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THURSDAY, APRIL 28, 2022

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Dr. William E. Donahue Jr.

216.459.8616

1013 Rockside Rd. Parma | 37121 Euclid Ave. Willoughby
nomshealthcare.com

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

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

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



Everyone experiences hearing loss differently, and at Amanda's Family Hearing, we understand the unique challenges you face. Studies have shown that hearing loss can lead to cognitive decline, depression, decrease in physical health, loss of income, and a lack of connection to friends and loved ones. Fortunately, there are many things we can do to help. Advancements in audiology and hearing technology can ensure we stay connected and continue to hear clearly throughout our lifetimes. Through the expert care of board-certified audiologists, we are committed to helping you live healthier and happier with the gift of better hearing.

Your journey to better hearing begins with your very first appointment, where we will assess the extent of your hearing loss and any associated conditions before creating a detailed treatment plan just for you.

Call us today — we're ready to help you hear your best so you can live your best. Come HEAR with us!



“As an *audiologist* with *lifelong hearing loss*,

I understand its potential **impacts firsthand** and am deeply committed to helping people live better by hearing their best.”

—Amanda Barbur,
Au.D., CCC-A • Doctor of Audiology



Come Hear With Us
440.210.9185



Painesville Township
1701 Mentor Ave, Ste 5

AmandasFamilyHearing.com

Old Silver Fillings In Your Mouth?

Do you have old silver fillings? They seem to last a long time. However, they give us a false sense of security that all is well, especially if they don't hurt. As the metal fillings age, they corrode and expand. Then the material pulls away from the tooth, forming a gap where a cavity occurs. We often cannot see nor feel this gap with our instrument that detects the cavity, but the cavity causing bacteria get in there. X-rays don't show decay on the side of the fillings, only underneath them. If you can't see it and fix it, the cavity gets worse.

My biggest concern

is the expansion of the material. The filling acts like a pry bar to crack and break the tooth apart, resulting in the need for an onlay or crown; and worse yet, sometimes the tooth needs to be extracted because it is broken beyond repair. I have seen even a small silver pit filling break a tooth to the point that it is not fixable!

Don't wait until it is too late! A crack can form under the filling where we can't see it from the outside. The tooth will then break at some point in time. The removal of the filling does not crack the tooth. The expansion of the old filling causes it. So my recommendation

is to remove your old silver fillings and have them replaced as soon as possible to prevent a catastrophic fracture. Save your back teeth! They are every bit as important as your front teeth when it comes to chewing function, comfort, and health!!

You are never too old to have a healthier mouth, which means a healthier body and a better quality of life!

Good oral health and treatment is the best medicine!

If you have these old fillings, call the office of Dr. Debra S. Lowe at 440-954-8300 to schedule an evaluation.



Spring Decorating Sale!

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Eastlake, OH 44095

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K & Em Custom Wigs

At K & Em Custom Wigs, Hairpieces, Extensions, we offer the highest quality hair addition services available.



My name is Michelle Como and I pride myself in providing each client the best experience and service you'll find anywhere in the area. All wigs, hairpieces, and extensions are chosen to best fit the needs of each individual client. You can book an

appointment in one of our private suites OR we can even travel to you! We are a family owned business, and are committed to providing you with the best hair addition services to fit your personal needs.

Wigs

All wigs are customized perfectly for your individual needs. I offer medical grade caps for clients going through chemotherapy treatments, have alopecia, or other medical hair loss. At K & Em, we provide medical caps that can be customized for the best fit and comfort possible.

Top of Head Hairpiece

I have clip in as well as bonded hair toppers. There are a wide variety of men's and women's hair replacement systems that are customized for your hair loss needs.

Extensions

Hair extension services can be as



subtle as a few pieces to add a pop of color, or a full head to add thickness and

length. Hair extensions can be bonded, taped, strand by strand, sewn in, or a simple clip in. Application method determined upon consultation.

