

# senior living

Thursday, January 23, 2020



Get Out and Get  
Moving at Lorain  
County Metro Park's  
**Winter Days  
Festival**

PAGE 7

ADVERTISING SUPPLEMENT TO  
THE MORNING JOURNAL

## Are you done learning? We didn't think so.

For more than 40 years, Cuyahoga Community College has been a premier provider of education to individuals 55 and older. Encore 55+ Learning offers a variety of experiences to enhance learning and community engagement.

Encore Campus Fridays provides a unique learning environment focused on encouraging dialogue and developing relationships among individuals with common interests. No homework, tests or quizzes! Instructors include Tri-C staff, retired educators and professionals from history, literature, science, arts and entertainment, business, health and wellness and more. Register for one to six courses per session, per campus for a single \$99 registration fee.

Campus Fridays takes place at Eastern Campus in Highland Hills, Western Campus in Parma and Westshore Campus in Westlake.

The Neighborhood Scholars program partners with community organizations across Greater Cleveland. Discover local museums through the Cleveland Museum of Art Series and Coffee With a Curator sessions, or explore Greater Cleveland's restaurants and places of worship.



"Learning is a lifelong journey. Encore's variety of classes, schedule, great instructors and staff make it a memorable and exciting journey." —Betty Zak, Encore instructor of 15 years

For more information, visit [tri-c.edu/encore](http://tri-c.edu/encore) or call 216-987-2274.

### Lorain County Metro Parks HIKING STICK PROGRAM

The hiking stick program started in 1986 with 7 parks and 4,200 acres. This program was adapted to get people into the parks and enjoying nature. As an incentive, hiking sticks were given out after completing 10 hikes in 6 different parks (a list of hikes can be found in the Arrowhead newsletter). Please note that a park naturalist has



to sign off on the hiking stick form. For returning participants, a metal tag is given to attach to your hiking stick. Now with 28 parks and over 10,000 acres, the program continues today. It has become a great outing for the scout troops, senior citizens and families. What a fantastic way to visit your parks, learn about nature firsthand and engage in a healthy lifestyle. Hiking stick forms are available below, or at any park. Hikes run April 1st through June 30th. Visit [www.loraincountymetroparks.com](http://www.loraincountymetroparks.com) for details.

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\$130 p/p for all ages

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## Are you wondering about Regenerative Therapy and if it will work for you?

These questions will help you determine whether or not you should pursue Regenerative Therapy.

Do you suffer from chronic joint pain due to osteoarthritis or an acute joint injury?

Regenerative Therapy has proven most successful in the treatment of chronic joint pain associated with osteoarthritis in areas such as knees, hips, elbows, ankles, and wrists.

How successful? While clinical tests routinely delivered an 85% success rate, our office has around a 90% success rate with our patients experiencing life-changing benefits thanks to Regenerative Therapy.

Would you rather have a less invasive, drug-free, long-term treat-



ment for your chronic pain?

Regenerative Therapy is, for many patients, the best alternative to highly invasive, painful, and potentially ineffective joint replacement surgery.

With Regenerative Therapy, patients typically begin feeling relief a few weeks after the initial procedure 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!

*Do you want to avoid surgery if possible?*

Regenerative Therapy heals the disease or damage causing the pain, because of this, Regenerative Therapy is an effective alternative to many traditional joint repair surgeries like a knee replacement. Plus, there is no downtime!

Patients who receive these injections often delay the need for

surgery for many years, sometimes even longer. Because Regenerative Therapy heals the treated areas, many patients find they no longer need surgery at all.

*Still not sure if Regenerative Therapy is right for you?*

Come to one of our free talks to find out! Brunch Tuesday, February 18 at 10:30am or Thursday, February 20 at 6pm. Call 440-484-3232 to reserve your free seats now! Seating limited to 25 each event.

