

# senior living

THURSDAY, JULY 24, 2025

**Move Past Pain with  
Cleveland Clinic  
Orthopaedics**

**Simple Ways to  
Spark  
Joy This Summer**

**ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL**



Lorain County  
Office On Aging

Presents

# Moonlight Magic Casino Night

Live entertainment, Buffet, Cocktails, Casino Games,  
Raffles, Silent Auction.

Proceeds Benefits Programing for Lorain County Seniors

*August 1, 2025*  
**6:00 P.M.**

**Emerald Event Center, Avon**

Tickets: \$85 • Tables of 10: \$750  
Tickets and Sponsor Information at:  
[www.lcooa.org](http://www.lcooa.org)




## LORAIN COUNTY OFFICE ON AGING UPDATE

534 Abbe Road South, Elyria

**LCOOA'S MOONLIGHT MAGIC CASINO NIGHT FUNDRAISER IS AUGUST 1ST** at 6pm at the Emerald Event Center in Avon. This magical night will include live entertainment, buffet, cocktails, casino games, raffles and silent auctions. All proceeds will benefit programming for Lorain County seniors. Tickets are \$85, table of 10 \$750. Visit [www.lcooa.org](http://www.lcooa.org) for ticket and sponsorship information.

**Save the date:** Aging Well Senior Expo October 8th from 10am – 2pm at German's Villa in Vermilion. Visit [www.lcooa.org](http://www.lcooa.org) for more information.

**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), Stair Chairlifts, ADA Toilets (raised seat) and some Bath-tub Area Modifications.

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

### LCOOA Food Pantry needs donations

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.

**Do you know an older (60 + years old) or a disabled adult living Lorain County who is in need of assistance?** We offer a comprehensive mix of services to protect the health, well-being and independence of seniors. Services offered include:

- **Support Services for Seniors** – Help interpreting mail; reviewing information, accessing services, addressing an emergency situation.
- **Transportation Assistance to Medical Appointments** – We offer transportation assistance to seniors who need help getting to medical and dental appointments.
- **Education, Information, & Resources** about How to Improve Your Health & Well-Being
- **Emergency Food Assistance Program.** Commodities Program. Senior Food Box Program. Kinship Food Program
- **Benefits Assistance** – Through the LCOOA Aging and Disability Resource Center, we can answer any questions

**SEE PAGE 11**



**Seniors Helping Seniors®**  
THE POWER OF LOVE®

## In-Home Care Northern Ohio NOW ACCEPTING NEW CLIENTS



**Personal Care  
Companionship  
Housekeeping  
Medication Reminders  
Safety & Fall Prevention  
Dementia & Alzheimer's Care  
Cooking & Shopping  
Respite Care & Overnight**

Call us at 440-935-3848 to learn about our  
services and caregiver postions.

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





# Saint Therese



## Introducing Saint Therese to Cleveland's West Side Senior Living Landscape

A new—but highly experienced—name in senior living has recently joined Cleveland's West Side. Saint Therese, a nonprofit based in the Twin Cities of Minneapolis and St. Paul, Minnesota, has expanded its mission-driven care model to Northeast Ohio with the acquisition of two local communities: Saint Therese at St. Mary of the Woods in Avon and Saint Therese of Westlake (formerly The Belvedere) in Westlake.

Just five miles apart, the two communities offer a full continuum of care— independent living, assisted living, memory care, short-term rehabilitation, and skilled nursing—providing flexible options to meet residents' needs as they change over time.

While Saint Therese may be new to the region, it brings nearly 60 years of experience serving older adults and their families. Founded in 1968, the organization is rooted in the Catholic faith and committed to enhancing lives through compassionate, personalized care. With seven communities across three states, Saint Therese is guided by the mission to “do ordinary things with extraordinary love,” inspired by its namesake, St. Thérèse of Lisieux.

As a nonprofit, Saint Therese reinvests all resources into resident care, staffing, and services. Its care teams are known for their warmth, professionalism, and dedication—values that distinguish the organization across all of its campuses.

### **Saint Therese at St. Mary of the Woods**

Set on a serene 23-acre campus, this community offers spacious independent living apartments with high ceilings, modern kitchens, in-unit laundry, and generous storage. Its assisted living apartments provide both comfort and safety, supported by a pastoral care team that was recently featured in Northeast Ohio Catholic Magazine.

