

living senior

SATURDAY, APRIL 27, 2024

PHONE PAL PROGRAM FOR
ISOLATED SENIORS

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THE GIFT OF LIVING IN
COMMUNITY

PAGE 13



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ADVERTISING SUPPLEMENT TO THE NEWS-HERALD

Phone Pal Program for Isolated Seniors

Are you 60 years or older? Do you often find yourself alone at home? Do you wish you had a person to have a friendly chat and laugh with over the phone twice a week? The Board of Lake County Commissioners recently launched a new telephone reassurance program called Phone Pal. Phone Pal is designed to promote social connections and address senior loneliness.

The Phone Pal program matches volunteers 55+ with older adults that might be lonely or isolated. "Research shows that programs like Phone Pal have significant positive impacts on loneliness, depression, and anxiety for participants who need it," said Commissioner John T. Plecnik, President of the Board of Lake County Commissioners.

Getting started with Phone Pal is easy! Individuals 60+ may self-refer or be referred by another person or agency. When the referral is received, we will call you to complete a screening. Once approved, older adults are matched with a volunteer who has completed training and has had a successful background check. You may visit <https://www.lakecountyohio.gov/senior-services/> and follow the online interest form on the 'Phone Pal Program' tab, or call (440) 350-2020 to get started.

"We are thrilled to offer this program to Lake County seniors," said Commissioner John R. Hamercheck. "The COVID-19 pandemic has exacerbated this growing pub-



lic health crisis, and we hope this program will help alleviate some of the residual effects."

The Phone Pal program uses a software system that allows approved matches to call through a special phone line, eliminating the need to exchange phone numbers. "The software will enable us to measure outcomes, track calls, and evaluate the overall effectiveness of the program," said Commissioner Richard J. Regovich.

For more information on Phone Pal, please call (440) 350-2020. If you are interested in being a Phone Pal volunteer, contact the Lake County Volunteer Network at (440) 350-5360.

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We're a family run, 2nd generation nursery located in Madison, Ohio. We've grown and shipped our plants for over 50 years, with over 5 acres of greenhouses and more than 1,400 varieties of perennials, shrubs, grasses, mums and bulbs. We understand how important gardening is to you and we take great pride in helping you enjoy your garden and time outside soaking up Mother Nature.

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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.



24 Lexington Blvd., Madison, OH 44057

440.428.9568

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Office Hours By Appointment

What you should know about cataract surgery

Did you know that cataract surgery is one of the most commonly performed procedures in the world?

- By age 80, over half of all Americans have cataracts.
- Close to 4 million cataract surgeries are performed in the U.S. every year.
- Over 90% of patients have 20/20 vision with glasses after surgery, although those with other eye conditions may not do as well, including those with glaucoma, diabetic retinopathy, and macular degeneration.

As ophthalmologists who have performed thousands of these procedures, here are some things you need to know:

- Cataracts are a clouding of the eye's natural lens.
- Cataract surgery is an elective procedure where your clouded lens is replaced with a new artificial lens to restore your vision.
- The surgery is performed on an outpatient basis, under local anesthesia.
- The surgery is painless, and complications are rare.
- Due to advances in cataract surgery over the years, patients today have a variety of options available to optimize their vision following cataract surgery



including a variety of lens options, laser-assisted cataract surgery, Optiwave Refractive Analysis technology, and more.

Today's cataract surgery has many options to meet your needs and preferences and can provide significant improvement to your vision. The best way to prepare for your cataract surgery is to talk with your eye doctor who will help you understand the procedure and answer all your questions and concerns. The more you know about what to expect, the more comfortable and confident you will feel having cataract surgery.

Come and see us at OPI at 8140 Norton Pkwy in Mentor or call (440) 255-1115.



Alzheimer's is a public health crisis that hits close to home for many of us. For the first time, we have treatments that slow the progression of Alzheimer's – so we're optimistic about the future, but we need your help.