Cutting

All cuts are included in your hair addition service.

Coloring

Hair color is done on all natural hair, and hair addition pieces to fully complete your perfect look.

Styling

At K & Em Custom Wigs, Hair-

pieces, Extensions, I am committed to providing you with the best hair addition services to fit your personal needs. All looks are completed with a full style.

Children's Wigs

I accept donations to help fully cover the cost of any wig needs for children. You may purchase a wig, and it will be donated in your name to help a child or teenager suffering from hair loss.

Email: kandemwigs@gmail.com for all inquiries.

From word-of-mouth recommendations to online reviews, more people in the area are finding their way to K & Em Custom Wigs, Hairpieces, Extensions! Call us today to schedule an appointment either here or in your residence or feel free to text or email!

Chagrin North Building 7
35040 Chardon Road,
Suite G-400
Willoughby Hills
kandemwigs@gmail.com
440-223-1418

K & Em

Custom Wigs, Hairpieces, Extensions

Owned by Michelle Como

We offer the highest quality hair addition services available.

We pride ourselves in providing each client the best experience and service you'll find anywhere in the area. All wigs, hairpieces, and extensions are chosen to best fit the needs of each individual client.

We are a family owned business, and are committed to providing you with the best hair addition services to fit your personal needs.

Call us today to schedule an appointment!

***We can travel to you or you can book an appointment in one of our private rooms!**

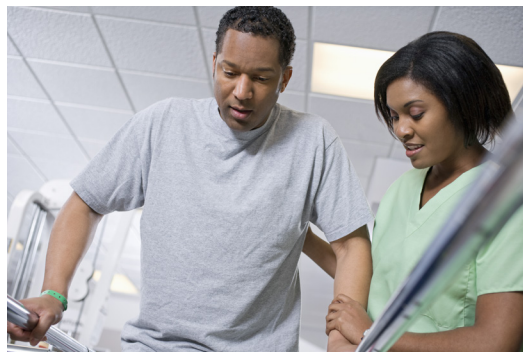
***Accepting Donations for Children's Wigs**

Chagrin North Building 7
 35040 Chardon Road, Suite G-400, Willoughby Hills
 Feel free to text or email: kandemwigs@gmail.com or

440-223-1418



Kirtland Rehabilitation and Care



Ronnette Strand admitted from Lake West with a need to regain her stamina back from her triple bypass surgery. Ronette stated "when I admitted to Kirtland, I was certain that I would be here for the long haul. With the status of my health at that point, I had extreme weakness, no appetite for food, unresponsive, and not in a good

place." Ronette discharged with a full recovery and a short and aggressive two-week therapy regime.

Ronette had very positive experiences at Kirtland. She stated "I thoroughly enjoyed the people the most. From the start, I was happy. I was welcomed by the nursing staff and felt comfortable right away in my room. April, the STNA, and Christina S, the registered nurse, were extraordinary in meeting my needs and answering my call light in a timely manner. Regarding therapy, Tom was very informative on workouts while Amy and Christa were intuitive to my therapy goals and how to achieve them. I was encouraged and pushed to achieving my outcome of going home. I strongly encourage this place to others."

Ronette's positive experience has a great impact on her overall success at home and will follow her while she continues to prosper. Kirtland cares about you!



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Performing hits from Motown artists like The Temptations, The Four Tops, Smokey Robinson, The Contours and more. These five very talented vocalists combine tight harmonies along with smooth choreography and vintage costumes. Their incredible energy has crowds clapping and singing along!

Thursday 5/19/22 at Michaud's
16808 Pearl Rd, Strongsville, OH 44136
BYOB-Wash provided

Friday 5/20/22 at LaMalfa
5783 Heisley Rd, Mentor, OH 44060
Cash Bar available

Tickets for both locations:
Lunch & Show 12:00pm \$70.00
Dinner & Show 6:30pm \$70.00
Show Only 1pm or 7:30pm \$55.00

Elvis Tribute One Night With You

Walt Sanders & The Cadillac Band

Walt Sanders has been performing since 1993. Being a true fan of Elvis, he has developed his impersonation into a genuine TRIBUTE respected by those Elvis himself worked with, such as Ray Walker (The Jordanoires); "Walt is as sincere as I remember Elvis being and works at his craft the same."

