

# "Nothing about me, without me."

Memory care assisted living residences that celebrates every individual. Discover a unique philosophy that engages residents and assists them in make choices that define his or her own day. During these unprecendented times, access our online resources to help you at home.



**Jennings at Notre Dame Village** 440.279.9400 ∣ notredamevillage.org/memorycare

# Protecting and Serving Our Community

The coronavirus has changed our lives. At MaryAnn's Family Hearing we have redesigned the way we do business. Our office hours have been reduced to two days per week, but we remain available by phone and email throughout the week.

### We want you to know that:

- We can process hearing aid repairs either via curbside service or by dropping your device to be repaired into a lock box located outside of the building next to our entrance. The hearing aids must be placed into a clean, Ziploc -type bag first.

### For procedures that must be done with a client in the office:

- We have Plexiglas at all desks between staff and clients.
- Only one client is allowed into the office at a time.
- Masks are worn as needed.
- We sanitize after every client.

For information on how we can help you with your hearing related needs, please call us at 440-357-4327.

Submitted by MaryAnn Bencin MaryAnn's Family Hearing in Painesville Twp.

# Your HEARING MATTERS to us



MaryAnn's Family Hearing adheres to the CDC recommended guidelines as we continue to serve this community



FAMILY HEARING

**Painesville Township** 1701 Mentor Ave, Ste 5

440.357.4327





MaryAnnsFamilyHearing.com **f** 



# 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.

# Katherine A. Thokey DDS. LTD.

### Looking for a DENTIST?

Get one with a Dental Plan you can afford.

Great dental care doesn't have to wait. Get family attention NOW with our



QDP is an annual savings plan for individuals and families. Patients who enroll in QDP receive quality dental services at greatly reduced prices. Unlike conventional insurance plans, with QDP there are **no deductibles no yearly maximums, and no waiting period to begin treatment.**QDP benefits coverage begins immediately on plan registration.

Visit QDP website or call our office for more information www.qualitydentalplan.com

### • Family • Cosmetic • Dentures • Implants

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 DDS. LTD.

24 Lexington Blvd., Madison, OH 44057 440.428.9568 Thokeydental.com

Office Hours By Appointment

# Are you looking for care for an aging loved one?

If you are looking for care for an aging loved one, Haven Home Assisted Living in Mentor, and Hartley Manor Assisted Living in Concord offer personalized assistance, support and compassionate care in an adult group home setting. Believing that all people thrive best in a warm, supportive environment with one-to-one relationships built between staff and residents, these homes strive to afford the perfect balance between assistance and independence.

With the number of residents limited to 10 at Hartley Manor and 14 at Haven Home, the staff to resident ratio is able to provide individualized care and attention to their residents.

For further information, please visit the web site at HavenHome.net or HartleyManor.net.



### On the outside it looks like a house...

### Hartley Manor



10171 Johnnycake Ridge, Concord 440-639-8780 **HartleyManor.net** 

roviding a warm, supportive family environment for seniors who desire the safety and comfort of home, as well as the security of 24 hour assistance with the

...on the inside, it feels like HOME!

### Haven Home



7395 Rockingham Road, Mentor 440-205-1200 **HavenHome.net** 

- All services provided for a single affordable fee
- Located on tree lined residential street
- Inviting front porch and private treed back yard
- Limited residency
- See webpage above for details



activities of daily living.

We strive to conduct all matters with honesty, integrity and love inherent in the Christian ethic and deserved by each and every person.

# Lake County Council on Aging



- Aging and Disability Resource
  Center
  - Information and Assistance
  - Benefits Assistance
  - Options Counseling
- Social Work Services
- · Meals on Wheels
- Lunch Place Dine-In Locations
- Homemaker Services
- Non-Medical In-Home Care Program
- 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.

# Care Your Way Home Care

We provide in-home personal care for up to 24 hours a day. As a reliable in-home care provider, every family we are hired to care for receives nothing but our very best.