The Alzheimer's Association offers caregiver support groups, education programs, dementia care coaching, and a 24/7 helpline for families, caregivers, and those living with the disease. We won't rest until every family touched by the disease can get the treatment, care and support they need.

With nearly 7 million Americans living with Alzheimer's and more than 11 million serving as their unpaid caregivers, this devastating disease affects colleagues, families and friends. Our work is far from done, but you can help us fight for a different future.

Join us at the Walk to End Alzheimer's on Saturday, September 28, 2024, at Lake Metroparks Farmpark in Kirtland, Ohio. Register today at act.alz.org/lakegeaugawalk.

She Looked In Horror, As Her Doctor Said ...

“I’m Sorry, We’ve Done All We Can, and You’ll Just Have To Live With The Pain!”

Dear Friend,

ABOUT THIRTY YEARS AGO SOMETHING HAPPENED THAT CHANGED MY LIFE

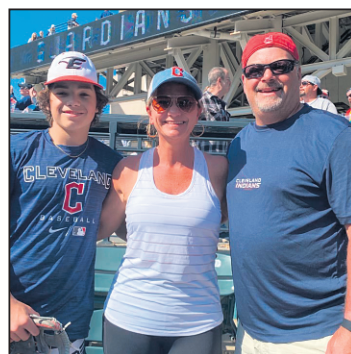
I had just graduated from Bishop Feehan High School, and I was attending college in New Hampshire, where I was playing football. During my second season I started suffering from lower back pain and tingling and numbness in my left leg. I couldn't run, at times it was even difficult for me to stand or sit. The doctors prescribed the typical muscle relaxers, pain-killers, and physical therapy. The doctors told me these treatments would help or make it worse. It made the problem worse. After a few weeks of this the pain was so bad, the doctors at UNH sent me for an MRI. The MRI showed a ruptured disc. I had surgery on my lower back. After surgery, I still had a significant amount of pain in my lower back and leg.

A friend suggested I see a doctor of chiropractic. “A chiropractor” I said, “Are you crazy?” He explained to me that his whole family uses a doctor of chiropractic regularly for all types of health problems. It all started when his mother was suffering from headaches and severe dizziness, after she was shuffled around from doctor to doctor and took over 700 pills in one year only to find out her headaches got worse, and after thousands of dollars worth of tests they told her there was nothing more they could do. A friend of hers suggested she try a doctor of chiropractic, and even though she didn't believe in it, her life was being ruined so she went. After a few treatments her headaches and dizziness were gone. I asked why he went, and he explained to me that his mother didn't want the rest of the family to grow up with the same problems she had since the neurologist said headaches could be hereditary, besides that, he said nearly every professional athlete in the world like Tom Brady, Jordan Spieth, and every professional team now use a doctor of chiropractic to increase their performance.

I decided to give the chiropractor a try even though I was still a bit skeptical. The doctor did an exam, took a couple of x-rays, and then showed me my problem. I started care, and I couldn't believe it, the pain started to improve immediately and the leg pain gradually went away over the next couple of weeks. The funny thing is it actually felt good. Soon after that I noticed my seasonal allergies also disappeared. I was so excited, I'm sure you guessed it; I became a Doctor of Chiropractic myself.

Just last month I was able to help a young man who was having Migraines. The neurologists told him there was nothing they could do. He was having them almost daily, after his first adjustment he didn't have one for a couple of days, now he hasn't had one in over a month.

WHAT SETS ME APART... in the chiropractic field is my use of the Activator Methods Chiropractic Technique (AMCT); a treatment system that utilizes a small hand-held instrument that applies a quick, low-force, gentle chiropractic treatment directly to the source of your pain to alleviate nerve pressure to allow the body to heal itself.



Here's what some of my patients had to say:

“Dr. R. is amazing! I had never seen a chiropractor before, and I realized I waited too long. I had not been walking correctly for years, now after alignments, I'm doing so much better! The staff is very efficient and friendly- and all work together well. Great vibes, great care, great people! Thank you for helping me!” - Julia W.

