

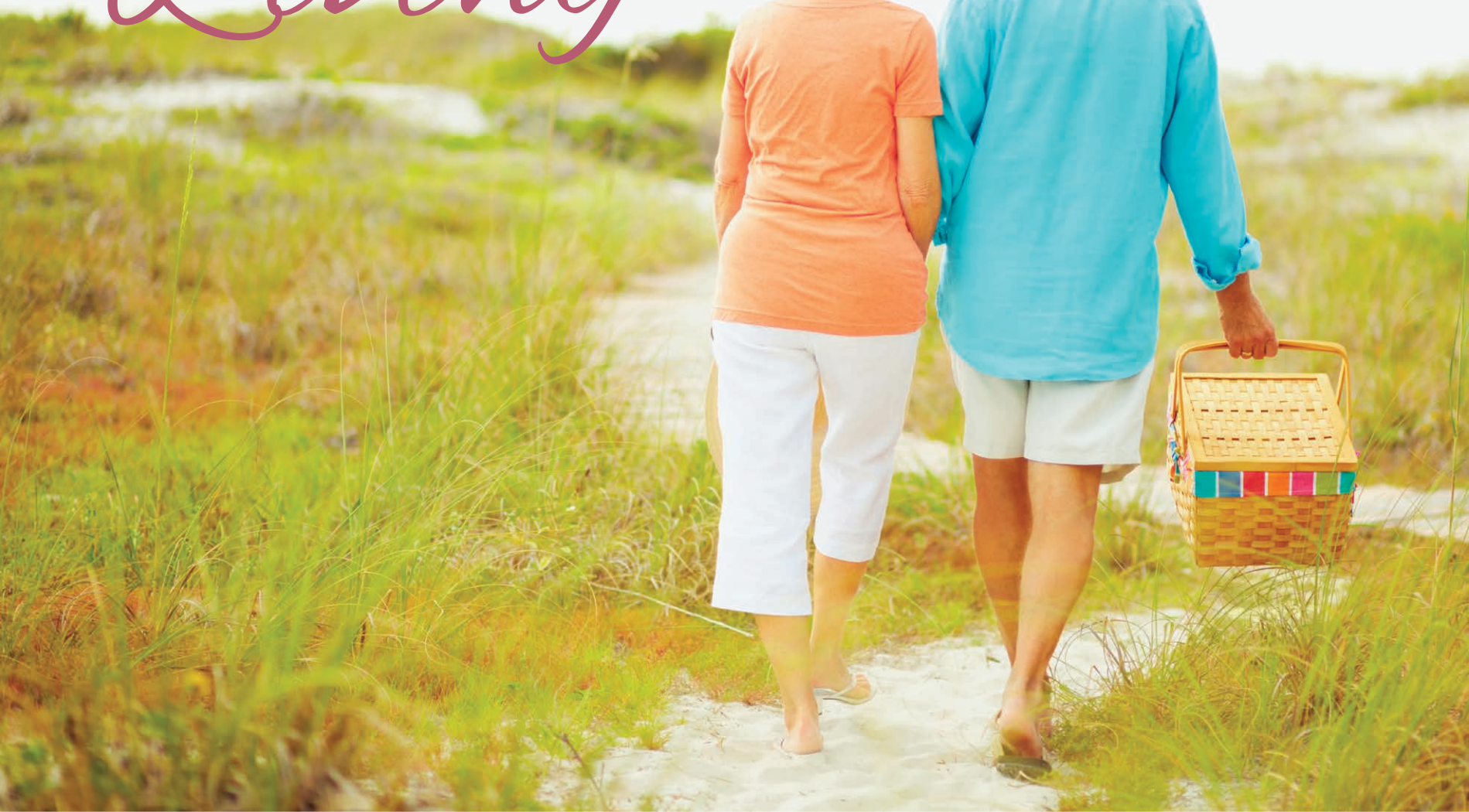
Saturday, April 26, 2025

A SPECIAL SUPPLEMENT TO THE NEWS-HERALD

THE NEWS-HERALD

www.News-Herald.com

SENIOR *Living*



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Memory care at Jennings at Notre Dame Village

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440.279.9400 | jenningsohio.org



Staycations offer unique opportunity to try assisted living

Assisted living is an ideal residential choice for individuals who value a sense of community or need some extra support. While there are many benefits to making a permanent move to assisted living, Jennings has created its exclusive Staycations for short-term solutions such as continued recovery or simply considering assisted living as an option.

