

senior living

SATURDAY APRIL 22, 2023

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THE NEWS-HERALD

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ALZHEIMERS
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Photo credit: Cassidy Hartman, Lake County General Health District

Laketran and partner agencies continue to provide fresh food to seniors through Lake County Mobile Food Pantry

The Lake County Mobile Food Pantry will continue to provide free, fresh produce to Lake County seniors with weekly distributions at locations across Lake County beyond this month.

Laketran announced new distribution dates from April 2023 through September 2023 with the Lake County Mobile Food Pantry alternating locations between Lake Erie Church in Madison, New Hope Baptist Church in Painesville, Wickliffe Senior Center and the Laketran 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 90 spots available each week.

Distributions are Tuesdays from 10:00 a.m. – 11:00 a.m. at the following locations:

Lake Erie Church, 2300 Hubbard Road: April 4, May 2, June 6, July 5 (Wednesday due to the holiday), August 1, September 5

New Hope Baptist Church, 428 Jackson Street: April 11, May 9, June

13, July 11, August 8, September 12

Wickliffe Senior Center, 900 Worden Road: April 18, May 16, June 20, July 18, August 15, September 19

Laketran Mentor Park-n-Ride, 8650 Market St: April 25, May 23, June 27, July 25, August 22, September 26.

To register for a pick-up, call Lifeline at 2-1-1 or the Council on Aging at 440-205-8111. Participants can call Laketran at 440-354-6100 to arrange a ride to pick up your produce.

The program is a collaboration between Laketran, Lake County Commissioners Senior Services, Lake County Council on Aging, Lifeline and the Greater Cleveland Foodbank. The agencies work together to secure food donations and each play a role in taking reservations, managing volunteers and distributing the food.

The Lake County Mobile Food Pantry is a retrofitted 12-passenger Dial-a-Ride bus operated by Laketran. With its traditional passenger seating replaced with shelving, the retired bus is now providing fresh produce to thousands of Lake County seniors.

The senior nutrition program has been serving Lake County seniors since 2021

Studies Show Private-Equity-Owned Nursing Homes Underperform, Overspend

By Andrea Lawrence
Foundations Health Solutions

In recent months, several local nursing homes have been acquired by private-equity firms. Knowing who owns your local nursing home matters because it could affect your health, according to recent studies that examine the effects of private-equity ownership on nursing homes.

Private-equity acquisition of nursing homes was associated with higher Medicare costs and increases in emergency department visits and re-hospitalizations, according to a Journal of American Medicine Association (JAMA) article published in 2021. The article calls for more oversight of private equity-owned nursing homes.

The White House has cited this study, along with several others, in its recent fact sheet titled "Protecting Seniors by Improving Safety and Quality of Care in the Nation's Nursing Homes." Private-equity ownership is on the rise, causing concern from industry experts and regulating bodies alike.

"Too often, the private equity model has put profits before people—a particularly dangerous

model when it comes to the health and safety of vulnerable seniors and people with disabilities," The White House fact sheet states.

Lake County's older adults living in those nursing homes recently acquired by private-equity firms may be feeling the effects of the ownership changes, especially those changes that are aimed at cutting costs.

"Private equity investors are acquiring buildings at high prices and, subsequently, drastically cutting expenses—namely labor—in order to attain unrealistically high profit margins," said Joe Altieri, Chief Governance Officer of Foundations Health Solutions, a large, nursing home outfit based in Ohio. "Foundations Health is not dependent on private equity to support our operation. It allows us to invest in our physical plants, making more private rooms, and having higher staff-to-resident ratios."