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*“Avon Oaks  
 is a place of  
 help, hope and  
 healing.”*

*P. Hoag  
 - Rehab Client*



# Regenerate, Don't Operate!

## Regenerative Therapy Seminars for joint pain

### Free! Limited to the first 25 callers!

**February 18th at 10:30am & February 20 at 6pm**  
**Courtyard by Marriott - 1755 Travelers Ln, Elyria**

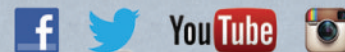


**Speaker: Dr. Nick Fabian - Chiropractic Physician**

*Did you know that one third of knee replacements in America today are done with NO MEDICAL BASIS?*

We live in a disposable world where things are just simply discarded and replaced instead of repairing them. This happens because few patients know the most important questions to ask before having a joint replacement surgery. It is important to ask the following questions: Are we sure that the knee joint is the source of the pain? Have you been treated with less invasive therapies first? Do you have any allergies or sensitivities to metal?

Depending on your answer, the best option may be to REGENERATE instead of OPERATE.



*How does Regenerative Therapy Work?*

Stem cells are unique in comparison to every other cell in the body because of their ability to divide, renew, and regenerate into other cells just like it. They are unspecified cells to start and only become specialized when they are called to action. Stem cells target damaged or injured tissue in the body are repair and replace what is no longer functional or needed. Essentially, stem cells have the power to regenerate, heal, and reduce pain.

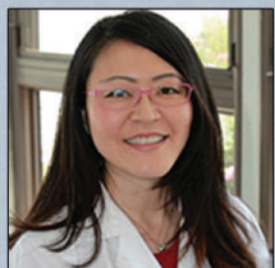


Regenerative therapy offers a single joint injection in the office, no anesthesia, no hospital stay, and has ZERO post-surgical recovery time. Our Regenerative Therapy offers a single joint injection containing rich sources of cytokines, growth factors, proteins, and mesenchymal stem cells. While results may vary, clinically we expect significant improvement within 1-3 months. However, in many instances, it is 1-3 weeks! Improvements include decreased pain and increased function. Regenerative Therapy combined with traditional therapies allow the patient to receive the best possible results in the least amount of time.

**Must Call 440-484-3232 to reserve seats!**

**xcellmedicalgroup.com**

**710 Leona St. (corner of Griswold & Leona), Elyria, Ohio 44035**  
**We accept Medicaid & Medicare. Some Federal & State restrictions apply.**



**DR. JANE HOASHI, MD**  
**ORTHOPEDIC**  
**SPECIALIST**



## Get Out and Get Moving at Lorain County Metro Park's Winter Days Festival

Saturday, January 25, 2020

11:00 AM 3:00 PM

Vermilion River Reservation

51211 North Ridge Road in Vermilion

Free for All

This long-standing free event is full of a wide variety of winter activities including horse drawn sleigh rides, sled dogs meet n' greet, ice fishing demos, hearthside cooking demos, snowshoeing programs, ice carving demos, live music, and so much more!

**Schedule of Activities:** 11 am-3 pm:

- Sled Dog Meet 'n' Greet – Shelter #1
- Fireside Cooking Demonstrations – Carriage Barn
- Horse-drawn Sleigh Rides (Free, donations accepted) – near Carriage Barn
- Mechanical Snowboard Simulator– Shelter #1 (Free)
- Sledding – Bacon Woods Sledding Hill
- Winter Wildlife Display and Children's Activity – Bacon House Summer Kitchen
- S'mores Station and Campfire – near Carriage Barn (free - first come, first served)

- Outdoor Games – Near Bacon House
  - Ice Harvesting Display – in Bacon House
  - EHOVE Student Ice Carving Demonstrations – near Carriage Barn
  - Ice Fishing – at Pond
  - Bacon House Tours – In Bacon House
  - Lorain County Spinners and Weavers – demonstrations in Bacon House
  - Winter Encampment – Between Carriage Barn and Bacon House
  - 11:30 am, 1 pm, and 2:30 pm: Sled dog presentations at Shelter #1
  - 12 pm and 1 pm: Snowshoeing Hike – meet in front of Carriage Barn (first come, first served-45 min.)
  - Time TBD: Vermilion Fire Department Ice Rescue Demos – at Pond
- Food vendors will be onsite throughout the event. FRIENDS of the Metro Parks will also have hot cocoa, cider and cookies available for purchase in the Carriage Barn Meeting Room. Contact the Carriage Barn at 440-967-7310 with questions!



