

senior living

THURSDAY, JANUARY 22, 2026

SLEDDING AT CASCADE PARK

387 Furnace St, Elyria, OH

Cascade Park is home to one of the most popular sledding spots in all of Lorain County. Visitors to the park can see the large sledding hill as they enter the park at the main entrance on Furnace Street.



Creative Connection and
Care at Compass Point

PAGE 3

Why It's Time to
Ditch the Tub

PAGE 6

ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL

Thrive in Community AT CONCORD RESERVE

Concord Reserve is an ideal place to thrive in a community with a history of values and opportunities to age well.



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Life Enriching Communities welcomes people of all faiths.



lec.org/concord-reserve



What's in a Name?

For Concord Reserve, the Name Stands on Experience and Longevity

Concord Reserve was founded in 1932 as the Lutheran Home for the Aged. The campus has evolved over its 93-year history. But they've always stayed true to their founder's mission—*to realize optimal health, healing, hospitality, and happiness for their residents*.

Concord Reserve provided long-term nursing care until 2007. At that time, assisted living and memory support services were added. In 2020, residents moved into the first independent living homes. These service expansions were made with careful planning. Experience and history played a vital role.

This brief history of Concord Reserve is important. Experience and longevity are essential when choosing a senior life plan community. More people want a community that offers independence and flexibility, with access to any services they may need right in their neighborhood.

Over the next five years, the over-65 population will grow by 4 million annually. The Alliance for Lifetime Income noted that "in 2024, we saw the beginning of the largest surge of Americans turning 65 in our history."

While many people in this group

plan to keep working past age 65, it's also historically when people start thinking about where they want to age in place. Will they sell their home and downsize, or will they keep it and use services to help them stay in it as long as possible? Does a life plan community, such as Concord Reserve, where residents start in independent living apartments with luxury amenities and access to clubs, outings, and programs, along with services they may need later in life, appeal to them?

If you or your loved one is researching senior life plan options, consider Concord Reserve's experience and longevity. Research shows that people who live in a senior life plan community are healthier and live longer.

- Not-for-Profit communities, like Concord Reserve, are mission-based and *must* reinvest all profits into their communities.
- Many senior life plan communities have waiting lists; you can add your name to a list for a small dollar amount, so you know when you're ready, your future will be waiting for you.



Things To Do? Call The Dudes!

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Finding Your North Star: Creative Connection and Care at Compass Point

Caring for a loved one with Alzheimer's, dementia, or the challenges of aging is an act of profound love, but it is also one that requires support. At Compass Point Senior Enrichment Center, operated by the Erie County Health Department, we believe that every senior deserves a day filled with purpose, and every caregiver deserves a moment to breathe.

Located at 795 Bardshar Road in Sandusky, Compass Point is more than just a facility; it is a vibrant community focused on creative activities and engagement. From cognitive games and physical exercise to arts and crafts, our participants are encouraged to express themselves and find joy in fellowship.

A Mission for the Community

Erie County Health Commissioner Peter Schade sees Compass Point as a vital link in the local healthcare chain. "Compass Point plays a vital role in supporting seniors with Al-

zheimer's and dementia and their families in our community. By providing accessible, high-quality care, we aren't just helping individuals; we are strengthening the fabric of Erie County and ensuring our most vulnerable residents are never isolated."

A Personal Touch

For Director Mackenzie McCoy, the impact is seen in the smiles of the participants and the relief on the faces of their families. "We focus on the person behind the diagnosis. Our goal is to create a day where seniors feel empowered through socialization and creativity. When a participant leaves here having made a new friend or a piece of art, and their caregiver returns refreshed and ready to provide care at home, we know we've done our job."

Join Our Community

Whether your loved one needs the stimulation of group activities or you are a caregiver in need of reliable respite, Compass Point is here to guide



the way. We offer medical oversight from on-staff nurses, nutritious hot lunches, and a safe, nurturing environment.

Take the first step toward peace of mind. Contact us: 419-502-1020 or

by emailing adultday@echdohio.org for more information. Visit us: We invite you to stop by for a personal tour and see our creative programs in action.

SEE PAGE 7



Tired of interruptions? We can help!

