

# senior living

THURSDAY, JANUARY 23, 2025



**LORAIN COUNTY METRO PARKS  
INDOOR AQUATIC FACILITIES**  
Amherst HealthPlex offers an eight-lane swimming pool that is a great spot to swim laps and is home to water aerobics classes.  
47160 Hollstein Drive, Amherst, OH 44001  
(440) 984-3470

**What Is A Downsizing  
Consultation?**

**PAGE 2**

**Expert Tips for Staying  
Healthy This Winter**

**PAGE 4**

**ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL**





Seniors Helping Seniors®  
...A WAY TO GIVE AND TO RECEIVE®

In-Home Care Services  
Northern Ohio



For your  
senior's  
personal  
care, when  
you can't be  
there®

Need Reliable Transportation and  
Personal Care? We've Got You Covered!

Let us help your loved one stay independent  
and connected. Call us at 440-935-3848.

[www.SeniorCareNorthernOhio.com](http://www.SeniorCareNorthernOhio.com)

## What Is A Downsizing Consultation? Are You A Candidate?



I received a phone call from Mrs. Smith who had repeatedly seen my downsizing consultation ad in the paper and had questions. She was not planning on selling anytime but was wondering what the consultation is and the cost. I explained that it is never too soon to talk with a Realtor about future plans whether they are to sell your home now or to age in place. I asked some simple questions starting with how many years has she lived in her home? Mrs. Smith and her husband bought their home in the 1980's and have lived in it for about 35 years. When they purchased their home, they were raising their teenage children and had always wanted a 2 story home. Now her children are grown and have children of their own. They visit periodically. Her children live a couple hours away and are always thinking about their mother's safety.

Mrs. Smith has been considering updating her kitchen cabinets and possibly her bathroom. Her husband passed away about a year ago, so she isn't sure who she would hire to help with the updating if she decided to do it.

Mrs. Smith has been trying to work on her estate plan since her husband had recently passed and she wanted to have everything in order for her children. What if something happened and they had to sell her house and liquidate her items?

After hearing Mrs. Smith's story, I told her she is a perfect candidate for a downsizing consultation. Mrs. Smith was even more relieved when I told her it was

Free. A downsizing consultation is exactly what she needed to help her decide what to do and how to plan for her future. We scheduled an hour appointment for a downsizing consultation. I toured the property and looked over her house to see if putting the money into updating would be a good investment. I helped her look at her home through the eyes of a home inspector. I educated her on looking for any major items that she may need to address sooner than later even if she doesn't sell and she decided to stay in her home as long as she can.

Mrs. Smith and I also talked about placing me as a Realtor

**HURRY**  
Limited Offer  
for NEW  
Subscriptions

Only **\$10**  
for the First Year!!  
(\$15 at Renewal Time)



The Lorain County Office On Aging  
**THE SENIOR YEARS**

The Senior Years is now available digitally!! \$10 a year.  
Visit <https://lcooa.org/senior-years-subscribe/>

**SUBSCRIBE NOW**

*Senior Years* is a monthly publication provided by  
The Lorain County Office On Aging

**Mail NEW Subscription to...**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Mail GIFT Subscription to...**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mail CHECK to:

**Lorain County Office on Aging**

534 Abbe Road South, Elyria, OH 44035

**2025  
SPECIAL**  
Two NEW  
Subscriptions  
Only **\$15**  
Expires 2/29/25

Makes a  
Great Gift for  
Mom, Dad,  
Grandparents  
and Friends!!!!



## Time for a Check Up: Why Seniors Should Schedule an Annual Health Review in January

Happy New Year! 2025 is here, and it's the perfect time for seniors to prioritize health and wellness. Whether you've set big fitness goals or just want to feel your best, scheduling your annual health checkup is a fantastic first step for every senior. The Seniors Helping Seniors® team believes proactive care is the key to staying healthy and happy all year long.

In this blog, we'll explore why January is the ideal time for your checkup, the many benefits of an annual health review, and the essential health factors to discuss with your doctor. Let's start the year with confidence and care—keep reading to find out more.

### New Year, New Healthier You

January is the perfect time to reset and focus on what truly matters—your health! With the new year's motivation in full swing, it's

a fantastic opportunity for seniors to prioritize wellness by scheduling an annual health checkup. A health review early in the year helps set the stage for a healthier, more energetic 2025.

