

senior living

Thursday, July 25, 2019

ADVERTISING SUPPLEMENT TO
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Is Regenerative Stem Cell Therapy for you?

Regenerative Stem Cell Therapy offers a number of remarkable benefits. Many conventional medical treatments involve painful therapies that may take weeks or months to offer full effectiveness.

Regenerative Therapy, by contrast, most often involves targeted injections of tissue into the exact place where they can do the most good. Most patients report lower levels of pain with regenerative therapies than with a number of other treatments.

With surgery, recovery often involves the healing of an incision site and may also require drainage tubes and other accessories.

The injection sites that are involved in Regenerative Therapy may leave behind minimal bruising and will cause only minimal discomfort. With some procedures, the process itself is painless due to the use of mild anesthetics. In most cases, the regenerative treatment can be completed in as little as 30 minutes in our office.

With Regenerative Therapy, patients

typically begin feeling relief a few weeks after the initial procedure – some of our patients have told us it's almost overnight – and this relief often continues for years, resulting in decreased pain and increased mobility WITHOUT SURGERY or the need for addictive prescription meds for pain!

Regenerative Therapy can also be used in conjunction with other treatments such as chiropractic, exercise, and massage, to offer faster healing. By using these complementary therapies together, you can experience a cessation of pain more quickly and possibly avoid more painful treatments down the line.

Still not sure if Regenerative Stem Cell Therapy is right for you? Have questions?

Come to one of our free talks to find out more: Thursday, August 15 dinner 6pm and Tuesday, August 20 brunch 10:30am, both at the Courtyard by Marriott, 1755 Travelers Ln., Elyria (behind Midway Mall). Call today for your free seats! 440-484-3232

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Thursday, August 29, 2019

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\$850 p/p double occupancy*



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Did you know?

According to the Department of Health and Human Services, about \$117 billion in annual health care costs in the United States is linked to a lack of physical activity. And that burden is not exclusive to the United States, as estimates from the World Health Organization suggest that the global cost of physical inactivity exceeds \$54 billion annually. The WHO also notes that, worldwide, one in four adults and, perhaps most alarmingly, three in four adolescents between the ages of 11 and 17 do not currently meet the organization's recommendations for physical activity. That's unfortunate and potentially dangerous, as a lifestyle that includes routine physical activity has been linked to a number of benefits that can promote both short- and long-term health. The National Institute of Diabetes and Digestive and Kidney Diseases notes that regular physical activity may help prevent or delay type 2 diabetes, heart disease, high blood pressure, and stroke. The NIDDK also says that regular physical activity may help people reduce their risk for certain cancers and maintain healthy body weights. Appropriate physical activities depend on various factors, including age and existing physical condition. Adults and children who want to become more physically active should speak with their physicians and get a comprehensive physical exam before beginning a new exercise regimen.



Turning an Elementary School into a Senior Center: A Labor of Love

Although Jane Lindsay Elementary School 3361 Garfield Blvd, Lorain, Ohio has been closed for over 20 years the structure was perfect for the Lorain Community Senior Center. It just needed renovations which is now in the process and a little love and where else would one find that but with the older adult population.

The rooms are used for activities such as ceramics, exercise, exercise machines, men's weekly fellowship, quilting, movies, woodshop, crafts ,yoga and potluck just

to name a few and are also available for renting. There are also monthly Guest Speakers. The month of August will feature Medicare Speaker, Shelley Reddy. An added addition is on Wednesday, Friday and Saturday evenings a large Bingo Hall welcomes anyone to attend and large groups come as far as Norwalk and Akron.

A gymnasium is available to rent for special events such as bridal showers, basketball, fundraisers (recently had 200 attendees for a Senior Expo) large family

gatherings and any group that has the need for availability of a large area. We also focus on diversity including inter-generational events and a lot of community involvement.

Having a cafeteria is a huge plus that is utilized for all food related events such as a Fish Fry, Pancake Breakfast for the seniors every 1st Thursday of the Month 9:00 A.M.to 10:00 P.M. and for \$2.00 All You Can Eat Pancakes. Featured: Pancakes, Sausage, Orange Juice and Coffee. After Breakfast all attendees are

invited to stay for Friendly Fun Bingo at 10:00 A.M.