The urology experts at Fisher-Titus Wakeman Health Center offer comprehensive care for men's and women's urological health including:

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Alysha Galea, FNP-C



Call 419-627-8771 or visit FisherTitus.org to see our full list of services and schedule.

Fact Check:

Test What You Know About Heart Health

(Family Features) As you age, your doctor's interest in your cholesterol level is likely to increase. That's no coincidence. High cholesterol and age are two significant risk factors for heart disease, which is the leading cause of death in the United States.

You may not be able to slow the hands of time, but elevated low-density lipoprotein (LDL) cholesterol, also known as "bad" cholesterol, is one of the most significant addressable risk factors for the development of cardiovascular disease. Uncontrolled high LDL-C can lead to death, heart attack, stroke or the need for a coronary revascularization.

While statins are considered first-line treatment for people with high LDL cholesterol, an estimated 29% of patients stop taking their statin within the first year, based on findings published in the "American Journal of Cardiology." Up to 30% of people have some degree of statin

intolerance, according to research published in the "Journal of Clinical Lipidology."

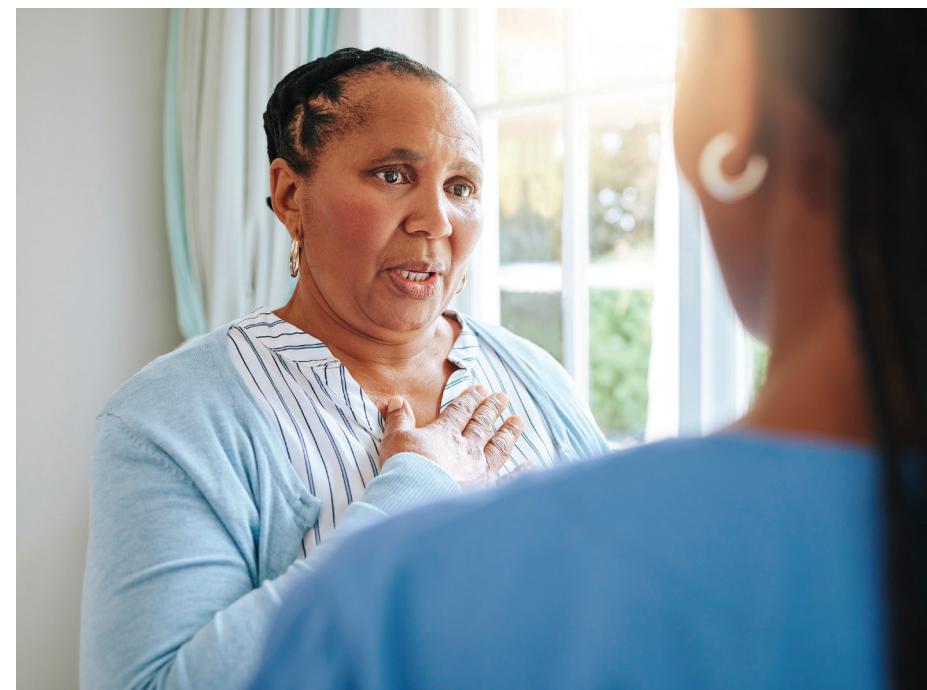
Test your heart health knowledge and learn more about managing your risk factors, including high cholesterol, with this quick quiz:

1. Do cardiovascular diseases, including heart disease and stroke, claim more lives in the U.S. than all forms of cancer and accidental deaths (the Nos. 2 and 3 causes of death, respectively) combined?

Yes. Cardiovascular disease is the No. 1 killer of men and women in America and worldwide, killing more people than both cancer and accidents each year.

2. According to the American Heart Association, which of the following are true?

- Men are more likely to have heart attacks at a younger age than women.
- Women experience different symptoms indicating potential heart



disease.

- Women have a higher risk of fatality because their symptoms are frequently misunderstood or misdiagnosed, leading to delayed treatment.

All are True. While many factors are at play, one major underlying issue is historically, women simply haven't been well represented in clinical trials of heart-related conditions.

SEE PAGE 5

Compass Point

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HEART HEALTH FROM PAGE 4

However, Harvard Health reports that culture is slowly changing and some of the gaps are starting to close.

