



# Helping HANDS

A Publication of the HANDS Foundation

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

## SENIOR DAY!

At Medina County Fairgrounds on May 21



From: MCSAS

The good times rolled at Medina County Senior & Adult Services' (MCSAS) Mardi Gras-themed Senior Day on May 21, 2025 at the Medina County Fairgrounds' Community Center. Roughly 620 attendees braved the morning raindrops for this yearly senior health and information event. Over 80 sponsors were on hand to share information, products and services geared toward this rapidly growing demographic. Nearly every county agency turned out as well, to let the public know how they serve their constituents.

The doors opened promptly at 9:00 a.m. to a very large crowd. Everyone got a souvenir

MCSAS hurricane cup upon entering, as well as a raffle ticket. Raffle packages were donated by the exhibitors.

The Dukes of Darrowville Dixieland Band set the tone with lively tunes as the crowd poured into the community center. Just before lunch, they took a break for a short program as Laura Toth, MCSAS Director, and Jenny Kiousis, MCSAS Activity Coordinator and director of the event, welcomed the crowd. A color guard from the Marine Corps League presented the flag, followed by a stirring rendition of our national anthem by MCSAS member Mike McNosky. Medina County

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



**HANDS FOUNDATION**

Mailing ..... P.O. Box 868 • Brunswick, OH 44212  
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**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.

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**NEWSPAPER**

Publisher .....Greg Ramler  
To Submit Ads & Articles..... Contact Greg  
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Email: .....Gramler@Zoominternet.net

Ad & Article Deadline for SEPT/OCT Issue: 8/20/25

**GET ON OUR MAILING LIST**

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**HANDS  
SPECIAL RECOGNITION!**



The HANDS Foundation would like to recognize and celebrate someone truly exceptional – Emily Giangiulio. While she proudly serves as a dedicated member of the HANDS Board, Emily's contributions go far beyond the boardroom. She is a beautiful soul with the biggest heart, and her impact on our seniors in Medina County is nothing short of extraordinary.

As an Account Executive for Traditions Hospice, Emily consistently goes above and beyond. Whether it's 6 AM or 10 PM, she always answers the call – literally and figuratively – advocating fiercely for those her team cares for. Her commitment, compassion, and tireless work ethic set her apart.

Emily has made a profound difference throughout Medina County from networking and fundraising to volunteering and so much more. She always stays grounded in doing the right things for the right reasons, and that integrity shines through in everything she does.

Emily, please know how deeply loved and appreciated you are by all of us in Medina County. You are an incredible asset to our community – truly beautiful inside and out.

216.621.0303  
800.626.7277  
AreaAgingSolutions.org

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



- Aging & Disability Resource Center:**  
The starting point for information, assistance & counseling.
- Family Caregiver Support Program:**  
Information, respite, counseling & other services.
- Older Americans Act Programs:**  
Community-based meal sites & home delivered meals.
- PASSPORT Medicaid Waiver Program:**  
Long-term support with in-home services to older adults.

**Western Reserve  
Area Agency On Aging**

--- SERVING ---  
CUYAHOGA, GEAUGA,  
LAKE, LORAIN AND  
MEDINA COUNTIES

*Providing choices for people to live independently in the place they want to call home.*



# SENIOR DAY

Commissioners Steve Hambley and Aaron Harrison presented a Senior Day Proclamation, and an invocation by Chaplin Rex Hammon of the American Legion concluded the ceremony. Attendees were then treated to a Subway box lunch which they enjoyed while the band resumed playing.

MCSAS would like to thank the volunteers who helped make this event a success, including members of their

Advisory Council. The Medina County Fair board kindly donated the space for the day. A special thanks goes out to the Medina County Senior and Adult Foundation for covering the cost of the entrance fee and meal so everyone could attend for free. Please support the foundation's upcoming fundraisers, The Twin Sizzler Races on July 4th. More information about the foundation and its fundraisers can be found at [www.mcsaf.org](http://www.mcsaf.org).



Marine Corps League Color Guard.



MCSAS welcome table.



Dukes of Darrowville Dixieland Band.



Medina County Commissioners, Steve Hambley and Aaron Harrison.



Happy crowd at the lunch tables.

**2024 Best of the Best**  
MEDINA COUNTY READER'S CHOICE  
THE GAZETTE  
*Serving Medina County Since 1832*

**24/7 NURSING CARE**  
**HOSPICE AND PALLIATIVE CARE**  
**FULL-SERVICE THERAPISTS**  
**RESPIRE CARE**  
**UPSCALE AMENITIES**  
**ALL PRIVATE ROOMS**  
**REHABILITATION GYM**

**A PLACE THAT FEELS LIKE HOME**  
AVENUE AT MEDINA CARE & REHABILITATION CENTER

**Avenue**

**ACCEPTING LONG TERM CARE PATIENTS!**

**699 EAST SMITH ROAD | MEDINA | 330-721-7001 | [AvenueAtMedina.com](http://AvenueAtMedina.com)**





## YOU'RE INVITED

The HANDS Foundation is celebrating a remarkable milestone—our Pearl Anniversary marking 30 years of making a difference!

### THANK YOU TO OUR PRESENTING SPONSORS

Western Reserve Masonic Community  
The Avenue of Medina  
Generations Senior Living  
Foundations Health  
The Village at Hinckley Oaks  
Medina Meadows

This isn't just a celebration; it's a tribute to three decades of wishes granted and lives touched.

To mark this pearl of an anniversary, we're throwing an enchanting all-white soirée featuring a captivating dueling piano performance. The evening will be complete with a fabulous meal prepared by Chef Chyenne from Hell's Kitchen, plus basket raffles, side boards, wine, and beer!

Mark your calendars for the evening of August 8th!  
The event will be held at Buffalo Creek Retreat beginning at 5:00p.m.

Buffalo Creek Retreat is located at 8708 Hubbard Valley Road Seville, OH 44273

RSVP information is on the next page ->

## TICKET DETAILS

The HANDS Foundation is celebrating a remarkable milestone—our Pearl Anniversary marking 30 years of making a difference!

Individual Ticket: \$50.00 per person

Table for 8: \$375.00

Special Rate for Board Members (Past, Present, Honorary): \$30.00 for the board member and their guest (both charged \$30.00 each)

Please provide the following details to complete your ticket purchase and email them to [chrisseywallershandsfound@gmail.com](mailto:chrisseywallershandsfound@gmail.com):

#### Contact Information:

Name of Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_

Would you like to purchase a table?

☐ Yes

☐ No

Names of Attendees (Please list all names of people attending):

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

Name 3: \_\_\_\_\_

Name 4: \_\_\_\_\_

Name 5: \_\_\_\_\_

Name 6: \_\_\_\_\_

Name 7: \_\_\_\_\_

Name 8: \_\_\_\_\_

Payment Method:

☐ I will mail a check to HANDS Foundation, PO Box 868, Brunswick, Ohio 44212.

☐ Please email me an invoice to pay with a credit card.

## SPONSORSHIP OPPORTUNITIES



Legacy Pearl Sponsorship - Helping Families Over Severe  
Company Name in Sponsor Program  
Company Name on Signage at Event  
4 FREE TICKETS for Event  
Free 1/2 Page AD in HANDS Paper  
Banner on HANDS Website for all of 2025

\$1000



10 Years of Pearl Sponsorship  
Company Name in Sponsor Program  
Company Name on Signage at Event  
2 FREE TICKETS for Event  
Free 1/4 Page AD in HANDS Paper

\$750



Shining Pearl for Seniors Sponsorship  
Company Name in Sponsor Program  
Company Name on Signage at Event  
1 FREE TICKET for Event  
Free Business Card AD in HANDS Paper

\$500



Pearl of Seniors Sponsorship  
Company Name in Sponsor Program  
Company Name on Signage at Event

\$200



# PURSES WITH A PURPOSE

An event to benefit  
Feeding Medina County



**FEBRUARY 3, 2026**

4:30pm - 6:30pm

WESTERN RESERVE MASONIC COMMUNITY CENTER  
4931 NETTLETON RD., MEDINA OHIO

\$30 per ticket • Cash, Check or Money Order

No tickets will be sold at the door

Pay by mail or contact Devon Diello 330.635.7117 for more information

PRESENTED BY

**Medina Meadows**  
REHABILITATION & NURSING CENTRE



**WESTERN RESERVE**  
MASONIC COMMUNITY

*Tying the community together to benefit Seniors*



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**WESTERN RESERVE**  
MASONIC COMMUNITY

*Tying the community together to benefit Seniors*



**PURSES**  
WITH A  
**PURPOSE**

**Yes, I want to support our Senior Community!**

Please make my reservation(s) to Purses with a Purpose

Number of tickets \_\_\_\_\_ x\$30 = \_\_\_\_\_

☐ Cash ☐ Check ☐ Money Order ☐ Invoice

Payable to: Feeding Medina County

Name \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_





## COMPUTER AND PHONE SCAMS EDUCATIONAL PRESENTATION FOR SENIORS

**MEDINA MEADOWS, 550 MINER DRIVE  
JULY 17<sup>TH</sup>, 2025, 5:00-6:00PM**

The Medina County Scam Squad is a financial fraud task force created by the Medina County Prosecutor's Office in conjunction with the Medina County Office for Older Adults, that unites nonprofits, social service agencies and local, state and federal law enforcement in the fight against scams. Our goals are to:

- Educate Medina County residents about different types of scams.
  - Encourage Medina County residents to report scams.
- Share scam reports with the agency best-suited to investigate.  
If you suspect you are involved with a scammer, you are not alone.  
We can help. Report suspicious calls and emails to Scam Squad.



**SCAM SQUAD**  
MEDINA COUNTY  
*Be Aware...and be Wary!*  
**1-877-SCAM-550**

Thomas Condosta is an Assistant Medina County Prosecutor and Director of The Medina County Scam Squad. He has over thirty years of experience as an attorney in both criminal and civil litigation and is a frequently requested speaker on the topic of scams and fraud.

## Cheers to Our Medina County Seniors!



**THANK YOU  
PROFESSIONALS,  
THE WINERY AT  
WOLF CREEK,  
AND EMILY!**

A huge shoutout to everyone who joined us for our Cheers to Our Medina County Seniors event at The Winery at Wolf Creek—an evening dedicated to raising awareness for the HANDS Foundation. From local professionals to community members, it was truly a special night.

A heartfelt thank you goes to Board Member Emily Giangulio for organizing this wonderful event. If you've never visited The Winery at Wolf Creek, you absolutely should—the wine is delicious, and the views are breathtaking!

# SAVE THE DATES!

## Seniors Summer Soirée!

Presented by the Medina County Senior Service Network

All seniors in Medina County are warmly invited to a special evening of fun, food, and friendship!

### LOCATION:

The Village at Hinckley Oaks  
1456 Ridan Way, Hinckley, OH 44233

**DATE:** Thursday, August 21st

**TIME:** 5:00 – 7:00 p.m.

### ENJOY:

Live music

Delicious food & drinks

Build-your-own fresh flower bouquets to take home!

A fun-filled raffle with baskets provided by members of the Medina County Senior Service Network — all proceeds benefit The Medina Walk to End Alzheimer's.

RSVP Today to Chrissy Waller!

cwaller@btrhaus.com

(330) 632-3223

## Join us for the Medina County Festival of Trees Presented by The HANDS Foundation

**DATE:** December 5th | **TIME:** 6:00 p.m.

**LOCATION:** The Echelon of Medina Independent Living

### THIS FESTIVE EVENT RAISES FUNDS FOR TWO AMAZING CAUSES:

- The Brunswick Optimist Club, a local chapter of Optimist International, dedicated to bringing out the best in Brunswick's kids through volunteerism and community programs.
- Hope Recovery Community in Medina, supporting their children's programming.