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### Encore 55+ Learning

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9 a.m. – 3 p.m. | \$99 for up to six courses

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Eastern Campus  
Highland Hills

Western Campus  
Parma

NEW

Westshore Campus  
Westlake

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- Places of Worship Tours
- Coffee With a Curator
- Let's Do Sunday Brunch
- Discover Cleveland Tours
- And more!

For more information: [www.tri-c.edu/encore](http://www.tri-c.edu/encore) | 216-987-2274 | [encore@tri-c.edu](mailto:encore@tri-c.edu)

Cuyahoga  
Community  
College



## Tips to Improve Wellness and Prevent Stroke

*(Family Features)*

Stroke is often thought of as something that happens to older people, but more people under 50 are having strokes due to increased risky behaviors, such as smoking and untreated high blood pressure.

Strokes don't discriminate, according to the American Stroke Association, a division of the American Heart Association, the world's leading voluntary health organization devoted to fighting cardiovascular disease and stroke. They can happen to anyone, at any age. About 1 in 4 people worldwide will have a stroke in their lifetime. However, up to 80% of first strokes may be prevented.

"Healthy habits can protect and improve brain function and lower your stroke risk," said Dr. Lee Schwamm, MD, American Stroke Association volunteer chairman

and executive vice chairman, department of neurology at Massachusetts General Hospital.

In recognition of World Stroke Day, the American Stroke Association offers these five tips to help reduce your risk of stroke and maintain mental sharpness as you age:

- **Keep blood pressure in mind and under control.** High blood pressure is the No. 1 controllable risk factor for stroke. Work with your doctor to manage your blood pressure and get it into a healthy range (under 120 over 80).

- **Eat colorful fruits and veggies.** Eating lots of fruits and vegetables can lower blood pressure over time, which may help reduce your stroke risk. Some fruits and vegetables, such as mangos, avocados and blueberries, are especially rich in vitamins and minerals that improve brain



## It's time to talk about Alzheimer's.



[alz.org/ourstories](http://alz.org/ourstories)



alzheimer's  
association

function and heart health.

- **Rest up.** Getting 7-9 hours of quality sleep each night can improve brain function both today and long-term. A soothing bedtime routine and avoiding screen time before bed can increase the quality of sleep you're able to get. Sleep-related breathing issues may also increase stroke risk, so seek treatment right away if you suspect sleep apnea or similar problems.

- **Meditate.** Emerging science shows practicing mindfulness and being aware of your breathing may reduce blood pressure. A quick way to be mindful anytime is to pause, notice your breath and observe details in your surroundings.

- **Take a hike.** Getting active activates brain cells, encouraging them to grow and connect more efficiently. Aerobic exercise, like going for a walk, also gives your arteries a workout and makes your brain more resilient to reduc-

tions in blood flow that can cause strokes. To maximize health benefits, the American Heart Association recommends adults get at least 150 minutes per week of moderate activity or 75 minutes of vigorous activity (or a combination) and two days per week of moderate- to high-intensity muscle strengthening activity.

"These simple suggestions are great for everyone to follow, even if you don't think you're likely to have a stroke," Schwamm said. "While many adults don't think they are at risk for stroke or reduced brain function, the reality is that nearly half of all adults in America have high blood pressure, and untreated high blood pressure is one of the most common causes of stroke and also causes up to 60% of dementia."

*For more information and tips for preventing stroke, visit [Stroke.org/WorldStrokeDay](http://Stroke.org/WorldStrokeDay).*



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## Foot Pain or Irritations? Problem Solved.

Waiting for the pain to go away didn't help.

Trying different remedies hasn't helped either.