3. Does statin intolerance mean statins are not effective?

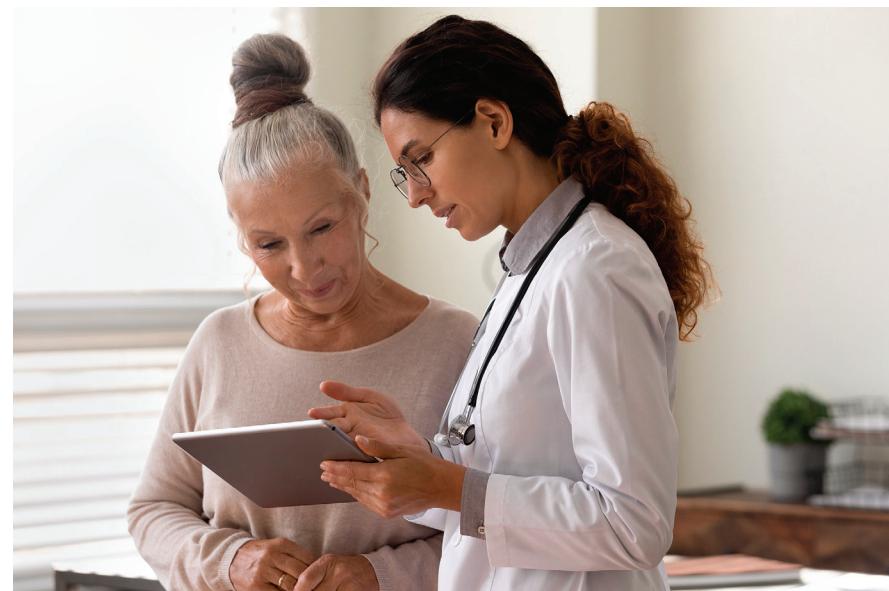
No. On the contrary, statins are the standard of care to lower LDL cholesterol. However, some people cannot take statins at any dose because of statin intolerance symptoms such as muscle pain, while others may have their LDL cholesterol remain uncontrolled because they are not able to take higher doses.

4. Are women more likely to be statin intolerant than men?

Yes. According to the National Institutes of Health, being female is a risk factor for statin intolerance.

5. If a person is statin intolerant, are there other treatments available to help lower their uncontrolled LDL-C?

Yes. Alternative treatments are available for people with statin intolerance. A health care provider can help explain



what options are available if you experience potential statin-associated side effects.

6. Are muscle-related symptoms typically the most common side effect of statins?

Yes. Muscle pains or cramps (myalgias) are the most common symptoms people experience. Your health care provider may run tests or change your medication to address these symptoms.

For more information on statin intolerance, talk with your health care provider or visit statinalternatives.info.

How to Lower Bad Cholesterol

LDL cholesterol, commonly referred to as "bad" cholesterol, leads to plaque in your arteries, reducing blood flow and potentially damaging your cardiovascular system.

If your bloodwork shows elevated LDL cholesterol levels, you can take steps to reduce it.

1. Eat a healthy diet low in saturated and trans fats and high in fiber, with an emphasis on fruits, vegetables and whole grains.

2. Get at least 30 minutes of exercise daily, and if you carry extra weight, work to lose it.

3. Talk to your health care provider about cholesterol-lowering medications, which can help lower bad cholesterol and reduce the risks associated with heart disease.



Protect Your Loved Ones by Planning for Your Future

Whether your concerns involve Medicaid, retirement or disability planning, long-term care options, or providing for your family and preserving a legacy, the elder law and estate planning attorneys at Hickman Lowder are here to help. We work with individuals and families to create clear, thoughtful plans for the years ahead.

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Safety, Style, and Peace of Mind: Why It's Time to Ditch the Tub

Local experts Honey Dudes are helping seniors step safely with custom tub-to-shower conversions.

For many of us, the bathroom is a sanctuary—a place to relax and refresh. But as we age, the traditional bathtub can transform from a source of comfort into a source of anxiety. Stepping over a high tub wall onto a slick surface is one of the leading causes of slips and falls in the home.

It is a worry that keeps many seniors (and their adult children) up at night. Fortunately, there is a solution that doesn't just improve safety—it upgrades the entire look and feel of your home: the tub-to-shower conversion.