The community also offers short-term rehabilitation, with on-site speech, occupational, and physical therapy, and its skilled nursing center holds a Five-Star rating from CMS. It was also named a 2024 Best Nursing Home by U.S. News & World Report.

### **Saint Therese of Westlake**

This 33-apartment community is a welcoming, close-knit setting in the heart of Westlake. Residents enjoy studio and one-bedroom apartments with in-suite laundry, and form meaningful relationships with one another and with the staff. The community also features a secure memory care neighborhood, where a dedicated team delivers personalized, compassionate care.

Whether you're seeking vibrant independence or supportive services, Saint Therese offers the peace of mind that comes with a trusted name in senior living.

**Contact us today to learn more or schedule a tour!**

📞 440.937.3111 📧 [SaintTherese.org/ohio](https://SaintTherese.org/ohio) ✉️ [TamiHL@SaintTherese.org](mailto:TamiHL@SaintTherese.org)

SCAN FOR  
MORE INFO!





## Simple Ways to Spark Joy This Summer

### Combating Senior Boredom

July is National Anti-Boredom Month. For seniors spending more time at home, boredom can sometimes creep in, turning quiet moments into feelings of loneliness or disinterest. It's more than just "having nothing to do" – a lack of engagement can truly impact an older adult's well-being. Combating boredom is crucial for senior well-being and we have some inspiring ideas to help you stay engaged, vibrant, and connected all year long.

### When Quiet Turns to Concern

It's easy to think of boredom as just having nothing to fill the time, but for seniors, it can run much deeper. When older adults lack consistent engagement, it can subtly impact their health. This can show up as increased feelings of isolation, a slowdown in their usual mental sharpness, or even a decrease in physical movement. Emotionally, boredom can pave the way for frustration or sadness. Understanding these subtle but significant effects is crucial for us as we seek to bring more joy into our loved one's days.

### Simple Ways to Spark Joy and Engagement

Combating boredom doesn't have to

be complicated! Focusing on activities that bring genuine interest, and connection can make a big difference for seniors. The trick is finding what sparks their joy. Having a compassionate Seniors Helping Seniors® caregiver by your side can be greatly beneficial in finding fun activities for your senior loved one. Here are some practical ways to encourage more engagement:

- **Engage the Mind:** Encourage brain-boosting activities such as word games, new hobbies, or reading. A Seniors Helping Seniors® caregiver can introduce fresh ideas or assist with setting up games, ensuring consistent mental stimulation that feels like fun, not work.

- **Get Moving:** Physical activity, no matter how light, boosts mood and health. This could be anything from short, safe walks around the house or garden, chair exercises, or simply dancing to favorite music.

- **Stay Connected:** Loneliness is a big part of boredom. Regular chats with family, joining a local senior group, or even just sharing stories with a trusted companion can make a huge impact. A Seniors Helping Seniors® caregiver offers consis-



tent, one-on-one companionship, helping to fill those quiet times with laughter and meaningful conversation.

- **Find a Hobby:** Did your loved one used to love knitting, painting, or gardening? Help them revisit these passions! Or, explore new, low-pressure crafts or interests. A Seniors Helping Seniors® caregiver can facilitate these by setting up supplies, helping with tasks, or simply being an encouraging presence as they try something new.

Seniors Helping Seniors® Northern

Ohio caregivers understand the importance of recognizing the signs of boredom and finding ways to combat it. They are matched based on personality and shared interests, meaning they can become a true companion, actively participating in these activities, sparking conversation, and truly brightening your loved one's day by turning lonely hours into engaging moments. Our helpers are available any day, any hour of the week. Visit our website to learn more: [www.seniorcarenorthernohio.com](http://www.seniorcarenorthernohio.com) or call or text us at 440-935-3848.



## 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

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



# Move Past Pain with Cleveland Clinic Orthopaedics.

Aching joints. Stiff knees. Hips that don't move like they used to. These may be common signs of aging, but they don't have to define your daily life. At Cleveland Clinic, our orthopaedic experts help older adults move more comfortably, recover more confidently and live more independently with care that puts your lifestyle first.

