



Helping HANDS

MARCH / APRIL 2024

A Publication of the HANDS Foundation

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

Purses with a Purpose!

COMMUNITY COMES TOGETHER TO BENEFIT SENIORS



2024 Purses with a Purpose Generates WOW Crowd to Support the HANDS Foundation.

A packed house embraced the spirit of this year's "Purses with a Purpose" event, held on Tuesday, February 6, 2024, at Western Reserve Masonic Community.

Kimberly Valco, Community Relations Manager for Western Reserve Masonic Community and Devon Diello, Director of Admissions & Marketing at Carecore at Willowood, both expressed at the event the need to help support Medina County's Senior population, and the great county organizations in place that work to enrich their lives. As a result, funds raised from this year's Purses would be



earmarked to support the HANDS Foundation.

An enthusiastic crowd of attendees did not disappoint, stepping up to generate over \$12,200 during the event. "We have been truly blessed to have all this support," said Valco. Diello shared a quote from Helen Keller as she reflected on the event: "Alone, we can do so little. Together, we can do so much."

CONTINUED ON NEXT PAGE

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

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HANDS FOUNDATION

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 Office Hours.....Tues, Wed, Thurs, 9:30 am - 12:30 pm

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CIRCULATION

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ABOUT THE HANDS FOUNDATION AND HELPING HANDS NEWSPAPER

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

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

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GET ON OUR MAILING LIST

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



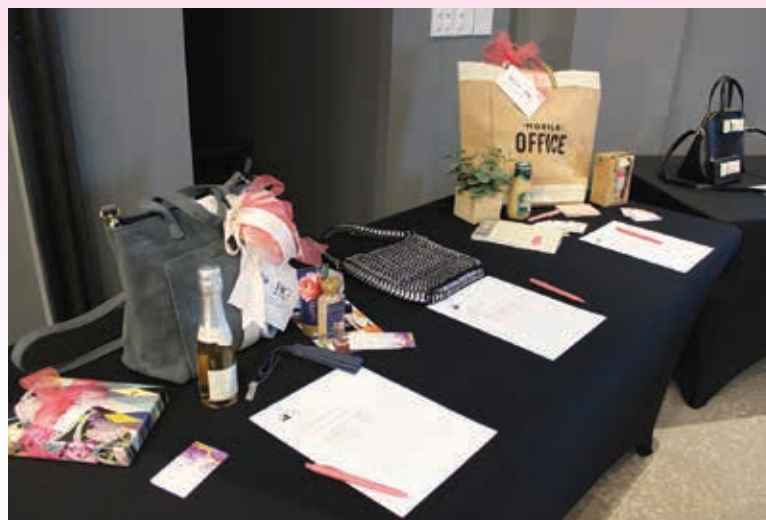
About Purses with a Purpose

Purses with a Purpose was created to boost financial funding for senior organizations within Medina County in a unique way. The luxury purse auction idea stemmed from Devon and Kimberly's love of fashion, and blossomed into a bustling event sprinkled with pink glitter and excitement for the possibilities it will provide.

Built solely on the generosity of the community through monetary donations, new and gently used purse and accessory donations, along with a multitude of various services provided at low or no cost, the annual Purses with a Purpose event is able to maximize the funding given to the selected senior organization of the year.

The goal of Purses with a Purpose is to continue to promote and support the senior community of Medina County and the organizations that serve them for many years to come.

Please save February 4, 2025 for the 3rd Annual Purses with a Purpose. Hope to see you there!



DEVON DIELO



KIMBERLY VALCO

THANK YOU DEVON & KIM! WE REALLY APPRECIATE ALL YOU DO FOR PURSES WITH A PURPOSE!

THANK YOU

Very Special Thank You to Devon and Kim for making this event happen! Special Thank You to all who participated and for their amazing generosity! Thank You Carecore at Willowood and Western Reserve Masonic Community! Thank You HANDS Foundation Board Members and Chrissy Waller!

WHAT AN AMAZING EVENT!

Beautiful purses on display ready to be raffled off to lucky winners.




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Since 1902 our family has been serving Medina County residents in their greatest time of need. It is our goal to consistently help every family experience a deep and meaningful tribute for their loved ones.

MEDINA 765 NORTH COURT 330-723-3229
BRUNSWICK 3300 CENTER ROAD 330-225-1770
WaiteFuneralHome.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | | | |
| 4 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 5 9:30 Edwina's Exercise 9:00 Lilly's Art Class* 10:00 14 Card Game 10:00 Trivia Tuesday 10:45 OSU Nutrition Class 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday iPhone Class Part 4 | 6 9:30 Bingo - Z - Life Care 10:00 Painting 10:30 Program - "Hearing Q&A & Free Hearing Screenings" 11:30 Lunch - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* | 7 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 10:00 Guided Autobiography 11:30 Lunch 1:00 Beginners Watercolor* 2:30 BalloFlex* | 8 9:30 Bingo - Z - Broadway Creek 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 10:30 Program - "Computer Lingo" 11:30 Lunch* 12:00 Pinochle 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |
| 11 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 12:15 MOVIE: My Big Fat Greek Wedding III 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 12 9 & 10 Edwina's Exercise 10:00 14 Card Game 10:00 Trivia Tuesday 10:00 FREE Easter Craft 10:45 OSU Nutrition Class 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday Android Class Part 1 | 13 9:30 Bingo - Z - Medina Center 10:00 Painting 10:30 Program - "Drugs & Alcohol" 11:30 Lunch - Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3 Ask an Attorney | 14 9:00 BP Screening, Cleve Clinic 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 10:00 Guided Autobiography 11:30 Lunch 1:00 Jam Session 1:00 Beginners Watercolor* 2:30 BalloFlex* | 15 9:30 Bingo - Z - Brookdale Camelot 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 10:30 Program - "St. Pat's Concert w/Jammers" 11:30 Lunch* 12:00 Pinochle 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |
| 18 HOLLYWOOD CASINO 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 1:00 Cookie Decorating Class* 4:30 Floor Yoga w/Lisa* | 19 9 & 10 Edwina's Exercise 9:00 Lilly's Art Class* 10:00 14 Card Game 10:00 Trivia Tuesday 10:45 OSU Nutrition Class 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday Android Class Part 2 | 20 9:30 Bingo - Z - Devoted 10:00 Painting 10:30 Program - "Keeping your senses sharp" 11:00 Angels Auction 11:30 Lunch: Medina Center 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends in Focus | 21 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 10:00 Guided Autobiography 10:00 Katie's Drawing Class 11:30 Lunch 1:00 Beginners Watercolor* 2:30 BalloFlex* | 22 9:30 Bingo - Z - Richison Ins. 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 10:30 Program - "Healthy Sleep" 11:30 Lunch* 12:00 Pinochle 12:00 Book Club 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |
| 25 SENECA CTY TRIP 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 26 9 & 10 Edwina's Exercise 10:00 14 Card Game 10:00 AARP Driving Class 10:00 Trivia Tuesday 10:45 OSU Nutrition Class 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday Android Class Part 3 | 27 9:30 BRUNSWICK SENIOR EXPO MEDINA SR CENTER CLOSED 1:00 Chair Yoga w/Lisa* | 28 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Director's Roundtable 10:00 Hand & Foot 10:00 Guided Autobiography 10:00 Katie's Drawing Class 11:30 Lunch 1:00 Beginners Watercolor* 2:30 BalloFlex* | 29 9:30 Bingo - Z - OOA 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 10:30 Program - "Karaoke" 11:30 Lunch* 12:00 Pinochle 12:00 Book Club 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |

MARCH

OF EVENTS
CALENDAR
MEDINA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 2 9:00 Edwina's Exercise 9:00 Lilly's Art Class* 10:00 Trivia Tuesday 10:00 Edwina's Exercise 10:00 14 Card Game 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday w/Pieri | 3 9:30 Bingo - Z - Life Care 10:00 Painting 10:30 Program - "The Total Solar Eclipse" Karl Quatraro 11:30 Lunch - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* | 4 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 11:30 Lunch 1:00 Parkinson's Support 1:00 Beginners Watercolor* 2:30 BalloFlex* | 5 9:30 Bingo - Z - OOA 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 11:00 Program: Crazy Hat Day 11:30 Lunch* 12:00 Pinochle 12:30 Game Day 1:00 Mahjong 1:00 Grief Support Group 2:30 Line Dancing |
| 8 MCOOA OFFICE CLOSED - ECLIPSE DAY | 9 9:00 Edwina's Exercise 10:00 Trivia Tuesday 10:00 Edwina's Exercise 10:00 14 Card Game 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tuesday w/Pieri | 10 9:30 Bingo - Z - Medina Center 10:00 Painting 10:30 Program - "Green Cleaning" MC Soil & Water Dist. 11:30 Lunch - Life Care 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3 Ask an Attorney | 11 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 11:30 Lunch 1:00 Beginners Watercolor* 2:30 BalloFlex* | 12 9:30 Bingo - Z - Broadway Cree 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 10:30 Program: Decision Day 11:30 Lunch* 12:00 Pinochle 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |
| 15 MEADOWS CASINO 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 12:15 MOVIE: The Blind 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 16 9:00 Edwina's Exercise 10:00 14 Card Game 10:00 Edwina's Exercise 10:00 Trivia Tuesday 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tues. 1-on-1 w/Pieri | 17 9:30 Bingo - Z - Devoted 10:00 Painting 10:30 Program - "Senior Feud" MCSSN Outreach Committee 11:30 Lunch - Avenue 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1:00 Friends n Focus | 18 9:00 BP Screening, Cleve Clinic 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 10:00 Katie's Drawing Class 11:30 Lunch 1:00 Jam Session 1:00 Beginners Watercolor* 2:30 BalloFlex* | 19 9:30 Bingo - Z - Brookdale Camelot 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 11:00 Program: Jammer's Concert 11:30 Lunch* 12:00 Pinochle 12:30 Game Day 2:30 Line Dancing |
| 22 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1-3 "A Matter of Balance" Fall Prevention Class 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 23 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:00 14 Card Game 10:00 Trivia Tuesday 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tues. iPhone class | 24 9:30 Bingo - Z - Medina Meadows 10:00 Painting 10:30 Program - "Senior Trivia" w/Brookdale 11:30 Lunch: Brookdale South 12:00 Pinochle 1:00 Chair Yoga w/Lisa* | 25 BIRDS/BLOOM TRIP 9 & 10 Edwina's Exercise 10:00 Tai Chi w/Danny 10:00 Hand & Foot 11:30 Lunch 1:00 Beginners Watercolor* 2:30 BalloFlex* | 26 9:30 Bingo - Z - Jim Richison 9:30 Ener Chi w/Lisa - Z 10:30 Medina Ctr. Exercise 11:00 Program: TBA 11:30 Lunch* 12:00 Pinochle 12:00 Book Club 12:30 Game Day 1:00 Mahjong 2:30 Line Dancing |
| 29 9:30 Chair Yoga w/Jackie 10:00 Bridge 10:30 BalloFlex Fitness* 11:30 Lunch* 1-3 "A Matter of Balance" Fall Prevention Class 1:00 Mahjong 4:30 Floor Yoga w/Lisa* | 30 9:00 Edwina's Exercise 10:00 Edwina's Exercise 10:00 14 Card Game 10:00 Trivia Tuesday 11:30 Lunch 1:00 Hook Nook 1:30 Tech Tues iPhone class | | | |

APRIL

**OFFICE FOR
 OLDER ADULTS
 AND
 SENIOR CENTER**

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



LAURA TOTH
 LLToth@ohmedinaco.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.