Foundations Health Solutions, the state of Ohio's largest nursing home provider, owns more than 60 of the state's 800-plus nursing homes. The company reports higher-than-average Medicare star ratings and lower

 **SEE PAGE 18**

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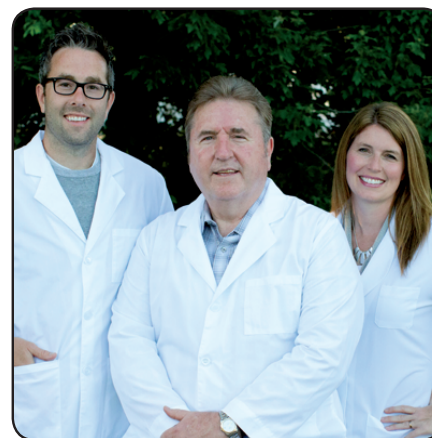


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Kirtland Rehabilitation and Care

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 twoweek 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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Right now, we are able to enroll caregivers who have moved their family member with dementia into a care facility within the last 12 months.

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 soon before enrollment closes. To learn more, visit our website at <https://case.edu/nursing/dementia-caregiver-research>.

What seniors can do to safeguard their mental health

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired. Though the term “golden years” suggests life in retirement is one sunny day after another, many individuals 60 and older are dealing with mental health issues.

According to the World Health Organization, approximately 15 percent of the world’s adults aged 60 and over suffer from a mental

disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn’t paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has ac-

 **SEE PAGE 8**



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 - Income must not exceed 200% of federal poverty guidelines
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(440) 205-8111

This program is funded by the Lake County Senior Services Levy





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What Is Your Medicare I.Q.?

Are you turning 65 or going on Medicare for the first time in 2023? 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 Medicare does not cover?
- Your sign-up deadline and the penalty if you miss it?
- Which plan provides 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**, presented by an expert from Mutsko Insurance Services. Classes are forming now in Concord, Euclid, and Mentor. 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. We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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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.

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SEE PAGE 17

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MENTAL HEALTH FROM PAGE 5

knowledge that late-life anxiety was not readily understood. However, much progress has been made in recent years thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look to as they seek to learn what they can do to safeguard their mental health.

Recognizing warning signs

The National Institute of Mental Health notes that recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those with depression. But the NIMH notes that the following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Seeking help

As noted, a growing awareness of mental health issues and how they affect seniors has translated to more available resources for aging men and women who need help. Within



the United States, seniors can visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help>) to access contact information for various groups that help people in times of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> for contact information for various groups across the country.

Behaviors that can be beneficial

The National Institute on Aging notes that most cases of depression cannot be prevented. However, the NIA also notes that healthy lifestyle changes can have long-term benefits of seniors' mental health. Such changes include:

- Being physically active
- Eating a healthy diet that can reduce risk for diseases that can bring on disability and depression
- Getting adequate sleep, which for seniors is between seven to nine hours per night
- Remaining socially active, including regular contact with friends and family
- Participating in activities you enjoy
- Sharing mental issues or concerns with friends, family members and your physician

Research indicates that seniors are vulnerable to mental health issues. More information about how to combat and overcome such issues is available at nimh.nih.gov.

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Dr. Thokey has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994. Dr Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.



Katherine A. Thokey
DDS. LTD.

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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?

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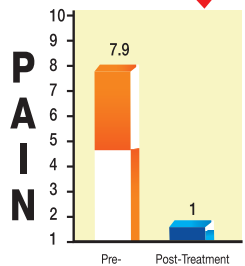
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Medicare Benefit Reviews



by Michelle Waldron, Agent

What is the Donut Hole/Coverage Gap?

The Donut Hole/Coverage Gap is related to the Prescription Drug Plan (PDP) coverage in Medicare. Regardless, if you are on a Stand Alone PDP or a Medicare Advantage Prescription Drug Plan (MAPD) the rules are the same.

When your True Cost of prescriptions- the amount the insurance company pays for your medications- reaches \$4660 you will move from paying Deductibles and set Co-pays to 25% of the cost of the medication. This can potentially apply to all Tiers depending on your plan.

Once you reach \$7400 in True Cost of prescriptions- that amount will move to no more than 5% of the cost of medications.

It is in your best interests to access a quality agent to review your plans and the benefits you should be able to access.



Are You Ever Too Old for Dental Implants? My Mother is 75, and I Want to Give Her Implants for Mother's Day

Giving her a new smile is a wonderful Mother's Day gift! Age does not determine whether a patient is a good candidate for dental implants. The patient's health is the most important consideration. Older patients need adequate nutrition, and the ability to chew properly is crucial.

