


# senior living

Thursday, April 28, 2022

ADVERTISING SUPPLEMENT TO  
THE MORNING JOURNAL



**STRIDE MOBILITY  
HELPING PEOPLE LIVE  
INDEPENDENTLY  
PAGE 2**

**MAKING YOUR  
MEDICAID APPLICATION  
EASIER  
PAGE 9**

## Shop for Spring Bargains at Next Warehouse Sale



Bargains galore are available at Hospice of the Western Reserve's Warehouse Sale, May 21, 8 a.m. to 4 p.m., and May 22, noon to 4 p.m., at HWR headquarters, 17876 St. Clair Ave., Cleveland.

Browse through the selection of gently used furniture, artwork, china, glassware, jewelry and collectibles. For this sale only, all lamps are half off!

Proceeds support hospice patients and their families, grief support programs and more. Cash and major credit cards are accepted - no checks, please.

Furniture donations are still being accepted. Arrangements can be made to pick up large furniture (minimum three pieces) free of charge. Donations to defray the cost of movers are appreciated. For more information, call 216-255-9090.

## Stride Mobility is helping people live independently

Stride Mobility, founded in 2012 by Mark Schnieders, is a durable medical equipment company specializing in customized rehab wheelchairs. Stride Mobility now serves customers in Ohio, Western Indiana, and Southern Michigan. In 2021, Mark built a brand new 14,000 sq. ft. facility located in Huron, Ohio to incorporate a state-of-the-art retail showroom featuring a hands-on simulation room for testing out any piece of equipment in a true residential bedroom, bathroom, and kitchen. We are your one-stop-shop providing home health aides and mobility solutions for adults and children, ensuring a

maximum level of freedom and independence.

The Stride team works 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 manage your wheelchair maintenance and repairs.

**SEE PAGE 5**



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Live the lifestyle you choose—participate in intergenerational programming and interesting classes, hear knowledgeable speakers or help shape the life of the community. Our beautiful campus and extensive common areas create a social, friendly place where residents enjoy the freedom to pursue interests, learn new things and thrive.

Everyone has a story—at Kendal, the stories get more interesting.

**We'd like to meet you. Give us a call at 440.775.0094, or  
learn more by visiting our website—[kao.kendal.org](http://kao.kendal.org).**

*A not-for-profit Life Plan Community serving older adults in the Quaker tradition.*

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## Tired of living with chronic pain?

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- Shoulder pain

- Extremity pain
- Neuropathy
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- Crunching or popping
- Stiff & painful joints

By using a range of chronic pain treatments in conjunction with one another, we can help you reach pain relief without the need for prescription pain killers or surgery and often with fewer side effects.

Our Orthopedic Specialist, Dr.

Jane Hoashi, MD, can help you decide what treatments are best to help you start living pain-free. Almost all of our treatments are covered by major insurance, including Medicaid and Medicare. We also offer PRP and Biologics as well, with convenient payment plans such as CareCredit.

**To find out more, please attend our FREE educational seminar at Veranda Bistro & Bar, 32045 Detroit Rd., Avon on Tuesday, May 10 at 6:30 PM. Meal is provided, and seating is limited. Call us today at 440-484-3232 to reserve your free seats!**



## Are You a Caregiver of a Family Member with Dementia?

Our study, led by Dr. Jaclene Zauszniewski of Case Western Reserve University, and funded by the National Institutes of Health, is enrolling adult family members of persons experiencing a progressive memory problem or dementia, and who have recently entered a new caregiving role, including: caregivers who have begun caring for their family member at home, those who have moved their family member to a care facility, and bereaved former caregivers whose family member with de-

mentia has recently died. Study participants will learn a stress management method that may help to minimize their stress and promote their health. They will also be asked to complete 3 data collection sessions over one year, and they will be compensated for their time.

We invite you to contact us at [caregiver@case.edu](mailto:caregiver@case.edu) or 216-368-8848. To learn more, visit our website at <https://case.edu/nursing/dementia-caregiver-research>.

# Experience the **DANBURY DIFFERENCE** with our life-enriching programming

In Danbury Senior Living communities, our goal in Life Enrichment is for our residents to **thrive in everything they do**. We strive to improve the quality of life of each of our residents through personalized programming.

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## ATTENTION: Lorain County Residents 55 Years or Older We Need Your Help!

### Are you interested in making a difference in Lorain County?

- The AmeriCorps Seniors Program is looking for passionate & dedicated adults 55+ years of age interested in sharing their time, wisdom and skills to improve the lives of needy Lorain County residents.

