

senior living

Thursday, January 28, 2021



**LEARN ABOUT
REGENERATIVE THERAPY
PAGE 4**

**LORAIN COUNTY OFFICE
ON AGING
PAGE 2**

**ADVERTISING SUPPLEMENT TO
THE MORNING JOURNAL**



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by subscribing to The Senior Years newspaper. This publication is full of relevant information for our readers. New subscribers will be entered in our raffle to win valuable gift cards!!

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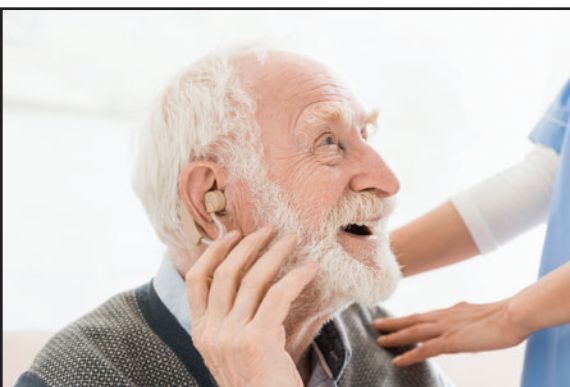
With the growth of the older adult population in Lorain County, our programs and services are becoming that much more important to help our clients age well in the place chosen to call home.

The Lorain County Office on Aging, a non-profit organization, provides services such as

homemaker, home delivered meals, transportation to medical appointments, social work support services, senior food boxes, Kinship Caregiver Services for grandparents and other relatives raising relative children, volunteer placement and congregate meal vouchers to eligible older adults in Lorain County.

We are always seeking volunteers throughout the year in varying capacities, however we have a great need for volunteers to assist in delivering home delivered meals in the southern part of Lorain County as well as other parts of Lorain County.

Find up to date news and local services on our Facebook page and please remember to LIKE us on Facebook, <https://www.facebook.com/lcooa/>. For more information on services, volunteering or placing an ad in the Senior Years, please call 440-326-4800.



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The Senior Years is a monthly publication provided by Lorain County Office on Aging
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North Ridgeville Danbury

Transitioning yourself or a loved one to a senior living community is a major decision regardless of the circumstances. Add on the challenges of one of the most trying times in our country's history, and it is hard to know where to turn for answers. COVID-19 has changed life as we know it, including assisted living communities.

So is it possible to move to a senior living community in the midst of a pandemic? And should you?

At North Ridgeville Danbury, COVID-19 has presented some challenges, it has not interfered with our quality, compassionate care. Danbury Senior Living at North Ridgeville continues to work conscientiously to provide a clean and disinfected facility, maintain safety protocols, and all possible preventive measures to avoid the spread of the virus.

But what about the emotional and social challenges that come with a

If you or a loved one have determined that this is the right time to consider a senior living community, you can rest assured that not only will health and safety be at the forefront, but positive relationships and experiences as well.

pandemic? How is North Ridgeville at Danbury working to ensure seniors feel connected and not alone?

Thanks to the amazing staff at North Ridgeville the residents not only feel safe and comfortable but are reminded that we will get through this unusual time. Staff members have been committed to providing social lifelines to the residents allowing them to communicate with their family members through Zoom, Face-Time, Skype, etc. They have created an interactive environment regardless of the pandemic where residents can laugh, smile, and safely enjoy life enrichment activities. Danbury has



proven that life does not stop during a pandemic; it just looks different. Take a glimpse inside by viewing our 3-part video series, "Our Danbury Story, Hope from Within" on our website.

If you or a loved one have determined that this is the right time to consider a senior living community,

you can rest assured that not only will health and safety be at the forefront, but positive relationships and experiences as well. Come learn all about the Danbury Difference. If you would like more information please visit www.danburyseniorliving.com or call 440-596-3797.



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Questions Answered About Regenerative Therapy

Two of the biggest questions about regenerative therapy, aside from insurance coverage and costs, are what is the aftercare is following a regenerative therapy injection and are there any side effects.

Regenerative therapy side effects are minimal if any. The products we use are FDA regulated as a human cell and tissue product (HCT/P) and are intended for homologous (human to human) use.

Fortunately, the chances of a reaction towards this treatment are small for most individuals. The only side effects that have been reported are redness and slight swelling to the injection site. These side effects usually subside within a few hours or days after the procedure. If this happens, we urge our patients to use warm packs on the injection site and do not take ibuprofen for the swelling, as NSAIDs can hinder the results of the regenerative injection.

While regenerative therapy remains minimally evasive, safe, and effective treatment protocol, we do ask our

patients to follow a simple routine of aftercare.

We encourage our patients to get active just by walking. Walking is one of the best full-body, low-impact exercises.

Strengthening exercises after regenerative therapy injections is part of the treatment plan at Xcell Medical Group. We provide our patients with specific exercises to help rehabilitate the joint that has received a regenerative injection.

