



# Helping HANDS

A Publication of the HANDS Foundation

MARCH / APRIL 2025

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



## Purses with a Purpose

COMMUNITY COMES TOGETHER TO BENEFIT FRIENDS OF THE MEDINA COUNTY HOME

On the evening of February 4th, Western Reserve Masonic Community once again hosted the 3rd Annual Purses with a Purpose fundraiser. Designer purse donations along with gently used items filled the Community Center. Kimberly Valco of Western Reserve Masonic Community and Devon Diello from Caretenders Hospice lead the initiative to make this year's event a success.

County and beyond. Every Purses with a Purpose event chooses a recipient to receive the proceeds from the auction. This year's recipient was Friends of the Medina County Home. Amy Perrine, Administrator of the Medina County Home and Brian Bjorklund, President of Friends of Medina County Home spoke about how the funds raised would be use for the residents of the county home.

This popular senior fundraiser drew supporters from Medina

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

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# A Heartfelt Memory of Beloved Sean Parker

*We mourn a terrible loss*

*We will miss you, Sean!*



1975



2025



Our hearts are absolutely broken on the passing of Medina County's beloved Sean Parker. Sean Michael Parker, 49, passed away on February 17, 2025. Born on April 24, 1975, to the late Richard and Diane Parker, Sean was a beloved father, husband, and friend.

Sean had a special love for his three sons, Trevor, Logan, and Vincent, who he raised alongside his wife, Christie. Together, they cherished their vacations and travels, creating countless memories that will be treasured forever.

Sean had a passion for the outdoors, particularly enjoying fishing, swimming and pickleball. He also had a passion for cooking and feeding all of those that he loved.

There will NEVER be another Sean Parker. He will live on through his family and the phenomenal work he did with seniors throughout Medina County and his time at the Medina County Senior and Adult Services office.

Sean will not only be remembered by his support for the senior community but for his dedication to senior care and advocacy throughout his life. Sean always gave 100% to our seniors and his community. Everyone who knew Sean is so blessed to have known him. Our hearts, thoughts and prayers are with the family, friends and colleagues of Sean Parker. We will miss you, Sean!



**Medina County Senior & Adult Services**

3d · 🌐

We lost such a big part of our agency yesterday. Sean Parker was everyone's right-hand man. His passing leaves a hole that no one will ever fully replace. Please join us in grieving this wonderful person who dedicated his career to seniors. We will miss him dearly. Please keep his family and our staff in your thoughts ❤️





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 an exciting event for the possibilities it will provide.

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.

Built solely on the generosity of the community through monetary donations, new and gently used purses and accessory items, 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.



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 Caretenders Hospice and Western Reserve Masonic Community!  
Thank You HANDS Foundation Board Members and Chrissy Waller!**

## HANDS FOUNDATION

Mailing ..... P.O. Box 868 • Brunswick, OH 44212  
Physical . 4274 Manhattan Ave. • Brunswick, OH 44212

Office ..... 330-225-4242  
Web ..... HANDS-Foundation.org  
Email ..... OfficeHandsFound@aol.com

## CIRCULATION

Direct mail circulation to Medina County households with additional area distribution throughout Medina County. Published six times a year (bi-monthly)  
*January/February, March/April, May/June, July/August, September/October, November/December*

## 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.

## BOARD MEMBERS/STAFF

Kimberly Valco, Grant Crabbs, Chand Manglani, Lori Betz, Emily Giangliulo, Danielle Shaffstall, Devon Duncan (Diello)

## HONORARY BOARD MEMBERS

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Phone: .....330-410-5497  
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**Ad & Article Deadline for MAY/JUNE Issue: 4/18/25**

## 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**



## BRUNCH WITH THE BUNNY AND EASTER EGG HUNT

### DONATION REQUEST

100% of the proceeds from this event will be donated to our Walk to End Alzheimer's! Alzheimer's isn't stopping and neither are we. By participating in the Alzheimer's Association Walk to End Alzheimer's, we are raising awareness and funds to advance the fight against this disease — funds that allow the Alzheimer's Association to provide 24/7 care and support while accelerating critical research. Families facing Alzheimer's and all other dementia need us — and with your help, we can be there for them. Together, we can end Alzheimer's disease.

Thank you for your support!


**What to Donate:**  
 Raffle Baskets (Any Value)  
 Stuffed Easter Eggs  
 Stuffing for Easter Eggs

**How to Donate:**  
 Email: [cwaller@echelonseniorcare.com](mailto:cwaller@echelonseniorcare.com)

Items can be dropped off at Echelon Assisted Living located at 635 N. Huntington Street Medina, Ohio 44256 OR We can arrange for a member of our team to pick-up!


**When to Donate:**  
 We need all donations no later than April 5th.

*If you would like to donate to the team monetarily please send an email to [cwaller@echelonseniorcare.com](mailto:cwaller@echelonseniorcare.com) and we will send you the link to our team page!*

# HANDS ANNUAL BREAKFAST REVERSE RAFFLE

**Sponsored By:**  
 Generations Senior Living and Foundations Health!



**SATURDAY | MARCH 29TH | 9AM**

**CONTACT LORI BETZ TO RSVP  
216.990.3739**

**25.00/ TICKET FOR A  
CHANCE TO WIN \$1500.00**

**WESTERN RESERVE MASONIC COMMUNITY  
4931 NETTLETON RD-MEDINA, OHIO 44256**



# THANK YOU TO THE GIVING PLACE!

HANDS is so incredibly blessed to have received ANOTHER donation from The Giving Place!

Their vision is simple – to make an impact through the donations they collect and sell! Over \$200,000 has been donated to non-profits in Medina County!

To our friends at The Giving Place:

It is with our deepest gratitude that we THANK YOU for your invaluable contribution to HANDS. Your efforts play a pivotal role in the success of our Senior Wish Program. Thank you for ALL your dedication and hard work.



The Echelon of Medina Presents

**Brunch  
With the Easter Bunny  
& an Easter Egg Hunt**  
Saturday, April 12th

10:30 a.m.  
Echelon Independent Living  
629 N. Huntington St.  
Medina, Ohio 44256

RSVP By: April 5th to 330.591.2777  
Cost: Adults (20.00) Kids (15.00)  
Cost includes: Brunch, a visit with the  
Easter Bunny and Mimosas for the adults!

100% of the proceeds from this event  
will be donated to our Walk to End  
Alzheimer's! Alzheimer's isn't stopping  
and neither are we. By participating in  
the Alzheimer's Association Walk to  
End Alzheimer's, we are raising  
awareness and funds to advance the  
fight against this disease – funds that  
allow the Alzheimer's Association to  
provide 24/7 care and support while  
accelerating critical research. Families  
facing Alzheimer's and all other  
dementia need us – and with your help,  
we can be there for them. Together, we  
can end Alzheimer's disease.  
Thank you for your support!

The event will be complete with a 50/50  
raffle and basket raffles! If you are  
interested in donating a basket please  
email [cwaller@echelonseniorcare.com](mailto:cwaller@echelonseniorcare.com)!

**Space is limited!**

# LIVING HEALTHY WITH HEART FAILURE



## 4 Tips to Promote a Healthy Heart

-  Reduce Salt Consumption
-  Maintain A Healthy Weight
-  Limit Alcohol Consumption
-  Do Daily Exercise

### Patient Education

#### Daily Weight

- **Why Weighing Matters:** Daily weight tracking helps detect fluid retention early, a common issue in heart failure (American Heart Association [AHA], 2020).
- **What to Look For:** A sudden weight gain of 2-3 pounds in a single day or 5 pounds over a week can indicate fluid buildup (National Heart, Lung, and Blood Institute [NHLBI], 2022).
- **When to Act:** Fluid retention may signal that your heart isn't pumping as effectively. Report significant weight gain to your healthcare provider (AHA, 2020).
- **Quick Tip:** Weigh yourself at the same time each morning, after using the bathroom and before eating or drinking.

#### Sodium and Fluid Monitoring

- **Why It's Important:** Tracking your fluid intake and limiting sodium helps manage heart failure by reducing fluid buildup and swelling, preventing your symptoms from worsening (American Heart Association [AHA], 2020).
- **Fluid Limits:** Follow your healthcare provider's recommendations for fluid intake, usually 1.5 to 2 liters per day, to prevent fluid overload.
- **Sodium Limits:** Aim for no more than 2,000 milligrams of sodium per day to reduce water retention and lower blood pressure (National Heart, Lung, and Blood Institute [NHLBI], 2022).
- **What to Watch For:** Excessive fluid and sodium intake can lead to swelling in your legs, ankles, and abdomen, making heart failure harder to manage.

#### Recognizing Warning Signs

- **Why It's Important:** Recognizing early warning signs can help prevent complications and avoid hospitalizations. Early intervention is key in managing heart failure effectively (American Heart Association [AHA], 2020).
- **What to Watch For:**
  1. Increased shortness of breath: Difficulty breathing even while resting.
  2. Unusual fatigue: Feeling tired more than usual, even after rest.
  3. Swelling: Noticeable swelling in your legs, ankles, abdomen, or weight gain.
- **What to Do:** If you experience any of these symptoms, contact your healthcare provider immediately. Don't wait for symptoms to worsen. (American Heart Association [AHA], 2020).
- **Quick Tip:** Keep a daily journal of your symptoms to share with your healthcare provider during visits.

**Take Charge of Your Heart Health Today!**

This education piece was written and designed by a leading expert in the field: Nathan Camper, LPN soon to be RN. Nathan has spent the last several years working in geriatrics and is deeply committed to patient care. Is driven to make a positive impact on people's lives, is inspired by the opportunity to alleviate suffering, is always thrilled to be a part of the healing process (especially when it comes to wound care), is eager to continuously learn and improve skills, and is overall motivated by the human connection in healthcare! When asked about his love for nursing Nathan said, "The ability to be a source of comfort and support during vulnerable times is what truly drives my passion for nursing. I am constantly seeking new knowledge and best practices to deliver the highest quality care to my patients." Nathan was deeply influenced by his mother, who works as a nurse, and saw firsthand the positive impact she made on others through her work. Nathan stands firm on the quote by Florence Nightingale (Widely considered the single most influential nurse in history) "Let us never consider ourselves finished nurses. We must be learning all of our lives."

## A BEAUTIFUL SENIOR WISH STORY!

The HANDS Foundation recently received a request to grant a wish for a dishwasher for a senior couple from the City of Medina. The wife is physically disabled and the husband who is the main caregiver is fighting cancer. I was able to coordinate with Tracy Kelling from Brunswick Home Appliance for HANDS to purchase (and have installed) a beautiful new Frigidaire Dishwasher.

I personally spoke to the senior gentleman to tell him the news that his wish was granted and he started crying noting he had just sat down to write out some checks for his medical bills. I instantly remembered how blessed I am to have the opportunity to volunteer for the HANDS Foundation AND how blessed I am to volunteer alongside the most amazing HANDS Board.