Thursday 6/16/22 at Croatian Lodge
34900 Lake Shore Blvd, Eastlake, OH 44095
Cash Bar available

Friday 6/17/22 at Michaud's
16808 Pearl Rd, Strongsville, OH 44136
BYOB-Wash provided

Tickets for both locations:
Lunch & Show 12:00pm \$70.00
Dinner & Show 6:30pm \$70.00
Show Only 1pm or 7:30pm \$55.00

The Gatlin Show Country Duo

Darryl Gatlin achieved major success in Nashville with albums on Sony/Epic, and a Billboard Top 40 Hit with "No Sir". Seen on CMA, TNN and received ACM award nominations. Andrea performed on national & international stages. Together they have been entertaining Country Music fans at events from Florida to Ohio.

Thursday 7/14/22 at Michaud's
16808 Pearl Rd, Strongsville, OH 44136
BYOB-Wash provided

Friday 7/15/22 at Croatian Lodge
34900 Lake Shore Blvd, Eastlake, OH 44095
Cash Bar available

Tickets for both locations:
Lunch & Show 12:00pm \$65.00
Dinner & Show 6:30pm \$65.00
Show Only 1pm or 7:30pm \$50.00

To Order Tickets Call
216-744-7090

Gift Certificates Available!

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Call Mon-Fri 9-6 • Visit www.rsmevents.com for future events

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Deciding on Early Retirement

When offered an early retirement package - if you are given a choice - consider it carefully. Accepting early retirement may be a better deal for you financially than continuing to work.

Consider all the incentives. What will your financial position be if you accept early retirement? Compare your net income in retirement with your net income if you continue working. Even though you might receive less income when you are retired than when working, you'll have more net income during retirement because of early retirement incentives and reduced expenses.

Early retirement plans typically offer incentives such as...

Cash Bonus, often based on years of service. If you invest it, you may increase your future income.

- **Bigger Pension.** If the regular pension provides a benefit of 25% of your average salary in your three highest paid years; the enhanced early retirement pension might offer 30% - a lasting benefit that also increases your income.

Continuing fringe benefits, such as a medical coverage and life insurance for a period of time, perhaps until you reach age 65. While these are "noncash" benefits, include their value in your retirement income estimates.

These are other factors affecting your retirement:

- **Out-of-pocket employee expenses.** You'll no longer have to pay for commuting, lunches, work clothes, etc.

- **Lower income tax bracket.** Because your gross income will be lower, income tax as a percentage of total income will also fall.

- **Spending money.** Retiring from your current employer does not mean, you have to stop earning money. You may be able to use your experience to generate income by working part time or full time as a consultant - or by starting a new business of your own.

For sound advice on early retirement, pension rollovers, financial planning or, to receive a second opinion, contact Lifeguard Financial at 440-942-1936.

**Anthony Newman
President**



7536 Mentor Ave.
Mentor, OH
(440) 942-1936
www.lifeguardfinancial.com

Non-Medical In-Home Care Program

The Lake County Council on Aging offers programs designed to enhance quality of life, promote choice and help seniors live independently in their homes as long as possible. One of the newer programs offered is the non-medical in-home care program.

This program provides compassion and help for seniors who find they need assistance with activities of daily living.

A Council on Aging Social Worker will help you determine if you meet criteria for the program. Eligible clients will be assigned to a contracted home healthcare agency that will provide 2 hours of in-home care once per week.

Caregivers will provide assistance or supervision with bathing. They may assist with the following services according to a care plan: basic nail and skin care, oral hygiene, light housekeeping, laundry, changing bed linens and planning and preparing meals.

