National Anthem and Madrigals choir singing America the Beautiful.

The ceremony consisted of a Presentation of Colors, a performance of the Star-Spangled Banner, the Pledge of Allegiance, a welcoming from Merrill, guest speakers with Mike E. Kovack and Captain Zachary Taylor, the Oath Ceremony led by Captain Taylor, and a final performance of America the Beautiful. Merrill is an Army Veteran, Kovack is a retired United States Navy Commander, and Taylor is a United States Marine Corps and student alum of the BHS class of 2013.

"The multiple guest speakers reinforced my decision," stated Alex Kormanec from Brunswick High School, who was one of the students honored and a future Marine.

■ CONTINUED ON NEXT PAGE ►

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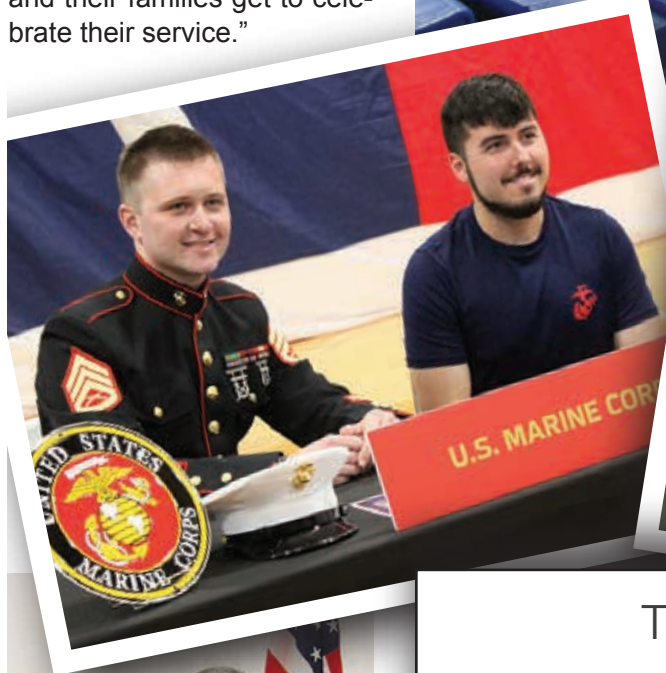
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>> CONTINUED FROM PAGE 16

"It became even more clear to me that joining the Marine Corps and serving in the military would positively impact me, as well as the lives of others that I have met and never will meet." Kormanec was supported through the recruitment process by his recruiter cousin, currently serving, and family members.

Ready to serve, the students are Military bound and finally made it official. "I want them to see that service over self is an option after high school," said Merrill. "It is a special day and I love that my kids and their families get to celebrate their service."



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Brunswick High School Principal, Keith Merrill Welcomes the Ceremony.

Captain, Zachary Taylor with Navy Veteran Mike Kovack.





# Should I Transfer my Home to my Children?

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

Clients often ask me if they should transfer their house to their children. My typical response is what do you want to accomplish by transferring your house? Their answer dictates whether they should transfer their house and to whom they should transfer the house. However, rarely do I ever recommend they transfer the house outright to their children during the client's lifetime.

If a goal is to avoid the probate process upon death, the client can execute and record a "transfer on death" affidavit for their house. Upon the client's death, the house will transfer to the beneficiary named in the affidavit and will not need to be "probated." If there is just one beneficiary, this is an ideal procedure for avoiding probate. However, the client should know that if they name several beneficiaries there may be some pitfalls. In order to sell the house, all beneficiaries must sign the deed and their spouses must sign the deed to release their dower rights. This can become cumbersome and difficult if there are several beneficiaries and spouses and not everyone agrees to the sale.

If a goal is to protect the house in the event the client needs long term care (assisted living or nursing home), then I often recommend transferring the house during the client's lifetime. However, I do not recommend transferring the house outright to a child. Instead, I recommend transferring the house to a trust with a child named as Trustee and/or beneficiary of the trust.

If a client transfers the house to a child, that house becomes susceptible to the child's issues. For example, if the child gets in an accident and gets sued, the house is then susceptible to the child's lawsuit. If the house is transferred to a child and that child gets a divorce; that house can be susceptible to the child's divorce. If the house is transferred to a child and that child dies; the house transfers in accordance with the child's estate plan (possibly to the child's surviving spouse). Furthermore, if the child needs to apply for any needs-based benefits (even completing a FAFSA form for financial aid for college), the house is counted as the child's asset in determining whether that child qualifies for any benefits/aid.

Transferring a house to a trust will also avoid probate. The goal for transferring the house may be to protect the house in the event of long term care needs. However, an ancillary benefit to the trust is that the trust will avoid the probate process upon death.

There are definitely reasons to transfer a house out of the client's name. However, rarely should a client transfer the house outright to the child during the client's lifetime. Clients should determine their goal for what they want done with their house and then obtain advice regarding what is the best method for obtaining that goal based on that client's individual circumstances.

