

senior living

THURSDAY, OCTOBER 23, 2025

**Move Past Pain with
Cleveland Clinic
Orthopaedics**

**Tackle Your To-Do List
with a Team You Can
Trust**

ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL

Foundations Health Solutions to Break Ground on New 97-Bed Skilled Nursing Center in Amherst, Ohio

Foundations Health Solutions is proud to announce plans for a new 97-bed skilled nursing and rehabilitation center in Amherst, Ohio. The project will break ground in Spring 2026, bringing expanded access to high-quality care and modern amenities to the local community.

The state-of-the-art center will feature all private suites, designed to provide both comfort and dignity to residents. In addition to advanced rehabilitation services and exceptional nursing care, residents will enjoy a welcoming environment with thoughtful accommodations and a variety of amenities to support their well-being.

“At Foundations Health Solutions, we are committed to making a difference in the lives of those we serve,” said Robert Peterson, Administrator. “This new center in Amherst reflects our dedication to providing care that is not only clinically excellent, but also compassionate, inclusive, and supportive of the

community around us.”

As Ohio’s leading provider of skilled nursing, rehabilitation, and long-term care, Foundations Health Solutions continues to expand its mission of serving residents, families, and employees through innovative care models and community partnerships.

Additional updates and community engagement opportunities will be shared as the project progresses.

About Foundations Health Solutions
Foundations Health Solutions is Ohio’s largest and premier skilled nursing provider. Foundations is locally owned and Ohio based, headquartered in North Olmsted. With a mission of “creating a better workplace where employees want to come to work and a company where residents want to live,” Foundations Health Solutions is committed to delivering exceptional care, fostering strong community connections, and supporting the dedicated teams who make it all possible.



Tackle Your To-Do List with a Team You Can Trust

As we enjoy our senior years, managing home maintenance can go from a simple chore to a daunting, and sometimes unsafe, challenge. That loose step on the deck, the flickering light in the hallway, or the bathroom faucet that just won’t stop dripping—these little tasks on the “honey-do” list can add up, causing stress and worry.

But what if you had a reliable, local partner to handle it all for you?

Meet Honey Dudes, your community’s most trusted handyman service. Based right here in Northeast Ohio, Honey Dudes was founded on a simple principle: to provide high-quality, professional home repairs with a commitment to honesty and integrity.

For seniors looking to maintain their independence and safety at

home, Honey Dudes is the perfect solution. We’re not just a team of technicians; we are skilled, passionate craftsmen dedicated to making a difference in our community.

Your Home, Cared For.

Whether it’s a list of small repairs or a specific project, our team is ready to help. Our services are ideal for ensuring your home remains safe, comfortable, and beautiful:

Safety & Accessibility: From installing new, brighter light fixtures to repairing loose railings or fixing uneven deck boards, we help eliminate common hazards.

Bathroom Repairs: We handle everything from caulking and tile repair to installing new sinks and vanities, keeping your bathroom in top condition.

General Maintenance: Let us take care of the drywall patching,

fence mending, and gutter repairs so you don’t have to.

Your “Honey-Do” List: Have a variety of small jobs? We love them! From hanging pictures to repairing a cabinet, no job is too small for our team.

The Honey Dudes Promise

We understand that inviting someone into your home requires trust. Our customers consistently praise our team for being “professional, efficient, and detailed.” We arrive on time, complete the work to the highest standard, and treat your home with the respect it deserves.

Don’t let that growing to-do list weigh on your mind. Live comfortably and safely in the home you love.

Things to do? Call the dudes! Contact Honey Dudes at (440) 258-6136 or visit us at callhoneydudes.com to schedule your service.



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Warm Drinks for Seniors to Enjoy the Fall

Hydration Meets Comfort This Fall

A steaming cup of something warm has a way of making chilly fall days feel brighter and more comforting. For seniors, these cozy drinks aren't just about flavor; they can also support hydration, digestion, and overall wellness. And while a simple cup of coffee or tea is always nice, there are so many fall-inspired ways to bring extra nourishment and joy to your daily routine. With the help of a caregiver, preparing these seasonal sips can be easy, fun, and even more enjoyable to share.