Non-Medical care is the only service provided. Caregivers do have service limitations and cannot assist with things like skilled medical care, medication management, or transportation.

Funding for this program is provided by the Board of Lake County Commissioners.

Please contact the Lake County Council on Aging with further questions at 440-205-8111.

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Non-Medical In-Home Care Program

IN-HOME SERVICES FOCUSING ON ACTIVITIES OF DAILY LIVING

Eligible clients will be assigned to a contracted home healthcare agency that will provide 2 hours of in-home care once per week. A Council on Aging Social Worker will help you determine if you meet criteria.

- Eligibility Criteria:**
- Be age 60+
 - Need assistance with personal care
 - Live in the community
 - The client must not be receiving Medicaid Waiver Services.
 - Income must not exceed 200% of federal poverty guidelines (\$2,146 individual; \$2,904 household of two)
 - Assets cannot exceed \$35,000 per individual; \$70,000 per household of two.

Call the Lake County Council on Aging
(440) 205-8111

This program is funded by the Lake County Senior Services Levy



Surrender charges and market value adjustment may apply to withdrawals made during the guarantee period. Death benefit pays cash surrender value. Optional withdrawal benefits may be available for a reduction of the crediting rate. Interest rates as of April 1, 2022 and are subject to change without notice. Equitable Secure Savings™ Elite is a product of the insurance industry and not guaranteed by any bank nor insured by FDIC or NCUA/NCUSIF. Not insured by a federal government agency. Restrictions apply. Policy must be surrendered within 30 days following the guarantee period or policy will automatically renew. May only be offered by a licensed insurance agent.

KAZ Company is a team of Independent Agents who focus on educating Boomers, Retirees and Seniors on their Medicare Plan options.

We represent multiple Insurance carriers and there is never a fee to meet with us. In addition to working with clients to help them determine which plan fits their needs, we are also an ongoing source for future reviews and changes. There is also peace of mind for clients in knowing they are working with a local agent and knowing who they are talking to on the other end of the phone. When making these important decisions, if someone is feeling overwhelmed and inundated with information about their upcoming Medicare plan choices, we hope they will trust KAZ Company to help navigate them through the Medicare maze.



We Help You Help.

**When you help care for a loved one, you take care of everything.
But are you taking care of yourself?**

AARP can help with information and useful tips on how you can maintain a healthy life balance, care for your own physical and mental well-being, and manage the challenges of caring for a loved one. Because the better care you take of yourself, the better care you can provide for your loved one.

You're there for them. We're here for you.

Find free Care Guides to support you
and your loved one at [AARP.org/caregiving](https://www.aarp.org/caregiving)

AARP
Family Caregiving™



Turning 65? Retiring? Questions about Medicare? WE CAN HELP.



MEDICARE SUPPLEMENTS



ADVANTAGE PLANS

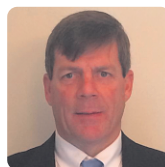


PRESCRIPTION DRUG PLANS



Aimee R. Butler

Licensed and Certified Agent
216-396-7590
abutler@medicareplansneo.com



Lance Hauserman

Licensed and Certified Agent
440-537-2884
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Pre Planning A Funeral



People pre-plan a funeral for a variety of reasons. Someone may be near death and the family does not want to be burdened with many questions after a death. Some people pre-plan and pre pay to reduce assets so a family member can receive Medicaid. Some do it for themselves, so their children or families are not burdened

with details and to express their wishes and desires to their family or to appoint someone in particular to be in charge of their funeral. Simply stating to someone they can handle a funeral does not make it so. Family diversity and relationships are sometimes

complicated. Knowing who will be in charge of one's funeral can ease the burden and make the funeral process easier. **Please call Brickman Bros. Funeral Home at 440-951-7800 to discuss your options or visit our website at www.brickmanbros.com**

What Is Your Medicare I.Q.?