I am SO thankful for all of my friends (in business and in life) that support the foundation. I cannot say thank you enough because without YOU granting these wishes it would NOT be possible. Sponsorships, donations, spreading the word about HANDS, attending events; all of it allows us to continue

our mission! When things seem tough or heavy today, please know our world (Medina County) has benefited significantly from YOUR acts of kindness, compassion, and optimistic perspectives.

The loving and positive atmosphere we are blessed with in this city and county truly leads to greater harmony and well-being for everyone! When you intentionally seek out good things, you're more likely to notice them in people, situations, and experiences.

Call a friend you haven't spoken to in a while, send a handwritten note or thank you card, offer to help a neighbor, compliment someone, thank a postal carrier, police officer, teacher, or military serviceman or servicewoman for their service - the importance lies not in the scale of the act, but in the intention and positive effect it has. God is so good.

**With so much love and gratitude,  
Christina Waller - Executive Director**

## HELP A SENIOR IN NEED

### DONATE TO OUR SENIOR WISH PROGRAM!

PLEASE GO TO OUR WEBSITE TO MAKE A DONATION OR MAIL A CHECK TO THE HANDS FOUNDATION.  
P.O. BOX 868,  
BRUNSWICK, OH 44212.

FOR MORE INFORMATION PLEASE EMAIL  
CHRISTINA WALLER AT  
[ChrissyWallerHandsFound@gmail.com](mailto:ChrissyWallerHandsFound@gmail.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:30am BP Screening-ComForCare 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1:30 iPhone Class w/ Joe	<b>4</b> 9am Edwina's Exercise 9:30am Painting w/ Taylor* 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition class 11:30am Lunch* 1pm Hook Nook	<b>5</b> 9:30am Bingo-Z-Life Care 10am Painting 10:30am Program: BBB "Brain Facts, Brain Health & Brain Games" 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>6</b> 9am Edwina's Exercise 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 10:45am Cooking Demo 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>7</b> 9:30am Bingo-Z-Medina Center 10:30am Program: "Mindfulness Meditation" w/ Susan 11:30am Lunch* 12pm Weights Workout w/Lisa* 12:30pm Game Day 12:30pm Mahjong 1pm Grief Support Group
<b>10</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1:30 iPhone Class w/ Joe	<b>11</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition class 11:30am Lunch* 1pm Hook Nook	<b>12</b> 9:30am Bingo-Z- My New Villa, Leah Haught 10am Painting 10:30am Program: "The Impact of Irish Immigrants" 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1:30pm Legal Aid Appts	<b>13</b> 9:30am 1st Class for "Matter of Balance" 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>14</b> PARTY DAY NO BINGO 10:30am Mindful Meditation Class 10:30am Weights Workout w/Lisa* 11am Lunch* 11:30am St. Patrick's Day Party 12pm Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong
<b>17</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11am Program: "Preventing Check Fraud" 11:30am Lunch* 12:15pm <b>Movie: Wicked</b> 1pm Mahjong 1pm Stand Up Comedy Class	<b>18</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition class 11:30am Lunch* 1pm Hook Nook	<b>19</b> HOLLYWOOD CASINO TOLEDO TRIP 9:30am Bingo-Z-Devoted 10am Painting 10:30am Program-Wits Workout 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1pm Friends in Focus	<b>20</b> 9am BP Screening-Cleve Clinic 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am Katie's Drawing Class 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Jam Session 1pm Watercolor Class*	<b>21</b> 9:30am Bingo-Z-Stacky- from Oasis 10:30am Weights Workout w/Lisa* 11am Program: Leo's Jolly Jammers Concert 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong 1:30pm Beginner Line Dance
<b>24</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Stand Up Comedy Class	<b>25</b> DENNISON RAILROAD TRIP 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>26</b> MCSAS OFFICE CLOSED JOIN US AT 	<b>27</b> 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>28</b> 9:30am Bingo-Z-Jim Richison 10:30am Program: "Healthy Living for Your Brain and Body" 10:30am Weights Workout w/Lisa* 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong 1pm Book Club
<b>31</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Stand Up Comedy Class	 <b>March 2025</b> Z = ZOOM CLASS * = FEE ACTIVITIES SUBJECT TO CHANGE BILLIARDS DAILY 8:00-4:30 MEDINA COUNTY SENIOR & ADULT SERVICES			

# CALENDAR OF EVENTS

CONGRATULATIONS  
HANDS  
FOUNDATION!

## HANDS Foundation Celebrates 30 Years!



**HANDS FOUNDATION**

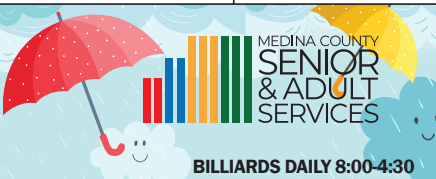


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Serving Medina County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 2025</b> Z = ZOOM CLASS * = FEE ACTIVITIES SUBJECT TO CHANGE	<b>1</b> 9am Edwina's Exercise 9:30am Painting w/ Taylor* 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>2</b> COVID 19 BOOSTER BY HD 9:30am Bingo-Z-Life Care 10am Painting 10:30am Program: "Prevention Bingo" 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>3</b> 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am FREE Craft Class- Brunswick Pointe 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>4</b> 9:30am Bingo-Z- 10:30am Weights Workout w/Lisa* 11am Cleveland Guardian's Day 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong 1pm Grief Support Group 2:30pm Beginner Line Dance
<b>7</b> 9:30am BP Screening-ComForCare 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Stand Up Comedy Class	<b>8</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>9</b> 10am Painting 10:30am Program: Comedy Show 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1:30pm Legal Aid Appts	<b>10</b> 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>11</b> 9:30am Bingo-Z-Broadway Creek 10:30am Program: Cami from Gentle Soles, "Foot Measuring" 10:30am Weights Workout w/Lisa* 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong
<b>14</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1:30pm One-on-One Tech w/ Joe	<b>15</b> HOLLYWOOD CASINO TRIP 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>16</b> 9:30am Bingo-Z-Devoted 10am Painting 10:30am Program: Music Trivia and Brownies 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1pm Friends in Focus	<b>17</b> 9am BP Screening-Cleve Clinic 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am Katie's Drawing Class 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Jam Session 1pm Watercolor Class* 2:30pm BalloFlex*	<b>18</b> 9:30am Bingo-Z-MCSAS 10:30am Weights Workout w/Lisa* 11am Leo's Jammers Concert 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong 1:30pm Beginner Line Dance
<b>21</b> 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 12:15pm <b>Movie: Conclave</b> 1pm Mahjong	<b>22</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>23</b> 10am Painting 10:30am Program: "Skilled Nursing 101" 11:30am Lunch* 11:30am Program: "Getting Your Affairs in Order" 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>24</b> 9:30am Matter of Balance 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>25</b> 9:30am Bingo-Z-Jim Richison 10:30am Program: "Medications" by Teri Lika 10:30am Weights Workout w/Lisa* 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong 1pm Book Club
<b>28</b> CLEVELAND ZOO TRIP 9:30am Chair Yoga w/ Jackie 10am Bridge 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong	<b>29</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>30</b> 9:30am Bingo-Z-Angel's Care 10am Painting 10:30am Program: "Senior Trivia" 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa*	 <b>Medina County SENIOR &amp; ADULT SERVICES</b> BILLIARDS DAILY 8:00-4:30	

## MEDICARE INSURANCE PLANS THAT SUIT YOUR NEEDS!

Your Medicare Insurance plan should suit you. Medicare Insurance plans, like people, come in all shapes and sizes. We can help find plans that fit your needs, budget and lifestyle!

**CALL OR EMAIL TAMI OR KATHY TODAY!**

**TAMI GLOVER (EX 1)**  
LICENSED INSURANCE AGENT  
[TAMI@MAOHIO.COM](mailto:TAMI@MAOHIO.COM)

**KATHY WARNER (EX 2)**  
LICENSED INSURANCE AGENT  
[KATHY@MAOHIO.COM](mailto:KATHY@MAOHIO.COM)

**THERE IS NEVER A FEE FOR OUR SERVICES AND NO OBLIGATION TO ENROLL**



# Medi Advisors

**Ohio**

319 South Court / Medina  
[MediAdvisorsOfOhio.com](http://MediAdvisorsOfOhio.com)  
**330-247-4111**  
(TTY: 711)

This is an insurance solicitation **NEXT TO LIFE'S TREASURES THRIFT STORE**

MARCH 2025		SOPREMA Senior Center & Cafe		CENTER HOURS: Monday - Friday: 8:30 am - 4 pm CAFÉ HOURS: Monday - Friday: 7:30 am - 2 pm	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Walking Track 12:00 - 2:00	Walking Track 9:00 - 11:00	Walking Track 12:00 - 2:00	Walking Track 9:00 - 11:00	Walking Track 12:00 - 2:00	
Pinochle 9:00 Waffles w/ WOAF 10:00 Bunco 1:00 Diabetes Support 1:00	Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 Health Checks 12:00 General Caregivers* 12:15 Euchre 1:00 Wits Workout 2:00	Chess 10:00 Gentle Exercise 10:00 Blind Truth* 1:00 Mexican Train/Games 1:00	Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	Bingo Auction 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00	
Pinochle 9:00 Ukulele Practice 10:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101* 3:00	Line Dancing 9:00 Bible Study 9:30 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Euchre 1:00	Chess 10:00 Summa Health Chat* 10:00 Gentle Exercise 11:00 Mexican Train/Games 1:00 Trivia w/ Brookdale* 2:00	Mah Jong 9:30 Mind Challenge 10:00 Bridge 11:00 Seniors w/Srs Lunchn 11:00 Hand and Foot 1:00 Wadsworth Library Fun - Spring Luminaria 1:00	St. Paddy's Party w/ Comedy Show 12:00 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00	
Pinochle 9:00 Chronic Pain Mgmt 9:30 Bunco 1:00	Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 Health Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:00 Wits Workout 2:00	Chess 10:00 Gentle Exercise 10:00 Mexican Train/Games 1:00 Healthy Living w/Humana* 1:00	Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Hand and Foot 1:00 County Assistance-by appt 2:00	Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 WHS Tech Assist 1:45 Genealogy 2:00	
Pinochle 9:00 Chronic Pain Mgmt 9:30 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:30 Bunco 1:00 Monthly Bday Party 1:00 Paper Crafting 101 1:00	Line Dancing 9:00 Bible Study 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:00 Cooking w/ Bev 2:30	Chess 10:00 Gentle Exercise 10:00 Mexican Train/Games 1:00	Mah Jong 9:30 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support Group 2:00	Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00 Veterans Benefits Seminar 2:00	* Soprema Café open for Lunch only *
Pinochle 9:00 Chronic Pain Mgmt 9:30 Bunco 1:00 Easter Décor Demo 2:00	<div style="text-align: center;"> <b>See our online Newsletter for more Details!</b>  <a href="http://www.WadsworthCity.com/SopremaSeniorCenter">www.WadsworthCity.com/SopremaSeniorCenter</a> </div>		<div style="text-align: center;"> <b>PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS!</b> </div>		<div style="text-align: center;"> <b>*Programs marked with an asterisk (*) are offered in person and via Zoom (hybrid).</b> </div>
330-335-1513 · SSC@WadsworthCity.Org · 617 School Drive · Wadsworth, OH 44281					