Depending on the health of her jawbone, she may be a perfect candidate for implants. To ensure the best possible chance of success for the implant, it's necessary to be sure that the underlying bone structure is strong and dense enough to support the implant. If it's not, then it may be possible to correct the bone deficiency before implants are placed. Dental implants involve using an artificial "root," usually made of titanium, to support one or more replacement teeth placed directly into the jaw bone. Once the implant has been placed, a tooth-like restoration (usually a porcelain or composite crown) is affixed to it. If she is missing many teeth, then multiple teeth or a denture can be attached to fewer implants

Dental implants mimic natural teeth in both aesthetics and function. Not only are they extremely durable,



but today's implants are virtually indistinguishable from the patient's surrounding natural teeth. Dental implants are permanent and offer several benefits over other styles of dentures or bridges, including not requiring the alteration of any adjacent teeth, no need for adhesives, no battling with slippage, and less discomfort. Implants will also give her increased bite strength and chewing effectiveness, and food won't get caught underneath like it sometimes happens with dentures. Dental implants are a wonderful way to restore her smile and give her newfound confidence, regardless of her age.

Call Dr. Jeffery Gross at (440) 951-7856. Office is located at 34586 Lake Shore Blvd. in Eastlake.

jeffreygrossdds.com
office@jeffreygrossdds.com



Flight delay drives home the importance of hearing

By Amanda Barbur, Au.D.
Licensed Audiologist

Who knew a three-hour flight would turn into a 15-hour delay testing my ability to connect with those around me? My recent experience reinforced a timeless message: Hearing is critical.

As an audiologist with hearing loss, I understand firsthand how taxing it can feel. It's why I value my own hearing devices and am passionate about helping people enjoy the sounds that matter most.

But with my hearing aid charger stuck in checked baggage during the extensive delay, communicating became an isolating struggle as the power waned on my devices.

Finally at the hotel I could plug them in — and feel empowered again. Sometimes hearing is taken for granted, but it's what truly connects us to the world!

Dr. Amanda Barbur owns and operates Amanda's Family Hearing in Painesville, Ohio. The practice is online at www.amandasfamilyhearing.com.



The Kinship Navigator Program will provide grandparents and other kin raising children not their own with personalized information and referrals to county wide programs to address their current and future needs.

FOR DETAILS 
Call 2-1-1 Ask to speak to the Kinship Navigator.



lclifeline.org  



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RSM EVENTS 2023 Season

MAY 11



Kenny & Dolly Country Legends

Performing your favorite hits like Islands In The Stream, Lady, I Will Always Love You, Through The Years, 9 To 5, She Believes In Me, Jolene, and more! In 2008 Dave Karl began his Tribute to Kenny Rogers. His voice is so close to Kenny's...it's uncanny. Wendy T. has performed as Dolly in two USO tours overseas, recorded in Nashville, performed on The Nashville Network. Dave and Wendy are currently members of "Legends in Concert" in Las Vegas, Atlantic City, Branson, and Myrtle Beach.

Thurs 5/11/23 Williams On The Lake
787 Lafayette Rd, Medina, OH 44256
Cash Bar available

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

MAY 12



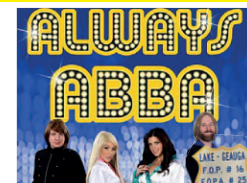
Sinatra, Streisand & Big Band At Last!

Michael Sinatra and Shannon Eller create a special night of fantastic solo hits and never before heard duets! Backed by The Dave Banks Big Band, a powerhouse 12-piece swingin' big band that includes some of Ohio's top jazz musicians, led by 20-year Las Vegas veteran trumpet artist, Dave Banks. Hear great songs like: Strangers In The Night, The Way We Were, My Way, Somewhere, Summer Wind, Evergreen, The Way You Look Tonight, and much more! Don't miss this special night!!