“Absolutely recommend Dr. Roediger! His office and staff are fun and pleasant to be around with a comfortable environment and atmosphere. And his genuine care to help people is the reason I will continue to receive treatments for my neck and keep my migraines away! You guys rock!!!!” - Nathan F.

“Both my husband and I go for adjustments and find we are more mobile because of it. For anyone who is afraid of Chiropractors, because of how you have been told it is done, Dr. Roediger goes over everything before you commit to anything. The Activator Method is less invasive and more comfortable on my neck and back.” - Carolyn M.

Amazing Offer- When you call and mention this article before May 18, 2024, you can receive my new patient exam for \$57. That's a complete initial exam, Para spinal scan, x-rays if necessary. I will correlate my findings

and give you a free consult on recommendations for your condition. This exam could cost you \$175 elsewhere. And, “further care” is very affordable if needed, adjustments fee is only \$45. You see I'm not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that.

Incredible service at affordable fees ... Please, I hope that there's no misunderstanding about quality of care. You'll get professional care that's affordable. My qualifications ... I attended the University of New Hampshire before finishing my Doctorate at Logan College of Chiropractic in St. Louis, Missouri. I'm Advanced Proficiency rated by Activator Methods International. I've been entrusted to take care of tiny babies to pro athletes that you may know. My mission is to help more people get care, improve their quality of life, and create a healthy lifestyle.

Our office is convenient, friendly, and there is absolutely no half hour waiting to see the doctor. We are located at 401 South St. Bldg 2A, in Chardon. We are across the street from Bass Lake Tavern.

Our phone number is **440-285-0756. CALL NOW FOR AN APPOINTMENT, AND END YOUR SUFFERING!**

- Dr. Tad Roediger, DC

Check us out on Facebook, roedigerchiropractic.com or email at tadroedigerdc@gmail.com

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Owner & Licensed Agent

"As your independent agent, I will put your needs first and find the plan that works best for you."

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.

Jeffrey Gross, DDS, FAGD, is an Ohio-licensed general dentist and on the staff of Case Western Reserve School of Dental Medicine. The Healthy Smile, 34586 Lakeshore Blvd. in Eastlake. Call or visit 440-951-7856 www.jeffreygrossdds.com

Dr. Donahue is a physician with 35 years of experience

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



HOMEMAKER PROGRAM

**LIGHT HOUSE CLEANING PROGRAM
FOCUSED ON PROVIDING
A CLEAN, SAFE AND
COMFORTABLE ENVIRONMENT.**

Eligible clients will be assigned to a Council on Aging Homemaker who will provide 1.25 hours of light housecleaning services biweekly. A Council on Aging Social Worker will help you determine if you meet criteria.

Eligibility Criteria:

- Be 60+
- Physically unable to clean
- Cannot afford to hire private help
- Have no one to help clean
- Agree to cost share fee

As people age, everyday household chores can become increasingly difficult. The Council on Aging's Homemaker Program is a light housekeeping service committed to helping Lake County seniors sustain independent living by performing household chores they can no longer do or need assistance completing. In addition light housekeeping, homemakers provide socialization and a safety check in order to promote a clean, safe and comfortable environment. Services include cleaning the kitchen and bathroom, light dusting and vacuuming, changing bed linens, emptying garbage and mopping. The cost for the program is based on a sliding fee scale.



Call the Lake County Council on Aging

(440) 205-8111

This program is funded by the lake county senior services levy



CELEBRATING OUR STRENGTHS

Our strength is providing a service that helps our clients and their families.

Sometimes we get so caught up in caring for others we forget ourselves. And, in doing so, we forget to honor our life and our loving relationships.

What are our strengths? And what does that mean to you?

Longevity with our caregivers means your loved one gets the best of care – they are in the hands of committed and experienced caregivers.

Mandatory special training each month means your loved one gets the most up to date care – their needs are met.

Special memory care activities mean your loved one's mental capacity is extended – their quality of life continues.