# CALENDAR OF EVENTS

WADSWORTH		SOPREMA SENIOR CENTER & CAFE		CENTER HOURS: Monday - Friday: 8:30 am - 4 pm CAFÉ HOURS: Monday - Friday: 7:30 am - 2 pm	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
PLEASE RSVP TO RESERVE A SPOT FOR OUR PROGRAMS & EVENTS!	Walking Track 9:00 - 11:00	Walking Track 12:00 - 2:00	Walking Track 9:00 - 11:00	Walking Track 12:00 - 2:00	
	Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 Health Checks 12:00 General Caregivers* 12:15 Euchre 1:00	Chess 10:00 Gentle Exercise 10:00 Blind Truth* 1:00 Mexican Train/Games 1:00	Mah Jong 9:30 Guided Autobiography 9:30 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00	
Pinochle 9:00 Chronic Pain Mgmt 9:30 Bunco 1:00 Diabetes Support 1:00	Line Dancing 9:00 Bible Study 9:30 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 10:30 Table Talk w/ Dr. Patel* 12:00 Euchre 1:00	Chess 10:00 Gentle Exercise 10:00 Mexican Train/Games 1:00 Trivia w/ Brookdale 2:00	Mah Jong 9:30 Prevention Bingo 10:00 Bridge 11:00 Hand and Foot 1:00 Wadsworth Library Fun	Vaccination Clinic - by appt 12:00-3:00 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00	
Pinochle 9:00 Chronic Pain Mgmt 9:30 Ukulele Practice 10:00 Bunco 1:00 Movie at Wads. Library 1:00 Intro to Blackjack 1:30 Medicare 101* 3:00	Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 Health Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:00	Chess 10:00 Gentle Exercise 10:00 Scam Prevention 11:30 Mexican Train/Games 1:00 Healthy Living w/Humana* 1:00 Intro to Blackjack 1:30	Mah Jong 9:30 Sewing Seniors 9:30 Bridge 11:00 Seniors w/Srs Lunchn 11:00 Hand and Foot 1:00 Healthcare Decision Day 1:00 County Assistance-by appt 2:00	Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 WHS Tech Assist 1:45 Genealogy 2:00	
Pinochle 9:00 Chronic Pain Mgmt 9:30 Bunco 1:00 Monthly B-Day Party 1:00 Intro to Blackjack 1:30	Line Dancing 9:00 Bible Study 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:00 Cooking w/ Bev 2:30	Chess 10:00 Gentle Exercise 10:00 WHS Tech Assist 12:15 Mexican Train/Games 1:00 Intro to Blackjack 1:30 Funeral Q&A 2:00 <i>Hall of Fame at WHS 6:30 pm</i>	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	Spring Party feat. The Zuders 12:00 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00	
Pinochle 9:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:30 Bunco 1:00 Paper Crafting 101 1:00	Bible Study 9:30 Coupon Clippers 10:30 Caregivers Day Out 11:30 Coffee, Cake, Comedy 2:00	Chess 10:00 Gentle Exercise 10:00 Auction by Heartland Hospice 12:30 Mexican Train/Games 1:00	<b>Royal Ball is May 8th!</b> <b>Tickets On Sale April 1st - 24th @ SSC</b> \$20 SSC Members \$30 Non-SSC Members		
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 11am Munch & Learn <b>Heartland Hospice</b> "Springtime Auction" w/Sharon Ditata & Snack Mah Jongg 12pm	<b>4</b> 8am Cards 10am Book Club 1pm Bingo/ New Sponsor! Life Care 6pm Beginner Line Dancing	<b>5</b> 9am Vintage Artists 10am Activities Council 11am Remembrance Hospice Caregiver Support Group 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>6</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing Bingo/ Alzheimer 1pm	<b>7</b> 11:30am MCSAS Nutrition 12:30pm Ladies Pinochle
<b>10</b> 9:30am Art Critique Group 11am Munch & Learn <b>Southwest General</b> PT info Laurie Pfahler RN Snack Mah Jongg Culinary Club 12pm 1pm	<b>11</b> 8am Cards 1pm Bingo/ SPRY 6pm Beginner Line Dancing	<b>12</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>13</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing 12:15pm Dominoes 1pm Lucky Bingo! w/ Crossroads Hospice	<b>14</b> 11:30am MCSAS Nutrition 12pm Danbury "Create a Better You" 12:30pm Ladies Pinochle
<b>17</b> 11am Munch & Learn <b>Concordia at Summer</b> St. Pat's Lunch Mah Jongg 12pm	<b>18</b> 8am Cards 1pm Bingo/ Plum Creek 6pm Beginner Line Dancing	<b>19</b> <b>HOLLYWOOD CASINO TOLEDO TRIP</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>20</b> 8am Cards 11:15am Intermediate/Improver Line Dancing 12:15pm Dominoes	<b>21</b> <b>Meet the Author Gay Frantz</b> 11:30am MCSAS Nutrition 12:30pm Ladies Pinochle
<b>24</b> 10am Painting Class w/ Jeanne 11am <b>NO MUNCH &amp; LEARN TODAY</b> Cancelled for Expo Prep Mah Jongg 12pm	<b>25 DENNISON RAILROAD TRIP</b> 8am Cards 1pm Bingo/ Divine Pearlview 6pm Beginner Line Dancing	<b>26</b>  12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>27</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing 1pm Bingo/ Falling Water	<b>28</b> 11:30am MCSAS Nutrition 12pm Danbury "Chair Chi" 12:30pm Ladies Pinochle
<b>31</b> 11am Munch & Learn <b>Waite Funeral Home</b> Lunch Mah Jongg 12pm				

# CALENDAR OF EVENTS

**SAVE THE DATE!**

# SENIOR EXPO 2025

**WEDNESDAY, MARCH 26  
BRUNSWICK REC CENTER**



**SAVE THE DATE!**

# BRUNSWICK BRUNSWICK REC CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 2025</b> ACTIVITIES SUBJECT TO CHANGE	<b>1</b> 8am Cards 10am Book Club 1pm Bingo/ Life Care 6pm Beginner Line Dancing	<b>2</b> 9am Vintage Artists 10am Activities Council 11am Remembrance Hospice Caregiver Support Group 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting 6pm Garden Club/ Master Gardner Speaker	<b>3</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing 12:15pm Dominoes 1pm Bingo/ Alzheimer	<b>4</b> 11:30am MCSAS Nutrition 12:30pm Ladies Pinochle
<b>7</b> 11am Munch & Learn <b>Brunswick Pointe</b> Guardians Theme Baseball Trivia Lunch Mah Jongg 12pm	<b>8</b> 8am Cards 6pm Beginner Line Dancing	<b>9</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>10</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing 12:15pm Dominoes	<b>11</b> 11:30am MCSAS Nutrition 12pm Danbury "Create a Better You" 12:30pm Ladies Pinochle
<b>14</b> 9:30am Art Critique Group 11am Munch & Learn "The Sold Sisters" <b>Russell Realty</b> Comedy, Cake & Prizes Mah Jongg Culinary Club 12pm 1pm	<b>15 HOLLYWOOD CASINO TRIP</b> 8am Cards 1pm Bingo/ SPRY 6pm Beginner Line Dancing	<b>16</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>17</b> 8am Cards 9:30am <b>AARP Driving Class</b> 11:15am Intermediate/ Improver Line Dancing 12pm Ask an Attorney w/Ann Salek 12:15pm Dominoes	<b>18</b> <b>Meet the Author Kim Mager</b> 11:30am MCSAS Nutrition 12:30pm Ladies Pinochle
<b>21</b> 11am Munch & Learn "Risky Business for Seniors" Financial info <b>Dave Sambor</b> Mah Jongg 12pm	<b>22</b> 8am Cards 1pm Bingo/ Plum Creek 6pm Beginner Line Dancing	<b>23</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting	<b>24</b> 8am Cards 11:15am Intermediate/ Improver Line Dancing 12:15pm Dominoes 1pm <b>Ohio Bird Sanctuary Program</b>	<b>25</b> 11:30am MCSAS Nutrition 12pm <b>Earth Day Bee Talk w/Peggy Games</b> 12pm Danbury "Chair Chi" 12:30pm Ladies Pinochle
<b>28 CLEVELAND ZOO TRIP</b> 11am Munch & Learn <b>Western Reserve Area Agency on Aging</b> Info about WRAAA services Snack Mah Jongg 12pm	<b>29</b> 8am Cards 1pm Bingo/ Divine Pearlview 6pm Beginner Line Dancing	<b>30</b> 9am Vintage Artists 11:30am MCSAS Nutrition 12pm Mah Jongg 12:30pm Knitting & Crocheting		

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# FROM YOUR STATE REPRESENTATIVE



## THE 136th GENERAL ASSEMBLY BEGINS

On January 6th, 2025, I was sworn in for my third term in the Ohio House of Representatives. It was a wonderful day that included the formal swearing-in of the ninety-nine elected members, as well as the election of the Speaker of the House and his leadership team for the 136th session of the General Assembly. I am thankful my grandson was able to share this experience with me - making memories for us both.

As the committee assignments were announced for the next two years, I was pleased to be selected as Chairwoman of the General Government Committee. In addition, I was assigned membership on the Energy – Children and Human Services and Finance committees. These are important (and busy) committees, and we jumped right to work.

The crafting of Ohio's Operating Budget is a six-month process that outlines not only how monies will be allocated but also includes policy issues. The process begins

with the Governor presenting his version of the budget, which he did on February 3rd, 2025. The House had our first finance committee meeting on February 4th. For the next several weeks members of the finance committee will sit through many hours of presentations by Department Heads, groups seeking funding and any citizen that wishes to voice their opinion on how Ohio allocates their operating budget dollars. This is my first time on the Finance committee, and I am excited to be in the room for these testimonies.

Ohio produces five budgets every General Assembly, in odd years the Operating Budget, Transportation Budget, Bureau of Workers Compensation and Industrial Commission. In even years, the Capital budget is completed.

Ohio's general fund operating budget is the largest at approximately \$ 86 Billion dollars. Over 80% of that money is allocated in three areas: Primary/Secondary and Higher Education at 42.8%

Medicaid at 26.3% and Justice and Public Protection at 11.6%. The remaining 20% funds everything else from Health and Human Services, the operational budgets of the other Statewide officeholders and the House of Representatives, to name a few.

Ohio is constitutionally required to pass a balanced budget – so we can only spend what we have available. In addition, Ohio has a special "Rainy Day Account" – a savings account with \$ 3.8 Billion dollars.