We invite you to donate beautifully decorated trees and wreaths to help support these vital programs. On the night of the event, everyone is welcome to come, enjoy the festive atmosphere, and bid on these stunning trees and wreaths — perfect if you're looking for a new holiday centerpiece!

Mark your calendars and be part of a night that brings joy and hope to children in our community.

If you have questions please reach out to [chrissywallerhandsfound@gmail.com](mailto:chrissywallerhandsfound@gmail.com)



# Why Ohio Seniors Should Use an Attorney for Medicaid Planning

As more Ohio seniors and their families seek long-term care options, the importance of expert Medicaid planning has never been clearer. Medicaid planning involves navigating complex legal and financial rules that can vary significantly from state to state, making the guidance of an experienced Ohio attorney essential.

Medicaid eligibility and asset protection strategies are often complicated and require detailed knowledge of Ohio’s specific laws. Without proper planning, seniors risk application denials, penalties, or delays that can significantly impact their access to care. An attorney familiar with Ohio’s Medicaid program can develop tailored strategies to protect assets, ensure eligibility, and maximize benefits.

“HANDS Supporters emphasize the value of trusted legal advice during Medicaid planning,” said a spokesperson. “An experienced attorney not only helps avoid costly mistakes but also provides peace of mind during a challenging time.”

In addition to legal expertise, attorneys assist with complex paperwork and can represent clients during Medicaid appeals, providing critical support in a difficult process.

For Ohio seniors and families seeking qualified legal assistance, several well-known attorneys and firms in the community have built strong reputations for helping seniors with Medicaid planning:

- Edmonds Sorgen, LLC – (330) 725-5297
- Stano Law Firm – (440) 888-6448
- Critchfield, Critchfield & Johnston, Ltd. – (330) 723-6404
- Larabee Law, LLP – (330) 725-0531

These professionals are recognized for their dedication to seniors and their expertise in Medicaid planning, ensuring clients receive the best possible guidance.

As Ohio’s aging population grows, expert Medicaid planning remains a vital resource for securing long-term care and protecting family assets. Seniors and their families are encouraged to consult with a qualified Ohio attorney to navigate this complex process effectively.

## Baskets Galore in Brunswick Announces Rebrand to Reflect Expanded Gift Offerings and Community Commitment



Customers are invited to visit during business hours, Monday through Friday from 12 p.m. to 6 p.m., to meet the friendly team, including Hannah and Deborah Wasylo. Visitors might even enjoy a delicious Cheryl’s cookie while they browse.

For more information about their rebrand or gift options, contact Baskets Galore at (330) 220-0088 or email [wow@basketsgaloregifts.com](mailto:wow@basketsgaloregifts.com).

By: CHRISTINA WALLER, Executive Director, HANDS Foundation

Baskets Galore, a cherished local business known for its personalized gift baskets, is preparing to rebrand with a new name that highlights its expanded range of products and services. While exciting changes are underway, one thing remains steadfast: their deep love and ongoing support for the seniors of Medina County through their strong partnership with the HANDS Foundation.

Located at 95 Pearl Road, with convenient entry on Skyview Drive, Baskets Galore has been a trusted source of joy in the community by crafting thoughtful gifts for every occasion. Their rebrand will showcase that they are much more than just “baskets”—they create meaningful and memorable gifting experiences.

“As the Executive Director of the HANDS Foundation, I can personally attest to Baskets Galore’s unwavering commitment to our seniors and the broader community,” said Christina Waller. “Their generosity and passion for giving back go hand-in-hand with their mission to make gifting extraordinary. Whether it’s a gift for a child, a grandchild, or a thank-you present, they help make every moment special and effortless.”

Baskets Galore offers an impressive variety of gift options, including gourmet delights, fine beverages, luxurious spa treatments, and personalized keepsakes such as engraved wooden boards and leather journals. They cater to every need—from celebrating promotions to expressing client appreciation—ensuring lasting impressions every time.

Their dedication to community is exemplified through their ongoing support of the HANDS Foundation, which serves seniors in Medina County, reinforcing their role as more than just a business—they are true partners in community care.



JOIN US FOR

CAREGIVER  
SUPPORT  
GROUP



WITH CHAPLAIN BILL MARRAS

WE WILL DISCUSS:

- Share what we are encountering in pre-grieving, grieving and loss.
- Share resources
- Build a trusted community

WHEN:

Second Tuesday of each month  
Starting June 10, 2025  
7-8:30 p.m.

VIRTUAL TEAMS MEETING  
SCAN THE QR CODE TO JOIN!



MORE INFORMATION




[www.rememberancehospice.com](http://www.rememberancehospice.com)  
(330) 952-1930



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>July 2025</b> ACTIVITIES SUBJECT TO CHANGE	<b>1</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>2</b> 9:30am Bingo-Z-Life Care 10am Painting 11:30am Lunch-Life Care 11:30am Program-Wits Workout w/Erin from OSU Ext 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>3</b> 9am Edwina's Exercise 10am Edwina's Exercise 10am Guided Autobiograpy 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Parkinson's Support 1pm Watercolor Class*	<b>4 MCSAS OFFICE CLOSED FOR INDEPENDENCE DAY</b> 
<b>7</b> 9:30am BP Screen-ComForCare 9:30am Bridge 9:30am Chair Yoga w/ Jackie 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Watercolor class w/Darlene*	<b>8</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition Class 11:30am Lunch* 1pm Hook Nook	<b>9 RIVERS CASINO TRIP</b> 9:30am Bingo-Z-Pearlview 10am Painting 10:30am Program: Health Talk/ Auction w/Sharon 11:30am Lunch-Avenue at Medina 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1:30pm Legal Aid Appts	<b>10</b> 9am Edwina's Exercise 10am Edwina's Exercise 10am Guided Autobiograpy 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 10:30am Champion Creek Craft 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	<b>11</b> 9:30am Bingo-Z-Broadway Creek 10:30am Weights Workout w/Lisa* 11am <b>Picnic on the Patio *</b> 11:30am Lunch* 12pm Pinochle 12:30pm Mahjong 1:00pm Grief S.G*
<b>14</b> 9:30am Bridge 9:30am Chair Yoga w/ Jackie 10:15am Stamping Card Class 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Watercolor class w/Darlene*	<b>15</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition Class 11:30am Lunch* 1pm Hook Nook 1:30pm One-on-one w/ Pieri	<b>16</b> 9:30am Bingo-Z-Devoted 10am Painting 10:30am Program: Music Trivia w/Julie from Brookdale 11:30am Lunch-Medina Center 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1pm Friends in Focus	<b>17</b> 9am Edwina's Exercise 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>18</b> 9:30am Bingo-Z-MCSAS 10:30am Weights Workout w/Lisa* 11am Program- Leo's Jammers band concert 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong
<b>21</b> 9:30am Bridge 9:30am Chair Yoga w/ Jackie 10:30am Balloflex* 11:30am Lunch* 1pm Mahjong 1pm Watercolor class w/Darlene*	<b>22</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 10:45am OSU Nutrition Class 11:30am Lunch* 1pm Hook Nook	<b>23</b> 9:30am Bingo-Z-CarePatrol 10am Painting 10:30am Program-Look into the Eyes of Nature by Mary 11:30am Lunch* 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>24 RABBIT RUN TRIP</b> 9am Edwina's Exercise 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 Weights Workout w/Lisa* 11am <b>Picnic on the Patio*</b> 12pm Pinochle 12:30pm Mahjong 1pm Book Club
<b>28</b> 9:30am Bridge 9:30am Chair Yoga w/ Jackie 10:30am Balloflex* 11:30am Lunch* 12:15pm Movie: The Long Game 1pm Mahjong 1pm Watercolor class w/Darlene*	<b>29</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook 1pm Zentangle Class*	<b>30</b> 9:30am Bingo-Z-MCSAS 10am Painting 11am Senior Trivia w/ Suzanne from Brookdale South 11:30am Lunch-Brookdale South 12pm Pinochle 1pm Chair Yoga w/ Lisa*	<b>31</b> 9am Edwina's Exercise 10am Edwina's Exercise 10am Hand and Foot Cards 10am Tai Chi w/ Danny* 11:30am Lunch* 1pm Watercolor Class* 2:30pm BalloFlex*	 <b>BILLIARDS EVERY DAY 8-4:30</b> * = FEE • Z = ZOOM

CALENDAR

OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>  </div> <div>  </div> <div>  </div> </div> <div> <b>BILLIARDS EVERY DAY 8-4:30</b>            * = FEE • Z = ZOOM         </div> <div> <b>August 2025</b>            ACTIVITIES SUBJECT TO CHANGE         </div>				
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<b>18</b> 9:30am Bridge 9:30am Chair Yoga w/ Jackie 10:30am Balloflex* 11:30am Lunch* 12:15pm Movie: Unsung Hero 1pm Mahjong	<b>19</b> 9am Edwina's Exercise 10am Card Games 10am Edwina's Exercise 11:30am Lunch* 1pm Hook Nook	<b>20 LADY CAROLINE TRIP</b> 9:30am Bingo-Z-Devoted 10am Painting 10:30am Program: 12 Happiness Habits 11:30am Lunch-Medina Center 12pm Pinochle 1pm Chair Yoga w/ Lisa* 1pm Friends in Focus	<b>21</b> 9am Edwina's Exercise 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>22</b> 9:30am Bingo-Z-Jim Richison 10:30am Weights Workout w/Lisa* 11am <b>Luau on the Patio*</b> 11:30am Lunch* 12pm Pinochle 12:30pm Game Day 12:30pm Mahjong
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CONGRATULATIONS  
HANDS  
FOUNDATION!



**HANDS**  
 Foundation  
 Celebrates  
 30 Years!  
 1995-2025

**HANDS**  
 FOUNDATION

Medina Meadows

REHABILITATION & NURSING CENTRE

DISCOVER EXCELLENCE IN CARE

*Right Here in Medina*

Only facility in Medina with 5-Star Quality Measures

4-Star Overall CMS Rating

All-Star Therapy Team Dedicated to your Recovery

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 KATHY@MAOHIO.COM

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JULY 2025			 <div> <b>CENTER HOURS:</b>  Monday - Friday: 8:30 am - 4 pm  <b>CAFÉ HOURS:</b>  Monday - Friday: 7:30 am - 2 pm </div>	
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
PLEASE RSVP TO RESERVE A SPOT FOR OUR PROGRAMS	Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 General Caregivers* 12:15 Euchre 1:30	Chess 10:00 Gentle Exercise 10:00 YMCA Kids Patriotic Show 12:30 Blind Truth* 1:00 Mexican Train Dominoes 1:00	Mah Jong 9:00 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	Center & Café Closed for Holiday
Pinochle 9:00 Bunco 1:00 Diabetes Support 1:00	Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Crafts w/ Windfall 10:00 Dance Party 10:15 Coupon Clippers 10:30 Table Talk w/ Dr. Patel* 12:00 Ask an Attorney -by appt. 1:00 Euchre 1:30	Chess 10:00 Summa Health Chat* 10:00 Gentle Exercise 11:00 Homestead Exemption 11:00 Mexican Train Dominoes 1:00 Trivia w/ Brookdale 2:00	Mah Jong 9:00 Vision Screenings - by appt 10:00 - 12:00 Bridge 11:00 Hand and Foot 1:00	Summer Bingo 10:00 Claire's Crafty Friends 12:00 Genealogy 2:00
Pinochle 9:00 Ukulele Practice 10:00 Tech Assist w/ MCBDD 11:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101* 3:00	Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 BP Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:30	Chess 10:00 Gentle Exercise 10:00 Auction by Heartland Hospice 1:00 Mexican Train Dominoes 1:00	Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 County Assistance-by appt 2:00	Car Show & Craft Fair 11:00 - 2:00
Pinochle 9:00 Bunco 1:00 Drug Analysis Seminar 1:00	Canasta 9:00 Bible Study 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Cleveland Baseball History 1:00 Euchre 1:30 Cooking with Bev 2:30	Chess 10:00 Gentle Exercise 10:00 What is your Kumba 12:00 Mexican Train Dominoes 1:00 Funeral Q&A* 2:00	Mah Jong 9:00 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Mystery Book Exchange 12:00 Senior Book Chat 1:00 Grief Support 2:00	Yoga Gentle Flow 8:30 Summer Bingo 10:00 Claire's Crafty Friends 12:00 Genealogy 2:00
Pinochle 9:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:00 Bunco 1:00 Monthly B-Day Party 1:00 Paper Crafting 101 1:00	Canasta 9:00 Bible Study 9:30 Coupon Clippers 10:30 Social Security: Your Questions Answered 1:00 Euchre 1:30	Chess 10:00 Gentle Exercise 10:00 What is your Kumba 12:00 Mexican Train Dominoes 1:00 Safety Awareness 2:00	Mah Jong 9:00 Virtual Dementia Tours - by appt. 9:00 - 3:30 Bridge 11:00 Hand and Foot 1:00 Decorating Demo / Stump Janet! 2:00	*PROGRAMS MARKED WITH AN ASTERISK (*) ARE BOTH IN PERSON & ON ZOOM (HYBRID).  More Details at: <a href="http://www.WadsworthCity.com/SopremaSeniorCenter">www.WadsworthCity.com/SopremaSeniorCenter</a>
330-335-1513 · <a href="mailto:SSC@WadsworthCity.Org">SSC@WadsworthCity.Org</a> · 617 School Drive · Wadsworth, OH 44281				