Many of our caregivers have personally cared for their loved one and that means they have been there – they know and understand the challenges involved.

CPR trained and certified means you can feel confident your loved one will get the best of care if there is an emergency.

Mandatory virtual dementia tour means our caregivers can better care for clients with dementia. Our service not only takes care of your loved one,



but also helps you. You experience a sense of comfort knowing your loved one is in good hands. This peace of mind permits you to take a real break so you can relax, recharge and refocus. And this allows balance so you can maintain your best self and a relationship.

We don't think we can afford a break, while the truth is, if we don't take a respite it will break us.

What if you could take a break, refocus and renew the joy you get from caring for your loved one? It could mean listening to understand more, having more patience and stopping the internal

SEE PAGE 11

Health Insurance for Seniors



By *Michelle Waldron, Agent*
Providing guidance on these healthcare options...

- Original Medicare, Part A, Part B, Part D • Medicare Supplements: The coverage wraps around and fills in the "holes" in costs that original Medicare does not cover.

Medicare Supplements are denoted with a letter— typically F, G, or N— and are normally no-network plans that allow you to see any provider that accepts Medicare. • Medicare Advantage or Part C - These plans typically are networked-based, such as HMO or PPO plans. They can have no or low monthly premiums, but you will pay a co-pay or coinsurance each time you seek medical care.



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MICHELLE WALDRON

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**Hilltop Family Dental
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Expanding 5-Star Quality Care Opportunities in Lake County

In senior care, the pursuit of excellence isn't just an aspiration but a commitment to dignity, respect, and unwavering support. Mentor Ridge Health and Rehabilitation, a CMS rated 5-Star facility, exemplifies quality care in every aspect of its operation. Now, in an effort to extend our reach and impact, Mentor Ridge and Foundations Health Solutions are thrilled to announce the expansion of our senior services to another Lake County location called Concord Ridge Health and Rehabilitation.

At Concord Ridge, we bring the same dedication to exceptional care that defines Mentor Ridge. Concord Ridge boasts a team of compassionate caregivers who prioritize the well-being and comfort of each resident. Our staff at Concord Ridge is committed to upholding the same standards of personalized attention and support that have become synonymous with the Mentor Ridge experience. From comprehensive medical services to enriching recreational activities, residents at Concord Ridge have access to everything they need to thrive in a welcoming and nurturing environment.

As with Mentor Ridge, transparency and accountability are paramount at Concord Ridge. We



believe in fostering open communication with residents and their families, providing regular updates on care plans and progress to ensure everyone feels informed and empowered.

In expanding our senior services to Concord Ridge, we aim to extend the legacy of excellence that has defined Mentor Ridge Health and Rehabilitation. Together, both facilities stand as pillars of quality care, dedicated to enriching the lives of seniors in Lake County and beyond.

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

SEE PAGE 9

K & Em

Custom Wigs, Hairpieces, Extensions

Now partnered with Haber Dermatology!

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!

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Preventing Medicare Fraud



LIFELINE'S SENIOR SERVICE PROGRAMS

CALL 211 FOR MORE INFORMATION

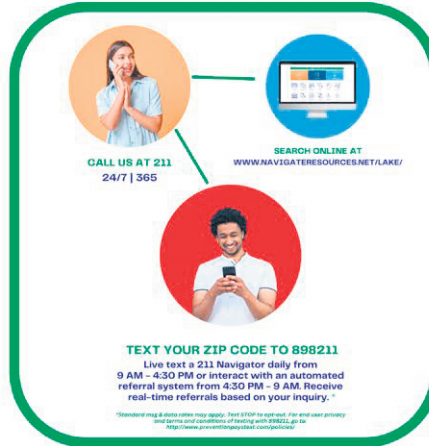


LCLIFELINE.ORG



HOUSING NAVIGATOR

This program assists Lake County Seniors 60+ in navigating housing. Services include connecting clients to local landlords, helping to complete the housing application process, linkage to financial assistance, and more.



