

Senior Living

A SPECIAL SUPPLEMENT TO THE MORNING JOURNAL

APRIL 19 2018

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MORE IMPORTANT
THAN EVER**

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DESTINATIONS

by **Pat Morrisson**

Footprint Tours, Inc. believes that travel is good and good for you. There are many wonderful health and wellness benefits that can come to you from travel. Here are just a few....

- Travel keeps you learning
- Travel can bring you joy
- Travel can reduce your risk of dementia
- Travel can build your self confidence

A small city called Hillman is located about six hours driving time from Lorain. It is located in the state of Michigan near the western shore of Lake Huron and about 30 miles west of Alpena, Michigan. Located here is Thunder Bay Resort, famous for challenging golf, deluxe lodging, their memorable Elk Viewing Carriage Ride, Gourmet Dinner & Wine Tasting Event, and their friendly staff!

Footprint Tours, Inc. has planned a three-day **“On the Waters of Michigan” trip to the resort on August 15 – 17, 2018.**

Included in this trip are not only our two overnights at Thunder Bay Resort, but also day trips to several lighthouses and museums related to the Great Lakes. Tawas Point Lighthouse stands 67 feet tall and affords spectacular views of the Lake Huron shoreline. It was built in 1876. The Forty Mile Point Light, which was built in 1896, stands along the long stretch of Lake Huron shoreline between Rogers City and Cheboygan. The 12-foot square tower stands 52 feet high and is capped by an octagonal cast-iron lantern room. A maritime museum is located in one of the two apartments attached to the lighthouse. Both of these lighthouses are quite different from each other and warrant a visit by



those who have some interest in lighthouses of the Great Lakes.

The Great Lakes Lore Maritime Museum, located in Rogers City, Michigan, specializes in memories of the generations of men and women who risked their lives to sail and make their living on the water. The Besser Museum of Northeast Michigan of Alpena, Michigan, offers an enriching experience through art, history and science of that area of Michigan. On the grounds is a re-created 1890's street with period shops. The Great Lakes Maritime Heritage Center offers us the experience of exploring shipwrecks in real time via live video feeds. The museum showcases maritime history related to the Great Lakes, including Lake Huron's Thunder Bay National Maritime Marine Sanctuary, which protects 448 Square miles with more than 100 ship wrecks. Weather permitting, we will ride on a 65-foot double-decker glass-bottom boat to view shipwrecks and activity on the water.

One of the most unusual meals will be the Gourmet Dinner & Wine Tasting Event given by the Thunder Bay Resort. A horse drawn carriage will take us through the wooded areas of the resort, over a wooden bridge that crosses the Thunder Bay River and into the Elk



Preserve. The ride into the preserve will hopefully provide us a close-up look at the Rocky Mountain Elk and Whitetails. Dinner will be at the charming Elk Antler Log Cabin filled with antiques and a massive split stone fireplace. We will dine on a hearty gourmet five-course meal prepared on antique wood cookstoves and enjoy samples of six locally produced wines from the Stoney Acres Winery in Alpena.

Call Footprint Tours, Inc. at 440-244-5100 for more information about this trip or to learn about other trips that have been planned for 2018. Plan to enjoy a day or several days on a motor coach tour offered by Footprint Tours or another motor coach tour company. Leave the driving to an experienced motor coach driver and enjoy seeing new and wonderful sites. We know you will benefit greatly and enjoy your experience. Happy Traveling!

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★ Day-Trips

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★ Overnights

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Helping Older Adults is the focus at Hickman & Lowder Co., L.P.A.

Hickman & Lowder Co., L.P.A., is a team of dedicated attorneys who meet the lifetime legal needs of individuals with special concerns, focusing their efforts on helping older adults and families with special needs. Serving the residents of Northeast Ohio for over 25 years, the firm has grown to become a nationally recognized authority on issues related to Elder Law, Medicaid, special needs estate planning, trusts, and other related areas of law.