There are a wealth of outings since the Center has a Van and a Mini Bus. Outings such as Mystic Belle, Oberlin Theatre "Butterflies are Free," Miller Park Exhibits, Metro Parks and Petitti Garden Center to name a few. The seniors are also encouraged to ride in the Holiday Parades and participate in the Lorain County Fair.

The Center also has a partnership with the Lorain County Public Health Department and will be implementing walking groups and wellness programs.

The Center is starting to flourish and enhance the ideas from the past as an abundance of many new exciting things are in the process of being developed. Everyone is welcome and encouraged to attend any activity/event and if interested membership is \$10.00 a year including the by-monthly newsletter.

It is important that the seniors have a place to go, food to eat, make new friends, enjoy the activities and realize that others truly care about their happiness and "quality of life." This reflects the center logo, "The Heart of the Community."



GAMES THAT CAN CHALLENGE THE BRAIN

Games are as popular as ever. For evidence of that, one need look no further than his or her own smartphone. The number of hours people spend playing games on their smartphones might surprise even the most ardent players.

According to the mobile research firm Apptopia, between May and July of 2018, mobile users spent a whopping 3.38 billion hours playing the wildly popular strategy game

"Clash of Clans," making it the most popular smartphone game in the world during that time period.

Games might be seen as a way to unwind, but some games can potentially do more than merely provide a way to escape the daily grind. Brain teasers, riddles and crossword puzzles are just some of the types of games that can help people engage and challenge their brains while still pro-

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One-on-One Assistance for Seniors

Lorain Public Library!
System



Are you interested in or need help with the following:

- Learning how to download e-books, magazines, or audiobooks to your mobile device?
- Tips on using the library website; searching the library catalog or using library databases?

One-on-one sessions offer individual time with library staff for personalized, in-depth assistance.

Contact any Lorain Public Library System location to book an appointment for personal assistance with your laptop or mobile device.

Other events happening at your local libraries:

Yarn Club

Saturdays, 10 a.m. to noon at the Main Library

Sewing Club

Tuesdays, 5:45 to 7:30 p.m. at the Main Library

Cookbook Discussion

Tuesdays, June 18, July 23; August 20; 6 to 7 p.m. at the Main Library

Cozy Book Discussion

Thursdays, June 20; July 18; Aug 15; 6 to 7 p.m. at the Main Library

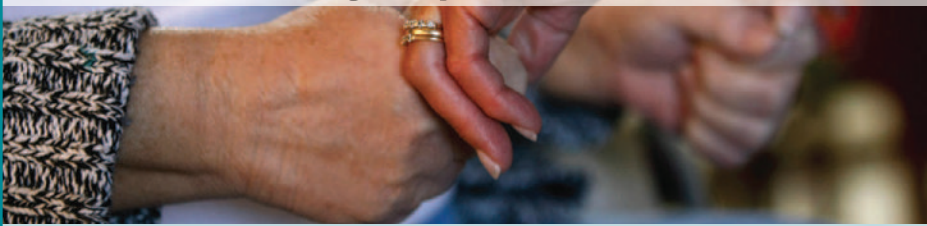
Change of Pace Book Club

Tuesdays, June 18; July 16; Aug. 20; 6:30 p.m. at the South Lorain Branch

Chess Club

Wednesdays at 4 p.m. at the South Lorain Branch

We've got you covered.



Support Group

For those caring for someone with Alzheimer's disease or dementia.
Second Wednesday of the month at 6:00 p.m. Refreshments provided. Please RSVP.

Day Club

Peace of mind whether you are at work or running errands. Open daily with flexible hours for your loved one to enjoy activities and mealtimes with our residents.

Respite / Short-Term Care

When a caregiver needs a break, whether it is planned or unplanned.

Long-Term Care

When care needs become too difficult to manage safely, we offer a safe & secure home-like environment with 24 hour care, *In The Moment*® activity programs, and social programming.

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act.alz.org/lorain | 800.272.3900

2019 Lorain Walk to End Alzheimer's

Saturday, September 21, 2019

Black River Landing

421 Black River Lane, Lorain, OH 44052

NEW LOCATION

Registration at 8:00 a.m.