Will you be turning 65 or going on Medicare for the first time in 2022? If so, it's a good idea to brush up on your Medicare knowledge before the time comes to enroll. For example, do you know . . .

- How much you will pay each month for Medicare?
- What out-of-pocket costs you are responsible for?
- The long-term penalty for missing your sign-up deadline?
- How to find the plan with the best prescription coverage for YOU?
- The differences between Original Medicare, a Medicare Supplement, and a Medicare Advantage Plan?

You can get clear-cut, straight forward information about Medicare at an upcoming **Getting Started with Medicare Seminar**. The classes are presented by Laura Mutsko, Certified Senior Adviser and owner of Mutsko Insurance Service. Classes are forming now in Concord, Euclid, Mentor, and Willowick. For dates, locations and times please visit www.mutskoinsurance.com/seminars.

These events are only for educational purposes and no plan specific benefits or details will be shared. Pre-registration is required. Some venues may charge a nominal fee.



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It's a Family Thing!

It is with great satisfaction that we can now announce the addition of Licensed Medicaid Assisted Living Waiver to our repertoire of amenities of Independent Living and Licensed Assisted Living Services at Gates Mills Club! Residents who need a bit more care don't have to move away, nor do they have to move to a "wing." They can stay right in their independent apartment home and we'll bring the extra care to them. And since we already offer "affordable" independent living, we will now offer "affordable" assisted living, and Medicaid Assisted Living as well. It won't break the bank.

Living at GMC is a "family thing" since we live with and work with folks that could be considered our extended family. The old adage "you

don't get to choose your family" applies, but we make it work at GMC. Our newest "family" is a set of caregivers who are providing extra help in our new Medicaid Waiver and Licensed Assisted Living. Our experienced caregivers work alongside our registered nurses and LPNs to get the help you need in your own apartment without having to move anywhere. While most residents here are still very capable of independent living, those who age in place and need just a little more help can get it for a very affordable rate. Our goal is to keep our family around as long as possible.

Like most families we have a photo album in the form of Facebook. Anyone can go to our website www.gatesmillsclub.com to see the latest pictures of our GMC family doing fun things!



For more information or to schedule a tour, call Heather at 440-461-2010. We look forward to having you become part of our family and start enjoying your new family with Gates Mills Club!

GATES MILLS CLUB

Independent & Assisted Living

Gates Mills Club now offers Licensed Assisted Living Services... extending your Independent Living at GMC

We Accept the Medicaid Waiver Program



- Easy Lifestyle
- Great Location
- Excellent Amenities
- Very Accessible
- Extra care should the need arise
- Lifelong learning
- Trips and events
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MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.**

DoIHavePrediabetes.org



Welcome to Maplevue Country Villa



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

All Private Rooms

for Skilled Nursing and Rehabilitation
and Long Term Care



Four Star Overall Rating

Centers for Medicare & Medicaid Services

For more information, please call **440-286-8176**



Maplevue Country Villa

Part of the Legacy Health Services Family

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



Deciding When It Is Time for Joint Replacement Surgery



Making the decision to have hip or knee joint replacement surgery should not be taken lightly. Consideration should start with honest conversations with your family and friends about the level of pain you are experiencing and how your quality of life has been impacted. Non-surgical methods should always be considered before surgery.

If you are avoiding the activities that previously brought you joy, are changing your schedule based on how you feel, or are feeling isolated, it is time to see a specialist.

Orthopedic specialists spend their careers focusing on a specific area and offer the most advanced treatments to manage your pain and injuries in the most efficient manner.

Finding the right surgeon can make a big difference to the success of your operation. You are likely to have a better result and fewer complications if your surgeon specializes in your specific operation. Operating in partnership with NOMS Healthcare, the Cleveland Hip and Knee Institute treats patients with all types of knee and hip disorders. Our institute provides both surgical and non-operative treatments. To schedule an appointment call 800-HIP-7485 or visit clevelandhipandknee.com.