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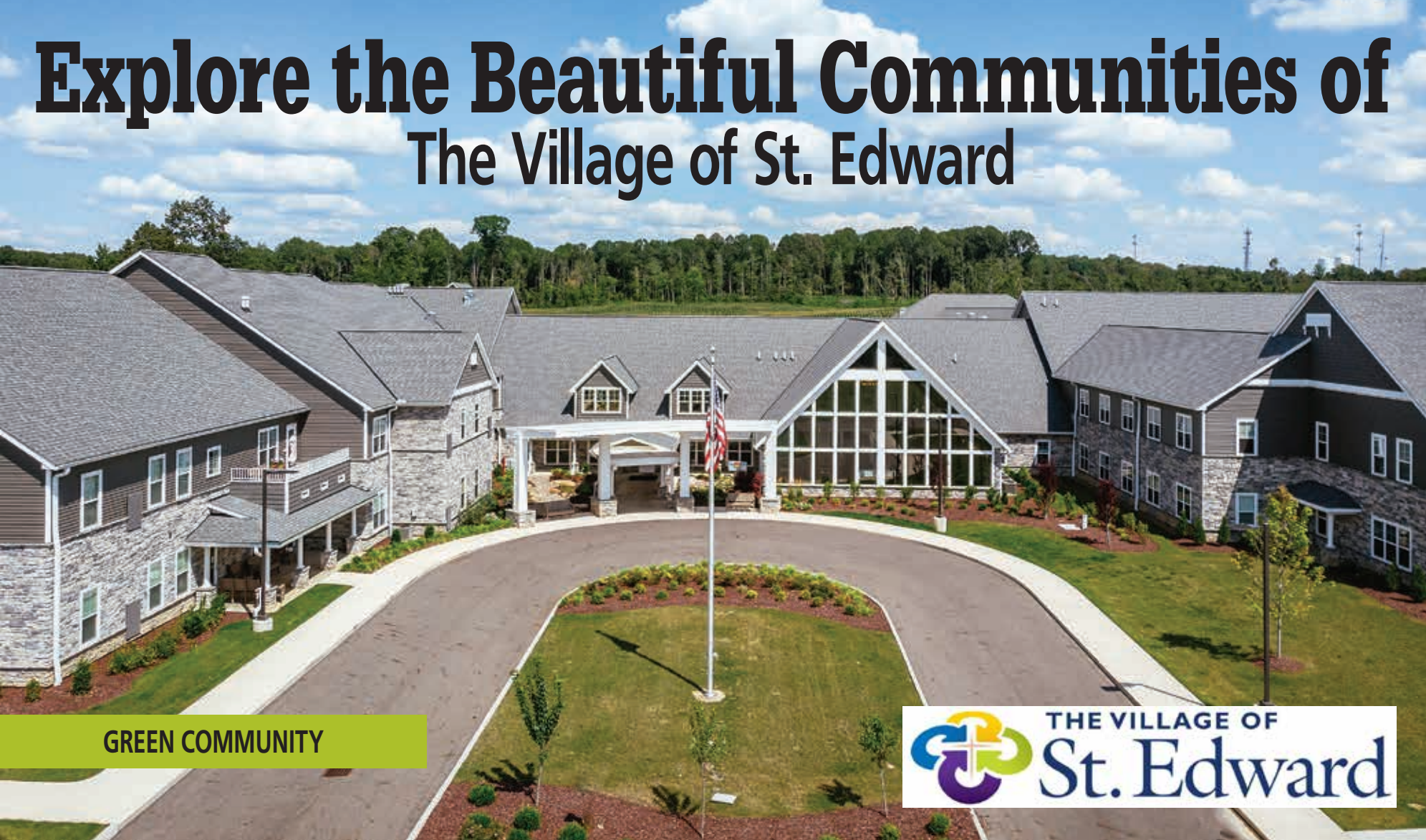


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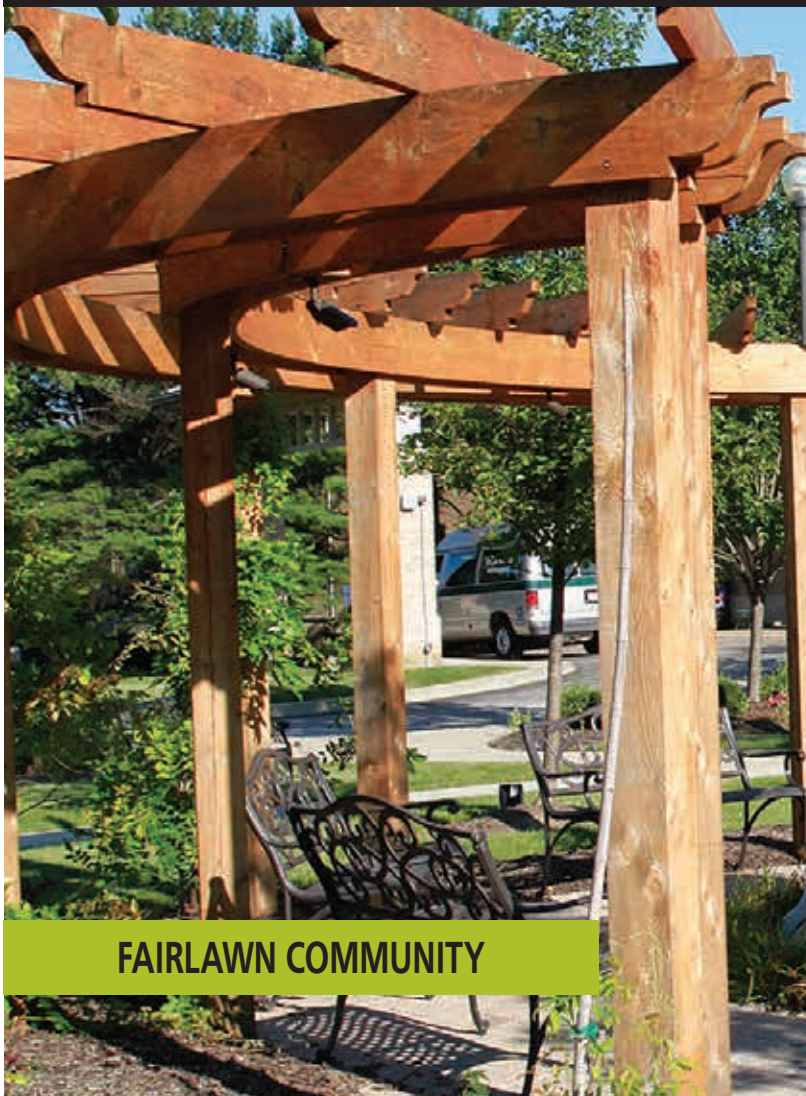
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# How Can I Get Relief from Sciatica Pain?

