

# senior living

Thursday, April 29, 2021

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## Please Support the Lorain County Office on Aging

Support the Lorain County Office on Aging (LCOOA) by subscribing to The Senior Years newspaper. This publication is full of relevant information for our readers. New subscribers will be entered to win a free greeting from Cards in Your Yard! A certificate for one free yard greeting was generously donated by Cards in Your Yard to help promote our non-profit newspaper for older adults in Lorain County!!

Because the LCOOA is a non-profit, we also rely on grants and the generosity of community members to support the great work we do in the community especially now as we struggle through this unprecedented event along with making sure our seniors are safe.

Monetary donations can be made to the organization on our website [www.lcooa.org](http://www.lcooa.org) or mailed to: Lorain County Office on Aging, 320 North Gateway Blvd., Elyria, Ohio 44035.

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, transporta-



tion 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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Viking, Fisher Paykel, Wolf, SubZero, Asko and others. If you think that your refrigerator or range is on it's last leg, it is a good idea to be proactive and shop now. It may take several weeks to get what you need and save you from having to go without your appliance while waiting. Since many families are working and attending school from home, their household appliances are getting around-the-clock workouts.

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# How to Combat Social Isolation

(Family Features)

Even before COVID-19 limited social contact with friends, family and colleagues, many adults experienced loneliness and depression due to limited contact with others. Now, a year after the pandemic forced many people into even greater levels of isolation, the issue of social isolation is especially prevalent in Americans over the age of 50.

Despite the physical implications of a global pandemic, research shows the mental health stakes are high, too. A nationwide survey, commissioned by Barclays, found that half of Americans over the age of 50 said the isolation from their friends and family has been more challenging than concerns over health risks they may face.

Social isolation has provided plenty of time for Americans to reflect on their priorities. The majority of Americans surveyed (90%)

have re-evaluated their post age-50 goals and put spending more time with family at the top of their lists. In fact, the most common first thing 50-plus Americans will do once COVID-19 is over is to see and spend time with their families (41%).

"While restrictions are beginning to ease, many older adults are still isolated from friends and family, and that takes a toll on their mental well-being" said Lisa Marsh Ryerson, president of the AARP Foundation. "We must do all we can to help older adults, who have suffered greatly during COVID-19, strengthen the social connections that are so essential to their ability to lead longer, healthier lives."

For example, AARP Foundation's Connect2Affect platform equips older adults with the tools they need to stay physically and mentally healthy and connected to their communities. The AARP Essential



Rewards Mastercard from Barclays is helping fund the foundation's work to increase social connection with donations based on new accounts and eligible purchases, up to \$1 million annually.

A little creativity and a commit-

ment to filling time productively can help reduce the strain of being alone until it's safer to resume social activities.

Use technology to connect with loved ones. Video chats and tra-

**SEE PAGE 10 >**

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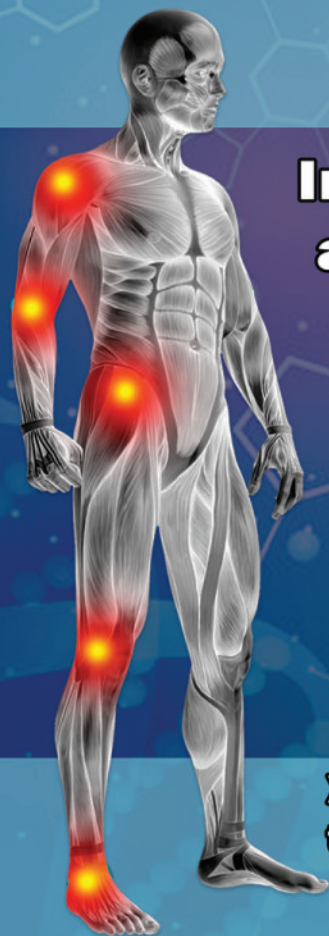
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# How to care for perennials



Perennials can add color and vibrancy to any garden. One of the more desirable components of perennials is that they come back year after year, meaning homeowners do not have to invest in a gardenful of new flowers every year. That can add up to considerable savings. Perennials often form the foundation of beautiful gardens.

Annuals only grow for one season, produce seeds and then die. However, perennials die back to the ground every autumn and their roots survive the winter. So the plants reemerge in the spring, according to *The Farmer's Almanac*. Some perennials are short-lived, meaning they will come back a few consecutive years; others will last for decades.