Many types of volunteer opportunities are available to choose from throughout Lorain County based on your interests, availability and experience.

Flexible hours. Opportunities to meet new people, make friends and learn new things. No experience needed — just an interest to help others.

Interested in learning more about how you can help improve the lives of Lorain County residents & volunteer?

### Drivers needed for delivering meals to older adults. Mileage paid.

Contact the AmeriCorps Senior Program at: (440) 326- 4800

### Why volunteering is Good For You

Volunteering is not only good for your community but it is good for you, too. So, if you've got some spare time on your hands, why not give it a



go? We would like to take the time to thank all of our loyal AmeriCorps Senior volunteers who help those in need by assisting with our food programs to labeling the Senior Years to name only just a few of the activities that need your help.

Here are some reasons why you should consider volunteering for the Lorain County AmeriCorps Senior Program:

- Mental health** – volunteering is great for your

**SEE PAGE 6**

## STRIDE MOBILITY FROM PAGE 2

We are proud to offer and service the country's top brand names of mobility equipment. New retail 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. Stride Mobility offers one of the largest scooter selections in the area. We are also offering our customers lift chairs that incorporate massage 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; rollators which allow you to stand straight up; and side table/trays that fit underneath lift chairs or couches offering practicality and style. Our mobile service team will come to you, whether you are in a private residence, nursing home, or place of business to deliver, train, educate our customers and provide continued service support.

Owner Mark Schnieders welcomes you to visit us online at [www.stridemobility.net](http://www.stridemobility.net), at our brand-new showroom at 2455 Sawmill Parkway in Huron, or give us a call at 419-616-6017. Life does not stop moving, and neither should you.

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## Ligatone Joint Complex by Professional Botanicals®

Hello, my name is Dr. Eric Braunscheidel, chiropractor for Health Solution Centers of Lorain. Today I'd like to talk about nutrition for joint pain. Do you find

that your flexibility and strength are getting worse with age? Our bodies are made to move; however, throughout the physical, mental and chemical stressors life presents to us, makes it difficult to live life the way it's meant to, pain free! Trauma, poor posture, obesity, accidents, may lead to joint and ligamentous injury. Ligatone Joint Complex by Professional Botanicals® supports the body's ability to heal spinal discs, general joint pain, by way of increasing joint mobility, elasticity, and repair connective tissue. Glucosamine, chondroitin and MSM are

key ingredients that does the repairing and regenerating of connective tissue and joint cartilage.

You don't have to live life in pain!! If you have any questions, please do not hesitate to call one of our offices. We are in Lorain/Amherst, Vermilion, and Sandusky.

### Lorain

1980 Cooper Foster Park Rd.  
Lorain, OH 44053  
(440) 282-7246

### Vermilion

4733 Liberty Avenue  
Vermilion, OH 44089  
(440) 967-4226

### Sandusky

1112 E. Perkins Avenue  
Sandusky, OH 44870  
(419) 626-9595



## NEED YOUR HELP FROM PAGE 5

mental health and has been shown to help with depression. Taking time out from your own stresses and problems to help others can really lift your mood.

- New skills – volunteering enables you to learn new skills, plus put those you have already learned into practice.
- Meet new people – one of the best ways to make new friends is volunteering. Through volunteering you get to meet and participate in fun activities with like-minded people.
- Positive change – volunteering allows you to help make change in something you are passionate about while connecting with your community and making it a better place. That sense of satisfaction you get when you know you are part of something that's making a difference is priceless.
- It makes you happy – helping others makes you happier. In a poll by the National Volunteering Network, 98% of respondents said volunteering has made them happier people.

AmeriCorps Seniors is looking for someone like you!! You must be 55 or older to participate. Stop by at the LCOOA 320 North Gateway Blvd, Elyria or give us a call at 440-326-4800. We have many opportunities to choose from so you can find the activity that suits you the best!

Help your community and yourself at the same time!! Volunteering is good for everyone! LCOOA improves the health, well-being and independence of Lorain County residents by serving vulnerable aging individuals and other adults with special needs.

Please visit <http://www.lcooa.org>

Remember to LIKE us on Facebook, <https://www.facebook.com/lcooa/>

- Advertorial -

## Local Business Spotlight: Gutter Cover Co.

### Jim Carbone

Elyria's Gutter Cover Company

Choosing the company to work with is just as important as their product when it comes to most things, and gutter protection is no different. Various products and designs are available making the decision process a difficult one. A few key criteria must be considered when considering such a purchase.