### Our Services Include:

Personal care
Medication reminders
Dementia/Alzheimer's care
Bathing Assistance
Transportation/Errands
and Appointments
Homemaking
Companionship

### Counties We Serve

Cuyahoga • Geauga • Lake



### 440-525-6511

For more information, check our profile on care.com careyourway16@gmail.com

# Council on Aging continues to serve seniors in need

In light of the COVID-19 pandemic, the Lake County Council on Aging's priority is to continue to support Lake County seniors who are in need of meals because of the stay-at-home orders. To do this, the agency has had to temporarily modify its two nutrition programs - Meals on Wheels and "Lunch Place" meals.

To minimize contact, the Meals on Wheels program that traditionally provided a daily hot meal has been modified to include a hot meal and two frozen meals delivered on Mondays, and another hot meal along with three frozen meals delivered on Thursdays. The "Lunch Place" congregate program is now provided as "grab-n-go" meals, picked up at the nutrition site on Mondays. These meals consist of one hot and four frozen meals.

Referrals for the programs can be made by calling (440)205-8111. A Council on Aging social worker will contact you to complete a brief phone assessment before meals can begin. For information on other services available for seniors, please visit www.lccoa.org.

# **Around the Clock Care**



My company, Care Your Way, offers around the clock Home Health-Care; professional care and loving hearts. Care Your Way was founded on the notion that "there's no place like home." Your loved ones receive exceptional care from compassionate professionals. We are with you when you need us the most. I began as a caregiver and supervisor in an assisted living facility 17 years ago.

When my own father went into a nursing home, it inspired me to provide a better option for families and their loved ones. Let Care Your Way exceed your expectations and provide you peace of mind.

Care Your Way Serving Eastern Cuyahoga, Lake and Geauga Counties 440-525-6511

### Need help with your Medicare Options? Call Mary 440-286-1263

Seniors in Northeast Ohio trust Mary Duncan when it comes to their Medicare planning. If you are retired or will soon be turning 65, call Mary.

"I love working with people one on one," she notes. "People have needs, someone to be a sounding board, and can give direction and offer solutions; insurance is just one of the areas in which I can assist."

Mary Duncan, Vice President Certified for Medicare plans



### NOW is the time. Let us guide you.

Get a thorough financial review of your investments and retirement planning during this volatile economic time. Our advisors have the expertise to help you reach your financial goals and keep you on track.

Call us. We can help. 440-286-1263

### Over 60 Years of Insuring What Matters Most

- Home & Auto Insurance
- Business Services
   Medicare
  - Financial Services
- Individual Health Insurance & Employee Benefits



**HAAS** Healthcare Solutions<sup>a</sup> A Division of HAAS**HAAS+ASSOC.** 

100 Seventh Avenue Suite #135 Chardon, OH 44024 haas-haasinsurance.com (440) 286-1263



# 86 MILLION AMERICANS MAYBE EVEN YOU, HAVE PREDIABETES. PERSON-ABOUT-TO-FACT-CHECK-THIS-FACT.

DoIHavePrediabetes.org









# **Quail Highlands**

Community members at Quail Highlands enjoy a number of senior care services. For each resident our all-inclusive rate provides three meals, housekeeping, maintenance, and a pendant to press for help at any time. In addition, we'll provide a free pre-admission Wellness Assessment for your loved one to help us select the best senior care services.

If your loved one has Alzheimer's or dementia you can rest assured that our certified dementia practitioners will provide tailored care and activities for your parent's cognitive needs.

### A Place to Call Home

As soon as you step into Symphony at Mentor, an inclusive Alzheimer's and Dementia community, you will immediately know why this is the place for your loved one to call home. Here you will find a warm, intimate, home like setting that will welcome your family member. On hand, we have a dedicated staff that will treat your loved one as one of their own. Each staff member trained in understanding the various stages of Alzheimer's that will allow them to care for each resident with kindness, compassion, and dignity.







# **Stay Well and Healthy**

We are taking every precaution to keep our residents safe, happy, and engaged. Our teams are working round the clock to ensure we provide peace of mind to our families. We understand, under these circumstances, that having a loved one at home may not be the best option.

