

Celebrating **seniors**

**Are you considering
Regenerative
Therapy?**

page 4

**Classes at the
Library**

page 2

**The Power
and Simplicity
of Endowed
Giving**

page 12



A Different Approach to Retirement Living

Retiring from a longtime career can be the beginning of a new phase of growth for older adults. This is a great time to look at opportunities for travel, lifelong learning, volunteering, or maybe even to launch an encore career. What are you going to do for your next chapter?

Today's older adults – the Baby Boomer generation – are reshaping retirement living in wonderful new ways. Communities can be places where people are encouraged to grow, learn and give back. And communities that offer an environment to support these activities will be in demand.

What does a retirement community offer that may or may not be readily available in your current living situation?

- A beautiful campus, certified as an arboretum, including ponds, wetlands, wooded areas and walking trails
- Wellness/fitness center – indoor



- lap and therapy pools, classes, newer exercise equipment
- Resident-driven activities and programming
- Plenty of social opportunities
- Restaurant-style dining and special event catering
- Local scheduled transportation, including transportation to medical appointments, within Lorain County
- Health and wellness clinic, with regular physician hours and a fulltime nurse practitioner

- On-site long term care – assisted living and nursing care – to accommodate future health needs so you can “age in place” in familiar and comfortable surroundings

The features above are available at Kendal at Oberlin. You'll meet some fascinating and friendly people at Kendal too. People who moved to Oberlin from 36 different states, including the District of Columbia!

Kendal at Oberlin is a vibrant life plan community, located less than one mile from Oberlin College and its Conservatory of Music. Art, music and lifelong learning opportunities are easy to access for Kendal residents.

To learn more, visit our website, kao.kendal.org. Or plan to visit during our spring open house over Memorial Day weekend, Friday through Monday. Open house hours are from 9:00 am to 4:30 pm throughout the holiday weekend.



Classes at the Library

Don't miss these upcoming programs at the Main Branch of the Lorain Public Library System: The Sewing Club meets on Tuesdays at 5:45 p.m., the Yarn Club on Saturdays at 10 a.m. and Yoga for Beginners is offered Fridays at 4:30 p.m. The Writer's Group will meet May 14 at 6 p.m. and the Genealogy Club May 8 at 1 p.m. A new program called Kitchen Life: Healthy Eating will take place every Wednesday in May at 5 p.m. and a special program, “World War II: the People and Artifacts” will be Wednesday, May 22 at Noon. For more information or to pre-register for any of these programs, log on to www.lorainpubliclibrary.org

Know Your Options

Stein Hospice wants to help you to live life as fully as possible

We can show you your options and help you prepare for that goal.

- Advance care planning lets you make your wishes known to your loved ones.
- Palliative Care provides comfort and support earlier in the course of a serious illness.
- Hospice brings you and your family compassionate care when a cure isn't possible.

Learn more at

 **Stein Hospice.org**

Call 800-625-5269


FREE EVENT

**Home
& Garden**

Kingston Of Vermilion invites you to come to relax and get some fresh ideas for your home and in your garden, through displays and demonstrations.

We will meet in the beautiful Beulah Beach multi-purpose building!

Thursday, May 9
1 p.m. – 3 p.m.

- REFRESHMENTS
- DOOR PRIZES
- RAFFLES

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Kingston Of Vermilion

Kingston of Vermilion's Skilled Nursing Facilities, located at 4210 Telegraph Lane, Vermilion, provide unmatched therapy services and expert clinical care in a nurturing and home-like environment. Our clinical care model includes caring and compassionate physicians, certified nurse practitioners, registered nurses and therapists who provide collaborative and integrated care, including 24/7 licensed nursing, and one-to-one dedicated therapy time available 7 days a week. Whether your stay is short-term or long-term, Kingston

is the right choice for living well. In addition, Kingston of Vermilion offers a Wellness Program that is open to the public, and includes Group Exercise and Silver Sneakers, which entails Circuit Fitness and Strength and Balance classes. Also, the state of the art therapy pool accommodates Aquatic classes, including Open Water, Gentle Water, Water Aerobics, and Aqua Bootcamp. For more information about our Wellness Program, please contact Danielle at 440-967-1800. Visit us on-line at www.kingstonhealthcare.com.



Stay in the home you love

Stairlifts are an ideal solution for making homes safer and more accessible. They allow for access to the basement or that second floor. Wondering if one is right for you or your loved one? Have you found yourself avoiding areas of the home because it is too physically taxing? Have you

experienced a fall or near-fall while going up or down your stairs? Are you concerned about a loved one living on their own? If you answered yes to any of these questions, then a stairlift may be the answer.

