

Senior Living

**WALK TO REMEMBER
AT CLEVELAND
METROPARKS ZOO**

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**MAY IS NATIONAL
OSTEOPOROSIS
AWARENESS AND
PREVENTION MONTH**

PAGE 18

THE NEWS-HERALD

www.News-Herald.com



A SPECIAL SUPPLEMENT TO THE NEWS-HERALD

APRIL 25, 2019

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What is toenail fungus or Onychomycosis?



**William Donahue, Jr.
DPM, FACFAS**

Onychomycosis is a fungal infection of the nail. It is the most common disease of the nails and creates about half of all nail abnormalities. This condition may affect toenails or fingernails, but toenail infections are particularly common. It occurs in about 10 percent of the adult population. Onychomycosis accounts for one third of fungal skin infections. The common symptoms of the fungal nail infection include the nail becoming thickened and discolored. Fungus cases are reported to be either white, black, yellow, green or all of the above. If left untreated, the infection will make nail brittle, painful and embarrassing.

Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

There's good news. You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth.

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OHIO LIVING MOVING EXPO

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We know that planning a move can be overwhelming, and it only gets more complicated when you and your family members live in different parts of the state. That's why we're offering 11 moving expos throughout Ohio on the same day.

At Ohio Living Breckenridge Village, you'll enjoy:

- Speaker Margaret Lanese: "Easing the Move"
- Tours of Breckenridge Village North apartments and the Veale Wellness and Aquatic Center
- Refreshments made by our award-winning chefs
- Vendor exhibits

May 16

11 a.m. to 2 p.m.

Ohio Living Breckenridge Village
Use Euclid Avenue entrance

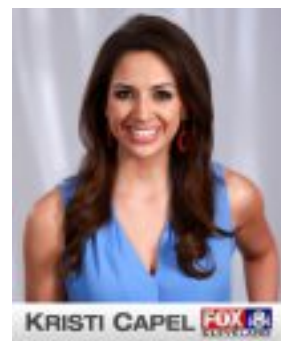
TO LEARN MORE:

ohioliving.org or 440.954.8359



Ohio Living
Breckenridge Village

Join Kristi Capel at Walk to Remember June 9 at the Cleveland Metroparks Zoo



Walk to Remember, co-sponsored by Huntington Bank and Medical Mutual of Ohio, will be held at the Cleveland Metroparks Zoo on Sunday, June 9. Registration opens at 7:30 a.m. and the walk begins at 9:15 a.m. The event benefits Hospice of the Western Reserve and is open anyone wishing to celebrate the memory of a loved one. Registration includes all-day admission to the Cleveland Metroparks Zoo and Rainforest and fun for the whole family!

A variety of family entertainment is planned, including team photos, raffles, crafts for kids, face painting, live music and more. Registration is \$25 for adults and \$12 for children under age 12. A special family rate is also available. Register online at hospicewr.org/WTR, or contact Monica Cowans at 216.383.3714, or mcowans@hospicewr.org.

Returning this year are Comfort Buddies (trade name, Warmies by Intalex). For each \$100 raised by a team or individual beyond the registration fee, a lavender-scented Comfort Buddy will be delivered to a patient. The therapeutic plush animals reduce agitation and provide a sense of wellbeing to pediatric patients, those living with advanced dementia and many others.

Kristi Capel of "Fox 8 News in the Morning" returns as Honorary Media Chair and Emcee. Proceeds benefit grief support services, art and music therapy, pediatric hospice care and other services not reimbursed by insurance.

Moving Made Easy Ohio Living Moving Expo helps you and your family

Preparing to move to a life plan community can be overwhelming, especially when your closest family lives at a distance. It can be hard to make decisions, and – once you do – even harder to get your family in agreement with them.

These decisions are about to get a lot easier. On May 16, experience the Moving Expo at any of Ohio Living's 11 participating locations including Ohio Living Breckenridge Village in Willoughby.

You and your family members can each attend the Expo nearest you. You'll learn about various aspects of the moving process, discover Ohio Living's lifestyle, and connect with local businesses that can help make your move easy.