You may prefer our home over yours, and here's why:

Worried about supplies and food in the pantry? We have plenty. Room service with a smile for all meals.

**Not sure who can go check on mom?**We have care staff available 24/7 to take care of your loved one.

Bored at home already?

We have a full activity team engaging our residents each and every day.

Can't get in touch?

We have "tech savvy" team members helping our residents use Skype, Facetime, Facebook and more.

How can we move our loved one in under these circumstances?

Leave it to us! We will provide a fully furnished apartment\*,
sheets, towels, and take care of all the details.

\*available at participating communities

No more lonely days. Peace of mind is what we do best. Let's go old school, and call us today at 440-256-8320. We will help every step of the way. Promise.



**Dr. Williams Donahue and staff** welcome you to our conveniently located offices on the **west and east side.** We are all dedicated to improving your quality of life focusing on your lower extremity health and function. We provide medical and surgical treatment of the foot and ankle, and soft tissue of the lower leg. We also offer laser treatments for nail disorders.

Dr. Donahue is a physician/surgeon with **35 years** of experience in podiatric services. Together with our staff, we seek to exceed expectations of care for all of our patients.

Please contact our office today for an appointment **216-459-8616** 



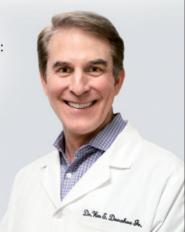


Dr. William E. Donahue Jr.

### Let us help you get back on your feet!

We offer the latest foot and ankle treatments and surgeries.
Dr. Donahue specializes in the following:

- Wound Care
- Heel Pain
- Arch Pain
- Achilles Pain
- Bunions
- Diabetic Foot Care
- Toe and Nail Deformities
- Leg/Foot Ulcers and Infections
- Sprains and Fractures
- And More!



216.459.8616

1013 Rockside Rd. Parma I 8300 Tyler Blvd. Mentor NomsHealthCare.com



During these unprecedented times, our residents and their families know that the Vista Springs staff is here for ALL their needs, ALL the time. Care and safety are our main priorities. Services for your loved one are just a press of a button away with the Vista Springs care pendants and the best staffing ratios in the area. Transparent, all-inclusive costs mean no hidden or extra charges in case of illness or injury. With a holistic approach to health and wellness, seniors with a wide range of care needs, can live life to the fullest without worrying about managing care.

# Resort Style Amenities Top Staffing Ratios All-Inclusive Cost

WE ARE CURRENTLY ACCEPTING ADMISSIONS.

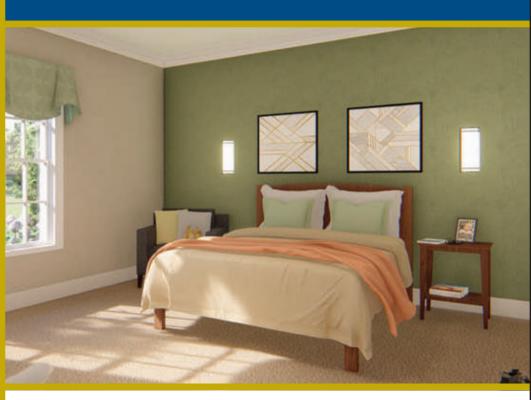
CALL TODAY FOR MORE INFORMATION & A VIRTUAL TOUR.





# **COMING SOON**

# LUXURY ASSISTED LIVING





SENIOR LIVING AT MENTOR RIDGE

www.the-preserve.net 440.276.5898

# Laketran continues to serve Lake County seniors

Laketran is celebrating 45 years of providing safe and reliable transportation options to Lake County. Many residents, especially seniors, rely on Laketran's nationally recognized door to door Dial-a-Ride program for everyday use or just an occasional trip.

While spring of 2020 has presented itself with a variety of challenges, Laketran continues to operate as an essential service, providing trips to essential jobs, shopping or medical appointments.