- Must allow ALL debris to slide off the cover, from twigs and leaves to spinners, seedpods and even roof shingle grit.
- Must be able to handle heavy amounts of rainwater without overflowing.
- Must be strong enough to withstand strong winds and the weight of snow and ice.
- Must do its most basic job. Keep the gutters clean and keep you off your ladder!
- Must have the option of Adding Heat to it if needed

The Gutter Cover Company is now in their 24th year of providing this service to Northeast Ohio. Their Gutter Topper is proudly made right here in Ohio and is designed with our harsh weather in mind. Instead of relying on screens or filters that easily clog, Gutter Topper utilizes a smooth, solid aluminum cover without holes or gaps on top. This sloped, self-shedding design prevents spinners, pine needles, shingle grit or seedpods from clogging the gutter system. Gutter Topper handles heavy downpours up to 22 inches of rain per hour while also withstanding winds of 110 miles per hour. For peace of mind it features a lifetime warranty that is transferable to the next homeowner. Many of the competing gutter guards available require full replacement of the existing gutters and downspouts. While new seamless gutters are available, they are not always needed. Gutter Topper can be installed over the existing gutters, and each installation

includes cleaning, tightening, resealing and properly aligning the gutter system.

The Gutter Cover Company also offers a safe and effective way to stop big icicles and ice damming. This past winter caused significant damage from water back-up due to the ice damming with water back-up. An optional addon product called Heater Cap can be installed with or without Gutter Topper that gently heats the gutter area with a self-regulated heat cable. Heater Cap can also be installed onto most existing gutter covers.

Longevity in business speaks volumes of the quality and care provided to the local community. The Gutter Cover Company has a proven track record of success with over 2 decades of experience. Satisfied customers have been referring their friends and neighbors for years.

"Our company takes pride in solving clogged gutters and ice problems the right way. Our products, experience, and attention to detail really make us stand out from the big box stores and other competitors. Free estimates are always punctual and professional, but still friendly and casual."  
- Jim Carbone, Owner.

You can reach The Gutter Cover Company at 440-366-0688. Short videos on Gutter Topper and Heater Cap can be seen at: [www.gutterguard1.com](http://www.gutterguard1.com)  
Elyria's Gutter Cover Company is your locally owned and operated source for the ultimate in gutter protection.

Schedule a free estimate by 5/31/22, and receive a \$300 discount on Gutter Topper or Heater Cap when you mention this story.

Additional discounts available for seniors and veterans.

## GUTTER COVER CO.

### Shop Local and See the Difference!

#### Home of the Heated Gutter Guard

- Smooth, sloped and self-shedding profile works great for maple spinners, pine needles, roof grit and other small leaves.
- Lifetime Performance Warranty.
- **NOT** a screen or filter that can clog.
- Installation Includes:  
- Gutter & Downspout Cleaning  
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- Proper Slope Alignment
- Proven to handle heavy rains and 110mph winds.
- Patented "Bird Guard System" and comes in 14 colors.
- Proudly located in Elyria and locally owned since 1998.

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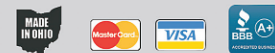
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We accept most insurance plans, including Medicaid & Medicare. Some Federal & State restrictions may apply.



## Making Your Medicaid Application Easier

**By Attorney George O. Aljoe**

If you or someone you know has needed long-term care or nursing home care, you have probably heard horror stories about Medicaid applications. Unfortunately, reports of how difficult, lengthy, and burdensome applying for long-term care Medicaid are often all too true. But there are ways to make your case easier to get through.

- Medicaid is permitted to ask for up to five years of bank account and other financial history – that's 60 months! Be selective in how many accounts you open and keep them consolidated at one or two banks.

- When the caseworker goes over the hundreds of pages of financial history, they are looking to see how your money has been spent. Keeping good records of your major purchases and expenditures will make it easy to answer questions.
- Save all documents from your insurance and financial companies, your pension provider, and Social Security, as well as tax returns, car titles, and any hospital admission and discharge records.
- Medicaid often requires a photo ID, Social Security card, birth certificate, passport, green card, marriage cer-

tificate, and health insurance/Medicare cards. It can be difficult, or even impossible, to obtain these items once a person is in poor health, so have them ready just in case.

Perhaps most important of all, get help navigating the overwhelming and intimidating world of Medicaid by working with a knowledgeable Elder Law attorney. They will have the experience to make sure that your case gets handled as smoothly as possible.

