

living

senior

THURSDAY, JULY 18, 2024



THE FRENCH CREEK KAYAK LAUNCH
4530 COLORADO AVE, SHEFFIELD VILLAGE
located about 1 mile west of the Nature Center on Old Colorado Ave. offers paddlers access to the French Creek (a Black River tributary) and is only about 5 miles from Lake Erie



**Lorain County Office
On Aging News**

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**Where There's a Will,
There's Not Always a Way**

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ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL

Lorain County Office on Aging News

Save the Date: LCOOA Presents Moonlight Magic Casino Night Fundraiser celebrating our 50th Anniversary on August 9th, 6pm at the Emerald Event Center 33040 Just Imagine Drive Avon. Tickets are \$85 and includes entertainment, hors d'oeuvres, 2 drink tickets, casino chips, raffle and auction. Check out our website for more information, including sponsorships and other opportunities to help support our event.

Please visit www.lcooa.org.

Save the Date: AGING WELL SENIOR EXPO October 8, 2024 10am-2pm Lorain County Community College Spitzer Conference Center. Sponsorship opportunities and vendor information please call 440-326-4822 or email info@lcooa.org.

LCOOA 2 New Voucher Programs: Lorain County Office on Aging (LCOOA) launches two nutrition programs for Lorain County's senior citizens. For nearly 20 years, LCOOA has operated a lunchtime restaurant voucher program. We are now offering a breakfast voucher program. Participants will receive up to 8 vouchers per month valid for breakfast at participating restaurants. Current restaurants include Nancy's Diner in Grafton, Hazel's in Elyria, and Pickett's Place in North Ridgeville; LCOOA hopes to add an additional option in Lorain.

As the summer produce season picks up, LCOOA has partnered with local farmers for Produce Perks. Produce Perks provides eligible seniors with a voucher that can

be utilized to purchase fresh fruit, vegetables, honey, and herbs for participating vendors. Current vendors include Fenik's Sweet Corn, Grobe Fruit Farm & Fruit Farm Express, and Solidarity Urban Farms.

Qualified participants must be age 60 or over with an annual income less than 300% of the Federal Poverty Line (\$45,180 for a single person). Funding for these programs was provided by a grant of the Ohio Department of Aging at the authorization of the Lorain County Commissioners. Those interested in these programs can receive more information by contacting: info@lcooa.org, or by calling 440-326-4800.

NEW PROGRAM: SAFE AT HOME

LCOOA is offering seniors 60 years + who own and reside in their homes the opportunity to receive at no cost: Grab Bars, Toilet Rails, Wheelchair Ramps, Walker Ramps, Stair Safety Rails (indoor/outdoor), ADA Toilets (raised seat) and some Bathtub Area Modifications.

Keeping seniors Safe at Home. For more information please call 440-406-3337 or 440-326-4800.

LCOOA Food Pantry: The Lorain County Office on Aging (LCOOA) food pantry has become a large part of the Lorain County Community. Our shelves are much depleted as donations have slowed down. We are currently looking for more food and personal care items.

We would like to take this opportunity to thank those people and organizations who donated to our pantry, either by dropping off food or other non-edible items, or



by their monetary donation this year.

Please remember we cater to Senior Citizens who live in households of one or two people. A family size box or jar often can go stale before it gets eaten. Rather, two smaller containers can feed two households and avoid waste. All donations can be dropped off at LCOOA, 534 Abbe Road South, Elyria from 8:30am to 3:30pm. Please call 440-326-4800 for more information.



We're here to help.

Experience the difference palliative care makes in your quality of life with Hospice of the Western Reserve's nationally recognized Navigator program. Our dedicated professionals are here to help you or your loved one manage symptoms, reduce stress, and improve your overall well-being.

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800.707.8922 | hospicewr.org

ROCKING MOBILITY

When Rocking Mobility opened its retail store offering scooters, wheelchairs, and other mobility equipment, it designed a retail experience inside the store so shoppers could try out the equipment to find the right fit. They know that the equipment is an investment and want the customer to be able to try different models before committing to a purchase.

