

living senior

Thursday, January 27, 2022

Danbury Senior Living is combatting the winter blues

PAGE 4

Stride Mobility is your one-stop shop for mobility solutions

PAGE 2



MOBILE SENIOR PROGRAM

Open to ALL Older Adults

EVERY MONDAY

10:00 am to 3.00 pm

**First Church
in Oberlin UCC**

106 N Main St, Oberlin, Ohio

www.MyNeighborhoodAlliance.org

Neighborhood Alliance
HELPING COMMUNITIES GROW STRONGER

Activities will include cards, bingo, movies, guest speakers, and more. We will also have supportive service staff on hand to meet needs such as utility and rent assistance, benefit assessments, loaned medical equipment.

Driving less yet still overpaying for car insurance?

We have been saving people hundreds of dollars each year
on their car insurance...

call me for a quote today at 440-926-4050!

- Auto Insurance • Homeowners Insurance
- Life Insurance • Commercial Insurance • Investments



Tami Smith
Agency Owner
Smith & Schmidt Allstate Agency
927 Main Street, Grafton
440-926-4050



**REAL ESTATE MARKET WILL CONTINUE
TO REMAIN STRONG FOR 2022
CALL TODAY FOR
A FREE PROPERTY EVALUATION
ISN'T IT TIME YOU MADE A DEAL WITH NEAL
#1 BEST OF LAKE ERIE REALTOR**



Andrea Neal
Russell Real Estate Services

Cell: (440) 315-0686

Email: 4nealdeals@gmail.com

WEB: Aneal.RussellRealty.com



Stride Mobility is your one-stop shop for mobility solutions

Stride Mobility LLC, a durable medical equipment company, is located in Huron. We're your one-stop shop providing mobility solutions for adults and children, ensuring a maximum level of freedom and independence.

We work in coordination with home care, rehabilitation centers, nursing homes, hospitals, and private individuals. Our new headquarters includes certified therapists for individual custom wheelchair fittings, education, and training, and a full complement of custom power and manual wheelchairs, lift chairs, scooters, walkers/rollators, bathroom aids, travel aids, plus a mobile service team with hands-on assistance to handle your wheelchair maintenance and repairs. We are proud to offer and service the country's top brand names of mobility equipment.

New products are arriving daily, such as our new Wrangler, an all-terrain scooter, with its big tires, shocks, digital dashboard, LED headlights and brake lights; as well as the Maxima, a new heavy-duty scooter with a weight limit of 500 lbs.

We are also offering our customers lift chairs which incorporate mas-

sage and heat, USB connectivity, and cupholders; innovative portable toilet chairs that look less "medical" and look great outside the bedroom; handles for car doors to allow easier entry and exit for passengers or drivers; and trays that fit underneath lift chairs or couches offering practicality and style.

Heading up inside sales is Tom Hendershot with over 15 years experience in the durable medical equipment industry. Tom is responsible for our 4,000 sq. ft. showroom which is equipped with hands-on simulation rooms and state-of-the-art equipment to meet ever-changing mobility and home care needs.

Owner Mark Schnieders welcomes you to visit us online at www.stridemobility.net, at our brand-new showroom at 2455 Sawmill Parkway in Huron, or give us a call at 419-616-6017. Life doesn't stop moving, and neither should you. Tom and our professional staff of rehab coordinators and Certified Assistive Technology Professionals are ready to answer any questions or concerns you may have. Or, we'll come to you, whether you are in a private residence, nursing home, or place of business.

ONLY \$10 FOR FIRST TIME SUBSCRIBERS FOR FIRST YEAR!!!

The Gift that Keeps on Giving: THE SENIOR YEARS NEWSPAPER

Happy New Year!!! It's that time of the year when we send out our annual appeal to renew, subscribe or send out a gift subscription of your favorite paper, The Senior Years.