"A Staycation offers the temporary support of assisted living," explains Lisa Brazytis, Chief Marketing Officer at Jennings. "Our guests enjoy all the comforts, care and amenities of assisted living during their stay. We often serve guests who live independently with the support of their families but need temporary support while family members are out of town."

A short-term assisted living residence is also ideal for someone who has finished short-term skilled nursing but does not feel strong enough to return to their residence independently. The Staycations have nurses and care staff who continue to support recovery progress, combined with therapies to help guests regain strength before returning home. This type of temporary care allows individuals to recover in a supportive environment, without the pressure of han-

dling daily tasks alone.

Another advantage of assisted living for both long- and short-term stays is the availability of meals, housekeeping, and transportation services. These services eliminate the need for residents to worry about these everyday tasks, making life more manageable and stress-free.

Jennings offers Staycations in its Brecksville and Garfield Heights communities, and has added Memory Care Staycations at its Jennings at Notre Dame Village community in Chardon. "We are excited to offer this helpful solution to families who are caring for a loved one with memory challenges at home," explains Mrs. Brazytis. "Guests enjoy the community, and fam-



ily members have peace of mind while traveling or simply taking time to recharge."

For more information,
visit www.jennings.org/staycation
or contact Kate Mach at (440) 279-9400.

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Please contact our office today for an appointment 216-459-8616

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www.bluestoneperennials.com**



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Check Your Medicare I.Q.

If you are turning 65 or going on Medicare for the first time in 2025, it is time to brush up on your Medicare knowledge. Here are a few things you should know before it is time to enroll:

Do you know . . .

- What the monthly premium is for Medicare? Is the premium the same regardless of your income?
- What is NOT covered by Medicare? Are there ways to get additional coverage?
- What is the penalty if you miss your sign-up deadline?
- Which plan provides the best prescription coverage for YOU?
- What are 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 Willoughby Hills, Mentor and Concord. 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.

Get the FACTS on Insurance



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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.

Beat Brain Strain With Better Hearing

Got a lot on your mind? It could be hearing loss.

Hearing isn't just about your ears — it's a team effort between your ears and your brain. Your brain works hard to locate and interpret sounds, focus your attention on specific noises, and filter out background distractions. When hearing loss enters the picture, your brain has to work overtime to fill in the gaps, leading to increased cognitive strain. This extra effort can leave you feeling mentally drained, even after a simple conversation, and may contribute to long-term cognitive decline.

The Link Between Hearing and Brain Health

Untreated hearing loss is associated with an increased risk of cognitive challenges. Studies suggest that hearing loss plays a role in an estimated 800,000 of the nearly 10 million annual dementia cases. This is because the brain has to compensate for missing auditory input, which diverts resources from other cognitive functions like memory,

problem-solving, and attention. Over time, this can accelerate brain shrinkage and contribute to cognitive decline.

Conversely, treating hearing loss can help protect brain function. By reducing the cognitive load required to process sounds, individuals may experience improved mental clarity and energy levels.

Recognizing the Signs of Hearing Loss

Hearing loss often develops gradually, making it difficult to recognize. Here are some common signs that indicate a potential hearing issue:

- Frequently feeling exhausted after conversations
- Loved ones commenting on high TV volume
- Difficulty understanding speech through masks or video calls
- Social withdrawal due to communication struggles
- Conversations seeming muffled or unclear
- Trouble hearing everyday sounds like the doorbell



- Missing key words in a sentence

If you identify with any of these signs, a hearing evaluation can provide clarity and direction for potential treatment.