Fall is the perfect season to slow down, savor the moment, and treat yourself to a warm drink that feels like a hug in a cup. From sweet and spiced to savory and soothing, there's a cozy option for every taste and mood. These recipes are simple, wholesome, and perfect for chilly afternoons or evenings spent relaxing.

4 Cozy Beverage Recipes for Seniors to Try This Season

- **Pumpkin Spice Latte:** Skip the sugary coffee shop version and make your own at home with pumpkin purée, a splash of milk (dairy or non-dairy), and spices like cinnamon and nutmeg. Stir it into coffee or chai for a wholesome twist on the café favorite.
- **Spiced Apple Cider:** Take store-bought cider and warm it up with a cinnamon stick, cloves, and a pinch of nutmeg. It's naturally sweet,

hydrating, and brings all the cozy fall flavors.

- **Cranberry-Orange Herbal Tea:** Brew up a tangy herbal tea with dried cranberries and a squeeze of fresh orange. Packed with antioxidants and vitamin C, it's as healthy as it is refreshing.
- **Bone Broth with Herbs:** Simmer chicken or beef bones (or start with store-bought bone broth) and add rosemary, thyme, or sage for a savory, nourishing sip rich in minerals and protein.

Let's Warm Up the Season, Together

A cozy drink can do more than just warm your hands. Warm, fall beverages are a simple way to bring comfort, warmth, and wellness into each day. They hydrate, nourish, and add a little seasonal joy to the season's cooler moments. As the season shifts, something as simple as a warm drink can bring comfort, health benefits, and joy to everyday life. Seniors Helping Seniors® caregivers are always happy to help create these special moments, whether that's trying out a new recipe together or enjoying an old favorite. If you'd like to learn how our team can bring warmth, support, and companionship into your fall season and beyond, we invite you to connect with us today. Our helpers are available any day, any hour of the week. Visit our website to learn more: www.senior-carenorthernohio.com or call or text us at 440-935-3848.



Seniors Helping Seniors®

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www.SeniorCareNorthernOhio.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 unsteady 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 postoperative 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.

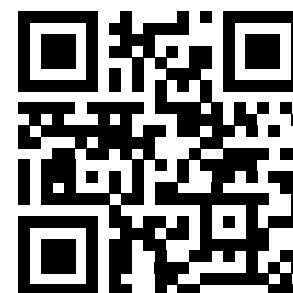
Care That's Nearby & Built Around You

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

LORAIN COUNTY OFFICE ON AGING UPDATE

534 Abbe Road South, Elyria 440.326.4800

We would like to thank everyone who attended The Aging Well Senior Expo at German's Villa on October 8th! Thank you to University Hospitals, German's Villa and all of the vendors and volunteers who helped make this event happen.

A very big Thank You to everyone who donated to LCOOA during Connect to a Cause on September 18th!!

LCOOA Holiday Craft Fair, December 13 at the Wellington Eagles, 631 S. Main 11am-4pm Admission \$1 or one can or non-perishable item. **Vendors Wanted!** Call 440-662-3220 or email info@lcooa.org.

LCOOA Food Pantry Urgently Requests Food and Personal Care Donations

Due to the overwhelming increase of food pantry clients, the agency is accepting donations of non-perishable food, canned goods, personal care and cleaning products. Monetary donations are also greatly appreciated. Please stop by the office Monday thru Friday between 8am to



3pm to drop off donations. Call 440-326-4800 for more information or to volunteer in our pantry.

Senior Years Newspaper Holiday Subscription Special!! \$10 a year or 2 subscriptions for only \$15!! Makes a great gift. See special coupon in the Morning Journal Senior Living!

Assistance Services

Do you know an older (60 + years old) or a disabled adult living Lorain County who is in need of assistance. Services offered include:

- Support Services for Seniors
- Transportation Assistance to Medical Appointments
- Education, Information, &

Resources about How to Improve Your Health & Well-Being

- Emergency Food Assistance Program. Commodities Program. Senior Food Box Program. Kinship Program
- Benefits Assistance
- Options Counseling to Develop a Long-Term Plan to Remain Independent – Call 440-326-4800 for more information.