**Join us for a free joint replacement
webinar on May 11th at noon.**

Knee pain? We can help.

Innovative care.

Superior patient
outcomes.

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MINIMALLY INVASIVE ORTHOPEDIC SPECIALIST

Orthopedic surgeon, Nicholas K. Callahan, DO, specializes in using minimally invasive surgical techniques for both hip and knee procedures. Outpatient total joint replacement is one of Dr. Callahan's key areas of expertise and he was trained in one of the highest volume outpatient joint replacements centers in the United States. His innovative surgical techniques and the use of digital at-home physical therapy are focused on maximizing the speed of recovery after total joint replacement for all of his patients. Now partnered with Reuben Gobezie, MD, in Beachwood.

SEE US FIRST

Find out why

clevelandhipandknee.com | 800-HIP-7485

Best Solutions Home Medical Equipment & Supplies

Best Solutions Home Medical Equipment & Supplies is a family owned company with a mission to "enhance the quality of one's life. Since 1993 our owner, Greg Smolik, has had a focus to build a business that treats

people with respect and goes above and beyond to ensure customer satisfaction.

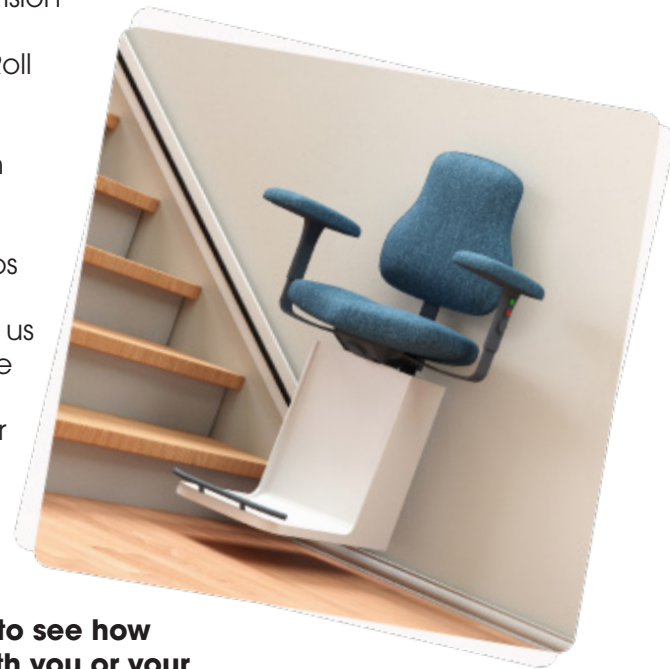
We offer sales and rentals on various home healthcare items including: Electric Scooters and Power Wheelchairs, Electric Beds, Portable Oxygen Concentrators, Patient Lifts & More. We also offer Lift Chair Recliners from Pride & Golden Technologies - two of the finest built lift chairs with a lifetime warranty on the major components.

Our store hours are Monday thru Saturday with opening time at 10 AM. Our staff has vast knowledge on our product line and greet you like a family member.

Our Access Division offers Bathroom modification for Roll In Showers or Tub Replacements. In addition, we can install Indoor and Outdoor Stairlifts, Wheelchair Ramps and Vertical Platform Lifts. Call us for a free at-home evaluation.

Finally, we offer financing options to fit your budget and work with many Managed Care Plans.

Call us today to see how we can help with you or your loved one. Our office number is 440.373.1200.



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Store hours: Mon.-Thurs. 10-6 pm, Fri. 10-5 pm and Sat. 10-3 pm

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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.

It's time to talk about Alzheimer's.



alz.org/ourstories



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Next To Me has gained a well-deserved reputation as a fine intimate apparel store...but Next To Me is much more than that. It is a place where a woman can find the proper garment for her special needs, especially if she is full cupped or has had breast surgery.