March 2024



Center Hours:

Monday - Friday: 8:30 am - 4 pm

Café Hours:

Monday - Friday: 7:30 am - 2 pm

330-335-1513 · SSC@WadsworthCity.Org · 617 School Drive · Wadsworth, OH 44281

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>*PROGRAMS MARKED WITH AN * ARE IN PERSON & ZOOM (HYBRID).</p> | <p>PLEASE RSVP TO RESERVE YOUR PLACE IN THESE GREAT PROGRAMS!</p> | <p>See our online Newsletter for more Details! www.WadsworthCity.com/SopremaSeniorCenter</p> | <p>Do you provide assistance to a Senior loved one? Join one of our General, Alzheimer's or Parkinson's Caregiver Support Groups!</p> | |
| <p>4 Pinochle 9:00 Walking Track 12:00 - 2:00 Bunco 1:00 Chili w/ Fire Chief Lindner 1:00</p> | <p>5 Walking Track 9:00 - 11:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General Caregivers* 12:15 Wits Workout 2:00</p> | <p>6 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 Blind Truth* 1:00 Dominoes & Games 1:00</p> | <p>7 Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers* 1:00 Hand and Foot 1:00</p> | <p>8 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |
| <p>11 Pinochle 9:00 Walking Track 12:00 - 2:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101 Hybrid* 3:00</p> | <p>12 Line Dancing 9:00 Walking Track 9:00 - 11:00 Bible Study* 9:30 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk w/ Dr. Patel* 12:00 Euchre 1:00</p> | <p>13 Chess 10:00 Summa Health Chat* 10:00 Gentle Exercise 11:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Trivia w/ Brookdale* 2:00 Storytime w/ Wade(Zoom) 3:30</p> | <p>14 Walking Track 9:00 - 11:00 Mah Jong 9:30 Mind Challenge Practice 10:00 Bridge 11:00 Seniors w/ Srs Lunchn 11:00 Red Flags in Real Estate* 12:00 Hand and Foot 1:00</p> | <p>15 St. Paddy's Party w/ Ventriloquist 12:30 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 WHS Tech Assist 1:45 Genealogy 2:00</p> |
| <p>18 Pinochle 9:00 Walking Track 12:00 - 2:00 Bunco 1:00 New Member Meet & Greet 2:00</p> | <p>19 Walking Track 9:00 - 11:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:00</p> | <p>20 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00</p> | <p>21 Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Hand and Foot 1:00 County Assistance-by appt. 2:00</p> | <p>22 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |
| <p>25 Pinochle 9:00 Chronic Pain Workshop 9:30 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00 Monthly B-Day Party 1:00 Paper Crafting 101 1:00</p> | <p>26 Line Dancing 9:00 Walking Track 9:00 - 11:00 Bible Study* 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Advocacy in Motion 1:00 Euchre 1:00 Cooking with Bev 3:00</p> | <p>27 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 WHS Tech Assist 12:15 Dominoes & Games 1:00 Solar Eclipse Preview 2:00</p> | <p>28 Walking Track 9:00 - 11:00 Mah Jong 9:30 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support 2:00</p> | <p>29 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |

MARCH

CALENDAR OF EVENTS

WADSWORTH



April 2024



Center Hours:

Monday - Friday: 8:30 am - 4 pm

Café Hours:

Monday - Friday: 7:30 am - 2 pm

330-335-1513 · SSC@WadsworthCity.Org · 617 School Drive · Wadsworth, OH 44281

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>1 Pinochle 9:00 Chronic Pain Wkshp 9:30 Walking Track 12:00 - 2:00 Bunco 1:00 Movie at Wads. Library 1:00</p> | <p>2 Walking Track 9:00 - 11:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 General Caregivers* 12:15 Euchre 1:00</p> | <p>3 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 Blind Truth* 1:00 Dominoes & Games 1:00</p> | <p>4 Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers* 1:00 Hand and Foot 1:00</p> | <p>5 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |
| <p>8 Solar Eclipse Watch Party 12:00 Pinochle 9:00 Chronic Pain Wkshp 9:30 Walking Track 12:00 - 2:00 Bunco 1:00 <i>*Soprema Café closed today*</i></p> | <p>9 Line Dancing 9:00 Walking Track 9:00 - 11:00 Bible Study* 9:30 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00</p> | <p>10 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Trivia w/ Brookdale* 2:00 Storytime w/ Wade (Zoom) 3:30</p> | <p>11 Walking Track 9:00 - 11:00 Guided Autobiography 9:30 Mah Jong 9:30 Bridge 11:00 Seniors w/ Srs Lunchn 11:00 Hand and Foot 1:00 Wadsworth Library Fun 1:00</p> | <p>12 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |
| <p>15 Pinochle 9:00 Chronic Pain Wkshp 9:30 Walking Track 12:00 - 2:00 Bunco 1:00 Intro to BlackJack 1:00 Monthly B-Day Party 1:00 Healthcare Decision Day 2:00</p> | <p>16 Walking Track 9:00 - 11:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:00</p> | <p>17 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00</p> | <p>18 Walking Track 9:00 - 11:00 Guided Autobiography 9:30 Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Hand and Foot 1:00 County Assistance-by appt. 2:00</p> | <p>19 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 WHS Tech Assist 1:45 Genealogy 2:00</p> |
| <p>22 Pinochle 9:00 Chronic Pain Wkshp 9:30 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00 Intro to BlackJack 1:00 Paper Crafting 101 1:00</p> | <p>23 Line Dancing 9:00 Walking Track 9:00 - 11:00 Bible Study* 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:00 Cooking w/ Bev 3:00</p> | <p>24 Chess 10:00 Gentle Exercise 10:00 Walking Track 12:00 - 2:00 WHS Tech Assist 12:15 Dominoes & Games 1:00 Funeral Q&A* 2:30</p> | <p>25 Walking Track 9:00 - 11:00 Guided Autobiography 9:30 Mah Jong 9:30 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support 2:00</p> | <p>26 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy 2:00</p> |
| <p>29 Pinochle 9:00 Chronic Pain Wkshp 9:30 Walking Track 12:00 - 2:00 Bunco 1:00 Intro to BlackJack 1:00 Estate Planning 2:30</p> | <p>30 Walking Track 9:00 - 11:00 Bible Study* 9:30 Coupon Clippers 10:30 Euchre 1:00 Healthcare Workshop 2:00</p> | <p>PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS</p> | <p>*PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM (HYBRID).</p> | <p>See our online Newsletter for more Details: www.WadsworthCity.com/SopremaSeniorCenter</p> |

APRIL

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 |
|--|---|--|---|---|
| <p>March 2024</p> <p>Medino County Office for Older Adults www.mcooa.org</p> <p>BRUNSWICK Recreation Center</p> <p>*SS = SILVER SNEAKERS ALL • ACTIVITIES SUBJECT TO CHANGE</p> | | | | <p>1</p> <p>9:00 SS Splash 11:30 OOA Nutrition 11:00 Cardio Dance 12:30 Ladies Pinochle</p> |
| <p>4</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>5</p> <p>8:00 Cards 9:00 SS Cardio 11:00 SS Zumba 1:00 Bingo - Spry Srs.</p> | <p>6</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 10:00 Activity Council 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters</p> | <p>7</p> <p>8:00 Cards 11:00 SS Zumba 11:30 Line Dance (Beg) 12:15 Dominoes 1:00 Bingo - Altenheim</p> | <p>8</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 12:00 Danbury-Create a Better You! 12:30 Ladies Pinochle</p> |
| <p>11</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg 1:00 Culinary Club</p> | <p>12</p> <p>8:00 Cards 9:00 SS Cardio 11:00 SS Zumba 2:30 Tech Tuesday</p> | <p>13</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters</p> | <p>14</p> <p>8:00 Cards 9:30 Line Dance (Beg) 11:00 SS Zumba 12:15 Dominoes</p> | <p>15</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 11:30 OOA Nutrition 12:30 Ladies Pinochle</p> |
| <p>18 HOLLYWOOD CASINO</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>19</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo</p> | <p>20</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters</p> | <p>21</p> <p>8:00 Cards 9:30 Line Dance (Beg) 11:00 SS Zumba 12:15 Dominoes</p> | <p>22</p> <p>9:00 SS Cardio 10:00 SS Chair Yoga 11:30 Cardio Dance 12:00 Danbury Chair Chi 12:30 Ladies Pinochle</p> |
| <p>25 SENECA CTY TRIP</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>26</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo-Divine Pearlview</p> | <p>27</p> <p>9:00 Vintage Artists 9:00 SS Splash 9:30 SENIOR EXPO 10:00 SS Classic 11:00 Cardio Dance 12:15 Mah Jongg 12:30 Knitters</p> | <p>28</p> <p>8:00 Cards 11:00 SS Zumba 11:30 Line Dance (Beg) 12:15 Dominoes 1:00 Bingo</p> | <p>29</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 12:30 Ladies Pinochle</p> |

MARCH

OF EVENTS
CALENDAR
BRUNSWICK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>1</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>2</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo</p> | <p>3</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 10:00 Activity Council 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters</p> | <p>4</p> <p>8:00 Cards 11:00 SS Zumba 11:30 Line Dance (Beg) 12:15 Dominoes 1:00 Bingo - Altenheim</p> | <p>5</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 10:00 Program: Solar Eclipse 11:00 Cardio Dance 11:30 OOA Nutrition 12:30 Ladies Pinochle</p> |
| <p>8 MCOOA OFFICE CLOSED - ECLIPSE DAY</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg 1:00 Culinary Club</p> | <p>9</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo 2:30 Tech Tuesday</p> | <p>10</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters</p> | <p>11</p> <p>8:00 Cards 9:30 Line Dance (Beg) 11:00 SS Zumba 12:15 Dominoes</p> | <p>12</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 11:30 OOA Nutrition 12:00 Danbury-Create a Better You! 12:30 Ladies Pinochle</p> |
| <p>15 MEADOWS CASINO</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>16</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo</p> | <p>17</p> <p>9:00 Vintage Artists 9:00 SS Splash 10:00 SS Classic 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 12:30 Knitters 9:00 SS Splash</p> | <p>18</p> <p>8:00 Cards 11:00 SS Zumba 11:30 Line Dance (Beg) 12:15 Dominoes</p> | <p>19</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 11:30 OOA Nutrition 12:30 Ladies Pinochle</p> |
| <p>22</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>23</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo - Divine Pearlview 2:30 Tech Tuesday</p> | <p>24</p> <p>9:00 Vintage Artists 10:00 SS Classic 11:00 Cardio Dance 11:30 OOA Nutrition 12:15 Mah Jongg 1:00 OOA Benefits 12:30 Knitters</p> | <p>25 BIRDS/BLOOM TRIP</p> <p>8:00 Cards 11:00 SS Zumba 11:30 Line Dance (Beg) 12:15 Dominoes 1:00 Bingo</p> | <p>26</p> <p>9:00 SS Splash 9:00 SS Circuit 10:00 SS Chair Yoga 11:00 Cardio Dance 11:30 OOA Nutrition 12:00 Danbury Chair Chi 12:30 Ladies Pinochle</p> |
| <p>29</p> <p>9:00 SS Classic 9:00 SS Splash 10:00 SS Chair Yoga 11:00 Munch & Learn 11:15 Line Dance (Inter) 11:00 SS Cardio Dance 12:15 Mah Jongg</p> | <p>30</p> <p>8:00 Cards 9:00 SS Cardio 11:00 Zumba 1:00 Bingo - Divine Pearlview 2:30 Tech Tuesday</p> | <p>April 2024</p> <p>Medino County Office for Older Adults www.mcooa.org</p> <p>BRUNSWICK Recreation Center</p> <p>*SS = SILVER SNEAKERS • ALL ACTIVITIES SUBJECT TO CHANGE</p> | | |

APRIL

OFFICE FOR OLDER ADULTS

BRUNSWICK

BRUNSWICK REC CENTER

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



LAURA TOTH
LToth@medinaco.org

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



FROM YOUR STATE REPRESENTATIVE



THE TREASURE IN OUR OWN BACKYARD

I'm sure a lot of HANDS readers can agree; being more "seasoned" members of the community, we are constantly reminded that the ability to maintain our mobility is the proverbial "Fountain of Youth." And while I keep my membership to my local YMCA active for early morning walks with friends, we all belong to the biggest health club in the county – The Medina County Park District!