# CALENDAR OF EVENTS

AUGUST 2025			 <div> <b>CENTER HOURS:</b>  Monday - Friday: 8:30 am - 4 pm  <b>CAFÉ HOURS:</b>  Monday - Friday: 7:30 am - 2 pm </div>	
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
WOAF Fundraiser at Casa del Rio!	<b>DON'T FORGET!</b> MONDAY, AUGUST 11 11am - 9pm  More Details at: <a href="http://www.WadsworthCity.com/SopremaSeniorCenter">www.WadsworthCity.com/SopremaSeniorCenter</a>	PLEASE RSVP TO RESERVE YOUR SPOT! *PROGRAMS MARKED WITH AN ASTERISK (*) ARE OFFERED IN PERSON AND VIA ZOOM (HYBRID).		Summer Bingo 10:00 Claire's Crafty Friends 12:00 Swingin' Along Concert 12:00 Genealogy 2:00
Pinochle 9:00 Matter of Balance 10:00 Bunco 1:00 Diabetes Support 1:00	Canasta 9:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 BP Checks 12:00 General Caregivers* 12:15 Euchre 1:30	Hearing Screenings -by appt. 9:00 Chess 10:00 Gentle Exercise 10:00 Coffee w/ a Cop 11:00 Blind Truth* 1:00 Mexican Train Dominoes 1:00	Mah Jong 9:00 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	Summer Bingo 10:00 Claire's Crafty Friends 12:00 Games & Coloring w/ YMCA Kids 12:30 Genealogy 2:00
Pinochle 9:00 Matter of Balance 10:00 Ukulele Practice 10:00 Tech Assist w/ MCBDD 11:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101* 3:00 * WOAF Fundraiser at Casa *	Canasta 9:00 Line Dancing 9:00 Bible Study* 9:30 Crafts w/ Windfall 10:00 Dance Party 10:15 Coupon Clippers 10:30 Staying Safe Online 11:00 Table Talk w/ Dr. Patel* 12:00 Ask an Attorney -by appt. 1:00 Euchre 1:30	Chess 10:00 Gentle Exercise 10:00 Homestead Exemption 11:00 What is your Kumba 12:00 Mexican Train Dominoes 1:00 Trivia w/ Brookdale* 2:00	Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 Wadsworth Library Fun 1:00	<b>SSC Beach Party</b> 11:00 - 1:00  Claire's Crafty Friends 12:00 Genealogy 2:00
Pinochle 9:00 Apples w/ Andy 10:00 Matter of Balance 10:00 Bunco 1:00	Canasta 9:00 Bible Study* 9:30 Watercolor 10:00 Coupon Clippers 10:30 Parkinson's Caregivers* 12:15 Euchre 1:30	Chess 10:00 Gentle Exercise 10:00 Healthy Living w/ Humana* 1:00 Mexican Train Dominoes 1:00	Mah Jong 9:00 Sewing Seniors 9:30 Bridge 11:00 Hand and Foot 1:00 New Member Meet & Greet 1:00 County Assistance-by appt. 2:00	Yoga Gentle Flow 8:30 Summer Bingo 10:00 Claire's Crafty Friends 12:00 Genealogy 2:00
Pinochle 9:00 Matter of Balance 10:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:00 Bunco 1:00 Monthly B-Day Party 1:00 Papercrafting 101 1:00	Canasta 9:00 Line Dancing 9:00 Bible Study* 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:30 Cooking w/ Bev 2:30	Chess 10:00 Gentle Exercise 10:00 Baseball Watch Party 1:00 Mexican Train Dominoes 1:00	Mah Jong 9:00 Crafts w/ Marilyn 10:00 Bridge 11:00 Mystery Book Exchange 12:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support 2:00	Walking Challenge Kickoff 10:00  Claire's Crafty Friends 12:00 Genealogy 2:00
330-335-1513 · <a href="mailto:SSC@WadsworthCity.Org">SSC@WadsworthCity.Org</a> · 617 School Drive · Wadsworth, OH 44281				



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# FROM YOUR STATE REPRESENTATIVE



## REMEMBERING A MEDINA COUNTY HERO

As I write this, Memorial Day was just a few short weeks ago. Many of us attended local remembrance parades and ceremonies listening to folks talk about the sacrifices made for our country. At some ceremonies the names of residents who gave their life for our country are ready out loud so we may take a moment to remember them.

My office recently received a request from a relative of a young man killed in action in the Vietnam war to have a portion of roadway named in his honor. I reviewed the guidelines of the legislature and found that to name a road/bridge/interchange in memorial they should fit into the following categories:

- Military/First Responders killed in action/line of duty or awarded valorous decorations for actions above and beyond the call of duty
- Statewide elected officials with significant accomplishments
- Groups of Ohio victims of mass casualty events

■ Others with singularly significant accomplishments above and beyond the norm

With the above in mind, I decided to find out more about our fallen soldier.

Corporal David James Amheiser tragically lost his life at the age of 19 on August 29th, 1970, while serving his second tour of duty in Vietnam. He was awarded the Purple Heart, a Bronze Star for Valor, Combat Infantryman's Badge, National Defense Service Medal, Republic of Vietnam Service Medal and the Vietnam Campaign Medal. This is an incredible record of accomplishments for such a young man.

I was able to obtain some information about the Amheiser family farm, located at the intersection of Lodi Road and State Route 42, currently home to the fifth Jinformation about Corporal David James Amheiser.

He was only 18 when he started his service...just barely an adult. What I did discover, by checking the Vietnam Veterans

Wall of Faces, was that he was well thought of, and missed.

For such a short life, Corporal Amheiser left a mark. Corporal Amheiser was an ordinary 18-year-old farm kid when he got his country's call to serve and paid with his life. Pretty extraordinary, when you think about it.

This led to my introduction of HB# 56 – Legislation to honor Corporal David James Amheiser by designating a portion of State Route 421 that runs adjacent to the Amheiser family farm as the "Corporal David James Amheiser Memorial Highway".

This Legislation passed the Ohio House on May 14th, 2025. Sponsor testimony in the Ohio Senate was held on June 18th, 2025. I am hopeful the Senate will also vote to support this Legislation; then it is off to the Governor's desk.

Thank you to Corporal Amheiser's nephew, Greg Channel, for reaching out to my office and sharing the Corporal's story with me.



Corporal David James Amheiser

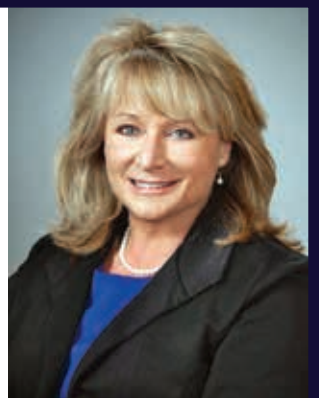
## BUDGET UPDATE

As of this writing, we are in the process of finalizing Ohio's Biennium Operating budget. The budget process this cycle has been very concerning, and much discussion will be had before a consensus is reached. Total elimination of the inside millage (without providing other support) will significantly damage our Schools, Counties, Cities and Villages. Forcing entities to either make substantial service cuts or head to the ballot for funding from other sources.... i.e. additional income or sales tax. I believe a more measured approach is needed, and I will work hard to make sure that happens.

State Representative, Sharon Ray testifies on the Ohio House floor on HB-56 Legislation to recognize Corporal Amheiser and designate a portion of State Route 421 to be named in his honor.



**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



## Commissioner Harrison Represents Medina County at White House Conference on Local-Federal Collaboration



Medina County Commissioner Aaron Harrison joined more than 60 county leaders from across Ohio in Washington D.C. to participate in the 2025 White House Leadership Conference, hosted by the White House Office of Intergovernmental Affairs in partnership with the National Association of Counties (NACo).

The event underscores the administration's commitment to supporting counties and strengthening the relationship between federal and local governments.

The convening gave Ohio's county commissioners and executives the opportunity to speak directly with White House officials and cabinet secretaries about the real-world challenges their communities are facing — and how federal-local collaboration can help solve them.

"I welcomed the opportunity to join the Ohio delegation for this important trip to Washington," said Commissioner Harrison.

"Productive collaboration between local, state and federal leaders is an imperative for good government, and meetings like this facilitate that collaboration."

The White House's broader State Leadership Conference initiative is designed to elevate local voices in national policy discussions.

Throughout the day, participants engaged with top-level federal officials including Commerce Secretary Howard Lutnick, Labor Secretary Lori Chavez-DeRemer, and Housing and Urban Development Secretary Scott Turner.

In addition, briefings were delivered by representatives from the Departments of Agriculture, Transportation, and Justice, who provided policy updates and answered questions directly from county leaders.

Discussions covered a wide range of pressing issues, including:

- Economic trends and work-force development;
- Trade and global competitiveness;
- Transportation and infrastructure needs;
- Agricultural innovation and rural support;
- Affordable housing and homelessness.

White House officials emphasized their dedication to maintaining open lines of communication with local governments and working side by side with county officials to identify practical, community-driven solutions.

Attendees also visited the Vice President's Executive Office Building, where they met with a senior member of Vice President Vance's team to discuss shared priorities.

## County Awarded \$802,200 to Help Make Homes Lead-Safe

The Lead Safe Ohio Program, which is part of the Ohio Department of Development's ongoing efforts to make more of Ohio's homes lead-safe for children and families, has awarded Medina County \$802,000 toward local efforts to prevent lead poisoning and remediate homes of contamination through Lead Safe Renovations and Lead Abatement.

These funds can help income-eligible homeowners cover the cost of making their properties lead-safe — protecting children and families from the harmful effects of lead exposure.

For more information, including eligibility requirements and how to apply, residents can contact Brandi Cowell at [bcowell@kleinfelder.com](mailto:bcowell@kleinfelder.com), 567-331-2679 or visit the Medina County Lead Safe Ohio website at [www.medinaco.org/planning/lead-safe-ohio-program/](http://www.medinaco.org/planning/lead-safe-ohio-program/) to download the pre-application and flyer.

Thank you for helping us create a healthier, safer community.

## Stay Updated on County Meetings. Sign Up for Agenda Emails.

Did you know you can have the Medina County Commissioners' meeting agendas delivered directly to your email inbox?

Agendas are typically distributed on Fridays prior to the Tuesday meeting and include a list of public meetings scheduled for the upcoming week.

To sign up, email Clerk of the Board Rhonda Beck at [rbeck@medinacounty.gov](mailto:rbeck@medinacounty.gov) and request to be added to the agenda distribution list.