Stairlifts come in a variety of styles and versions to accommodate any

need. Custom curved stairlifts can be personalized for a specific home going up multiple staircases and around landings. Versions are available for indoor and outdoor use. Multiple power options are different lifting capacities are available.

SEE PAGE 12 >

Lorain Public
Library!
System

BOOKS BY MAIL @ LORAIN PUBLIC LIBRARY SYSTEM

Can't make it to the library? The library can come to you!

Books by Mail is a service that provides qualified users with access to Lorain Public Library System materials.

If you have a disability or other limitation that prevents you from visiting the library, you may qualify for Books by Mail.

You are eligible if you live in: Avon, Camden Township, Columbia Township, Eaton Township (only the area in the Columbia Local School District), Henrietta Township, Kipton Village, Lorain, North Ridgeville, Sheffield Lake, Sheffield Township or Sheffield Village.



Visit lorainpubliclibrary.org/about-lpls for the application, or call (440) 244-1192 for more information.



Westbrook Place Nursing offers skilled nursing and rehabilitation therapy to adults of all ages who need short or long-term care as well as specialized care for individuals with Alzheimer's disease. Our center offers specialized rehabilitation suites designed to help patients recover quickly from illness, orthopedic or reconstructive surgery, trauma or neurological conditions. We have a range of post-acute care, rehabilitation and specialty medical services available to promote health and wellness. While we're focused on helping our patients and residents thrive physically, we also support their emotional well-being through flexible visiting hours during which pets are families are welcomed. We also provide a range of both resident and family interactive activity programs.

Are you considering Regenerative Therapy?

A full suite of Regenerative Therapies is now available at Xcell Medical Group in Elyria for treating chronic osteoarthritic pain.

Regenerative Therapy is a new breakthrough treatment option provides pain relief and healing without the risks of surgery, general anesthesia, hospital stays, or prolonged recovery and downtime from life.

By using a range of regenerative medicine treatments in conjunction with one another, we can help you reach a fuller recovery with fewer undesirable side effects.

How are Regenerative Therapy Injections done?

After your initial consultation with our experienced doctors to see if this type of treatment can work for you, we schedule a time for you to come into our office for the procedure, which takes less than one hour to perform.

Our Orthopedic Specialist, Dr. Jane Hoashi, MD, uses ultrasound-guided imaging to find the best place to inject the matrix mixture of cells, growth factors, proteins, collagen, and hyaluronic acid into your joint.

The matrix mixture starts to metamorphosize into different cells; this allows the growth factors to become tissue cells, bone cells, or other kinds that are needed in that area.



This ability to become whatever cells are necessary in the affected area is what medical practitioners believe is so unique about Regenerative Therapy. This huge number of growth factors injected into the body will help in healing the injuries at an accelerated pace.

The best results for Regenerative Therapy are most often seen in osteoarthritic joints.

To find out more about Regenerative Therapy, please attend one of our FREE lunch or dinner events: Tuesday, May 14 at Café Piccolo in Avon at 11:30am or Thursday, May 16 at Holiday Inn Express in Westlake at 6:30pm. Call us today at 440-484-3232 to reserve your free seats – meals are provided.



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Proven Treatment Solutions in Ocular Surface Disease in Geriatrics

By Andrea L. Fisher, O.D.

Prokera amniotic tissue proven to reduce inflammation, prevent scarring and promote healing of the corneal surface

Amniotic membranes have become the mainstay treatment to heal corneal wounds, inflammation, and advanced dry eye, since 2013. This device, which is a biologically active amniotic tissue, is in the form of a contact lens that is placed on the cornea and worn for the duration of the treatment, which lasts three to five days. Prokera provides mechanical protection for ocular surface disease similar to a bandage contact lens, with additional properties that promote enhanced healing. But what is ocular surface disease? This condition causes distorted vision or blur, pain, recurrent infections, recurrent corneal erosions, itching, burning and lasting redness that doesn't go away. If you have any of these symptoms, you should ask your

eye doctor if ocular surface disease is the cause. Prokera can also be used in conditions where bandage contact lenses are contraindicated, such as herpes keratitis, corneal ulcers, and filamentary keratitis. Not only is the device indicated in persistent corneal defects, dry eyes, recurrent corneal erosions, chemical burns, and infectious conditions, it is also indicated for corneal dystrophies, such as Salzmann's degeneration, and in the treatment of endothelial dystrophies, such as Cogans' (Anterior basement membrane dystrophy), which is also called Map-dot fingerprint dystrophy. But, how does it work? The membrane is donated by consenting mothers after a scheduled cesarean section in the U.S. Amniotic membranes are the innermost lining of the amniotic sac, better known as the placenta. Fresh amniotic membranes contain collagen, fibronectin, and hyaluronic acid, along with a combination of growth factors,



cytokines, and anti-inflammatory proteins. All of these proteins, amino acids, and enzymes promote healing and regeneration of tissue.