Founded in April of 1965 when over sixty people gathered before Medina County Probate Judge W. W. Garver to support the creation of the Medina County Park District. With support from fourteen political subdivisions and twenty-five service clubs around Medina County presenting resolutions of support for the creation of the park district – and no opposition – Judge Garver formally ordered the creation of the Medina County Park District.

While the park district struggled in its early years to find a funding source, Medina County was changing and growing. As the county's rural area turned more suburban in nature, support was increasing for a way to save and preserve Medina County's important natural resources. The residents of Medina County supported the park district by passing a ½ mill levy in 1989. Subsequent Park levies have passed guaranteeing Medina County residents' access to dozens of different recreational activities and over 6,300 acres of beautiful Medina County properties.

Some parks are best for Bird Watching while others are known for their variety of hiking and walking trails. With over fifty miles of trails available, with a variety of surfaces, there is something for every level of hiking. Electric bikes, ATV's, GO Carts, Minibikes...there is a park for that! Looking for more active adventures with the grandchildren? There is sledding, horseback riding, canoeing, kayaking, and fishing. Some parks have playgrounds and sports fields, and many have picnic shelters. Two of the parks, the Oenslager Nature Center and the Susan Hambley Nature Center have year-round displays and programming for visitors of all ages.

For more information please visit medinacountyparks.com – there you will find a comprehensive listing of all the parks, which activities are available at each, as well as, helpful information regarding hours and park rules. You can also sign up for the park E-newsletter mailing list so you can stay updated on special programming, new park features and upcoming events.

Today, Medina County Probate Judge Kevin Dunn makes appointments to the Medina County Park Board of Commissioners and the organization continues to grow. Under Medina County Park District Director, Nathan Eppink and Park Commissioners, Kathleen E. Davis, Dennis B. Neate, and Jason C. Venner, the park will celebrate its 59th anniversary this year.



ELECT SHARON RAY
STATE REP

★ **A Voice for US!** ★

SharonRay.org

[@SharonRay4Rep](https://www.facebook.com/SharonRay4Rep)

Paid for by Sharon Ray for Representative



The Medina County Park District and its non-profit partner, Friends of the Medina County Parks were chosen by the Brown-Trump estate to become stewards of the property located next to Medina Hospital on Rt. 18. Through a collaboration with Hope Recovery Community, who house residents on the property in return for maintaining and farming the parcel, over 1,000 pounds of produce was donated to Feeding Medina County this year alone. With additional partners in the Medina County Historical Society and the Weymouth Preservation Society, they are confident there will be special events and tours available in the future.



Sharon with Medina County Park District Director, Nate Eppink in one of the barns that still house animals such as this miniature horse.





COMMISSIONERS' CORNER



CDBG Application Deadline is Friday, May 3rd.

The Medina County Board of Commissioners anticipates the Ohio Department of Development will award \$500,000 to our community, with \$350,000 in funds awarded to the County and \$150,000 awarded to the City of Wadsworth for the PY24 Community Development Block Grant (CDBG).

Medina County Townships, Villages, public/nonprofit agencies and organizations, and the Cities of Brunswick and Wadsworth are eligible to apply for funding.

To be eligible, projects must provide direct benefit to one or more of the populations listed below.

- Low / moderate income residents.
- Disabled adult residents.
- Elderly residents.
- Elimination of slum and blight conditions.

The CDBG application outlines important information including the deadline of Friday, May 3, 2024, at 4 p.m. An electronic, fillable PDF application is available online at www.medinaco.org/planning.

Please contact Denise Testa at dtesta@ohmedinaco.org or 330-722-9291 or Rob Henwood at rhenwood@ohmedinaco.org or 330-722-9292 if you have questions or need further information.

The CDBG Program provides annual grants on a formula basis to states, cities, and counties to develop viable urban communities by providing decent housing and a suitable living environment, and by expanding economic opportunities, principally for low and moderate-income persons.

LMRE Customers Receiving Lit Fiber are Eligible for 3-Month 50 Percent Discount



Residents living in western Medina County within the Lorain-Medina Rural Electric (LMRE) territory who are receiving fiber to the home from Lit Fiber are eligible to receive a 50% discount for the first three months when signing with Lit Fiber.

According to Medina County Fiber Network CEO David Corrado, approximately 2,000 homes are now ready for connection.

"Residents receive a 50% discount for the first three months when signing with Lit Fiber if they participate in an Online DIAL (Digital Inclusion and Literacy) course," Corrado said.

Residents who complete an Online DIAL course receive a certificate upon completion. The certificate can then be redeemed at Lit Fiber for the 3-month discount.

Visit www.medinaco.org/dial/ to register for DIAL program courses.

GROUP SESSIONS AVAILABLE

The DIAL program is now offering in-person group sessions where the instructors are available to visit government buildings, assisted living and educational facilities to teach any of the four courses being offered.

COURSES AVAILABLE ARE AS FOLLOWS:



- CAEMAIL – Creating a Gmail account and migrating your current email
- CHRMBK – Chromebook basics
- STR – Content streaming for Roku-type devices and smart televisions
- SCAMS – Internet security and scams: how to recognize them. Parts 1 and 2.

For more information on group sessions, contact Dave Corrado at 330-723-8028 or dcorrado@fibercounty.com.

DIAL AVAILABLE ON YOUTUBE

In addition to the DIAL online courses available through the county's website at www.medinaco.org, the same videos are now available for viewing on YouTube. Visit <https://bit.ly/3U8DLuB> and click on the Subscribe button.

Board of Medina County Commissioners

| | | |
|---|--|--|
|  Steve Hambley Office: 330-722-9214 Cell: 216-570-6958 shambley@ohmedinaco.org |  Colleen Swedyk Office: 330-722-9212 Cell: 216-570-9809 cswedyk@ohmedinaco.org |  Aaron Harrison Office: 330-722-9211 Cell: 330-635-3002 aharrison@ohmedinaco.org |
|---|--|--|

Administration Building • 144 North Broadway Street, Medina



ED ZACKERY

FROM YOUR VETERANS OFFICE

VETERANS OFFICE EXPANSION

Mental Health & Therapy Among Expansion Plans



With the upcoming construction project, to nearly double the size of the Medina County Veterans Service Office's footprint, we will be temporarily moving to the lower level of the Medina County Professional Building, located at 124 W. Washington, Suite B-4, Medina, Ohio 44256 (Rear Entrance).

Parking is available in the lot between the Professional Building and Miss Molly's Tea Room off W. Washington St. and in the gravel lot at the back of the building off S. Elmwood Ave. The back entrance is also wheelchair accessible.

Why the expansion? Over the past several years the number of clients we see, as well as the services we provide, have continued to grow. This started even before 2020 and the pandemic. Since the end of the pandemic, we have seen those numbers come back and continue to rise. The claims work has continued to grow more complex. I have briefed the commission of the rising numbers over the past several years and in 2019 told them something had to give. The brief reprieve from the pandemic and dealing with that put any plans on hold. Once the pandemic ended and we started to see those numbers rise again, I knew something had to be done. We can't continue to provide the same quality of service with all the different

things we do. With the support of the Medina County Commissioners and The American Rescue Plan Act (ARPA) available funding it seemed the timing was right.

This expansion will allow us to do multiple things as well as plan for the future. We are almost doubling the size of the building by adding a community room which will be utilized for mental health and therapy programs for veterans and their families. About two-thirds of the existing structure will be gutted and re-appropriated, creating additional offices along with a larger waiting room for more privacy and spacing during the initial intake of clients.

The entire project is expected to take 6-9 months to complete. So please pardon our dust and any inconvenience as we work on this important project that will allow us to continue the number of services we provide as well as expand them for the growing need of the veteran's community.

We are expecting to close for a few days while we move to the temporary location. Our phone numbers and emails will remain the same. We have always viewed our office as your space and hope that this project makes it more accommodating for you to come to for assistance.



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

WE'RE TEMPORARILY MOVING!

With the upcoming construction project, to nearly double the size of the Medina County Veterans Service Offices footprint, we will be temporarily moving to the lower level of the Medina County Professional Building, located at 124 W. Washington, Suite B-4. Medina, Ohio 44256 (Rear Entrance). Parking is available in the lot between the Professional Building and Miss Molly's Tea Room off W. Washington St. and in the gravel lot at the back of the building off S. Elmwood Ave.



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

VETERANS BENEFITS HELP

If you have any questions about 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

Senior Valentines!

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

From: The Brunswick High School BEAT Program



On Saturday, February 3rd from 9am to 11am, close to 30 Brunswick Schools BEAT Video Program students (grades 6-12) and BEAT parents created 180 hand-crafted and personalized valentines for residents at Danbury and Plum Creek Assisted Living Communities in the Brunswick High School Media Center (3581 Center Road Brunswick.)

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

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

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

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

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

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



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Brunswick, Ohio 44212



Thank You BEAT Students!

FINANCIAL RESOLUTIONS

FOR 2024

Start the new year right by reviewing and revamping your financial plan.



CLAUS MEYER

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

RAYMOND JAMES

Instead of hauling out those familiar New Year's resolutions about keeping a journal or drinking more water, how about focusing on your financial well-being? Here's a set of resolutions that can help ensure your long-term financial confidence.

UPDATE YOUR BENEFICIARIES

If you don't correctly document your beneficiary designations, who gets what may be determined by federal or state law, or by the default plan document used in your retirement accounts. When did you last update your designations? Have life changes (divorce, remarriage, births, deaths, state of residence) occurred since then?

Update your beneficiary listings on wills, life insurance, annuities, IRAs, 401(k)s, qualified plans and anything else that'd affect your heirs. If you've named a trust, have any relevant tax laws changed? Have you provided for the possibility that your primary beneficiary may die before you? Does your plan address the simultaneous death of you and your spouse? An estate attorney can help walk you through these various scenarios.