Ceremony at 10:00 a.m.

Walk begins at 10:30 a.m.

presented by



Amherst Central School Springs Back to Life

Sprenger Health Care Systems has recently unveiled its plans to convert the Amherst Central School building that stands tall in the historic downtown area of Amherst into The 1907 at Central School, a new luxury senior living community, set to open in September. The name The 1907 at Central School is a nod to when the imposing structure was constructed. Sprenger Health Care Systems is working diligently to carefully preserve the beautiful sandstone structure of the building while completely redoing the inside.

The new community will be a luxury senior living space with an added 1900s aesthetic, to pay proper homage to the history of the time period. This community will be added to Sprenger Health Care System's growing list of facilities all over northeast Ohio and even in South Carolina and Indiana. The 1907 at Central School is just one more notable addition to the expanding list.

This historic building stands tall in the heart of the sandstone center of the world, and the history of this building is nothing short of interesting. In August of 2016 Sprenger Health Care Systems first proposed the project to convert the abandoned Amherst Central School building into a senior living community. Construction for The 1907 at Central School project began in November of 2018 and has been ongoing since.

This has been an ongoing project for

years for Sprenger Health Care Systems. On August 8th, 1987, brothers Tony and Donel Sprenger together with longtime friend Bill Starbuck, purchased the Central School property at open auction, with the intent to turn the building into a care center for senior citizens. Tony and Donel's mother founded Amherst Manor Nursing Home when they were children.

After 77 successful years of operation, in June of 1987, Central School closed its doors for the last time. The lasting Central School legacy and history have lived on in the hearts of the community.

Amherst's Central School undoubtedly has a rich, complicated history within the local city. Members of the local community have either driven past the abandoned sandstone building, known of people who attended the historical school or attended the school themselves. This is a special project to the city of Amherst because they get to watch the rebirth of this beautiful historic building.

10 room styles are available, each with amenities and features, including large windows with ample natural light. Suites will include private bathrooms with safety features and roll-in showers, monthly social and recreational events for residents to enjoy, and emergency response system. Other features will include an on-site beauty salon and 3 chef-designed meals with delicious dining choices and after hours menu.

Reserve your suite today!

Lorain County Alzheimer's Support Groups

The Alzheimer's Association wants families to know it's **Time to Talk** about memory loss and other potential warning signs of Alzheimer's disease.

The Alzheimer's Association recognizes the challenges faced by individuals, family members and friends when voicing concerns about someone's, or their own, cognitive changes. The Association is the leader in helping individuals and families navigate a diagnosis of Alzheimer's or other dementia. The Alzheimer's Association's free care and support services are available 24/7 through the Helpline – 800.272.3900.

The Alzheimer's Association offers nearly 40 caregiver support groups throughout our five-county service area.

Here are the Lorain County caregiver support group meeting times and locations. Participation is free of charge and the meetings are facilitated by trained volunteers or staff.

Call the 24/7 Helpline for more information at 800.272.3900.

Amherst 3rd Wednesday
6:30 to 8 p.m.
Amherst Public Library
221 Spring Street

Avon 1st Wednesday
6:30 to 8 p.m.
Alzheimer's Association office
37309 Harvest Drive

Elyria 2nd Monday
6:30 to 8 p.m.
Cleveland Clinic Elyria Family Health Center
303 Chestnut Commons Drive

Grafton 3rd Monday
6:30 to 8 p.m.
Grafton United Methodist Church
973 Mechanic Street

Oberlin 4th Tuesday
2:00 to 3:30 p.m.
First Church
106 North Main Street

Vermilion 3rd Tuesday
12:30 to 2 p.m.
Lakeview Baptist Church Care for Loved Ones
591 Ferndale Avenue

