

THE MORNING JOURNAL | SATURDAY, JULY 22, 2017

SENIOR LIVING

SPECIAL ADVERTISING SECTION TO THE MORNING JOURNAL

A photograph of an elderly couple smiling and embracing outdoors. The woman, on the left, has short, wavy grey hair and is wearing a blue button-down shirt. She has her arms around the man's shoulders. The man, on the right, has short white hair and is wearing a light blue polo shirt. They are both smiling warmly at the camera. The background is a soft-focus green landscape with trees.

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Lodge hosts Wine Tasting
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THE MORNING JOURNAL

www.MorningJournal.com

Sprengr Health Care Anchor Lodge hosts The Heart of Summer Wine Tasting



What could be better than watching the sunset over Lake Erie while enjoying a free wine tasting? You can do just this while gaining some useful information about your heart health at The Heart of Summer Wine Tasting hosted by Sprengr Health Care Anchor Lodge Retirement Village on Thursday, July 27 from 5-7 p.m.

Listen to experts from the American Heart Association, Ideal Home Health Care and North Ohio Heart speak about the benefits of heart-healthy living while drinking wine provided by Giuseppe's Wine Cellar. The Heart of Summer Wine Tasting event will take place on the Boardwalk at Sprengr Health Care Anchor Lodge, located at 3756 West Erie Avenue in Lorain, allowing you to enjoy a scenic view of Lake Erie. All community members are welcome to attend.

Sprengr Health Care Anchor Lodge strives to provide expert cardiac care with its Heart-Healthy Program. Developed with close guidance from the founder and president of North Ohio Heart (NOH), Dr. John W. Schaeffer, M.D., F.A.C.C.,

this program provides an added level of care for cardiac patients and focuses on successful management of heart failure.

The Heart-Healthy Program at Sprengr Health Care Anchor Lodge offers weekly rounds performed by a Certified Nurse Practitioner from NOH, available in-house Telemetry, an emphasis on patient and family education, and heart-healthy meals developed by an in-house certified dietician. In addition, the care team works directly with patients and their family to implement daily check-ups, identify warning signs and promote self-care behaviors.

Sprengr Health Care Anchor Lodge's commitment to its patients' recovery and wellbeing extends beyond the patient's stay. It helps cardiac patients continue a heart-healthy regimen upon discharge from the care center by delivering 10 meals straight to their home. Patients with a primary diagnosis of Cardiac Heart Failure (CHF) also receive a Sprengr scale to monitor weight fluctuations and maintain daily records.

Sprengr Health Care Anchor Lodge,

owned and operated by Sprengr Health Care Systems, offers skilled nursing, assisted living, therapy, hospice and respite care options. It's recently renovated, modern facility includes a 3,340 sq. ft. therapy gym and modern amenities, such as a nautical themed lounge and bar, an on-site salon, and an outdoor patio overlooking Lake Erie.

Sprengr Health Care Systems is family-owned and was founded right here in Lorain County. With 12 communities located throughout Ohio and Indiana, it offers a continuum of senior living and care options to the communities it serves.

For more information about Sprengr Health Care Anchor Lodge, please call 440-244-2019 or visit www.SprengrHealthCare.com. Stay up-to-date on all events going on at all Sprengr Health Care Systems' communities by visiting its website or Facebook page.

Please RSVP for The Heart of Summer Wine Tasting by contacting Leah Haught, Admissions Director, at 440-244-7695 or lhaught@sprengrhealthcare.com.

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The *Of* Summer

Wine Tasting

THURSDAY, JULY 27 FROM 5-7PM

Enjoy a scenic sunset overlooking Lake Erie while listening to the American Heart Association, Ideal Home Health Care & North Ohio Heart speak about the benefits of heart-healthy living.

Wine provided by Giuseppe's Wine Cellar



**Please RSVP to Leah Haught
at 440-244-7695.**

**on the
Boardwalk**



**SPRENGER HEALTH CARE ANCHOR LODGE
3756 West Erie Avenue • Lorain, Ohio**



www.SprengerHealthCare.com

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Martino's International Banquet Room: Enjoy your next Family Gathering, whether it be a Class reunion, Club Get

together, Birthday, Anniversary or Rehearsal dinner in our private banquet room. We accommodate parties of ten to sixty with no room rental fees.