Your subscription not only provides you with timely news, recipes, plus important health and entertaining information, it also helps fund LCOOA programs for older adults, such as our food pantry and home delivered meals.

Please consider subscribing if you are not already signed up. Or perhaps consider sending your neighbor, friend or family member a gift subscription for a birthday or a special occasion. It is the gift that keeps on giving all year and it is **SHAREABLE AND RECYCLABLE!!!**

Please help us keep providing this wonderful paper for you to enjoy by renewing or subscribing TODAY!!! We truly appreciate your support!!!

PLEASE VISIT OUR LCOOA WEBSITE and FACEBOOK PAGE

Please visit our website at www.lcooa.org for up to date information on programs and services offered by the Lorain County Office on Aging. The site is very easy to navigate!

We have a "Contact Us" page on

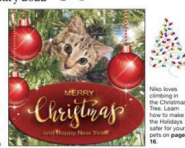


Vol. 47/48 HOLIDAY ISSUE December 2021/January 2022 No. 12/1 \$2.00

LCOOA and Blue Sky restaurant, 13 years strong!

The Lorain County Office on Aging and Blue Sky restaurant have been partnering for over 13 years in being healthy, nutritious dining options available to all. LCOOA and Blue Sky have recently renewed the long-term partnership with Blue Sky restaurant and have announced plans to continue this partnership for the next year.

Blue Sky restaurant is a local, small business and is committed to providing quality food and service to the community. The LCOOA is pleased to have another partner in this program through the partnership and will continue to work the needs of our citizens, but also to help Blue Sky restaurant continue growing the number of seniors who enjoy their meals.



The gift that keeps on giving: The Senior Years Newspaper

Consider all the great things you can do for your senior citizens. One of the best is to give them the gift that keeps on giving all year long - the Senior Years Newspaper. This newspaper is a great resource for seniors and their families, providing information on local events, health tips, and more. It's a great way to stay connected to the community and to help support local businesses.

SUBSCRIBE OR RENEW TODAY!
Check this box: Single/Family - \$14 Business - \$22
Lorain County Office on Aging
320 N. Gateway Blvd., Elyria, OH 44035

Inside this issue:
Delicious recipes for your Holiday festivities, see page 9
Lorain County Metro Parks Holiday Lights, see page 9
What's Happening in your Neighborhood, see page 18

Senior Years welcomes new ad supporters. If you are interested in advertising your business in the Senior Years, please email: senioryearsnews@yahoo.com or call 440-326-4808 and leave a message if unavailable.

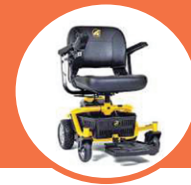
our web site that goes directly to a staff member to assist with any and all questions you may have! We also now have a "Donate Now" button and are always in need of the public's generous support of our programs. We appreciate any and all support!! If you are interested in volunteering please use the "Contact Us" form on the RSVP service page to let us know how you can help!

Get more timely updates on our FACEBOOK page. Log onto www.facebook.com/lcooa/ and remember to LIKE us!!!! Or call our office at 440-326-4800 for more information.

DID YOU KNOW?

Getting out and about is a vital component of many seniors' daily lives, but it's important that aging men and women recognize how much exercise is healthy for them. The Department of Health & Human Services notes that adults need a mix of physical activity to stay healthy. That mix should be a combination of moderate-intensity aerobic activities, which can include golfing, swimming and even gardening, and muscle strengthening activities like weightlifting that make the muscles work harder than usual. The DHHS recommends adults combine 150 minutes of moderate-intensity aerobic activity per week with at least two days of muscle-strengthening activities. The Centers for Disease Control and Prevention notes that these guidelines are safe for individuals who are 65 and older, generally fit and have no limiting health conditions. Individuals who do not fit that criteria should consult with their physicians before beginning a new exercise regimen, as it's possible that they could be putting their health at considerable risk if they attempt to follow guidelines designed for people who are generally fit. It's also important that healthy seniors avoid overdoing it in regard to exercise. Though the DHHS suggestions are the minimum recommendations, going too far beyond those guidelines without first consulting a physician could increase seniors' risk for injury, illness or even death.