## Health & Wellness

So, what helps sciatica pain in the elderly, and is the treatment of sciatica in the elderly something we can do at home?

Sciatica stretches for seniors can alleviate discomfort and restore feeling in the leg if the exercises are done routinely.

Let's take a look at some exercises for sciatica pain for seniors and a few other options that may relieve the symptoms and help with flexibility and numbness. Time and self-care treatments at home can provide relief and restore mobility.

### YOGA FOR SCIATICA FOR SENIORS

The therapeutic applications of yoga can be used to treat and relieve the symptoms of sciatica. Poses such as the Child's Pose and the Cobra Pose can lengthen, stretch, and relax your body. Be careful not to push yourself into a position that doesn't feel comfortable or that causes pain. Listen to your body and remember to be gentle, and to keep safety in mind.

If you're interested in trying yoga for sciatica pain, check with your local senior center, YMCA, or community center to see if they offer classes that will fit your schedule. You can also find yoga classes online that you can do in the comfort of your own home.

### SCIATICA STRETCHES FOR SENIORS

Most of us are not aware of how tight our bodies become because we don't use our muscles like we used to. Exercises for sciatica for seniors involve stretching those tight



muscles in our back and relieving the pressure on the sciatic nerve root, which leads to the pain associated with sciatica.

Slow, gentle stretches such as the pelvic tilt or the seated hamstring stretch are very effective in reducing sciatica pain. Tight hamstrings can worsen the pain of sciatica. Stretching those hamstring muscles is an effective and simple way to relieve the discomfort that sciatica causes in the legs,

Sciatica causes numbness in the legs, tingling, weakness, and heaviness in the affected limb. Some people say the pain is worse while sitting or if they twist their bodies a certain way. Applying heat or simply getting up and walking can be helpful.

Sciatica is often the result of an underlying medical condition such as a lumbar herniated disc or spinal stenosis.

The exercises for sciatica pain and sciatica stretches for elderly patients that are part of a yoga regime can be very helpful in treating sciatica.

As with any exercise program, you should get approval from your doctor before beginning a new routine. If the symptoms persist or get worse, make a visit to the doctor's office for a complete evaluation of your symptoms. A medical intervention involving medication may be needed, depending on the severity of your symptoms.

The most common cause of sciatica is a **bulging disc** or **herniated disc**

**Bulging disc**

**Herniated disc**

**Sciatic nerve**

**Sciatica stretches can help relieve the pressure and pain of sciatica.**

**Here are ten sciatica stretches that you can do anytime, anywhere.**

1. Child's pose
2. Standing twist
3. Cat/Cow
4. Knee hugs
5. Supine twist
6. Supine twist with one knee
7. Lunging twist
8. Seated twist
9. Thread the needle
10. Cobbler's pose

HEALTH & WELLNESS ARTICLE IS FOR INFORMATION PURPOSES ONLY. THE HANDS FOUNDATION OR HELPING HANDS NEWSPAPER DOES NOT ENDORSE OR PROMOTE THE EXERCISES ON THIS PAGE.

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# Charitable-Minded Investors Can Satisfy RMDs with QCDs



CLAUS MEYER

By: CLAUS MEYER, Certified Financial Planner,<sup>TM</sup> Retirement Income Certified Professional<sup>TM</sup> with Raymond James

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Helping others when you're gone is a noble and rewarding aspiration. But think how much more rewarding it could be, both personally and charitably, to help others while you're still here.

Giving during your lifetime can take many forms, one of which is using qualified charitable distributions (QCDs). It's an option that can also reduce your tax liability, as it involves donating pre-tax dollars before they become taxable income as a required minimum distribution (RMD).

### – Here's How it Works –

#### TRANSFORM RMDs INTO QCDs

Philanthropy is often reward enough, but charity and tax deductions seemingly go hand in hand. As the standard deduction has risen to \$13,850 for individuals in 2023 (double for married filing jointly), you may want to consider giving strategies that don't require itemizing on your tax return. A QCD is a great way to carry out your charitable intent that doesn't require itemizing and also reduces your taxable income.