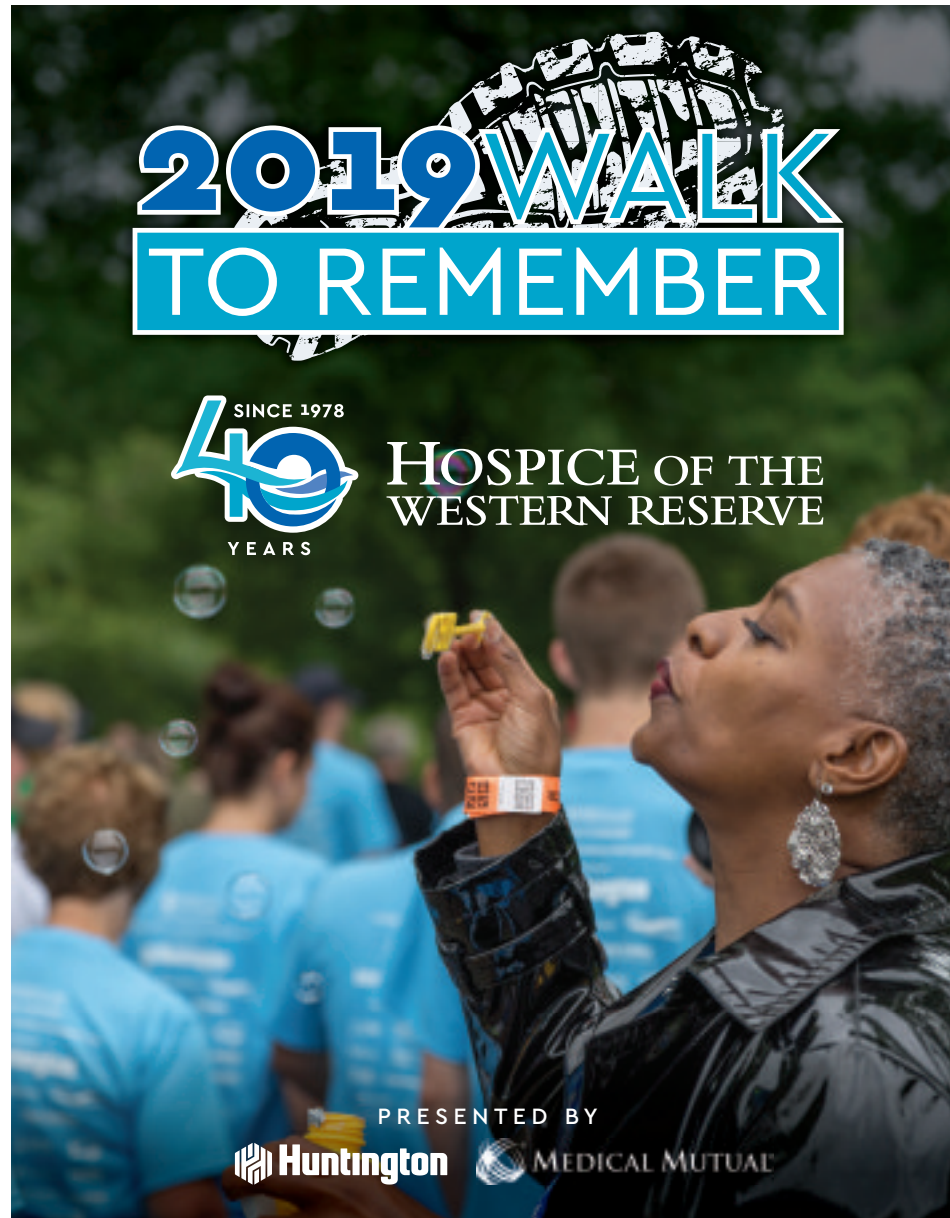
At the end of the day you'll have resources to help you, and a set of shared experiences to talk over with your family at a distance.

Visit the Moving Expo at Ohio Living Breckenridge Village on May 16 from 11:00 a.m. to 2:00 p.m. Use the Euclid Avenue entrance. More details and locations at ohioliving.org.

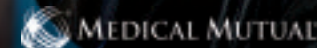
2019 WALK TO REMEMBER



HOSPICE OF THE
WESTERN RESERVE



PRESENTED BY



SUNDAY, JUNE 9

CLEVELAND METROPARKS ZOO

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Medicare Facts

Transitioning to Medicare does not need to be confusing. Get clear-cut, straight forward information about Medicare, the different types of plans available, the best time to enroll and more at an upcoming Getting Started with Medicare Seminar. The classes will be presented by Laura Mutsko, Certified Senior Adviser and owner of Mutsko Insurance Service

Register now for one of the following classes. Then all you have to do is sit back, relax and get all your Medicare questions answered.

Wednesday, May 1, 2019

Mentor Library • 6:00 pm – 7:30 pm

8215 Mentor Ave., Mentor, OH 44060 • 440-255-8811

Tuesday, May 14, 2019

Kenston Community Ed • 6:30 pm – 8:30 pm

Gardiner Center, C1

9421 Bainbridge Rd., Chagrin Falls, OH 44023 • 440-543-2552

Thursday, June 6

Concord Community Center • 6:30 pm – 8:30 pm

7671 Auburn Rd., Concord, OH 44077 • 440-639-4650

For a complete list of upcoming classes visit www.mutskoinsurance.com/seminars. These events are only for educational purposes and no plan specific benefits or details will be shared. Pre-registration is required. Some venues may charge a nominal fee.

Senior Day at Great Lakes Mall

Great Lakes Mall will host Senior Day on Tuesday, May 21 from 8:30am-2:30pm. This annual event, in its 39th year is hosted in partnership with The Lake County Council on Aging, RSVP, The Lake County Senior Centers, The Lake County Board of Commissioners and WINT Radio 101.5FM/1330AM. Senior Day 2019 is sponsored by Advanced Audiology Concepts, Brunner Sanden Deitrick Funeral Home & Cremation Center, Laketrans and the Western Reserve Area Aging on Aging.

Seniors are invited to participate in a special day of activities, annual awards and great fellowship. \$1 tickets are available at any of the Lake County Senior Centers or at the door.

Vendor stations will include Massage and Reiki, a Cooking Demonstration, Chair Volleyball, Bocce and more. Attendees can enjoy entertainment including The Pop Tarts performance at 11:00am and have a chance to play Deal or no Deal "live" starting at noon.

A major focus of the day will be the presentation of the "Seniors of the Year" awards at 1:00pm which will include proclamations from the Lake County Board of Commissioners and the Lake County Council on Aging. For more details about Senior Day 2019 visit ShopGreatLakesMall.com.

Get the FACTS on Medicare.

ATTEND A CLASS IN YOUR AREA:

Wed., May 1 • 6-7:30 pm

Mentor Library • 440-255-8811 to register

Thurs., June 6 • 6:30-8:30 pm

**Concord Community Center
440-639-4650 to register**

Wed., July 10 • 6:30-8:30 pm

**Concord Community Center
440-639-4650 to register**

Mon., July 22 • 6-7:30 pm

Mentor Library • 440-255-8811 to register

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These events are for educational purposes only and no plan specific benefits or details will be proposed. Limited seating. Pre-registration required. Nominal fees may apply.

**GREAT
LAKES
MALL**

Senior Day!

**JOIN US
TUESDAY, MAY 21
starts at 8:30am**

Brought to you by Lake County Senior Centers, Lake County Council on Aging, Lake County Board of Commissioners, RSVP and WINT Radio 1330 AM/101.5 FM

**BINGO, CONTINENTAL
BREAKFAST, LIVE
ENTERTAINMENT AND MORE!**

We welcome seniors to participate in this fun-filled day! Senior Day will feature exhibitors, activity stations and games, live entertainment from The Pop Tarts and the Outstanding Senior Awards Presentation.