New to Martino's is our **Soup and Salad bar** Monday through Thursday from 11am until 3pm and Fridays from 11am to 8pm. Add this soup and salads bar in place of a side to your sandwich or meal for **just \$1.99!** Or make it your meal for \$7.99.

Also try our **Sunday Brunch Buffet** every Sunday from 9am until 2pm. Complete with an omelet station along with a couple delicious entrees and all of your favorite side dishes, this bountiful buffet is a must try! All of this for only \$7.99(one time through) or \$10.99 all you can eat until 10.30. After 10.30 when dinner entrees are added \$9.99 one time through and \$13.99 all you can eat. Bring your family after church! We accommodate large families or church groups in our Parisian room.

Martino's International Off Premise Catering: We proudly offer our high quality home cooked foods to your office, home, wedding reception or other special event at affordable prices. No event is too large or too small. Whether it is an office meeting, graduation party, or a special banquet, we take the fuss and worry out of the meal for you. Go to www.MartinosInternationalCafe.com for some of our catering menu ideas or call for complete details as well as more about our **Gourmet Appetizers and Fruit carvings**.

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Substitute the Salad bar as your side to any Sandwich or Dinner for only **\$1.99 more.**



Visit Our Website For Complete Menu
www.MartinosInternationalCafe.com

ANSWERS TO PUZZLE ON PAGE 7

M	E	Y	V	A	C	A	T	I	O	N	O	I	T	A	E	R	C	E	R
S	P	A	B	A	G	G	A	G	E	R	P	O	T	D	H	Y	U	I	V
H	L	T	X	L	B	U	D	G	E	T	N	E	I	Y	M	E	A	M	B
B	E	I	D	A	G	O	C	A	L	Y	R	A	R	E	N	I	T	I	R
A	S	I	V	N	Y	X	U	X	P	M	P	O	L	R	F	L	E	D	
M	P	H	N	O	I	T	A	N	I	T	S	E	D	P	B	E	S	L	X
S	A	S	S	I	C	T	C	N	N	S	K	L	O	D	T	E	Y	X	U
U	C	F	N	T	G	U	A	B	O	F	A	R	L	O	R	U	F	E	B
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P	E	H	R	N	T	U	A	L	N	O	N	C	A	T	O	U	S	N	V
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S	U	T	E	E	U	O	R	S	E	N	T	I	T	R	E	H	X	H	E
S	C	F	L	T	F	I	Y	E	H	O	N	A	N	K	R	H	H	C	X
P	L	A	X	N	D	I	S	X	N	I	N	I	C	G	O	E	D	X	X
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G	G	S	H	U	C	G	S	N	S	L	E	S	A	C	T	I	U	S	M



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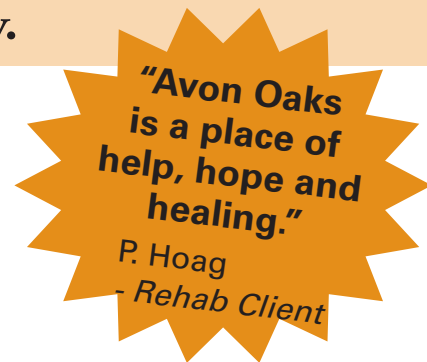
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Women and osteoporosis

Osteoporosis is disease of the bones that occurs when a person loses too much bone, produces too little bone or both and can affect both men and women. But while millions of men suffer from osteoporosis, the vast majority of people with this potentially painful condition are women.

According to the National Osteoporosis Foundation, roughly 80 percent of the 10 million Americans with osteoporosis are women. Osteoporosis Canada, which notes that between 70 and 80 percent of osteoporotic fractures in Canada occur in women, reports that the loss of estrogen production during menopause production puts women at greater risk for osteoporosis than men, as estrogen plays a vital role in female bone health.

But age is not the only factor that influences a woman's risk for developing osteoporosis. Caucasian women are most at risk for osteoporosis, and the NOF estimates that 20 percent of Caucasian women age 50 and older have the condition, and more than

half of Caucasian women age 50 and over have low bone mass. That means that the bones of more than 50 percent of Caucasian women over age 50 are weakening, potentially paving the way for osteoporosis in the future.

Asian American women are also at considerable risk of developing osteoporosis, which affects about the 20 percent of such women age 50 and older. Low bone density is a concern for Asian American women, more than half of whom have the condition.