Home security tips for seniors

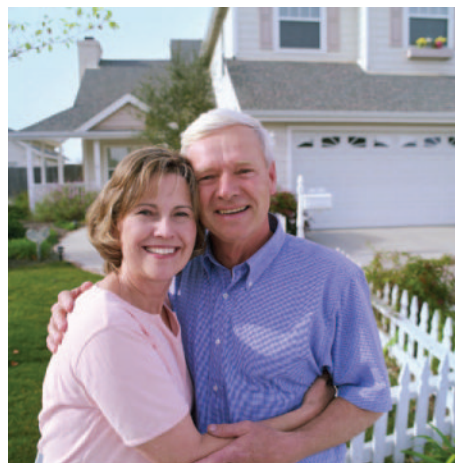
Seniors are often targeted by criminals. Though many criminals target seniors from afar via telephone or internet scams, criminals seek to enter seniors' homes. The Bureau of Justice Statistics offers that, between 2003 and 2013, the ratio of property crime to violent crime was higher for the elderly and persons between the ages of 50 and 64 than it was for younger persons between the ages of 25 and 49.

Home security is important for people of all ages, but especially so for seniors and aging individuals living alone. By following certain safety tips and developing a home security plan, seniors can feel safer at home.

- **Lock windows and doors.** It may seem like common sense, but failure to repeatedly lock windows and doors can, and often does, give burglars easy entry into the home.

- **Think about a smart doorbell.** Technology now enables doorbells to provide a video feed to a person's smartphone or tablet over WiFi. This allows residents to see who is at the door and speak to this person without having to open the door. Some products like Ring® will even register motion activity and record short videos from outside of the house.

- **Don't share or leave keys.** Avoid



leaving keys under a mat or in a flower pot. Others may be watching your actions and gain access to your home while you are away.

- **Ask for ID.** When service people or other individuals come to the door, verify their credentials by asking to see some identification.

- **Get a home security system.** The best protection against burglars is a home security alarm, states HomeSecurityResource.org. Such an alarm often deters burglars from breaking in.

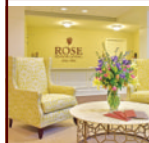
- **Install a lockable mailbox.** Locked

SEE PAGE 10



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Rose Senior Living, Avon is a senior living community with 175 apartments offering maintenance-free independent living, assisted living, and memory care, with a wide range of assistance and services. Apartments range from 690-1357 square feet.



Independent Living - Assisted Living - Memory Care
www.roseseniorliving.com/locations/rose-senior-living-avon



ROSE VILLAS
AVON

Rose Villas, located on the Rose Senior Living Avon campus, is a new 76 townhome community providing premium lifestyles to adults, with no costly entrance fees or buy-in commitments. Townhomes range from 966-1404 square feet. One level, maintenance-free living. Attached garages and screened-in porches.



Independent Living Townhomes
www.roseseniorliving.com/rose-villas-avon
RoseVillasAvon.Chronicle.
EdwardRoseSons@aptleasing.info

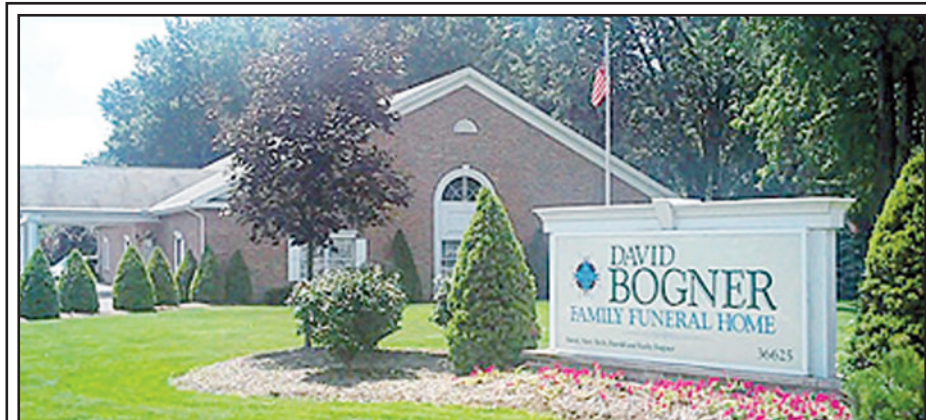
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Call Carol or Rachel at (833) 838-9014.

Both communities are located at 33200 Health Campus Boulevard | Avon, OH 44011

Rose Senior Living Avon & Rose Villas Avon
33200 Health Campus Boulevard | Avon, OH 44011
www.roseseniorliving.com



All too often, families discount the value of ceremony after the death of a loved one, and we certainly don't want you to make that mistake. Coming together after a loss is a very essential part of the grieving process.