The required start age to begin taking distributions from your IRA has increased over the past few years from 70 1/2 to 73. However, the age that you can begin QCDs is still 70 1/2. These RMDs are generally treated as taxable income. Thankfully, the Protecting American from Tax Hikes (PATH) Act of 2015 permanently allowed an IRA owner to make qualified charitable distributions of up to \$100,000 directly from their IRA to a charity without getting taxed on the distribution. Basically, you can satisfy your RMD amount without reporting additional income.



### RULES TO FOLLOW

#### YOU MUST BE ELIGIBLE.

You must be age 70 1/2 or older at the time of the QCD (but remember, RMDs now begin at age 73). QCDs from Ongoing SEPs and SIMPLE IRAs are not permitted.

#### THERE IS AN ANNUAL LIMIT.

Your QCD cannot exceed \$100,000 per tax year, even if your RMD is greater than \$100,000. New legislation, the SECURE Act 2.0, will index this \$100,000 limit for inflation starting in 2024.

#### ONLY QUALIFIED ORGANIZATIONS COUNT.

The IRA trustee or custodian must make the distribution directly to a qualifying charity (private foundations and donor advised funds are not eligible). For instance, you cannot take the distribution yourself then write a check to the charity.

### RMDs: A REAL-TIME LEGACY

By donating the RMD to a qualified charity, you can enjoy the satisfaction of knowing you are helping a worthy cause while simultaneously reducing your taxable income. This strategy also helps you live out your values in real time, effectively living your legacy in the here and now.

To learn more, seek guidance from your financial and tax advisors. They're a good source of information when it comes to living and giving.

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# NEWS AROUND TOWN

## Brunswick's Market 42 to Bring Flavor and Fun in 2024

By CAOILAINN CARLSON, BEAT reporter



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If you want some good, fresh local food, spotlighting many different varieties and cultures, the hope is that you will make Market 42 your destination location in 2024. Market 42, which will be located at 2099 Pearl Road, is planning to be open to the public in February - March of 2024.

Owner Nick Kyriazis wants to use open spaces and be environmentally friendly. The one-floor building, with inside and outside areas, is going to be 25,000 square feet. The entrance will be out back. Market 42 will be connected to some of Brunswick's bike trails. They want to make it very walkable.

Market 42 will offer many unique foods for many different people. Planning on having about 30 vendors, Market 42 will offer Indian, Italian, Mexican, Greek, Polish and German foods, including cheese, barbeque, chicken, burgers, hotdogs, gyros,

shish kabobs, honey, fudge, jerky, spices, natural oils, fresh fish, comfort foods, a butcher, farm stands, deli, wine, and a brewery. It will also include local craftsmen, selling items like beauty products, candles, flowers, seasonal items, decor, and gifts. It will also have a patio for weddings or corporate events.

"I grew up in Greece and I came to the states when I was 22," Kyriazis said. "In Greece, there is that feel of community when you go to the butcher, when you go to the fish store, and you buy locally and fresh, and I think it's something that's missing." As a result, he wants to bring that feeling to Brunswick for the local community.

Kyriazis says that his main audience will be people who are in close proximity to the area, including Brunswick, Strongsville, Valley City, Medina, Hinckley and surrounding

CONTINUED ON NEXT PAGE

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# Market 42

>> CONTINUED FROM PAGE 24

communities. "I see all ages, all races, because it's going to be multi-cultural," he said.

From its fresh, local, multi-cultural and diverse food to its local craftsmen that work hard to make all sorts of different items to sell to people to its strong tie with the community, Market 42 will hopefully have a mass appeal. "I'm excited about this project," said Kyriazis.



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# 5 Reasons Disability Inclusion Just Makes Sense

From: The Medina County Board of Developmental Disabilities



Disability inclusion means including people with disabilities in everyday activities and encouraging them to have experiences like those around them who do not have a disability. This involves more than simply encouraging people to be included; it requires making sure actions, language and attitudes are in place in our community which support and promote greater awareness and acceptance.

Disability inclusion leads to increased participation in life roles and activities - such as being a student, worker, friend, community member, patient, spouse, or parent - while also supporting access to valuable public resources like transportation, health care and other day-to-day activities.

But why is disability inclusion so important? Every person in our society is born "included," which means inclusion is the natural state of being. Thankfully, long gone are the days when people with developmental disabilities were shut away and segregated in institutions. But there still remains issues of isolation and exclusion, so let's focus on a few benefits of inclusion and why it just makes sense.

## REASON 1: INCLUSION PROMOTES TOLERANCE AND REDUCES BULLYING

Exclusion fuels the fear of difference. Inclusion, on the other hand, fuels acceptance. Through inclusive actions, people with and without disabilities learn and exist side-by-side. As a result, communities see less bullying, teasing, and other acts of intolerance.

## REASON 2: INCLUSION CREATES EMPATHY

When people both with and without developmental disabilities gather together it gives them the opportunity to spend time with one another, and learn about common interests. This supports the development of friendships and then naturally promotes empathy, social inclusion and understanding.

## REASON 3: INCLUSION HELPS PEOPLE DEVELOP A POSITIVE SELF-IMAGE

For people with disabilities, inclusion can help them realize their potential for growth. Inclusion increases self-esteem and self-worth. It gives people the ability to learn how to speak and express views, become more responsible, independent, fearless and confident.