## Board of Medina County Commissioners



**Steve Hambley**

Office: **330-722-9214**

Cell: **216-570-6958**

[shambley@ohmedinaco.org](mailto:shambley@ohmedinaco.org)



**Colleen Swedyk**

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**Aaron Harrison**

Office: **330-722-9211**

Cell: **330-635-3002**

[aharrison@ohmedinaco.org](mailto:aharrison@ohmedinaco.org)

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



# FROM YOUR TREASURER



JOHN BURKE

## ABOUT YOUR TREASURER'S OFFICE

The Medina County Treasurer's office plays a vital role in the lives of County residents. Our primary mission is to collect taxes; protect and invest public funds; and work together to provide quality service for the taxpayers of Medina County.

The Ohio Revised Code provides for a system of checks and balances between the County Auditor and the County Treasurer with the Treasurer serving as chief investment officer and the county's banker. The Treasurer collects over half a billion dollars in taxes each year, the collection of which is critical to the schools, libraries, parks and municipalities as well as our local government. The Treasurer also oversees the investment of millions of dollars in county funds, earning interest income each year for the County.

In addition to our core mission, we also offer these services to assist with tax questions, help you pay your taxes, and improve your property...

### TAX RECORDS

This department keeps tax records current, publishes tax rates on our website, provides mortgage company and escrow agents with property tax information, and processes property tax bills that are received by mail.

### REAL ESTATE TAXES AND PAYMENT OPTIONS

Our website, [medinacountytreasurer.com](http://medinacountytreasurer.com), makes it easy to search for and pay your property tax bill online, by phone, by mail, at a drop-box, or in person. Taxes are billed each year, usually in January and June for the 1st and 2nd halves of the previous tax year. The due date for payment of real estate taxes is established by the Treasurer but is dependent on when the Auditor provides the actual computer file of correctly calculated tax amounts.

### PREPAY PROGRAM

You can ease the burden of paying your taxes by scheduling smaller monthly payments through our prepay (escrow) program. To enroll, your property taxes must be current or, you must be on a delinquent pay plan. There are 2 prepay options — automatic withdrawal (ACH) and mail-in coupons. This is a great option for those with tight budgets and fixed incomes.

### DELINQUENT TAXES

Ohio law requires the assessment of late payment penalties by the Auditor and interest after the tax payment due date. Details about late-payment penalties, remission of those penalties, and the necessary forms may be found on our website. Extended payment plans are available to help taxpayers bring their accounts current.

### UNCLAIMED FUNDS

The National Association of State Treasurers [missingmoney.com](http://missingmoney.com) website is a free, safe, and secure site to assist residents in locating monies in accounts or deposits that were inactive for a long period. If the owner of the funds cannot be located, these funds are passed to and held by the state until they are claimed by their rightful owner. If you need assistance in checking for or claiming possible unclaimed funds, please contact our office at 330.725.9199. Since 1998, our office has helped over 6,400 residents collect over \$3,116,000 of their own money.

### FIX-IT FUNDS

Each year from May through September, Medina County Treasurer John Burke and Westfield Bank offer Fix-It Funds low-interest fixed rate home improvement loans to Medina County homeowners at up to 2% below the bank's current rate. Fix-It Funds loans can range from \$5,000 to \$50,000 and are given on a first-come, first-served basis until available funds are depleted. Click the Fix-It Funds tab on our website for information about the types of improvements which are eligible and how to apply.

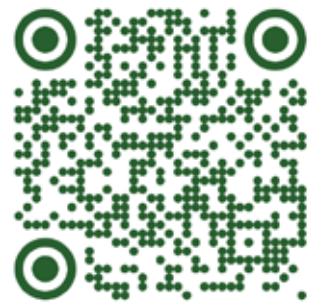
We encourage you to visit [medinacountytreasurer.com](http://medinacountytreasurer.com) to learn more.

## HELP WITH HOME IMPROVEMENTS

If you are on a fixed income or just want to make some changes to your home, a Fix-It Funds home improvement loan — at fixed rates up to 2% below the bank's current rate — may prove to be a more affordable option to repair or get that remodeling project going.

Since 2015, the Treasurer's office has partnered with Westfield Bank to offer Fix-It Funds loans exclusively to Medina County homeowners. Loans are available from \$5,000 to \$50,000. Limited funding is available to qualified homeowners on a first-come, first-served basis, so be sure to apply soon if you are interested.

To learn more, scan the QR code to visit the Fix-It Funds webpage or call any of the numbers listed in the ad below.



Medina County Homeowners  
Does your home need some help?

# Fix-It Funds

Low Fixed Interest Rate  
Home Improvement Loans

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

*Limited funding available through September 2025*



APPLICATIONS AND INFORMATION AVAILABLE FROM  
Medina County Treasurer

330.725.9746 | [medinacountytreasurer.com](http://medinacountytreasurer.com)

Westfield Bank

Westfield Bank, FSB (NMLS #507706) Member FDIC

Westfield Center | 330.661.6083

Medina | 330.661.6297

A program of Medina County Treasurer

**John Burke**

Authorized by the Board of Medina County Commissioners





# FROM YOUR VETERANS OFFICE



ED ZACKERY



## July 28th is Veterans Day at the Medina County Fair

July 28th is Veterans Day at the Medina County Fair, sponsored by our office and Double Flush Septic Services. Admission is FREE for veterans with a valid ID showing proof of veteran's status. We will have a special event that day in the Main Pavilion from noon to 4:00pm. Lunch is provided by Big Dog Daddy for our veterans while supplies last. The 338th Army Country/Rock Band will be entertaining us. The Department of Veterans Affairs will be on hand to answer your questions as well as all the veterans service organizations.

Art Workshop

Coffee with a CVSO

Reflexology (partner needed)

Guitars for Vets

Tai Chi and Qi Gong Training

Nature Walks with the MCVSO

**MEDINA COUNTY VETERANS SERVICE OFFICE**

The Medina County Veterans Service Office has many fun and exciting programs to offer. Find the program that is best suited to you!

Programs take place at The Medina County Veterans Service Office. Located at 210 Northland Dr. Medina, Ohio 44256

More Information about any of the program's or to sign up...

Call: 330-722-9368  
Email: [jkaiser@medinacountyveterans.org](mailto:jkaiser@medinacountyveterans.org)

Nature walks will be at different county parks. (weather dependent)

## We have several programs that we have started at our office

### UNLEASH CREATIVITY

"Unleashed Creativity", an art workshop for veterans and their spouses and well as veterans' widows. Jeanette Smart, a veteran herself, will coach you through an eight-week creative art workshop.

### REFLEXOLOGY

Suffering from neuropathy in your feet? Then our "Reflexology" classes are possibly just what you may need. Bring a partner and learn how to pinpoint the nerves and muscle groups in your feet and possibly get some relief.

### GUITARS FOR VETERANS

We kicked off our "Guitars for Veterans" program this past quarter and are looking for more students and instructors. Whether you've played the guitar in the past or have never picked one up, this class is for you. You can learn as much as you want, enough to strike a few chords and hum a long or possibly become the next Eric Clapton, the choice is yours. Practice guitars are provided, and a complete kit is issued upon completion of the program.

### TAI CHI & QI GONG

Learn to relax, breathe and move in focus with our "Tai chi & Qi Gong" training instructed by Mr. Robin Barto a licensed counselor specializing in mind, body and health. No promises you'll be the next karate kid, but you just might improve your spiritual and mental health.

### NATURE WALKS

Wanna talk one-on-one with an accredited VA representative outside the office in a relaxed environment? Then our "Nature Walks" are for you. Every other week at a different county park we have "Walk with your County Veterans Service Officer (CVSO)". A chance to go out with your peers and talk about whatever you want to with them.

### COFFEE WITH A CVSO

We also have our "Coffee with a CVSO" program once each month at our office where we focus on a special topic to discuss and take questions afterwards. Coffee and snacks provided.

If you're interested in any of these programs, contact Jason Kaiser at our office by calling (330) 722-9368 or emailing him at [jkaiser@medinacountyveterans.org](mailto:jkaiser@medinacountyveterans.org).

## GOT A SCAM TO REPORT?

To report a scam contact the Medina County Prosecutors office at 1-877-SCAM-550 or on the web at <https://medinacountyprosecutor.weebly.com/scam-squad.html>.

For more information on the types of scams go to <https://benefits.va.gov/BENEFITS/fraud-prevention.asp>. Be Aware... and Be Wary!

## 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)

## SUICIDE PREVENTION HELP

If you are a Veteran having thoughts of suicide—or you are concerned about one—free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and press 1, text to 838255, or chat Online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat).



# Soprema Senior Center *News*

## On the Move with the Soprema Senior Center!



SSC members are excited to start the two-month Senior Walking Challenge in 2024



Some of the Gentle Exercise class members proudly show off the t-shirts they earned from participating in the 2024 Senior Walking Challenge

Have you heard of the Soprema Senior Center's (SSC) annual Senior Walking Challenge? In 2024, a record setting 173 SSC members walked 26,328 miles during the months of September and October! This is a great event to help motivate individuals to walk and reap the benefits of better health. Every mile counts towards the group goal. It may take one person a week or more to walk one mile while another person may walk several in a day. Everyone walks on their own at their own pace and turns in their miles to the SSC each week. This year's challenge kicks off on Friday, August 29th at 10 am with some inspirational speakers and a short walk on campus. Sign up to join this movement by calling the SSC or stopping into the center located at 617 School Dr., Wadsworth. A celebration is held in November to reveal the grand total of miles walked.

Get walking early and stop by the SSC's "Christmas in July" Car Show and Craft Fair on Friday, July 18 from 11 am to 2 pm. You will be sure to get a lot of steps in walking among the 40+ cars that span 100 years, shopping the crafter tables, and of course stopping at the Café to get some delicious food specials at terrific prices. This event is open to the public, so bring your family along to enjoy. You may even spot Santa, so you better be good!

The Soprema Senior Center, a City of Wadsworth department, is open Monday – Friday from 8:30 am to 4:00 pm, with free membership for anyone 55 or better. There are lots of events and programming to enjoy which are all free. There is something for everyone. Check out their website at [www.wadsworthcity.com/SopremaSeniorCenter](http://www.wadsworthcity.com/SopremaSeniorCenter). Make sure to add the Soprema Café, located right inside the SSC, as a

must visit dining spot. The Soprema Café, operated by MCSAS, is open from 7:30am – 2:00 pm Monday-Friday and offers delicious food at great prices. Visit for breakfast, lunch or for something to go! SSC members enjoy free hot coffee or hot tea with any purchase in the café when they show their SSC membership card. Try one of their delicious iced coffees, too.

**Stay connected on Facebook by liking and following the: Wadsworth Older Adults Foundation as well as MCSAS Soprema Café**

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REHABILITATION  
2025

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# Medina Meadows Earns Top 5-Star Rating For Quality Measures, Sets Standards for Senior Care in Medina County

By: CHRISTINA WALLER,  
Executive Director, HANDS Foundation



Medina Meadows, a premier nursing home located in the heart of Medina County, has been recognized with a prestigious 5-star quality rating from the Centers for Medicare & Medicaid Services (CMS) for their Quality Measures—a testament to its unwavering commitment to exceptional senior care.

The CMS 5-star rating reflects excellence across several key areas, including health inspections, staffing levels, quality measures, and resident satisfaction. This top-tier rating highlights Medina Meadows' dedication to providing safe, effective, and compassionate care for seniors in the community.

## WHAT DOES A 5-STAR RATING MEAN?

In Ohio, nursing homes are evaluated based on standardized quality measures that assess various aspects of resident care. These include health outcomes like infection and fall rates, resident functioning, staffing ratios, preventive care, and feedback from residents and their families.

Medina Meadows consistently exceeds benchmarks in all these areas, ensuring residents receive personalized attention that supports their health and independence.