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FALL-MY FAVORITE TIME TO TRAVEL

by Pat Morrisson

Footprint Tours, Inc. believes that travel is good and good for you. A significant amount of scientific research suggests that exploring a new place can do wonders for your physical, mental, and emotional health.

1. Travel reduces stress
2. Travel boosts happiness and satisfaction
3. Travel makes you mentally resilient and reduces your risk of dementia
4. Travel enhances creativity and keeps you learning

Fall is my favorite time to travel and that time of year will be here soon. The color of the leaves will begin to change. The students will have returned to school. The days get shorter, but are still warm. The nights are cool and crisp. Below are suggestions for great fall adventures offered by Footprint Tours. It is positively the best time of the year to get out and see interesting sights.

Faith and Fun: Have you seen the ARK yet? The Ark Encounter is a one-of-a-kind historically themed attraction presenting a number of religious events centered on Noah's Ark as recorded in the Bible. From

the moment that the Ark comes into view you will marvel at its massive size. It is seven stories tall, a football field and a half long, and is the largest timber frame structure in the world. Inside you experience close encounters with stunning animals and view stimulating exhibits. Located in Williamstown, KY, it is about a 4.5-hour drive from Lorain County. The Ark Encounter is owned and operated by Answers in Genesis, an apologetics ministry.

Footprint Tours, Inc. is offering a two-day trip to see the Ark on September 5-6. We also include a visit to the Creation Museum and St. Mary's Cathedral Basilica of the Assumption, located in Newport, KY. The evening of September 5, we will participate in a dinner cruise aboard a BB Riverboat on the Ohio River.

How about some wine tasting? We have two trips planned this fall where you can discover a variety of wines. The first is a day trip on September 19, to the Youngstown area to visit three wineries and enjoy a luncheon course at each winery. We will visit the Halliday Winery for our appetizer; the L'UVA Bella Winery and Bistro for our entree; and the Barrel Run Crossing Winery and Vineyard for

our dessert.

We also will venture to the Finger Lakes on October 1 - 4, to sip and taste a large variety of wines found in the region. This 4-day trip features six wineries with tastings at each one. We will also visit a strawberry hydroponic farm, and apple orchard, a goat dairy and the Cornell Botanical Gardens. Those who remember Carl Richter, the former minister at the former First Congregational Church in downtown Lorain, will truly enjoy the stop at his family's winery, the Liberty Vineyards and Winery, located in Sheridan, New York.

Lovable Spirits of Louisville: Do you like Halloween? Join us as we travel to Louisville, KY for a Halloween to remember! Some of the things we will do and see are:

Costume Party and Gala Dinner: Costumes are encouraged but not required
A visit to the Louisville Slugger Museum
A trip down the Suburban Bourbon Trail
Rock N' Roll, Trick-or-Treat Dinner Show
The Jack-O-Lantern Spectacular: 5,000 carved and illuminated pumpkins along a 1,500 promenade through Iroquois Park
The Headless Horseman's Holiday Party.

This will definitely be a fun way to cel-



brate the Halloween season.

Call Footprint Tours, Inc. at 440-244-5100 for more information about these trips or to learn about other trips that have been planned for 2019. Plan to enjoy a day or several days on a motor coach tour offered by Footprint Tours or another motor coach tour company. Leave the driving to an experienced motor coach driver and enjoy seeing new and wonderful sites. We know you will benefit greatly and enjoy your experience. Happy Traveling this fall or in any season!

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**All Proceeds To Benefit The Lorain Senior Center Sponsored In Part By The Morning Journal*

Wesleyan Village Introduces Lighthouse, a New Memory Care Neighborhood

Wesleyan Village, the faith-based Life Plan Community in Elyria, has an extensive history of providing a complete spectrum of senior care, including compassionate care for residents with Alzheimer's and other forms of dementia. Now an innovative new memory care neighborhood is being introduced: Lighthouse.

"As the name suggests, Lighthouse is a beacon of hope, offering guidance for those navigating the challenges of memory loss," says Meg Nieberding, Marketing Director. "Families will have peace of mind, knowing they've found a serene, comforting environment for their loved one."