YOUR MOBILITY MATTERS How Can We Help?



We REPAIR, RENT & SELL Mobility Equipment

Mobility Scooters, Lift Chairs, Hospital Beds, Power Chairs, Wheelchairs, and Bathroom Safety, too!

- Mobile Service - We Come to You
- Flat Rate Labor Charge
- Battery Packages

Serving all of
Northeast Ohio

ROCKING MOBILITY
- We keep you rolling -

17472 Lorain Ave
Cleveland, OH 44111
216.356.6984

www.rockingmobility.com



MISHAK LAW

Attorneys and Counselors at Law

WILLS • TRUSTS • ESTATE PLANNING

199 N. LEAVITT RD. SUITE 200
AMHERST, OHIO

ACROSS FROM SPITZER CHEVROLET



440-678-0000 • mishaklaw.com

Danbury Senior Living is a fantastic option for seniors who are combatting the winter blues

Winter is a time of year that can cause feelings of loneliness in all of us, but our senior loved ones who are living alone can tend to feel that more than most. Being isolated due to weather or lack of transportation can

affect seniors and cause loneliness to lead to depression.

Did you know that, according to Pew Research, 20% of Americans over 60 live alone and that number increases with age. And yes, over 60%

report feelings of loneliness. Here are a few ways we can help:

1. Make communication a priority. Some older adults go days without speaking to anyone at all, especially those who are in poor health or who have limited mobility or transportation options. Nothing beats an in-person visit but if you can't see each other, talking on the phone or video chatting can make a world of difference.

2. Encourage and facilitate social activities through local organizations. Places like churches and community senior centers are a great place for individuals of all ages to meet like-minded people and find opportunities for group activities. Offer to be their transportation and escort to encourage them to participate.

3. Identify opportunities to combat loneliness at any time. For those times in between when loneliness can strike, create a list of

family and friends they can call. It can be kids, grandkids, nieces, nephews, neighbors, and even their church. For many of my senior friends nothing beats a 5-minute conversation of "Hey, how are you today? Can you believe this weather?"

4. Bring by a meal. Just like the rest of us, many seniors don't eat right when they are depressed. If you can visit in person, bring their favorite lunch or dinner by and enjoy it with conversation. That hour out of the day can mean the world to them. You'll also be able to make sure that they're getting a hearty, healthy meal.

Danbury Senior Living is a fantastic option for seniors who are combatting the winter blues. With life enriching activities, neighbors of the same age and interests, and chef-prepared meals daily, your senior loved one can wipe away the winter blues and enjoy each day to its fullest. Visit www.DanburySeniorLiving.com or call 440.596.3797 to learn more.



EXPERIENCE THE *Danbury Difference!*

SHAKE OFF YOUR

Winter Blues

WITH A BRAND NEW ADDRESS!

Move in by April 1, 2022 and select one of these two savings programs!

\$750 OFF

your monthly rent for the first 6 months

- OR -

\$1500 OFF

your monthly rent for the first 3 months

Danbury
SENIOR LIVING
North Ridgeville

440.596.3797

33770 Bagley Road
N. Ridgeville, OH 44039

Villas | Independent Living | Assisted Living | Memory Care

DanburySeniorLiving.com



Ask about
touring our

Villas



4 Steps for Recovery and Daily Living After a Stroke

(Family Features)

In the weeks and months immediately following a stroke, an early rehabilitation program offers the best possible recovery outcomes. While each patient's journey may be different, starting the path toward rehabilitation as soon as it's medically safe allows stroke survivors to mitigate the lasting effects.

According to the American Stroke Association, a division of the American Heart Association, each year, approximately 800,000 people in the United States have a stroke. About 4 in 5 people who suffer a stroke will survive, but the majority have some degree of physical impairment or disability.