LAKE COUNTY 211

211 is Lake County's free Information and Referral Service that finds answers to a wide range of questions and connects people to the best resources that can offer help.



HELPING HANDS

This program matches eligible Lake County seniors (60+) with vetted volunteers who will assist with daily activities that are essential for senior health and safety.



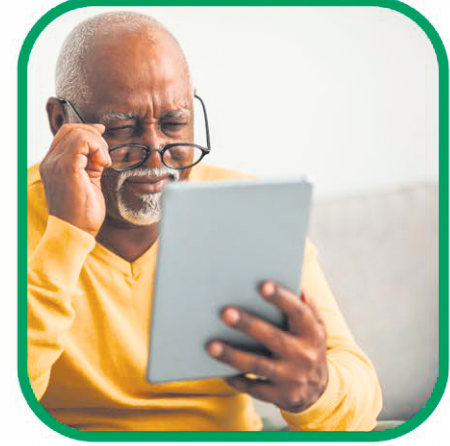
ARE YOU OK

An automated monitoring call program that provides added security and eases families who are concerned about their loved one's safety.



KINSHIP NAVIGATOR

This program provides grandparents and other kin raising children not their own with personalized information and referrals to county-wide programs to address their needs.



DIGITAL INCLUSION

A senior digital connectivity program. Services include free electronic devices to those that qualify and referral to services to support learning and connectivity.

K & EM FROM PAGE 6

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, Hairpieces, 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!

We are happy to be working with HABER DERMATOLOGY (216-932-5200) to best provide you with all of your hair loss solutions. Services include Hair Transplantation, Scalp Micropigmentation, Platelet Rich Plasma and Medical Solutions to Hair Loss. Please see the website for a full list of services.

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WHAT WE DO and HOW WE CAN HELP

The Alzheimer's Association provides free resources to families facing Alzheimer's and other dementia, including:

SUPPORT SERVICES

- 24/7 Helpline
- Personalized Dementia Care Coaching
- Local Caregiver Support Groups
- Social Engagements



EDUCATIONAL PROGRAMS

- Understanding Alzheimer's & Dementia
- 10 Warning Signs
- Healthy Habits for your Brain and Body
- Effective Communication Strategies
- Tools for Dementia Caregivers



JOIN THE FIGHT TO END ALZHEIMER'S

Saturday, September 28, 2024

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Register or join a Walk fundraising team to help us fight against Alzheimer's and all other dementia.

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WALK TO END ALZHEIMER'S
 ALZHEIMER'S ASSOCIATION

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Photo credit: Cassidy Hartman, Lake County General Health District

Laketrans Lake County Mobile Food Pantry extends distribution to September

The Lake County Mobile Food Pantry provides fresh produce to Lake County seniors for free at weekly distributions at various places throughout Lake County.

Distributions are Tuesday from 10:00 a.m. - 11:00 a.m. and alternate each week between Lake Erie Church (2300 Hubbard Road), New Hope Baptist Church (428 Jackson Street), Wickliffe Senior Center (900 Worden Road) and the Mentor Park-n-Ride (8650 Market Street). For more information on locations and dates, visit www.laketrans.com.

Lake County seniors, 60 years and older, may register for one pick-up per month by calling Lifeline at 2-1-1 or Lake County Council on Aging at 440-205-8111. Pre-registration is required for up to 90 spots available each week. Participants must certify annual gross household income is at or below \$29,160 for a household of one and \$39,440 for a household of two. Income is self-declared; verification is not required.

"A lot of agencies are reflecting on what things they did differently during the pandemic and what should stay," shared Laketrans CEO Ben

Capelle. "As long as food insecurities exist among our seniors, we plan to continue this program with the support of the Cleveland Foodbank and our local partners. There is no reason seniors in Lake County should go without food."