CREATE FLEXIBLE LIQUIDITY

Cash has inflation and opportunity trade-offs, but a lack of access can cause greater problems if you find yourself needing to draw from your investments. Finding a balance in line with your life and goals is important to avoid disrupting your long-term plans.

The right liquidity strategy will be different for every investor and could incorporate cash reserves, cash alternatives, highly liquid securities, lines of credit, margin loans or even structured lending. Multiple institutions and account owners can be used to hold more than \$250,000 with FDIC guarantees.

EVALUATE YOUR RETIREMENT PROGRESS

What changes are needed given your current lifestyle and the market environment? Don't fixate solely on your assets' value – instead, drill down into what types of securities you hold, your expected cash flows, your contingency plans, your assumed rate of return, inflation rates and how long you're planning for. Retirement plans have many moving parts that must be monitored on an ongoing basis.

REVIEW YOUR ACCOUNT TITLING

Haphazard account titling can create problems down the line. If one partner dies and an account is titled only in their name, those assets can't be readily accessed by the survivor. The solution may be creating joint accounts, but it's not always that simple. Titling has implications across a range of estate planning issues, as well as other situations such as Medicaid eligibility and borrowing power, too.

DEVELOP A CHARITABLE STRATEGY

Giving comes from the heart, but you can also do well when doing good. For example, consider whether or not it'd make sense to donate low-basis stocks in lieu of cash, or learn about establishing a donor advised fund to take an upfront deduction for contributions made over the next several years. Give, but do so with an eye toward reducing your tax liability.

SPARK A FAMILY CONVERSATION

Sustaining the benefits of wealth for generations is nearly impossible without a mutual understanding among

RAYMOND JAMES

Investing involves risk, and you may incur a profit or loss regardless of strategy selected. Raymond James financial advisors do not render advice on tax matters. You should discuss any tax matters with the appropriate professional. Every investor's situation is unique, and you should consider your investment goals, risk tolerance and time horizon before making any investment or withdrawal decision. The cost and availability of Long Term Care insurance depend on factors such as age, health, and the type and amount of insurance purchased. Guarantees are based on the claims paying ability of the insurance company.

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CONTINUED ON NEXT PAGE ►

FINANCIAL RESOLUTIONS

>> CONTINUED FROM PAGE 11

family members. Consider creating a family mission statement that outlines the shared vision for your wealth and legacy. This should include nonfinancial topics, too, like your values, expectations and important life lessons.

DIGITIZE YOUR RECORD KEEPING

You likely receive emails, letters reports and updates from multiple accounts. Consider going paperless and centralizing important files in one place to reduce frustration and ensure easy access when needed. Your advisor may have access to secure storage tools that can help.

INVEST WITH YOUR VALUES

Your portfolio should reflect what matters to you – and that can mean anything from avoiding particular industries to actively pursuing an ESG (environmental, social and governance) investing approach. So whether you want to promote the transition to clean energy, advocate for diversity and inclusion in the workplace, or support companies with strong data privacy practices, your portfolio can be tailored to reflect those priorities.

To learn more about the potential risks and benefits of donor advised funds, please contact your advisor. Raymond James and its advisors do not offer tax or legal advice. You should discuss any tax or legal matters with the appropriate professional.

CHECK IN WITH YOUR ADVISOR

Your advisor can offer specialized tools, impartiality and experience earned by dealing with many market cycles and client situations. Communicate openly about what's happening in your life today and what may happen in the future. It's difficult to manage what they aren't aware of, so err on the side of over-communicating and establish a regular check-in schedule for the year ahead.

These suggestions are a helpful starting point, but no two long-term plans are identical – so reach out to your advisor for more specific guidance about progressing toward your goals in 2024.

Investing involves risk, and you may incur a profit or loss regardless of the strategy selected. Not all investments or strategies mentioned are suitable for all investors.

Donors are urged to consult their attorneys, accountants or tax advisors with respect to questions relating to the deductibility of various types of contributions to a donor advised fund for federal and state tax purposes.



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Making it rain - professional models from Toni in Style at the 2023 fashion show. Photo: David Toth



Kelly Rose Stallard of Danbury Senior Living was one of the local models who walked the runway in 2023. Photo: Joanne Meincke



USING A POWER OF ATTORNEY TO GIFT ASSETS



MICHAEL LARIBEE

By: MICHAEL LARIBEE, Esq., Laribee Law, LLP

Wilma and Betty were very close friends and neighbors. Betty trusted Wilma's financial judgment and named Wilma as her financial power of attorney. The document granted Wilma the authority "to take possession of and exercise control over any and all moneys, goods, chattels and effects and all other property belonging to Betty."

Wilma took control of Betty's financial matters and watched over her house and belongings. Betty owned a collection of expensive guitars. Wilma's daughter, Pebbles, played in a local band and always admired one of the guitars in the collection. Betty let Pebbles play the guitar whenever she visited.

Betty later fell ill and moved to an assisted living facility. Years passed and the guitars remained in the house, unused and gathering dust. Thinking that Betty would not be able to play the guitar anymore, Wilma gave the guitar to Pebbles. Wilma assumed that she was allowed to make the gift since the power of attorney stated she had control over all of Betty's personal property. Pebbles left town with her band and the guitar, never to be heard from again.

When Betty passed away, her family learned that the guitar was missing. They were quite upset because the guitar was

the most valuable one in the collection. Ultimately, they filed a lawsuit against Wilma alleging that Betty's power of attorney did not specifically grant Wilma the authority to make gifts of Betty's property. The court agreed that Wilma acted beyond the scope of the power of attorney and ordered Wilma to pay Betty's estate the value of the guitar.

A financial power of attorney is an instrument that allows one person to act for another in financial matters. The person making the document is called the *principal*. The person designated to act for the principal is called the *attorney-in-fact*.

The attorney-in-fact is bound by the overriding duty of loyalty to act for the benefit of the principal and not for the benefit of herself. Accordingly, Ohio law is clear that a power of attorney does not authorize an attorney-in-fact to gift the principal's property unless the document explicitly includes this power in the document.

This rule also applies when an attorney-in-fact transfers the principal's assets to themselves using the power of attorney (called *self-dealing*). Self-dealing is viewed with great suspicion since undue influence may have been exerted upon the principal. If the power of attorney does not explicitly grant the authority to gift or self-deal, the transfer

of the principal's property to an attorney-in-fact is presumed invalid. In such a case, the attorney-in-fact must demonstrate that the principal intended to make the gift and that the transfer of property was fair. If she cannot, then she will be liable for the amount required to restore the value of the principal's property, plus reimbursement for attorney fees and court costs paid.

It is important that an attorney-in-fact consult with a trusted attorney to understand the powers granted under the document before they act. Otherwise, she may be held liable to the principal or the principal's estate for monetary damages.



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Michael Laribee is a partner in the Medina law firm of Laribee Law, 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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AreaAgingSolutions.org

Call our resource center to learn about our programs and services including:

Aging & Disability Resource Center:
The starting point for information, assistance & counseling.

Family Caregiver Support Program:
Information, respite, counseling & other services.

Older Americans Act Programs:
Community-based meal sites & home delivered meals.

PASSPORT Medicaid Waiver Program:
Long-term support with in-home services to older adults.

Western Reserve Area Agency On Aging

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WRMC NEWS

Pinnacle Customer Experience Award Winners



These surveys allow us to celebrate the areas in which we are doing well and respond quickly to any areas of opportunity. Our mission is to be a trusted partner to help our communities thrive. Scott Buchanan, CEO, The Ohio Masonic Communities shared, "I am very proud of our team. As we constantly strive to be the organization of choice, our amazing employees are focused on the wants and needs of those we serve. This philosophy builds trust with our residents and their families and gives them confidence that we will ensure everyone is living their best lives. As an organization of choice, we make the greater communities we serve stronger."

The Ohio Masonic Communities (OMC) are proud to announce that all three communities, Browning Masonic Community, Springfield Masonic Community, and Western Reserve Masonic Community are winners of the prestigious Pinnacle Customer Experience Awards. These awards are presented by Pinnacle Quality Insight, which is a nationally recognized customer satisfaction firm.

To receive the Pinnacle Customer Experience Award, you must consistently rank among the top 15% of care providers nationally. This reflects The Ohio Masonic Communities strong dedication to continuous improvement and exceptional care, securing their position among the top care providers nationwide. Over 150,000 interviews are conducted every year by Pinnacle Quality Insights at 2,700 locations across the country.

THE TOPICS IN THE SURVEYS INCLUDE:

- Overall Satisfaction
- Cleanliness
- Quality of Food
- Nursing Care
- Individual Needs
- Response to Problems
- Dining Service
- Laundry Service
- Communication from Facility
- Treatment / Dignity/Respect
- Recommend to Others

What makes these awards so special is that the residents and their families determine our success. Throughout the year, residents and their families are contacted and asked to complete a survey. The survey includes questions with a numeric value as well as a detailed comments section. The interview process is handled differently than you might expect. Instead of administering paper surveys, Pinnacle Quality Insight makes personal phone calls to interview each resident or family member to gather the information.

We want to thank all our residents and their families for taking the time to participate in the surveys and helping us to achieve the Pinnacle Quality Customer Experience Award. It's an honor to serve our residents and communities every day.



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SOPREMA SENIOR CENTER

Great Things Happening in 2024 *News* at the Soprema Senior Center!

The Soprema Senior Center has kicked off the new year with some exciting major improvements! In January, they had a Hearing Loop System installed in the Café and Activity Room, thanks to a Healthy Aging Grant. This allows anyone with activated t-coils in their hearing aids to experience the sounds from the microphone directly in their ears, enhancing their program and event experiences. In February, their restroom doors became automated, thanks to the City of Wadsworth and a grant from the Medina County Senior Services Network through the Wadsworth Older Adults Foundation. Their water fountain is also being upgraded to a new model that has a filtered water bottle fill station.

The new year is already seeing record attendance and many great new events and programs are being planned... stay tuned! Tickets to the Royal Ball go on sale from April 1 – April 22. This much anticipated evening gala will be held on Thursday, May 9 at the Galaxy Restaurant and tickets are only \$25 per person for senior center members and \$30 for non members.



This Wadsworth Older Adults Foundation event features a fabulous choice of dinner, dancing and much more.

Be sure to visit the Center's website at www.wadsworthcity.com/SopremaSeniorCenter for all the latest happenings and information. Also, like and follow the Wadsworth Older Adult Foundation's Facebook page for news and updates.

The Soprema Café, operated by the Medina County Office for Older Adults, is open to the public from 7:30am - 2:00pm, Monday - Friday and just updated their menu with more delicious breakfast & lunch options. Be sure to stop by soon and try them out! The Soprema Senior Center is open Monday - Friday from 8:30am - 4:00pm and offers free membership to anyone 55+.



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After your loved one transitions into their new home, we follow up with you and your loved one to make certain everything is going well.

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FROM WRMC

WESTERN RESERVE MASONIC COMMUNITY

INDEPENDENT LIVING Community Style

Community doesn't just describe a physical place. It's a state of being in which we are stimulated, inspired, delighted, and enriched by our sense of connection to our neighbors, to our natural surroundings and to the world around us. It's what truly makes life special with exciting possibilities. Independent living communities are places where active older adults looking for a low-stress, all-inclusive lifestyle can thrive. It provides benefits that lead to a retirement with opportunities to enjoy hobbies, pursue new passions, embrace a healthy lifestyle, and be yourself.