The Benefits of Addressing Hearing Loss

Addressing hearing loss is about more than just improving sound perception — it plays a crucial role in overall brain health. Studies indicate that hearing aid use is associated with a lower risk of dementia, slower cognitive decline, and better overall brain function in older adults. With improved hearing, the brain does not have to work as hard to interpret sounds, allowing cognitive resources to be used more efficiently.

Additionally, treating hearing loss can lead to better communication, increased social engagement, and an overall higher quality of life. Rather than struggling to keep up with conver-

sations, individuals can enjoy effortless interactions and greater confidence in their daily activities.

Taking the Next Step

Hearing health is an essential component of overall well-being. If you suspect hearing loss, seeking a professional evaluation can provide valuable insights and potential solutions. Early intervention can help preserve cognitive function, reduce mental strain, and enhance overall quality of life.

By understanding the connection between hearing and brain health, individuals can take proactive steps to support long-term cognitive well-being and stay engaged in the world around them.

The time is now — come get your hearing checked and avoid brain strain.

Call Amanda's Family Hearing at (440) 637-8143 to schedule your personalized hearing consultation today!

"As an *audiologist* with lifelong *hearing loss*,

I understand its potential impacts firsthand and am deeply committed to helping people live better by hearing their best."

— Amanda Barbur
Au.D., Doctor of Audiology



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AmandasFamilyHearing.com



Discover Volunteer Opportunities with the Lake County Volunteer Network

Have you been considering volunteering but unsure where to start? The Lake County Volunteer Network (LCVN) is your ideal starting point. Tailored specifically for individuals aged 55 and older, LCVN offers a streamlined connection to a variety of volunteering opportunities, eliminating the hassle of extensive online searches or countless phone calls.

With partnerships spanning over 50 different organizations, the LCVN matches you with rewarding volunteer experiences that align with your availability and interests. Whether you're looking to engage in direct service, support local events, or assist behind the scenes, LCVN ensures that there's a perfect fit for everyone.

How to Get Started

Visit the LCVN website at www.lake-countyohio.gov/senior-services/home/lake-county-volunteer-network or call 440-350-5360 to take the first step

towards enriching your life through service.

1. Complete a Volunteer Enrollment Form: This form helps us understand your interests and availability.

2. Schedule an Orientation Session: Attend a one-hour orientation where you'll have the chance to learn about various volunteer roles. Even if you're unsure of what you want to do, our orientation will help you explore your options.

Following the orientation, LCVN staff will connect you with at least one suitable organization and assist you in scheduling your next steps. Our dedicated team is here to guide you and ensure your volunteer experience is enjoyable and fulfilling.

Exclusive Benefits for LCVN Volunteers

The LCVN offers a range of exclusive benefits:

- Access to Special Events: Members

enjoy early access to periodic and unique volunteer opportunities.

- Supplemental Volunteer Insurance: We provide supplemental insurance coverage in the event of an injury while volunteering.

- Free Laketrans Dial-A-Ride: Enjoy free transportation to and from your volunteer site through our partnership with Laketrans.

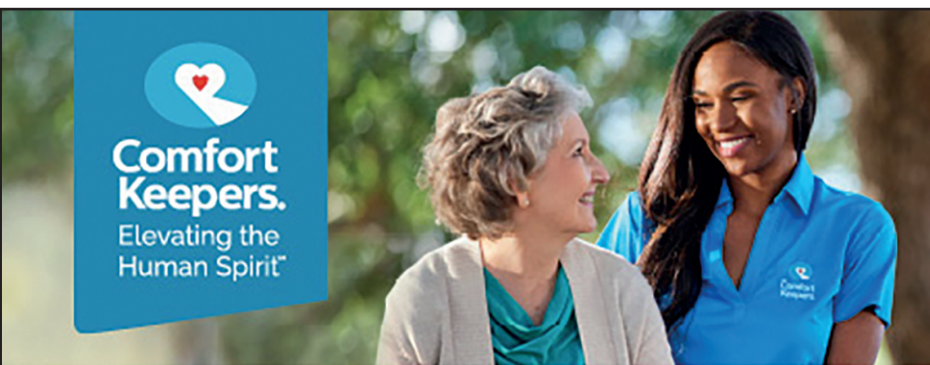
Join Us at the Community Volunteer Fair!