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. Call 440-326-4800 for more information.

The Lorain County Office on Aging Southern Satellite Office (SSO), 105 Maple St, is just a phone call away if you or someone you know may need help or resources. Call 440-647-0777. Please visit our website at www.lcooa.org or log onto www.facebook.com/lcooa/ for timely updated information.

**Stop Medicare Fraud Before It Starts**

(Dr. Mehmet Oz, Administrator of the Centers for Medicare & Medicaid Services) When I took on the role of leading Medicare, one of my primary goals was to crush the chronic fraud, waste, and abuse in the program. Ensuring that taxpayer dollars are used responsibly and that Medicare resources remain available for those who depend on them is a top priority.

People with Medicare are at the very heart of this effort. Scammers are after your Medicare number to submit false claims for services that were never provided, or for services that are not needed. These

SEE PAGE 10**DOWNSIZING MADE SIMPLE**

A free workshop to learn & help create a downsizing plan! This 2-hour workshop will walk you through the key steps of planning a downsizing move. Topics including:

October 30 @ 10 a.m. - Grafton Midview Public Library

Call Jen to reserve your seat 440-371-2862

Come ready to learn about decluttering, what to do with your stuff, hidden costs, understanding the home inspection process, if you should buy or sell first & more. Selling your home "as is" vs. making repairs, Understanding home inspections, Navigating new real estate laws and hidden fees and How to protect yourself throughout the process. The final 30 minutes will be dedicated to Q&A, giving attendees the chance to ask personal questions and get tailored advice.





Reading Regularly Promotes Good Health

Millions of people will be diagnosed with various dementias, and individuals may wonder if there is anything they can do to prevent or delay cognitive decline. A study published in July 2021 in the journal *Neurology* found people who read regularly had a lower risk of developing dementia compared to those who did not. Reading improves memory, attention, processing speed, and other factors in older adults by stimulating the brain through the activation of multiple cognitive processes. Reading promotes the creation of new neural connections and strengthens existing ones, helping to maintain brain health, according to a 2023 study published in the *Journal of the American Medical Association (JAMA)*.



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- NOMS Northern Ohio Foot & Ankle

Thinking About Downsizing?

Two Free Workshops Can Help You Plan the Next Chapter

Are you—or a loved one—starting to think about downsizing, organizing important documents, or preparing for a life transition? Two free workshops this fall at the Grafton Midview Public Library are designed to help you take the first steps with confidence, clarity, and support.

Presented by Jen Herron Underwood, a Realtor with over 25 years of experience and a certified Senior Real Estate Specialist (SRES), these sessions are tailored for older adults and their families who are considering rightsizing their home and lifestyle.

Jen Herron Underwood brings over two decades of experience in real estate and is a certified Senior Real Estate Specialist (SRES). She is uniquely qualified to guide seniors and their families through the practical, emotional, and fi-



nancial aspects of downsizing.

Her goal is not just to help you sell a house—but to help you create a personal plan that fits your lifestyle, your goals, and your future. Jen connects clients with trusted professionals, understands the emotional weight of leaving a long-time home, and is committed to making the process less overwhelming.

To schedule an appointment in Wakeman, visit FisherTitus.org/Appointments



5 Ways to Age-Proof Your Home

Easy upgrades to improve the lives of older adults

(Family Features) A home is more than four walls - it's where birthdays are celebrated, holiday dinners shared, illnesses weathered and losses mourned. Home is, as the saying goes, where the heart is.

It's little wonder then most people want to remain in their homes as they age, based on AARP research. Yet, according to the U.S. Census Bureau, less than half of U.S. houses are equipped with accessibility features for older adults.

It doesn't take a full remodel to make a home safer. Updates like installing handrails or improving hallway lighting can go a long way.

For those who need support in making these changes, programs like Helping Homebound Heroes, a partnership between Meals on Wheels America and The Home Depot Foundation, provide senior veterans with essential home modifications and repairs. This year, the initiative marked a milestone: 4,000 homes modified for seniors' safety.