Friday 5/12/23 at LaMalfa
5783 Heisley Rd, Mentor, OH 44060
Cash Bar available

Tickets:
Dinner & Show 6:30pm \$72.00
Show Only 7:30pm \$55.00

JUNE 10



IN CONCERT!

North America's Finest Tribute to ABBA. ALWAYS ABBA features Canada's finest vocalists and musicians. Relive the fun, classic style and sound of ABBA's hits like: Dancing Queen, Mama Mia, SOS, Waterloo, Fernando and Take A Chance On Me! ALWAYS ABBA performs to sold-out venues across North America! A MUST-SEE Concert!

Partial proceeds benefit the Lake & Geauga County FOP
Saturday 6/10/23 7:00pm
Mentor Performing Arts Center
6477 Center St, Mentor, OH 44060

Tickets:
VIP Seating \$55.00
Premium Seating \$50.00
Mezzanine Seating \$45.00
General Seating \$41.00



To Order Tickets Call: 216-744-7090 • Mon-Fri 9-5
Gift Certificates and Group Rates available!

RSM EVENTS Visit www.rsmevents.com or Facebook for future events.

Non-Medical In-Home Care Programs Offered

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 inhome care program.

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

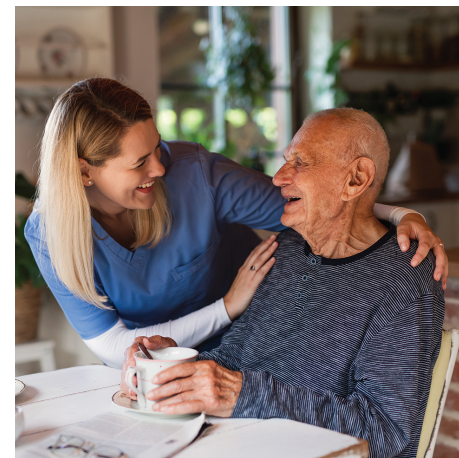
A Council on Aging Social Worker will help you determine if you meet criteria for the program. Eligible clients will be assigned to a contracted home healthcare agency that will provide 4 hours of in-home care once per week.

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 house-

keeping, 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.



The benefits of planting native species

Spring and summer present ideal growing conditions for many plants, making these seasons an ideal time to tend to lawns and gardens. Though it's easy to succumb to the temptation of exotic plants, avid gardeners and eco-conscious planters recognize the significance of native plants.

Novices may not realize that native plants are much better for a landscape and the local ecosystem it calls home. Recognition of the many benefits of native plants can make for healthier lawns and gardens and a healthier planet as well.

- **Native plants are built for local climates.** One of the issues gardeners who plant exotic plants run into is keeping those plants thriving when weather turns harsh. For example, exotic plants may require extra watering in areas that experience drought or even long periods without precipitation in spring and notably sum-

 **SEE PAGE 19**



HELPING HANDS FOR SENIORS PROGRAM

VOLUNTEERS WANTED

The Helping Hands For Seniors Program matches eligible volunteers 55+ with seniors to provide much-needed assistance.

Volunteers will assist with daily activities that are essential for senior health and safety.

Additional information will be provided at volunteer information sessions.

Volunteer Information Sessions:

- Monday, April 24, at 10:00 AM - 11:30 AM
- Monday, June 5, at 10 AM - 11:30 AM

Lake County Administration Center
105 Main Street, 5th Floor
Lake Erie Conference Room

Email Cristen Kane if you are interested!