How to Choose a Senior Living Community

Has your senior parent or loved one admitted that living at home is no longer the best option for them? Are you asking yourself "So... NOW WHAT? How do I choose the best place?"

If you've found yourself wondering, here are some tips for when you research senior communities:

- Get feedback from residents and families. Online ratings are easy to see but may tell only part of the story. Ask someone you know and trust!
- Eat a sample meal. Call the community and ask if



you can come in for lunch or dinner.

- Visit the outdoors areas. Is everything clean, quiet, and accessible? Are there green areas with room to get fresh air?

• Trust your instincts. Make sure you think about your loved one actually living there. Do they feel comfortable and at ease? Are the staff and residents open, inviting, and friendly? Always remember to follow your instincts and your heart.

At Danbury Senior Living in Mentor, we welcome the opportunity to discuss how we can exceed your expectations for senior living.

Call today 440.701.4560 to learn more.

EXPERIENCE THE Danbury Difference!

The goal of a senior living community is to give you the freedom to enjoy your senior years while making sure that all of your needs are met. That freedom may look different to each resident, but luckily at Danbury Senior Living we'll put together a plan for you according to your wants and needs!

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FOR LAKE COUNTY SENIORS, LIFE STARTS WHERE WE STOP.

Your golden years are adding up to be the best years of your life, but sometimes the opportunity to drive isn't part of that equation. With Laketrans, many seniors remain independent. Seniors use Laketrans' Local Routes & Dial-a-Ride to get to work, shopping, medical appointments and to connect with friends and family. Our buses provide more than a ride, they provide the opportunity for a better life for you and your loved ones.

LAKETRAN



Mobile Food Pantry continues through September, adds new locations



The Lake County Mobile Food Pantry will continue to provide free, fresh produce to Lake County seniors through a weekly distribution at locations across Lake County.

Distributions are Tuesdays from 10:00 a.m. to 11:00 a.m.

From May through September, the Lake County Mobile Food Pantry will alternate distribution locations between Lake Erie Church in Madison, New Hope Baptist Church in Painesville, Wickliffe Senior Center and Mentor Park-n-Ride.

Lake County seniors, 60 years and older, may register

for one pick-up per month. Participants must certify annual gross household income is at or below \$25,759 for a household of one and \$34,839 for a household of two. Pre-registration is required for the 75 spots available each week.

For dates and times of distributions or to register for a pick-up, call Lifeline at 2-1-1 or the Council on Aging at 440-205-8111. Call Laketrans at 440-354-6100 to arrange a ride to pick up your produce.

The Lake County Mobile Food Pantry is provided through a partnership between Lake County Board of Commissioners, Lake County Volunteer Network, Laketrans, Lifeline and Council on Aging. Fresh food is generously donated by Greater Cleveland Foodbank. The distribution schedule is at www.laketrans.com.



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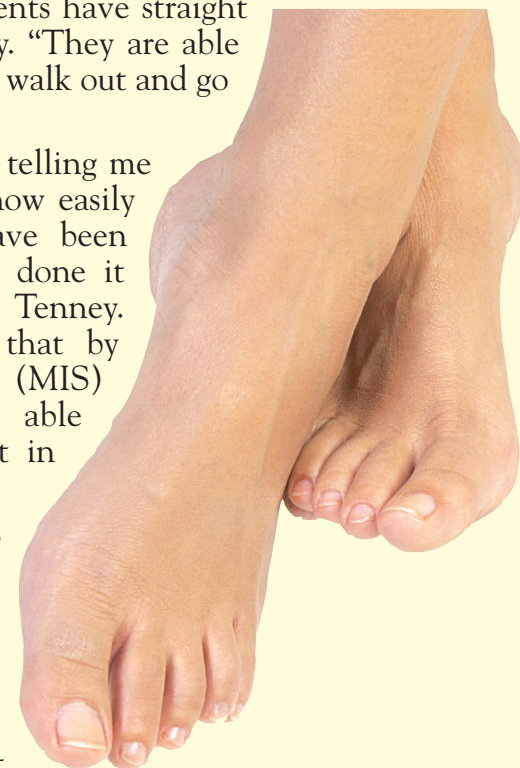
Hammertoes and curled toes often are the cause of corns and irritations that produce pain when wearing shoes. Traditionally hammertoes were corrected by removing a part of the bone and inserting a pin into the toe. The recovery period was often long and painful.