A number of new protocols have been put into place by the transit system, ensuring a safe working environment for employees as well as a safe transit experience for customers.

#### **Encouraging Essential Travel Only**

Until the Governor lifts the "Stay At Home" order, Laketran is encouraging residents to limit travel on public transit to essential trips. Examples of Essential Trips include:

- To obtain necessary services or supplies for yourself and your family and household members.
- To and from work when no other travel alternatives are available.

- To engage in activities or perform tasks essential to your health and safety, or to the health and safety of your family or household members.
- To care for elderly, minors, dependents, persons with disabilities or other vulnerable persons.
- To and from educational institutions for purposes of receiving materials for distance learning, for receiving meals, and any other related services.
- To return to a place of residence from outside the jurisdiction.
  - Required by law enforcement or court order.

#### Social Distancing On Board Laketran

Laketran has implemented many precautions to encourage social distancing on board buses.

- Laketran has suspended fare collection until April 30 to limit interaction between drivers and customers.
- Laketran has limited the number of customers permitted on a Dial-a-Ride bus at any given time.
- Local Route customers must board and exit from rear door, unless the ADA ramp is needed.
- Customers on Local Routes and Park-n-Ride must sit apart while on board.

#### **Additional Safety Precautions**

- Per the CDC, Laketran is recommending that all drivers and passengers wear masks while on board buses.
- Laketran sanitizes its building and buses with an electrostatic disinfectant sprayer and continues to wipe down high touch point areas daily.
- Drivers are equipped with gloves, hand sanitizer, and disinfecting wipes to use throughout the day as needed.

Laketran is currently encouraging everyone to follow the Ohio Governor's "Stay at Home" order and only travel if essential. However, when the order is lifted and you decide you are ready to travel again, Laketran will be here for you.

To ensure the safety of employees and customers, especially customers who are most at risk, many of the precautions that Laketran has implemented during the coronavirus crisis will remain in place for some time in the future.

For more information about Laketran, please visit www.laketran.com or call Customer Service at 440-354-6100.



# Danbury Mentor is proud to be a part of this dynamic community.

We are dedicated to setting a new standard of senior living by offering an exceptional portfolio of lifestyle options, including independent living, assisted living, and memory care. We believe in taking care of the fine details and offer many amenities that you won't find anywhere else.

Danbury Senior Living is actively working to keep our residents and employees safe during the COVID19 situation. While things around us have rapidly changed, one thing that will not change is our commitment to you, to help support you with your senior living needs. We are here to help.

Although we are unable to accept visitors for tours at this time, we would be happy to help you learn more about Danbury through virtual tours, video chat, emailed information, and social media. Call 440-701-4560 for more information on our beautiful community!







# Danbury Carries On for a Better Tomorrow



Be sure to visit us on our website and on social media to take virtual tours or to see our Danbury communities!

To find out how we can support you and for more information on Danbury Mentor please call

440.225.1371

Independent Living | Assisted Living | Memory Care

# YOU BELONG HERE

Surrounded by a lush 32-acre park-like campus, Ohio Living Breckenridge Village is known for its beauty and architecture. Our convenient location in historic Willoughby, Ohio, offers easy access to major highways, renowned museums, quality theater and entertainment, and educational and recreational facilities. We also offer the full continuum of care, which means that, whatever you need, there's a place for you here.



### **APARTMENT HOMES**

Ohio Living Breckenridge Village North apartments include one, two or three bedrooms, one or two full baths, full kitchen, spacious closets and storage, complimentary laundry room on each floor, bi-weekly housekeeping services and a flexible meal allowance. A straight lease option is available for our one-bedroom apartments.



### **BROWNSTONE HOMES**

Designed with carefree living in mind, these homes feature floor plans with fully equipped open kitchens, sunrooms, patios or balconies, laundry rooms, optional fireplaces, spacious storage, and heated underground parking. A flexible meal plan is available, and other amenities including a pub, community room and library make the Brownstones a popular choice.