*Hickman & Lowder Co., L.P.A. is located at 1300 E. 9th St., Suite 1020 in Cleveland. Call us at 216-861-0360 or email GAljoe@Hickman-Lowder.com*



## How to stay mentally sharp after retirement



If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40 percent of dementia cases may be prevented or

delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

- Consider delaying retirement. Even if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal *SSM - Population Health* found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study

**SEE PAGE 13**



**YOUR HERO  
CARED FOR YOU.  
NOW, YOU CARE FOR HER.**

# Kendal at Oberlin is a Life Plan Community

What does that mean? These communities offer a vibrant lifestyle for older adults. Residents typically move into cottages or apartments for independent living. And then as needs change over time, the community also has assisted living, memory support and nursing services on the same campus to meet the residents' needs for life. So planning for the future is an important part of the process.

## **What is Unique About Kendal?**

Kendal at Oberlin has attracted residents from 37 different states including the District of Columbia. A big part of that attraction is the variety of opportunities for music, art, and lifelong learning. Much of this is enhanced by our proximity and friendship with Oberlin College and Conservatory.

It's also a community based on Quaker values. One of the key practices that comes from that is the

emphasis on resident involvement in directing the community's lifestyle. Dozens of resident committees plan programs, events and social opportunities. Residents also organize support committees to help one another. It's a community of caring people, who are actively engaged in making Kendal a great place to live and work.

Like many other senior living organizations, Kendal spent much of the last two years focused on keeping our community – both residents and staff – safe through out the COVID-19 pandemic. Social opportunities were very different. But we are working our way back to a more normal lifestyle now. While the pandemic isn't completely gone, and some degree of caution will continue, we are hopeful that we are approaching more of an endemic situation.

## **Spring Open House Dates & Hours**

We are welcoming in-person visitors to our campus and are happy to



announce our first open house event since the pandemic began in 2020. The spring open house will coincide with Oberlin College's Commencement and Reunion weekend.

- **Friday, June 3,**  
from 9:30 AM to 4:00 PM
- **Saturday, June 4,**  
from 9:30 AM to 4:00 PM
- **Sunday, June 5,**  
from 9:30 AM to 4:00 PM

Our art galleries will feature our biennial "Kendal Collects" exhibit, featuring favorite works from the

private collections of Kendal at Oberlin residents. Tours of the campus and living spaces will be available and refreshments will be served.

## **Learn More about our Vibrant Life Plan Community**

If you would like to learn more about Kendal at Oberlin, please stop by during our open house or visit our website at [kao.kendal.org](http://kao.kendal.org). To learn about becoming a resident of our community, please contact Elisabeth in the Sales and Marketing Office at 440-775-9062.



## Peace of Mind

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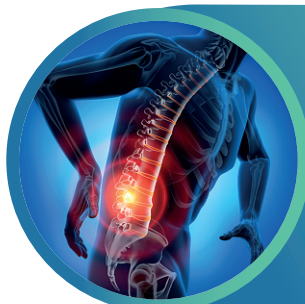
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## Summer fun for active seniors

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active. After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

- Join or start a walking club. Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.

- Catch a sporting event. Attending a sporting event can be an entertain-

***There are plenty of ways for active seniors to meet their exercise goals and have some fun along the way. The following are some good starting points.***

ing way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild's swim meet or a baseball game for an action-packed way to connect with loved ones and get out.

- Take a fishing charter. Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labors by cooking the day's catch for dinner



once you arrive home.

- Be a tourist. Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day — even in an area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as

an outsider.

- Spend time swimming. Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes

**SEE PAGE 13**

  
**WESLEYAN**  
SENIOR LIVING FOUNDATION

**WESLEYAN VILLAGE CLASSIC CAR SHOW**  
**807 WEST AVENUE, ELYRIA OH**

**THURSDAY, MAY 26, 2022 • 5-7PM**

*"A must see event for Classic Car Enthusiasts!"*  
Benefitting the Wesleyan Senior Living Foundation

Participant set up begins at 3PM

\$25 per spot with pre-registration.

\$20 per spot for returning cars from last year.

\$35 day of show (if available)

Rain date: Thursday, June 2nd

For information/reservations: Contact Cass at 440-284-9215

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## Celebrate the Roses

June is National Rose Month, an ideal time to celebrate the world's most popular and beloved flower. Roses throughout time have been used to symbolize love, beauty, war, and a multitude of emotions and expressions. According to fossil evidence, the rose could be up to 35 million years old! Today, there are more than 150 species and over 30,000 varieties of roses.