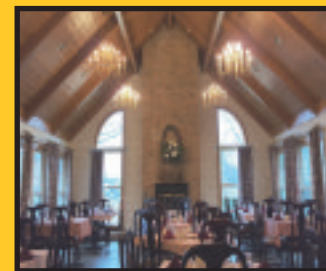
According to its maker, Bio-Tissue, the 16mm device conforms to the ocular surface (the cornea) and inhibits inflammation and scar formation. It also, provides pain relief, and reduces hazy vision. The fitting process is similar to the fitting process of a bandage contact lens, and can be performed in a minor surgery room with the patient sitting up-

right. After the device is in place, the patient needs to return to remove the rubber retention ring from the eye within a week. Since it has been FDA approved, antibiotic drops may also be used in conjunction with usage of Prokera, to prevent the development of secondary infections. The membrane is usually reabsorbed by the ocular surface by five days, which is also when the retention ring is removed. The ring that holds the tissue in place fits looser than a contact lens and keeping lens adhesion from irritating the corneal tissue.

If you are allergic to Ciprofloxacin, Amphotericin B, Glycerol, and/or DMEM, you would notify your doctor and the Prokera treatment is contraindicated.

If you suffer from any corneal issues involving dryness, recurrent inflammation, corneal injury, and after surgical correction of dystrophies, talk to your eye care provider if Prokera is the best option for you.

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P. Hoag
- Rehab Client



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“Like many other couples our age, we began to ponder our future. During our search for a suitable community, we decided to check out Wesleyan Village: Comfortable lodging, yes; reasonable pricing, yes; good food, yes; spacious and secure surroundings, yes. What a perfect gift for our children! They know we are happy and that Wesleyan Village has the welfare of all their residents at heart. Life is good!”

— *Jeanette and Judson Billings, Residents*

**Why not schedule a visit like
Jeanette and Judson did?
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for your

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PLEASE, NO CHILDREN AT TALKS - ADULTS ONLY

Dinner

Thurs May 16 - 6:30pm
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Creating a permanent legacy will allow you and your family to witness positive changes that you helped make.

A gift to the Community Foundation is unlike any other gift as it will continue to grow and have lasting impact on our community . . . forever.

With more than 660 endowment funds valued at approximately \$130M, we wisely invest the Funds' assets and the interest earned provides \$6M annually in scholarships and grants to support individual and nonprofit organizations in Lorain County.

For more information, please contact: Susan Poole
spoole@peoplewhocare.org • 440.984.7390
www.peoplewhocare.org



Community Foundation
LORAIN COUNTY

WE CONNECT PEOPLE
WHO CARE
WITH CAUSES THAT MATTER.

Losing a Loved One: **Are We Ever Prepared?**

*By Attorney Elena A. Lidrbauch,
M.Ed., CELA*

Hickman & Lowder Co., L.P.A.

Earlier this year, my father-in-law passed away quietly in the middle of the night. He was 87 years old. Yes, he had been ill, but he was on the road to recovery—or so we thought—recovering in a rehab facility. The 2:00 a.m. call informing my husband of the news was a shock to the whole family. No one saw this coming, not yet anyway.

You might be asking, why was your family so surprised? He was, after all, an elderly man, recovering from an illness. But, logic and reasoning don't seem to matter when we are faced with the loss of a loved one. No matter their age, no matter if the loss is sudden or anticipated, it is a painful experience. We always want more time with them.

While emotional preparation is difficult, if not impossible, there



are some steps we can take ahead of time. We can connect with our loved ones while they are still around and help them when they need help. We can be their advocates when they need one. We can talk to them about their wishes regarding the care they receive, what matters the most to them at the end, their fears about the dying process, and how best to plan. We can encourage them to pre-plan their final arrangements, in as little or as much detail as they wish. The more they share with us, the more we will be able to honor their choices and, ultimately, their legacy.