Lighthouse at Wesleyan Village provides private residential suites with individual bathrooms, nutritious meals and snacks, and welcoming common areas to encourage interactions with family members during visits.

Of the many advantages of Lighthouse, highly skilled and innovative care may be its greatest asset, including the soon-to-be-introduced **Heartfelt CONNECTIONS - A Memory Care Program**®.



The program promotes physical and emotional well-being and helps residents maintain a sense of satisfaction, dignity, and quality of life.

For more information, individuals may call 440-284-9000. The community, located at 807 West Avenue in Elyria, is committed to offering equal housing opportunities for people of all races, religions, national origins and disabilities.

H E A R I N G A I D T R I A L

New high powered Hearing Aids offered for short trial to determine usefulness.

Only 25 trial subjects



Pete Fox, Audiologist, MA/FAAA

Pete Fox **Lake Erie**
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Call for appointments | LakeErieHearing.com

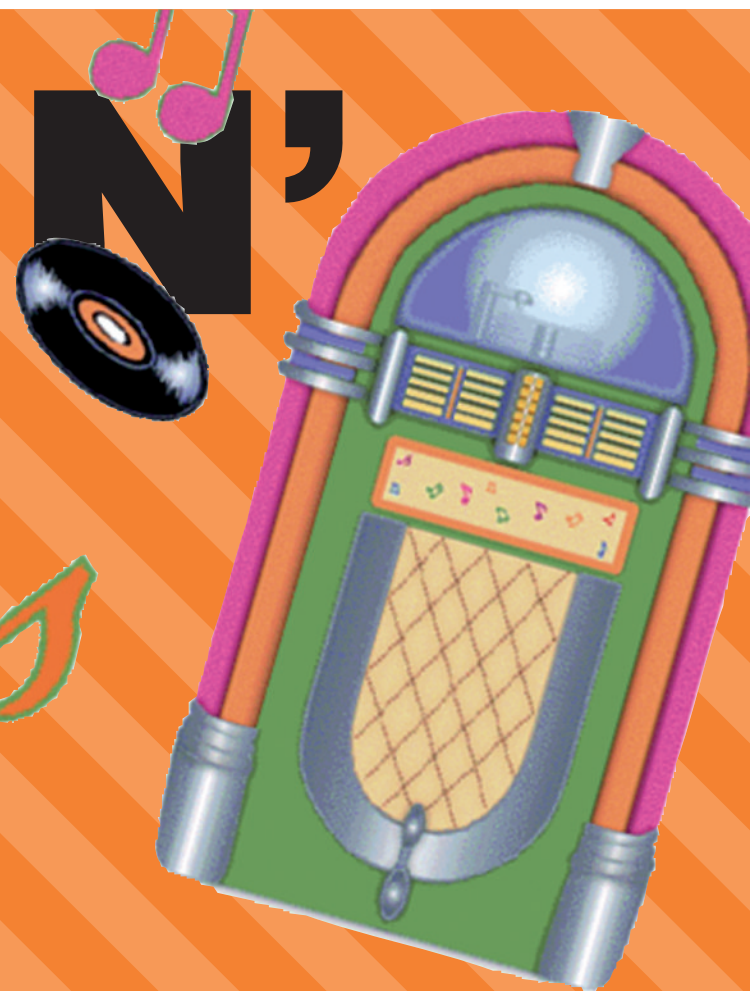
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enjoy the music



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Local and Effective Gutter Protection

Gutter Protection products have many different designs, but the goal has always been the same- Keep the Leaves out and let the rainwater in. Here are some strategic details to look for when choosing a gutter cover and who to call to install it. A good gutter cover needs to perform in certain areas in order to be successful:

- Must allow debris like small leaves, needles, spinners, seedpods and roof shingle grit to naturally slide off the cover.
- Must handle heavy amounts of rain-water without overflowing.
- Must be wind resistant and strong enough not to “cave-in” under heavy snow loads.
- Must not require any trips up the ladder to maintain performance.
- Cannot have vertical openings like screens or filters that can clog easily. Don't be fooled... All screens can clog!