### RANCH HOMES

Our two- and three-bedroom ranch floor plans can be modified by our residents to reflect their personal lifestyles. Many have had completed room additions, skylights and sunrooms. Customized features may also include fireplaces, built-in bookcases, patios and more!



## ASSISTED LIVING AT THE NASON CENTER

The Nason Center offers programs, events and activities that are designed to provide stimulation consistent with the abilities and interests of the residents. For those with early memory loss, we offer a program created to help diminish anxiety and lessen confusion by creating a secure and relaxed atmosphere.



# FAIRMOUNT HEALTH & REHABILITATION CENTER

When long-term care is needed, we offer compassionate care with a focus on quality of life. Families can have peace of mind that comes from knowing that their loved one is well cared for.

In short-term rehab we work with each patient to achieve their goals and return home safely. With proven outcomes and decades experience, we provide care you can count on.



# VEALE WELLNESS & AQUATIC CENTER

The Veale Wellness & Aquatic Center offers the latest equipment and therapy techniques in a spacious, beautiful and welcoming environment to help you on your path to recovery. Our professional clinicians offer one-on-one sessions with a variety of innovative treatment options to help you achieve the best possible outcomes.

Call **440.954.8359** to see where **you** belong at Ohio Living Breckenridge Village!



36500 Euclid Avenue | Willoughby, Ohio 44094 440.942.4342 | ohioliving.org

# Nothing about me, without me: Jennings at Notre Dame Village residence offers unique memory care philosophy

Finding purpose, retaining skills and living meaningful days is important for every individual, especially those living with Alzheimer's disease and other memory challenges. Jennings at Notre Dame Village has been serving residents with a unique holistic philosophy in its specialized memory care residences. As part of this model, the organization has received the Bronze Level Credential for Montessori Inspired Lifestyle® through the Center for Applied Research in Dementia, the first milestone on the journey to becoming a Gold Site Credentialed Community.

"We are proud of this approach for serving our elders and our team who has embraced the philosophy," said Vivian Springer, Executive Director for Jennings at Notre Dame Village. "We are excited for what lies ahead!"

Jennings' small house residences care in the philosophy of "nothing about me without me," an inclusive model of living and delivering care. The credential supports this model, where residents with memory impairments benefit from qualities such as engaging in a collaborative culture within

the community, sustaining their connections to the outside world and enjoying meaningful, engaging visits with family members and friends.

Each of the unique houses is home to 12 residents who have their own private rooms and

freedoms with amenities. The nationally recognized small house model focuses on each person's holistic needs. "The caregiving team provides support in the philosophy of family, rather than a traditional task-based medical model," explains Allison O. Salopeck, President and CEO at Jennings. "Our staff comes to know residents in the best possible way, learning all about them --- their likes and dislikes, their careers and history and involvement of their families. In conjunction with reflective practices, residents are fulfilled in living life as they choose."

During the pandemic, Jennings at Notre Dame Village features online resources to help families. Visit notredamevillage.org/memorycare for access.



# "Nothing about me, without me.

Memory care assisted living residences with an inclusive resident philosophy you haven't seen before.

Discover a unique residence that celebrates every individual. Our staff works with each person in making choices that define his or her own day. Jennings at Notre Dame Village combines unique, nationally recognized "small house" practices with the Christian values, mission-based quality and care we are known to provide in Northeast Ohio.

### Jennings is here to help in these unprecedented times.

We have created online memory support resources to access caregiving tips, Montessori videos, fitness, virtual tours and more.

www.notredamevillage.org/memorycare



Jennings at Notre Dame Village
10950 Pine Grove Trail | Chardon, Ohio 44024
440.279.9400 | notredamevillage.org





### **Medicare Facts**

There's so much to learn about Medicare before you enroll. You could spend countless hours talking to friends and visiting various internet sites, or you can consult an expert to help you get started with Medicare.