Whether you're managing arthritis, recovering from an injury or preparing for joint surgery, we're here to guide and support you at every step. Our approach is rooted in the latest medical knowledge, advanced treatments and deep respect for your health journey.

## Fast Facts: Why Seniors Choose Cleveland Clinic

- 650+ specialty-trained physical and occupational therapists
- Thousands of joint procedures performed each year
- Ranked among top hospitals in the U.S.
- Ten convenient West Side locations
- Personalized, team-based care from trusted experts

## What We Treat & How We Help

As we age, maintaining mobility and comfort becomes essential to staying active and independent. Cleveland Clinic provides expert orthopaedic care for a full range of conditions affecting bones, joints and connective tissue. These are some of our most common areas of expertise, though our specialties extend to reach your other important health needs:

### Hip and Knee Care

*Many older adults know these pains all too well.* Hip and knee issues are disruptive and tend to be a common, daunting thought when adults begin feeling their bodies age. At Cleveland Clinic, our teams understand and are here to treat everything from arthritis and joint deterioration to painful or infected implants and severe bone deficiencies.

Each year, our surgeons perform thousands of hip and knee procedures using both conventional and leading-edge techniques. These include partial and full replacements, complex revisions, resurfacing and robot-assisted arthroplasty. Every treatment plan is carefully tailored, and recovery is supported by dedicated physical therapists focused on long-term results.

### Foot, Ankle & Podiatry

Sore feet, swelling ankles and un-



steady steps aren't just uncomfortable. They're barriers to independence that can impact your life. Whether the cause is arthritis, diabetes, overuse or injury, we're here to help you stay on your feet with less pain and more confidence.

We treat conditions ranging from bunions and plantar fasciitis to diabetic foot ulcers and joint deterioration. If surgery is needed, our expert surgeons address complex bone, tissue and joint issues with skill and precision, helping you walk safely, comfortably and independently.

### Hand, Wrist, Elbow & Shoulder Care

It's the small things that can become the biggest challenges: buttoning a shirt, opening a jar, lifting a grandchild. When pain and stiffness interfere with how you use your hands or arms, Cleveland Clinic offers targeted support and treatment.

We care for a range of upper limb conditions, including carpal tunnel, arthritis, tendon injuries, fractures and overuse issues. Many can be treated without surgery through bracing, physical therapy or guided exercises. But when surgery is needed, our team is highly skilled in joint replacement and minimally invasive techniques like arthroscopy. Whatever your care requires, it's all designed to get you back to doing what you love with greater ease and less pain.

## Check In: How Are You Helping Your Bones?

As you age, your bones deserve extra attention. Changes in nutrient absorption, decreased activity or even small injuries can lead to bigger health concerns over time. But strong bones aren't out of reach, especially when you stay informed and proactive.

Here's a simple self-check, inspired by Cleveland Clinic's bone health guidelines:

- Are you getting enough calcium and vitamin D?
- Do you participate in weight-bearing exercise like walking or dancing?
- Have you added strength training, like light weights or resistance bands?
- Have you had a bone density test?
- Do you avoid tobacco and limit alcohol?
- Do you know your family history of osteoporosis?

If these questions raise new thoughts or concerns, Cleveland Clinic's bone health experts are here to help. Get the support, screening and guidance that helps protect your strength and stability for years to come.

### Joint Replacement & Recovery

Thinking about joint replacement can feel overwhelming, but many patients say their only regret is not doing it sooner. At Cleveland Clinic, we combine medical expertise with personalized guidance to help you move forward with

confidence. We perform thousands of hip and knee replacements every year using advanced surgical techniques, including robot-assisted and outpatient options that offer faster recovery and less post-operative pain. Whether this is your first surgery or a revision of a previous joint, our team will walk you through each step with clarity and compassion.

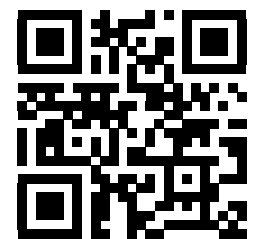
And when it's time to recover, you won't be left on your own. Our network of over 650 rehabilitation specialists works closely with you to restore movement, rebuild strength, and support your independence at home. Your body has the ability to recover, and we'll help it every step of the way.