For details on more seasonal happenings, visit SHOPGREATLAKESMALL.COM

Hi Dr. Gross, What's New?

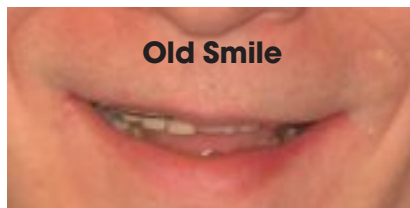


**Jeffrey Gross,
DDS, FAGD**

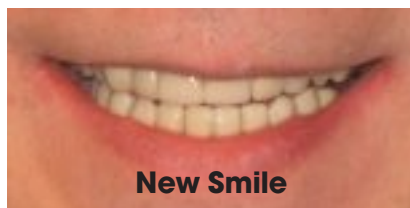
We always like to chit chat in the office. This is especially true with patients that I have had a relationship with for many years. So, I started to talk about my family and life in general, but guess what? That was not the focus of the question. This patient wanted to know what was new in dentistry. I decided to devote a column to touching on what's in the dental news and what shows up in our professional journals. Now there is no way that I could possibly do justice to this project so I will just touch upon a few topics.

The Gerontological Society of America (GSA) is behind the oral health bandwagon.

Oral Health has become a buzzword in the medical field. This society has recommended approaches to improving oral care. My senior patients



Old Smile



New Smile

now have more natural teeth and greater mouth expectations than ever before. This is essentially what Stephen Shuman, DDS, MS, chair of GSA's Oral Health Workgroup stated recently. I have written before that care of our mouths does not only influence our teeth and gums. Keeping a healthy mouth may have profound effects on many other systemic issues. It does not stop with only tissue that you can

touch and feel. It has tremendous impact upon our psychological well-being also. It is nice to see a major organization put so much emphasis in this also. A study by a larger corporation stated that almost of those surveyed were concerned that their smile will not be attractive as they age. All of this points to one thing. Take charge of your mouth and invest in your oral future. The benefits that you reap will be beyond your wildest dreams.

Times for Tooth Replacement with Implants is Decreasing

So many patients think of an implant as the part of the tooth that we see in the mouth. This thought is not accurate. The dental implant is what is not seen, just like we don't see our roots on natural teeth. In fact, let's take the analogy a little further. When we look at a tree, we do not see its root structure. The roots or an implant are the anchors. Patients are always surprised to hear that it takes months for the final tooth to come on

the implant. Full mouth permanent teeth are an exception to this but in general waiting has always been part of implant dentistry. We don't want to put a tooth on an implant too soon for fear that chewing forces will interfere with the healing. There is now a new product that is designed to come apart if the patient chews with forces that exceed a safe limit on a newly placed implant. Much like a fuse that will disrupt the circuit if there is an overload, so too this crown will come apart and save the implant during the healing process. This is a very exciting innovation

April is Oral Cancer Awareness Month

Approximately 51,550 people in the United States will be newly diagnosed with oral cancer in 2019. The rate of oral cancer has increased over the last 10 years. Much like physicians have recommended to women to do self-exams for breast cancer, there is now a movement to do a self-exam for oral cancer. To do this, one

continued on page 7

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Dr. Jeffrey Gross is an Ohio licensed general dentist.

Retirement: The Golden Years

Taking a Retirement Risk off the Table

**By Anthony Newman,
President Lifeguard Financial**

Does your portfolio provide you with total peace of mind? Everyone thinks they are "all set".

Newsflash: If your future depends on the volatile stock market or low interest savings and CD's, there's more to consider.

All investors want to avoid large losses, save on fees, reduce taxes and perhaps leave a tax efficient legacy for their heirs. Consulting a retirement planner for a second opinion will help you identify any flaws, what needs to be done, why and how?

The cover of the September 2017 issue of Consumer Reports read **Who Will Take Care of You When You're Sick?** It's important that a plan needs to be in place now

Continued from page 6

needs a mirror, a light and some gauze. There is an internet website called CheckYourMouth.org that is sponsored by the Oral Cancer Foundation. They will provide you with these tools as well as a video to teach you how to examine yourself. Even if you are not a smoker there is a certain virus that many of us see in our lifetimes that could turn into oral cancer later on in life. Remember your job is not to diagnose, but rather to notice things that are different. In the event that you do find something, seek out the advice of a professional to determine where to go from there if something is really awry and not a normal change.

As I said at the beginning this column could fill up the entire page. There are always so many new and interesting things going on. If you have a question about any dental subject, please feel free to call me or stop and talk. Maybe now is the

for an unexpected serious health condition. If you are 60 to 80 years of age consider these facts: your long term care policy will not cover everything. There will be large gaps that will need to be covered.

A Revocable Trust will keep you out of probate but will not protect you from Medicaid spend down. Projected health care costs in the next decade may increase to \$14,000 per month for a nursing home. The average confinement is over 3 years. Witnessing your hard earned money disappear, is like watching your house burn and not being able to call the fire department.

I've heard these excuses over the last thirty years when meeting with seniors: I'll take a bullet, my spouse and children will take care of me, I won't need insurance,

time to finally deal with that issue that you have thought or read about for so long. I can be reached at 440.951.7856. I look forward to speaking with you.

Jeffrey Gross, DDS, FAGD is an Ohio licensed general dentist and is on the staff of Case Western Reserve School of Dental Medicine.

The Healthy Smile
34586 Lakeshore Boulevard
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Lakeshore Boulevard)
Eastlake, Ohio 44095
440.951.7856

**Severance Medical Arts Building,
Suite 603**
5 Severance Center
Cleveland Heights, Ohio 44118
216-371-2333

I'll jump off a bridge, I'll hide my money,. Etc. None of this ever happened. This is what happened: They get critically ill and left their spouse and children broke due to the high cost and length of the health care that was needed.