All of this has changed for the patients of Dr. Wm. Tenney. Dr. Tenney is a Podiatrist in Mentor who uses a minimally invasive (MIS) surgical technique in his office, which allows for the correction of curled and hammertoes without the need to disturb the bone. **No pin** is needed and **no stitches** are used. "All that is required is a few drops of a local anesthetic and in less than 10 minutes patients have straight toes," explains Dr. Tenney. "They are able to put their own shoes on, walk out and go about their business."

"Patients are constantly telling me that if they had known how easily their sore feet could have been helped, they would have done it years ago," reports Dr. Tenney. "Experience has shown that by utilizing this modern (MIS) procedure, patients are able to enjoy comfortable feet in record time."

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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 certificate, 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.



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Weisburger, M.D.**

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A: The condition that you are describing is commonly referred to as a "trigger finger". This condition occurs when the flexor tendon sheath in the palm near the base of the finger becomes thickened. This makes it more difficult for the tendon to pass through the tendon sheath and the tendon begins "catching". This catching causes the locking which you are experiencing. This condition most commonly occurs as the result of aging, however, other conditions such as diabetes, hypothyroidism,

rheumatoid arthritis, and repetitive gripping can also place patients at risk for the development of trigger finger. A trigger finger can occur in any of the fingers and the thumb. Trigger fingers are often treated initially with rest and anti-inflammatories, however, cortisone injections into the tendon sheath often will result in improvement. If there is no improvement, surgery can be performed to release the tendon sheath and prevent further triggering from occurring. The surgery is performed through a small incision in the palm and can often be done under a local anesthetic. If the condition is left untreated, stiffness in the finger will occur. An evaluation by an appropriately trained physician who can provide specific recommendations is always the first step.

Michael C. Weisburger, MD
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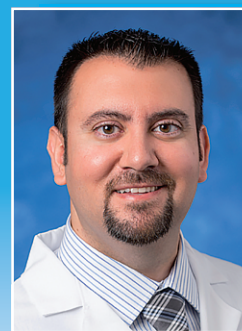
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Are You a Caregiver of a Family Member with Dementia?

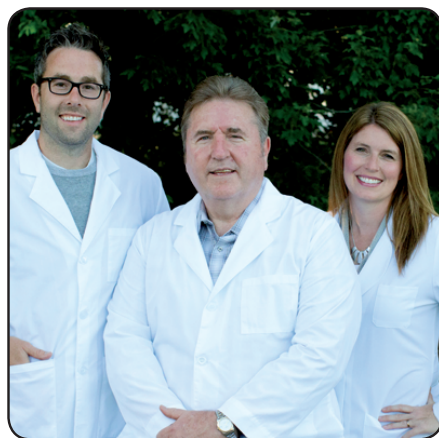
Our study, led by Dr. Jaclene Zauszniewski of Case Western Reserve University, and funded by the National Institutes of Health, is enrolling adult family members of persons experiencing a progressive memory problem or dementia, and who have recently entered a new caregiving role, including:

- 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 dementia 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 or 216-368-8848. To learn more, visit our website at <https://case.edu/nursing/dementia-caregiver-research>.

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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?

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please call us at 216.368.8848 or email caregiver@case.edu.



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5-Mile race begins at 8:30 am, 5-K Fun Walk (3.1 miles) begins at 8:45 am at the Lake County Fairgrounds, 1301 Mentor Ave. (Rt. 20), Painesville, Ohio



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