Why Make the Switch? Replacing an old, high-walled bathtub with a walk-in shower is one of the most impactful changes you can make for “aging in place.”

Accessibility: Eliminate the hurdle. A low-threshold or barrier-free shower means you can enter and exit



with confidence.

Safety: Modern conversions often include non-slip flooring, strategically placed grab bars, and seating options, reducing the risk of falls significantly.

Space & Style: Removing a bulky tub instantly opens up a bathroom, making it feel larger, brighter, and more modern.

Don't DIY—Call the Dudes While the benefits are clear, the renovation

process can feel daunting. That is where Honey Dudes steps in.

Based right here in Lorain County, Honey Dudes has built a reputation not just as expert handymen, but as trusted neighbors. They understand that a bathroom renovation isn't just about tile and plumbing; it's about making your home livable for the long haul.

Unlike general contractors who might juggle a dozen massive construction sites, Honey Dudes specializes in the kind of focused, high-quality home improvements that seniors need most. Their “Shower Renovation” services are designed to take the stress out of the process.

The Honey Dudes Difference When you hire Honey Dudes for a tub-to-shower conversion, you aren't getting a stranger who cuts corners. You are getting:

Comprehensive Care: From removing the old tub to installing the

SEE PAGE 7



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CONCORD RESERVE FROM PAGE 2

- Choose a community that has demonstrated the test of time.

LEC is a not-for-profit Christian organization affiliated with the West Ohio Conference of the United Methodist Church. It is passionate about senior living and respects residents' individual preferences and desired lifestyles. Residents live in vibrant communities with independent living, assisted living, nursing care, and aging-in-place options, innovative programs, and access to superior services whenever needed.

COMPASS POINT FROM PAGE 3

About Erie County Health Department:

The Erie County Health Department remains dedicated to improving the health and wellness of all residents through accessible, compassionate, and comprehensive healthcare services. ECHD operates the Erie County Community Health Center, the Erie County Detox, Kaptur Rogowski House, and Compass Point, providing adult day services for Alzheimer's and Dementia patients.

For more information about Health Department or Health Center services, visit www.ErieCoHealthOhio.com.

DITCH THE TUB FROM PAGE 6

new vanity, drywall, and tile, they handle every aspect of the project. You don't need to hire a separate plumber, tiler, and painter—the "Dudes" do it all.

Local Trust: Serving communities from Elyria to Avon and beyond, they are known for their honesty and integrity. They show up when they say they will, and they treat your home with respect.

Quality Craftsmanship: Whether it's fixing a leak or completely reimagining your shower space to be more accessible, their skilled craftsmen ensure the work stands the test of time.

Ready to Upgrade? You shouldn't have to fear your own bathroom. If you or a loved one are struggling with an old tub, it's time to make a change. Let the Honey Dudes turn that outdated hazard into a safe, elegant shower you'll love using every day.

Contact Honey Dudes today to discuss your bathroom needs. Call: (440) 258-6136 Visit: CallHoneyDudes.com Serving: Lorain County, Erie County, and surrounding areas.



Did you know?

Avid readers may feel there's nothing better than diving into a good book, but that book might be even more beneficial than they realize, particularly for older book lovers. A 2016 study published in the journal Social Science & Medicine noted that reading books can promote empathy, social perception and emotional intelligence, notable benefits that researchers found contributed to a survival advantage. Researchers behind the study noted book readers experienced a 20 percent reduction in risk of mortality over a 12-year followup period than non-book readers. Equally notable among the researchers' findings was older individuals who read books enjoyed this survival advantage regardless of their gender, overall health, socio-economic status, or education levels.

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6 Practical Safety Tips for Caregivers and Families