Laura Mutsko of Mutsko Insurance Services of Mentor has been presenting her class, **Getting Started with Medicare\*** at colleges, libraries and through community programs for more than ten years. In the class, Laura explains the differences between Original Medicare, Medicare Part D Prescription Drug Coverage, Medicare Advantage Plans and Medicare Supplement Plans. You will learn what is covered and what's not. You will also learn how you can get coverage for dental, vision, hearing and other services not covered by Original Medicare.

While Getting Started with Medicare classes have been suspended due to Covid 19 health concerns, Mutsko Insurance Services remains available to serve you by phone, email and internet. You can reach Laura Mutsko at 440-255-5700 or Lmutsko@mutskoinsurance.com. You can also find future class dates and times on their website at www.Mutskoinsurance.com/seminars.

Don't make the mistake of settling for the same kind of coverage a friend or neighbor suggests. Take some time to discuss your needs with an expert and learn what the best options are for you.

\*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.



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

Call us...we can help.

Potti & Marc F. Burr

FUNERAL HOMES

Where Family Matters

www.mfbfh.com



Chardon - Painesville Fairport Harbor - Madison

440-682-0907

# **Retina Specialists of Ohio**

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.retinaohio.com or call to make an appointment at (440) 975-8200.

# Welcome to Mapleview Country Villa

Just a short drive from historic Chardon Square,
Mapleview Country Villa is committed to providing a
quality therapeutic regimen that is tailored to each
person's unique needs. Whether rehabilitation or skilled
nursing care is required, our goal is to prepare each person
to return home as quickly and safely as possible. Our
therapy space features specialized equipment for both
strength training and enhancement of physical function.
The therapy apartment setup, which includes a kitchen
and bedroom, aides our staff in the successful restoration
of daily living activities. A dedicated speech therapy
treatment room is available for individuals recovering from
speech, swallowing, or cognitive disorders.

# **Upgrade your Care**

Mapleview Country Villa is proud to offer

### **Modern Private Rooms**

for Skilled Nursing and Rehabilitation and Long Term Care

Private rooms adding a better option for safe distancing and infection control

For more information, please call 440-286-8176



# Mapleview Country Villa

Part of the Legacy Health Services Family

775 South Street · Chardon, OH 44024 www.lhshealth.com



# Complete Eye Care



Board Certified
Ophthalmologist and
Vitreo-Retinal Surgeon



Victor M. Bello, MD

Board Certified

Ophthalmologist



Board Certified
Ophthalmologist and
Vitreo-Retinal Surgeon

Yearly Eye Exams • Eye Allergy Testing • Cataracts • Glaucoma • Macular Degeneration • Diabetic Eye Care

### **ACCEPTING NEW PATIENTS**

Schedule a new patient exam and receive a \$10 gas card Must be a new patient, not valid on previous exam, expires 6/30/20

### **Retina Specialists of Ohio**

### **MAYFIELD VILLAGE**

6690 Beta Dr., Ste. 312 Mayfield Village, OH 44143 216-297-3230

#### **PARMA**

5500 Ridge Rd., Ste. 208 Parma, OH 44129

### **BROOKLYN**

4338 Ridge Rd. Brooklyn, Ohio 44144-2718

#### STREETSBORO

1105 State Route 303 Streetsboro, OH 44241

#### **FAIRLAWN**

270 S. Cleveland-Massillon Road, Ste. A Fairlawn, Ohio 44333

### **WILLOUGHBY HILLS**

Chagrin North Office Park 34950 Chardon Road, Ste. 102 Willoughby Hills, OH 44094

### AVON

37500 Harvest Dr. Avon, OH 44011

#### **ELYRIA**

1131 E. Broad St., Unit C Elyria, OH 44035

#### **PARMA HEIGHTS**

6390 Pearl Road Parma Heights, OH 44130 216-297-3230

### **MIDDLEBURG HEIGHTS**

6879 B Southland Dr. Middleburg Heights, OH 44130

### WILLOUGHBY

34302 Euclid Ave., Unit 3 Willoughby, OH 44094

Tel: 440-975-8200 • www.retinaohio.com