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**Get It Done with
Honey Dudes**

PAGE 2

**IS DOWNSIZING RIGHT
FOR YOU?**

PAGE 6

ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL



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Honey Dudes is proud to serve our community. We pride ourselves on our professionalism and are committed to handling those jobs big or small. Our Technicians have a wide range of skills and can help with any request. We ensure that our technicians are always in uniform and our vans are clearly marked so there is no doubt who's on the job!

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Boost Brainpower: Eight Games For Better Mental Agility

Staying physically fit is important for seniors in the Heartland but keeping the mind active matters just as much. Memory exercises improve retention, focus, and problem-solving, targeting different areas of the brain like workouts do for muscles. Through Seniors Helping Seniors® in-home care services, we are dedicated to keeping those we serve sharp - especially when we can have fun and build relationships in the process! That is why we have gathered eight engaging memory games that fit the Heartland lifestyle. Read on and let's play!

JIGSAW PUZZLES

Solving jigsaw puzzles can enhance visual-spatial skills and improve problem-solving abilities. Connecting pieces of different shapes and colors test patience and sharpens an individual's eye for detail. Jigsaw puzzles often depict picturesque landscapes that showcase the Heartland region's rich history and natural beauty. From the rolling prairies to the scenic Great Lakes, there are many options to choose from that can be both entertaining and educational.

SIMON SAYS

Playing Simon Says, a classic childhood game, encour-

ages active listening and short-term memory. It is a fun way to exercise one's ability to follow instructions accurately while encouraging quick thinking and coordination. Partner up with a Seniors Helping Seniors® caregiver and give it a try!

TRIVIA

Answering trivia questions is a great way for seniors to test their knowledge of different subjects, while also learning new facts and improving memory. Looking for a topic? Consider

SEE PAGE 10



Protect Your Loved Ones by Planning for Your Future

Whether your concerns are about Medicaid, Social Security, retirement and disability planning, long-term and nursing care options, or providing for your family and leaving a legacy, the elder law and estate planning attorneys at Hickman Lowder can help you and your family make a clear, thorough plan for the years ahead.

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LCOOA Food Pantry Update “Hunger Isn’t Seasonal”

The Lorain County Office on Aging (LCOOA) food pantry has become a large part of the Lorain County community. We would like to take this opportunity to thank those individuals and organizations who donated to our pantry by dropping off food, non-edible items, gift cards, or monetary donations during this past holiday season.

We would also like to remind everyone that “Hunger Isn’t Seasonal.” People are just as hungry at Easter, 4th of July and Memorial Day as they are on Thanksgiving and Christmas. Food and personal care items are needed 365 days a year. We truly need and greatly appreciate your generous donations year-round.

While we will accept almost any edible or personal care products, there are currently some items we need more than others such as: crackers, puddings, cake mixes, soups, pancake mixes and syrup.

Please remember we cater to senior



citizens who live in households of one or two people. A family size box or jar can often go stale before it gets eaten. Instead, buy two smaller items and supply two households to avoid waste.

Donations can be dropped off at 534 Abbe Road S. (Lorain County Port Authority Complex) between 8:00am through 4:30pm, Monday – Friday. Call 440-326-4800 for more information.

Free Benefits Assistance Available for Adults 60+ Years or Disabled

Are you 60 or older or disabled and unsure if you are getting all of the benefits you are eligible to receive? The Lorain County Office on Aging may be able to help!

The Lorain County Office on Aging offers Benefits Assistance services to qualified Lorain County residents who are over 60 or disabled. Services include a benefits screening to determine if you are getting all of the benefits you are entitled to receive. The Lorain County Office on Aging also provides assistance in helping you to apply for and obtain any additional benefits and resources that you are entitled to receive, to meet your needs.

To learn more about the Benefits Assistance program and services you are entitled to receive, please call the Lorain County Office on Aging, at (440) 326-4800, and ask to talk to a Benefits Counselor.

Volunteers Needed for Delivering Food Boxes

The Lorain County Office on Aging is in need of Volunteers willing to either commit to helping out with delivering food boxes to Senior Citizens once a month or willing to be a standby in case they are short of delivery volunteers.

The boxes weigh anywhere from 10-20 pounds, but can be separated to make a lighter load. Mileage is paid. Deliveries are in the Lorain County areas.

If you would like to help out, call the Lorain County AmeriCorps Seniors Staff at 440-326-4800.