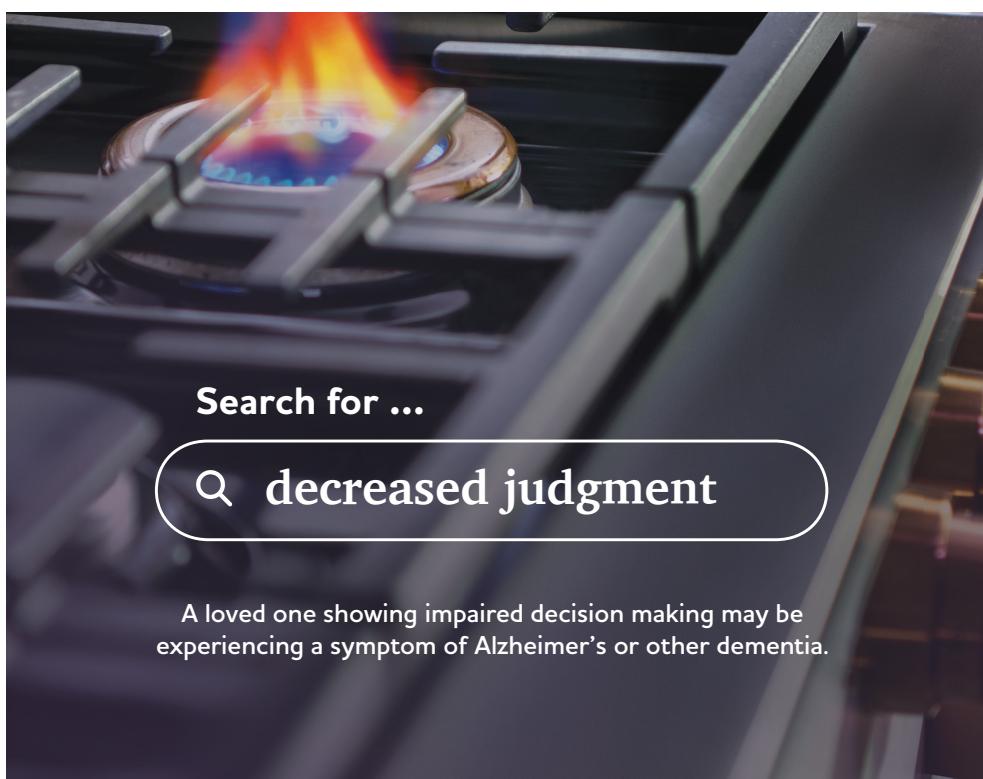
(Family Features) Today's seniors aren't shying away from a world that has become increasingly reliant on technology. Quite the opposite, in fact, as recent survey findings suggest adults ages 65 and older are more digitally active and self-assured than ever before.

Nearly all seniors surveyed as part of the "Connecting the Digital Dots: Online Habits and Safety Concerns Across Three Generations" survey from Cox Mobile consider themselves digitally literate, using devices for shopping, banking, social media and entertainment. With older adults spending a significant amount of time connected to the digital world - 41% of those surveyed reported spending five or more hours online daily - they're also more at-risk for scams, viruses like malware and data breaches.

Even though 61% of seniors who encountered digital threats were able to mitigate the issues themselves, showing their growing digital capability, increased online engagement brings new challenges and responsibilities for caregivers, who often play a crucial role in supporting seniors' digital journeys.

To help support older loved ones' safety and confidence as they navigate an evolving digital landscape, Cox Mobile, in partnership with Common Sense Media, offers educational materials on digital safety, smart device use and media literacy for all ages. In addition, these practical safety strategies can help empower seniors to make informed, safe choices online.

Encourage Strong Passwords: Simple passwords, like number sequences, keyboard patterns or personal information - such as variations of your name, birthdate, address or names of pets or loved ones - are easily guessable and may lead to issues. While the survey found 70% of seniors already create strong, unique passwords, encourage them to avoid reusing passwords across sites. Recommend a password



Search for ...

Q decreased judgment

A loved one showing impaired decision making may be experiencing a symptom of Alzheimer's or other dementia.

SAFETY TIPS FROM PAGE 8

manager app to safely store passwords and eliminate the need to write them all down, which could lead to a breach if not stored properly.

Promote Security Software: If devices aren't protected, even the most careful users are susceptible to viruses. Though 63% of those surveyed have security software installed, it's important to regularly make sure it's up to date (or that automatic updates are enabled) and covers all devices, including laptops, tablets and smartphones.

Enable Multi-Factor Authentication: A simple and effective way to stop most attempts at unauthorized account access, 60% of seniors are already using multi-factor authentication as an extra layer of protection. Some seniors, however, may need assistance setting up the safeguard, which typically sends a code to a phone number or email address as part of the login process, for online banking, email or social media accounts.