Rocking Mobility also offers repair services either in store or a technician can come to your home to repair equipment. "We repair many popular brands of mobility equipment (scooters, power chairs, lift chairs and beds) regardless of where you purchased it," says Marsha Adair, who along with her husband Paul, owns the store located in Kamms Corner. "Our goal is to make it as convenient as possible for people with mobility issues. Our technicians will come to your location, evaluate the item, work with manufacturer if parts are needed or repair at time of first visit, if possible." The company offers flat-rate service fees for initial evaluation/repair. A quote will be provided should the repair need additional work so there is absolute transparency in pricing. Rocking Mobility also sells reclining



lift chairs, adjustable hospital beds, patient lifts and daily living aids. They also provide rental equipment for short-term needs such as after surgery.

Rocking Mobility provides what the Internet doesn't—setup, training and warranty support.

"It is our mission to help people with mobility issues," she says. "At Rocking Mobility, we get you rolling again."

Rocking Mobility is located at 17472 Lorain Avenue in Cleveland. For more information, call 216-356-6984 or visit www.RockingMobility.com

LORAIN COUNTY OFFICE ON AGING
PRESENTS

MOONLIGHT
MAGIC



live entertainment, hors' d'oeuvres, cocktails,
casino games, raffles, silent auction
Proceeds Benefit Programming for Lorain County Seniors

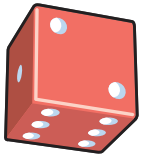
AUGUST 9 • 6:00 PM

Emerald Event Center, Avon

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Business Casual Attire

to purchase tickets call 440-326-4800 or visit www.lcoa.org



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Knowing the Signs of Stroke

(Family Features)

Stroke can happen to anyone - it happens to more than 800,000 people every year in the United States. Knowing the signs of stroke and how to prevent it can help protect you or your loved ones from disabilities caused by stroke.

That's why the National Institute of Neurological Disorders and Stroke (NINDS), part of the National Institutes of Health, created the "Know Stroke" campaign to disrupt stroke and help people in your community who might be at risk of stroke through prevention, treatment and research.

"Seconds are critical when someone is having a stroke," said Dr. Clinton Wright, vascular neurologist and director of the Division of Clinical Research at NINDS. "It's important to know the signs."

Know Stroke

Most strokes happen when the brain stops getting the blood supply it needs to work properly. Without enough blood flow, the brain starts to lose function. Two million brain cells die every minute during stroke, which is why stroke prevention is important. Preventing stroke protects

you from developing disabilities that stroke may cause like speech problems, limited movement and memory loss.

Know the Signs of Stroke

Stroke symptoms often appear suddenly and can be easily missed. Treating stroke by getting to a hospital quickly is critical to prevent brain damage. If you see these signs, act F.A.S.T.:

- Face drooping: One side of the face droops when smiling
- Arm weakness: If both arms are raised, one drifts down
- Speech difficulty: Slurred or strange speech
- Time to call 911: Do not drive yourself or your loved one - call an ambulance immediately if you notice one or more of these signs

Learning these stroke symptoms can help disrupt stroke before it disrupts your (or someone else's) life. Other signs to look for include sudden numbness, confusion, difficulty seeing, difficulty walking and severe headache, especially one that occurs in a split second, called a thunder-clap headache. Remember stroke is always an emergency that requires fast action and



medical treatment.

Know How to Prevent Stroke

Some medical conditions and lifestyle considerations can put you at higher risk for stroke. For example, high blood pressure is the leading cause of stroke. Stroke can be prevented by effectively treating high blood pressure as well as high cholesterol, heart disease, diabetes, smoking and obesity. There are several ways to lower your risk for stroke:

- Treat high blood pressure
- Exercise regularly

• Eat healthy and maintain a healthy weight

- Manage diabetes
- Quit smoking
- Control cholesterol

Doing your best to prevent stroke from happening is the No. 1 way to lower your risk of disabilities caused by stroke. Even if you have had a stroke before, you can still take steps to reduce your risk of more strokes. Treating these risk factors may also reduce the chance of developing age-

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Where There's a Will, There's Not Always a Way, especially when it comes to estate planning