It's a great time to address any lingering health concerns, discuss preventive care, and create a plan with your doctor to stay active and well all year long. Starting the year with proactive care not only boosts your confidence but also provides a clear picture of your overall health. Make January the month you take charge of your well-being—your future self will thank you.

### Key Health Areas to Address

When it comes to annual health checkups, it's essential to look at the bigger picture. Physical health is a great place to start, with a thorough exam and a review of key health factors like weight and



blood pressure. In these reviews, mental health matters just as much—use this opportunity to discuss emotional well-being, cognitive function, or concerns like Seasonal Affective Disorder.

Your doctor can also provide

tips to keep your mind sharp. Lifestyle habits play a huge role in health, so review your diet, exercise routine, and any adjustments needed for the year ahead. And remember, social health is crucial

**SEE PAGE 5**

## Learning from Voices of War

### Honoring the 80th anniversary of World War II's final major battle

(Family Features) The Ardennes Offensive, commonly known as the “Battle of the Bulge,” stands as the single bloodiest battle fought by the United States during World War II. Waged in the bitter cold of mid-December 1944, it took the Allies a month to secure victory. The cost was staggering: nearly 20,000 Americans were killed in action, close to 50,000 wounded and another 20,000 captured.

In honor of the 80th anniversary of this pivotal battle, the Library of Congress Veterans History Project has launched an online exhibit to commemorate the milestone. While the battle itself is etched in the annals of history, the personal stories from those who endured it remain one of the most powerful testaments to its impact.

The online exhibit, “Serving Our Voices,” features accounts from 12 Battle of the Bulge survivors, part

of the thousands of narratives preserved by the project. These stories ensure future generations can gain deeper understanding of veterans' service and sacrifice.

One such story includes Eliot Annable, a 20-year-old radio operator serving with the Army's 106th Infantry Division. Just days after arriving at the western front, Annable found himself under German artillery barrages on Dec. 16, 1944. He recalled the assault in his oral history, describing the intensity as “almost enough to knock you on the floor.”

The following five days became the most harrowing days of Annable's military service. While on a communications mission, he became stranded behind enemy lines and spent nearly a week evading the enemy in the Ardennes Forest without food, shelter or appropriate winter clothing. After traveling



more than 30 miles, he eventually safely rejoined the remnants of his unit.

Back home, Annable's parents were gripped by uncertainty. On Dec. 31, 1944, his father wrote

a letter expressing the family's anguish and love for their son, regardless of what happened. The moving letter, coupled with Annable's oral history, provides an

**SEE PAGE 6**



## Expert Tips for Staying Healthy This Winter

### What older adults and caregivers need to know

(Family Features) As the colder winter weather settles in, rates of respiratory illnesses like flu, COVID-19 and RSV can rise. These infections pose higher risks for older adults and can cause severe illness and hospitalization.

“We all like to gather indoors in the winter because of the cold weather,” said Kari Benson, deputy assistant secretary for aging at the Administration for Community Living. “But those gatherings are easy places for viruses to spread and for older adults to get sick. The good news is there are many ways for older people to lower their risk of serious illness.”

Here are some expert tips for older adults and caregivers from the U.S. Department of Health and Human Services’ (HHS) Pan Respiratory Virus Public Education Campaign, Risk Less. Do More. Get vaccinated against flu,

COVID-19 and RSV. Compared to 2023, vaccinations for flu and COVID-19 have increased among older adults. Vaccines are the best protection against serious illness and can cut a person’s risk of being hospitalized for flu or COVID-19 by about half and for RSV by about 70%. Most deaths from flu, COVID-19 and RSV are among people ages 65 and older, and this risk grows with age.

The 2024-25 flu and COVID-19 vaccines are available for all people ages 6 months and older. RSV vaccines are recommended for anyone 75 and older as well as those 60 and older with certain health conditions or who live in nursing homes. Older adults and caregivers can talk to their doctors about which vaccines are right for them.

Try to avoid people who are sick. If family or friends you are planning to see aren’t feeling well, it’s



best to reschedule or move your get-together outside. If you must be inside with someone who is sick, wear a mask and ask them if they will wear one, too. Wash your hands or use hand sanitizer frequently. You can also improve ventilation by opening doors and

windows and using fans.