This budget will be the first in the last 4 years that it does not have any Federal COVID monies included. As such, funding will be leaner this year, difficult decisions will have to be made.

The last General Assembly passed the largest state income tax reduction in the State's history, another taxpayer win, but smaller revenues mean less dollars to allocate.

After the committee members and House Leadership



Sharon with grandson, Roman Ray at the swearing-in ceremony on January 6th, 2025.

produce the changes, they would like to make in the Governor's presented budget, it goes to the full House of Representatives for a vote in April. After that, it is off to the Senate where they will accept testimony and make the budgetary changes, they believe are important. After a vote on the Senate floor, it comes back to the House to either concur or not...most likely it is to not concur. The budget then heads off to

conference committee. The conference committee is comprised of two members of the House and two members of the Senate; it is their responsibility to reconcile a version that can be passed by both chambers. Then it heads off to the Governor's office who can remove things or signs as presented.

The whole process must be completed by June 30th, 2025.

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## Sharon A. Ray

State Representative  
House District 66

614-466-8140

Rep66@OhioHouse.gov

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



# COMMISSIONERS' CORNER

## County Invests \$35 Million in ARPA Funds to Strengthen Infrastructure, Public Health and Economic Recovery

On March 11, 2021, the American Rescue Plan Act (ARPA) was signed into law, providing \$1.9 trillion in economic stimulus to support recovery efforts across the United States. As part of this nationwide initiative, Medina County was allocated just under \$35 million to address local needs and challenges resulting from the COVID-19 pandemic.

The Medina County Commissioners were given the responsibility to allocate and invest these funds in a manner that would benefit the community while adhering to federal guidelines. The U.S. Department of Treasury identified five major categories for the allowable use of these funds:

### 1. SUPPORTING PUBLIC HEALTH RESPONSE

Enhancing public health initiatives, including COVID-19 mitigation efforts, vaccination programs, medical services, and behavioral health resources.

### 2. ADDRESSING NEGATIVE ECONOMIC IMPACTS

Assisting businesses, households, and nonprofits affected by the pandemic through grants, job training programs, and financial aid.

### 3. REPLACING PUBLIC SECTOR REVENUE LOSS

Ensuring continuity of government services that may have been impacted by revenue shortfalls due to the pandemic.

### 4. PROVIDING PREMIUM PAY FOR ESSENTIAL WORKERS

Offering additional compensation for frontline workers who provided essential services during the public health emergency.

### 5. WATER, SEWER, AND BROADBAND INFRASTRUCTURE

Investing in long-term improvements to public utilities, including clean water initiatives, sewage system upgrades, and expanded broadband access for underserved areas.

The funds were designated to cover costs incurred between March 3, 2021 and December 24, 2024. By December 31, 2024, all funds had to be allocated and obligated to specific projects or initiatives. Furthermore, all expenditures related to these obligations, including the completion of funded projects, must be finalized by December 31, 2026.

The ARPA funds provided Medina County with a unique opportunity to address urgent community needs while investing in long-term improvements. The allocation of these funds played a crucial role in ensuring economic stability, enhancing public services, and strengthening the county's infrastructure for future growth.

First and foremost, because of the timeliness, the commissioners provided a \$125,000 subgrant to the Medina County Fair Board to assist with COVID-necessary expenses for equipment, improvements, and contract services to support the public health response for the 2021 Medina County Fair.

*Below are the remaining projects where the commissioners invested the funds:*

### HVAC/BOILER PROJECTS TOTALING \$5,222,031

Jail Rooftop HVAC, County Home Boiler, Human Services Center Boiler/Controls, Jail Boiler/Chiller, Prosecutor & Administration Buildings' HVACs, Service Garage HVAC Improvements, Job & Family Services HVAC Upgrade, Juvenile Detention Center HVAC Upgrade, Administration Building 1st Floor HVAC Units, Engineering Center HVAC, Soil & Water HVAC Upgrade, and County Home HVAC for Activity Room.

### CAPITAL BUILDING IMPROVEMENTS TOTALING \$6,429,218

Jail Parking Lot, Medina Metropolitan Housing Authority (MMHA) Housing Shelter, Veterans Building Renovation, MMHA Permanent Supportive Housing, 9-1-1 Tower Upgrades, Office for Older Adults' Kitchen Renovation, Administration Building Elevator, Morgue Expansion, Jail Security Platform Project, Conferencing Equipment, OSU Extension Move, and County Home Window Upgrades.

### WATER/SANITARY IMPROVEMENTS TOTALING \$3,938,000

Hinckley Wastewater Treatment Plant Project, Seville State Route 3 Water Main Project, Wolf Creek Sewer, Lodi Wastewater Treatment Plant UV Disinfection System, and Granger Lakes Drinking Water Plant Improvements.

### FIBER PROJECTS TOTALING \$11,127,900

Medina Fiber Expansion and Office for Older Adults' Digital Inclusion and Literacy Program.

### HEALTHCARE REIMBURSEMENT TOTALING \$6,874,285.

### MISCELLANEOUS EXPENSES TOTALING \$913,858

Board of Elections Pollbooks, Chippewa Lake Main Drive, MMHA Experimental Housing Allowance Program Subgrant, and Recovery Center of Medina County Van Purchase.

With the deadline for project completion set for the end of next year, Medina County continues to focus on maximizing the impact of these federal funds.



## Board of Medina County Commissioners



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**Administration Building • 144 North Broadway Street, Medina**



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



The Ohio War Orphan & Severely Disabled Veterans' Children Scholarship Program awards tuition assistance to the children of deceased or severely disabled Ohio veterans who served in the armed forces during a period of declared war or conflict.

The application deadline is May 15th of every year. For more information you can call our office or go to: <https://higher.ed.ohio.gov/educators/financial-aid/sgs/wos/wos> For more information, contact Cleone Brandy at (614) 752-9481 or [cbrandy@higher.ed.ohio.gov](mailto:cbrandy@higher.ed.ohio.gov).

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



ED ZACKERY

## FROM YOUR VETS OFFICE

# NEW PROGRAMS THIS YEAR

Brrrrrr it's cold outside! It's been a long and chilly winter, hopefully warmer weather is around the corner as we start to head into spring. We have started several new programs here at the Medina County Veterans Service Office which are geared toward the veterans and their eligible family members who reside within Medina County. We've started our Coffee with a Veteran Service Officer "TED Talks", where we pick a topic about your benefits and go over it in as much detail as the attendees would like. We have also begun "Project Beauty Restored" designed to unleash your creativity from within. Art Coach and Military Veteran Jeanette Smart will guide you through a series of techniques by your artistic traits to assist you in expressing your thoughts and emotions from within. We've also started "Reflexology" Did you know that there are over two-hundred thousand nerve ending in just one of your feet? If you suffer from neuropathy or a neurological problem within your feet, this session is for you. Bring your partner for this one.

These are just a few of what we have in store for the upcoming year. Continue to check our webpage as well as social media for upcoming sessions throughout the rest of the year. You will need to register for each of the sessions with our office. We have so much more coming up this year!

Don't forget, the Ohio War Orphan & Severely Disabled Veterans' Children Scholarship Program awards tuition assistance to the children of deceased or severely disabled Ohio veterans who served in the armed forces during a period of declared war or conflict. The application deadline is May 15th of every year.

### 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](mailto:veterans@medinacountyveterans.org) or catch us on the web at [www.medinacountyveterans.org](http://www.medinacountyveterans.org)



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# PLUM CREEK NEWS



## Senior Valentines!

**Residents of Plum Creek Assisted Living Community Receive Personalized Valentines Wishes.**

From: The Brunswick High School BEAT Program

Students from the Brunswick Schools BEAT Video Program hand-delivered close to 100 personalized valentines that they created for each senior resident of Plum Creek Assisted Living (891 Marks Road, Brunswick) on Thursday, February 13th. The personalized valentines (created by each BEAT reporter) featured each resident's name, and a message about something they enjoy.

The forty BEAT students, grades 6-12, are aspiring backpack journalists, who create close to 400 news stories during the school year spotlighting Medina County. This project, which is the BEAT's way of giving back to the community and especially our seniors (who may not have someone in their lives on Valentine's Day), has been a BEAT tradition for over a decade.

*Thank You BEAT Students!*



## JOIN OUR COMMUNITY

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## Plum Creek's Rose Kozar: 105 Years and Counting!

By: ARABELLE ADAMS, BEAT Reporter



LEFT: Monica Kravetz (daughter) and her husband Ken Kravetz.

Imagine having 105 candles on your birthday cake. It seems unbelievable, but Rose Kozar celebrated her 105th birthday last August. Currently residing at Plum Creek Senior Living in Brunswick, Kozar reminisced on her childhood. "My father made our toys from wood and we shared them," she said. "Everything we had was homemade, including our clothes. We did not have cell phones or video games or TV and played outside a lot."



Kozar had 7 siblings, 3 brothers and 4 sisters. Her husband worked for NASA and served in the Army. She had 2 children, Edward, and Monica, who is a registered nurse. She has 2 grandchildren and 1 great-grandchild. However, Kozar doesn't get to see her relatives very often. She has a digital picture frame that updates so that she can see everyone.

Formerly a hairdresser, Kozar gets her hair done weekly at Plum Creek, one of the many benefits she enjoys there. "I am treated well by the nurses and staff here and everyone is helpful and takes care of me," she shared. "The food and desserts are very good, but I don't like getting up at 6 am. I would like to be able to sleep until 9, but then I would miss breakfast." Two of her favorite foods are chocolate and dumplings.

The Boston University School of Medicine is performing a centenarian study to try to find the secret of longevity. Kozar is participating in this study. She attributes her longevity to living a simple life. She believes that more people are living to be centenarians because there's better medical care and more people are caring for their health.

PHOTO: Rose with Plum Creek Activity Director, Stacie Davis (left) and Executive Director, Kim Kinnan.

## Plum Creek's Leah Mortelette Celebrates 100th Birthday!

By: Brunswick BEAT Video Program



On January 17th, 2025, Leah Bage Mortelette celebrated her 100th birthday at a ceremony held at Plum Creek Assisted Living in Brunswick. In attendance to honor Leah were Mortelette's children and family, Brunswick Mayor Ron Falconi and retired Brunswick Schools' superintendent Jim Hayas.

Leah Bage Mortelette was born on January 19th, 1925, to Walter and Emily Bage in Willmerding, Pennsylvania, beginning an extraordinary life journey. Leah cherished her childhood on Air Brake Avenue with her two older sisters, Ruth and Alice, whom she was very close to. Leah's determination led her to graduate high school at 17 and secure a job at the rationing board, soon followed by her dream role as secretary at Westinghouse Memorial High School.

At 19, Leah met her soulmate, John (Jack) Mortelette, and they married in June 1945, embarking on a beautiful life together. Before being married, they would write endless love letters back and forth to each other while John was stationed overseas during World War II. He would also be injured in Anzio Italy, where he would receive the Purple Heart. The newlyweds lived on the Carlisle army base and when Jack was discharged from the army they moved to Wilkinsburg with Jack's family, where their two lovely daughters, Lynn and Jean were born.