Early Intervention

The first three months after a stroke are especially critical. Although recovery may continue for years after a stroke, this golden time in the immediate aftermath of a stroke is when the brain is most able to adjust to the

damage done by the stroke so the survivor can learn new ways to do things.

"There is a critical period of neuroplasticity, which is the brain's ability to create new connections where there has been damage from a stroke," said Elissa Charbonneau, M.S., D.O., chief medical officer of Encompass Health and an American Stroke Association volunteer. "The early period after a stroke is crucial for helping the brain to establish those connections again."

Customized Rehabilitation

Once a stroke survivor's medical condition is stabilized and he or she is ready to leave the hospital, post-stroke rehabilitation can help restore function and teach new ways to complete everyday tasks. Rehabilitation may take place in an inpatient facility, skilled nursing facility, long-term acute care facility or nursing home. Outpatient clinics and home health agencies can also provide rehabilitative care in certain circumstances.

One patient's rehab journey might



include therapy to improve balance, strength or mobility, while another might need speech or other therapies. A rehabilitation designed for the individual is critical.

Support for Your Journey

Following a stroke, your medical

team will likely help connect you with a local rehabilitation center where you can find experts to guide your rehabilitation and recovery. Other resources, including the American Stroke Association, provide resources for stroke

SEE PAGE 10



Peace of Mind

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

We can help you meet your family's goals, and prepare for the years ahead.

**Hickman
& Lowder**
Co. L.P.A.
Attorneys at Law

**Elder Law
Medicaid Planning
Estate Planning
Asset Protection
Care Advocacy Service**

Hickman-Lowder.com

How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book "The Retiring Mind: How to Make the Psychological Transition to Retirement," notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult, but finding ways to build daily structure can make the transition to retirement go smoothly.

- Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.

- Embrace the idea of "bridge employment." "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt



skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from the LIMRA Secure Retirement Institute found that 27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can

provide enough daily structure to help retirees feel as though each day is not just a free-for-all.

- Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retire-

SEE PAGE 10

AT ARDEN COURTS WE OFFER:

100% DEDICATED
MEMORY CARE

SAFE, SECURE INDOOR/
OUTDOOR WALKING
PATHS

NURSING SERVICES
ON-SITE



FREE DEMENTIA VIRTUAL SEMINAR

Conversations with Dr. Tam Cummings
A Monthly Education Series for the Dementia Caregiver

The ABC's of Vascular Dementia

One of the largest, varied and possibly most preventable dementias, dementias of the vascular type have been steadily rising in our population. During this webinar, Dr. Tam Cummings will discuss the domains, subsets, and variants of the vascular dementias. She will also discuss what we can do to better protect our own aging mental and physical health.

**Thursday,
February 3, 2022**
11 a.m. to 12:15 p.m.

Register in advance for this Zoom webinar by visiting the LINK below:

<https://tinyurl.com/2p8jmhy9>

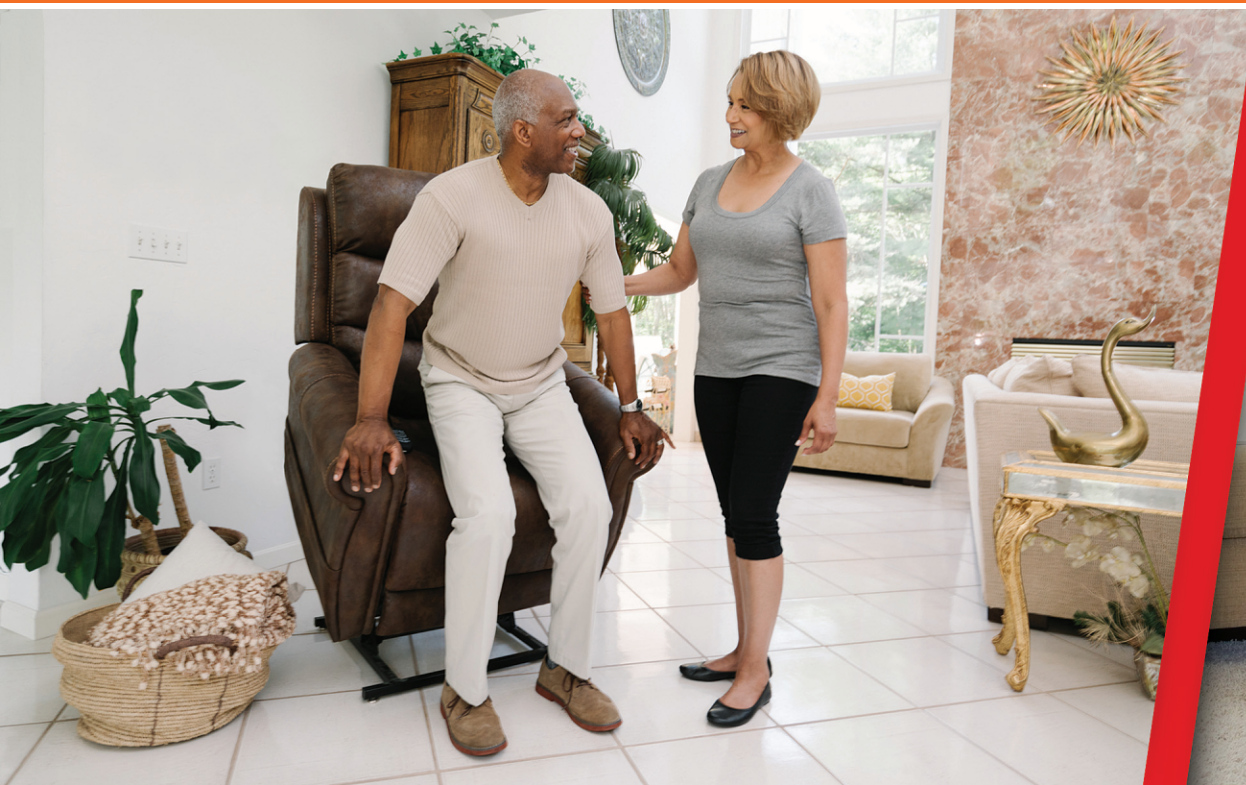
Questions can be directed to
VirtualSeminars@promedica.org



Tam Cummings, Ph.D., Gerontologist
Author, *Untangling Alzheimer's: The Guide for Families and Professionals*

 **ARDEN COURTS**
PROMEDICA MEMORY CARE





LIFT CHAIRS • BATH AIDS • BEDSIDE AIDS • SCOOTERS

HELPING YOU LIVE INDEPENDENTLY

STRIDE MOBILITY

Stride Mobility is here to help you keep moving and stay independent — whether indoors or outdoors. We are here to provide you with the right mobility equipment to allow you to continue your life in motion.

Winter is here, and with it comes more time inside your home. We offer a variety of living room, bedroom and bath aids to help you maintain mobility.

Stride Mobility, located in Huron, Ohio, provides premium home healthcare equipment and service. Call us for a **FREE, NO OBLIGATION** assessment, visit us at stridemobility.net or stop in to our new showroom today — we are here to help you **LIVE YOUR LIFE IN MOTION!**

HOME DELIVERY AVAILABLE!

2455 Sawmill Parkway, Huron, Ohio
Phone: (419) 616-6017
stridemobility.net



STRIDE
MOBILITY
Living Life in Motion

Protecting Your Lungs Can Start with a Scan

Understanding the benefits of screening



Family Features

Not too long ago, smoking used to be everywhere. In fact, many people remember the days before there were even smoking and non-smoking sections in restaurants. People who smoked and others who didn't mingled in the same dining room. They sat side-by-side on a plane. Some rode in the backseat of a smoke-filled car, and no one gave it a further thought.