You know that you need to do something about the foot pain but you aren't sure what. Or perhaps you've just been waiting in hopes the pain or discomfort would go away.

Whenever you are ready to make your feet feel better, all it takes is a short trip to Januzzi's Footwear Solutions where Roland and Connie Januzzi and their staff are waiting to help.

Are you experiencing pain or discomfort from any of these foot or foot-related problems – hammer toes, overlap toes, bunions, arthritis, diabetes, neuropathy, heel pain, arch pain, plantar fasciitis, tendonitis, flat feet or fallen arches, extreme high arches, ball of foot pain, metatarsalgia, calluses, ankle or foot pain, knee pain, hip or back pain, balance issues, or problems walking or standing?

Shoes with the proper length, width and depth fit,

stability, toe box room, support, motion control, alignment capability, shock absorption, customized arch support selection and other simple modifications are all possible solutions to your foot pain or discomfort.

Januzzi's Footwear Solutions is known throughout northern Ohio and beyond as the most qualified facility to address these foot and shoe related problems. Doctors and therapists throughout the area refer hundreds of their patients to Januzzi's Footwear Solutions because of the expertise, knowledge and caring service provided by Januzzi's Footwear Solutions. The Januzzi footwear family has been providing comfort, support and stability for people in since 1926. Why live in pain any longer? Let Januzzi's Footwear Solutions help your feet feel better. Call 440-984-7463 or stop by 207 North Leavitt Road, Amherst, across from Drug Mart.

## Understanding Medical Sharps and Safe Disposal Options

(Family Features) If you're among the millions of people in the United States who suffer from a chronic illness, you may use "sharps" to manage your medical condition at home or on the go. For example, many people with diabetes self-inject at least two insulin shots every day, and conditions including allergies, arthritis, cancer, infertility, migraines and psoriasis, among others, may also require the use of a sharp to administer medication.

A medical term for devices with sharp points or edges that can puncture or cut skin, sharps may be used at home, at work and while traveling to manage medical conditions. Examples of sharps include:

- **Needles** - fine, slender, hollow pieces of metal used to inject medication under the skin
- **Syringes** - devices to which needles are attached in order to inject medication into or withdraw fluid from the body
- **Lancets, also called "fingersticks"** - instruments with a short, two-edged blade used to get drops of blood for testing
- **Auto injectors, including epinephrine pens** - syringes pre-filled with fluid medication designed to be self-injected into the body



• **Infusion sets** - tubing system with a needle used to deliver drugs to the body

• **Connection needles** - needles that connect to a tube used to transfer fluids in and out of the body

However, disposing of those medical sharps safely may be a concern. In fact, in interviews conducted by SafeNeedleDisposal.org with sharps users, people who use needles and lancets to manage their medical conditions believe it is their responsibility to dispose of sharps safely, but lack clear, factual information on how to do so. Existing information does not always personalize disposal guidelines for people in every state or locality.

"SafeNeedleDisposal.org helps people in the United States make sense of safe sharps disposal options nearest to their home, work or wherever is convenient," said Larry Ellingson, vice president of the National Diabetes Volunteer Leadership Council. "This resource is much needed for people who regularly use needles to manage health conditions like diabetes and want to do the right thing with their used sharps."

**According to the U.S. Food and Drug Administration, sharps not disposed of properly may cause injury. Consider these three steps for safe and proper sharps disposal:**

1. Place used sharps in an FDA-cleared sharps disposal container or a strong plastic container such as an empty laundry detergent or bleach bottle.
2. Seal the container with duct tape and label it "do not recycle."
3. For most sharps users, place the sealed container in the household trash, never the recycling. A resource like SafeNeedleDisposal.org can be used to look up local disposal guidelines by ZIP code. For states that do not allow household disposal, the website provides ZIP code-specific information on convenient drop-off locations that will accept used sharps.

For more information on safe disposal of sharps, visit [SafeNeedleDisposal.org](http://SafeNeedleDisposal.org).

# Call today to connect with a **SENIOR LIVING ADVISOR**

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

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