## THERAPY TEAM PRAISED FOR RESTORING INDEPENDENCE

One of Medina Meadows' standout features is its renowned therapy team. Offering comprehensive physical, occupational, and speech therapy programs, the team helps residents regain mobility, improve daily living skills, and overcome communication challenges.

At a recent Medina County Senior Day event, a couple shared their heartfelt gratitude, crediting the therapy team with enabling their return home after a difficult recovery. Their story exemplifies the profound impact dedicated care can have on seniors' lives.

## PERSONALIZED CARE AND COMMUNITY CONNECTIONS

Medina Meadows' commitment extends beyond clinical excellence. Recently, HANDS partnered with the nursing home to fulfill special wishes for a resident, including room personalization and assistance with clothing needs—efforts that make residents feel truly at home.

The facility also benefits from the leadership of Medical Director Dr. SK Jain and Nurse Practitioner Andrew Black, who provide expert, senior-focused medical care. Their close collaboration with Medina Hospital and Remembrance Hospice ensures seamless, integrated support for residents, including timely palliative care when needed.

## ACCESSIBLE, COMPASSIONATE CARE FOR ALL

Medina Meadows offers both short-term rehabilitation and long-term care options, accepting Medicaid to broaden access to quality services. The team's deep ties to the Medina community demonstrate a shared mission to enhance the lives of local seniors.

Christina Waller, Executive Director of HANDS, praises the entire Medina Meadows staff—from nurses and therapists to housekeeping and administrative teams—for maintaining the facility's stellar reputation.

"Your dedication truly makes a difference every day," Waller said. "Thank you for being a beacon of hope, healing, and home in our community."

For families considering nursing care options, Medina Meadows offers a welcoming and professional admissions team ready to guide prospective residents through insurance and care planning.

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*Administrator*



**Cassandra Canfield**  
*Director of Nursing*



**Monica Bruggeman**  
*Admissions Director*



**Jennifer Bloomfield**  
*Director of Dining Services*



**Laura Clark**  
*Social Services Director*



**Ashley Hagen**  
*Human Resources Director*



**Rita Innocenti**  
*Business Office Manager*



**Ron Smith**  
*Maintenance Director*



# FROM WRMCMC

WESTERN RESERVE MASONIC COMMUNITY



June was Alzheimer's and Brain Awareness month. Families with loved ones living with dementia or Alzheimer's deal with the worry and stress every day of their lives. It can be very difficult to know how to deal with the disease. Often relatives will do their best to keep their loved ones at home until they discover that may not be as easy as it sounds. Managing the daily tasks increases as the disease progresses. Every person with Alzheimer's will experience it symptoms and progression differently.

Many people use the words dementia and Alzheimer's interchangeably. Let's look at the definitions of both.

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia is an umbrella term used to describe a range of neurological conditions affecting the brain that get worse over time. Dementia refers to a general decline in memory and cognitive ability that is severe enough to affect a person's daily life.

Alzheimer's is a type of dementia and the most common type. Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out simple tasks.

The first noticeable sign of Alzheimer's disease is often memory problems. There may be difficulties recalling recent events and learning new information.

## MEMORY ISSUES CAN MAKE A PERSON WITH ALZHEIMER'S MORE LIKELY TO:

- Forget about recent conversations or events
- Get lost in a familiar place or on a familiar journey
- Forget appointments or significant dates
- Become increasingly disorganized

Many people don't understand the difference between the two and believe that Alzheimer's and dementia are either the same thing or the only two memory issues that exist. In reality, there are over 100 different conditions that can lead to memory issues.

## 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

- Memory loss
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood and personality

There is no single test for dementia. A diagnosis is based on a combination of things, including:

- Taking a medical history— the health professional talks to the person, and ideally someone who knows them well, about their problems and how they are affecting the person's daily life.
- Physical examination and tests to rule out other possible causes of the person's symptoms.

CONTINUED ON NEXT PAGE >>



## Warning Signs and Prevention Tips for Alzheimer's Disease

## Write your next chapter in our Independent Living Villa Neighborhood

Independent living at Western Reserve Masonic Community is ideal for those who can still live on their own but want to take advantage of a maintenance-free lifestyle. Our single-family villa homes are perfect for those looking for active independence with the added benefits of our on-campus amenities.

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# WRMC

■ **Mental ability tests** – these are generally carried out by a nurse, occupational therapist or doctor, although sometimes more specialized tests may be done by a neuropsychologist.

“Ten Healthy Habits for Your Brain” is a public health campaign launched by the Alzheimer’s Association that provides easy-to-understand brain health strategies to reduce the risk of dementia. Two-thirds of Americans have at least one major potential risk factor for dementia. Prevention is the best medicine, and brain health is central to public health.

Evidence shows that modifying risk factors and promoting healthy behaviors can reduce the risk of cognitive decline and dementia.

As many as 40% of dementia cases may be attributable to modifiable risk factors. People can take positive steps now to protect themselves.

■ **Challenge your mind--** Put your brain to work and do something that is new for you. Challenging your mind may have short- and long-term benefits for your brain.

■ **Stay in school--** Education reduces the risk of cognitive decline and dementia. Continue your education by taking a class at a local library or college, or online.

■ **Get moving--** Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body.

■ **Protect your head--** Help prevent an injury to your head. Do what you can to prevent falls, especially for older adults.

■ **Be smoke-free--** Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked.

■ **Control your blood pressure--** Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too.

■ **Manage diabetes--** Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

■ **Eat right--** Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat.

■ **Maintain a healthy weight--** Talk to your health care provider about the weight that is healthy for you.

■ **Sleep well--** Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions.

Age is the biggest risk factor for Alzheimer’s. This means that a person is more likely to get Alzheimer’s as they get older. Above the age of 65, a person’s risk of developing Alzheimer’s doubles about every five years. There are about twice as many women over 65 with Alzheimer’s as there are men over 65 with the condition.

There are health conditions that increase a person’s risk of developing Alzheimer’s disease. These include:

- Diabetes, stroke and heart problems
- Risk factors for heart and blood vessel disease, such as high blood pressure, high cholesterol and obesity in mid-life
- Age-related hearing loss
- Depression

Care and support for a person with Alzheimer’s should always be “person-centered”. This means it should be focused specifically on the needs of the individual person, not just on their condition. They should always be included in any decisions about their care and support, if possible.

We need to remember that caregivers play an important role in this process. There is no one-size-fits-all. Each case of Alzheimer’s is unique to the individual so you have to find the strategies your loved one will respond to. It is also important to note these approaches might need to change as the person’s condition changes or worsens.

When the time comes that caring for a loved one diagnosed with Alzheimer’s becomes too difficult to handle at home, you may want to consider a senior living community such as Western Reserve Masonic Community in Medina, Ohio. Western Reserve Masonic Community provides person-centered memory care in our Pathways Memory Support Neighborhood.

If you are interested in learning more about Western Reserve Masonic Community, give us a call at 330-642-3841 or schedule a visit at [www.wrmcoh.org](http://www.wrmcoh.org).



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The Hands Hero in the spotlight for this edition is David E. Smith, born on January 5, 1945. David graduated from Elyria High School in June of 1963. Unlike most of his friends who were preparing to attend college that Fall, David was uncertain about his future. However, he recognized the importance of acquiring a vocation with the necessary training and skills.

“My father had been in the Army Air Corp during World War II, so I decided to join the military, and quickly selected the Air Force” David explains. “I joked about becoming a Tail Gunner on a B17 like my father, but that was not to be of course.”

He left for basic training in early September taking his first airplane trip, headed to San Antonio, Texas. “Basic training was five weeks of constant marching, running and difficult exercises in the south Texas sun with temperatures hovering around 110 degrees!” says David. Positive take aways from that time were the fact that their barracks were air conditioned, as they would be throughout his military career, and “a radio station we listened to that featured the Beatles and Elvis Presley battling it out on the air each day.”

# ★ HANDS HERO'S ★

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



## HONORING VETERAN, DAVID SMITH

After five weeks, David took a train to Biloxi, Mississippi to begin his electronics training at Keesler Air Force Base on the Gulf Coast. The course was about 36 weeks and included six hours of coursework on weekdays from 6:00 am to noon. David recalls, “I was stationed there in November when John F. Kennedy was killed in Dallas.”

David’s next assignment was in Altus Oklahoma, where he would spend a year doing preventative maintenance on Atlas F Missiles. “I still recall the warning I received on the first trip to a missile silo I was to service. Be very careful when you remove the manhole covers because it is likely you will find a rattle snake, a scorpion or a tarantula spider!”

He then received orders to return to Keesler Air Force Base to be trained to teach electronics. He was soon in a classroom teaching 18- and 19-year-olds as a “full-fledged instructor,” a role he held for

the rest of his military service. Besides the regular courses David taught, he says, “I proudly taught several classes of Army Airborne Paratroopers the radio they would use as forward air controllers while fighting in Vietnam – it was my little contribution.”

A significant milestone in David’s service occurred at Keesler Air Force Base. He recounts, “It was during this period that I studied very hard



to receive the FCC 1st Class Radio Telephone License allowing me, after my military service, to find employment in the broadcast industry.” At that time, possession of this license was a prerequisite for employment in the radio or television sectors, so it effectively launched his career. David humorously claims he attended the University of Mississippi if asked about his college, “I took two courses there, Sociology 101 and English 101.”

David finished his service in 1967 as an E-4 Airman First Class (now Senior Airman). He then seamlessly entered broadcasting, spending ten years at WJW radio AM850 in North Royalton and 33 years at WQHS TV in Parma, retiring as Chief Engineer in 2018. During his career, he appreciated the opportunity to travel the country building other television stations and studios. He even got to appear on some shows and commercials over the years.

David lives in Brunswick with his wife Elle. He says, “I married Elle in 1973. We have two sons, Eric and Adam, and four grandchildren.”

“Being a veteran currently seems more special to me than it did back then.” Says David. Several years after leaving the service, an announcer at a basketball game asked veterans in the stands to rise and be recognized.

CONTINUED ON NEXT PAGE >>

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## ★ HERO'S

"My wife had to remind me that indeed I was a veteran. Since then, I proudly wear a hat or something that says clearly USAF."

David has been sincerely touched by the acknowledgment he has received from the younger generations. He says, "Each Veteran's Day I am humbled with the ceremonies offered at my grandchildren's schools. It is important that these young people study the history of our country and the sacrifices of the men and women in the military. It is wonderful that these students come together to honor veterans and to celebrate this special holiday."

David's experiences underscore the evolution in the way our country feels about the armed forces. We have fortunately transitioned from a challenging period in our history to a new era where we respect, admire, and express deep gratitude for our servicemen, servicewomen, and Veterans.

One shout-out on behalf of David: Thanks to all the local businesses for their generosity on Veterans Day! These gestures are very meaningful to David and all our local Veterans.



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2025

# GETTING READY FOR SUMMER TRAVEL?



MARIE EDMONDS

## Make sure your estate plan is ready for travel too

By: MARIE EDMONDS, Counselor at Law

You're getting ready for your long-awaited summer vacation. Before you pack the car or head to the airport, take a moment to make sure your estate plan is travel-ready too.

As we all know, life is unpredictable. We don't want to think about our fun trip being sidelined or ruined by an accident, illness or any other emergency. So now is the time to make sure you have your health care power of attorney, living will and financial power of attorney in place, so your loved ones know what your wishes are and who is in charge. It might be a good time to share these documents with your family or agents you have named, just in case they are needed while you're on your trip. If you become unreachable or incapacitated, someone may need to pay bills, handle banking for you personally or for your business, or deal with travel insurance claims.

If you're leaving minor children or grandchildren at home while you're traveling, make sure you have given their caregiver the ability to make medical decisions or handle emergencies.

It's also a good time to review your estate plan, especially if you haven't visited it in a while.