Stop by the historic Rose Garden at Lakeview Park to celebrate the roses! The Lakeview Rose Garden is the largest and most visited within the parks. It was originally dedicated on May 30, 1932 to honor those lost during a devastating tornado in

1924. The creation of this garden was sponsored by a number of community members and families as well as 17 organizations, including the Lorain Rotary Club.

The garden's design pays homage to the Rotary Club with its 48 plant beds laid out within an eight spoke wagon wheel, the emblem of the club.

### ROSE GARDEN WORK DAYS

May 25 & June 8

8:30-10:30 am

*If you enjoy gardening and want to help—join us at our Community Rose*

## SUMMER FUN FROM PAGE 12

in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

- Tend to a garden. Gardening is a great form of light exercise that can produce rewarding results. If you don't have a garden or enough space for one at home, many neighborhoods have community gardens in which you can secure a plot.

- Visit a fair or farmer's market. The warm weather months are a peak time for outdoor activities, including various community fairs and farmer's markets. Chances are you can find a farmer's market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

## HOW TO STAY MENTALLY SHARP FROM PAGE 9

reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired prior to turning 67.

- Make exercise part of your retirement routine. A lack of structure may seem enticing to individuals who have spent decades working. However, many retirees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

- Enroll in an adult education

course. A 2014 study published in the journal *JAMA Neurology* examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.



**Are you a caregiver of a family member with Alzheimer's disease or dementia? Have you recently entered the role, or have they recently enrolled in a care facility?**

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## INSIDE ACTIVE SENIOR LIVING

Housing needs may change as adults grow older and their children move out. Adults nearing retirement may want to reduce their cost of living and could find a big house is more than they need at this stage in life.

According to the financial management resource The Motley Fool, in 2019 48 percent of seniors planned to downsize, while 52 percent wanted to remain in their existing homes.

A lower cost of living could be the primary motivator to sell, but less house to maintain and the extra free time that comes with fewer chores can be powerful motivators as well.

Many adults age 50 and older consider adult communities when seeking to downsize their homes. Senior home options are categorized based on the level of care they provide. "Active adult living" is a relatively new option that reflects a growing desire for residences that afford aging adults a chance to downsize their homes and engage in their favorite activities.

Active adult living, leisure living or active adult communities include single-family homes, townhouses, condominiums, and other housing options within a community that offers an array of amenities and services. According to Retirement Living,



residents in active adult communities enjoy country club settings with amenities like swimming pools, clubhouses, golf courses, exercise centers, walking trails, computer labs, hobby centers, and even on-site restaurants. Active adult living communities may provide transportation options and have their own travel clubs. Though active adult residences do not typically provide medical services, many communities are conveniently located close to local shopping centers and complexes, ensuring that the doctor's office is not that far away.

Other features of active living covered by homeowner's association fees include outdoor maintenance like landscaping, snow removal and sanita-

tion services. Security, internet service and cable also may be included in the monthly fees. Active communities emulate the benefits afforded by all-inclusive vacations, where day-to-day details are handled by management so residents can focus on fun and leisure.

Unlike general neighborhoods, seniors may appreciate active living communities because they have access to an array of services within the community. Some promote a resort vacation feeling, while others may focus on sports or cultural life. What's more, since age is restricted, residents know that many people in these communities have shared experiences.

Active adult communities also are amenable to adults who like to travel. Residents get the peace of mind to lock up their homes and leave knowing lawns will still be mowed and shrubs trimmed — removing signs that the residence is unoccupied. This is an ideal situation for a snowbird who spends time in a different location for part of the year.

Active adult living is the relatively new kid on the block for senior communities, filling an important niche for independent retirees and near-retirees.

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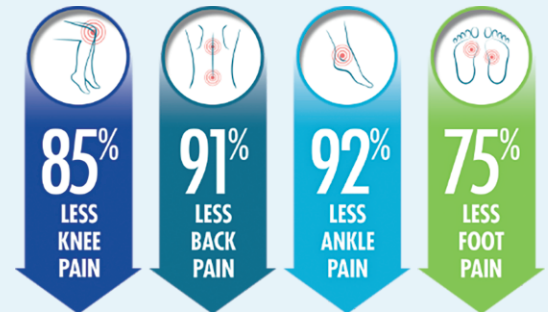


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