## Care That's Nearby & Built Around You

At Cleveland Clinic, we know that staying well isn't about doing everything perfectly. It's about having the right team around you when it matters most. Even the most active, health-conscious people encounter bone and joint issues with age. With a collaborative, team-based approach, you'll be supported by a network of specialists like surgeons, radiologists, physical therapists and podiatrists who deliver coordinated, personalized care. Cleveland Clinic's ten West Side locations, including the Lorain Family Health & Surgery Center and Richard E. Jacobs Health Center in Avon, make expert care convenient and accessible. No matter where you are in your health journey, you'll receive the benefits of Cleveland Clinic's world-renowned orthopaedic expertise close to home.

## Take the First Step Toward Pain-Free Living

Whether you're managing joint pain, preparing for surgery or simply looking to move with more ease, Cleveland Clinic is here to help. Our experts combine leading treatments with compassionate care so you can return to doing what you love with less pain and more peace of mind.



Discover world class orthopaedic care at [ClevelandClinic.org/Orthopaedics](https://ClevelandClinic.org/Orthopaedics)





## FOUNDATIONS HEALTH SOLUTIONS

### Your Ohio Homegrown & Proud Premier Skilled Nursing Centers on Cleveland's Westside

Foundations Health Solutions is owned and operated right here in Ohio, our people live and work in the communities they serve, and are proud to be Ohio Homegrown.

Foundations Health is Ohio's premier long-term care company managing 60+ care facilities statewide, specializing in physical therapy, skilled nursing, quality outcomes, and resident satisfaction. Foundations Health Solutions is committed to serving our communities with the highest level of clinical excellence and resident satisfaction, along with a strong employee culture that places priority and resources on the direct caregiving team.

*Scan the QR Codes for a Virtual Tour  
of our Facilities!*



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**Opening  
Summer 2025**



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1920 Cleveland Rd. West, Huron, OH  
419.433.4990 • admirals-pointe.net



### Brunswick Pointe

4355 Laurel Rd., Brunswick, OH  
330.741.8000 • brunswick-pointe.net



### Huntington Woods

27705 Westchester Pkwy, Westlake, OH  
440.835.5661 • huntington-woods.net



### Keystone Pointe

383 Oppourtunity Way, LaGrange, OH  
440.355.4616 • keystone-pointe.net



### Riverview Pointe

9027 Columbia Rd, Olmsted Falls, OH  
440.427.8884 • riverview-pointe.net



### The Woods on French Creek

37845 Colorado Ave., Avon, OH  
440.695.1400 • french-creek.net



### Crocker Pointe

4000 Crocker Rd, Westlake, OH  
440.471.7100 • crocker-pointe.net





## Common warning signs for cataracts

No one wants to imagine a day when their vision might abandon them, but diminished eyesight is a common occurrence that affects people of all ages and from all walks of life. A 2022 report from the World Health Organization indicated that at least 826 million people have distance- or near-vision impairment that could be addressed with an appropriate pair of eye-glasses. Those people are among the estimated 2.2 billion people who currently have issues that affect their ability to see.

Cataracts are a common and treatable vision problem. Access to cataract treatment is limited in various countries. In fact, a 2021 study published in the journal Lancet Global Health found that 94 million people ages 50 and over have vision impairment or blindness that could be corrected through access to cataract surgery. Surgery might not even be considered if people are not first aware of the symptoms of cataracts, which can manifest in various ways.

- **Blurry vision:** The American Academy of Ophthalmology notes that blurriness may be associated with an assortment of vision problems, including cataracts. Blurry vision makes it difficult to see clearly or sharply, and cataracts are characterized by cloudiness that affects the natural lens of the eye. The blurriness associated with cataracts is the result of a breakdown of proteins in the lens of the affected eye, according to the AAO.

- **Seeing double:** Double vision also is symptomatic of various vision issues, including cataracts. The AAO notes that when a person is seeing double, he or she may be seeing two, often overlapping, images of a single object.

- **Sensitivity to light:** The AAO notes a need to shield eyes from light to prevent eye pain could indicate a sensitivity to light that is characteristic of cataracts. This sensitivity may be especially noticeable when confronted by oncoming headlights at night.