Independent living communities are ideal for those who can still live on their own but want to take advantage of a maintenance-free or worry-free lifestyle. Independent living communities can enhance your life with benefits such as greater social interaction, maintenance-free living and even peace of mind.

FREEDOM FROM DAILY CHORES AND HOME MAINTENANCE

The average older adult spends more than three hours a day on household chores, maintenance, and lawn work. Some housework, like gardening and cooking, may be therapeutic. But other chores, such as bending over to clean floors or climbing ladders to change light bulbs, can be dangerous. One of the most sought-after perks of independent living is freedom from the responsibilities associated with homeownership. Chores can be a hassle, so the opportunity to live without

having to mow the lawn or take out the trash can be a dream come true.

Independent living communities allow you to escape from daily chores and give you something very valuable in return: time. With the extra time you'd usually spend on home maintenance, you're free to spend your retirement on activities like exploring a new hobby or dining with friends.

ALL-INCLUSIVE RENT

Many people view retirement as the ultimate vacation. When you don't have to work, you have the power to choose what you want to do, all day every day. Independent living communities accent the retirement vacation dream with an all-inclusive, maintenance-free lifestyle.

IN AN INDEPENDENT LIVING COMMUNITY, YOU NO LONGER HAVE TO WORRY ABOUT:

- Multiple bills. In independent living, the days of multiple bills are long gone. All of your bills — think rent, utilities and even cable — are rolled into one monthly payment, making it simple to keep track of finances.

- Having too many expenses. The overall cost of moving into a community can also be financially beneficial. If you are downsizing from your current home, independent living can help minimize your monthly spending.

- Modifying your home. On average, a homeowner will spend \$3,000 – \$15,000 to remodel their homes for aging in place. Yet as people age,



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fixtures like grab bars to prevent falls in the home become immensely important. By choosing independent living, you get the benefit of having added safety features, but no longer have to worry about the extra expenses of remodeling.

DELICIOUS AND NUTRITIOUS FOOD

One of the biggest concerns as people age is nutrition and food quality. Good nutrition is especially important for older adults, but educating yourself on the right foods to support healthy aging can be time consuming.

If cooking isn't an option whether out of need or want, independent living is a great choice for you. Most communities offer the option to add meal services to your plan. Many communities employ dietitians who focus on nutrition and can be a valuable resource to ensure that residents are eating a healthy diet.

■ CONTINUED ON NEXT PAGE ►

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WESTERN RESERVE MASONIC COMMUNITY **WRMC**

PRIVACY AND COMMUNITY

In an independent living community, your cozy residence is part of the fabric of a central senior community, creating a family-like neighborhood. One benefit of independent living is the balance between enjoying privacy and being part of an active senior living community.

From participating in the activities taking place every day, to joining residents for a meal or taking advantage of exercise facilities and other amenities, older adults can utilize everything the community has to offer as much, or as little as desired.

SOCIAL ENGAGEMENT AND NEW FRIENDSHIPS

Nearly one-third of older adults live by themselves, and often become less socially active as they age. While some alone time is a good thing, senior isolation poses a very real risk to older adults. Loneliness can lead to health complications, depression, and increased cognitive decline.

Each stage of life has unique challenges, and as we age, the

opportunity to make new friends can feel limited. One of the biggest perks of life in an independent living community is being surrounded by others in a similar stage of life.

It only makes sense that living in a community setting surrounded by people in the same phase of their journey encourages new friendships. And without added responsibilities such as home upkeep or grocery shopping to worry about, it's easy to connect with like-minded people and reap the benefits of consistent social interactions.

PHYSICAL WELLNESS

Independent living communities are experts on the health and wellness needs of older adults. Nearly one-third of adults over 55 aren't physically active, according to the Centers for Disease Control and Prevention. But physical activity lowers the risk of chronic disease, pain, and premature death. It may be difficult to start an exercise routine at home, but independent living communities offer unique options to stay active. Maybe jogging is not for you. Try chair yoga, or an outing

to a local golf course. Some communities may be close to a golf course and offer memberships to their residents.

LIFELONG LEARNING

Your brain is in luck when it comes to the benefits of community living for older adults. That's because you are surrounded by so many options for lifelong learning. Join in book clubs, discussions on world events, or lectures about history and science. Learn a new hobby. Attend a computer workshop.

MORE LAUGHTER

Smiles are common because older adults have a great deal to be happy about. A good laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter boosts the immune system and increases blood flow, which can help prevent cardiovascular issues. Laughter is one of the best benefits of community living.

As with any change in living situation, it's important to plan ahead and give yourself time and space to cope with change. Don't let the different

names cause confusion when looking for your new home. Common names for independent living include:

- Retirement communities or retirement homes
- Continuing Care Retirement Community (CCRC)

If you or your spouse are relatively healthy now, but worry about health problems later in life, you may want to consider a CCRC. These communities offer a spectrum of care from independent living to Health-care centers in the same community. If residents begin to need help with activities of daily living, they can transfer from independent living to an assisted living or healthcare center on the same site. The main benefit of a CCRC is that you only need to relocate once to a new environment and can maintain your independence for as long as possible.

THREE MYTHS ABOUT INDEPENDENT LIVING

MYTH: Moving to an independent living or retirement community means losing independence.

FACT: Independent living is about preserving your independence for longer making life easier. You'll enjoy the privacy of your own home, filled with your own furniture and possession, and spend your days as you choose. While you maintain your independence, you'll lose the stress of maintenance and upkeep.

MYTH: Living away from friends and family means there's no one around to help during an emergency.

FACT: Independent living communities have 24-hour staff who can quickly provide help if you never need it. Most retirement communities also offer safety measures to make you feel more secure, especially if you live alone.

MYTH: Moving to independent living means giving up hobbies and interests.

FACT: Independent living communities offer a range of activities and social events to meet your needs and interests. Many older adults find that they are actually more active and social when they move to an independent living community. They feel healthier, happier, and less isolated.

Moving is a major life event and can be a stressful time. You may feel angry or embarrassed that you're no longer able to maintain your current home, or regret that it simply feels "too big" for you now. You may grieve for the loss of a home filled with memories or a neighborhood filled with familiar faces. The thought of leaving everything you know can also make you feel vulnerable and anxious. It's important to realize that all of these feelings are normal.

For many older adults, moving to an independent living community can open up an exciting new chapter in life, full of new experiences, new friendships, and new interests. If you are ready to consider making the move to an independent living community, consider Western Reserve Masonic Community. Give us a call at 330-642-3841 and schedule a tour today.



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★ HANDS HERO'S ★



Phill Grassa being sworn in by Judge Dunn as a Medina County Veterans Service Commissioner in 2019.

By: ALLISON BOYER, BEAT Reporter



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Allison Boyer, Brunswick Middle School, is one of over fifty student "backpack journalists" (grades 6-12) in the award-winning BEAT Video Program. The program is sponsored by KDK Mitsubishi, Discount Drug Mart, Plum Creek Assisted Living Community, Danbury Senior Living, Baskets Galore, Scripps Howard Foundation and the Brunswick Rotary Club. Go to <https://www.bcsch.org/domain/1154> to learn more about the Program, or visit <https://thebeat.viebit.com> to view videos produced by the students.

"I have to say that the people that are involved (in the military) are the true Americans, patriots, and heroes," stated Phill Grassa, husband, father, grandfather, councilman, veteran, and winner of the title of "Medina County Veteran of the Year 2021." This achievement was one of the many apotheosis' of his life- but his journey to getting where he currently is today was long and strenuous. What began as a four-year enlistment in the U.S. Air Force blossomed into a successful career for Grassa.

Grassa, born in 1942, resided for the earlier moments of his life in Little Italy, Cleveland- an unvarying, yet serene neighborhood. He attended St. Edward High school located in Lakewood Ohio, where his parents were then able to afford and purchase a home, leaving little money for college funds. Due to this, Grassa Joined the U.S. Air Force in 1960, not yet realizing how this decision would shape his future.

"After several training schools, I was sent to Albrook AFB Panama Canal Zone, then on to a small island approx. 25 miles off the coast and assigned to the U.S. Army on a lend lease program," Grassa remarked. He learned Nav-Aid repair, Lite/heavy ground repair, and motor vehicle driving in said schools.

He describes island life as peaceful, considering there were only 3 military personnel, leaving them with their own living quarters and allowing them to be mostly on their own. This "tranquil" (as near placid as a military experience can get) living situation was soon interrupted as his headquarters chose him to work with the Collins Radio Company. Afterwards, he was reassigned to the main base.

"One day a request came from the First Air Commandos for an individual that could do multi-function on

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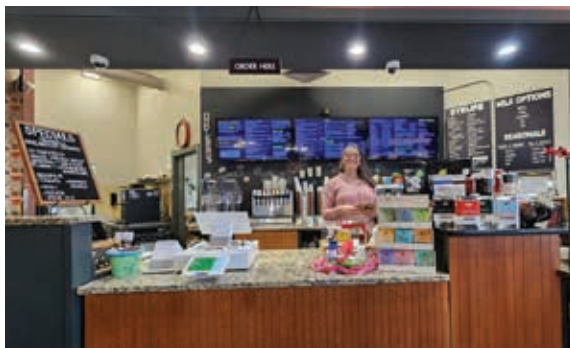
SENIORS & RETIREES...

Are you looking for the next chapter in your life?



Think Big, Start Small with Cool Beans Café Emerging Entrepreneur Scholarship

By: CAOILAINN CARLSON, BEAT Reporter



Opening up a business is no easy feat - but Medina's Cool Beans Café is here to help. Owner Laura Cavey, with Stanley Black and Decker and Main Street Medina, is here to help by setting up an "Emerging Entrepreneur" scholarship fund. Cavey wants to help people opening businesses in Medina County, in hopes to help the people who need money to pursue their own company.

Cavey has been wanting to set a scholarship fund up for a while. "I was going to do that last year," she explained. "And then, Main Street approached me and said "What if we work together? Then, we can add some money and make it a bigger scholarship, and then we can help you promote it to additional people. I said sure, let's go for it."

Cavey believes that a lot of people, when they have a good idea, are deterred from trying it because they don't have the money or resources to open a business. She wants to help them out and hopes the money makes it a little easier.

Cavey mentioned that they had set it up last year, but was unable to get it going because she was in a car accident. "It took us that long to get everything together but it was released around January 17, 2024," she said. "We already have two people who have applied, but we need more people to apply for it because it is money that is out there."

Cavey thinks it is important to have a good community. "Because they support me, I want to make sure I support them," she stated, sharing that giving back to the community is an important part of being a small business and that you have to invest in your community.

Cavey said that there are 3 ways to earn this scholarship: You must be in college, university or technical school majoring in entrepreneurship or business; provide a business plan, or own and operate a small business already. She said the scholarships are released in January and are awarded in April. All applications are due March 29th. They have a panel of judges who will take those applications and decide who's going to win it.

Cavey wants to give back to her community as much as possible. She really hopes that this scholarship will help lots of people out and make being an entrepreneur easier. Cavey encourages anyone who has interest in starting a business and meets the criteria to apply. She added that if you are unsure about applying, you should apply, as the chances are high you'll get selected. "If we help them with their business plan and funding them, that is one way to make it a little bit easier," Cavey concluded.