In 1956, Leah's unwavering support enabled her husband's career transition to NASA, as they relocated to Brunswick, Ohio, and welcomed their son, Jack. Leah's selflessness shone as she raised her children, cared for her mother who lived with them, and inspired her community through her church choir at First Christian Church and the joy of welcoming some of her eight grandchildren.

In 1968, she assumed the role of secretary at Brunswick High School, subsequently working with the Brunswick City School District until 1984. In 1989, she would lose the love of her life. Her love of her family helped her through and she put all her time and love into her grandchildren. She would continue the weekly Sunday evening get-togethers where she would bake some of her famous recipes like her coffee cake, homemade buns and Belgian pie. She loved to travel and was able to visit England, Hawaii, Bahamas and many other places.

Mortelette loves music. She would always sing with her husband around the house and even has some old recordings of them singing together. She also performed in many plays and even sang "On the Good Ship Lollipop" to rave reviews at the age of 10.

Leah's family has grown with the addition of 4 great-grandchildren. She frequently reflects on her life with gratitude and an acknowledgment of her many blessings. She often shares that when she passes on, she hopes the people that love her will commemorate her life with much happiness.

# THE BENEFITS OF AN ORGANIZED ESTATE PLAN



MICHAEL LARIBEE

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



Estate planning is often a neglected part of personal finances. Let's face it: people do not look forward to leaving their loved ones behind. They often postpone the task as the issues of everyday life take priority. However, a well-structured estate plan ensures that your family is prepared for your passing. It will most certainly alleviate emotional, financial, and legal burdens during an emotional time. Organizing your estate planning documents, passwords, account information, and funeral arrangements is key. Here are a just few reasons why it is so crucial to get started right away:

## SIMPLIFY TASKS FOR FAMILY

Surviving family members are often left to sort through piles of paperwork of a deceased loved one. Without clear directions, surviving loved ones may be overwhelmed by locating important documents such as last wills and testaments, funeral instructions, bank accounts, brokerage statements, and insurance policies. Separating the most important documents in one place will prevent confusion and unnecessary delays in settling your affairs. It may also prevent unnecessary costs.

## YOUR WISHES WILL BE CLEAR

Organizing your estate documents ensures that your wishes will be honored after you are gone. By clearly outlining your instructions for assets, funeral arrangements, and other important matters, you provide a roadmap for your family. This is especially important if there are specific directions regarding division of assets or possible conflict among family members. The clearer your intentions, the less room there is for misinterpretation. You should review your estate planning documents periodically to address any changes in your life such as the death of intended beneficiaries.

## SIMPLIFY THE LEGAL PROCESS

The legal process of settling an estate can be long, expensive, and complicated, especially if your affairs are disorganized. As a general rule, most people do not want their assets to be part of a probate court administration. A well-structured estate plan will pass assets to beneficiaries without the difficulties and cost of probate court. The surviving family members will have access to funds more quickly and can proceed with selling or distributing assets without delay.

## FAMILY CAN LOCATE AND ACCESS ACCOUNT INFORMATION

Our financial lives are filled with numerous accounts, passwords, and online login credentials. Most people no longer receive monthly paper statements in the mail that would otherwise provide details about banking and retirement accounts. Your family may not even know where you hold your accounts, let alone whether you have named transfer on death beneficiaries. It is important to keep a secure list of usernames, passwords, and account information in a safe, accessible location. Consider using a password manager to securely store passwords. Without ready access to this information, surviving family members may find it difficult to locate and properly manage your assets.

## SIMPLIFY FUNERAL ARRANGEMENTS

One of the most difficult tasks for surviving family members is making funeral arrangements under emotional stress. There is a wide range of funeral options, many of which are quite expensive. Establishing a pre-arranged funeral plan can relieve your loved ones from making these decisions during a time of grief.



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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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## IDENTIFY OUTSTANDING DEBTS

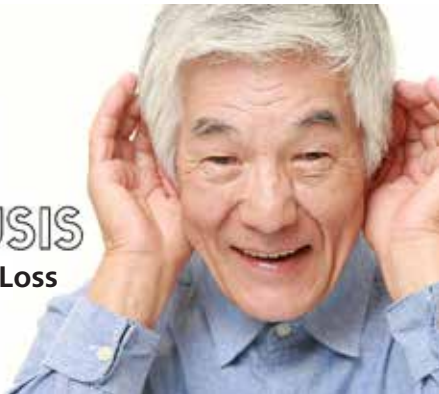
Ohio law provides that most creditors must submit formal claims in a probate estate within six months of the date of death. Organizing your debt obligations, including current credit card statements, mortgage documents, and promissory notes, will help your family identify your current obligations and prioritize payments. They can determine which claims are valid and which claims are barred by the six-month claim deadline.

Organizing estate planning documents and related accounts will create a comprehensive overview of your current finances. Your family

will learn more about your financial status. Moreover, they will understand how you expect them to manage your affairs upon your death.

# Health & Wellness

## ALL ABOUT PRESBYCUSIS Age-Related Hearing Loss



By: SHERRY CASSILY, Director, Archangels Specialty Home Care



SHERRY CASSILY



Age-related hearing loss, or presbycusis, is a prevalent issue affecting a huge portion of the older adult population. Approximately one in three individuals between 65 and 74 experience some degree of hearing impairment, a number that escalates to half of those over 75. This progressive decline in auditory acuity presents numerous challenges, impacting communication, cognitive function, safety, and overall quality of life.

One of the most prominent consequences of hearing loss is difficulty in communication. Strained relationships can result from frequent misunderstandings and frustration during conversations. Social isolation often follows, as individuals with hearing loss may withdraw from social gatherings to avoid the embarrassment and effort required to participate. This withdrawal can lead to loneliness, depression, and a diminished sense of well-being. The inability to fully engage in conversations and social activities significantly reduces enjoyment of life.

Beyond communication, hearing loss can also affect cognitive and mental health. Studies suggest a link between hearing impairment and an increased risk of dementia. The brain, forced to dedicate more resources to processing diminished auditory input, may have fewer resources available for other cognitive functions. Furthermore, the social isolation and communication difficulties associated with hearing loss can contribute to feelings of sadness, anxiety, and hopelessness.

Safety becomes a grave concern for those with hearing loss. Difficulty hearing alarms, doorbells, or car horns can create hazardous situations. Balance can also be affected, increasing the risk of falls. These safety implications underscore the importance of addressing hearing loss proactively.

Physical health can also be impacted. Tinnitus, a persistent ringing or buzzing in the ears, is a common co-occurrence with hearing loss. This can be incredibly distressing, disrupting sleep and concentration. The sheer effort of trying to listen and understand speech can also lead to significant fatigue.

Everyday life presents its own set of challenges. Simple tasks like following conversations, watching television, or talking on the phone become difficult. This can lead to a decline in independence, as individuals may struggle to manage daily routines without assistance.

Despite these challenges, effective management strategies can significantly improve the quality of life for those with age-related hearing loss. Seeking professional help from an audiologist is crucial. A comprehensive hearing test can determine the extent of hearing loss and guide recommendations for appropriate interventions. Hearing aids, while not a perfect solution, can significantly amplify sound and improve speech understanding. Assistive devices such as amplified telephones, TV listening systems, and alerting devices can further enhance daily functioning.

Effective communication strategies are also essential. Individuals with hearing loss should inform family, friends, and colleagues about their challenges. Asking people to face them while speaking, reducing background noise, and utilizing visual cues like facial expressions and body language can facilitate communication. It is also important

not to hesitate to ask for repetitions when necessary.

Lifestyle adjustments can play a supportive role. Protecting remaining hearing by avoiding loud noises is crucial. Maintaining a healthy lifestyle through regular exercise, a balanced diet, and sufficient sleep contributes to overall well-being, which can positively impact hearing health. Stress management techniques like yoga or meditation can also be beneficial, as stress can exacerbate hearing loss.

Support and resources are available to help individuals navigate the challenges of hearing loss. Joining support groups can provide a sense of community and offer opportunities to share experiences and coping strategies. Counseling can be beneficial for those experiencing depression or isolation related to hearing loss. Numerous online and library resources can provide further information and education about hearing loss.

Finally, patience and persistence are key. Adjusting to hearing aids can take time, and it is important to collaborate closely with an audiologist for proper fitting and adjustments. Frustration is common, but maintaining a positive outlook and focusing on available strategies can significantly improve the experience of living with age-related hearing loss. With appropriate interventions, support, and a proactive approach, individuals can continue to live full and engaging lives despite hearing challenges.

## MORE PLUM CREEK NEWS! COME JOIN US! Veterans Breakfast at Plum Creek Assisted Living



**OPEN TO ALL VETERANS**

**March 25th 8:30 a.m.**  
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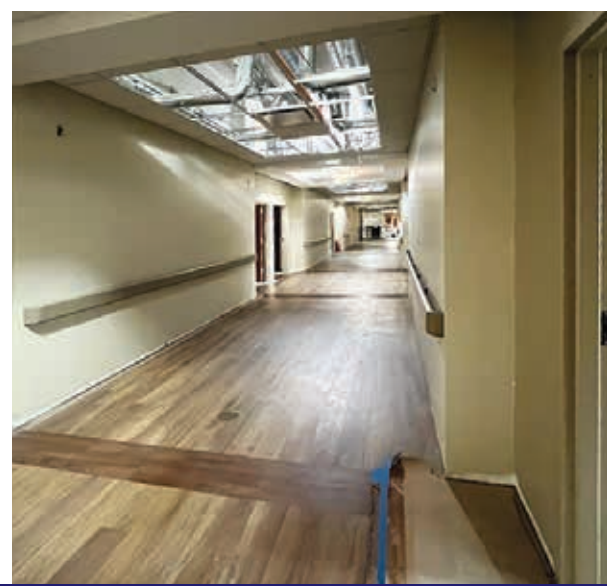
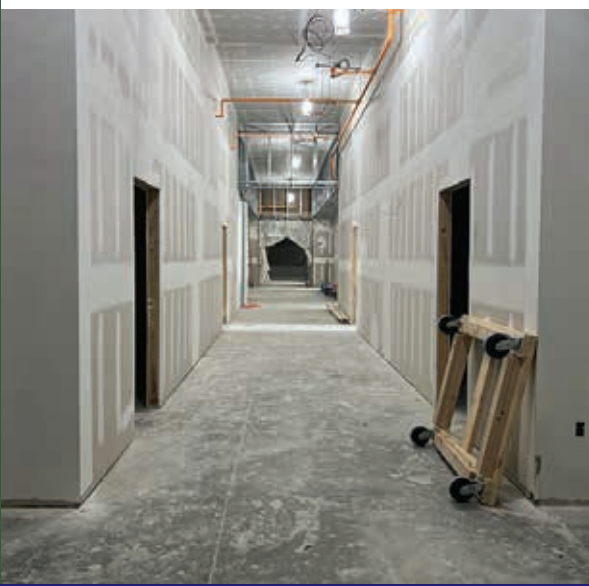
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# FROM WRMC WESTERN RESERVE MASONIC COMMUNITY

## INDEPENDENT LIVING 101

Aging is a fact of life that we can't change. Being able to maintain independence as you age is a concern for almost every older adult. The effects of aging can make independent living harder than it was when you were younger. Contributing factors include increased difficulty with mobility, isolation and loneliness.