**SEE PAGE 8**



**Sat., Aug. 9 | 4:00–8:30 pm**

**Lakeview Park, Lorain**

**Free | No registration required**

*Enjoy food, live music, an unforgettable Lake Erie sunset, and a campfire on the beach! Recreation specialists will be on hand to allow participants to try kayaking, stand-up paddleboarding, and canoeing for free (age restrictions apply). All try-its are offered on a first-come, first-served basis and are weather-permitted. Plus, various organizations will also be on hand with information about local natural resources.*



Stressed Out About...  
**DOWNSIZING?**

Why not start with a free downsizing consultation & learn:

- If you can sell as is
- If your home is inspection ready
- What to do with your stuff
- What your house is worth & more

I can come to your home and provide you with a value of what your home is worth in today's market. Call for your free downsizing guide today!



**Free  
in-home  
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## A Place to Thrive: Foundations Health Solutions Brings Heart to Lorain County

In Lorain County, where Lake Erie's breeze carries the warmth of community, choosing care for a loved one is about more than services—it's about finding a home. Foundations Health Solutions understands this deeply. With facilities across Cuyahoga, Medina & Lorain County, they offer skilled nursing and long-term care rooted in compassion, delivering not just health support but a sense of belonging. Here, their Culture of Care transforms senior living into something truly special.

What does a Culture of Care mean? At Foundations,

it's a commitment to seeing each resident as family. Whether someone's recovering from surgery or seeking a permanent home, care plans are as unique as the individuals they serve. Imagine a therapist cheering a small step forward in rehab or a caregiver pausing to hear a story about a resident's family, staff weave these personal touches into daily life, creating moments that matter.

Foundations Health Solutions shines because they prioritize connection. Their teams—nurses, aides, and activity coordinators—build trust by listening. They learn what makes residents light up, whether it's a love for gardening or memories one's past. This fuels activities that bring people together: think bingo nights echoing with laughter, art classes inspired by local landscapes, or even a shared meal reminiscent of county fair favorites. For families, it's reassurance that their loved one isn't just cared for but celebrated.

Quality is priority. Foundations' facilities consistently earn praise for clinical excellence, with holding 4 & 5 Star ratings from the Centers for Medicare & Medicaid Services. From wound care to physical therapy, their skilled nursing services help residents regain strength or maintain dignity. Yet, it's the human side that sets them apart—a staff member holding a hand during a tough day or organizing a birthday surprise. One family shared how their father, a lifelong Lorain County fisherman, beamed when staff set up a lake-themed reminiscing session. These gestures turn care into community.



Foundations Health Solutions is more than a provider; they're a partner. They invite families to visit, walk through cozy common areas, and meet caregivers who call this work a calling. It's a chance to see how care feels when it's built on empathy and local pride. Whether you're exploring options for a parent or curious about joining their team, Foundations offers a way to be part of something meaningful.

Take a step toward peace of mind. Visit a local Foundations Health Solutions community to discover how they make every day brighter. Learn more online [www.foundationshealth.net](http://www.foundationshealth.net) or contact your facility of choice directly, to schedule a personal tour today

### CATARACTS FROM PAGE 7

• **Difficulty seeing at night:** The AAO reports that this symptom is often characterized by difficulty seeing in dark conditions that can make it harder to adjust to seeing when going from a well-lit space into darkness. That adjustment also may take longer in people experiencing cataracts. Some people may not be able to see at all in dimly lit conditions.

• **Seeing faded colors:** Bright colors that appear faded or yellow is another symptom of cataracts.

Cataracts compromise vision, but it's important that people recognize there are effective treatments for this condition. More information is available at [aao.org](http://aao.org).

## Expanding Orthopedic Care to Bellevue

If joint or bone pain interferes with your daily activities, we can help. The team at **Sandusky Orthopedics** is now seeing patients in Bellevue and Sandusky.

Specializing in shoulder, knee, hand, hip, trauma and fractures, the physicians at **Sandusky Orthopedics** are experts in every aspect of the musculoskeletal system.



Kevin Bailey, DO



Colleen Calvey, MD



Robert Carlisle II, MD



Justin Kelley, DO



Thomas Olexa, MD



Call **419-625-4900** to schedule an appointment

Office locations: 1400 W. Main St., Bellevue • 1401 Bone Creek Drive, Sandusky



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# Safe Summer Fun in the Sun

## (Family Features)

Summer is the season of sun-kissed memories - backyard barbecues, sandy beaches, bike rides and late-night stargazing. However, the warmer months bring unique safety challenges that can catch active families off guard if they're not prepared.