Don't miss the FREE 2025 Community Volunteer Fair on April 30 from Noon to 4:30 PM at the H Building



Atrium, Lakeland Community College!

This event features 25+ local agencies that need volunteers. Take the opportunity to connect one-on-one with volunteer coordinators and discover how you can make a positive impact in your community.



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cristen.kane@lakecountyohio.gov

(440) 350-5360

www.lakecountyohio.gov/senior-services



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Why Choose Lifeguard Financial for Financial Services

When it comes to managing your finances, choosing the right partner is crucial. At Lifeguard Financial, we understand that your financial goals are unique, and we're here to help you navigate your financial journey with confidence and ease. Here's why you should choose us for all your financial service needs:

1. Expertise and Experience - With years of experience in the financial industry, our team of seasoned professionals brings a wealth of knowledge to the table. Whether you're planning for retirement, managing investments, or need expert tax advice. We have the expertise to guide you every step of the way.

2. Customized Solutions - We believe that one-size-fits-all solutions don't work when it comes to finances. Our approach is personalized to fit your specific needs, goals, and circumstances. Whether you're an individual, a small business owner, or planning for future generations, we craft a financial strategy that works for you.

3. Comprehensive Financial Services - We offer a wide range of financial services under one roof. From wealth management, investment planning, insurance, tax preparation, to retirement planning, we provide comprehensive solutions that allow you to manage all your financial needs in one place. Our holistic approach ensures that every aspect of your financial health is covered.

4. Trust and Integrity - At Lifeguard Financial, we value transparency, honesty, and trust. We take pride in building long-term relationships with our clients. You can trust that our advice is always in your best interest, and we prioritize your financial well-being above all else.

5. Cutting-Edge Technology - In today's fast-paced world, technology plays a significant role in financial management. We use the latest tools and platforms to ensure your financial

information is secure, accessible, and up-to-date. With our user-friendly online portals and mobile apps, you can stay on top of your finances whenever and wherever you need.

6. Client-Centered Approach - We put you at the center of everything we do. Your goals become our goals, and your success is our success. From initial consultation to long-term planning, we work closely with you to ensure that our financial strategies align with your evolving needs.

7. Proven Track Record - Our reputation for delivering results speaks for itself. We have a proven track record of helping individuals and businesses grow and protect their wealth. Our clients consistently experience peace of mind knowing that they have a trusted financial partner by their side.

Conclusion:

Choosing a financial partner is one of the most important decisions you can make, and we are honored to be considered for that role. Our combination of expertise, tailored solutions, and unwavering commitment to your success make us the right choice for anyone seeking to secure their financial future. Whether you are looking to manage personal wealth, expand your business, or plan for retirement, we are here to help. Let's work together to build a stronger, more prosperous financial future.

**Anthony
Newman
President**



7536 Mentor Ave.

Mentor, OH

(440) 942-1936

www.lifeguardfinancial.com

Best Solutions Home Medical Equipment & Supplies

Best Solutions Home Medical Equipment & Supplies is a family owned company in Wickliffe with a mission to "enhance the quality of one's life." We have a staff that treat you with respect and like family.

We offer sales and rentals on



various home healthcare items including: Electric Scooters and Power Wheelchairs, Electric Beds, Portable Oxygen Concentrators, Patient Lifts & More. We also offer Lift Chair Recliners from Pride & Golden Technologies - two of the finest built lift chairs with a lifetime warranty on the major components.

We are also excited to announce that we have added a Bathroom Modification division to our company recently.