Today, things are done differently. However, those memories can be an important indicator for those who smoked back then to advocate for their health with a lung screening.

Importance of Early Detection
Lung cancer has the highest mortality rate among cancers, killing men and women more than any other type. If found in its earliest

stage, however, lung cancer is more likely to be successfully treated, according to the American Cancer Society. In fact, detecting lung cancer in its early stages can make the survival rate as high as 90%.

“Unfortunately, lung cancer symptoms typically don't show up until the disease has advanced and when they do appear, they can be similar to common respiratory illnesses with cough, shortness of breath or pain in the chest, back or shoulders” said Dr. Ella Kazerooni, professor of radiology and internal medicine at the University of Michigan and chair of the American Cancer Society National Lung Cancer Roundtable. “Screening detects lung cancer when there are no symptoms. That's why it's important for people at high risk of lung cancer to get annual lung

scans to help increase the likelihood of catching cancer early when it's most treatable. A lung cancer screening is a painless evaluation that usually takes minutes to complete.”

However, according to a study published in the “Journal of the National Cancer Institute,” the national average of at-risk individuals getting screened is only 5%.

In 2021, the U.S. Preventive Services Task Force (USPSTF), a panel of national experts in disease prevention and evidence-based medicine, updated guidelines for who is eligible and recommended for annual lung screening. However, the Epic Health Research Network reported 87% of at-risk individuals eligible for screening based on the USPSTF guidelines didn't receive an annual

SEE PAGE 10



Questions to Ask Your Doctor About a Lung Cancer Screening

If you're concerned about your risk, have a history of smoking and lived through the time when smoking was everywhere, don't wait for symptoms to bring up the subject with your doctor. Schedule an appointment to talk to a provider and see if you qualify for a scan or could benefit from annual screenings.

Many organizations, including the American Cancer Society, recommend lung screening as an opportunity to identify lung cancer in its early stages, but screening isn't for everyone. A low-dose computed tomography (LDCT) scan is the only method recommended for lung cancer screening in high-risk patients.

When discussing yearly lung cancer screenings with your health care provider, it may be helpful to take notes during your appointment, or you may want to have someone with you to listen and ask questions. Consider asking questions such as:

- Is lung cancer screening recommended for me?
- How do I know if my insurance covers LDCT screening?
- What are the benefits and risks of LDCT screening?
- How will I get the results of my LDCT scan?

BLASTER SUPER SHIELD

**COMPLETE
CORROSION
PROTECTION FOR
ALL METAL PARTS..
THE BEST DEFENSE IN
FIGHTING RUST**



AUTO UNDER COATING



- Eco Friendly
- No Solvents
- Non Toxic
- Non Hazardous
- Long Lasting Protection



**FOR 42 YEARS MIRACLE SHIELD PAINT
PROTECTION MAINTENANCE PROGRAM**

**RUST
PROOFING
FULL VEHICLE
RUST PROTECTION**

42 YEARS!!

440-244-2330 • 805 Reid Ave • Lorain

BENEFITS OF SCREENING FROM PAGE 8

screening despite it being covered by insurance.

What is a Lung Cancer Screening?

A lung cancer screening is a preventive health check, like a mammogram or colonoscopy. It checks the lungs and looks for any changes from year to year. If there's something unusual in the lungs, a screening can help detect it at an early stage.

A low-dose computed tomography (LDCT) scan is the only method recommended for lung cancer screening in high-risk patients. A LDCT machine takes a 3D picture of the lungs. This type of scan uses 75% less radiation than a regular CT scan and doesn't require the use of needles.

Often, there are no symptoms of lung cancer. A LDCT scan can find something before patients know it's there because the symptoms are easy to mistake or don't appear until the cancer is well advanced.

Who's Eligible for Screening?

Lung cancer can affect anyone. A family history of lung cancer, a personal history of lung disease, lifestyle or environmental factors can put a person at elevated risk. Most importantly, a person's age and smoking habits can be an indicator of whether he or she should consider screening.