## REASON 4: INCLUSION DRIVES MEANINGFUL CHANGE

The understanding that comes with an inclusive mindset can lead to new ideas and positive change. For example, while people with developmental disabilities have always had less access to healthcare the situation is made worse because only 1 in 5 healthcare professionals is trained to treat them. As a result, people with disabilities die an average of 16 years earlier than the general population. Inclusive healthcare leads to changes which help provide better training and changes in policies, structures, and institutions which means healthier and longer lives for people with disabilities.

## REASON 5: INCLUSION HELPS US SEE THE PERSON FIRST

When all people are included in all aspects of our community, we are more likely to see the person rather than focus on their disability. We learn what we have in common versus what differences we have. We found common ground. We become more welcoming.



- helping people succeed -



Helping with everything from early intervention and education opportunities for children to employment and community inclusive living for adults.

330-725-7751 | [www.mcbdd.org](http://www.mcbdd.org)

The Medina County Board of Developmental Disabilities is happy to help you get the information you need to support and include people with disabilities. Call us at 330-725-7751 for more information.





**Medina County  
Park District**

# Upcoming Activities at the Medina County Parks

Get out and enjoy all the wonders our parks have to offer!

## **TUESDAY, MAY 9 - SENIOR STRIDES - CHIPPEWA INLET TRAIL NORTH - LAFAYETTE ROAD (ST. RTE. 42) - 10 TO 11 A.M.**

Join park volunteer Connie for Senior Strides, a once-a-month social hike for seniors! It's a great opportunity to make new friends and get your exercise at the same time. Walks are one-to-two-miles in length. Please dress for the weather, and be sure to wear appropriate footwear. No registration is required. Free.

## **WEDNESDAY, MAY 10 - NATURAL DISCOVERIES - BLUEBELL VALLEY (PART OF BLACK RIVER NATURE PRESERVE) - 10 TO 11 A.M.**

Join us for an easy walk to observe the unfolding of nature all year long in the parks. Natural Discoveries is an award-based series of nature programs designed for ages seven to adult. No registration is required. Free.

## **THURSDAY, MAY 11 - PUSH AND PULL STROLLER WALK - BUCKEYE WOODS PARK - 10 TO 11 A.M.**

Push a stroller, pull a weed, make a difference! OSU Extension Master Gardener Volunteers of Medina County will guide you and your little one(s) to play "I Spy with my Little Eye" in search of an invasive plant species that threatens habitat. This program is appropriate for parents, caregivers, stroller walkers, and young children who want to learn together and do community service work. We will stay on the trail as we spy and pull the garlic mustard plant. Gardening gloves and hand shovels are optional but helpful. Please register each adult and child aged three and up. Children under three do not need to register and are welcome to attend with their adult. Meet at the large shelter located near the eastern parking lot. Register by May 8. Free.

## **THURSDAY, MAY 11 - CREATIVE WRITING FOR HOMESCHOOLERS - OENSLAGER NATURE CENTER - 2 TO 3:15 P.M.**

Nature will serve as the inspiration for homeschoolers who want to improve their writing skills. We'll imitate the styles of skilled authors and use patterns to write poetry. The classes are offered individually but build upon one another to develop skills. Students will need a pencil, journal, and thesaurus. Part of the class may be outdoors so dress appropriately. A writing assignment will be given after each class, and students will be expected to share what they wrote at the following month's class. Class will be cancelled if any school district in Medina County is closed due to inclement weather. Ages 8-12. Register by May 9. Free.

## **SATURDAY, MAY 13 - 90TH ANNUAL SERIES OF SPRING BIRD WALKS - RIVER STYX PARK - 7:30 A.M.**

See 5/6 program listing for a description. All ages are welcome. No registration is required. Free. Meet in the main parking lot.

## **SATURDAY, MAY 13 - K-9 KAPERS - LETHA HOUSE WEST PARKING LOT - 10 TO 11 A.M.**

K-9 Kapers provides dog owners with an opportunity to socialize their pets with other dogs. These alternative hikes will interest both the dog and its owner while offering exercise and fun. All dogs must have an accompanying adult and eight-foot leash (non-retractable). Participants must maintain control of their dogs at all times. We recommend bringing a towel for muddy feet and a water bowl. All ages are welcome. No registration is required. Free.

## **SATURDAY, MAY 13 AND SUNDAY, MAY 14 - WONDERFUL WORLD OF WARBLERS - SUSAN HAMBLEY NATURE CENTER- 12 TO 5 P.M.**

Warblers are one of the most fascinating species of birds in Northeast Ohio. They are tiny, energetic, and brightly colored but are easy to miss. Warblers fly thousands of miles during migration. Some species stay in Ohio to nest while others travel further north to Canada. Learn about the lives of warblers and enjoy crafts and other activities. All ages are welcome. No registration is required. Free.

## **SUNDAY, MAY 14 - MOTHER'S DAY WILDFLOWER WALK - HUBBARD VALLEY PARK - 10 A.M. TO 11:30 A.M. OR 2 TO 3:30 P.M.**

All are welcome to observe the expansive wildflowers in bloom on this walk led by OSU Extension Master Gardener Volunteers of Medina County. The volunteers will identify and share information on the abundant spring ephemerals of Hubbard Valley Park. As the name "ephemeral" implies, the blooms are only in peak show for a short time, so don't miss your chance to share this experience! All ages are welcome. Register by May 12. Free.

## **SATURDAY, MAY 20 - 90TH ANNUAL SERIES OF SPRING BIRD WALKS - RIVER STYX PARK - 7:30 A.M.**

See 5/6 program listing for a description. All ages are welcome. No registration is required. Free. Meet in the main parking lot.