Many seniors will not consider long term care insurance because of the cost and there is no return of premium. You have home and car insurance without a return of premium. Your chances of needing long term care insurance are substantially higher. You and your money are at risk!

If someday your plan on doing something to plan for large health care costs and protecting your assets from nursing homes, someday sneaks up fast and may leave you unprepared.

Consider this as a solution: A

plan where there is no underwriting, no annual premium, and heirs receive your deposit and all unused money. Everyone qualifies between the ages of 60-80 as long as you are not in a health care facility. You can withdraw a portion of you money annually, and the best benefit is that when you get critically ill, you receive the check. (no claim forms) to spend as you wish. You can keep your dignity, stay at home and use the money to bring in professional health care givers.

Understanding the facts about Elder Care and assisted living will help you and your family be prepared and protected. For more information please call the retirement planning team at Lifeguard Financial today 440-942-1936. Your financial peace of mind may depend on it.

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Dr. Thokey has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994. Dr Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.



Katherine A. Thokey
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Dealing with Dental Issues as you Age



Remember the days of opening Coke bottles with your teeth? Or chipping a tooth at the skating rink? Oh, the crazy days of our youth, right? Life takes its toll on our bodies and minds, and our teeth are no different. We don't realize when we're young that we only get one set of permanent teeth, designed to last a

lifetime. So what do you do when you outlive your dental health? First step is to get connected with a good dentist. If it wasn't on your radar screen in your teens, 20's or 40's, it needs to be now. This professional team can walk you through all the details of good dental health and restorative processes that will guide you through aging. These might include deep cleanings, cavity repair, crowns, implants to replace missing teeth, or full set dentures. Modern dental processes offer so many healthy and beautiful alternatives to the teeth you are born with there is no reason not to explore solutions. Not only will you gain a new smile, you will gain confidence, and even possibly improve digestion and overall physical health. In Madison and surrounding areas contact Dr. Katherine Thokey at 440-428-9568.



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- Social Work Services
- Meals on Wheels
- "Lunch Place" Dine-In Locations
- Homemaker Services
- Public Benefits Assistance
- Options Counseling
- Geriatric Assessment Program
- Information and Assistance
- Volunteer Opportunities

(440) 205-8111 www.lccoa.org

Funding provided by the Lake County Senior Services Levy, Western Reserve Area Agency on Aging, United Way of Lake County, grants and donations.

Vial of Life Program - Better Communication, Better Care

For almost 30 years, the Council on Aging has partnered with Lake County's Fire Departments to conduct the Vial of Life program. The primary purpose of the Vial of Life is to provide important medical information at the time of a medical crisis.

The Vial of Life is a simple form containing medical and emergency information that is placed in a highly visible red magnetic pouch which is then placed on the refrigerator door. Emergency medical service personnel are trained to look for the pouch when entering an older person's home. If the Vial of Life is available, it can assist the EMS when treating the person in his or her home. They also will take the Vial of Life, if the person is being transported, and give it to the Emergency Room personnel for

their use.

While the content of the document may seem self-explanatory, it is imperative that the answers to questions concerning Do Not Resuscitate Orders, location of medications, advance directives, and other important items are accurate.

The Vial of Life is available at no cost to the individual to any Lake County resident age 60+ through the Council on Aging. To make the application process fast and easy, please have the following information available:

- Your medical conditions and whether you take medications for them (names of individual medications are NOT needed)
- Your primary care physician's name and phone number
- Any other doctor's name and

continued on page 11



MARSHA WADE

Try something new at Lake Metroparks this summer!

Today's seniors are using free time for a variety of active leisure activities—biking, hiking, running and paddling to name a few. Many activities can be done on your own as you explore the parks or you can register for one of these group programs:

Breakfast in the Park June 19, July 17 & August 14

Sail Away in the Harbor July 18 & August 8

Senior Power Boating July 25

Senior Camp Out August 15

Kayak the Shoreline of Lake Erie August 22

Register at lakemetroparks.com or call 440-358-7275.
Registration for Lake County residents begins April 29.



2019 June 1-8 Northcoast SENIOR GAMES

Register now! Competition groups are divided into 10-year categories beginning at age 50.

Events include:

softball, bowling, billiards, darts, basketball (foul shot), shuffleboard, horseshoes, golf, chair volleyball, putt-putt golf, fishing, bocce ball, cornhole, pickleball, archery, track & field events

Registration forms are available at local senior centers and lakemetroparks.com.



2019
Northcoast
SENIOR GAMES

Danbury Senior Living is honored to be able to offer the senior population in Mentor a resort-style option for senior living. The new community opened early this year and offers independent and assisted living, and a memory care neighborhood. The health amenities that are offered include 24/7 on-site nurses and care companions, emergency call systems in each apartment, and state of the art safety pendants. Apartments range in size from studios with kitchenettes to one bedroom and two bedrooms with full kitchens. Danbury offers restaurant-style, anytime dining with chef prepared options for anyone with a kitchenette or who just simply doesn't want to cook. Abundant, beautiful common areas are available for residents to use at their leisure such as a bistro, pub, library, fireplace lounges, patios, and more. A full activities calendar will include events centered around the residents' interests and requests. **Call today for your personal tour!**

Continued from page 10

phone number

- The name, relationship, and phone numbers of TWO people you want to be your emergency contacts
- Your insurance information (primary and secondary)
- Whether you have a living will, durable power of attorney for healthcare, and/or a do not

resuscitate order, and if so, their locations.

- We will be asking you other questions; however, you will know the answer to these without gathering additional information.
- Call the Council on Aging at (440) 205-8111 for more information or to obtain a Vial of Life.