The outlook for African American women is not as bleak, as just 5 percent of such women age 50 and older have osteoporosis. And while 35 percent of African American women have low bone mass, recent research indicates that few African American women, even those who have risk factors for the disease, are screened for osteoporosis. Insisting on osteoporosis screening can help African American women determine their true risk for the disease.

While gender and aging are beyond women's control, these are not the only



risk factors that increase the chances women may develop low bone density or experience fractures and falls down the road. Osteoporosis Canada notes additional risk factors include:

- if either parent has had a hip fracture
- having had a prior fracture with minimal trauma
- long-term (more than three months) use of glucocorticoid therapy, such as prednisone
- rheumatoid arthritis
- current smoker
- history of falls in the previous 12 months
- vertebral fracture apparent on x-ray
- high alcohol intake (three or more drinks per day)
- weight loss greater than 10 percent

since age 25

Despite the abundance of risk factors, the two most prominent of which are beyond women's control, women are not helpless against osteoporosis. Among the many things women can do to protect their bones is exercise regularly and eat a well-balanced diet that includes enough calcium and vitamin D as well as plenty of fruits and vegetables. In addition, avoiding or quitting smoking and limiting alcohol consumption to no more than two to three drinks per day can protect bones and make them less vulnerable to breaks and the onset of osteoporosis.

Women can learn more about osteoporosis at www.nof.org and www.osteoporosis.ca.

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PUZZLES ARE GOOD FOR THE BRAIN!! ANSWERS ON PAGE 4

ON VACATION WORD SEARCH

M	E	Y	V	A	C	A	T	I	O	N	O	I	T	A	E	R	C	E	R
S	P	A	B	A	G	G	A	G	E	R	P	O	T	D	H	Y	U	I	V
H	L	T	X	L	B	U	D	G	E	T	N	E	I	Y	M	E	A	M	B
B	E	I	D	A	G	O	C	A	L	Y	R	A	R	E	N	I	T	I	R
A	S	I	V	N	Y	X	U	X	P	M	P	O	O	L	R	F	L	E	D
M	P	H	N	O	I	T	A	N	I	T	S	E	D	P	B	E	S	L	X
S	A	S	S	I	C	T	C	N	N	S	K	L	O	D	T	E	Y	X	U
U	C	F	N	T	G	U	A	B	O	F	A	R	L	O	R	U	F	E	B
G	K	D	O	A	S	L	P	R	O	T	T	G	M	V	D	N	E	G	P
P	E	H	R	N	T	U	A	L	N	O	N	C	A	I	O	U	S	N	V
A	B	P	K	R	Y	I	N	E	A	I	K	T	U	I	G	T	T	A	K
S	U	T	E	E	U	O	R	S	E	N	I	I	T	R	E	U	X	H	E
S	C	F	L	T	F	I	Y	E	H	O	N	A	N	K	R	H	H	C	X
P	L	A	X	N	D	I	S	X	N	I	M	I	C	G	O	E	D	X	X
O	O	M	F	I	L	T	X	R	C	R	N	I	N	T	S	S	N	E	E
R	T	I	D	S	H	A	E	D	I	N	T	E	E	G	S	S	T	C	H
T	H	L	D	G	L	N	K	F	B	U	F	L	E	V	A	R	T	A	Y
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O	N	S	R	U	B	O	L	F	Y	T	U	D	H	A	P	I	H	S	U
G	G	S	H	U	C	G	S	N	S	L	E	S	A	C	T	I	U	S	M

WORDS

AIRPORT
BAGGAGE
BOOKING
BUDGET
CLOTHING
CONFIRMATION
CURRENCY
DESTINATION
DUTY
EXCHANGE
FAMILY
HOTEL
HOUSEKEEPING
INTERNATIONAL
ITINERARY
MOTEL
PACK
PASSPORT
PLANNING
POOL
RECREATION
RELAX
RENTAL
RESERVATION
SHIP
SIGHTSEEING
SNORKEL
SPA
STAY
SUITCASE
SUNSHINE
TERMINAL
TICKETS
TRAVEL
VACATION
VISA

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

JULY 30, 2017

Race begins at 9 a.m.

3K walk begins at 9:05 a.m.

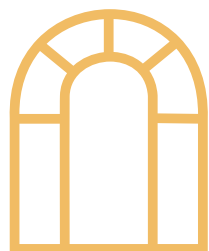
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