Life changes, like a new home, marriage, divorce, new grandchildren, new laws, can certainly impact your estate plan and make what you currently have out-of-date or insufficient. Although it may seem like a lot of work, you may want to check your beneficiary designations on life insurance and retirement plans. Those quite often consist of a lot of funds, and you'd hate not having them distributed as you now really wish. And remember, your will does not control those funds; the beneficiary designations do!

Finally, make sure your trusted contacts know where to find your documents. If you store them in a safe deposit box or locked safe at home, make sure someone has access to those in case you are across the country or out of the country. Consider giving them digital copies of your documents or making copies and leaving them with someone you trust.

The best way to enjoy your trip is with peace of mind. A little planning before you head out on our trip can give you, and your loved ones, that peace of mind. And lets you enjoy your vacation and make the memories you were hoping for.



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Marie Edmonds



Ashley Sorgen

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# THE BEAUTY OF 55+ LIVING

## Redefining Senior Independence in Medina County

By: CHRISTINA WALLER,  
Executive Director, HANDS Foundation

Medina County is witnessing a fast-growing trend among seniors that is reshaping the way older adults live and thrive—55+ living communities. As more seniors seek to maintain their independence longer, these vibrant, well-designed neighborhoods offer a perfect blend of comfort, convenience, and community tailored specifically for those aged 55 and older.

### WHY 55+ LIVING IS GAINING POPULARITY

Unlike traditional independent living, assisted living, or nursing homes, 55+ communities focus on empowering seniors to live life on their terms while providing the essentials for safe, easy living. Seniors today want single-story homes that are maintenance-free, accessible, and designed with their needs in mind—features such as open floor plans, walk-in showers, and garages that open directly into the home, protecting residents from harsh weather like snow or heat.

Socialization is a key benefit of 55+ communities. Many now offer a variety of onsite activities, exercise classes, and social events, fostering a sense of connection and belonging. Pets are often welcome too, allowing seniors to maintain their beloved companions.

### HEALTH AND WELLNESS AT HOME

One of the most exciting developments in 55+ living is the integration of healthcare amenities directly into these communities. Services like non-medical home health care—offered by providers such as Home Instead—assist residents with daily tasks like showering, light housekeeping, meal preparation, and medication reminders.

More advanced care, including physical therapy, occupational therapy, and skilled nursing, can also be delivered at home by companies like Integrity Home Care. Many communities feature on-site gyms, allowing residents to stay fit and participate in therapy sessions right where they live.

### DESIGNED FOR ACCESSIBILITY AND SAFETY

Safety is paramount in 55+ living. Maintenance teams often help install grab bars and other accessibility modifications to ensure ease of movement and prevent falls. Walk-out patios allow residents to enjoy fresh air safely and comfortably. These thoughtful design features make it easier for seniors to remain independent while addressing health and mobility concerns.

### A PERFECT MIDDLE GROUND

For many seniors who are not quite ready to sell their homes or move into assisted living, 55+ communities offer a compelling middle ground. They provide the independence and lifestyle seniors desire with a focus on health, safety, and social engagement—all under one roof.

### LOCAL OPTIONS FOR 55+ LIVING

Medina County residents looking for 55+ living options can explore communities like The Village at Hinkley Oaks, located at 1456 Ridan Way Road, Hinckley, OH 44233. For more information, call (330) 632-3223.

Just over the county line, The Villas at Bakers Ridge in Strongsville offers a similar lifestyle at 21600 Experience Way, Strongsville, OH 44149. Their phone number is (440) 291-5455.

As 55+ communities continue to evolve, seniors in Medina County have more choices than ever to live independently, stay healthy, and enjoy life to the fullest.

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# Harvest Jamboree Returns to Medina This Fall

## A festive evening to benefit Hospice of the Western Reserve and support care in Medina County



From: HOSPICE OF THE WESTERN RESERVE

The Medina community is invited to gather for the second annual Harvest Jamboree on Saturday, September 13, 2025, at 6:00 p.m. at the Forever Farms Blueberry Barn in Medina. The event benefits Hospice of the Western Reserve, and all funds raised will directly support patients and families right here in Medina County.

Guests can expect a relaxed evening of live music, a hearty fall-inspired meal, seasonal desserts and beverages, and raffle prizes, all set against the backdrop of countryside charm. Complimentary valet parking will be available, and guests are encouraged to wear casual autumn attire.

Proceeds from the evening will help fund local hospice programs in Medina County, including bereavement support, pediatric care, expressive therapies and veteran programming—programs that offer comfort, dignity and support when it's needed most.

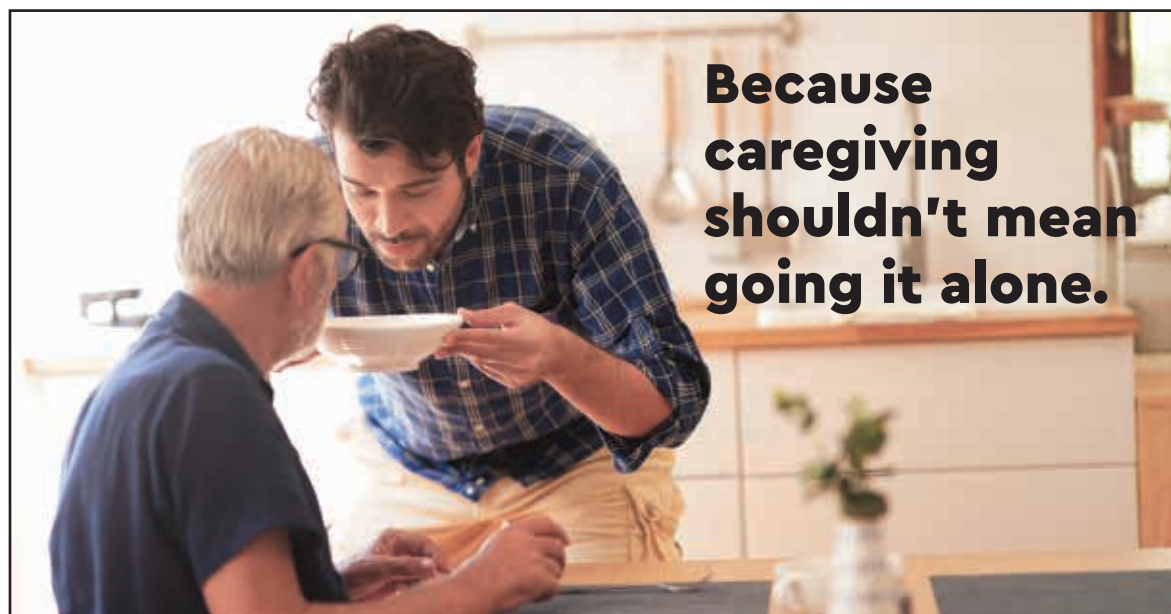
The first Harvest Jamboree was held in October 2024 and was warmly received by those who attended. It marked a meaningful return to in-person community events after

a pandemic pause and celebrated the strength and generosity of Medina residents. This year's gathering builds on that spirit.

Hospice of Medina County was established more than 45 years ago with a commitment to serving people at the end of life. Now part of Hospice of the Western Reserve, the team continues to care for thousands of local individuals each year. The Hospice House on Windfall Road, reopened in 2021, remains an important part of that care, offering a peaceful setting for inpatient support.

The Harvest Jamboree offers an opportunity to come together for a good cause and enjoy the company of neighbors in a warm, welcoming setting. Whether you're attending for the food, the music, or to honor a loved one, the evening is meant to reflect the heart of the Medina community.

More details, including ticket information, will be available soon. For now, community members are encouraged to save the date and consider how they might take part in this evening of connection and care.



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At **Hospice of the Western Reserve**, we walk alongside families facing serious illness – offering care, guidance and comfort tailored to your needs. Whether at home, in a care facility or in one of our hospice care centers, our team is here to help you focus on what matters most.



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# Sharing Financial Information and Passwords with Your Agent



MICHAEL LARIBEE

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

Felix and Oscar were lifelong friends. Oscar decided it was time to get his estate planning in order. So, he hired an attorney who drafted several documents including a durable financial power of attorney. Oscar named Felix as his agent. The power of attorney granted Felix the ability to manage Oscar's checking accounts, savings accounts, certificates of deposit, money market accounts, brokerage accounts, retirement accounts, insurance policies, and tax matters. Oscar provided Felix with a copy of the executed power of attorney so Felix could manage his financial affairs in the event of Oscar's incapacity. Oscar did not, however, discuss the details of his finances with Felix.

Several years passed. Oscar was hospitalized after a sudden illness and was unable to attend to his finances. Felix went to Oscar's apartment to locate his checkbook and statements. While Oscar's new estate planning documents were well organized, his financial records were not. Oscar's apartment was littered with random receipts and outdated papers. Despite a valiant effort, Felix could not locate any current bank statements. Felix did not know where Oscar maintained his accounts. Furthermore, he could not access Oscar's computer or his online banking. It took months for Oscar to recover and unfortunately, his bills went unpaid during that time.

A power of attorney is a legal tool that grants a trusted individual (known as the agent or attorney-in-fact) the legal authority to manage finances, pay bills, access bank accounts, and handle other critical tasks for another person (known as the principal), especially during the principal's illness or incapacity. One of the most important steps in preparing a power of attorney is ensuring the agent has access to the principal's financial information. This includes account numbers, bank names, on-line login credentials, computer passwords, mobile phone passcodes, and contact information for the principal's accountant, attorney, or financial planner.

If the agent does not have quick access to account information, he may be unable to carry out essential responsibilities listed in the document. This, in turn, could lead to delays, missed payments, frozen accounts, penalties, or disruption in services. The principal can provide the agent his financial information through a secure password manager, a sealed list of credentials stored in a safe location, or through regular discussions. If the principal keeps important documents in a safe or lockbox at home, the agent should have the combination.

After creating a power of attorney, you should carefully organize and share your financial and digital access information with your agent so they may act swiftly and efficiently in times of need. This assures your finances are managed responsibly and without unnecessary complication. A trusted estate planning attorney can assist with drafting your documents and provide the guidance to make sure they are used effectively.



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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.



# HOME HELP



JANET GOMMEL



## Home Improvement vs. Return on Investment

### Maximizing Your Home's Value: Key Upgrades and Considerations

Everywhere you turn—whether on television, at trade shows, or home and garden expos—there is an overwhelming push to update your home. Leading industry sources such as the Journal of Light Construction, Consumer Affairs, This Old House, Forbes and more consistently highlight several top home improvements that yield the highest return on investment.

#### FIRST IMPRESSIONS MATTER

Before diving into major renovations, it is essential to consider the most fundamental step in preparing your home for sale: presentation. A clean, uncluttered, and well-maintained home makes a powerful impression on potential buyers. If your walls need a fresh coat of paint, it is a worthwhile investment. Enhancing curb appeal with manicured landscaping, cleaned walkways, trimmed bushes, and weed-free flower beds creates a welcoming atmosphere. A well-kept front entrance significantly enhances a buyer's initial impression—the most crucial moment in their tour.

#### HIGH-ROI HOME IMPROVEMENTS

Major home improvement projects that yield a return on investment (ROI) of 70–100%+ include upgrading elements such as: garage doors, front entry doors, windows, roofs, siding, etc.

While these renovations add value, homeowners should carefully evaluate their neighborhood's market before proceeding with costly updates. Consulting with a trusted real estate agent ensures that planned improvements align with local housing trends, preventing the risk of overpricing compared to nearby properties.

#### CONSIDERING LONG-TERM MAINTENANCE

Routine home maintenance, such as replacing an HVAC system or a water heater, is an inevitable expense over time. If these upgrades have not been addressed in 30 years, they are categorized as deferred maintenance. Although replacing a furnace enhances energy efficiency, sellers typically recover only 62–70% of their investment upon resale. However, if the unit is nonfunctional or poses a health risk, replacement becomes a necessary investment rather than an optional upgrade.