Laketrans offers free transportation to the Lake County Mobile Food Pantry distribution. Residents can call Laketrans Customer Service at 440-354-6100 to arrange transportation to pick-up your produce. Reservations for Laketrans Dial-a-Ride service can be made 1-12 business days in advance. The Mentor Park-n-Ride is also accessible taking Laketrans Route 8, but please be aware produce boxes are between 20-30 pounds.

The Lake County Volunteer Network makes this program possible. If you are 55+ years old and looking for a place to volunteer, contact Cristen Kane at 440-350-5360.

This program is made possible through a partnership between Laketrans, Board of Lake County Commissioners Senior Services, Lifeline, Lake County Council on Aging, and the Greater Cleveland Food Bank.

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Dr. William E. Donahue Jr.

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Unexpected Journey Highlights Importance of Hearing

By Amanda Barbur, Au.D.
Licensed Audiologist

A recent travel delay turned into a valuable lesson about the importance of hearing for seniors. My trip started with what should have been a quick flight but ended up being a 15-hour ordeal thanks to delays.

While stranded at the airport, I enjoyed a heartfelt conversation with a fellow passenger. He shared his life story, including being a tennis player on his way to a match, and even confided in me about the recent loss of his wife. It was a touching moment, and I was grateful for the connection.

Unfortunately, my ability to converse would soon be tested. I'd mistakenly left my hearing aid charger in my checked luggage, and by the time we were on the plane, my devices died. Suddenly, I felt isolated and unable to communicate effectively.

Even simple interactions, like ordering a drink from the flight attendant, became a struggle. When we finally landed the next morning, I stood alone to avoid conversation altogether, even steering clear of my new tennis friend, afraid I wouldn't be able to carry on a conversation.

This experience showed me firsthand how isolating hearing loss can be. It's a reminder to all of us to prioritize our hearing health. Keeping a charger or extra batteries handy can ensure clear communication, even in unexpected situations.

If you're experiencing hearing loss, don't hesitate to schedule a consultation. There are personalized solutions available to help you reconnect with the world around you.

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

CELEBRATING FROM PAGE 5

conflicts and doubts. It means looking into the eyes of a loved one and seeing love reflected back.

We want to value and celebrate our relationships, strive to be our best – a family that supports one another in good times and bad times.

5 REASONS YOU SHOULD CALL

- Your loved one:
- is able to stay in their home
 - gets that little extra help they need to keep them independent

- is provided companionship
- is provided respite care so you are able to recharge

• is safe

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The Healing Power of Nature

Being in good health and avoiding various diseases often comes down to a combination of factors. Individuals may be aware that nutrition and exercise play important roles in personal well-being, but it appears that nature may provide its own medicinal benefits as well.

A number of studies have examined the potential healing components of being in nature. The World Health Organization released a report in 2023 titled "Green and Blue Spaces and Mental Health," which indicated that time in nature improves mood, mindsets and mental health. This occurs regardless of whether that nature was "country" regions or urban areas. The following are some of the ways nature can have a healing effect.

- **Immunity protection:** Trees and plants emit aromatic compounds called phytoncides. When inhaled,

these compounds can ignite healthy biological changes similar to the concepts of aromatherapy. When people walk in forests or other green areas, they often experience changes in the blood that are associated with protection against cancer, improved immunity and lower blood pressure, says Dr. Qing Li, a professor at the Nippon Medical School in Tokyo.

- **Get a brain break:** When spending time in nature, attention is focused on the scenery, the animals and the rest of the environment. This may help quiet the rush of thoughts in the head that clutters the ability to think freely.

- **Reduce stress:** Stress is a catalyst for a number of adverse health conditions. The Mayo Clinic says stress can cause headache, muscle tension, fatigue, changes in sex drive, and a weaker immune system, among other things. Be-

SEE PAGE 13



The Gift of Living in Community

Where do you start when a family member has memory or physical challenges but still desires to live at home? Families often start care planning when they see risks to a person's physical safety, but isolation can also take a toll on aging adults much earlier.