The Gutter Cover Company has been installing Gutter Topper for almost 21 years. Gutter Topper is proudly manufactured right here in Ohio and made to withstand our wicked weather. It is a smooth, solid aluminum cover that has no holes or gaps on top. A sloped, self-shedding design prevents spinners, pine

needles, shingle grit or seedpods from clogging the gutter. Gutter Topper can handle heavy downpours of up to 22 inches of rain per hour and 110 mph winds. It also features a lifetime transferable performance warranty. Many competing gutter guards require full replacement of both gutters and downspouts. Gutter Topper installs over your existing gutters, and each installation

includes cleaning, tightening, resealing and properly aligning your gutters. New seamless gutters are also available.

The Gutter Cover Company also offers a safe and effective way to stop big icicles and ice damming. An optional add-on product called Heater Cap can be installed with or without Gutter Topper that gently heats the gutter area with a self-regulated heat cable. Heater Cap can be installed on most existing gutter covers.

Hiring the right company to install the cover correctly is very important. The Gutter Cover Company has a proven track record of success in Northeast Ohio and the locals have been referring their friends and neighbors for years.

“Our company takes pride in solving gutter problems the right way. Our



product, experience and attention to detail really make us stand out from the big box stores and other competitors. Free estimates are always punctual and professional, but still friendly and casual.” -Jim Carbone, Owner

You can reach The Gutter Cover Company at 440-366-0688 or 1-800-335-4367. View short videos of Gutter Topper and Heater Cap at GutterGuard1.com.

The Gutter Cover Company is your locally owned and operated source for the ultimate in gutter protection.

Schedule a free estimate by August 31, 2019, and receive a \$300 discount on Gutter Topper or Heater Cap when you mention this story. Additional discounts available for seniors and veterans.

HOME SECURITY FROM PAGE 5

mailboxes restrict access to sensitive information, such as bank account numbers, sent in the mail. Make sure retirement checks or other payments are deposited directly into bank accounts instead of having them sent by check.

- **Use home automation.** Home automation, or a “smart home,” can be utilized to turn on lights, set the thermostat, lock doors, and much more.

- **Adopt a dog.** Dogs can be an asset to seniors. Dogs provide companionship and can bark or alert seniors if someone is around or inside of the home.

Home security is serious business for seniors who are vulnerable to criminals.



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— *Jeanette and Judson Billings, Residents*

**Why not schedule a visit like
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A Life Plan Community

807 West Avenue
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WesleyanLiving.org



Martino's International Café

Excellence is our standard and fun is our goal here at **Martino's International Café** in **Vermilion, Ohio**. We specialize in **tantalizing foods** from here and around the world. **Something for every taste** from the most discriminating diner to the young tikes who already knows what foods is their favorites. But we do not stop with just having the **best foods** anywhere; we take exceptional pride in our service. You should not have a single want (except more) from the time you walk in until the time you leave here at **Martino's**. We also are known for our most **generous portions** and we think you will also love our most **reasonable prices**. We also have **Petite Meals** for the lighter eaters. We are open seven days a week from seven am until at least eight thirty pm. We serve **breakfast all day** everyday.

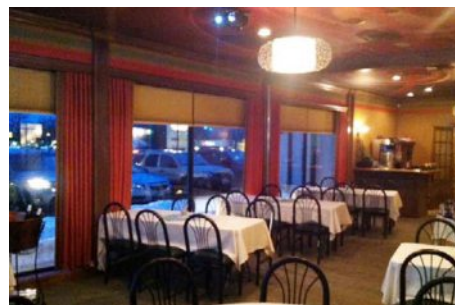
For those who enjoy a great **glass of wine or beer** with their dinner, choose from our impressive wine and beer list with selections from around the globe. Or sit back and sip the perfect **Martini** in our Piccadilly Pub.

Open for breakfast, lunch and dinner seven days a week. Casual Dining with

a tranquil Pub within. Enjoy one of our international Omelets, Belgium Waffles, or choose from our handpacked Burgers, Authentic Gyros and Pierogies or Panini Sandwiches. You can also sample one of our great Chicken Paprikosh, Cabbage Roll, Bratwurst or Lake Erie Perch Dinners from our World Class Menu. To see our full menu and daily soups and specials go to www.MartinInternationalCafe.com

New to Martino's is our Soup and Salad bar Monday through Thursday from 11am until 3pm and Friday 11am to 8pm. Add this soup and salads bar in place of a side to your sandwich or meal for **just \$1.99!** Or make it your meal for \$7.99.