Visit: www.MainStreetMedina.com/msm-scholarships.html to learn more.



Medina's Cold Stream Air Makes Dreams Come True

By: MARTIN G. MLYNAR, BEAT Reporter

Have you ever traveled in a plane? If so, did you see the cockpit as you went by? Have you ever dreamt of sitting in that cockpit flying the plane? If so, you can start your training today in nearby Medina.

Cold Stream Air, located on 2050 Medina Road, has a program where you can go through Ground School and learn all of the necessary ideas to pass the FAA written test. They also offer a discovery flight, which includes a little lesson before you take off, and the instructor gives you control of the plane to let you see if you want to pursue this type of career. Flight lessons in Coldstream's airplanes are also available that will get you your pilot certificate right here close to home.

Flying is not the easiest job. This is because there are a lot of things you must go through. For takeoff, you must taxi through airports.

That can sometimes be confusing. Then, you must line up with the runway and add full thrust.

When you get to the designated speed, you start to pitch up and begin your climb. You must add and take away power to maintain a good ascent angle. When you reach your desired altitude, you cut back on power and maintain altitude and heading by steering the controls, or engaging autopilot.

You must still be alert, talking to air traffic control (ATC) and get permission to enter and leave various airspaces. Then on the descent segment, you have a steady descent rate and ask permission to land at controlled airports. To land, you line up with the runway and you have maximum flaps. You can use the spoilers, gear, and engines to

CONTINUED ON NEXT PAGE ►

Cold Stream Air

>> CONTINUED FROM PAGE 18

slow you down (the gear produces lots of drag.)

After that, on final, you bring the plane down slowly, and set the thrust all the way to idle (that is what the Airbus planes mean by “retard, retard, retard!”). You then pull gently back on the yoke and that causes the main landing gears to touch down first, which is how smooth landings are performed.

It does sound overwhelming, but “Everyone here at the airport thinks that learning to fly is the best thing we ever did,” said Joe Sopko, who is the Ground School Instructor at Medina Municipal Airport. The ground school prepares the students to take the FAA written portion of the test. The ground school teaches the aerodynamics of planes and what makes them fly. Then it goes on to tell how to control it, etc... That makes you one step closer to earning your pilot certificate.



Cold Stream Airlines is also close to becoming certified as an air carrier. This means that they will be a legitimate airline. This won't stop them from hosting events like the Solar Eclipse Fly-In, the Easter egg helicopter drop, or the Santa fly-in at the Medina Airport. Even the Haunted Hangers will still be up and running.

This can all be found at their website: coldstreamair.com. If you would like to fly in, they are at: 41°07'53.2"N / 081°45'53.7"W. Their airport has no ATC, but the frequency is 123.0. This airport is an important part of the Medina community and eager to teach you to fly. Call them at **330-239-1606**.



HANDS HERO'S

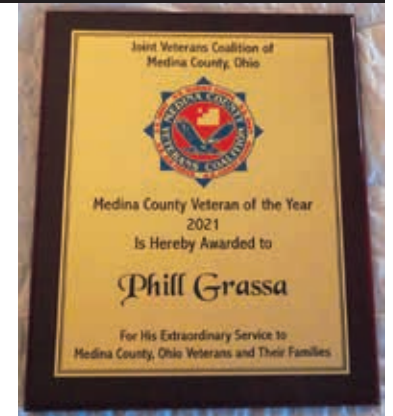


several types of equipment,” Grassa commented. “Thank you, Commander, for remembering my name and sending me to jungle survival school and on to Vietnam as an adviser,” as he was chosen for the task.

After his military expeditions, he met his wife of 57 years through a blind date, had 3 sons, 7 grandchildren, and was able to attend college - not full-time, but in the evenings. He is quoted as not being sure if his college experience truly affected him (especially relative to his time in the Air Force), even describing it as “The School of Hard Knocks.” It did, however, allow him to start his own company, resulting in him winning multiple awards for his efforts in sales, and even becoming a city councilman.

“When people ask me about my past, or to give a speech, I always ask them ‘on what part?’ The only response I have are the good parts and I can talk for hours,” stated Grassa. With a life as successful and eventful as his, it's easy to imagine how many stories he has to share about his experiences.

Even to this day, Grassa still involves himself in the military by helping fellow veterans.



A picture of his plaque as 2021 Medina County Veteran of the Year.

When asked how he became involved in this situation, he answered, “I really cannot say how I started. But, I know one thing for sure, It kept rolling like a snowball as it went along.” Again and again, he joined organizations until he was a part of seven.

It's this commitment that has earned Grassa the respect of his peers. “Phil is a great guy, a bit old school and would give you the shirt off his back if you needed it. He's dependable and always gets the mission accomplished,” shared Edward Zackery, 1SG, U.S. Army (retired), and Director/Service Officer of the Medina County Veterans Service Office.

Grassa claims winning the title of “Medina County Veteran of the Year 2021” to be one of the many crowning achievements in his life- as well as becoming a husband, a father, a grandfather, a councilman, and most of all, a veteran.

“I truly believe that all children after high school should spend 2 years in the military to grow, learn and appreciate our country and what we have,” said Grassa. “There would be a lot less problems today.”



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MCOOA Senior Expo Returns to Brunswick Rec Center



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At 9:30am on Wednesday, March 27th the Brunswick Rec's gymnasium doors will open to a wonderland of services for seniors: the 2024 Medina County Office for Older Adults' Brunswick Senior Expo and Bake Off. This year's theme is "Stayin' Alive" with a fun, 70's disco flair suggested by the Activities Council. Up to 60 sponsors will be on hand to provide information about products and services to assist with seniors' health, wellness and independence in their own homes and the community.

The sponsors also contribute baked goods to the annual Expo Bake Off for the community to enjoy at the event. Prior to the doors opening, a select panel of judges from the community will sample the entries and choose a winner, who will receive a free table at the 2025 Senior Expo. All attendees will receive "Bakery Bucks" at the door which they can redeem for their choice of treats at the bakery table. They will also receive a raffle ticket for one of the many door prizes also donated by the sponsors. Then, after they tour the tables and enjoy their treat along with complimentary coffee or bottled water donated by the Medina County Senior and Adult Foundation, they can get in on the disco fun and pose with props for photos at the "dance floor" photo booth.

Over the past couple of years the Expo date has been moved further into the year to avoid being snowed out. The OOA chose this date in March not only to take advantage of the chance for better weather, but also because it is during the school system's Spring Break, making plenty of parking available. Over 320 people enjoyed the 2023 Expo and it is the OOA's hope that this will enable them to educate and inform even more citizens every year as the age 60+ demographic continues to grow.

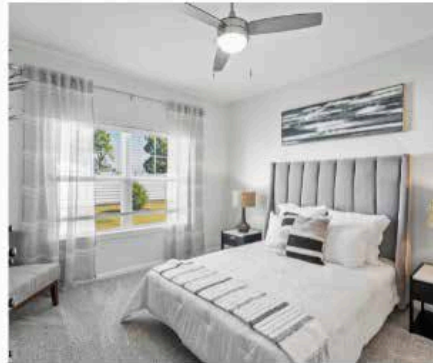
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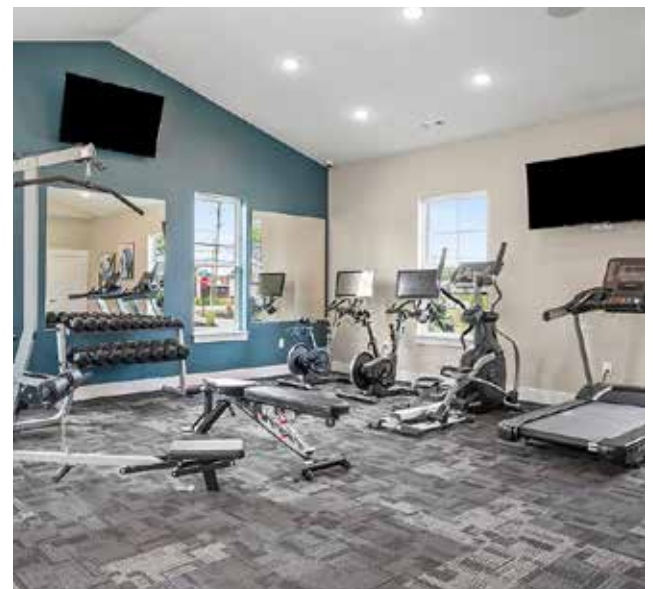
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INCAPACITY PLANNING IS SO IMPORTANT

By: MARIE EDMONDS, Counselor at Law



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Marie Edmonds



Ashley Sorgen

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 Marie@MarieEdmonds.com | Ashley@MarieEdmonds.com

As we age, the likelihood of mental incapacity becomes more real for us. We may experience dementia, a stroke or other illness that brings this about.

What is mental incapacity anyway? If you are mentally incapacitated it means you are unable to carry out your affairs. That may mean you can no longer handle your own finances or make good financial decisions. You (or someone) may ask if you have a sound reason for a particular financial decision. Do you understand the repercussions of that decision and will that decision harm your financial wellbeing?

If someone believes you are mentally incapacitated, they can file an application in Probate Court to become your guardian. In this instance, an evaluation must be done by a doctor and be presented to the Court. If the Court finds you lack capacity to handle your affairs, it will appoint a guardian, who could be someone you trust or someone the Court names. That person will then have complete control over your financial affairs and make all of those kinds of decisions for you. This is a possibility if you have not done your own planning. And that proactive planning is not that difficult.

Such planning involves creating a Financial Power of Attorney, in which you name one or more people to handle your financial affairs for you if you become unable to handle them yourself. This person is called your "agent." By creating a Financial Power of Attorney, you will avoid the guardianship process altogether, as you have named a person (in lieu of a Court appointed guardian) to handle your financial affairs for you.

Are there other ways to plan for your incapacity?

You can sign a Health Care Power of Attorney, which names someone to make your medical decisions for you if you become unable to make them yourself.

Unlike a Financial Power of Attorney, which can give your agent authority immediately, an agent under a Health Care Power of Attorney has no authority until you are unable to make decisions for yourself. Which leads to another question, which is do you wish your Health Care Agent to be able to speak with the doctors even though he or she is not in a position to make decisions for you at this time? If that is so, then you want to make sure you either sign a separate HIPAA release or check the appropriate box in your Health Care Power of Attorney, authorizing the medical professionals to speak with your agent.

Another alternative in incapacity planning is a revocable living trust. You can name a disability trustee to manage your financial affairs for you should you become incapacitated, and this too would avoid any Court proceeding. This strategy works if you have retitled your assets into your trust name so your successor trustee has property and assets which he or she can then manage. A trust also allows you to give detailed instructions for your disability trustee as to how you want your money spent and how you wish to be cared for should you become disabled.

The reasons for proactive planning are many, the most important of which is that it gives you control. You name the person or persons you wish to handle your affairs, and you give them as detailed instructions as you wish. Another reason for proactive planning is that should you need someone to act for you quickly, they are in a position to do so, in contrast with going through a time-consuming and perhaps expensive Court proceeding.

Planning is all about peace of mind. It's about having everything in place should the unexpected happen. Your family will thank you.