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Since 1946 Stewart's TV and Appliance has been at the same location in Elyria, Ohio. Owned and operated by Nancy and Ed Stewart, they attribute their loyal customer base to giving their customers experience and personal service. With an in house service department, Stewart's can service your products when you need it. The sales specialists, technicians and delivery crew are experienced and ready to take care of you. Covid has brought a whole new set of challenges to the business, from appliance shortages and backorders. The family and employees are working harder than ever but doing very well and making an even stronger footprint in the community.

With more to offer than the "big box stores", Stewart's has an amazingly wide selection of major appliances and electronics from which to choose. Make your appliance selection from major brands such as, Speed Queen, Electrolux, Frigidaire, Kitchenaid, Whirlpool, Maytag, LG, GE, Bosch, Viking, Fisher Paykel, Wolf, SubZero, Cove, Asko and others. If you think that your refrigerator or range is on its last leg, it is a good idea to be proactive and shop now. Stewart's can also boast that it has the largest laundry selection in Lorain County!



Whether you are building a new home, remodeling or replacing one item, a sales specialist from Stewart's will help you from start to finish. This wide selection and personal service keeps customers returning. Stewart's also offers 0% financing, free delivery, haul away on appliance purchases over \$499 within a limited area, or warehouse pick up located right around the corner.

Stop by Stewart's to see all the current options we can offer you.

Open 7 days a week, Mon and Thurs 9am-7pm, Tues, Wed, Fri and Sat 9am-5:30pm and Sundays 11am-4pm. Our service dept is open 9am-5pm Mon through Saturday. You can visit us at 468 Cleveland St., Elyria or online at www.stewartappliance.com.



What is your plan for seasonal immunization?

As we move into winter, now is the time to schedule your seasonal immunizations. Whether you are an adult or considering vaccines for children, always talk to your primary care provider to identify the best plan for you.

Immunization is a global health and development success story, saving millions of lives every year. We now have vaccines to prevent more than 20 diseases, helping people of all ages live longer, healthier lives. Immunization is the foundation of the primary health care system

SEE PAGE 6



Things To Do? Call The Dudes!
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IMMUNIZATION FROM PAGE 4

and an indisputable human right. It's also one of the best health investments money can buy.

Influenza, COVID-19, and Respiratory syncytial virus (RSV) are the top 3 vaccines you should plan to receive well before the upcoming holidays. Also consider some of the other immunizations for adults: shingles & pneumococcal.

As we look towards winter, please consider immunizations as part of your strategy for good health. Include immunizations as part of your health plan with your primary care provider.

If you would like to collaborate with WRAAA on a health education event or a vaccination drive please contact:

Lynda Khoury,
lkhoury@areaagingsolutions.org
or Mary Lipovan,
mlipovan@areaagingsolutions.org

IS DOWNSIZING RIGHT FOR YOU?

You've lived in your home for decades. It's full of the scent of holidays and time in front of the fireplace, of fresh-baked cookies and summer nights. How could you ever leave it? The truth is, it's getting harder to go up the stairs or to keep the grass cut. Do you sometimes wish it wasn't so difficult to get the laundry out of the downstairs dryer or step over the tub to get into the shower?

You're also thinking about your health. You're still in good shape, but your neighbor recently fell and moved to an assisted living community. You aren't sure that's where you need to be yet, but what if something similar happened to you?

If you're experiencing any of these thoughts, you're not alone. As we age, our bodies change and we need different living accommodations to make life a little easier. Downsizing to a smaller, more manageable home — especially one with only one floor and features designed specifically for

seniors — is the answer for many people at this stage.

Once you've decided that you want to downsize your home, you'll need to explain your choice to family members and friends. Depending on their mindset, the conversation may go one of two ways:

1. They'll be excited about your next stage of life and interested in helping you declutter, pick out a new home, and move. They may even be relieved that you brought this idea up on your own.
2. They'll be confused about why you're making this choice, or even be resistant — after all, you're still in good health.

If your friends react in the first way, congratulations! You already have allies on your side. If they react in the second way, or their feelings are mixed, that's perfectly normal. Just as you grappled with feelings about aging, old memories, abilities, and



your health, they will too.

Plan for a conversation with them where you can explain why you've made this decision. Tell them about the benefits of downsizing your home, and that you'll be able to get more out of life in a smaller, simpler house. And explain that you'd rather make the move now (when you want to) versus later (when you might have to).

Don't be surprised if they don't agree with you or want to change your

SEE PAGE 7



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Downsizing FROM PAGE 6

mind. Listen to them, but also give them time to think about it, just as you did.