Limit time spent at large, indoor events. Viruses can spread quickly in large crowds, especially indoors. Spending extended periods in crowded inside spaces - such as large restaurants or concert and

**SEE PAGE 5**



# Things To Do? Call The Dudes!

440.258.6136 • [CallHoneyDudes.com](http://CallHoneyDudes.com)



**DID YOU KNOW?**

Arthritis is a series of conditions that primarily affects joint health. The two main types of arthritis are osteoarthritis and rheumatoid arthritis. The University of Michigan Health says osteoarthritis occurs when the smooth cartilage joint surface wears out, and the condition usually begins in an isolated joint. Rheumatoid arthritis is an autoimmune disease that causes the body to attack itself. RA targets the joints, but other parts of the body can be affected as well. The Cleveland Clinic says that osteoarthritis is generally diagnosed in adults older than age 50. Rheumatoid arthritis tends to develop in adults between the ages of 30 and 60.

**TIME FOR A CHECK UP FROM PAGE 3**

as well. Staying socially active can lift your mood and enrich your life. A Seniors Helping Seniors® caregiver can help you stay on top of these areas, whether it's preparing healthy meals, encouraging fitness, or helping you connect with your community.

**Team Up with a Caregiver**

Welcoming a professional caregiver into your life is one of the best ways to stay proactive about your health and well-being. Caregivers provide invaluable assistance, from meal preparation and household tasks to ensuring you stay consistent with medical appointments and fitness routines.

They're also there to offer emotional support, brightening your days with friendly conversation and encouragement. Professional caregivers are trained to help you maintain independence while adding an extra layer of security and care to your routine. Whether

you're pursuing new hobbies, focusing on your health goals, or simply looking for a bit of extra help, a caregiver can be your trusted ally in making this year your best yet.

Your health is the foundation for living a vibrant, fulfilling life, and there's no better time than now to take charge of it. Scheduling your annual checkup in January ensures you're starting the year on the right foot, addressing concerns, and building a plan for the months ahead. With the guidance of your healthcare provider and the support of a compassionate caregiver, you'll be equipped to embrace the new year with confidence and peace of mind.

Seniors Helping Seniors® is here to provide encouragement and assistance every step of the way. Reach out to us today to explore how we can assist you in achieving your goals.

**STAYING HEALTHY THIS WINTER FROM PAGE 4**

sports venues - can be risky, especially if rates of flu, COVID-19 or RSV are high in your community. Consider skipping these events until rates go down or going to outdoor events instead, if possible.

Respiratory viruses can surge during the winter months. However, there are ways to lower your risk of severe illness and hospitalization. To learn more about flu, COVID-19 and RSV, go to [cdc.gov/RiskLessDo-More](https://www.cdc.gov/RiskLessDo-More) or talk to your doctor. Visit [vaccines.gov](https://www.vaccines.gov) to get started.

# Upcoming Learning & Community Events

Preparing For The Unexpected 02/11/25- North Ridgeville Senior Center  
Lunch & Learn @ Noon

This free lunch & learn will help you organize your personal documents and get them in order for your family, loved ones, or care taker in case something unexpected happens. Jen will provide a complimentary binder with sections to organize your finances, insurance, assets, important contacts, funeral arrangements and more.



 Real Estate Services 

Call 440-371-2862  
to reserve your seat

DOWNSIZING 101 HOW TO START YOUR JOURNEY  
& TYPES OF SENIOR HOUSING

02/22/25 GRAFTON MIDVIEW PUBLIC LIBRARY @ 10 A.M

2/25/25 SPLASH ZONE IN OBERLIN- LUNCH INCLUDED @NOON



## LEARNING FROM VOICES OF WAR FROM PAGE 3

intimate view into one soldier's Battle of the Bulge experience.

Another featured veteran in the exhibit, Guy Martin Stephens, also served with the 106th Infantry Division. Unlike Annable, Stephens was captured by the Germans during battle. In his oral history, he recounted the surreal feeling of combat, the relentless hunger he endured as a prisoner of war and the lingering effects of his time in captivity.

"It's hard," Stephens said. "It's something you can't ever ... your mind is just like a video, or camcorder, I guess. You put it in there. You get busy and get married. You get home, and you get an education, and get a job, and raise your family and everything like that. You can kind of gloss it over or try to push it back, but it's always there, you know?"