Also try our Sunday Brunch Buffet every Sunday from 9am until 2pm. Complete with an omelet station along with a couple delicious entrees and all of your favorite side dishes, this bountiful buffet is a must try! All of this for **only \$7.99** (one time through) or \$10.99 all you can eat until 10:30 am. After 10:30 am when dinner entrees are added \$9.99 one time through and \$13.99 all you can eat. Bring your family after church! We



accommodate large families, or church groups in our Banquet room.

Martino's International Banquet Room

Enjoy your next Family, Class Reunion or Club Gathering, whether it be a Birthday, Anniversary or **Rehearsal dinner in our private banquet room.**

We accommodate parties of ten to sixty with **no room rental fees.** Contact Jim for planning ideas and menu options. 440-967-3463

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We proudly offer our high quality home cooked foods to your office, home, wedding reception or other special event at affordable prices. No event is too large or too small. Whether it is an office meeting, graduation party, or a special



banquet, we take the fuss and worry out of the meal for you. Go to www.MartinInternationalCafe.com for some of our catering menu ideas or call Jim for complete details as well as more about our **Gourmet Appetizers and Fruit carvings.** 440-967-3463 (Dine)

Martino's Gift Cards make a nice Thank you present. You can always purchase Martino's Gift cards. Either buy them in person or simply go to our website www.MartinInternationalCafe.com and buy them online. We will promptly mail them out to your desired location.

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CHALLENGE THE BRAIN FROM PAGE 3

viding a bit of escapism.

A Healthier Michigan, which is sponsored by Blue Cross Blue Shield Michigan and aims to help locals adopt healthier lifestyles, notes that the following exercises, games and platforms can help men and women challenge their brains in unique ways.

- **BrainHQ:** According to Posit Science, which created the system, BrainHQ (www.aarp.brainhq.com) is a system of training the brain that was developed by neuroscientists and other brain experts. The BrainHQ platform includes various brain training exercises with hundreds of levels that can help people improve their brain function, including memory and retention.

- **Writing in the Stars:** Similar to a crossword puzzle, this game provides a list of nine words to users, who must then find the six words that connect to from a six-point star before they can move on the next level. Available at www.happy-neuron.com, Writing in the Stars aims to help users improve their logical reasoning.

- **Private Eye:** With a goal of helping users improve their focused atten-

tion and concentration, Private Eye (www.happy-neuron.com) asks players to peruse a grid full of intricate layers and symbols in an effort to find the item that does not belong.

- **Braingle:** With more than 200,000 members, Braingle (www.braingle.com) is a popular online community where users can go to access brain teasers, trivia quizzes, IQ tests, and more. Users even rank the games, allowing novices to find games that might help them hone certain skills or ease their way into challenging their brains with games.

Millions of people across the globe play games every day. Though players often play games to have fun, they might be helping their brains without even knowing it.



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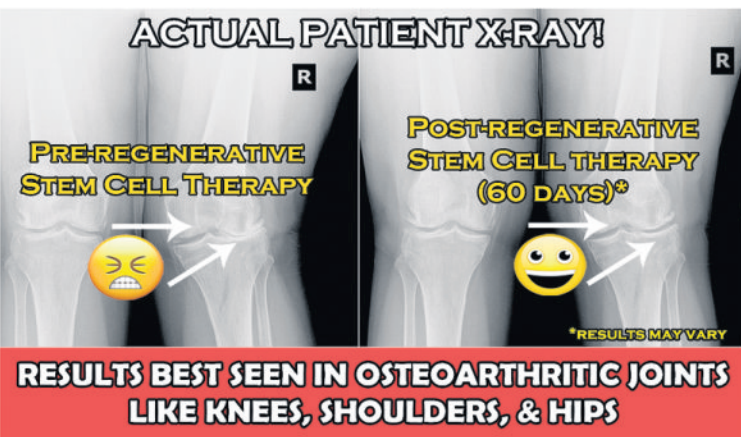


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