#### TAILORED REAL ESTATE STRATEGIES

Real estate decisions are never one-size-fits-all. Homeowners should seek guidance from an experienced real estate agent to navigate market conditions effectively and ensure strategic investments that maximize their home's value.

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

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## 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.



# SENIOR SPOTLIGHT

## The Soldier's Sketchbook: The Art and Service of Spike Mertes

By: **SHERRY CASSILY**, Archangels Specialty Home Care

Joseph "Spike" Mertes, a 1965 Brunswick High School (BHS) graduate, grew up in Brunswick, OH, where he formed lasting memories. He now lives in Williamsville, NY, near Buffalo. A talented student with diverse interests, Spike always wanted to teach. His art teachers, Al Staufer and Pat Semary, significantly influenced him, inspiring him to pursue drawing, calligraphy, and sign-making. He even earned money painting logos and racing. Cars were central to his life; he enjoyed drag racing and owned and rebuilt a 1967 Corvette. Later, he applied his artistic talents to technical drawings for marketing and instructional materials while working as a product designer in the rail and transit industry.

Spike attended New Mexico State University, where Professor Barrick mentored him in technical drawing. He later transferred to Kent State University for art and industrial arts education, but family business obligations interrupted his studies.

At 22, Spike was drafted into the Army. Following a friend's advice, he explored Military Occupational Skills, volunteering as "The Company C artist" during boot camp. He then served 19 months as an Illustrator at 6th Army HQ in



San Francisco. His role as an Army Artist developed after enlistment, leveraging his existing artistic talents.

Spike proudly served with the Army Artists, a unique group documenting military life through art, providing a personal and visual historical record. He fondly recalls his time with the 46th Special Forces as part of Army Artist Team XII in Lopburi, Thailand (February-June 1971). He volunteered for this four-member team by submitting a portfolio of drawings and sketches to the Department of the Army, selected from worldwide active-duty soldier applicants.



SHERRY CASSILY



The team's mission was to record military operations and functions, including training and support activities for aviation, communications, medical, ordnance, transportation, advisory, and Special Forces. Their historical record, through paintings, drawings, and photography, aimed to capture military life and local subjects.

Though not a direct combat zone, Thailand was crucial to the U.S. war effort, serving as a vital support and staging ground. Spike emphasized, "Thailand means 'Land of the Free' and has never been overrun by any other civilization, including the Chinese! The Thai people are very proud and loving, expressing happiness and peacefulness every day—that's what they left in my mind and feelings."

CONTINUED ON NEXT PAGE >>



### Gambling can be addictive.

**Be aware of warning signs:**

- Borrowing or stealing money for gambling
- Missing work of other commitments to gamble
- Neglecting relationships to spend time gambling
- Lying about how much time or money is spent on gambling
- Restless or irritable when not gambling

**For help with gambling addiction contact:**

**ALTERNATIVE PATHS**

AlternativePaths.org or (330) 725-9195

**Ohio for Responsible Gambling**

**MHRB**  
Mental Health & Recovery Board

BeforeYouBet.org or 1(800) 589-9966



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>> CONTINUED FROM PAGE 26

A highlight of Spike's work was his 24x48 acrylic painting of troops boarding a UH-21, which became the centerpiece of the Special Forces & Airborne Museum's grand opening in Fayetteville, NC, in 2000. Many of Team XII's artworks originated from their time at the Royal Thai Army (RTA) Special Forces camp, where they collaborated with the Thai "King's Cobras."

Spike's Army Artist drawings and paintings are now preserved at the U.S. Army History Museum at Fort Belvoir, VA, where he has a designated drawer for his sketches. He recounts, "My time with the 46th Special Forces in Thailand was incredibly special. Having my painting as the centerpiece at the museum's opening was a great honor. It is rewarding to know my art is part of the collection at the U.S. Army History Museum."

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## Weather related roof damage and avoiding scams

By: DENNY BAUER, Romig Finnium Insurance Agency

It's that time of year when summer storms can cause serious damage to your home. The damage can be caused by everything from strong winds to hail. When an area is hit by a strong weather event, the Storm Chasers come to town. Storm Chasers, in this situation, are out of state companies that come rolling through town, do as much repair work as possible, and move onto the next area hit by storms. If you're fortunate, the work will be of good quality, but this is the time when scams often occur.

### HERE ARE SOME THINGS TO BE AWARE OF TO PROTECT YOURSELF FROM SCAMMERS

■ **Use a local reputable business to do the repairs:** That might mean waiting a bit, but could be worth it in the long term if there are any issues. If you don't know any reliable contractors, your insurance agent should be able to make some suggestions about who to contact.

■ **Beware of the "Free" Inspection:** Beware who you let on your roof. Some fraudsters point out damage that is not there, create unnecessary worry, or worse create their own damage. For your peace of mind and protection, get multiple estimates for the repair.

■ **They use high-pressure tactics:** Fraudsters often use pushy & aggressive sales techniques

to get you sign on the dotted line. Give yourself time to make a good decision. Talk to your agent and insurance company claims representative.

■ **Their sales contract has blanks:** Make sure you get detailed estimate that includes cost, work schedules, payment schedules and listed contractor. Make sure they show proof of their license and proof of insurance.

■ **They require payment upfront:** I've heard of too many people handing over money to secure a place in line to get repairs made. Fraudulent contractors often demand full payment or a large payment up front. For many out of town Storm Chasers, they only care about doing minimal work and then take the money and run. A reputable contractor is often willing to work with the insurance companies and your payment schedule.

■ **They have no references:** Make sure they have references from people that have used them and like their work.

No one likes to have their house repaired or fixed after a storm. It can be very stressful, but if you keep in mind the above tips, you have a much better chance of having a successful outcome.



# HANDS BUSINESS SPOTLIGHT

## Forever 22 Med Spa Opens in Valley City

By: OLIVIA LaSCOLA,  
BEAT Reporter

On March 8, 2025, Forever 22 med spa opened its doors at 6677 Center Rd, Valley City, Ohio. Forever 22 is a med spa, providing customers with a variety of services to help people to look and feel their best.

Forever 22 Med Spa was founded by Certified Nurse Practitioner Brandi Sesock, who originally opened Forever 22 as a mobile med spa with a home-based clinic and moved to this location as her business grew. She combined her background in internal medicine and aesthetics to run Forever 22, where she enjoys helping people to feel confident inside and out, and to help others achieve their beauty and wellness goals by taking the time to come up with personalized plans tailored to each individual.

Forever 22 offers a large variety of services, such as neurotoxins/wrinkle relaxers (Botox, Xeomin, Jeuveau, Letybo, Daxxify), multiple dermal filler options, weight management programs, vitamin/wellness injections, chemical peels, microneedling, PRP/PRF services, Kybella, Skinlive, medical grade skincare, and more.

Additionally, Sesock hosts events and travels. "I am also willing to travel to events such as Botox parties (in your home or at an inviting location like a salon or boutique)," she explained. "I often collaborate with other businesses on fun events like 'Ladies Night Out'. I enjoy hosting events at my spa like 'Moms and Mimosas' with exclusive offers, raffles, door prizes, and more. I plan to have more events like this in the future."



For each service, Sesock begins by talking to her patients about their specific goals and what may be offered to accomplish those goals. Next, she discusses with the patient anticipated and realistic outcomes, pricing, along with pre- and post-care for each treatment.

Sesock has always had the entrepreneurial spirit, and she has always dreamed of opening a med spa. She came up with the med spa's name for various reasons. "22 is my lucky number," said Brandi. "It's also special to me because it's not only my birthdate (1/22), but my wedding date and year (10/22/22) and my husband's lucky number. When thinking of a business name, Forever 22 had a certain ring that was meaningful. And, who wouldn't want to look 22 forever?", stated Sesock.

Brandi's favorite part of owning Forever 22 is seeing people's confidence soar and building people up. The biggest challenge for Sesock as a

med spa owner is that many aesthetic treatments have misconceptions, or may be misunderstood. She always takes time to explain the treatments to her patients, so that they're making well-informed decisions.

For the future of Forever 22, Sesock would love to help as many people as possible achieve their beauty and wellness goals, and she plans to continue expanding her offered services, allowing patients a wide variety to choose from. Forever 22 is unique, empowering patients so they can look and feel their absolute best, focusing on patient-specific goals, and individualizing a plan tailored to each patient.

"Here at Forever 22, all are welcome to the spa," said Sesock. "I offer free, informative, consultations so patients feel empowered when they are making treatment decisions."

For more information, visit  
[www.forever22.store/](http://www.forever22.store/).

# Health & Wellness

## Reflux in the Elderly

### What is Acid Reflux/GERD?

From: THE GRISWOLD HOME CARE BLOG



Acid reflux is when the contents of your stomach — like food or acids — flow back up into the digestive tract and into the esophagus. GERD, or gastroesophageal reflux disease, is more frequent and results in heartburn two or more times per week. In addition to regurgitating food or sour liquid, other symptoms of GERD can include coughing, swallowing, chest pain, and wheezing — typically while lying down at night. The chronic condition can cause discomfort for older adults and can adversely impact quality of life if left untreated. In the next section, we'll take a look at the relationship between GERD and age.

### What Is the Relationship Between GERD and Aging?

As you age, changes in your digestive system can worsen acid reflux symptoms. These factors include:

- Slowed digestion. With age, digestion slows and causes food to stay in the stomach longer and increasing the chance of acid reflux.
- Weakened muscle tone. The lower esophageal sphincter becomes less effective with age, allowing stomach acid to flow into the esophagus.
- Medication use and health issues. Aging often brings on more medications and conditions like obesity or diabetes, which can contribute to acid reflux.
- Hiatal hernia development. A hiatal hernia, where part of the stomach pushes through the diaphragm, can disrupt the lower esophageal sphincter and let stomach acid into the esophagus.

### What Are Symptoms of Reflux in the Elderly?

- Heartburn, often after eating or at night, or when lying down
- Backwash of food or sour liquid into the throat
- Upper belly or chest pain
- Laryngitis
- Dysphagia, or trouble swallowing
- Lump in the throat
- Ongoing cough, especially at night
- New or worsening asthma

CONTINUED ON NEXT PAGE >>



# Health >> CONTINUED FROM PAGE 28

## How Do You Treat GERD in the Elderly?

### UPPER ENDOSCOPY.

This procedure examines the esophagus and stomach for signs of inflammation or other problems.

### ESOPHAGEAL PH MONITORING.

This test measures the level of acid in the esophagus to confirm the presence of acid reflux.

### ESOPHAGEAL MANOMETRY.

This test evaluates the muscle contractions in the esophagus during swallowing.

### X-RAY OF THE UPPER DIGESTIVE SYSTEM.

This imaging test helps identify structural abnormalities in the esophagus and stomach.

### MAINTAIN A HEALTHY WEIGHT.

Losing excess weight can reduce pressure on the abdomen and lower the risk of reflux.

### AVOID TRIGGERING FOODS AND DRINKS.

Common triggers include fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion, and caffeine.

### EAT SMALLER MEALS.

Consuming smaller portions can help reduce pressure on the lower esophageal sphincter.

### AVOID LYING DOWN AFTER EATING.

It is recommended to wait at least three hours after a meal before lying down or going to bed.

### ELEVATE THE HEAD OF THE BED.

Raising the head by 6 to 9 inches can help prevent stomach acid from rising into the esophagus.

### QUIT SMOKING.

Smoking can weaken the lower esophageal sphincter, making reflux more likely.

### ANTACIDS.

These medications provide quick relief by neutralizing stomach acid.

### H-2 RECEPTOR BLOCKERS.

These drugs reduce acid production in the stomach.

### PROTON PUMP INHIBITORS (PPIS).

PPIs block acid production more effectively and promote healing of the esophagus.

### FUNDOPLICATION SURGERY.

In this procedure, the top of the stomach is wrapped around the lower esophageal sphincter to strengthen it.