Hickman & Lowder's Elder Law and estate planning attorneys help clients plan for Medicaid and explore long-term care options, while preserving their assets. Additionally, they create comprehensive estate plans that are tailored to each client's unique and special circumstances, which often include documents, such as wills, trusts, and powers of attorney. This helps clients ensure that their wishes are carried out regarding their medical care and their finances should they become incapacitated or pass away. Hickman & Lowder attorneys are compassionate listeners who empower clients by giving them the knowledge necessary to understand their needs and options, and ultimately, to make decisions that benefit themselves and their families.

FEATURED ATTORNEYS:

Attorney Elena A. Lidrbauch, CELA, focuses her practice on issues affecting older adults and people with disabilities. Her practice areas include Elder Law, estate planning, Medicaid planning, probate, guardianship, and planning for families with special needs.

Elena is a Certified Elder Law Attorney (CELA). She is also a member of the Lorain County,

“Hickman & Lowder attorneys are compassionate listeners who empower clients by giving them the knowledge necessary to understand their needs and options, and ultimately, to make decisions that benefit themselves and their families.”

Cleveland Metropolitan, Medina County, and Ohio State Bar Associations, the National Academy of Elder Law Attorneys, and the Special Needs Alliance. Elena received her M.Ed. in Rehabilitation Counseling from Kent State University. She spent 12 years working in community mental health service agencies providing residential, employment, and partial hospitalization services. Elena returned to school to earn her J.D. from the University of Akron School of Law. Upon graduation, she joined Hickman & Lowder as an associate and, in 2005, she became a shareholder. Today, Elena heads our Sheffield Village office.

Attorney Ethan A. Welch assists clients with Elder Law, estate planning, Medicaid planning, guardianship, probate, and planning for families with special needs. Ethan graduated magna cum laude

from Bowling Green State University and received his law degree from Ohio Northern University. He is a member of The National Academy of Elder Law Attorneys, the Ohio State Bar Association, and the Cleveland Metropolitan Bar Association.



Planning for your future. Protecting your assets.

The Elder Law and estate planning attorneys of Hickman & Lowder will work with you to address many of the issues that aging brings, such as preserving your assets, taking care of your loved ones, and ensuring that your medical and financial wishes are carried out.

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Health as a Senior: More Important Than Ever

A proactive approach to health can help you make the most of your senior years

Good health is the key not only to a longer life, but also to quality of life. This is especially true during our senior years.

One of the most important elements for good health is developing a consistent and trusted relationship with a primary care provider (PCP). A PCP is a physician or nurse practitioner focused on prevention and wellness strategies to help keep patients healthy.

Most people rely on a PCP to help restore health when they're sick. But PCPs play a much broader role, helping patients live a healthier lifestyle, understand risks and identify issues early. The Centers for Disease Control and Prevention recommend that people of all ages – especially seniors – have a checkup with their PCP annually. During this checkup, your provider is likely to:

- Review and update your family history
- Answer your questions about your health
- Complete a physical exam, as well as baseline vision and hearing screenings
- Assess basic health indicators such as blood pressure, glucose and body mass index (BMI)
- Evaluate your medications
- Diagnose and/or treat common medical problems
- Recommend preventive screenings, based on your age, health and family history
- Provide any needed referrals to specialists
- Educate about health, lifestyle and nutrition
- Share recommendations to help you achieve optimal health
- Deliver immunizations, such as the flu shot



Mercy Health providers partner with seniors in taking a proactive approach to their health. With an extensive network of more than 100 providers in 40 locations throughout Lorain County, and services including same-day appointments

and walk-in care, we provide the expert care that helps you make the most of your senior years.

To choose a Mercy Health provider or schedule an appointment for your checkup, visit mercy.com or call 1-877-930-DOCS (3627).




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What is a silent stroke?

The brain is a complex organ responsible for controlling many different bodily functions. When working at optimal capacity, the brain is a wonder to behold. When illness or trauma affects the brain, various parts of the body may not work as they should.