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Mention this ad when you visit for your special gift! Call Ashley Thompson today for your personal tour at 440-701-4560

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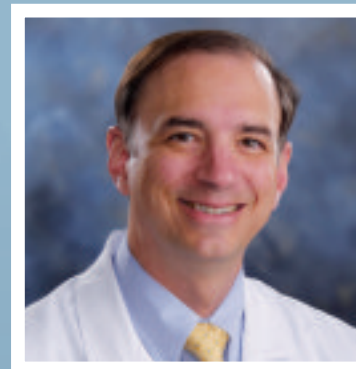
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Retina Specialists of Ohio is proud to have multiple locations throughout Northeast Ohio, allowing us to provide the full spectrum of eye care in a most efficient way. This spectrum ranges from the basic routine eye exam to the most common affliction of the eyes which is the development of cataracts. Our care does not stop there. We care for eye injuries, contact lens fitting, disease management such as macular degeneration, diabetic eye care, glaucoma, dry eye management, ocular allergy and any other disease of the visual system. Our combined experience of over half a century of care shall give you the confidence to feel that, you are "in good hands". Dr. Stephens, Dr. Beharry take care of retinal problems, Dr. Bello provides the complete eye care including medical and routine and Dr. Oberg cares for all routine optometry needs. Our patients have most unique opportunity to receive the highest standard of care with one stop, our office.

For a complete listing of all locations go to www.refinaohio.com or call to make an appointment at (440) 975-8200



What is a SRES?

A senior real estate specialist focuses on seniors (over 55) and the challenges that seniors face. Seniors could have unique issues with balancing finances, mobility, health and personal needs. There are three main ways in which an SRES can guide you in planning your future housing needs:

1. I understand senior housing options. Part of understanding senior specific housing is knowing the type of features that seniors might need in a home.
2. I can assist in dealing with financial options for real estate. This is not only for buying and selling a home but also understanding pensions, IRAs, 401K and other retirement accounts. I also can counsel on reverse mortgages, possible loan scams, Medicaid, Medicare and social security.
3. I will refer you to specialists outside of real estate. A senior might need an accountant, an attorney, household help, movers and estate clean out specialists.

Please contact me if I can help with your real estate needs.

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Brooks House is now Inn at the Pines



The Inn at the Pines offers a modern, farmhouse style campus with private Assisted Living and Memory Care Apartments guests can customize and make their own. The property provides the perfect combination of hassle-free living with the security of knowing help is readily available when needed. Located in Hiram, OH, our campus sits on 10 private tranquil acres nestled into the picturesque Geauga county countryside. Guests and family can socialize on our large decks and patios overlooking forest and meadows or take a leisurely stroll through our quiet campus on warm summer evenings.

Local, dependable and affordable, our assisted living provides independent and hassle-free living. Each spacious apartment offers large windows with country views, hardwood floors, private bathrooms with granite and finer finishes. Our guests enjoy gathering for activities

in our lodge style great room along with Amish inspired home-cooked meals in our private dining rooms. All apartments are located near common space and living areas that

include TV lounge, library, art studio, and activities center complete with Wi-Fi. Guests and family can socialize on our large decks and patios overlooking forest and meadows. or

take a leisurely stroll through our quiet campus on warm summer evenings.

Relax and live life to your fullest while we provide as we provide dining, housekeeping, and laundry and transportation services for you. All our guests enjoy chef inspired home cooked meals made from scratch. Our Culinary Director creates nutritious menus guests savor, with alternatives for those requiring additional menu options. Whether it

The Inn at the Pines Memory Care caters to those guests who require more hands-on assistance with memory support. We provide private suites in a modern, western reserve farmhouse setting that provide a safe environment and high-quality care for our guests. The continuum of care also covers all your respite or adult daycare needs.

For more information or to take a tour of Inn at the Pines, call 440-834-0260

Ranked #1 in Geauga County

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Laketrans Local Routes: A Popular Choice for Seniors in Lake County

Seniors are riding Laketrans Local Routes now more than ever relying on public transit to get them to work, medical appointments, shopping, libraries, and visiting family and friends. Trips taken on Laketrans local bus routes by senior citizens have grown 82% since 2015 and seniors and people with disabilities now make up 30% of Laketrans Local Route ridership.

Of the 300,000 annual trips provided by Laketrans Local Routes, over 90,000 trips were made by seniors and people with disabilities confidently boarding buses along the major corridors in Lake County.

Offering convenient hourly service where seniors catch a bus for an affordable fare of just 75 cents, it's no surprise that more and more seniors are opting to use Laketrans Local Routes 1-6 to get them around town.

Accessibility is Key

Local Routes travel the major corridors of Lake County with bus stops every quarter mile along the routes. Local Routes operate Monday – Saturday on a regularly operated schedule to offer spontaneous

travel whenever you want go – unlike Laketrans Dial-a-Ride service that requires advance reservations. Local Route buses are operated with low-floor buses that are equipped with handrails and an ADA ramp making them very accessible and easy to board and ride using your mobility device. Laketrans also reserves front seats of all their buses for seniors and people with disabilities.

Seniors Want to Stay Active

Individuals who use public transportation get over three times the amount of physical activity per day of those who don't (approximately 19 minutes, rather than six minutes) by walking to stops and final destinations. Using Local Routes naturally incorporates walking into your daily routine and seniors who prefer to bike to their bus stop can take advantage of the on-board bike racks to get to their final destination.

Without Laketrans, many seniors would lack independence. Most women outlive their ability to drive by ten years, and men by six years. Laketrans is proud to offer services that meet the needs of seniors whether they can walk to a bus stop to get

where they need to go or need special assistance of door-to-door Dial-a-Ride.

Come Ride with Us

Have you been considering taking Laketrans, but not sure where to start? Laketrans Seniors on the Go program is the perfect introduction. Seniors on the Go is a program designed to help you to better understand Laketrans local routes and highlights its benefits. During the program, you'll also learn also about reduced fare programs, trip planning strategies, and other travel tips for riding Laketrans. Over the last four years, Laketrans has helped over 900 seniors who attended the Seniors on the Go program.