### WHY MAINTAINING INDEPENDENCE IS SO IMPORTANT

Loss of independence can be discouraging when you've spent your life living independently. Losing independence has been shown to lead to increased depression and make other health issues worse. Staying connected is essential for your well-being. It has an impact on heart health, risk of stroke, and dementia.

Maintaining connections with friends and family contributes to a sense of belonging. This can lead to increased memory skills, greater activity, and greater feelings of independence. Senior living communities are an excellent option to live independently alongside other older adults with access to amenities and services.

Is a senior living community the correct fit for you? Independent living is for older adults who are still active and healthy and want to live independently. It can be an option

for empty nester's who find their large homes lonely and expensive to maintain. Consider these benefits of a senior living community.

### HOME MAINTENANCE IS DIFFICULT TO KEEP UP WITH

Maintaining a clean and safe home can be especially tiring as you age. A good, reliable, and affordable cleaning service can be hard to come by. Independent living can eliminate this burden by offering convenient housekeeping services.

After you've lived in your home for many years, maintenance issues tend to occur more frequently. Independent living offers on-site staff to make searching for a handyman a thing of the past. The staff manages everything from light bulbs to water leaks, all at no extra cost.

About 76% of Americans mow their lawn every two weeks. At independent living

CONTINUED ON NEXT PAGE >>



## Snowbirds got one thing right. SNOW IS FOR THE BIRDS!

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WESTERN RESERVE MASONIC COMMUNITY **WRMC**

communities, the maintenance staff makes sure that lawns remain well-groomed, and snow removal is also handled. If you enjoy particular parts of yard work, you can show your green thumb on the community gardens.

**YOU WANT TO BE MORE SOCIAL**

Isolation is a common problem across the United States. It's normal for older adults to feel lonely — especially when children move away, or a partner has passed. While living alone doesn't inevitably lead to loneliness, the two often go hand-in-hand. Isolation can negatively affect an older adult's mental health and well-being, and it may increase the risk of diseases and early mortality. Independent living communities offer daily social opportunities.

Loneliness may not be the reason you want to socialize more. You may just want more opportunities to make friends or try new things. Independent living is ideal because it allows you to fill your calendar. However, you can also spend a quiet evening on the couch if you prefer some alone time.

**YOUR NEIGHBORHOOD OR HOME IS NO LONGER A GOOD FIT**

Over the years, you may find that the neighborhood around you has changed due to new neighbors or construction. Independent living communities offer multiple floor plans to help you downsize and feel more comfortable. As you age, you may crave more peace and quiet. This can become difficult if you live next to noisy children or neighbors who throw rowdy parties.

Living alone or becoming less mobile in a big house may make you fearful of trespassers. Senior living communities eliminate this worry because

most communities have safety features. These added security protocols provide residents with much-needed peace of mind.

Aging often causes mobility issues that require safety modifications like stair lifts and grab bars in the home. If you'd rather not worry about these expenses and modifications, independent living communities are designed with older adults' safety and accessibility in mind. Most communities have low thresholds, widened doorways, and elevators for upper-level homes. Grab bars, fall alert systems, and walk-in tubs are other common features.

**YOU'RE READY TO EXPLORE NEW PASSIONS**

Retirement is an excellent time to pursue your interests. Independent living grants you the opportunity to pursue interests you may not have had time for previously. Continued learning increases psychological well-being and reduces the likelihood of dementia.

Regular exercise can help older adults stay independent, prevent health problems and have a better quality of life. It's recommended for older adults to get 30 minutes of light physical activity five times a week. Senior living communities often offer on-site gyms and classes designed for older adults.

**YOU WANT TO REMAIN INDEPENDENT AND AGE IN PLACE**

Older adults often think they're giving up some level of their independence when choosing independent living. Older adults can leave the community at their leisure, host friends and family, and attend community-scheduled outings. There's plenty of on-site entertainment, so residents don't have to leave the premises for everything. You don't have to worry about having to give up a furry friend. You can bring your pet with you!

If you think moving to a senior living community might be the right fit for you, consider touring a continuing care retirement community (CCRC) such as Western Reserve Masonic Community. CCRCs offer multiple levels of care on one campus that include independent and assisted living, memory care, and even

skilled nursing. All of these options in one place enable residents to age in one community without having to worry about moving if their health needs change.

Western Reserve Masonic Community just received the Activated Insights Customer Experience Award, earned

by scoring in the top 15% nationwide across a 12-month average in resident customer satisfaction. Jason French, WRMC President shared, "I am so proud of my staff. Their hard work and dedication made this prestigious award possible."



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# SOPREMA SENIOR CENTER

## News Warming up at the Soprema Senior Center!



HANDS Foundation Board members (pictured with SSC staff Lori Wilkinson & Tammy Reddish) were ready to bring Warm Wishes to the Soprema Senior Center in January.

January 2025 may have been one of the coldest months in recent history, but the warmth found at the Soprema Senior Center truly made a difference in the lives of seniors in a whole new way. For the first time ever, thanks to the wisdom of City of Wadsworth administration, the Soprema Senior Center became a 24/7 warming center during the subzero degree days in the middle of January. Even when Center programming was cancelled due to weather, dozens of seniors still gathered there each day, enjoying warm food available from the Soprema Café along with the welcoming environment. Three senior guests slept there multiple nights to keep warm. Coincidentally, that week ended with a special Warm Wishes program courtesy of the HANDS Foundation, where almost 100 seniors were treated to a free soup & hot chocolate bar lunch, catered by the Soprema Café. Everyone also left with a warm blanket! Several of the attendees expressed to staff that they had additional needs such as coats and boots to keep warm, and the HANDS Foundation generously granted each wish.

With spring now around the corner, the SSC is as warm and vibrant as ever! Be sure to look for their calendars full of great opportunities in this issue. The much anticipated April/May/June edition of their SSC EXPRESS newsletter will be posted by April 1 on their website at [www.wadsworthcity.com/SopremaSeniorCenter](http://www.wadsworthcity.com/SopremaSeniorCenter). Visit this same website for lots of other information,



including their "hot off the press" 2024 Annual Report full of amazing statistics.

The Soprema Senior Center offers free membership to anyone 55+ living in Wadsworth and the surrounding communities. This spring, be sure to make plans to visit and also check out the full service Soprema Café, located right inside the SSC and operated by the Medina County Senior & Adult Services. Enjoy delicious breakfast and lunch options, baked goods and coffees at great prices...your taste buds will thank you!

The Soprema Senior Center is open Monday – Friday from 8:30am – 4:00pm and the Soprema Café is open Monday – Friday from 7:30am – 2:00pm. You can stay updated on the latest happenings of the Soprema Senior Center on Facebook by liking and following the: Wadsworth Older Adults Foundation.

Wadsworth Older Adults Foundation

## The Royal Ball

Tickets available April 1st - 24th at the SSC!

Save the Date

May 8, 2025

Galaxy Restaurant

6:00pm-9:00pm

\$20 members

\$30 non-members

## "Under the Big Top"

SENIOR HEALTH & WELLNESS

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# The Music Box in Brunswick Offers Vintage Records, Trains and More

By: WYNN WILSON, BEAT Reporter

If you've ever accidentally broken an old-school gadget or instrument that needs repair or a replacement, there's a shop that can help: The Music Box. It's a small shop that specializes in old-time record players, organs, tape recorders, music boxes, clocks, trains, CDs, and tapes.

Earl Haug is the longtime owner of The Music Box. Earl started out by doing organ repairs from his home in the 1990s. In the mid-90s, he began looking for a building to buy or rent, eventually finding a space in Olmsted Falls, Ohio. The shop was originally a collectibles store with record players, organs, and, of course, music boxes. After several years, they moved to Vermilion and then back to Olmsted Falls. Now, they're located in Brunswick, Ohio, at 3511 Center Road, Suite A-B.

The Music Box is open on Mondays, Thursdays, and Fridays from 10:30 a.m. to 5:00 p.m. You can also schedule an appointment for other days if needed. "We have a little bit of everything," said Earl. "We go back to about the '40s, and a couple that go back to the 1920s." The store also offers a wide variety of trains, with traditional three-rail models and newer digital-control (DCC) trains. If you're into music boxes, you can choose from many different designs and pick songs ranging from older classics to newer hits.

One of Earl's favorite things about The Music Box is the people he meets. "You meet a lot of very nice people with diverse interests," he explained.

Whether you're a collector or just looking for a unique piece to enjoy, The Music Box offers a one-of-a-kind experience. With Earl Haug's dedication to his craft and customers, the shop has become a great spot for those who cherish vintage gadgets. From repairing record players to offering a wide selection of music boxes, clocks, and trains, The Music Box has something for everyone. Be sure to stop by and discover the treasures waiting for you at The Music Box.





**MEDINA COUNTY  
SENIOR DAY  
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# *Mardi Gras*

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## MORE ON DOOLEY GEMBALA

The Dooley Gembala McLaughlin Pecora law firm was founded in 1931 in northeast Ohio. Today our Firm serves clients near and far from our three offices: Medina, Sheffield Village, and Vermilion, Ohio.

The Medina office is managed by attorney Marc Hertrick. He has been practicing in the legal field for nearly 20 years since he followed his father, Paul Hertrick's footsteps, a respected longtime attorney serving northeast Ohio.

In spring 2024, associate attorney Matthew Aberegg, previously a Judicial Attorney in the Medina County Domestic Relations Court, joined the Medina office. Together, Marc and Matthew manage mid-market acquisitions and business transactions and provide legal counsel for large corporations, and flourishing startups, high-net-worth individuals, and real estate developers. In addition, they assist with succession planning, estate planning, marriage prenuptial and post-nuptial agreements, mediation and marriage dissolution.

For more information, visit [www.dooleygembala.com](http://www.dooleygembala.com)

By: BEAT Video Program

Due to the generosity of Brunswick's Donut Land (1321 Pearl Road, Brunswick), close to 60 vintage Brunswick Memories programs (featuring interviews from lifelong Medina County community members who have positively impacted our area, recorded between 2000 - 2010) and raw footage were digitally restored and brought back into circulation on the BEAT (Brunswick Educational Access Television) website and Cable Channel 1025.

The digitizing of the BEAT's Brunswick Memories program is part of an ambitious project where the BEAT is attempting to digitize and preserve hundreds of school and community videos produced between 1995-2015 (when the BEAT moved to the digital format).