From sunburns to scraped knees and dehydration to bug bites, summer's surprises don't have to slow you down. With a few simple precautions and the right tools on hand - like reliable first-aid essentials - you can make safety second nature and keep your focus where it belongs: on making the most of every sunny moment.

Here are a few smart, easy tips from the experts at CURAD to help your family stay protected from the sun, heat, water hazards and the inevitable bumps and bruises from outdoor play.

## Shield Your Skin from Harmful Rays

The summer sun can be harsh, making it important to take steps to prevent sunburn, even if it's partly cloudy or overcast. If you plan to be outside for more than 15 minutes, apply a broad-spectrum sunscreen with an SPF of at least 30 before heading outdoors. Remember to reapply to all exposed skin - including overlooked spots like your ears, neck and tops of feet - every two hours, or more often if you're swimming or sweating.

Wearing protective clothing, such as wide-brimmed hats, sunglasses and light, long-sleeved shirts, can also help shield you from harmful UV rays. When possible, seek shade during peak sun hours, typically 10 a.m.-4 p.m., to minimize direct exposure.

## Be Prepared for Summer Scrapes

Accidents can happen anytime, especially during active summer days. Having a well-stocked first-aid kit, including bandages, antiseptic wipes and ointments, can help you quickly address minor cuts, scrapes and blisters.

It's important to have the right bandages on hand for every situation. Bandages made with breathable and lightweight fabric and a four-sided seal are perfect for those hot summer days. While bandages infused with natural ingredients like soothing aloe vera, vitamin E and baking soda offer a fresh approach to healing.

Proven to aid in faster healing, hydrocolloid bandages, like those infused with



aloe vera from the CURAD Naturals line, offer waterproof protection that helps cushion and seal out dirt and germs for multiple days. By sealing in moisture, hydrocolloid bandages help promote the optimal healing environment.

## Keep the Fluids Flowing in the Heat

During the summer months, the heat can quickly lead to dehydration, which can cause dizziness, headaches and even heat stroke. Drink plenty of water throughout the day, even if you don't feel thirsty, to stay hydrated. Aim for at least 8-10 glasses of water (8 ounces each) each day, or more if you're going to be spending an extended amount of time outdoors or engaging in physical activities like hiking, biking or playing sports.

Keeping a refillable water bottle with you can make it easier to stay hydrated on the go and replenish the water your body loses through sweat. In addition to water, consuming hydrating foods like watermelon, strawberries, cantaloupe, cucumbers and bell peppers can help maintain your fluid levels and regulate your body's temperature. Also avoid excessive consumption of caffeinated or alcoholic beverages, which can contribute to dehydration.

## Keep Pesky Insects at Bay

Summer evenings are perfect for outdoor activities, but they can also attract mosquitoes, ticks and other pests. Protect yourself and your family by applying insect repellent on top of your sunscreen

to all exposed skin and loose-fitting clothing. Reapply as needed, according to the instructions on the package.

Repellent fans, candles, torches and bracelets may be good alternatives to spray or roll-on insect repellants. Wearing long sleeves and pants, especially in wooded or grassy areas, can also help prevent bug bites. Remember to check for ticks after spending time outdoors and, if found, promptly remove them by using clean tweezers and pulling straight upward. Avoid twisting, squeezing or burning ticks, which can lead to the release of saliva or cause the head to break off.

## Have Fun in the Water, Safely

Summer is the perfect time to hit the pool, beach or lake, but remember to prioritize safety while enjoying the water. Always swim in designated areas and never swim alone. If supervising children, ensure they are within an arm's reach and wearing properly fitting flotation devices.

Avoid alcohol when swimming or supervising swimmers, as it can impair your judgment and reaction times, and be aware of your surroundings, including weather conditions and water currents. Enrolling kids in swimming lessons can also contribute to a safer experience in the water.

Visit [Curad.com](http://Curad.com) for more resources to help you safely enjoy your summer adventures.