## **SATURDAY, MAY 20 - WOODLAND HEALTH DAY OF SERVICE - VOLUNTEERS NEEDED - OENSLAGER NATURE CENTER - 10 A.M. TO 12 P.M.**

See 5/6 program listing for details. Ages seven to adult. Register by May 15. Free.

## **SATURDAY, MAY 20 AND SUNDAY, MAY 21 - WONDERFUL WORLD OF WARBLERS - SUSAN HAMBLEY NATURE CENTER - 12 TO 5 P.M.**

See 5/13 program listing for a description. All ages are welcome. No registration is required. Free.

## **SUNDAY, MAY 21 - WOODLAND HEALTH DAY OF SERVICE - VOLUNTEERS NEEDED - LAKE MEDINA / GRANGER ROAD - 2 TO 4 P.M.**

See 5/6 program listing for details. Ages seven to adult. Register by May 15. Free.

## **SUNDAY, MAY 21 - NATURAL DISCOVERIES HIKING SERIES: DRAGONFLIES HUBBARD VALLEY PARK - 3 TO 4 P.M.**

It's a bird, it's a plane . . . it's a dragonfly?! Join us for this hike to learn about one of nature's aerial acrobats, the dragonfly, and search for some of Medina County's early-season fliers. Natural Discoveries is an award-based series of nature programs designed for ages seven to adult. No registration is required. Free.

## **WEDNESDAY, MAY 24 - FOREST THERAPY WALK - BRUNSWICK LAKE TRAIL (MEET IN CLEVELAND CLINIC PARKING LOT NEXT TO PANERA) 6 TO 7:30 P.M.**

Join Jason of Whisper Shifter for a relaxed, sensory experience on a forest therapy walk. Non-strenuous movement in a natural setting coupled with the goal of guiding participants through the experiencing of sensing, embodiment, and appreciation for their relationship to the natural world is the main focus of walks. Ages five to adult. Register by May 22. Free.

■ CONTINUED ON NEXT PAGE ►



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## Meet Anthony & Angela Coleman from CarePatrol

WHY ARE THEY IN THE BUSINESS OF HELPING SENIORS?

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

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

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



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

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

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

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

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



**Medina County  
Park District**

## Medina County Parks Activities

>> CONTINUED FROM PAGE 27



### THURSDAY, MAY 25 - TALES FOR TOTS - LETHA HOUSE LODGE (WEST) 10 TO 11 A.M. OR 1 TO 2 P.M.

Ladybugs are more than just pretty visitors to the garden. Discover more about them through a story and fun activities. Ages three to six with an adult companion. Some or the entire program will be held outdoors; please dress accordingly. Register between April 27 and May 24. Free.

### SATURDAY, MAY 27 - DISCOVERY DROP-IN: PONDS - PLUM CREEK PARK SOUTH - 1 TO 3 P.M.

Discoveries don't happen on a set schedule, so drop by any time between 1 and 3 p.m. to explore pond life in the parks. A naturalist will be near the pond with nets, supplies, and additional information about what lives beneath the surface. All ages are welcome. No registration is required. Free.

### SATURDAY, MAY 27 - STARRY, STARRY NIGHTS AT LETHA HOUSE - LETHA HOUSE LODGE (WEST) 9 TO 11 P.M.

Come see deep-sky objects, planets, and the moon up close using the Cuyahoga Astronomical Association's telescopes. The observatory will be open for public viewing, and members will be available to answer your questions. Have a telescope but not sure how to use it effectively? Members will also be on hand one hour before the program begins to show you how to use your own telescope for viewing the night sky. Cancellations will only be made in the event of severe thunderstorms. All ages are welcome. No registration is required. Free.

### SUNDAY, MAY 28 - PHOTOGRAPHERS OF THE PARKS CLUB MEETING - OENSLAGER NATURE CENTER 3 TO 5 P.M.

This is a great opportunity for nature photo enthusiasts of all skill levels to share knowledge with like-minded folks, gain special access to programs and events related to photography, and support the park district. The club will emphasize, but not be limited to, nature photography. Please contact club leadership at medinapotp@gmail.com with questions, or for more information. Ages 16 to adult. No registration is required. Free. Register for programs at [www.medinacountyparks.com](http://www.medinacountyparks.com).





MICHAEL LARIBEE

# DISPOSITION AFTER DEATH Who Makes Funeral Arrangements?

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

I have written before about the importance of discussing funeral arrangements with family and loved ones. There are many different funeral options, some of which are quite personal. Some can be very expensive. Will you be buried or cremated? What kind of casket and vault will be used? Will there be a public memorial or a private service? Where will you be buried? If you are cremated, what happens to your cremains?

Ohio law provides a specific method for people to direct the disposition of their bodies after death. They may execute a written declaration that appoints another person the right to determine the location, manner, and conditions of the disposition of their bodily remains. This includes arranging funeral services and purchasing funeral goods for burial, cremation, or other manner of final disposition.