We also suggest to our patients that they keep a journal as to how they are experiencing the changes to their joint(s) after the regenerative injection. We should also mention that one of the best side effects of regenerative therapy injections is weight loss as a result of the increased physical activity!

You can learn more about this effective treatment at one of our FREE limited seating Regenerative Therapy seminars available on February 16th in Elyria and February 23rd in Avon. (440) 484-3232



Nursing home care and the 'look-back period'

Health care plans provide access to medical care and other necessities and reduce out-of-pocket health-related expenses. Each plan is different, and depending on where you live, your coverage may vary.

People quickly find that many healthcare plans do not include

provisions for long-term health care, such as paying for nursing facilities. Understanding how health plans work and learning about potential financial reviews for nursing home payment qualification is a good idea for anyone concerned about financing their future health care needs.

SEE PAGE 6 >

CONFIDENCE IN KNOWING HER ASSETS WILL BE PROTECTED

Caring for an aging loved one is often overwhelming.

Wouldn't it be comforting to know she will receive the care she needs and her legacy will be protected?

You are not alone — we will be with you every step of the way.



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NURSING HOME CARE FROM PAGE 4

Health care basics

Canadian citizens or permanent residents of Canada have access to a universal health care system that is paid for through their taxes, according to the Government of Canada. Each province or territory has its own health insurance plan that covers a variety of services.

In the United States, health care is largely privately managed, with most employers offering access to various health coverage plans. Government subsidized plans include Medicare, which is for retirement-age individuals and younger people with disabilities. Medicaid is a joint state- and federally-run government program that provides health coverage to low-income individuals and families.

Just as in the United States, health insurance in Canada does not pay for nursing home care in most cases. In the United States, unless an individual meets low-income criteria, nursing home care is paid for by the

resident; otherwise, people who qualify for Medicaid can have their nursing home expenditures paid for by that program. To receive Medicaid assistance, applicants should expect a financial review, including a look-back period.

What is the look-back period?

The senior health, finance and lifestyle resource Senior Living advises that Medicaid is a "last resort" method of financing nursing home costs. Individuals are expected to use other means of payment first and "spend down" their assets. When financial resources dwindle, Medicaid will kick in to provide coverage.

To ensure that individuals simply do not transfer money out of their accounts to avoid paying for nursing home care by their own means, Medicaid requires a look-back period into applicants' finances to determine if there were any violations to rules regarding asset transfers.

Most people engage in some sort of long-term planning to protect a portion of their assets so that they can be used to support spouses or children. According to rules, an applicant is permitted to transfer certain monies to his or her spouse, provided the spouse isn't also applying for long-term care through Medicaid. Most money and tangible asset transfers (check with your state Medicaid office for the most current rules) must have taken place 60 months (5 years) prior to application for Medicaid. Penalties will be instituted when rules are broken, namely gifts or asset transfers that take place within the look-back period. This could delay Medicaid acceptance.

Paying for long-term care can be complicated business with look-back periods and required spend-downs. It is in a person's best interest to seek the guidance of a financial planner who specializes in elder care to navigate these financial waters.

"Everything was always very tidy. Then my family noticed how disorganized I had become."

—Theresa, living with Alzheimer's

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5 Ways to Ensure Medication Safety During COVID-19

(Family Features) During the COVID-19 pandemic, staying healthy is top of mind. For individuals at risk for or diagnosed with COVID-19, the addition of new treatments may pose another medical danger: adverse drug events (ADEs). ADEs cause an estimated 150,000 deaths per year in the United States and 1.3 million emergency room visits, resulting in nearly 350,000 people hospitalized for further treatment.

The experts at Tabula Rasa HealthCare, a team of clinical pharmacists building solutions for personalized medication safety, recommend several actions to improve medication safety and prevent ADEs:

1. Keep an updated list of all your medications.

Ask your doctor(s) for a list of all your medications and update it with over-the-counter medications to ensure you both have a complete

profile. Document why you take each medicine, the dose, frequency and time of day. Always have access to it by, for example, creating a secure note in your phone for safekeeping. Also, share a copy with a loved one in case of an emergency.

2. Ask your pharmacist to review your medication regimen.

Make an appointment with your pharmacist to review your medications, including prescription, non-prescription, supplements, herbals and recreational drugs. While you may see multiple health care providers, your pharmacist can provide a holistic review of your regimen. Ask questions and try to understand the purpose of each medication. Your pharmacist likely has access to technological tools that identify risk for preventable ADEs. For example, Tabula Rasa HealthCare's MedWise is a one-of-a-kind technology solution that



compares how medications interact together. Using this unique solution, pharmacists may assist you with managing your medications safer and smarter. If you are not aware if your health plan covers pharmacist visits, consider selecting a plan that does.

3. Ask about the benefits of a "phar-

macogenomic" test.