If you've taken these steps and you are not sure what to do next give Jennifer Herron Underwood a call. She is a Senior Real Estate Specialist with Howard Hanna. She specializes in working with seniors to help them not only with the physical and financial aspects of downsizing, but she can help with the emotional ones as well. She can work together with you individually or with your family if they are also part of the process. She can help you figure out what type of new home maybe right for you such as a single story home, condominium, cluster, or even an apartment. She also can help you decide how to get your home ready for the real estate market.

Jennifer offers free in home Downsizing Consultations to address these topics and more. If you are thinking about moving in the next 6-18 months give Jennifer a call (440)371-2862 and schedule your no obligation Downsizing Consultation today!

Understanding the Impacts of LDL Cholesterol

(Family Features) About 38% of American adults have high cholesterol, which can be caused by poor lifestyle habits or genetics, according to the Centers for Disease Control and Prevention. Having a high low-density lipoprotein (LDL) cholesterol number - considered "bad" cholesterol - can contribute to fatty buildups (plaque) and narrowing of the arteries.

LDL cholesterol is also the type of total cholesterol most closely associated with an increased risk for a heart attack or stroke. In fact, 75% of heart attack and stroke survivors reported having high cholesterol, according to a Harris Poll survey conducted on behalf of the American Heart Association, yet less than half (49%) prioritize lowering their cholesterol.

"There's a pervasive lack of public awareness and understanding around bad cholesterol and its impact on your cardiovascular health," said Joseph C. Wu, MD, PHD, FAHA, American Heart Association volunteer president and director, Stanford Cardiovascular Institute and Simon H. Stertzler, MD, professor of medicine and radiology at Stanford School of Medicine. "As bad cholesterol usually has no symptoms, we often find that many patients are walking around without knowing they're at risk or how to mitigate it."



To learn about LDL cholesterol, its impact on heart health and the steps you can take to maintain a healthy number, consider this information from the Lower Your LDL Cholesterol Now initiative, nationally sponsored by Amgen.

Get to Know Your LDL Number

According to the survey, nearly half (47%) of heart attack and stroke survivors are unaware of their LDL numbers. While cholesterol levels can vary by race and ethnicity, with higher levels of LDL seen most

SEE PAGE 8



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LDL CHOLESTEROL FROM PAGE 7

often among Asian men and Hispanic women, various research studies on LDL have shown “lower is better.”

For healthy adults an LDL at or below 100 mg/dL is ideal for good health. If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your doctor may aim for 70 mg/dL or lower. In addition to race and ethnicity, family history, age, sex, tobacco use or exposure to secondhand smoke, eating habits, lack of physical activity, heavy alcohol usage and obesity can impact LDL numbers.

Understand How Often to Check Your Numbers

Because high LDL does not typically cause symptoms, it's important to have your number checked by your health care professional. Ask your doctor for the right frequency for you. Generally, healthy adults ages 20-39 should have their cholesterol checked every 4-6 years. Adults over age 40, or those who have heart disease (including prior heart attack) or other risk factors,

may need their number checked more often.

Learn Risks Associated with LDL

Too much LDL cholesterol can lead to a buildup of fatty deposits inside your arteries - a condition known as atherosclerosis - which can narrow arteries and reduce blood flow. If a piece of the plaque breaks free, it might travel into the bloodstream and block a blood vessel to the heart or brain, causing a heart attack or stroke. This narrowing also elevates the risk of peripheral artery disease.

Take Steps to Manage High LDL

Managing high cholesterol is not one size fits all. Talk with your health care professional to map out the right treatment plan for you. According to American Heart Association guidelines, lifestyle habits can help control your cholesterol, including:

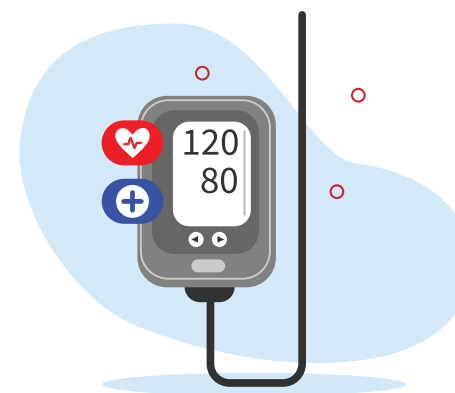
- Eating a healthy and balanced diet (emphasizing fruits, vegetables, nuts and seeds, lean protein and fish)
- Staying active and aiming to get at

least 150 minutes of moderate activity each week (such as brisk walking)

- Managing stress
- Eliminating tobacco use

However, some individuals, especially heart attack and stroke survivors, should have a conversation with their doctor about cholesterol-lowering medications.