Minor Repairs/Handy-Person Tasks



Outside Maintenance



Errands



Technology Services



In-Home Services

FOR PROGRAM DETAILS

CONTACT LIFELINE
440.354.2148
ANDREAJ@LCLIFELINE.ORG

TO VOLUNTEER CONTACT
THE LAKE COUNTY VOLUNTEER NETWORK
440.350.5360
CRISTEN.KANE@LAKECOUNTYOHIO.GOV

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the best
selection!**

Spring

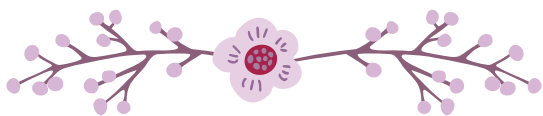
Clearance Event



5528 Mayfield Road, Lyndhurst, OH
(440) 449-2650
snowappliance.com

CROSSWORD PUZZLE ANSWERS FOR PAGE 19

S	A	N	D				C	W	M			R	B	C	
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E	B	A	N		G	I	G		P	R	A	A	M		
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O	R	E			L	A	O			E	B	O	N		



Join the Fight to End Alzheimers

The Lake and Geauga County Walk to End Alzheimer's will be held on Saturday, September 23, 2023, at Lake Metroparks Farmpark in Kirtland, Ohio. On Walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony — a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's — their personal reasons to end the disease.

More than 6 million Americans are living with Alzheimer's disease in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias. In Ohio alone, there are more than 220,000 people living with the disease and 493,000 caregivers.

To register and receive the latest updates for this year's Alzheimer's Association Walk to End Alzheimer's, or to find out other ways to get involved, visit act.alz.org/LakeGeaugaWalk.



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CUSTOM WIGS FROM PAGE 8

SEE AD ON PAGE 9

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K & Em Wigs located at Chagrin North Building 7, 35040 Chardon Road, Suite G-400, Willoughby Hills
kandemwigs@gmail.com
440-223-1418



Welcome to Mapleview Country Villa

Just a short drive from historic Chardon Square, Mapleview 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.

For more information, call 440-286-8176 or visit www.lhshealth.com

Compassionate Wellness Care For the Whole Family

Hunter Wellness Center was founded by Doctor's LaMar and Valerie Hunter in 2016. This practice's mission is to serve the community in a friendly environment by providing the best natural solutions to common health care problems. One of the major areas of focus for Hunter Wellness Center is helping people reverse their neuropathy without the use of drugs and surgery. Peripheral neuropathy most commonly occurs in the hands and feet and has several causes. The team at Hunter Wellness Center have worked tirelessly to develop a system for not only analyzing but also categorizing and reversing neuropathy. Neuropathy can be a complex condition that if left untreated will continue to progressively get worse. However, with the right treatment, reversing it is possible.

Currently Hunter Wellness Center is offering an evaluation for anyone suffering with neuropathy. This initial appointment includes a consultation evaluation x-rays and a report of finding for \$49.



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

JOIN THE FIGHT TO END ALZHEIMER'S

Saturday, September 23, 2023

Lake Metroparks Farmpark
Kirtland, Ohio

Entry at 8:00 a.m.

Here's how you can join us!

Start or join a Walk fundraising team

Become a sponsor

Volunteer for a Walk committee or on Walk day

Take advantage of our May team incentive by registering today!

Scan the QR Code for more information.





Age is no deterrent when it comes to academics

Students often experience some jitters on the first day of school, but the prospect of such nervousness doesn't appear to be too great a deterrent for students 60 and older. Officials at Toronto's York University estimated they had around 430 students aged 60 and older in undergraduate and graduate programs in 2021. Increased enrollment among people at or nearing what is often considered retirement age could be a reflection of what the AARP notes has been an increase in continuing education courses at many colleges and universities. Such courses may be offered to individuals of a certain age at reduced tuition. They also can help workers over 50 learn new skills that can benefit them in an ever-adapting professional landscape that increasingly relies on technologies that may not have been around when older professionals attended college and began their careers. In addition, the AARP reports that individuals interested in going back to school for personal enrichment, as opposed to achieve an advanced degree, may be able to audit classes for free. In such instances, older adults often do not receive academic credit but still get to benefit from taking the class.

EFFECTS OF PRIVATE-EQUITY OWNERSHIP BY THE NUMBERS

The Journal of American Medicine Association (JAMA), National Bureau of Economic Research (NBER), and Americans for Financial Reform have all recently published articles and working papers sharing several findings that indicate private-equity-owned nursing homes underperform when compared to for-profit nursing homes not associated with private equity. These findings include:

10%

increase in excess mortality, according to a NBER study of more than 18,000 nursing home facilities studied over a seventeen-year period.