"We started working with an outside contractor to digitize the videos in September 2024," said John Wasyliko, BEAT advisor. "Donut Land immediately stepped up and pledged \$3,000 to preserve about a third of our shows, including all of our Brunswick Memories programs and the raw footage for each of the shows. With this footage, our student BEAT reporters are starting to work on a series of theme-based mini-documentaries (such as education, farm life, etc.), which educate students and viewers on Medina County's rich past. We are so thankful for Donut Land's support."

Beginning in March, and every following month, several Brunswick Memories shows will appear on both the BEAT website ([www.bcsoh.org](http://www.bcsoh.org)) and on Cable Channel 1025 (Spectrum Cable). March shows will feature Donut Land founder Bill Reinerth, Angela & Russ Huston, and a special five-part tribute to Brunswick Towslee Elementary principal Bill Parschen (who passed away on March 19, 1999).

The BEAT is still seeking funding sponsors to convert the rest of Brunswick Schools' sports, arts and community programs produced between 1995-2015 from tape to digital. The goal is to have all footage transferred by Fall 2027, when the BEAT moves into its slightly smaller studio in the new Brunswick High School. "There just won't be room to store all of this footage," said Wasyliko. "So, we're making the effort now to preserve it digitally. Plus, once digitized, this footage could be incorporated into our BEAT students' mini-documentaries."

# Vintage Brunswick Videos Can be Seen Once Again!

## Donut Land Donation Brings Brunswick Memories Programs Back to Life



Angela & Russ Huston

Contact John Wasyliko at (330) 321-7601/cell or [jwasyliko@bcsoh.org](mailto:jwasyliko@bcsoh.org) to support the BEAT digitization project, or to become a BEAT annual sponsor. View the Brunswick Memories link ( <https://thebeat.viebit.com/?folder=Brunswick+Memories> ) to view currently posted shows.



Donut Land founder Bill Reinerth

**ABOUT BRUNSWICK BEAT**  
The award-winning BEAT Video Program consists of over 40 student "backpack journalists" (grades 6-12) who produce stories and videos about newsworthy items throughout Medina County. The program is sponsored by Donut Land, Plum Creek Assisted Living Community, Baskets Galore, and the Scripps Howard Foundation. Go to <https://www.bcsoh.org/domain/1154> to learn more about the Program, or visit <https://thebeat.viebit.com> to view videos produced by the students.

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# Financial Exploitation

## Ways to Spot and Prevent Financial Fraud

By: MARIE EDMONDS, Counselor at Law



MARIE EDMONDS

It seems that family dysfunction has recently become more widespread. That may be caused by the current economy, which results in an unemployed child moving in with the parent to take care of the parent and then the parent becomes the child's personal ATM. Or it may be caused by distance between siblings who are then forced to make decisions together regarding their aging parents.

As aging parents become more vulnerable, we often see financial exploitation and undue influence wreaking havoc on families.

How do we prevent this from happening?

Careful selection of our fiduciary, i.e., the person we choose to handle our finances now and/or our executor or trustee upon our death, is an extremely important step toward preventing financial exploitation. If we see or experience financial exploitation, it may be time for a guardian or conservator to be appointed so that a Court can oversee the financial situation of the person being exploited.

Choosing the right fiduciary or helper is not always as easy as it seems. It is very helpful to have a thoughtful discussion of what the fiduciary's duties are before choosing the person to serve in that role. Your estate planning attorney or financial advisor can assist you in these discussions. It may be that an independent person, not a family member, is the best choice. Alternatively, you can require that the fiduciary prepare frequent accountings and perhaps even appoint an independent "protector" who has the authority to remove the fiduciary and appoint an independent successor when necessary.

As we age, our family members, caregivers and fiduciaries may be odds with one another, and this may lead to one or more of them unlawfully removing assets from your home or bank accounts. This kind of scenario is one where a guardianship or conservatorship then makes sense. Depending on the severity of the "abuse" or exploitation, this may require an emergency petition to remove the current fiduciary and have a guardian appointed as soon as possible.

It is not always easy to identify when an elderly person is being financially exploited. As the exploiter is often a family member, it may be wise to give consent to your attorney or advisor to contact an independent individual if they think abuse or exploitation is happening.

Also be on the lookout for deathbed changes to an estate plan. You certainly have the right to distribute your estate

to whomever you choose but be aware of someone trying to convince you to make changes to their own benefit.

Remember to update or align your beneficiary designations to match your estate plan. Often they do not match your ultimate wishes and you cannot rely on your beneficiaries to "make it right."

In the course of putting together your estate plan and

after you have put it in place, you may want to consider a family meeting to explain who the fiduciaries are and what your plan entails. Sometimes your plan may not be what your family expects, and it may be better to discuss why you've done what you've done while you are able to be the one doing the explaining.



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

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



Marie Edmonds



Ashley Sorgen

# 10 Things People with Developmental Disabilities Want You to Know



March is Developmental Disabilities Awareness Month, a time when we celebrate the importance of inclusion of people with developmental disabilities in all areas of our community. A time to recognize their abilities and, more importantly, what we all can do to make our community a place where people with disabilities are welcomed and embraced as valued citizens.



## So, what do people with developmental disabilities want others in their community to know?

**[ 1 ]**

Treat me as you would your peers. Do not speak down to me. I love a good joke, tease, or challenge just like you.

**[ 2 ]**

Don't speak loudly when you talk to me. Speaking more loudly won't make me understand you better. While people with developmental disabilities have varying degrees of abilities, we are not all necessarily hard of hearing. When speaking to us use clear, simplified language and speak a little slower, not louder.

**[ 3 ]**

Setting expectations helps us fit in. Knowing ahead of time what will happen in a situation helps us prepare. We are more at ease when you describe what you will be doing now, and perhaps the next one or two steps that will follow.

**[ 4 ]**

Please do not call me a kid. People with developmental disabilities range from ages 0-100.

**[ 5 ]**

Draw boundaries. Do not allow me to get away with bad behavior—just as you wouldn't allow someone without a developmental disability to behave badly.

**[ 6 ]**

Ask me about my thoughts and allow me the time to answer. Sometimes it may take me longer, but please do not speak for me or put words in my mouth. Please be patient so I can express myself in different situations.

**[ 7 ]**

Please ask if you can help me before acting. Many people just assume I need help, when in reality I am able to do many things myself, again it may just take a little longer. I will ask for help if and when I need it.

**[ 8 ]**

Sometimes I ask a lot of questions. People with developmental disabilities can be very curious about what you are doing and also just about

- celebrating ability -

**Medina County**  
board of developmental disabilities

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

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you. If my questions get too invasive, it's okay to say, "I'm not comfortable with answering that."

**[ 9 ]**

Have fun and enjoy our time together. Be prepared for bluntness as many of us are very honest. Sometimes we may say things that strike a nerve, it's just something we do.

**[ 10 ]**

We are typically enthusiastic and upbeat. We enjoy life. If it becomes overwhelming, it's also okay to ask for a break.



**People with developmental disabilities want to be part of our community. They want to live, learn, work and socialize just like every other person. Knowing the best ways to help them feel welcome is important for all of us. For more information about ways to connect to people with developmental disabilities, visit the Medina County Board of DD website at [www.mcbdd.org](http://www.mcbdd.org) or call 330-725-7751.**



# HOME HELP

## THE EMOTIONAL SIDE OF MOVING



JANET GOMMEL



By: JANET GOMMEL, REALTOR, Howard Hanna

Most people that have not been in their homes for as long as you don't quite understand that you have decades of memories, items that evoke those memories, and even the way your home has the pleasant scent that says you are home. These memories produce trepidation, anticipation, and concerns.

This is where you need to have a professional Senior Real Estate Specialist that understands and can help you rally your immediate circle. We become a team. These are your friends, family, church family, neighbors or whomever you consider your circle, those that can lean on you and you can lean on them.

We as a team will understand the emotions that you are feeling, they may pop up at any step, your Senior Real Estate Specialist will listen, understand, and help you work through the sad stories, the happy stories, and be there to support you at every step of the move.

As your Senior Real Estate Specialist, it is my job to help focus on the positive nature of your

reasons for downsizing. You will have fewer responsibilities to maintain your new home, which will allow you time for new activities and meeting new people that might come into your circle of friends.

Although you currently think that downsizing might be overwhelming, so many things, so much to do. We will work together to accomplish one item at a time. Items that family may want to have you won't need any longer. Items that you have been planning on sending to charity. This process will take time, it isn't a race. This is where family and friends come in to help. Sometimes we might need an expert, we will call a move manager, who can help oversee the entire process, or just focus on specific aspects you may need help with.

No one's move is the same as the next. As your Senior Real Estate Specialist (SRES), it is my responsibility to give you the best advice and make your move as seamless as possible.

## Buying and Selling a Home? Contact the Best!

A house is a building, a home is your haven. You need a REALTOR® who will listen and communicate effectively. Someone who is dependable and patient as well as knowledgeable and willing to give you honest opinions so that you can sell or purchase with confidence. The REALTOR® that will offer you the best tools to keep you paramount in the market place.

I am that REALTOR®. Call for all of your Real Estate needs!



Real Estate Services



**Janet Gommel**

Top 3% in homes sold  
Mega Million Dollar Producer

[janetgommel@howardhanna.com](mailto:janetgommel@howardhanna.com)

**330-242-2020**

## BUYING AND SELLING A HOME? CONTACT JANET TODAY!

As a Senior Real Estate Specialist, helping buyers and sellers maneuver through the intricacies of selling and or buying a home is my passion. Many Baby Boomers and The Greatest Generation have not bought or sold a home in decades. I am the first call to make to make this the smoothest transition possible. My specialty includes an initial consultation with my clients and/or their families.

During our initial conversation we will discuss every detail, identify which other resources are needed before, during, and after the sale or purchase of a home. Communication is key. Being part of the Medina County Senior Services Network has given me insight into other specialists in their fields. This is an important asset for all my sellers and buyers. Creating a seamless transition alleviates stress. This is my goal for everyone.

I believe that my clients are the most important part of every sale. My team takes pride in delivering personal and professional service to each individual we represent.

Licensed in 1998 as a sales agent, and 2003 as a Broker, plus I achieved the Accredited Buyer Representation certification, I was trained by the National Association of Realtors as a Mediator for the Board of Realtors, I have an ePro designation as well as proudly being a Senior Real Estate Specialist.

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**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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# SHOULD I TRANSFER MY HOME TO MY CHILDREN?



ANN SALEK



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

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

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

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

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

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

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

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**Empowering our clients is our primary goal.**



For assistance, contact attorney

**Ann Salek\***

\*Certified Elder Law Attorney

\*Certified Specialist in Estate

Planning, Trust, and Probate Law

salek@ccj.com

330.723.6404

4996 Foote Road, Medina, Ohio, 44256  
www.ccj.com

# Opening Doors to Literacy:

## Medina's Outreach Services Brings Books to Seniors and Under-Served Communities



Ann Plazek at Senior Expo helping patrons learn about the outreach services.