Whether you're trying to save money, making a transition from driving, or just want to take a grandchild out for a fun bus trip, Laketrans is here to keep you moving and help you maintain your mobility. Call Ben Mordush at 440-350-1067 to schedule a Seniors on the Go home visit or find out when there will be a group training session in your neighborhood.



EVERY LAKETRAN BUS IS FULL OF OPPORTUNITY

FOR LAKE COUNTY SENIORS, LIFE STARTS WHERE WE STOP.

Your golden years are adding up to be the best years of your life, but sometimes the opportunity to drive isn't part of that equation. Without Laketrans, many seniors would lack independence. Seniors rely on Laketrans Local Routes and Dial-a-Ride to get them to work, shopping, medical appointments and to connect with friends and family. Last year alone, Laketrans provided over 350,000 rides to seniors and people with disabilities. Our buses provide more than a ride, they provide the opportunity for a better life for you and your loved ones.

LAKETRAN



Hallux Limitus - A Common Cause of Big Toe Pain

Hallux limitus literally means stiff big toe joint. It is a condition that is characterized by a decreased range of motion and pain at the big toe joint (first metatarsophalangeal joint). Over time, the limited range of motion can result in arthritis of the big toe joint.

The decreased range of motion that causes hallux limitus is a

common occurrence — but it is not often recognized until the big toe becomes painful.

Signs and Symptoms of Hallux Limitus

- Pain at the big toe joint, made worse by athletic activity or walking
- A bony enlargement or bump at the top of the big toe joint
 - Decreased range of motion of the big toe joint — seen as an inability to flex the big toe about 50 degrees upward while standing
 - Bone spurs and joint space narrowing at the big toe joint, seen on X-ray
 - A callus on the side of the big toe

Causes of Hallux Limitus

- Acute trauma to the big toe joint, such as a fracture
- Repetitive trauma to the big toe joint — such

as turf toe, which is a common overuse injury in sports

- Inflammatory conditions, such as arthritis

The reduced range of motion associated with hallux limitus can progress to a complete loss of range of motion, known as hallux rigidus. Hallux rigidus is the result of either chronic or acute joint damage that leads to the two bones of the metatarsophalangeal joint fusing together.

Treatment of Hallux Limitus

Once a diagnosis of Hallux Limitus or Hallux Rigidus has been made possible treatment options include:

1. Rest, Ice, Compression, and Elevation (RICE) of affected limb
2. Stretching of the big toe
3. Orthotics or arch supports with special modifications to take stress off the big toe. These can be prescribed by a podiatrist.

4. Special shoe styles — such as stiff-soled shoes or styles with rocker soles which are seen with certain toning shoes. These styles help to decrease motion at the big toe joint.

5. Surgery, if conservative measures fail to improve symptoms. Surgery involves procedures to restore range of motion.

With each step we take, a certain amount of flexibility of the big toe joint is required. This allows the foot to properly absorb and transfer our body weight as our feet hit the ground. When foot flexibility is compromised, other joints of the body can feel the effects. One study linked hallux limitus to back pain and showed that successful treatment of it reduced back pain symptoms in a majority of study participants.

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Potti & Marc F. Burr Funeral Homes

A New Tradition

Marc F. Burr, a sixth generation Funeral Director, understands the importance of a family centric and community-based funeral home. Experience has taught him that his clients depend on funeral homes to honor their family with care, sensitivity and appreciation of loved ones during such a difficult time. He also understands traditions and history while looking forward by providing the most innovative services possible.

Marc is proud to announce that Marc F. Burr Funeral Service has merged with Potti Funeral Homes becoming Potti & Marc F. Burr Funeral Homes.

The community knows the rich history the Potti family brought to the local area since 1931. Morris, Charles and Noa Potti started their funeral home in Ashtabula. Eventually Morris moved to Fairport Harbor to start his

funeral home. He then expanded into Madison and finally Painesville in 1965. His son Robert Potti took over in the 1970s continues to serve the families of Lake and Ashtabula Counties.

Marc previously worked in his family funeral business for more than 13 years. He made the important decision to take his expertise and knowledge to create his own vision for a funeral home that melds deep tradition with the innovation that people expect today.

Marc is a trained funeral director, embalmer, advanced planning counselor and restorative art specialist. These skills allow him to provide personal, specialized attention to guide families through the necessary decisions at one of the hardest times we face as humans - the death of a loved one.

New and existing clients can be assured of the finest service that brings the sensitivity, understanding and experience that only an established funeral home can provide. At this time he can offer traditional and non-traditional funeral services through his three funeral homes or a local funeral home, church or another facility in the community you choose.

To learn more about Potti & Marc F. Burr Funeral Homes and its innovative approach to the community, you can contact Marc and his staff at (440) 682-0907 or visit marcfburrfuneralhomes.com



PREFERENCES ARE IMPORTANT...

Don't settle.

If the funeral home you made your final arrangements with is no longer what you have in mind, you can transfer them to us.

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www.pottifuneralhomes.com



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440-428-2176

440-352-3389

May is National Osteoporosis Awareness and Prevention Month and Here's Why!

Did you know Skeletal Strength Conditioning is the new must-do natural program to keep your body in motion as you age and to guard against fall and fracture risk because of Osteoporosis? The National Institutes of Health and the Centers for Disease Control have reported that half of all women and a third of all men over 50 WILL break a bone because of Osteoporosis and it is the 3rd leading cause of death after 65. Being aware of the risks attendant to developing Osteoporosis if you don't pay attention to your skeletal health is one of the goals this month of American Bone Health which is the worlds largest non-profit dedicated to understanding the devastating effects of osteoporosis on a population that is living longer.

So why are our bones so important? Just take a look at these 7

functions of the skeletal system:

1. Support

Bones provide a framework that supports the body and cradles its soft organs. Bones of lower limbs act as pillars.

2. Protection

The fused bones of the skull protect the brain. Vertebrae surround the spinal cord, and rib cage helps protect vital organs of the thorax.