Though planted perennials require less maintenance than annuals, they are not completely maintenance-free. Certain care is needed to help perennials thrive, and that starts with the soil. In

fact, soil is the single most important factor for growing healthy plants. Penn State Extension says most perennials grow ideally in well drained, fertile soil with a pH of 6.0 to 7.0. In addition, organic matter can improve soil texture and water-holding ability.

When including perennials in the garden, make sure you wait for the right time to plant them. The ideal time is during the spring or fall. Perennials come as container-grown perennials, which already have been established in the soil. Bare-root perennials are just roots that are often packed in peat moss. In order to plant bare-root perennials, soak the roots in water for several minutes before gently planting in the ground, indicates the how-to resource *Tip Bulletin*.

Perennials should be watered deeply, especially during the first growing season. However, the soil should never be overly dry or wet. Most perennials do not need to be fertilized heavily. A single applica-

tion in the spring typically is all that's needed.

Care along the way can include deadheading spent flowers so that plants can use their energy on seed production and reblooming. Perennials should be divided when they grow large, every three to four years when the plants are not in bloom. Perennials produce fewer flowers or may look sickly when the time has passed to divide them. Early spring often is a good time to divide perennials, advises *The Farmer's Almanac*.

A thick layer of mulch can help perennials to overwinter successfully. Perennials planted in containers will need to be transplanted into the garden before it gets cold because most containers cannot thoroughly insulate perennial roots.

Apart from these strategies, perennials pretty much take care of themselves. As long as sunlight requirements match plant needs, the perennials should thrive.

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**Did you know?**

Health screenings are a vital component of preventative health care. Specific screenings for older adults can help them stay healthy. Healthline and WebMD recommend older adults schedule these routine tests. The frequency of the screenings may depend on individuals' health histories, so each test should be discussed with a physician during adults' annual checkups.

- Blood pressure check
- Blood test to check cholesterol and triglyceride levels
- Colorectal cancer exam starting at age 50
- Weight screening to check for gains or losses
- Prostate cancer screening for men age 70 and older
- Breast exam and mammogram for women, starting at age 40
- Pap smear and HPV tests at the recommended intervals advised by a doctor
- Hearing test
- Osteoporosis test
- Shingles and pneumococcal vaccines
- Eye exam
- Periodontal exam once per year

**SOCIAL ISOLATION FROM PAGE 6**

ditional phone calls can help you feel connected even when you can't be together in person. While a drop-in call can be fun, consider arranging regular visits with kids and grandkids. If you schedule calls throughout the week, you'll have something regular to look forward to and can benefit from a check-in that affirms everyone is healthy and safe.

Make time for physical activity. Staying closer to home may mean you're not getting the exercise you once did, but it's important for your health to stay active. Regularly using your muscles helps keep your body strong, and even light physical activity a few times each week can help keep your cardiovascular system fit for better heart health. Regular exercise can also provide a range of positive mental health outcomes, includ-

ing reduced stress, anxiety and depression, and improved memory.

Volunteer in your community or consider virtual volunteering. Helping others is a way to release feel-good endorphins for yourself. While your limited social calendar may afford you some extra time, inquire with local nonprofits about how you can contribute to their causes. Especially as funding for charitable organizations has dropped, volunteers are still essential to



most nonprofit organizations, whether the help comes in person or virtually. Even from a distance, you may be able to help with tasks like making calls to donors, assisting with mailings or planning fundraising campaigns.

Learn a new hobby or skill. Another way to fill your free time, and reap some positive energy, is to explore a new hobby or skill. The personal satisfaction of learning and focusing your mental energy on something that interests you can help offset the disappointment of being away from those you love.

Find more resources that support older adults at [connect2affect.org](http://connect2affect.org).

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Almost all hearing loss can be successfully managed with today's advanced hearing technology, so a big part of my mission includes building awareness and connecting people with solutions personalized to their better-hearing needs.

It's that passion that helped drive my decision to become a doctor of audiology. I wanted to be confident that I was attaining the highest possible medically based training and experience before helping patients in the field.

My training as both a doctor of audiology and a gerontologist allows me to understand the underlying biological functions specific to hearing loss, tinnitus, and balance disorders as well as the physical and social changes that happen with the aging process. Combined knowledge that helps me help you succeed!

Ready to start your better-hearing journey? Oberlin Hearing Care can help. **Call 877-461-0207 to schedule your personalized hearing consultation today.**



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