Joseph L. Motta

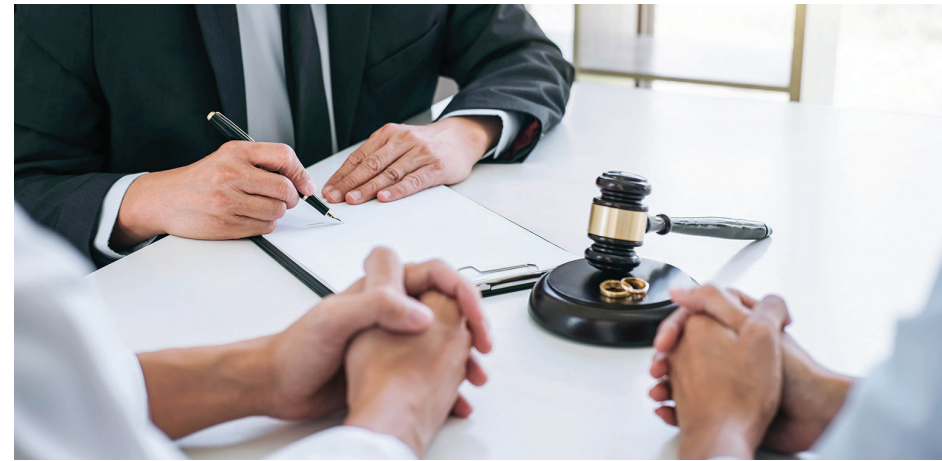
Most people believe that estate planning consists of nothing more than preparing a Will to designate how your assets are to be distributed upon your death. Proper estate planning, however, deals with protecting your family and assets both during and after your lifetime. A comprehensive estate plan involves: (i) preparing for your disability or incapacity; (ii) planning for your potential long term care needs; and (iii) protecting your children's inheritance even after your death.

A Will takes effect only upon your death. If you become incapacitated, a Will does nothing to provide for the management of your assets during your lifetime. For example, if you suffer a severe stroke and are unable to handle your own affairs, someone must have legal authority to manage your assets on your behalf. Absent proper legal planning, a person will have to apply to the probate court to be appointed your guardian. Once a guardian is appointed, this person must

periodically file accounts with the court to demonstrate how your assets are being managed. In addition, the guardian is required to seek the court's permission to expend assets on your behalf. This is a time consuming and burdensome process that can be avoided by planning.

At your death, a Will identifies the persons who are to receive your property. However, the administration of a Will must be supervised by the probate court. This is a time-consuming and expensive process. In most cases it takes at least six months to complete the probate process. Many estates take longer to administer. The costs and expenses associated with probate can consume five percent or more of the value of your estate. In addition, when a Will is probated, all of the decedents next of kin must be notified, even if they are not named as beneficiaries. This opens the estate to challenges from disgruntled family members.

Moreover, when your assets are distributed under a Will, the property received by your beneficiaries is exposed to sig-



nificant risk of loss. For example, if one of your children gets divorced a few years after receiving his or her inheritance, the divorcing spouse may acquire one-half of the inheritance in a divorce proceeding. If a child is involved in a lawsuit and a judgment is entered against him, all of the inheritance may be used to satisfy the judgment. If a child has creditor problems, assets received under a Will are available

to satisfy the claims of those creditors.

The issue just described can be addressed by proper estate planning. Through the use of carefully drafted trusts, transfer on death affidavits, powers of attorney and other documents, it is possible to prepare for problems that may occur during your lifetime, and to provide protection financial protection for your family even after your death.



Joe Motta

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Know Stroke

Act F.A.S.T. to Save Lives



stroke.nih.gov



Getting to a hospital quickly **saves lives.**

Source: <https://www.stroke.org/en/about-stroke/stroke-symptoms>

STROKE FROM PAGE 4

related dementia. For more information on the connection between stroke risk factors and dementia, visit mindyourrisks.nih.gov.

Know How to Recover from Stroke

As much as prevention helps lower the chances of having a stroke, it can still happen. Rehabilitation therapy is usually started in the hospital within 48 hours after a stroke. Health care workers help stroke patients relearn skills that were lost from the stroke or teach them new ways

to compensate for remaining disabilities. Researchers continue to investigate how patients can restore blood flow to the brain and how to protect brain cells after stroke to improve recovery.

Know More

When you know the signs of stroke, you can help prevent a life-changing disability for yourself or someone you care about. You could even save a life. Visit stroke.nih.gov to learn more about stroke risks, prevention and research.

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