3. Anchorage

Skeletal muscles, attached to bones by tendons, use bones as levers to move the body and its parts.

4. Mineral and Growth Factor Storage

Bones are a reservoir for minerals. Stored minerals are released into the bloodstream in their ionic form as needed to all parts of the body.

5. Blood Cell formation



(Hematopoiesis) occurs in the red bone marrow cavities of certain bones.

6. Triglyceride (fat) storage

Fat, an energy reserve adipose tissue for the body, is stored in bone cavities.

7. Hormone Production

Bones produce osteocalcin, a hormone that helps to regulate insulin secretion, glucose homeostasis, and energy expenditure.

Dr. Elaine N Marieb in her book "Essentials of Human Anatomy & Physiology" explains the following:

"The most apparent functions of the skeletal system are the gross functions—those visible by observation. Simply by looking at a person, you can see how the bones support, facilitate movement, and protect the human body.

Just as the steel beams of a building provide a scaffold to support its weight, the bones and cartilage of your skeletal system compose the scaffold that supports the rest of your body. Without the skeletal system, you would be a limp mass of organs,

muscle, and skin.

Bones also facilitate movement by serving as points of attachment for your muscles. While some bones only serve as a support for the muscles, others also transmit the forces produced when your muscles contract. From a mechanical point of view, bones act as levers and joints serve as fulcrums. Unless a muscle spans a joint and contracts, a bone is not going to move."

Your body can most definitely benefit from skeletal strength conditioning. During the month of May, OsteoStrong Willoughby, Chardon and Bainbridge is offering a FREE peripheral bone scan and TWO sessions to show you just how important your bones are in living a healthy, active life!

Willoughby OsteoStrong
440-516-1119

Chardon OsteoStrong
440-286-1488

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With over 30 year in the real estate industry, I have been exposed to nearly every aspect of this business.

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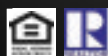
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Bainbridge

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Chagrin Falls, OH
440-591-5060

Chardon

520 Fifth Ave,
Chardon, OH
440-214-4044

Heartland of Willoughby & Heartland of Mentor - Providing Skilled Nursing & Rehabilitation to Lake County and Surrounding Residents

Professionalism and sensitivity define the quality of care patients receive at Heartland of Willoughby and Heartland of Mentor. Patients in need of skilled nursing or rehabilitation care get referred to Heartland because its top-notch services and pleasant atmosphere facilitate a speedy recovery.

"We pride ourselves on helping patients with orthopedic injuries, stroke or neuromuscular illness, cardiac care, wound care, oncology care and a wide array of other services," said Lisa Griesmer, Administrator at Heartland of Willoughby. "Not only do we offer 24-hour nursing care, but we have onsite physical medicine, rehabilitation physicians and attending physicians."

Short-term intensive rehabilitation and complex medical care are provided for patients that need to recover from surgery, illness or accidents. Hospitalized patients

with continuing ailments or need to build strength and stamina before returning home may be identified by their physician as likely to benefit from moving into a skilled nursing facility, such as Heartland, for intensive nursing services and rehabilitation programs. The hospital's case management department facilitates the referral and transfer. "A multi-disciplinary team evaluates newly admitted patients and develops their personalized treatment plan. Our goal is to help our patients get discharged back into the community as quickly and safely as possible," said Griesmer.

Heartland facilities also offer medical and rehabilitation with an interdisciplinary team approach in their MedBridge unit. Treatment plans are designed to maximize independent functioning, improve psychological and physical well-being, and assist the patient in

returning home. The treatment team includes physical, occupational and speech therapy designed to address the patient's impairments and prepare them to successfully return home. The nursing team, supported by nutrition and activities, provides a broad range of services to support the complex needs of our patients. The design of the patient room and common areas are also considered, which includes amenities for visitors such as lounge areas for visiting and WiFi.

Long-term care is an option for patients requiring nursing services that cannot be provided to them at home. Such care is generally required when their chronic illness, physical disability or cognitive disorder makes it difficult for them to tend to their own basic needs. Treatments are typically specific to patients' symptoms, and might include rehabilitation.

Heartland of Willoughby can

be found just one mile from Lake Health West Medical Center at 37603 Euclid Ave Willoughby, OH 44094 in Willoughby, OH. Heartland of Mentor is conveniently located off Route 90, at 8200 Mentor Hills Drive in Mentor, OH. The HCR ManorCare health care family comprises centers that are leading providers of short-term post-acute services. With 60,000 caregivers nationwide, the HCR ManorCare centers are preeminent care providers in their communities. These locations operate primarily under the respected Heartland and ManorCare Health Services names. Our skilled nursing and rehabilitation centers provide post-hospital care for patients transitioning from hospital to home. Our clinical teams have the demonstrated track record and commitment to impact the success of patients needing this level of post-acute care so they can return home to a meaningful lifestyle.

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We realize choosing where to go for post-hospital rehabilitation and skilled nursing is a monumental decision. It's important to choose the facility that understands your needs and is focused on helping you meet your goals.

If you would like to learn more about MedBridge, please contact our admission team for more information or to set up a tour.

MedBridge is located at:

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8200 Mentor Hills Drive • Mentor, OH 44060
440.256.1496

Heartland of Willoughby
37603 Euclid Avenue • Willoughby, OH 44094
440.951.5551

medbridgerehab.com

Consider the following when choosing your post-hospital care provider:

- Does the center have a distinct unit dedicated to patients transitioning from hospital to home?
- Does the facility have experience treating your condition?
- What is the facility's track record for treating patients with your condition?
- Are the nurses knowledgeable in caring for patients like you?
- Does the center have post-acute level therapists and equipment?
- Does the center have systems in place to reduce unnecessary re-hospitalization?

MedBridge[®]
at Heartland

MaximumFitness

Strength training is the fountain of youth.



Most high achieving executives understand that quality trumps quantity. It's true for the products they sell. It's true for customer service.