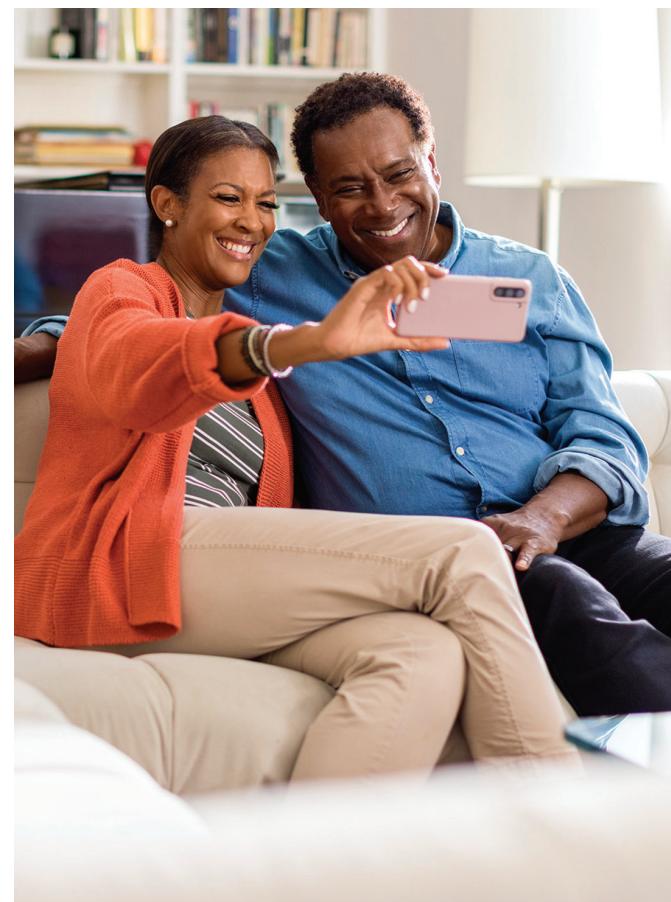
Review Apps and Channels: Over time, it can be easy to accumulate apps on smartphones and tablets. While 51%

of surveyed seniors remove unsafe apps, make it a habit to regularly check loved ones' devices for unfamiliar or suspicious applications and delete them. Also keep an eye out for unauthorized charges, data sharing or browser extensions.

Utilize Built-In Safety Features: Explore privacy controls on individual devices (and apps) and check with your loved ones' internet service provider to ensure security features are being utilized like the 43% of those surveyed who are already taking advantage of their devices' safety settings. Included privacy protections may include limiting data sharing, disabling location tracking, blocking pop-ups and restricting other unwanted communication.

Discuss Online Safety Regularly: Because technology is ever-changing, it's important for caregivers to talk with senior loved ones about online safety. Open, ongoing conversations, like those one-third of seniors are already having several times a week or even daily, can help build trust and awareness of current scams, suspicious texts or emails, commonly used apps and more.

By fostering open dialogue, sharing practical safety strategies and leveraging trusted resources, caregivers can help their loved ones thrive and stay safe. Visit your local Cox Mobile store or go to CoxMobileSafety.com to find more tips, guides and full survey results.



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CRISS-CROSS

Fill in the blanks with the words. To help you get started two letters are already in place.