One of the more devastating things that can affect the brain is stroke. Stroke describes a sudden stoppage of blood from reaching the brain. Harvard Medical School states that if a large number of brain cells are starved of blood supply, they can die. With their demise, a person's memory and ability to speak and move can be compromised.

While many strokes come on suddenly, certain factors may indicate a person is at risk. Such factors may include prior heart attacks, genetics, high blood pressure, smoking, or a prior stroke. However, in a particular type of stroke – a “silent stroke” – symptoms are far more subtle and difficult to spot.

Silent cerebral infarction, often referred to as “SCI” or “silent stroke,” is a brain injury likely caused by a blood clot interrupting blood flow to the brain, offers the American Stroke Association. Silent

strokes increase risk for other strokes and can be a sign of progressive brain damage. A silent stroke is typically only noticed as a side component of an MRI of the brain. Many times patients do not recall having a stroke and never felt any symptoms. Silent strokes should not be mistaken for mini-strokes. Mini-stroke is a brief but discrete and memorable event, with symptoms appearing for a few minutes or a few hours.

According to a study on silent stroke titled “Functional and Cognitive Consequences of Silent Stroke Discovered Using Brain Magnetic Resonance Imaging in an Elderly Population” and published in the Journal of American Geriatrics Society, silent strokes are quite common and can have serious consequences. Researchers have found that silent stroke is associated with impairments in tests of cognitive function rather than movement-oriented performance tests like rising from a chair. Almost 50 percent of studied silent strokes affected frontal circuit components of the brain, such as the frontal cortex, basal ganglia and thalamus. Lesions in these brain structures compromised executive functions

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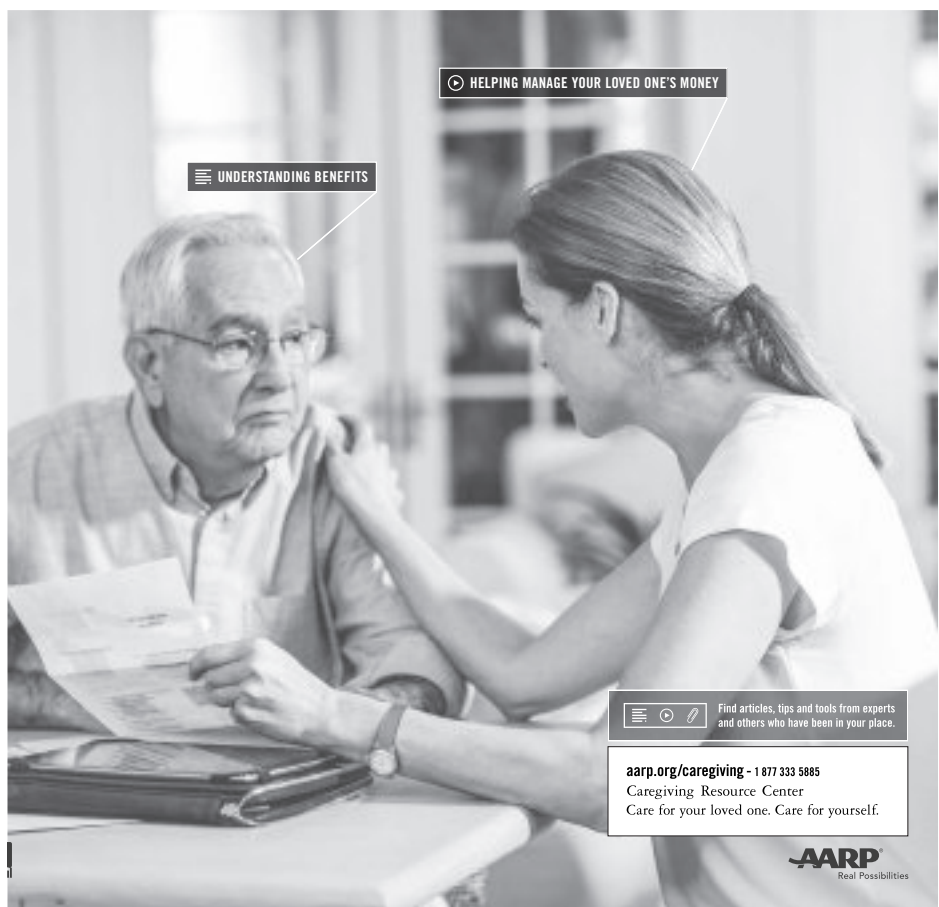
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DID YOU KNOW?