### LINX DEVICE.

This is a ring of magnetic beads placed around the junction of the stomach and esophagus to keep it closed to acid, while allowing food to pass.



## 2025 Picnic on the Patio Schedule

**June 13**

**GREG CROWE**

**Guitar/Popular Songs**

*Sponsored by Avenue at Medina  
Jumbo All Beef Hotdog*

**June 27**

**ROCKIN' RICK**

**Blues, Rock, Country**

*Sponsored by Hinckley Oaks  
BBQ Pulled Pork Sandwich*

**July 11**

**JOAN PADILLA -**

**Songs from 60s & 70s**

*Sponsored by Medina Meadows  
Bratwurst*

**July 25**

**STEVE MADEWELL**

**Folk/Pop**

*Sponsored by Western Reserve  
Masonic Community  
Hamburger or Cheeseburger*

**August 8**

**ISLAND TROY - Summer Music**

*Sponsored by KAZ Company • Italian  
Sausage w/peppers & onions*

**August 22**

**LUAU with SCOTT SOPATA**

**Steel Drums & Guitar**

*Sponsored by Champion Creek  
Teriyaki Grilled Chicken*

**Thanks to Sandridge for donation of side salads for all meals!**

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Ears To You is an amazing nonprofit organization created by Ruth Crane. She has dedicated her time to helping people with cancer feel happier, more stylish, and better about themselves and the world around them.

Ruth created this charity because of her experience when she was diagnosed with breast cancer at 37. When she lost her hair, it changed how Ruth felt. It was very hard to cope with losing what she felt was a key part of her identity. During her treatment, Ruth always felt better when she was wearing things like make-up, her wig, jewelry, and earrings. She said she felt a little more "normal". She thought, "If I felt this happy and optimistic when I was wearing these accessories, maybe there was a way to spread joy and hope to hospitals all over."

# HANDS BUSINESS SPOTLIGHT

## Ears to You Spreads Kindness and Hope

By: VIOLET SCALI, BEAT Reporter



This inspired her to create a business that supported cancer patients by donating earrings, hats, head scarves, and books. On Ruth's last treatment, she donated about 180 pairs of earrings to lift the spirits of the patients at the Cleveland Clinic, where she was treated. Ears To You has now donated over 50,000 items including earrings, hats, head scarves, and books to people of all ages and all types of cancer.

Ears To You holds all sorts of amazing events to spread joy and hope, like the Green & Gold gala, made to honor cancer survivors. Every year at the Green & Gold gala, they honor nine local cancer survivors. This gala is full of games, auctions, and lots of fun. Ruth also speaks for

CONTINUED ON NEXT PAGE >>

# ESTATE PLANNING AND ELDER LAW: WHEN DO I NEED A TRUST?

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



ANN SALEK

In my Estate Planning and Elder Law practice, I am often asked, "Do I need a trust?" Many people hear about their friends or family who have a trust and they think maybe they need one in their estate plan too. Therefore, I have established a general list of common situations I have found among my clients that will trigger a "red flag" to me that we should investigate the necessity of a trust for that client's estate plan. A brief summary of those situations are as follows:

- Asset protection for long term care (Medicaid or Veterans benefits planning)
- Beneficiaries who are minors and you want to avoid the children having full access to assets at a young age
- Beneficiaries with disabilities
- Beneficiaries with addictions
- Beneficiaries who are spend-thrifts
- Beneficiaries with suspect spouses
- Want to keep assets in bloodline (children, grandchildren, great-grands, etc) rather than go to in-laws

- Remarriages
- Concern surviving spouse will re-marry or be taken advantage of and want to make sure assets are eventually distributed to children
- Own Vacation home
- Own closely held business – succession plan
- Asset protection – in high liability profession
- Taxes

Any one of these single issues could warrant a full article on that subject alone. This is not meant to give advice on an estate plan or long term care plan (elder law issues); rather, this article is merely meant to give a list of situations of which to be aware when considering whether someone may need a more sophisticated estate plan or long term care plan.

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www.ccj.com



# Ears to You >> CONTINUED FROM PAGE 30

business, groups, organizational meetings, and many other locations to create bonds and partnerships to help them spread more hope and joy.

Ears to You works with 24 different hospitals. They also work with people at the Cleveland Clinic network, as well as University Hospitals, Summa, and many more. Ears to You partners up with different cancer nonprofits that support patients, so they have someone to talk to if they have a problem or need advice.

Whenever Ears To You donates any item from their organization, they request that a staff member give it to the patient because Ruth believes that the one-on-one contact is much better than if the patient just got the donation in a box. These donations lift spirits and give them a spark that helps them feel happy and stylish. All donations are shipped to hospitals

and care centers where the patients need a little hope and love. Ruth believes that it's important to realize that small gestures and little things we can do for others really do make a difference. It's always good to give, love, and support people even if you don't know what they're going through.

You can also purchase a minimum donation that helps this organization give to more and more people with cancer every day. Their products are donated to their hospital partners and individual cancer patients with no cost to them.

If you ever want to support cancer patients, you can do that by going to [www.earstoyou.org/donate](http://www.earstoyou.org/donate) to bring a moment of joy and encourage hope to hospitals and care centers. If we all help, Ruth's dream will continue to spread kindness and joy to cancer patients, survivors, hospitals, and care centers.



Ears to You founder, Ruth Crane speaks at a breast cancer awareness event to honor cancer survivors.



# Getting to Know People with Developmental Differences: A FRIENDLY GUIDE FOR SENIORS



As we get older, many of us start to slow down a bit, take time to reflect, and maybe even think more about the people around us. You might notice more individuals in your community with developmental differences—at the grocery store, in your church group, or even living in the same apartment complex.

Developmental differences are lifelong conditions that affect how a person learns, communicates, or gets along in daily life. Some examples include autism, Down syndrome, and cerebral palsy. People with developmental differences might need extra help in certain areas, like talking, learning new things, or managing daily routines—but just like you and me, they all have unique personalities, interests, and yes, many abilities. But who are they, really? Let's take a moment to get to know this group a little better—and why you might have more in common than you think.

## MORE ALIKE THAN DIFFERENT

Believe it or not, seniors and people with developmental differences often face similar challenges:

- **Needing help from others:** Just like seniors might rely on family, friends, or caregivers for certain things, people with developmental differences also count on support teams.
- **Dealing with isolation:** Loneliness can affect anyone, especially when social opportunities are limited. Many people with disabilities want connection just as much as anyone else.
- **Being misunderstood:** Seniors sometimes get written off because of age. People with developmental differences can face the same kind of unfair treatment—being underestimated or ignored.

## BUILDING CONNECTIONS

Here's the good news: People of all ages can make a big difference just by being friendly, open, and curious. Here are a few simple ways to connect to a person with a developmental difference:

- **Start a conversation:** Don't be shy! Even if someone communicates differently, a warm smile and a "hello" go a long way.
- **Invite participation:** If you're part of a club, church group, or community event, think about how to include people with disabilities. Maybe they would love to help with setup, participate in an activity, or just join in the fun.
- **Be patient and understanding:** Some folks might take a little longer to respond or need things explained more clearly. That's okay. You've got the life experience—and the patience—to handle that.

You've probably seen a lot in your lifetime—times when people were excluded because they were different. But we've come a long way, and you can help keep that progress going. When seniors and people with developmental differences support one another, it creates a stronger, kinder community for everyone. It's never too late to learn something new or to open your heart to others. Whether you're 65 or 95, you have so much to offer—and people with developmental differences can teach us just as much as we can share with them. Let's build those bridges, one friendly conversation at a time. And who knows? You might just make a new friend along the way.

For more information about ways to connect to people with developmental differences, visit the Medina County Board of DD website at [www.mcbdd.org](http://www.mcbdd.org) or call 330-725-7751.

- helping people succeed -

From the time a person finds out they have a developmental difference, we are here to help them through life's challenges.

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

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



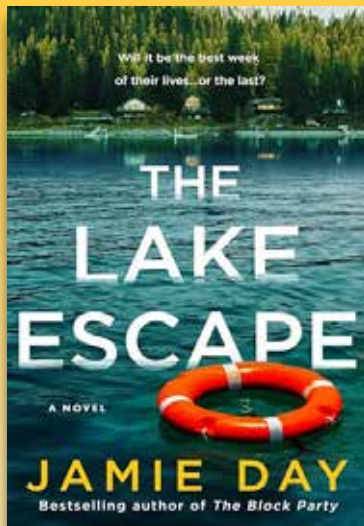
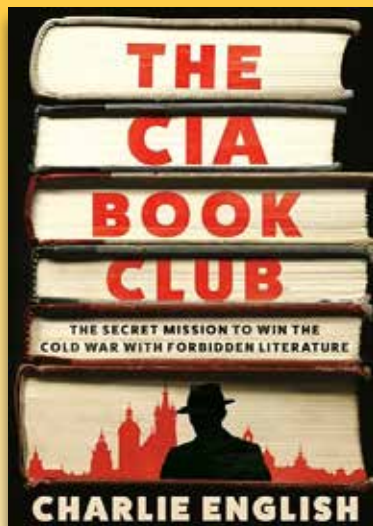


# LIBRARY NEWS

*Read it and Reap!*

## SUMMER READING Some Titles to Check Out!

From: MARY OLSON, Readers' Advisory Librarian



### SPICE UP YOUR SUMMER WITH AUTHOR CHLOE LIESE Thur., Jul. 24, Medina Library

Enjoy light snacks and mocktails, coinciding with Ladies Night Out on the Medina Square.

Chloe Liese writes romance novels with spice, heart, and humor. She often features characters who are neurodivergent like herself as in her popular Bergman Brothers and Wilmot Sisters series. When not dreaming up her next book, Chloe spends her time wandering in nature, playing soccer, and happily at home with her family and cats.

**5:00 - 5:30 pm** - Chloe discusses her newest title, *Once Smitten, Twice Shy*. Register at [mcdl.info/Readers](http://mcdl.info/Readers).

**5:30 - 7:00 pm** - Ask Chloe questions, take a photo with her, and get your book signed! Books available for purchase. Presented by MCDL and the Friends of MCDL



### MICROFILM & MCDL DIGITAL ARCHIVE Medina - Mon., Aug. 4, 1:30 pm

Newspapers can tell the stories of your ancestors and their community. Learn to access historic Medina County newspapers, both on microfilm and in the MCDL Digital Archive.

### LETHA HOUSE

Lodi - Thu., Aug. 7, 6:00 pm

Learn about the life of Letha House through period attire, posters, and stories of her life. Presented by Kathleen Kraus.



### CLEVELAND'S INVENTOR EXTRAORDINAIRE

Lodi - Mon., Aug. 11, 6:30 pm

Learn about Garrett Morgan, creator of inventions with global significance. His story sheds light on the development of the African American community in Cleveland, showcasing how innovation can triumph over stereotypes and oppression. Presented by the Western Reserve Historical Society.



**Register at [mcdl.info/HistoryEvents](http://mcdl.info/HistoryEvents)**

### UNRUN

Sat., Sep. 20, 2025

This half-mile "run" between Sully's Irish Pub and Lager Heads Brewing Co. & Tasting Room. Participants who make it to the finish line will be rewarded with a beer (compliments of the Friends), snacks, and a medal. There are two start times; 1:00 p.m. at Sully's Irish Pub and 3:00 p.m. at Lager Heads.

"Participants get the 5K or marathon experience ... without the sweat or pulled hamstrings," says Monica Heath, Friends Liaison and event organizer. "We will have a carb-loading station at the halfway point, in case anyone needs fuel to finish. All proceeds benefit the Summer Reading Game."



With only 100 spots available, sign-ups will go fast. Registration fee is \$42 and includes a T-shirt if registration received by Aug. 22. To register or volunteer, please visit [www.friendsofmcdl.info](http://www.friendsofmcdl.info) and choose 2025UnRun.

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



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