"Unfortunately families often fear a move to assisted living," says Kate Mach, Community Relations Associate for Jennings at Notre Dame Village. "But honestly it's a gift instead of living alone. It's the gift of community, where people are thriving with their peers."

The National Institute on Aging cites that loneliness and social isolation are associated with higher risks for health problems such as heart

disease, depression, and swift cognitive decline. Finding purpose, living meaningful days, and retaining skills is important for every individual, especially those living with memory challenges. Jennings at Notre Dame Village serves residents with a unique holistic philosophy in its specialized "small house" memory care residences. Kate states that purpose, combined with community, helps residents continue living life.

"Often people regain independence when they move to assisted living," Kate explains. "With physical barriers removed, they are engaged with neighbors and they have a routine to their day that can be life changing."

Visit jenningsohio.org to learn more.

HEALING POWER FROM PAGE 12

ing outside in nature and away from work and home responsibilities can help reduce stress levels. Dr. Mathew McGlothlin, senior medical director with WellMed Medical Group, says being in nature provides stress relief.

- **Get vitamin D:** The body naturally produces vitamin D from sun exposure. The National Institutes of Health says it is optimal to have sun exposure for five to 30 minutes a day, most days a week, to absorb UVB rays and effectively make vitamin D. Vitamin D is a nutrient the body needs to build

and maintain strong bones. Vitamin D also regulates many other cellular functions in the body, and may be able to prevent cognitive decline.

- **Inspires exercise:** People may be more inclined to be physically active while outdoors. Hiking, cycling, swimming, and even strolls in the park all make the outdoors more fun. Exercise promotes heart health and helps people maintain a healthy weight.

Nature can have a healing effect, and more time outdoors can promote mental and physical well-being.



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Tips for daily living with arthritis

Arthritis isn't a single disease, but a term that refers to more than 100 conditions characterized by joint pain or joint disease, says the Arthritis Foundation. Arthritis is the leading cause of disability in the United States, and affects women at a proportionally higher rate than men.

Arthritis looks and feels different to the various people who experience it, and symptoms can vary from day to day depending on variables such as the weather and individuals' level of physical activity. When arthritis flares up, it can make performance of daily activities challenging. Therefore, people experiencing arthritis can take steps to make living with the condition somewhat easier.

Work with an occupational therapist

An occupational therapist can assess work and home situations and make recommendations on potential modifications to these spaces that might be right for your situation. The bathroom and kitchen typically are two spaces

where people spend a lot of time and can be areas of focus. Having items at counter height; purchasing smaller sizes of products that are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby so that you can sit while doing an activity can help.

Use smart devices

The bevy of smart devices now available can work to your advantage. With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the house. This can help when mobility is compromised.

Focus on kitchen tasks

Meal preparation can be a chore when arthritis makes it painful. Rather than eating out all of the time, some tips can help. Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items

around. Electric jar openers, kitchen scissors and even vegetable steamers that require less water are additional kitchen tools that can make life with arthritis a little easier.

Move your bedroom

If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down. Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the washer and dryer upstairs to make laundry easier.

Get a rollator

A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

Get the right pain relief

Pain relief can make it easier to cope. Strategies include anti-inflammatory medications, physical therapy and massages, stretching and exercising, and even prescription therapies



that target the immune system in people with autoimmune arthritis. Work with health professionals to get the right combination of what is needed to alleviate pain and stiffness.

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can find life a little bit easier.

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What is the “silver tsunami”?

The United States is changing, and observant individuals may notice the nation is skewing a little older than it has in recent years. Estimates from the U.S. Census Bureau indicate roughly 56 million Americans had reached age 65 by 2020, which marked a nearly 39 percent increase since 2010. The increase in the population that has reached traditional retirement age has been dubbed a “silver tsunami,” and that increase could stretch government resources thin in the decades to come. In fact, a 2018 report from the Hutchins Center on Fiscal and Monetary Policy noted that the federal government could face considerable challenges as more of its budget is allocated to age entitlement programs such as Social Security and Medicare. That problem may not prove unique to the United States, as the United Nations estimates that the elderly population in Europe is expected to account for around 30 percent of all residents by 2050. Though entitlement programs differ from country to country, finding ways to successfully manage the silver tsunami could be imperative to various nations’ financial stability in the decades to come.