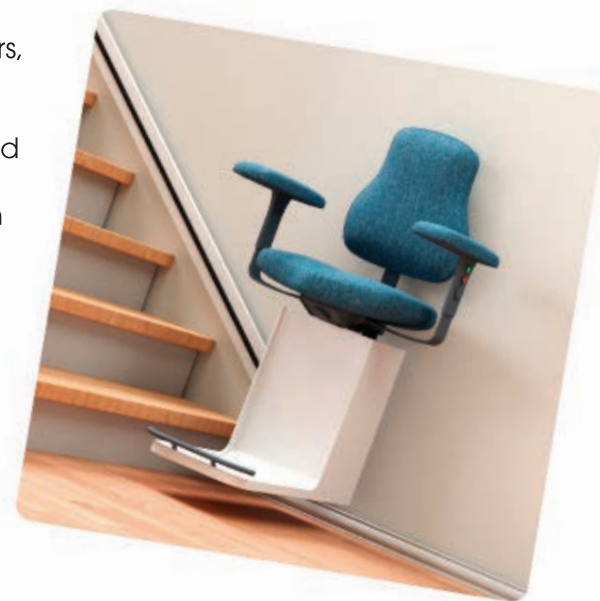
We offer Affordable Walk-in Showers along with Whirlpool tub, Door Widenings, Barrier Free Showers and more.

We are one of only a couple stores where you can RENT an item like Wheelchair Ramps, Electric Beds, Power & Manual

wheelchairs, Electric Scooters, Knee Walkers, Portable Oxygen Concentrators (that weigh 3-5 pounds) and more.

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8 Park-n-Ride locations



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Laketranside adds flexibility to door-to-door service with new Rides on Demand service

Laketranside is excited to announce the upcoming launch of its new “Rides on Demand” service, set to debut this summer. This innovative service will provide customers with the convenience of same-day transportation, blending the reliability of Laketranside’s door-to-door Dial-a-Ride service with the flexibility of traditional ride-share services.

Designed to enhance mobility options for Lake County residents, Laketranside’s Rides on Demand app will offer an affordable and accessible transportation option for individuals who need transportation without the need to book days in advance. The service aims to cater to the growing demand for flexible travel options, accommodating spontaneous trips for work, errands, medical appointments, or leisure activities.

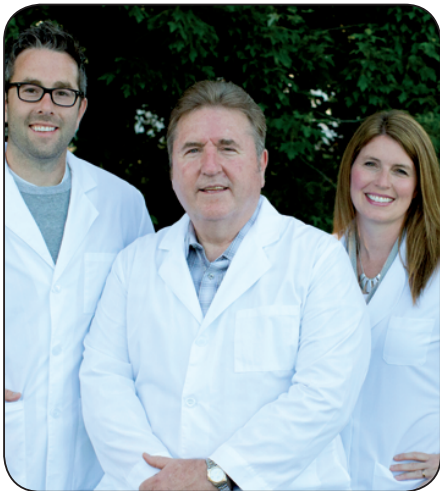
“We know it’s sometimes difficult to schedule every trip you need to take 1-12 days in advance with a reser-



vation,” shared Laketranside CEO Ben Capelle. “This new service will allow customers to request same-day trips on an app, giving them greater flexibility and control over their travel plans.”

By offering an alternative to traditional Dial-a-Ride reservations, Rides on Demand is expected to meet the diverse needs of the community while maintaining Laketranside’s commitment to affordability and accessibility. More details about service areas, pricing, and booking options will be announced soon at www.laketran.com.

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We consider it a privilege to meet the dental care needs of families in our community. Our primary responsibility is to our patients. We believe in preventive dental care and promote a conservative approach to treating our patients. Patients can expect a comfortable, consistent and compassionate environment at each appointment. We commit to rendering the highest standard of oral health care and to maintaining a trusting relationship of respect and confidence with our patients. We value you as a person and our team will take the time to get to know not only your smile, but your dental needs. **Call today for an appointment (440) 358-0495. We are located at 9659 Old Johnnycake Ridge Rd. Mentor or visit our website at mentorohiodentist.com.**



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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.

THIS DAY IN...