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CELEBRATING OUR DIFFERENCES

March is Developmental Disabilities Awareness Month

Nationwide the month of March is celebrated as Developmental Disabilities Awareness Month, a time when our community takes a moment to raise awareness about the inclusion of people with developmental disabilities and discusses ways we can all accept and celebrate our differences.

In the 1960s, people with intellectual and developmental disabilities were often dismissed to the back rooms of family homes or underfunded state-run institutions. But President Kennedy leveraged his family's personal experience with his sister Rosemary's disability and used the power of the Presidency to create a Presidential Panel to bring attention to the needs of people experiencing life with an intellectual and developmental disability. The panel focused on experiences of exclusion from education, employment, and community participation. This was the beginning of much of the disabilities system

we experience today. A system with an emphasis on meaningful goals in providing services for people with developmental disabilities so they may achieve their best lives through more participation and independence into the community.

Developmental disabilities are more common than people realize. According to the CDC, 17% of children in the United States between the ages of three and 17 have one or more developmental disabilities or delays - that is more than five million Americans. While most developmental disabilities begin before a baby is born, some can happen after birth because of injury, infection, or other factors. Most are thought to be caused by a complex mix of factors including genetics, parental health and behaviors (such as smoking and drinking) during pregnancy, birth complications, infections, and exposure to high levels of environmental toxins, such as lead during pregnancy.

Common developmental disabilities include autism spectrum disorder, cerebral palsy, down syndrome, hearing or vision loss, learning disorders and ADHD. Living with developmental disabilities can create a variety of challenges, such as difficulties with mobility, communication, self-help, independent living and physical and mental health issues. But, regardless of how a person experiences a developmental disability, finding ways of making sure everybody has the same opportunities in every aspect of life, to the best of their abilities, is important for every thriving community.

In 1987, President Reagan recognized March as Developmental Disabilities Awareness Month to increase the public's awareness of the needs and the potential of Americans with developmental disabilities and to provide them the encouragement and opportunities they need to lead productive lives and to achieve their full potential.



This is why during March, everyone is encouraged to take time to get to know someone with a disability. Reaching out to people with disabilities helps create a better understanding that a community is connected in many ways. It allows people to work together to encourage inclusion and make the community one that is built on the abilities of all its

citizens and the unique abilities they each possess. Celebrating the differences we all have and asking us to adjust our perceptions so we see a person first and the disability second. It is a time when we can strive to welcome people with developmental disabilities into local neighborhoods, workplaces, houses of worship and schools.

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HOW CAN MY CHILDREN HELP ME WITH FINANCES?

The power of a Power of Attorney in your estate plan and elder law planning



ANN SALEK

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

I often get asked by clients if they should add one of their children to a bank account to help pay bills. I answer by telling them the potential negative repercussions to adding a child's name to a bank or investment account. First, when you "add" a child's name to a bank account you are making that child a joint owner with you on that account. That means the child has every ownership right you have on that account. The child could withdraw all the money if they chose to do that. There is no requirement that the child use that money for your benefit.

Even if the child only intends to do what you would want them to do with the money in the account, there could be some unforeseen problems jeopardizing the money in the account. For instance, if the child gets in a car accident, gets sued and has a judgment against them; the money in

that account is considered the child's money just as much as your money. Therefore, that money can be susceptible to the child's creditors.

When you own an account jointly with a child, upon the death of one of the joint owners, that account is owned solely by the surviving joint owner. Your Will does not have any power over the disposition of a joint asset. Therefore, if you die, your child will own that account outright and has no legal obligation to use that money for any of your final bills, expenses, funeral costs, etc. Furthermore, that child has no obligation to share any of that money with anyone else you may have provided for in your Will.

Even if none of these issues is a concern to you, your child may not want to be a joint owner with you on an account. Again, adding a child's name to an account gives that

child an ownership interest in the account. Therefore, your child may be required to list that account as one of their assets if they are applying for any type of financial aid for college tuitions. The value of that account may cause your child to appear to have more financial resources available to them than what is truly available for their use. If your child receives any need-based government aid, they may need to disclose that account as one of their resources and thereby jeopardize their ability to continue to receive such benefits or qualify for such benefits.

If you want to have a child available to help assist you with your finances in the event you get sick, there are other ways to accomplish that goal without adding the child as an owner to the bank account. The most common

■ CONTINUED ON NEXT PAGE ►

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For assistance, contact attorney

Ann Salek*

*Certified Elder Law Attorney
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330.723.6404

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HOW CAN MY CHILDREN HELP ME WITH FINANCES?

>> CONTINUED FROM PAGE 26



method is to give your child your financial Power of Attorney. Your Power of Attorney is a document that you sign which gives your child the power to access your accounts, deposit money into your accounts, pay bills, sell real estate, and any other financial power that may be necessary to assist you with your finances if you are unable to continue to independently handle your own finances. This Power of Attorney is a fiduciary power given to someone else on your behalf. That person then acts in a fiduciary role for your benefit. In other words, that power holder must act on your behalf and use the funds for your benefit and not use the funds for themselves.

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Giving someone your Power of Attorney eliminates the need to add them to an account as an owner. Instead, you give your financial institution a copy of your Power of Attorney document and they will add that power holder to the account in the role as Power of Attorney – not an owner. Your child will then have the ability to deposit money into that account, pay bills from that account, and withdraw money on your behalf from the account. You can obtain a Power of Attorney document from your estate planning / elder law attorney and they can fully explain the powers you are giving and whether you may want to give additional powers to assist in your overall estate plan or long term care plan.

It is important to note that your Power of Attorney should be educated in their responsibilities and limitations of their fiduciary role as a Power of Attorney. While they may be innocently acting on your behalf, their book-keeping methods may cause them problems in the future. For instance, the Power of Attorney should not co-mingle your funds with their funds. They should keep track of all deposits and expenditures as well as receipts reflecting such deposits and expenditures. They want to ward against any appearance of impropriety in the event a family member questions their methods after you pass. Again your estate planning / elder law attorney can help advise your Power of Attorney of their responsibilities and limitations.

Finally, it is important to note that once you pass, your Power of Attorney is null and void. Your Power of Attorney will no longer be able to access your accounts in their role as Power of Attorney. However, if you name the same person in your Will to be the Executor of your estate, they will be able to access those accounts in their role as Executor. The subject of the role as Executor is beyond the scope of this article.

In conclusion, there can be negative repercussions to adding a child as an owner on a bank account. If your intention is to give someone access to your accounts so that you have someone to help you with your finances in the event you are unable to independently handle your own finances, you can accomplish that goal through a Power of Attorney.

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Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.



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Health & Wellness

Spontaneous Black Eye in Elderly Adults



CONDITIONS ASSOCIATED WITH BLACK EYE

- Blood clotting disorders (e.g., Factor II deficiency, Factor V deficiency, Factor VII deficiency, Factor X deficiency)
- Broken nose
- Concussion
- Dengue fever
- Epidural hematoma
- Head injuries
- Hemophilia
- Skull fracture
- Subdural hematoma
- Von Willebrand disease

CAUSES OF SPONTANEOUS BLACK EYE

While the most common causes of a black eye are head or face injury, spontaneous black eye can also result from several possibilities:

- Soft tissue injuries. These injuries can occur after hitting a wall, floor, or other object. Sometimes, soft tissue injuries can cause vision problems or difficulties opening and closing the eye.
- Black eye overnight. Elderly waking up with a black eye usually means an accidental injury the day before. If you do not remember an injury, you should speak with a doctor as the black eye could indicate a more serious issue.
- Increased blood pressure. When blood pressure rises, it can cause a capillary to burst.

DIAGNOSING A BLACK EYE

When seeking medical treatment for a black eye, the doctor will attempt to pinpoint underlying issues that may be the cause. Some ways doctors will diagnose the eye include:

- Vision test. Your doctor will try to shine a light into your eyes and ask you to follow their finger with your eyes.
- CT scans/X-rays. Your doctor may order a CT scan and/or X-ray on your face and head if a skull fracture is suspected.
- Referral to an ophthalmologist. If your doctor suspects an eye injury, they may refer you to an ophthalmologist. This person may test for eyeball abrasions by putting a dye in your eye.
- Referral to a neurosurgeon. Your doctor may refer you to a specialist if they suspect a possible head injury.
- Your doctor may refer you to an ENT provider if they suspect a facial fracture.

TREATING A BLACK EYE

While it is recommended that you speak to a doctor if you have concerns about a spontaneous black eye, there are ways to treat it yourself. These include:

- Compresses. If you have pain or swelling along with a black eye, apply a cold compress for 20 minutes on the eye, remove it, and repeat for 20 minutes. 20 minutes. When the swelling starts to go down, apply a warm compress to help promote the reabsorption of blood.
- Pain relievers. Taking medications such as ibuprofen or acetaminophen can be helpful for black eyes accompanied by pain or throbbing.
- Rest. If its a minor case, rest will help.
- Home remedies. Using an ice pack or other home remedies can be beneficial for treatment. Arnica is a useful herbal remedy to reduce swelling. Vitamins C and K can also promote healing.

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Our attorneys represent multiple industries including food and beverage, water and sewer districts, manufacturing, professional services, real estate, construction, assisted living institutions, and agriculture and food production.

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SENIORS...IS IT GETTING HARDER TO DRIVE?

Catch a Ride in Style with Driver James

By: WYNN WILSON, BEAT Reporter



Need a ride? Call Driver James! In 2010, James Meyer started to drive for the Marriott and the Renaissance hotels when a friend wanted to hire someone to drive visitors that were staying there. Meyer would drive them to dinner or the new casino, and then drive them back to the hotel. It turned out that driving people was his passion, and "Driver James," the business, was established.

Meyer drives people everywhere. As he says, "I don't have hours, I have clients." It's hard to have set hours when people need rides all the time. He drives them to and from the airport. He drives people to sports games. He has clients that he drives to school every day. He has people that go to Playhouse Square. He drives kids to Cedar Point in the summer. He will drive anyone anywhere, as long as it starts or ends in Northeast Ohio.

Meyer says that it is very interesting to drive others, because he gets to see many cool places and meet interesting people. He once flew out to Eugene, Oregon to drive somebody's pickup truck back home. He said that on that trip he got to see all the mountains, streams, and the trees out West. He also once drove a car to Florida for someone. Meyer says that he loves driving and interacting with others. "While some days it rains and snows, 85% of the time it is beautiful out," he explained.

Driver James loves to drive others and interact with them, too. He loves the places he sees and the people he meets. Meyer goes to so many different areas and sees lots of interesting scenes almost every day. He can't wait to continue driving and plans to drive his clients for another 10 years, at least.

If you would like to drive in style, consider contacting Driver James Meyer.



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HANDS BUSINESS SPOTLIGHT



Wake Up and Smell the Coffee at The Grind

By: LEILA MOHAMMAD, BEAT Reporter

Micheal Meadows is one of the owners of the new coffee shop in Medina, 'The Grind'. Meadows's family moved to Medina 8 years ago, and his family immediately fell in love with it. They felt that it was the perfect spot to open The Grind.

Meadows feels that the community should come to The Grind for simply one reason, they created a space for them. "The space is set up for people to come and sit for hours enjoying the finest coffee and crepes, and even has two office rooms to rent for meetings, allowing them more privacy and exclusion from the everyday sounds of a cafe," Meadow stated.