Over the last decade, seniors have become increasingly more savvy in regard to social media usage. The Pew Research Center found that, in 2015, around 35 percent of people age 65 and older reported using social media. That's a large jump from just 2 percent in 2005. As of 2016, 65 percent of people between the ages 50 and 64 reported using social media, according to Pew. Social media usage among seniors continues to climb, although young adults still comprise the demographic most likely to use it. Among seniors ages 50 and older, Facebook is by far the most popular social media platform used, followed by Pinterest and LinkedIn.

LORAIN COMMUNITY SENIOR CENTER

Low impact exercise every morning at 9:00 a.m.
Woodshop is open on Tues. & Thurs. 8:00 a.m. - 12:00 p.m.

Friday Movies - Small fee of \$2.00 which includes popcorn and a drink.

Craft and Quilt room open everyday

Activity Room open everyday and you'll always find a puzzle going on with magazines and books that are available to take out on the honor system.

You must be a member of the Lorain Community Senior Center to join in these activities. It's easy to join the center just come in anytime on Tues/Thurs/Fri 8:00 a.m. to 12:00 p.m. on Weds 8:00a.m. to 2:00 p.m.

Please call the Senior Center if you have any questions at (440) 288-4040

3361 Garfield Blvd, Lorain, OH 44052

LORAIN COUNTY METROPARKS

April 28 & 29 Herb Fair at Vermilion River Reservation, 51211 N Ridge Rd, in Vermilion. Sat. 10am - 4pm, Sun. 12-4pm Purchase garden plants and other gardening related arts and crafts.

Now through May 28 Take the kids to the **Super heroes of Nature** display at Miller Nature Preserve, 2739 Center Rd, Avon, OH 44011. Entry is only \$2.

SILENT STROKE FROM PAGE 5

and were related to vascular dementia. Another study showed associations between silent stroke and visual field deficits, weakness in walking on heels, history of memory loss, migraines, and lower scores in cognitive function tests.

The "silent" part of a silent stroke also refers to the areas of the brain that the stroke affects. Experts at Harvard Medical School explain that, during a silent stroke, an interruption in blood flow destroys areas of cells in a part of the brain that is "silent," meaning that it doesn't control any vital functions. Researchers say that, over time, the damage from silent strokes can accumulate, leading to more and more problems with memory. Collectively, silent strokes become silent no longer.

There are certain ways to reduce the risk of any type of stroke. These include:

- managing high blood pressure and high cholesterol levels
- quitting smoking
- reducing the risk of diabetes and effectively treat the condition if it is present
- losing weight to prevent obesity
- exercising and avoid a sedentary lifestyle
- taking a low-dose aspirin or a drug that prevents blood clots.


Silent strokes largely go unrecognized but can lead to significant brain injury. Getting the facts can help men and women reduce their risk for silent stroke.



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Why do I choose Mercy Health? I've got 25 reasons — one for each year Dr. Escolas has taken such great care of me. In 1991, I was new to the area and didn't know many people. When I met Dr. Escolas, he and the Mercy Health team immediately made me feel like I was in the right place. Since then, I've built a healthy life in Lorain County, and I love my job helping others in our community transform their lives. Through it all, Dr. Escolas and Mercy Health have been there for me and my family, with expert care whenever we've needed it — any time, every time.

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