HISTORY

- **1803:** THOUSANDS OF METEOR FRAGMENTS FALL FROM THE SKIES OF L'AIGLE, FRANCE. THIS CONVINCES SCIENTISTS THAT METEORS EXIST.
- **1900:** FIRES CONSUME THE CANADIAN CITIES OF OTTAWA AND HULL, DESTROYING THEM IN 12 HOURS.
- **1954:** THE FIRST CLINICAL TRIALS OF JONAS SALK'S POLIO VACCINE BEGIN.




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- 

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- 

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

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- 

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

State Of The Art
We utilize state-of-the-art equipment and techniques to diagnose and treat you.

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 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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WILLOUGHBY HILLS SENIOR APARTMENTS 1- AND 2-BEDROOM SENIOR APARTMENTS

\$1875 a month with the first month free for a 2 bedroom, 1 bath!

For seniors over the age of 55, we know that home isn't just a place where you live. Home is where you are most comfortable to appreciate all of life's adventures with family and friends, and to enjoy the modern amenities you've grown accustomed to that make getting older that much easier. Independence, accessibility, and affordability are just a few of the pillars we have as our foundation when offering senior living apartments that our residents cherish their time in.

Our exceptional active adult community in the heart of Willoughby Hills offers elegant and comfortable living tailored to those aged 55 and above. Set back from Chardon Road, Willoughby Hills Senior Apartments' prime location is just minutes away from many shopping and dining options.

Our thoughtfully designed 1- and 2-bedroom units provide the ideal blend of modern convenience and comfortable living. Step into your new home and be greeted by a fully equipped kitchen, energy-saving appliances, central air, and in-unit laundry.

Willoughby Hills Senior Apartments also offers an array of impressive on-site amenities that cater to your unique needs and desires. Enjoy our community room, lounge, family room, fitness center, and beauty salon/barber shop. Planned trips and activities provide additional opportunities to get involved and meet your new neighbors. Come join us and discover a new chapter of comfort, camaraderie, and contentment. Schedule a tour today to see our building for yourself.



35100 Chardon Rd. Willoughby Hills, OH 44094 • (833) 776-0089

Or visit our website : <https://oneclover.com/senior-apartments/willoughby-hills-senior-apartments/>



LIFELINE'S SENIOR SERVICE PROGRAMS

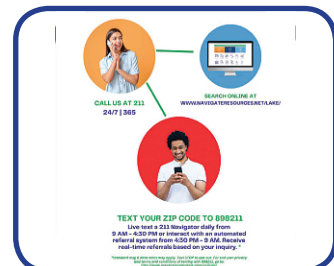


LCLIFELINE.ORG



ARE YOU OK

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



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.



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.



KINSHIP NAVIGATOR

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



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.

FOR MORE
INFORMATION

CALL 211 OR TEXT YOUR
ZIP CODE TO 898211*

*Standard msg & data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/poticies/>



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LIFELINE, INC. VOLUNTEERS WANTED



HELPING HANDS FOR SENIORS

The Helping Hands for Seniors program matches eligible older adults 60+ who reside independently in Lake or Geauga County with vetted volunteers 18+, who will assist them with daily activities essential for their health and safety.

Services that Helping Hands for Seniors can provide may include:

- minor repairs and handy-person tasks;
- outside maintenance that consists of light tasks and does not include grass mowing or snow shoveling;
- various errands outside the home;
- technology services;
- & other in-home services.

TO LEARN MORE CONTACT LIFELINE

LAKE COUNTY OFFICE
440.354.2148 - EXT 207
ANDREA@LCLIFELINE.ORG

GEAUGA COUNTY OFFICE
440.251.2781
INFO@LCLIFELINE.ORG



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TO LEARN MORE CONTACT LIFELINE'S GUARDIAN DEPARTMENT

(440) 350-2234
GUARDIAN@LCLIFELINE.ORG



VOLUNTEER GUARDIAN PROGRAM



The Volunteer Guardian Program serves local seniors, persons with developmental disabilities, and those struggling with mental illness. Volunteers with the VGP make a difference in the lives of Lake County's most vulnerable populations by being friendly visitors or by advocating for their needs as a volunteer guardian.

Both volunteer visitor and volunteer guardian opportunities are available.