He also feels that The Grind is different from other coffee shops because their coffee beans are sourced from roasters that have some of the highest cupping scores on the market. "On our end, we aim to bring out the best of these beans by paying attention to all the details and processes to ensure quality and consistency with every single drink," he said.

Meadows had the idea to create this shop when he and his wife started dreaming about owning one in 2019. They visited a shop in South Florida and wanted to create their own idea. Mid-2023, he and a friend started working together to make this dream come true. As things started to progress, his

business partner, Cosmin Bota, really brought stuff to the table. The shops expanded and they currently have two. One is in Medina Square (124 North Court Street), and the other is located inside the Common Ground Warehouse (220 North State Street, Medina).

The Grind is also unique because they have a kids' area. Meadows said that he built this because he and his wife know the experience of trying to relax in a coffee shop, but their two daughters usually get antsy. Meadows relates to parents coming in and trying to relax, so they built an area so that kids can express their creativity and give them things to do. "Families are a value to us," Meadows said.

Meadows feels that as being a devoted Christian, he's always trying to see the best. He wants to add happiness to everyone's day. "The goal isn't merely to be successful in terms of money, but to be successful in being known as a caring place that has welcomed people in to enjoy coffee, crepes, and community," he said.

LEARN MORE

TheGrindMedina.com



A Specialty in Food: Brunswick's European Food Mart

By: ALEXANDRU LOVI, BEAT Reporter

The European Specialty Food Mart is a one-of-a-kind store in the Brunswick community. Wide varieties of unique European foods, shipped right to the store, provide easily accessible products everyone can have. The store is located on 1257 Pearl Road, Brunswick Ohio and it is open every day of the week from 11:00 am to 7:00 pm, except on major holidays.

The European Specialty Food Mart is a family-owned business with a goal to make it more accessible for families to purchase special European foods that they wouldn't be able to get anywhere else. The store has a wide variety of produce from all over Europe ranging from canned foods like zacusca (vegetable spread) and pickled vegetables; soft drinks and nectars; alcoholic beverages; sweets like chocolate, pastries and Turkish delight; dairy and fresh meats and sausages. The store not only has food, but also a large amount of souvenir items representing different countries such as grocery bags, baseball caps, and other small accessories. Sebastian Filote, owner of the store, is an immigrant himself and understands the needs for ethnic foods in a melting pot community. He is very thankful for all the support he's gotten since he started his business 14 years ago.

Filote also takes the time to make homemade food directly in his store aside from the usual products, such as small pastries and different flavors of strudel. Some of his most popular flavors are cheese, apple, peach, and cherry strudel. This is just a small fraction of the sizable amount of inventory the store has to offer and that is all reasonably priced.

Filote makes sure his food is always fresh and suitable for the customers to buy. He believes that his store helps everyone in this community get exposed to European culture by providing them foods from all over Europe. Sometimes that presents a challenge because of the long distance that food must be shipped and the fact that some of the food is perishable.

His favorite part of having his own business he said is, "the freedom and the pride that I have to run and manage my own store." He enjoys getting to know his customers and even greets them by their name. Over the 14 years he has been in Brunswick, he has developed a strong connection with the community by making sure everyone is always satisfied with his goods and services so that they come back and become regular customers.

LEARN MORE

EuropeanSpecialtyFoodMart.com

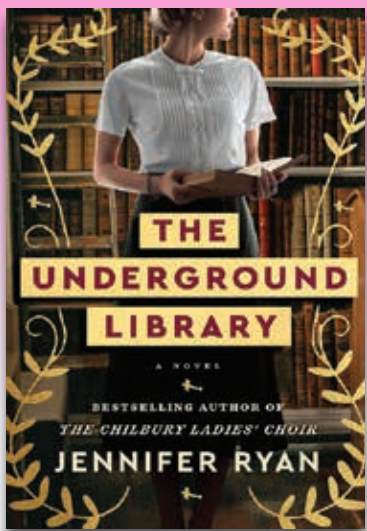
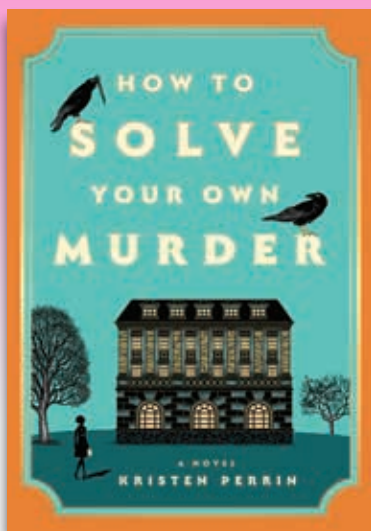
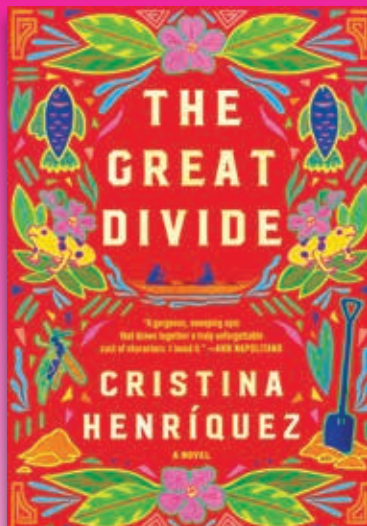
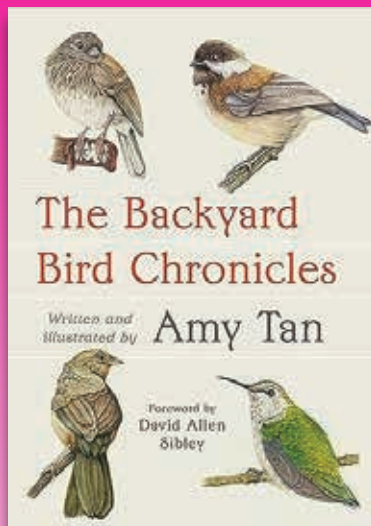


LIBRARY NEWS

Read it and Reap!

SPRING READING Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



OUTREACH SERVICES: Bringing the Library to You



BOOKMOBILE

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MCDL staff and volunteers deliver library items to patrons at homes and senior facilities. Books by Mail is another option. Short and long-term service is available.



MEMORY SUPPORT

Memory Care Kits. Kits include a support book for caregivers, adult picture book, music CD and activities. Kits are designed for anyone caring for an individual experiencing memory loss and are available for check out at your library.

MEMORY CAFE: MARK YOUR CALENDARS!

Mark your calendars for Monday, May 6 at 1:00 pm at Buckeye Library, 6625 Wolff Road as we invite those living with memory loss and their caregivers for an afternoon of support, socialization, information and helpful resources. Light snacks and fun activities too! Future events may include memory activities, caregiver support groups, speakers, and more. Bring your suggestions! No registration required for this free event.

MCDL is a Dementia Inclusive Public Library per the Ohio Council for Cognitive Health. Outreach Services' mission is to provide library materials and services to patrons with limited access to libraries. Sign up for home delivery, find the Bookmobile schedule and learn more about Magnifier and Memory Kits at mcdl.info/Outreach.

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Medina County District Library

MEDINA IS OUR HOME

The Echelon campus is located in the heart of Historic Medina (just four blocks from the Square) and features two separate facilities—a state-of-the-art Assisted Living/Memory Care facility on the front of the property, and a luxury Independent Living facility located in the rear.

Comfort, care and community are hallmarks of the Echelon experience, which caters to the evolving needs of older adults, including a seamless continuity from Independent Living to Assisted Living/Memory care, if needed.

The Echelon is locally owned and operated by Jill and Jeff Risner, whose commitment to compassionate care means being visible, active, hands-on operators.

LUXURY LIVING FOR SENIORS

Independent Living at The Echelon caters to those who are ready to leave behind the stress of homeownership and experience a relaxing community. Our residents enjoy many services and amenities.

THE CULINARY EXPERIENCE

At The Echelon, food is more than nutrition; it's a lifestyle. Our chefs prepare delicious meals from locally-sourced ingredients in four diverse dining venues.

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- **Main Dining** – Experience formal dining at its finest.
- **Fireside Dining** – Enjoy delicious fare in a cozy fireside setting.
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- **The Old World Pub** – Relax with evening cocktails and appetizers or a Saturday morning mimosa and a freshly-prepared breakfast sandwich.

ASSISTED LIVING:

- **Formal Dining Room** – Enjoy fresh, chef-prepared, farm-to-table dining with friends and family members.

WHEN YOU'RE READY FOR A LITTLE HELP

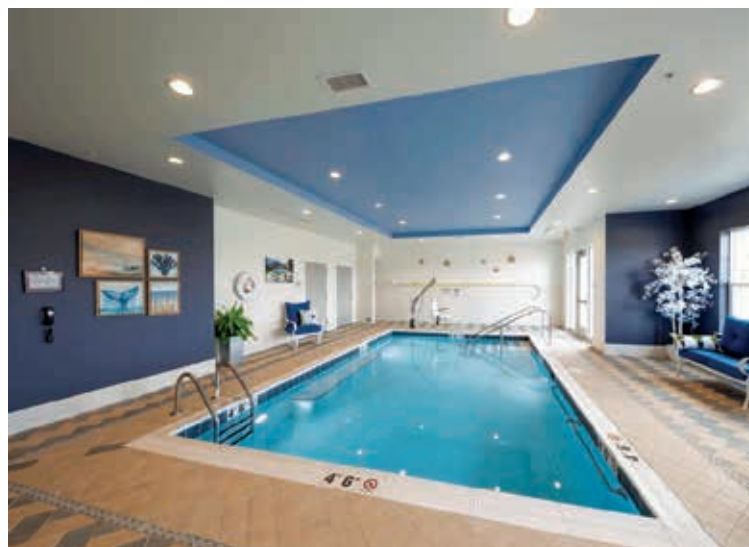
When you're ready for a little more help in your daily routine—such as showering, bathing, dressing or dining—you shouldn't have to give up the lifestyle you've worked so hard to achieve. The Echelon offers extraordinary senior living in a striking new space in the heart of Medina. Our beautiful ambiance and caring staff will help ensure a smooth transition for you or your loved one.

LEADING-EDGE CARE

The Echelon Memory Care (known as Spencer House) community provides leading-edge care and technology for seniors battling dementia or Alzheimer's disease. Our skilled and experienced caregivers are trained to accommodate seniors who become easily disoriented on a day-to-day basis, and work with them daily to improve their quality of life. The Echelon Memory Care community is designed with cutting-edge technology to provide safety and security to residents so that they can confidently navigate their new home.

I feel so incredibly blessed to have been invited to join the Echelon family. The owners Jeff & Jill Risner are the most kindhearted, loving, giving and passionate owners! They do the right things for the right reasons and resident care IS their number one priority. They treat their employees like family- I have never seen anything like it! They stress the importance to the leadership team of leading with grace, respect and love. The culture here is phenomenal- it feels SO good to walk in each morning! On campus I am blessed with the leadership of Adam Neal who is the most approachable, kind, respectful and understanding Operations Manager. He works so hard and for so many hours a day! The Echelon is BEAUTIFUL inside and out but it's deeper than just the decor, it's the people who live and work here.

– **Christina Waller, Executive Director** –



THE
ECHELON

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