"By improving safety and accessibility, we're helping senior veterans stay in the places they love," said Ellie Hollander, president and CEO of Meals on Wheels America. "Our work is about pre-

serving independence and dignity - helping older adults live safely, confidently and with connection to their communities."

These practical tips show how small fixes can add up to big peace of mind:

1. Create a safer entryway.

For older adults, steps to the front door can be an obstacle. A ramp or zero-step entry allows for easier coming and going, and a covered porch or awning keeps walkways dry.

Path lights improve visibility at night, and a sturdy bench by the door provides a place to rest or put groceries.

2. Upgrade the bathroom.

According to multiple studies, falls in the bathroom are more likely to cause injury than in other parts of the home.

If you're planning a bathroom project, start with small changes like raised toilet seats or toilet and shower grab bars. For a more extensive remodel, install non-slip flooring, replace traditional tubs with walk-in showers and add handheld showerheads.

3. Improve flooring.

The flooring in your home can have a big impact



on safety. If you have thick or loose carpet, consider replacing it with a low-pile option.

Slip-resistant flooring, such as vinyl or cork, also provides good traction and can be more forgiving than hardwood or tile. Simple visual cues can help, too. Transition strips between rooms or on stair edges make changes in floor level easier to see.

4. Brighten up rooms.

Brighter overhead fixtures improve visibility, making it easier to spot steps, furniture and other obstacles. At night, motion-sensor lights brighten bathrooms and hallways so it's easier to move around safely.

SEE PAGE 10



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.

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STOP MEDICARE FRAUD FROM PAGE 6

fraudulent actions do more than just drain government funds. They can also compromise your personal medical records, potentially affecting the care you need.

Medicare fraud costs American taxpayers billions of dollars every year. By staying vigilant and protecting your Medicare information, you can help stop fraud before it starts.

Together We can Crush Fraud

To protect yourself, follow these steps:

1. Guard Your Medicare card like you would a credit card or your social security number.

2. NEVER share your Medicare information with anyone who calls, texts, emails or shows up at your door uninvited. Scammers may pretend to be from Medicare or act like salespeople. Remember: Medicare will never contact you before you contact them.

3. Be skeptical of “free” gifts, “free” medical services, discount packages or any offer - If it sounds too good to be true, it absolutely is!

4. Check your Medicare claims statements to make sure that all services listed are the ones that you received. Also, check

for fraud red flags like being billed twice for the same service.

5. Report suspicious activity immediately by calling 1-800-MEDICARE.

Be Aware of This Growing Scam

Fraudsters posing as salespeople are targeting older Americans, attempting to enroll them in hospice care without their knowledge or consent. They often go door to door, offering so-called “free” services like cooking, cleaning, medical equipment, or even protein shakes. This is all as a cover to get you to sign paperwork. Don’t do it. Your health care decisions should always be made between you and your doctor, not a salesperson.

Protecting your Medicare isn’t just about saving money, it’s also about safeguarding your health and the integrity of a system we all depend on. Stay vigilant, stay informed, and together we’ll stop these criminals in their tracks. With your help, we can crush Medicare fraud.

To learn more, visit Medicare.gov/fraud. To report potential fraud, call 1-800-MEDICARE (1-800-633-4227).

Information provided by the U.S. Department of Health & Human Services



AGE-PROOF HOME FROM PAGE 8

Lighting can also support overall well-being. Bulbs mimicking natural daylight help regulate the body’s circadian rhythm, boosting energy during the day. In the evening, switching to softer, warmer light signals the body to wind down.

5. Keep essentials within reach.

Storing everyday items at waist or shoulder height reduces the need for stretching, bending and climbing, all of which can increase the likelihood of falls. Sometimes a simple cabinet reorganization is enough but features like pull-down shelving can make storage more accessible.

Extender rods or remote controls let you adjust ceiling fans and lights from the ground, while motorized window shades can be raised or lowered with the push of a button.

For more resources and support for seniors, visit mealsonwheelsamerica.org.



Bathroom Refresh Rebate Act Before Winter!

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- ✓ Reserve your spot before schedules fill



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For Every Care in the World