But what if someone dies without making such a declaration? An Ohio statute provides a list of people who have the power to make funeral decisions in this instance. They are set forth below in order of priority:

- (1) The decedent's surviving spouse;
- (2) The sole surviving child of the decedent or, if there is more than one surviving child, all of the surviving children, collectively;
- (3) The decedent's surviving parent or parents; if a parent was the residential parent and legal custodian of the decedent at the time the decedent reached the age of majority, that

parent's right takes precedence over the other parent;

(4) The decedent's surviving sibling, or if there is more than one sibling, all of the surviving siblings, collectively;

(5) The decedent's surviving grandparent or grandparents;

(6) The decedent's surviving grandchild, or if there is more than one surviving grandchild, all of the surviving grandchildren collectively;

(7) The lineal descendants of the decedent's grandparents;

(8) The person who was the decedent's guardian at the time of the decedent's death;

(9) Any other person willing to assume the right of disposition, including the personal representative of the decedent's estate or the licensed funeral director with custody of the decedent's body; and,

(10) If the decedent was an indigent person, the public officer or employee responsible for arranging the final disposition of the remains of the decedent.

It is important to discuss funeral preferences when putting together an estate plan. A trusted probate attorney can provide valuable guidance. That way, family and loved ones are not forced to make complicated decisions during a difficult time of grief and mourning.

Michael Laribee is a partner in the Medina law firm of Laribee & Hertrick, LLP. This article is intended to provide general information about the law. It is not intended to give legal advice. Readers are urged to seek advice from an attorney regarding their specific issues and rights.



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# Health, Happiness and Independence

## Seniors Need Social Connections for Happy, Healthy Lives

By: SHERRY CASSILY, Director, Archangels Specialty Home Care

What keeps us healthy and happy? Young adults report having good relationships with friends and family, and being fulfilled in study or at work. Money was also important. Senior citizens report independence as they age, living at home independently, being part of a community, and maintaining financial independence as the most important.

Often our activities and choices deny the very things that are felt to be important for health and happiness. A 2017 study of young adults aged 19–32 years found that people with higher social media use were more socially isolated than those who did not use social media as often. Young adults devote an average of 7.5 hours a day to digital media of all kinds.

Young adults report that good relationships are a priority to health and happiness while isolating themselves by spending 7.5 hours per day using digital media. Research discovered that young

adults are the loneliest group. According to the findings, 61 percent of young people ages 18 to 25 reported feeling lonely “frequently” or “almost all the time or all the time.”

Senior citizens report that keeping their independence and living independently are important to their health and happiness as they age. They often cling to independence as a way of protecting their financial security. However, independent living can mean living alone with diminished social interaction with friends and family. There is often a lack of access to transportation denying the opportunity of being active in the community. Studies report that more than 40 percent of seniors regularly experience loneliness, according to a University of California, San Francisco

(UCSF). This feeling of separation and disconnection from others may predict serious health problems and even death, the UCSF researchers find.

What keeps us healthy and happy as we go through life? The Harvard Study of Adult Development may be the longest study of adult life that’s ever been done. For 75 years, they tracked the lives of 724 men, year after year, asking about work, home lives, health, and of course asking all along the way without knowing how their life stories were going to turn out.



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What are the lessons that come from the tens of thousands of pages of information that was generated on these lives? The clearest message that was

generated from this 75-year study is a simple one: good relationships keep us happier and healthier.

The Harvard Study of Adult Development revealed three big lessons about relationships. The first is that social connections are good for us, and that loneliness kills. The second big lesson that was learned is that it is not just the number of friends you have but it is the quality of your close relationships that matters. The third big lesson learned about relationships and our health is that good relationships don’t just protect our bodies, they protect our minds.

Loneliness in America has been a mounting concern for decades. More recent research shows that loneliness has been worsening prior to the Covid pandemic. In 2018, a joint Kaiser Family Foundation and Economist survey found that one in five Americans “often” or “almost always” felt lonely or socially isolated, and results from a large-scale Cigna report released in January 2020 found that three out of five Americans reported being lonely.

The moral of the story is that your priority from the age of 10 to 90 should be forming and maintaining quality relationships with domestic partners, family, friends, coworkers, and neighbors. You may have to sacrifice social media time or independent living to work on these relationships, but in the scheme of things, “It is what keeps you healthy and happy”. Avoiding loneliness and isolation is essential for young and old to promote healthy aging.



# WHAT AN EXECUTOR CAN AND CANNOT DO

By: MARIE EDMONDS, Counselor at Law



MARIE EDMONDS



*Elder Law & Estate Planning Attorneys*

## WE'RE HERE FOR YOU!

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



Marie Edmonds



Ashley Sorgen

807 EAST WASHINGTON STREET | SUITE 200 | MEDINA  
PH: 330.725.5297 | FAX: 330.722.5932  
Marie@MarieEdmonds.com | Ashley@MarieEdmonds.com

Choosing an Executor is an important decision, as that person will be responsible for many important tasks in the process of administering your estate. There are rules about what an Executor is expected to do in this process and there are also rules about what the Executor is not permitted to do.

An Executor is the person you choose to administer your estate and whom you name in your will to serve in this role. Upon your death, the Executor must present your will to the court and as the court to confirm their appointment. Once the Executor is appointed, the Executor may then begin to manage the estate affairs. This includes (1) identifying what assets and property comprise the estate, and which assets will be subject to probate and thus your directions in your will; (2) honoring the wishes of the decedent expressed in the will; (3) determining what debts may need to be addressed; (4) filing any estate tax returns that may be needed, as well as making sure any income tax returns are filed.