## Building Your Summer Scrape Kit

A summer first-aid scrape kit can be a lifesaver for those inevitable bumps, bruises and blisters. Keep your family's kit in a waterproof case and in an easily accessible place, such as your car, pool bag or home first-aid cabinet. Make sure to keep it stocked with essentials for cuts, scrapes, burns, blisters and beyond, such as:

- Antiseptic wipes for cleaning wounds
- Antibiotic or antimicrobial ointment to help prevent buildup of bacteria
- Bandages like CURAD Naturals Hydrocolloids with Aloe Vera to treat minor cuts, scrapes and blisters
- Non-latex gloves to protect hands from dirt and germs
- Hydrocortisone cream for bug bites and rashes
- Sunscreen to help prevent sunburn
- Aloe vera gel for sunburn relief
- Water bottles to stay hydrated
- Ear drops for preventing or treating swimmer's ear
- Insect repellent to help prevent bug bites
- Tweezers for removing splinters and pests
- Pain-relieving medications such as ibuprofen or acetaminophen
- Ice packs to help slow inflammation and reduce pain
- Thermometer to check temperature
- Other medications for allergies, nausea, congestion and more





## Is It Time to Downsize — Or Rightsize — Your Home?

**By Jennifer Herron Underwood,**  
*Senior Real Estate Specialist & Realtor*

Have you been thinking about downsizing—or perhaps even rightsizing—your home? You might be wondering, what's the difference between the two?

The word downsizing often carries a negative connotation. It can feel like you're giving up something important or being forced into a change—like a job layoff or letting go of cherished belongings. That's why I prefer the term rightsizing. Rightsizing means moving into a home that better fits your current stage of life—not necessarily smaller, but smarter, more manageable, and aligned with your needs and goals.

If I asked whether you've considered rightsizing, you might not know exactly what I meant. But if you've ever felt like your current home no longer fits, then rightsizing may be just what you're looking for.

If you're not sure where to start, my first recommendation is to speak with a Realtor—but not just any Realtor. Look for someone who specializes in working with clients in transition. A Senior Real Estate Specialist (SRES), like myself, is trained to guide homeowners through these life-stage changes with care, knowledge, and the right resources.

Many people assume all Realtors are the same, but there are real advantages to working with someone who understands rightsizing. Over the past 25 years, I've developed a unique service



called a Rightsizing Consultation. This isn't your typical real estate appointment focused solely on pricing your current home—though we'll certainly talk about that, too.

In a Rightsizing Consultation, we take a broader approach. We'll explore options for your next home, whether that's a condo, a maintenance-free property, a rental, or even a transition to independent or assisted living. We'll also discuss how to use the equity in your current home to finance your move, and I can connect you with trusted professionals to help with downsizing belongings, organizing, packing, or estate planning.

Most importantly, this is a no-pressure conversation designed to help you start planning your next chapter—on your timeline, in your way. These consultations are always complimentary.

If you're ready to start exploring your options, or even just curious about what's possible, I'd love to help you take the first step toward a more comfortable, right-sized future.

### OFFICE ON AGING UPDATE FROM PAGE 2

older and disabled adults have about their insurance and benefits and all of the government services and benefits they are eligible to receive, like HEAP, PIPP, Medicare, Medicaid, Social Security, Food Stamps, etc.

- **Options Counseling to Develop a Long-Term Plan to Remain Independent** – Through the LCOOA Aging and Disability Resource Center, we can assist older and disabled adults, and their families, to develop a long-term plan to address health needs and remain at home as long as possible. Call 440-326-4800 for more information.

**ATTENTION:** Lorain County Residents 55 Years or Older We Need Your Help! Are you interested in making a difference in Lorain County?

- The AmeriCorps Seniors Program is looking for passionate & dedicated adults 55+ years of age interested in sharing their time, wisdom and skills to improve the lives of needy Lorain County residents.

Many types of volunteer opportunities are available to choose from throughout Lorain County based on your interests, availability and experience.

Flexible hours. Opportunities to meet new people, make friends and learn new things. No experience needed — just an interest to help others.

Interested in learning more about how you can help improve the lives of Lorain County residents & volunteer? Contact AmeriCorps Senior Program at: (440) 326- 4800.



“Early detection gave us time to adapt together, as a family.”

If you're noticing changes, it could be **Alzheimer's**. Talk about visiting a doctor **together**.

**ALZ.org/TimeToTalk**





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