Veterans who served during



the 20th or 21st centuries are invited to establish a collection, including interviews (video or audio), letters and original photographs, even if they did not see combat. Families can also submit collections posthumously to honor their loved ones. To explore more veterans' stories and learn how you can contribute to the program, visit [loc.gov/vets](http://loc.gov/vets).

## Downsizing Consultation FROM PAGE 2

contact for her family in her estate plan. I explained to her that I can make it easy because they just have to call me and I can help them deal with what to do with Mrs. Smith's stuff and cleaning out the house. Finally, Mrs. Smith and I got on a conference call with her son so that she could introduce me to him and we could place a face with a name in the future moving forward.

Here we are 6 months later, Mrs. Smith is still missing her family and is really hoping to get closer to them. A short drive would be so much easier on everyone. Mrs. Smith and I are getting ready to take the next steps to put her home on the market. It all started with a no obligation, easy, no pressure phone call and meeting about a downsizing consultation. If you are in a similar situation as Mrs. Smith or just would like to talk about today's real estate market give Jennifer Heron-Underwood a call at 440-371-2862. You can also visit [www.downsizing411.com](http://www.downsizing411.com) for important resources and a list of upcoming virtual seminars and workshops.



## 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.

### HickmanLowder

Lidrbach & Welch Co., L.P.A.

Elder Law · Medicaid Planning  
Estate Planning · Asset Protection  
Care Advocacy Services

Contact us:

440-323-1111  
[Hickman-Lowder.com](http://Hickman-Lowder.com)



# BENNY & MIRACLE SHIELD CELEBRATING 45 YEARS

## AUTO UNDER COATING



**COMPLETE  
CORROSION  
PROTECTION FOR  
ALL METAL PARTS..  
THE BEST DEFENSE  
IN FIGHTING RUST**

# MIRACLE SHIELD

**PAINT SEALANT - NEVER WAX AGAIN!**

**NOW WITH CERAMIC  
TOP COAT**

# RUST PROOFING

## FULL VEHICLE RUST PROTECTION



- Eco Friendly
- No Solvents
- Non Toxic
- Non Hazardous
- Long Lasting Protection

## AUTO DETAILING



**45 YEARS!!**

**440-244-2330 • 805 Reid Ave • Lorain**



# WINTER SALE CLEARANCE

**BEST SELECTION & VALUE RIGHT IN YOUR TOWN!**

**SAVE \$200 ON ELECTROLUX LAUNDRY PAIRS OR WASHTOWER**

There's clean, and then there's Electrolux clean.



Get back an additional \$200 with purchase of an Electrolux laundry pair until Jan. 29th via online or mail-in rebates for a virtual prepaid MasterCard® Cards\* on select laundry pairs GET \$100 OFF OF A PAIR UNTIL FEBRUARY 26TH, 2025



**SHOP SMART. SHOP LOCAL. SHOP STEWARTS!**

Since 1946  
**Stewart's**  
TV & APPLIANCE



LET YOUR VIBE SHINE WITH BOLD SAVINGS  
save up to

**\$1000**

with Online Rebate

when you bundle eligible LG STUDIO Appliances\*

\$100 for 2, \$300 for 3, \$800 for 4, \$1,000 for 5 or more appliances available through 4-2-25

**Dream it. Do it.**  
Buy now, pay over time with Special Financing\*



**0% INTEREST FOR 12 MONTHS\***  
\*restrictions apply

Plus, it's a revolving line of credit you can use for future purchases at Stewart's!

**Buy now, pay over time with the AVB Credit Card\***  
Our special financing options make shopping easy with convenient monthly payments that fit your budget.

**KitchenAid®**  
Earn Up To **\$3,800** in Rebates With KitchenAid Appliance Packages

**\$4,096**  
Package Price \$3,190 After All Rebates  
**WAS \$6,566 • SAVE \$2,470**

**SAVE 51%**

**Whirlpool®**  
Earn Up To **\$800** On Whirlpool Appliance Packages After Exclusive Rebates

**\$849**  
WAS \$1,649 • SAVE \$800

**SAVE 49%**

**MAYTAG**

**\$549/ea.**  
WAS \$799 • SAVE \$250