When you are choosing an Executor, it is important that it be someone you know you can trust, who is reliable, and for whom the role will not be overwhelming. Although having some financial sophistication is always helpful, most Executors seek the assistance and advice of an attorney who can help with all of these decisions and tasks.

Now, what an Executor cannot and should not do.

An Executor may not engage in bad acts and abuse their role. Although this seems obvious, it is worth stating. For example, an Executor

cannot refuse to probate a will, nor can they steal from the estate or mishandle property.

An Executor cannot remove money from estate accounts or those owned by the decedent and use the funds for their personal needs. An Executor cannot transfer or sell estate property for less than fair market value. There certainly are other "obvious" actions they cannot take, but these are two examples.

If an Executor does steal from an estate, the court can remove them from the position and hold them liable for any stolen funds. That Executor may also be sued by the beneficiaries or face other legal worries.

An Executor is allowed to receive a fee for their services. In Ohio, the Executor's fee is determined by statute and is as follows:

4% of the first \$100,000 of personal property, income, and proceeds of real estate sold;  
3% of the next \$300,000;  
2% of the balance;  
1% of the value of real estate not sold; and  
For dates of death after 2012, 1% of all property that is not subject to probate administration except joint and survivorship property.

The Executor may also be reimbursed for any reasonable and necessary expenses they may incur as Executor.

An Executor is also expected to honor what is stated in a will unless it is not feasible, meaning they cannot just refuse to carry out the wishes of the decedent.

An Executor cannot fail to maintain good records. An Executor is expected to keep records of all expenditures and transactions. This information should be available to the beneficiaries and is required to be reported to the court in the process of the administration of the estate.

It certainly is an honor to be named as the Executor in an estate, but remember the role also carries great responsibility. Choose your Executor wisely.



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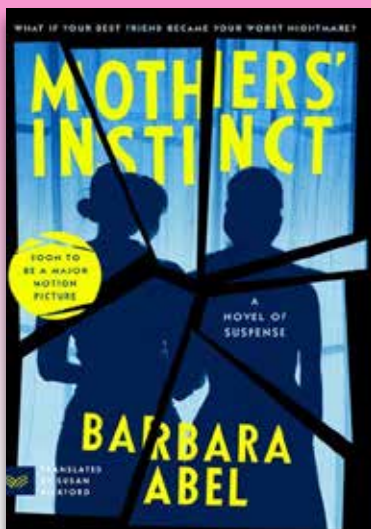
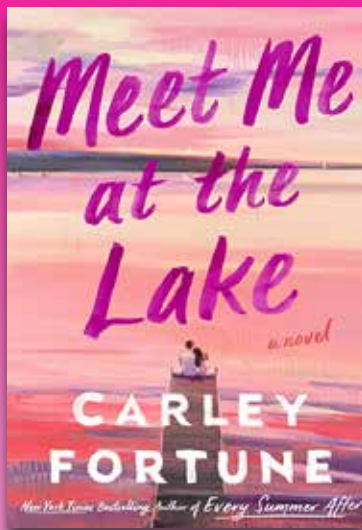


# LIBRARY NEWS

*Read it and Reap!*

## SPRING READING Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



## Outreach Services Bringing the Library to You



Have difficulty coming to the library?

Find out if home delivery service is right for you, call 330-722-2590.



[mcdl.info/Outreach](http://mcdl.info/Outreach)

## Outreach Services at MCDL Featured During Older American's Month

Medina County District Library's Outreach Services offers a multitude of services for older adults and brings the library where you are with the Bookmobile.

### HOME DELIVERY

Can't come to us? We'll come to you! Get monthly deliveries of regular or large print books, audiobooks, movies, music and more. Service can be short or long term and is available to patrons in their home or at senior residence and care facilities. Staff and volunteers deliver to an average of 90 patrons per month.

### Multiple delivery options are available:

- Library Staff provide door drop delivery
- Family member picks up items from library location
- Books by mail

**330-725-0588**  
**[www.mcdl.info](http://www.mcdl.info)**

### BOOKMOBILE AND SENIOR LIVING LOBBY STOPS

The new Bookmobile debuted in fall of 2021. It averages nearly 60 stops a month at apartment complexes, neighborhoods, outlying areas and senior facilities. The Bookmobile has a lift and removable shelves on wheels that unlatch and can be rolled out the back and into a lobby. This allows patrons with mobility challenges to browse the collection. This freedom to choose their own library materials can be empowering to this community. "Our residents look forward to the lobby stops, it's always a great day when the Bookmobile visits," says Stacie Davis, Activities Director at Plum Creek Senior Living.



Residents at Plum Creek Assisted Living browsing the Bookmobile carts.

### SENIOR ACTIVITIES

Staff present a variety of programs to senior care facilities. They offer book clubs, Arm-chair Travel presentations, memory activities and more. Recently, lifelike battery-operated birds were purchased for interactions with residents. Amy Noel-Lucas had a special interaction at her event, "By the end of my program at Danbury, everyone in the community space had held a bird and listened to their calls. Folks were coming down from their rooms, intrigued by the sounds of the happy bird chirps! The smiles on the faces of the residents were so bright. Residents who are usually withdrawn were attempting to interact with others and show off the birds that they were holding. One resident recently who moved from another memory care facility recognized me, that's huge for those living with dementia."



Memory Care activities take place at a variety of senior care facilities.