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- 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, 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 do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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How Volunteering Can Help Older Adults Combat Loneliness

(Family Features) The bonds found in friendships and other relationships are an important factor in health and wellness – even science says so.

According to the American Psychological Association, forming and maintaining social connections at any age is one of the most reliable predictors of a healthy, happy and long life. Studies show having strong and supportive friendships can fend off depression and anxiety, lower blood pressure and heart rates in stressful situations and change the way people perceive daunting tasks.

However, statistics show approximately half of U.S. adults lack companionship and feel socially disconnected, according to the U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community. In fact, 12% don’t have anyone they consider a close friend, per the Survey Center on American Life. This “epidemic of loneliness,” as coined by U.S. Surgeon General Dr. Vivek Murthy, can take a severe toll on mental and physical health.

As people age, the risks of isolation increase. With America’s older population growing rapidly – the 65 and older population reached more than 55 million in

2020 – discussing how older adults can combat loneliness is relevant to public health and individual well-being.

Consider volunteering, which is one of the best and most rewarding ways to combat loneliness.

Volunteering Combats Loneliness

People often volunteer to find a sense of purpose, learn new skills, improve their communities or establish new routines after retiring or becoming empty nesters. For many, making friends through volunteer work is a welcome bonus. The act of volunteering provides proven benefits for older adults.

Forming connections can make all the difference in a person’s volunteer experience and sense of well-being. People who meet through volunteer work inherently share a common interest and something to bond over. These friendships can carry over outside of volunteer work and lead to bonding over other hobbies and interests.

Connection-Focused Volunteer Opportunities

In addition to making friends with fellow volunteers, many older adults also form relationships with the people they’re serving, especially if those recipients are their peers.

SEE PAGE 19

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Manage Heart Health for Stronger Brain Health

(Family Features) The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease,"

said Mitchell S.V. Elkind, M.D. M.S., FAHA, the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University Irving Medical Center.

"We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's becoming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease.

The risk for dementia associated with



heart failure was nearly two-fold.

Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show maintaining good vascular health is associated with

healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like movement, perception, learning and memory, communication, problem solving, judgment, decision making

SEE PAGE 19

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HEART HEALTH FROM PAGE 18

and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- Don't smoke; avoid secondhand smoke.
- Reach and maintain a healthy

weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.

- Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.

- Get your blood pressure checked regularly and work with your health care team to manage it if it's high.

- Have regular medical checkups and take your medicine as directed.

- Decrease your stress level and seek emotional support when needed.

Learn more about the relationship between heart health and brain health at heart.org.



COMBAT LONELINESS FROM PAGE 17

For example, AmeriCorps Seniors is the national service and volunteerism program in the federal agency of AmeriCorps that connects adults aged 55 and up to local service opportunities that match their interests. Its Senior Companion Program pairs volunteers with other older adults or those with disabilities who need companionship or assistance. Volunteers may help with tasks such as paying bills, shopping or getting companions to appointments. In some cases, volunteers may also provide sup-

port and respite for family members caring for loved ones with chronic illnesses.

"We often think of volunteering as 'giving back,' but we've seen firsthand that it often becomes so much more than that," said Atalaya Sergi, director of AmeriCorps Seniors. "By spending a few hours each week with another older adult in need of support, our volunteers are not only giving back to others, but they're adding meaning to their own lives and establishing new connections. They're helping to fight the

loneliness epidemic one visit at a time."

Growing older can come with challenges, but some of those can be minimized with a positive mindset and commitment to remaining connected and engaged – whether with friends, relatives or fellow community members. Fostering relationships is a key ingredient to a healthier and more fulfilling life.

For more information and to find volunteer opportunities near you, visit AmeriCorps.gov/YourMoment.



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