20,150

additional lives lost as a result of private equity ownership, according to the NBER study.

50%

increased use of antipsychotics. Antipsychotics are not recommended as first-line treatment for elderly patients with dementia. (source: JAMA)

PRIVATE-EQUITY-OWNED NURSING HOME RESIDENTS WERE

11.1%

more likely to experience a preventable hospitalization. (source: JAMA)

STUDY FROM PAGE 3

re-hospitalization rates than its private-equity-owned competitors, Altieri says.

"It's more than just business for us. We live and work where we own these nursing homes," Altieri said. "We do the right thing because we answer to our residents and their families. We don't answer to investors."

In Northeast Ohio, Foundations operates several skilled nursing facilities and assisted livings, including Mentor Ridge Health and Rehabilitation, The Preserve Senior Living at Mentor Ridge, and Heather Hill Care Communities. These facilities boast top Medicare star ratings and wage scales that are among the highest in their counties. Having a local owner who does not rely on private-equity investments contributes to those locations' successes, according to Altieri.

Foundations Health Solutions has proudly served local communities for more than two decades. With a Culture of Care that prioritizes finding caregivers who know what it means to put the resident first, Foundations' teams offer superior care. If you are looking for a quality skilled nursing facility in your neighborhood, visit [www.FOUNDATIONSHealth.net](http://wwwFOUNDATIONSHealth.net) to learn more.



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At The Healthy Smile, our mission is always on prevention over intervention.



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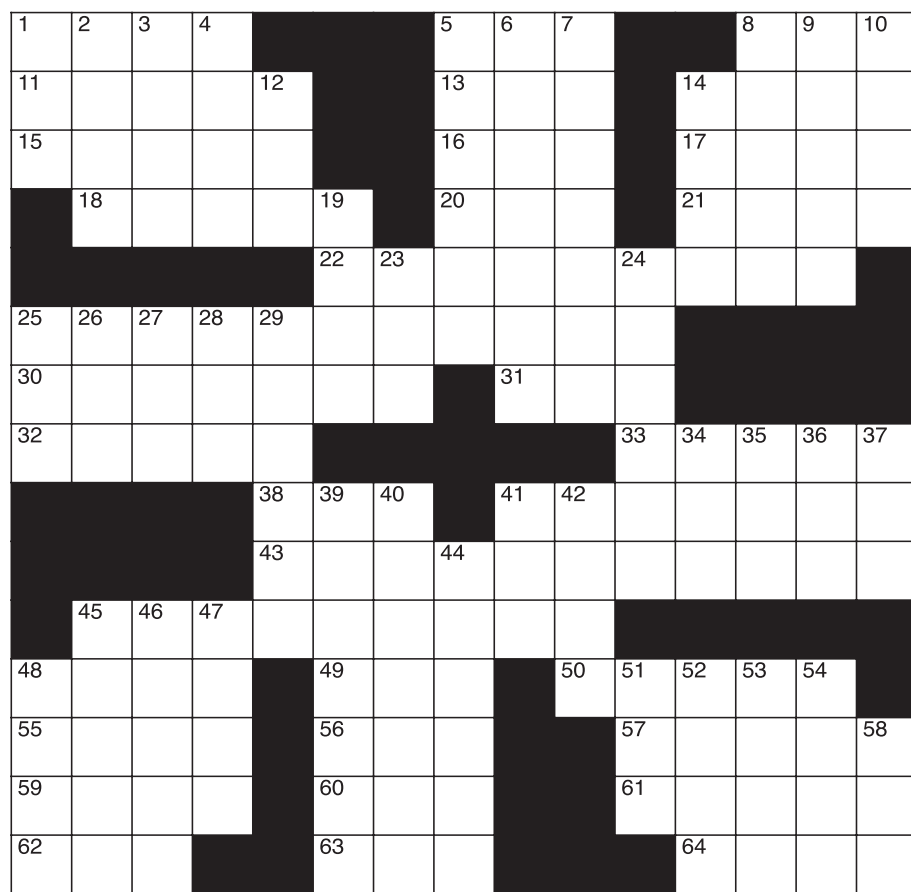
Experience

Many members of the team have over 20 years experience in the practice of dentistry.