If you have a chronic illness and take multiple medications, ask your pharmacist for a test that identifies your personal gene make-up that can affect the way certain medications interact with each other in your body.

SEE PAGE 6 >

Winter Savings

It can be difficult to consider a move during the winter months and a pandemic. You may have concerns about the moving process and expenses associated with a move. Danbury understands this can be overwhelming. We would like to help make this transition as simple and safe as possible.

Call our admissions team to learn more about our Winter Savings Program!

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How exercise can help you live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal *Immune Aging* found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal *Aging & Disease*. In

a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical

SEE PAGE 10 >



Exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.



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EXERCISE FROM PAGE 8

activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the *Journal of Internal Medicine* in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.

**Caring for Your Nutrition When Caregiving**

(Family Features) Family caregivers of people with illnesses, injuries or disabilities sometimes spend more time thinking about those they care for than themselves. It's important to remember that self-care is essential to providing good care to others and must include eating well.

Healthy eating can be especially challenging for caregivers who often have limited time to shop and cook. Fast food, snacks and comfort meals are tempting but usually lack healthy amounts of protein, fiber, vitamins and minerals.

In addition to preventing low energy, muscle loss, illnesses and unplanned weight change, a healthy diet may help reduce the stress and fatigue that can come with caring for a loved one.

These tips from the Administration for Community Living can help caregivers take steps toward better nutrition without adding to already full to-do lists:

1. Drink healthy beverages at each meal and 2-3 times between meals. Water, milk, juice (to replace missing fruits and vegetables) or non-sweetened drinks are all better-for-you options.

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5 WAYS FROM PAGE 7

With this data, your pharmacist can determine if your medications will work as expected, or if they may put you at risk for ADEs. With tools that store this data, your pharmacist can personalize your medication regimen and help reduce your risk for ADEs.

4. Ask your pharmacist about risks with every new medication.

If you are diagnosed with COVID-19, talk to your pharmacist before taking any new medications to determine if they may increase your risk for ADEs. When adding or removing medications to or from your regimen, it is important to understand how these changes impact your risk for an ADE. Another tool your pharmacist may use is the MedWise Risk Score to help you better understand and measure

medication risk with changes. Your pharmacist may adjust how you take your medications or recommend an alternative that is safer for you.

5. Develop a routine for taking your medications and stick with it.

Be consistent when you take your medications to avoid ADEs. Your pharmacist can provide you with a unique medication profile that outlines the time to take each of your medications for safety. Setting reminders such as an alert on your cell phone or sticky notes can help remind you to take your medication on time.

Pharmacists are medication safety “quarterbacks,” helping optimize your medication regimen, avoid ADEs and assure you and your loved ones stay healthy and safe, during and after COVID-19. To learn more, visit trhc.com/nextfrontier.

NUTRITION FROM PAGE 10

2. Get enough protein, a key nutrient that helps build and repair tissues. Consider these ideas for increasing your protein intake:
 - Eat a high-protein food like fish, chicken or eggs at every meal
 - Try plant proteins like nuts, peanut butter, beans and tofu
 - Eat your protein first at meals
 - Eat low- or non-fat dairy products and use Greek yogurt
 - Opt for cheese at snack time

• Top your food with chopped nuts like almonds

3. Drink a liquid supplement, like a meal replacement or protein shake, if foods alone do not supply all the nutrients you need. A health care provider can make specific dietary suggestions based on your unique health needs, diet and conditions.

For more information and ideas, talk to your doctor or dietitian and visit eatright.org.

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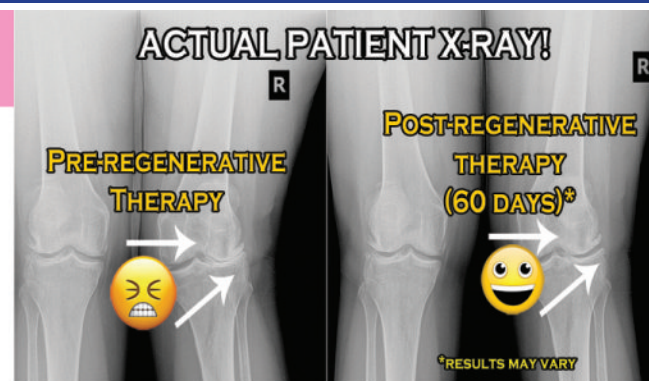
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Xcell Medical Group is offering free seminars limited to 20 seats with COVID-19 compliance of 6' distanced tables, to learn about Regenerative Therapy options. Boxed meals are provided free of charge at these talks!

Generally this therapy has been a cash based treatment but as of recent, some insurance companies, including Medicare, are now covering the treatment under certain conditions!

**Now is the time to say goodbye to chronic joint pain the non-surgical way!
Join us for one of our FREE informational seminars in February!**

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