More people now qualify for yearly LDCT scans, according to the updated guidelines published by the USPSTF. The guidelines lowered the eligibility threshold based on a person's age and smoking habits. An annual LDCT screening is recommended for people who meet this criteria:

- 50-80 years old
- Actively smoke or have a history of smoking within the last 15 years
- Heavily smoke or used to heavily smoke (people who have smoked for 20 "pack years" or more)

Pack years are determined by the number of cigarette packs smoked per day by the number of years a person has smoked. For example, smoking one package per day for 20 years equals 20 pack years.

If you're concerned about your risk, have a history of smoking and lived through the time when smoking was everywhere, don't wait for symptoms

to bring up the subject with your doctor. Talk to your health care provider to discuss the benefits and risks of screening and find out if a scan is right for you.

Learn more about how you can take control of your lung health and support loved ones who may be at high-risk for lung cancer by visiting screenyourlungs.org.

STRUCTURE AFTER RETIREMENT FROM PAGE 6

ees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.

AFTER A STROKE FROM PAGE 5



rehab and recovery including step-by-step videos for stroke survivors and caregivers.

These tools help answer your questions, explain what to expect and address practical concerns like how to approach daily living tasks such as grocery shopping, doing laundry and meal preparation.

Preventing a Recurrence

After a first stroke, 1 in 4 survivors will have another. Although some risk factors, like age, gender and family history, are beyond control, survivors

have the power to reduce that risk by working with a doctor.

Simple habits like eating healthfully, moving more and taking medications as prescribed can help your brain and reduce your risk of a repeat stroke. Controlling conditions like high blood pressure, diabetes and sleep apnea also reduce your risk of having another stroke.

Find additional recovery tips, including advice from stroke survivors, caregivers and health care professionals, at stroke.org/recoverytips.



The Lorain County Office On Aging

THE SENIOR YEARS

IT'S A NEW YEAR!!

Limited Time Offer

SUBSCRIBE NOW!

\$10

Only for the First Year!!

(\$14 at Renewal Time)
offer expires 2/28/22

Mail New Subscription to...

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

The Senior Years is a monthly publication provided by

Lorain County Office on Aging

320 N. Gateway Blvd., Second Floor, Elyria, OH 44035



aPlace for Rose

Find the right **senior living** option for your mom or dad with our **free personalized process**

1

Connect with a local senior living advisor

2

Review a tailored list of recommendations

3

Evaluate, tour and decide with confidence

A Place for Mom helps thousands of families like Rose's each year.

Whether it's assisted living, memory care, independent living or home care, A Place for Mom simplifies the process of finding senior living with customized guidance at no cost to your family.

Our service is free, as we're paid by our participating communities and providers.

Connect with us at
1-833-614-1968



aPlace for Mom

THE PLACE FOR SENIOR LIVING ADVICE

BOOT SALE

SAVE \$15 TO \$40 a pair
While They Last!



SALE ENDS FEBRUARY 28, 2022

Providing
SUPPORT • STABILITY • COMFORT
Since 1926

FOR ALL FOOT TYPES AND FOOT CONDITIONS

**BUNIONS • HAMMER TOES • ARTHRITIS • DIABETES
HEEL PAIN • ARCH PAIN • PLANTAR FASCIITIS
TENDONITIS NEUROMA • SWOLLEN FEET • METATARSALGIA
OVER-PRONATION • FLAT ARCHES • HIGH ARCH
PRESSURE RELIEF • FOOT & ANKLE ALIGNMENT
IMPROVE BALANCE & GAIT • AFOs • ORTHOTICS
BRACES • LEG LENGTH VARIANCE**

**SHOE FITTINGS
BY APPOINTMENT**
CALL (440) 984-7463
option 3



207 North Leavitt Road, Amherst
Across from Drug Mart on Route 58