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CLUES ACROSS

- 1. It's all over the beach
- 5. A cirque
- 8. Corpuscle count (abbr.)
- 11. Influential report author
- 13. Satisfaction
- 14. Recurring only at long intervals
- 15. Islamic calendar month
- 16. Neither
- 17. Gelatinous substance
- 18. American electronic music producer
- 20. Old computer system
- 21. Professional organization
- 22. Malaria mosquitoes
- 25. Not composed of matter
- 30. It's in the ocean
- 31. Peyton's little brother
- 32. French commune
- 33. Eyelashes
- 38. Equal (prefix)
- 41. Quality of little or no rain
- 43. One who beheads
- 45. Sung to
- 48. Influential punk artist
- 49. Amount of time
- 50. Polio vaccine developer
- 55. Abba ___, Israeli politician

- 56. Job
- 57. Flat-bottomed sailboat
- 59. Japanese wooden clog
- 60. Folk singer DiFranco
- 61. FL city
- 62. Naturally occurring solid
- 63. Language of indigenous Asian people
- 64. Dark brown

CLUES DOWN

- 1. Soviet Socialist Republic
- 2. Zoroastrian concept of holy fire
- 3. Venomous snake genus
- 4. Uninteresting
- 5. Straightforwardness
- 6. Expression of wild excitement
- 7. Arrange in order
- 8. East Indian cereal grass
- 9. Hillsides
- 10. Bird beak covering
- 12. Baseball stat
- 14. Edge of a surfboard
- 19. Wrapping accessory
- 23. Express approval
- 24. Deduce

- 25. Similar
- 26. Born of
- 27. Automobile
- 28. Obligated to repay
- 29. Live in
- 34. Influential journalist Tarbell
- 35. Set aflame
- 36. OJ trial judge
- 37. Scottish town
- 39. African nation
- 40. Egg-shaped wind instrument
- 41. Mimic
- 42. Frees
- 44. In slow tempo
- 45. Sword
- 46. Related on the mother's side
- 47. Mars crater
- 48. Plant of the lily family
- 51. Suitable in the circumstances
- 52. Hillside
- 53. Metrical foot
- 54. Amazon river tributary
- 58. Adult male human

★ ANSWERS PAGE 16 >

NATIVE SPECIES FROM PAGE 8

mer. The United States Environmental Protection Agency reports that at least 40 states anticipate water shortages by 2024. Planting native plants can help to combat those shortages by reducing the need to water plants if conditions become dry in late spring and summer.

• **Native plants save money.** It's also important to note that native plants save homeowners money. Because they're capable of thriving in local conditions, native plants tend to require less watering, which can help homeowners reduce their utility costs. But native plants also require less upkeep, which means homeowners can save on potentially costly, not to mention eco-unfriendly, pesticides and other amendments in order to maintain the look of exotic plants. And though it's not always the case, exotic plants tend to cost more at nurseries than natives.

• **Native plants save gardeners time.** In addition to saving money, native plants don't require as much attention. Though spring and summer is a great time to be in the yard, it's also a

great time to be out and about. Because native plants thrive in local conditions, gardeners won't need to spend much of their free time tending to them. Exotics tend to require a lot of extra attention and effort, especially when conditions become harsh. Spending more time outdoors in harsh weather does not appeal to most gardeners.

• **Native plants blend in with an existing landscape.** Native plants look natural within an existing landscape, adding some instant aesthetic appeal without breaking the bank. When planting exotics, homeowners may feel a need to redesign their entire gardens to create a certain look (think Japanese garden). That can quickly consume a budget and take up a lot of free time in both the short- and long-term.

Planting season marks a great time to revitalize a landscape. Choosing native plants when doing so pays numerous dividends for homeowners and the planet they call home.



“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., Doctor of Audiology



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