4 letter words

DISH

TOSS

5 letter words

BEING

CABIN

CAMEL

CLIFF

EAGLE

FIRST

FOCUS

GREAT

HAPPY

INDIA

JEWEL

METAL

NAMES

POLAR

RHYME

SENSE

SMALL

SMILE

THROW

YACHT

6 letter words

CHEESE

ENGINE

READER

SQUARE

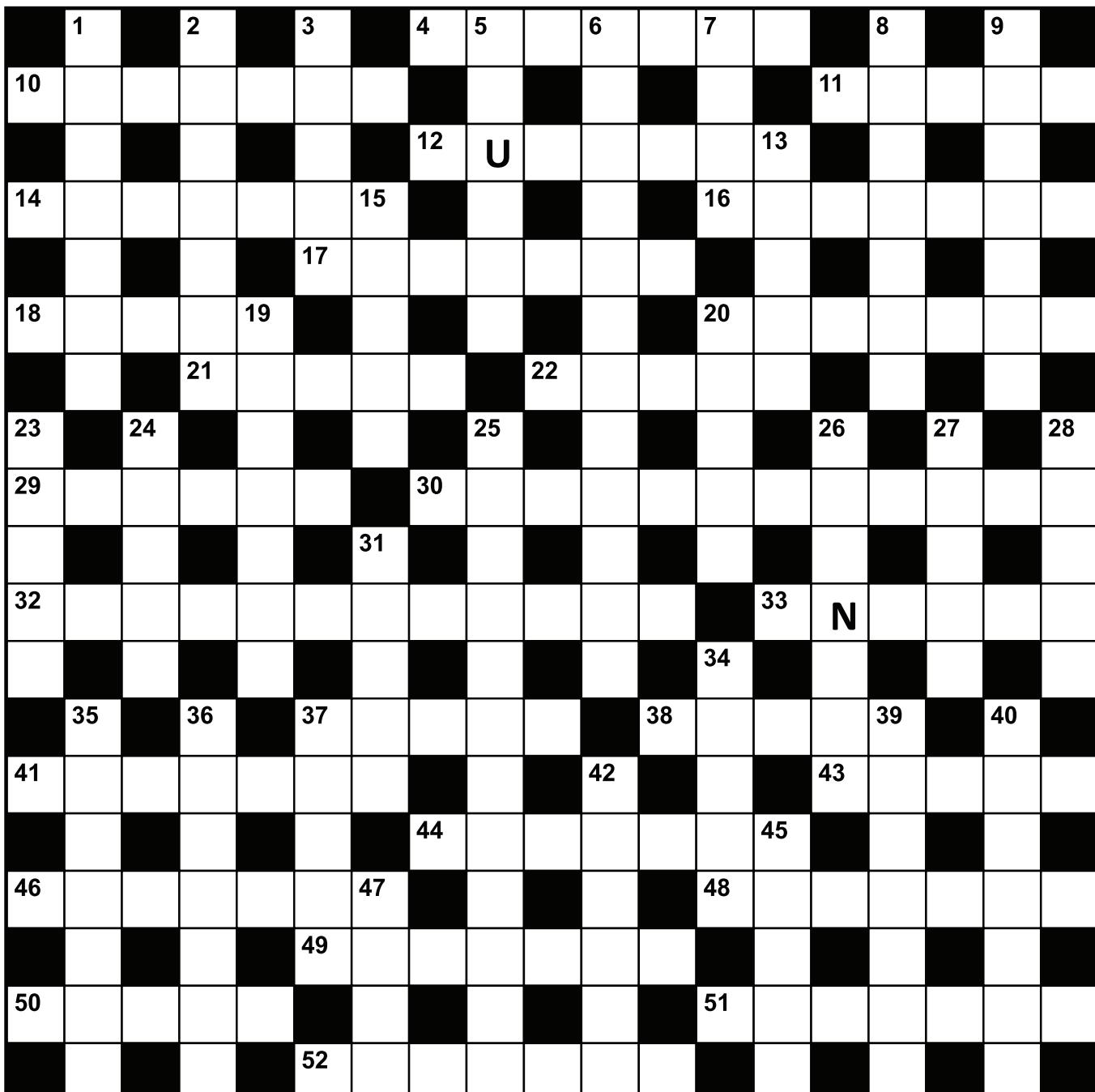
7 letter words

ASPECTS

BARGAIN

CHANNEL

CLASSIC



CONSIST GENERAL LIMITED SCREAMS
 CUSHION HELPFUL NUMERAL SCREWED
 EARNEST HERSELF PEASANT SHINING
 ECONOMY LESSONS PURPOSE SHIPPED
 FASHION LIBRARY SAUSAGE WARNING

12 letter words

ALPHABETICAL
 CIVILIZATION
 EXPERIMENTAL
 SIGNIFICANCE



Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be **an important gap** in your healthcare coverage.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

Medicare doesn't pay for dental care.¹

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Consider these national average costs of treatment ... \$274 for a checkup ... \$299 for a filling ... \$1,471 for a crown.³ Unexpected bills like this can be a real burden, especially if you're on a fixed income.

¹"Medicare & You," Centers for Medicare & Medicaid Services, 2025. ²"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. ³FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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