Talk to your doctor about getting your cholesterol tested and visit heart.org/LDL for more information.



4 Steps to Monitor Blood Pressure at Home

(Family Features)

Nearly half of all adults in the United States have high blood pressure, or hypertension, and many don't even know it.

High blood pressure is a leading cause of heart attack, stroke, heart failure and even death, but can be controllable.

To stay on top of your blood pressure and manage risks, follow these

SEE PAGE 10



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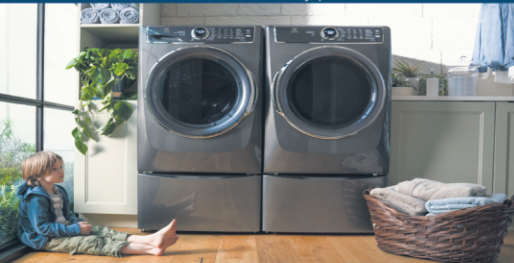
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BOOST BRAINPOWER FROM PAGE 2

exploring the Heartland's history, geography, and local culture. Challenge friends, family, or a caregiver to a few rounds and see who wins the title of ultimate trivia champ! Here is a question to get the game started: What is the second-longest river in the United States?? (The answer is the Mississippi River!)

CROSSWORD PUZZLES OR SUDOKU

Completing crossword puzzles and Sudoku challenges vocabulary, logic, and problem-solving skills. Tricky brain teasers promote mental agility and are a delightful, accessible way to keep the mind sharp and active.

WORD RECALL

Word Recall is a fun game that involves remembering and reciting words. To start the game, pick a word. Next, each player takes turns adding a new word that begins with the last letter of the previous word. For example, if the first word is "apple," the next could be "elephant," and so on. This simple game is an engaging way

to improve language processing and recall.

CHESS OR CHECKERS

Challenge a Seniors Helping Seniors® caregiver to a game of chess or checkers! Strategy games demand critical thinking, planning, and foresight. Playing a few rounds hones analytical skills and enhances concentration and decision-making abilities -- all from the comfort of home.

NAME THAT TUNE

How well do you or your senior loved one know your favorite songs? Our clients can test their music knowledge with this enjoyable recall game. To get started, have a Seniors Helping Seniors® caregiver play a few seconds of a song and try to guess the title and who sings it. Studies show that music can stimulate the part of the brain responsible for memory and emotion. Not to mention, hearing familiar tunes can also bring back positive feelings of nostalgia.

MEMORY TRAY

Improve short-term memory using

items found around the house. Participants will need a partner for this one – a Seniors Helping Seniors® caregiver makes the perfect teammate! Start by asking them to place some items on a tray or tabletop. Study the pieces for a minute or two and then have them remove the objects. Afterward, try to recall as many items as possible. This game is an interactive way to challenge attention, concentration, and visual-spatial abilities.

Whether trying to recall popular songs or playing a round of Simon Says, these enjoyable activities do more than entertain—they sharpen seniors' cognitive abilities! Acting as more than just mental workouts, they offer moments of social. Coupling these brain-boosting activities with the support of a caregiver will empower seniors to relish each day and make the most of the golden years. Learn more Seniors Helping Seniors® in-home care services Northern Ohio services by calling or texting us at 440-935-3848. Or visit our website at www.seniorcarelorain.com

BLOOD PRESSURE FROM PAGE 8

easy steps from the American Heart Association to self-monitor blood pressure:

- Get It - grab your validated self-monitoring blood pressure (SMBP) device
- Slip It - slide the SMBP cuff up your arm
- Cuff It - wrap the cuff snugly, but not too tight
- Check It - check your blood pressure on the device

Then be sure to share those numbers with your doctor.

Did you know that certain OTC pain relievers can elevate blood pressure? Ask your doctor about over the counter pain relievers that won't raise your blood pressure.

Visit heart.org/hbptools to watch a video and find of list of resources.



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*Images taken prior to mask requirement.

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How nutritional needs change with age

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can effect aging individuals, which can decrease quality of life and lead to poor health outcomes. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

- **Consume fewer calories:** According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

- **Include more nutrient-dense foods:** Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

- **Consume more lean protein:** Muscle loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

- **Eat fortified cereals and grains:** The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

- **Drink more fluids:** Health.com says sensation of thirst declines with age.



Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

- **Prioritize bone health:** Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo

Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

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