And it's true for exercise, asserts Jeff Tomaszewski, owner of MaxStrength Fitness, who has adopted the title of Chief Life Transformer. The title reflects his mission at MaxStrength, he says.

"I got into the fitness field because there is no other business I know of that allows you to so profoundly improve the quality of somebody's life," Jeff explains. "When you are healthier, stronger and more flexible, everything else in your life changes. You have more energy. You're more alert at work. You can play with your children or grandchildren without dozing off

all the time. You can enjoy retirement without nagging aches and pains."

One might assume that pursuing that improved quality of life requires long, sweaty hours at a loud, obstreperous gym, or running nightly against the blustery wind over slushy streets.

But one would be mistaken, Jeff assures.

"The two main reasons people train at MaxStrength are the amazing results they experience and the very short interruptions to their lives," he says. "Our program takes just 20 minutes of your time, only two days a week. It's all about the quality of our workout system, not the quantity of time you put in."

So your lunch break is the only time in the day you have to exercise?

No sweat.

Literally.

"You will not sweat when you work out at MaxStrength, and that is by design,"

Jeff says. "The perception that you need to sweat for your workout to be successful is completely false. On the contrary, like a car

engine, a cool body works more efficiently than an overheated body. That's why we keep our training room at 65 degrees. We want to dissipate body heat very quickly, so if you start to sweat we crank up a fan to cool you off. That's why our clients can go straight to the office without showering after a workout."

The MaxStrength workout, Jeff summarizes, yields a strong return on your investment.

"The program is based on pushing your muscles to high levels of fatigue, to a point where they can do no more, in a condensed period of time," he explains.

Serious business people who have had their work interrupted by an outdated computer or a slow network connection understand the importance of quality equipment. Specially designed, computerized resistance training machines are the key to the MaxStrength workout.

"The unique machines provide the maximum resistance training for muscle strength, cardiovascular conditioning and overall health and wellness," Jeff emphasizes. "They are designed to make muscles work hard, but without dangerous jerking that can result in injuries to your joints. Most gym training can make injuries worse. Our job is to fix people, not break them."

"Our workout is safe and just about anybody can do it, from a professional athlete to an 85-year-old woman with a hip and a knee replacement."

"It's not uncommon for our clients to double or triple their strength in a short period of time. When you increase your strength that much you profoundly increase your functional ability throughout the day. You can have less joint pain, more alertness and other benefits. Strength training is the foundation of youth."

Call TODAY

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440-835-9090 Westlake

Request your FREE Initial Consultation and demo workout.

More information and success stories at
MaxStrengthFitness.com



STRENGTH
FITNESS

Max Strength Fitness

Twenty Minutes + Twice a Week = Transformation

Maximum Results in Minimal Time

Takes Only Minutes a Week

Most high achieving executives understand quality trumps quantity. It's true in the products and services they sell. It's true in customer service and satisfaction. And it's true for the quality of exercise and instruction. One might assume pursuing improved quality of life requires long, sweaty hours at a loud, stuffy gym, or running nightly against a blustery wind over slushy streets. The opposite is true!

Catering to the Overscheduled and Overworked

MaxStrength Fitness has effectively solved one of the biggest challenges to an effective exercise program:

Time constraints. We cater to the overscheduled, overworked, and the overstressed professional and their families. Our members are the busiest of the busy, such as doctors, lawyers, bankers and more. Our works are designed to provide maximal results in just two 20-minute sessions each week. Even the busiest professional can find 40 minutes a week to devote to themselves to stay strong and healthy.

Fit in 40

20 Minutes Two Times a Week

At MaxStrength, it's just you and your trainer in a calm, meditative environment. This 20-minute, twice a week workout is the safest exercise you'll ever experience. But it's also intense in that it pushes you as hard as you'd like to work - but no harder. It's the intensity of the exercise that



magically transforms your body, not the total time spent at the gym. As you grow stronger, you'll find yourself looking forward to working harder during your next workout, and that's when you'll see changes you didn't think were possible.

What You've Got to Lose You're Going to Love This

Sure, you're going to lose both weight and inches; that's a given. But losing 10, 20, even 50 pounds or more (if you have it to lose), might be the

least of the benefits you enjoy. Your blood pressure will go down right along with your body fat percentage. Your muscle tone and bone density will increase. Your blood sugar issues may become a thing of the past, and you'll feel better than you have in years - maybe ever! Isn't it finally time to get started?

Call TODAY 440.226.8080 or go to www.maxstrengthfitness.com to request your FREE Initial Consultation and demo workout to begin your Life Transformation!

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Friday, May 17 | 9 a.m. – 12 noon

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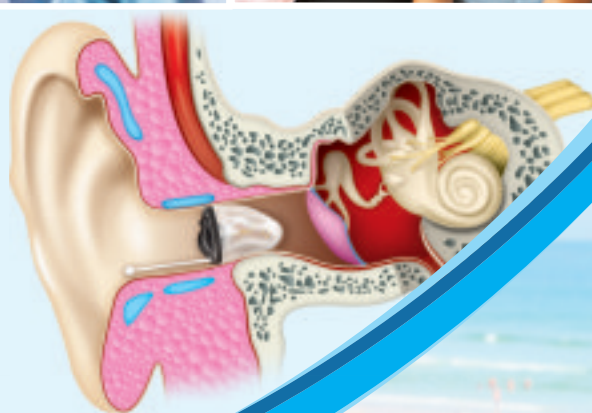
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*For the purposes of fitting a hearing aid, the following procedures constitute a "Hearing Screening": Tests of threshold, Puretone air and Bone-conduction; Tests of tolerance, most comfortable listening level (MCL) and uncomfortable listening level (UCL); Test of speech awareness and reception (SRT) and speech understanding or discrimination (WDS); Video Otoscopy is used for the purpose of inspecting the ear canal.

PROMO CODE **N-ONH-415-FP-C**