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healthy gums are all part of your oral health.
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**Dental Group of Jefferson
(440) 576-7040**

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!"

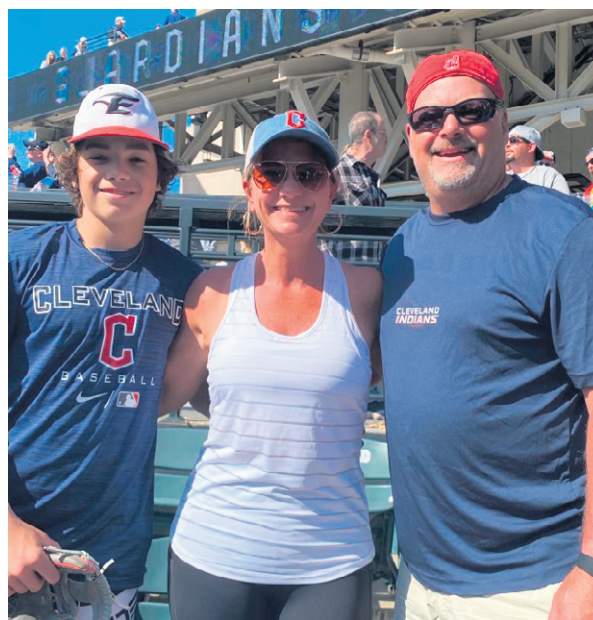
Dear Friend,

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 con-

tinue 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". - Karolyn M.

AMAZING OFFER- When you call and mention this article before May 16, 2025, 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



Established in 1972, the Lake County Council on Aging has been serving the needs of senior residents who are aged 60 and over with programs, services, and resources to promote and achieve healthy aging.



Lake County Council on Aging prides itself on its ability to respond effectively to the ever-growing, aging population of Lake County. Services offered include social work, information and assistance, meals on wheels and lunch place cafes, homemaker service, benefits assistance, and volunteer opportunities.



The Council on Aging also assists individuals in discovering the services and programs available to seniors in the Lake County community. Throughout the year, the agency offers educational opportunities and outreach initiatives to help the public learn about the essential services and resources it provides. These outreach efforts include public presentations, speeches, information tables, and booths, brochures, newspapers, magazines, social media and our website, Bridge Newspaper, and a weekly broadcast of "Our Aging World" on local AM and FM radio.

The agency is designated as part of Ohio's Aging and Disability Resource Network, a trusted place where older adults, caregivers, family members, and professionals can get objective information on what programs and resources exist for seniors and those 18 and over with disabilities

It's time to talk about Alzheimer's.



alz.org/ourstories



alzheimer's
association

Lake County COUNCIL ON AGING



- **Aging and Disability Resource Center**
 - Information and Assistance
 - Benefits Assistance
 - Options Counseling
- **Social Work Services**
- **Meals on Wheels**
- **Lunch Place Dine-In Locations**
- **Homemaker Services**
- **Non-Medical In-Home Care Program**
- **Volunteer Opportunities**



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Prosper at Wickliffe Brings Joy and Purpose to Senior Living

Wickliffe, OH — Nestled in the heart of Wickliffe, Prosper at Wickliffe is redefining what it means to live well in assisted living and memory care. Driven by a mission to have a positive impact on everyone who walks through its doors from residents and families to team members and vendors. Prosper at Wickliffe stands out through its unique and compassionate approach.

At the core of this vibrant community are three simple yet powerful values: make life fun, make the community a home, and help each resident feel a true sense of purpose. This heartfelt philosophy is evident in every corner of Prosper at Wickliffe, where love and joy fill the air, and every interaction is infused with kindness.

Daily life at Prosper is filled with opportunities to smile, laugh, and

connect. Whether it's through exciting activities, enriching programs, or simply enjoying a warm conversation over a chef-prepared meal, residents are encouraged to live fully and joyfully. The dining experience is a highlight, offering delicious food and attentive service that make every meal feel special.