Natural solutions for going gray with style

Gray hair is a natural side effect of aging. The rate at which hair will turn to gray differs based on genetics and other factors. Some people may go gray seemingly overnight, while others may gray at the temples first before the rest of their hair gradually changes color.

Aging women often wonder if they should cover up their gray hair or embrace the silver. Going gray is no longer something that has women running to their stylists at the sight of the first gray strand. Some actually opt for silver even before their own gray sets in. According to a 2017 survey of hair trends by L'Oréal Professional, 28 percent of women embraced or considered opting for silver hair. The trend has continued to gain steam. Celebrities like Jamie Lee Curtis and Helen Mirren were some of the first to embrace their



grays. Younger celebrities like Kendall Jenner, Pink and Lady Gaga have opted for silver tresses to make a statement.

But there are still many women who prefer to transition gradually or avoid the harsh chemicals in some hair products. The National Cancer Institute states that more than 5,000 different chemicals are used in hair dye products, some of which are reported to be carcinogenic in animals. There are many

SEE PAGE 12 >

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financial future, and empower
you to make positive decisions
for your family.



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The Power and Simplicity of Endowed Giving

By Susan Poole, Development Officer

Imagine creating a permanent legacy that will keep on giving to your favorite cause or charity – forever. Now, imagine that you can make a gift during your lifetime that would allow you and your family to witness the change in the community you helped make. THIS is the power of endowment funds. And it's within reach for everyone.

To get started, donors simply make a permanent, tax-deductible donation to a Community Foundation or charity. The amount varies, but it can be as little as \$10,000 deposited over a five-year period, as is the case at the Community Foundation of Lorain County. The principal is invested wisely and the income is used to provide ongoing, sustainable funding for causes or organizations. Because only a percentage of the investment earnings are distributed as grants or scholarships, an endowment allows you to give more over time, far more than a one-time gift would be worth.

An endowment with a community foundation can be personalized to fulfill any charitable goal or passion. You can create a fund in your name or your family's name, in memory or honor of a loved one, and to benefit a specific cause or charity.

The endowment fund can be established now or at the time of pass-

ing. All Funds held at a community foundation are public which means anyone can donate to any Fund at any time. By starting your endowment before death, you can encourage friends and family to support the growth of your Fund. With a Donor Advised Fund, donors are involved in recommending what grants their Fund makes.

An endowment is unlike any other gift because it has permanence. Your gift will continue to grow, make grants annually in your name, and have lasting impact on your community forever.

Because all of our Funds are endowed, your donation to the Community Foundation is unlike any other gift; it has permanence. The Community Foundation wisely invests the Funds' assets and uses the interest earned to provide grants to non-profit organizations in our community. Your gift will continue to grow and have lasting impact on your community...forever.

The Community Foundation of Lorain County can partner with you to help fulfill your personal, financial and charitable wishes.

For more information, please

contact:

Susan Poole

spoole@peoplewhocare.org

440.984.7390

www.peoplewhocare.org.

GOING GRAY WITH STYLE FROM PAGE 11

natural ingredients that can add tint to hair to make gray less visible. Coffee, for example, can cover grays and add dimension to dark tresses. Chamomile tea is recommended for blonds to add natural highlights and perhaps camouflage their grays. Calendula, marigold, rosehips, and hibiscus can deepen red shades or add some subtle red highlights. Henna also is a popular natural method to add a red-orange color to hair. Creating highlights to offset gray hair can work as well. Spraying lemon juice on hair and sitting in the sun can produce lightening effects.

Many women are seeking natural options to look their best. Embracing grays or creating subtle tints with natural ingredients can help women feel confident and beautiful.

HOME YOU LOVE FROM PAGE 3

These units are also easy to install and make very minimal impact on the home. Most units bolt right into the stairs leaving little to no impact on the walls of your stairwell. They also have fold up options ensuring more than enough space for the rest of the family to go up and down the stairs as they always have.

When selecting a stairlift company or model, be sure to consider if they service what they sell. If your unit stops operating down the road, you want someone to be able to quickly and professionally repair it. Not all units offer the same quality or warranty.

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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Fresh opportunities await you at this vibrant community. Live the lifestyle you choose—participate in cultural experiences and interesting classes, hear knowledgeable speakers or help shape the life of the community. Keep growing. Our beautiful campus and extensive common areas create a social, friendly environment where residents enjoy the freedom to pursue interests, learn new things and thrive. Call us to find out more.

Everyone has a story—at Kendal, the stories get more interesting.

**We'd like to meet you. Give us a call at 440.775.0094, or
learn more by visiting our website—kao.kendal.org.**

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