Medina County's outreach services are a huge part of many peoples' lives. The Outreach Service Department at Medina County District Library (MCDL) includes home delivery of personalized materials to anyone who is unable to access the library buildings, the Bookmobile, or Lobby Stops in senior living communities. These small but mighty services are important to have because some older adults living in senior homes cannot drive to the libraries.

"We serve over 150 older adults living at home or senior living communities who may not be able to drive to the library themselves and we may be the only people they regularly see," said Ann Plazek, MCDL Outreach Services Manager.

While the Bookmobile service began in 1948 and has expanded over the years, the home delivery program started in 1980. Plazek has been the director of the service for 14 years and it has been "the most rewarding role of my career," stated Plazek.

**Check out more about the outreach services at <https://mcdl.info/outreach>**



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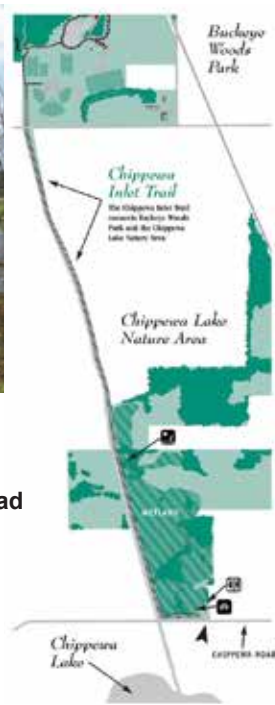


# Seniors! Get Fit This Year!

## Bike & Walking Trails Offer Endless, Safe Enjoyment!

### Chippewa Inlet Trail

Runs North & South between Chippewa Road and Buckeye Woods Park



**LENGTH:** 1.75 miles  
**SURFACE:** Asphalt Paved  
**TERRAIN:** Flat  
**PARKING:** Buckeye Woods & Chippewa Road



### Chippewa Rail Trail

Runs North & South between Chippewa Road and Wycliffe Drive Neighborhood off of Ryan Rd.



The Chippewa Rail Trail is a 10-foot wide paved trail ideal for biking, jogging and walking. It is located in Lafayette Township in Medina County. It runs for 2.75 miles from Chippewa Road to Wycliffe Drive. This is a pleasant, scenic path that is beautifully tree-lined and also runs along portions of Medina Country Club.

The parking lot is located on the south side of Chippewa Road, approximately a quarter-mile east of Lake Road. A portable toilet is also accessible for your convenience.



### County Line Trail

Runs East & West between the communities of Creston and Rittman

The County Line Trail spans 6.7 miles between Creston and Rittman in Wayne County. Much of the trail parallels an active railroad. There are 3 portable toilets at different locations along the trail.



**LENGTH:** 6.7 miles  
**SURFACE:** Asphalt (includes a 0.8 mile simple road section)  
**TERRAIN:** Flat  
**PARKING:** Creston, Rittman, Sterling and a few lots along the route

### Cuyahoga Valley Towpath Trail

Runs North & South between Cleveland and Canal Fulton and beyond

Take a historic journey through time on the Ohio & Erie Canal Towpath Trail. You can still see remnants of the many historic canal locks and related structures. You can also enjoy the beauty of forests, fields, and wetlands flanking the path as it winds its way through the Cuyahoga River Valley. You may even get a glimpse of an Eagle, Blue Heron, Peregrine Falcon or Deer. See historic sites and learn more about these areas from various info plaques and park rangers along the way.

The most popular section of the Towpath Trail runs between Ira Trailhead on Riverview Road and the Boston Store Visitor Center across from Boston Mills Ski Resort. Parking and trail heads can be accessed throughout sections of the path. Probably the most popular spot to park and begin your journey is in Peninsula. Why not check out the beautiful town of Peninsula while you're there?



**TERRAIN:** Flat with a few very slight gentle grades  
**SURFACE:** Hard crushed limestone with some brief paved sections and wood plank boardwalks



# MORE LIBRARY NEWS

## IT'S ALMOST SPRING!

Get Better Health with  
Medina County District Library

MCDL is offering a variety of health and wellness events to get you physically and mentally in the mood for a great spring and summer! We are also offering a special series of dementia training and continue with Memory Café, where people living with memory loss and their caregivers can gather.

### MEMORY CAFÉ

Buckeye - Mon., Mar. 3, Apr. 7, May 5, 1:00 pm  
Come for light snacks, fun activities, socialization, and resources for those living with memory loss along with their care partners. No registration required.

### GUIDED MEDITATION

Brunswick - Thu., Mar. 13, 6:30 pm  
De-stress and calm your mind. Please register at [mcdl.info/HealthEvents](http://mcdl.info/HealthEvents).

### PARENTING THROUGH SELF LOVE

Brunswick - Wed., Apr. 2, 6:30 - 8:00 pm  
Cultivate positivity and develop self-love tools as you learn to fully embrace your child and the parenting journey. Please register at [mcdl.info/HealthEvents](http://mcdl.info/HealthEvents).

### DEMENTIA FRIENDLY COMMUNITY TRAINING

Brunswick - Mon., Apr. 21, 11:00 am  
Zoom - Fri., Mar. 7, 9:00 am  
Learn basic information about dementia and how to best serve members of our community who are living with it. Please register at [mcdl.info/DementiaTraining](http://mcdl.info/DementiaTraining)

### BEGINNER CHAIR YOGA

Buckeye - Thu., May 1, 6:30 pm  
Learn beginning yoga movement and breathing. No registration required.

Join us  
at the  
Village

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Community  
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Faith &  
Compassion



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Coming Soon

[vsecommunities.org](http://vsecommunities.org)

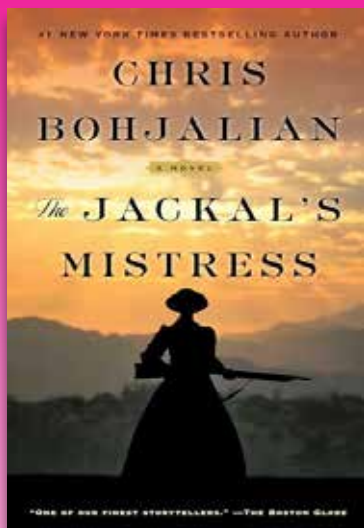
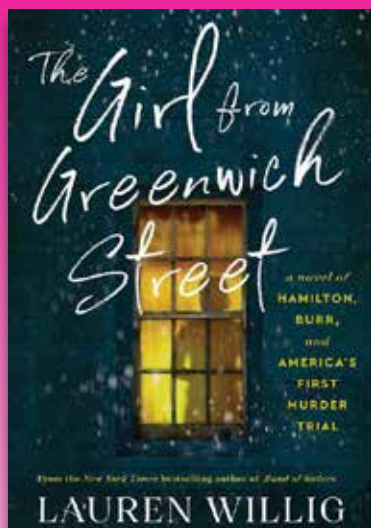


# LIBRARY NEWS

*Read it and Reap!*

## SPRING READING Some Titles to Check Out!

From: **MARY OLSON**, Readers' Advisory Librarian



## Technology Courses

MCDL is offering a variety of tech courses this spring. From AI for seniors to learning Canva, there are always on-trend courses at the library. Also explore the technology in the Makerspace with demos and opportunities to make items with the help of our staff. Most events required registration at [mcdl.info/Tech-nologyEvents](http://mcdl.info/Tech-nologyEvents)

### DIGITAL LAB AND MAKERSPACE DEMOS

Medina - Mon., 1:30 pm - Watch equipment demonstrations. **Please register for these events.**

- Mar. 3 - Laser Engraver
- Apr. 7 - VHS, Hi8, MiniDV Video Transfer
- May 5 - Embroidery Machine

### CAMP WIRED

Medina - Every Thu., 10:30 am - 12:00 pm  
Learn or brush up on your computer skills and software with Sherri. Call for topics.  
No registration required.

### TECH CLASSES

Learn new computer and tech skills with Pieri. **Please register for these events.**

- (Lodi) - Mon., 6:30 pm**
- Mar. 17 - Android Mobile Devices Tutorial
- Apr. 14 - Apple Mobile Devices Tutorial
- May 19 - AI for Seniors
- (Brunswick) - Thu., 1:00 pm**
- Mar. 20 - Android Mobile Devices
- Apr. 3 - Intro to AI and Chat GPT
- (Highland) - Mon., 6:00 pm**
- Mar. 24 - AI for Seniors
- (Medina) - Wed., 6:30 pm**
- Mar. 26 - Windows 11
- Apr. 30 - Android Mobile
- May 21 - Apple Mobile

### PRESERVING DIGITAL MEMORIES

Medina - Wed., Mar. 26, 6:30 pm  
Have you digitized your family photos, videos, or other memorabilia? Learn to use the 3-2-1 backup system to keep your digital files safe and secure. Please register for this event.

### INTRODUCTION TO CANVA

Medina - Wed., Apr. 23, 6:30 pm  
View a demonstration of Canva, a free, online graphic design resource. Learn to create custom designs for a variety of projects. Includes discussion of how to print creations in the Makerspace.  
**Please register for this event.**

## Get Ready for Spring with Home & Garden Events

We are all eager to get out into our yards this spring. MCDL and partners can make this the best year yet for your outdoor spaces. Learn from Master Gardeners, the experts at the Soil & Water Conservation District, take part in a perennial exchange, and more!

### STORM DRAINS & YOU

Medina - Wed., Mar. 19, 6:00 pm  
Local drain expert Ed Kelly explains how to prevent flooding in your home. No registration required.

### MEDINA COUNTY SOIL & WATER CONSERVATION DISTRICT

#### Native Plants & Pollinators

Highland - Thu., Mar. 20, 6:30 pm  
Learn about the role of native plants in our ecosystem and what we can do as gardeners to support Ohio's pollinators.

#### Gardening in the Dark

Medina - Thu., Apr. 3, 6:30 pm  
Learn about Ohio's nighttime pollinators and how to design a garden for them.

#### Alternatives to Invasive Species

Highland - Thu., May 28, 6:30 pm  
Learn about invasive species, why they can be harmful to our ecosystems, and which alternatives you can plant. No registration required for these events.

### OSU EXTENSION MASTER GARDENER VOLUNTEERS

Lodi \* - Tue., Apr. 1, 6:00 pm  
Discover the benefits and basics of raised bed gardening. Please register at [mcdl.info/HomeEvents](http://mcdl.info/HomeEvents)  
Seville - Tue., Apr. 15, 6:00 pm  
All about bluebirds. No registration required.

### HOW TO MAINTAIN YOUR SEPTIC TANK

Highland - Wed., Apr. 9, 6:30 pm  
Medina County Health Department guides you on maintaining septic tanks. Please register at [mcdl.info/HomeEvents](http://mcdl.info/HomeEvents)

### PERENNIAL EXCHANGE

Medina - Sat., May 10, 10:00 am - 12:00 pm - Bring your extra perennials to exchange. Plants should be in a bag or container and labeled with care instructions. No registration required.

**Makerspace & Digital Lab**  
at Medina Library

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