Beyond the amenities, Prosper offers something even more meaningful: a place to belong. With a focus on mental, physical, and emotional well-being, residents thrive in a supportive environment tailored to their needs and passions.

Prosper at Wickliffe isn't just a place to live, it's a place to love, laugh, and find purpose each day. It's what truly sets this community apart.

Visit prosperlifecare.com to learn more!

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Katherine A. Thokey DDS. LTD.

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.



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We Help You Help.

When you help care for a loved one, you take care of everything.
But are you taking care of yourself?

AARP can help with information and useful tips on how you can maintain a healthy life balance, care for your own physical and mental well-being, and manage the challenges of caring for a loved one. Because the better care you take of yourself, the better care you can provide for your loved one.

You're there for them. We're here for you.

Find free Care Guides to support you and your loved one at [AARP.org/caregiving](https://www.aarp.org/caregiving)



Great Meal & Entertaining Show!

RSM Events is a local company that offers a great meal including a salad and dessert followed by a 90 minute Tribute show! Our shows are very entertaining and appropriate for all ages.

Our location for shows on the West Side will be at: Williams on The Lake, located at 787 Lafayette Road, Medina, Ohio 44256. Williams on the Lake does offer a cash bar.

Our location for the East Side will be at: LaMalfa, located at 5783 Heisley Road, Mentor, Ohio. They too offer a cash bar.

We hope you will take a moment of your time to look over our brochure and check out our shows for 2023. Share our brochure with groups, staff, family and friends!

We still have group rates available! We even offer gift certificates.

To order tickets or for more information call Barb at: 216-744-7090
Monday- Friday from 9am-5pm
Hope to see you at the show!





2025 SEASON

at
LaMalfa

New for '25: Buffet Style Dinners!

To Order Tickets Call: 216-744-7090
Mon-Fri 9-5

Gift Certificates, Season Passes, and Group Rates Available!
Visit www.rsmevents.com or find us on Facebook for future events!

Thurs., Jun. 26

PHASE 5 PLUS 1 MOTOWN REVIEW



Performing hits by Motown artists like: The Temptations, The Four Tops, and Smokey Robinson. Plus with the addition of a female vocalist, Martha Reeves, Gladys Knight, Mary Wells, and more!! The trademark Motown choreography, tight harmonies, and costumes! A new Must See Show!!

Tickets:

Lunch & Show 12:00 pm	\$74
Dinner & Show 6:30 pm	\$74
Show Only 1 pm or 7:30 pm	\$57

Wed., Aug. 20

THE RAT PACK & MORE



Enjoy timeless music like Frank Sinatra's *Fly Me To The Moon*, Sammy Davis Jr's *I've Gotta Be Me*, and Dean Martin's *That's Amore*. Grab a martini and enjoy the show!

Tickets:

Lunch & Show 12:00 pm	\$72
Dinner & Show 6:30 pm	\$72
Show Only 1 pm or 7:30 pm	\$56

Thurs., Sep. 25

BOOGIE FEVER



Hey everybody, put on your dancin' shoes! It's time for the Disco phenomenon known as Boogie Fever. Rudy Duck, Buddy Velvet, Heywood Japayme, and the Candyman will electrify your senses with crazy grooves. Boogie Fever plays all the top Disco dance hits of the 70's, with an amazing fully costumed stage show! It's a funky time warp sure to get your back off the wall and out on the floor! Everyone attending has a license to GET DOWN!!

Tickets:

Lunch & Show 12:00 pm	\$72
Dinner & Show 6:30 pm	\$72
Show Only 1 pm or 7:30 pm	\$56

Wed., Nov. 19

ELVIS CHRISTMAS SHOW WITH DAVE BANKS BIG BAND



Aloha & Merry Christmas From Hawaii! We present the music from the legendary "Aloha from Hawaii" concert as it passes the 50-year mark! Walt Sanders gives an incredible performance of Elvis' music, along with Christmas and Swing era favorites performed by the Dave Banks Big Band!

Tickets:

Lunch & Show 12:00 pm	\$77
Show Only	\$60



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www.proseniors.org/ohio-smp

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