

Senior Living

A SPECIAL SUPPLEMENT TO THE NEWS-HERALD

APRIL 26, 2018

**ARE PERMANENT
TEETH FOR YOU?**

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**ACTIVE OUTINGS
AT LAKE
METROPARKS**

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THE NEWS-HERALD

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The Right People
The Right Place

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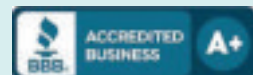
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and*

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Salute to our Seniors!

Laketrans Seniors on the Go Community Schedule



Wondering what your transportation options are in Lake County?

Laketrans is hosting information sessions this spring for anyone interested in learning how to benefit from using Laketrans.

Attend one of our "Seniors on the Go" programs near you! Sessions are for all ages and abilities. Individual sessions are also available in the convenience of your own home.

For more information, contact Ben Mordush at (440) 350-1067.

Monday, May 7
Fairport Senior Center
11:30 a.m. - 1 p.m.

Monday, June 4
Morley Library
6 p.m. - 7 p.m.

Tuesday, May 8
Mentor Public Library
2 p.m. - 3:30 p.m.

Tuesday, June 5
Madison Senior Center
11 a.m. - 12:30 p.m.

Wednesday, May 9
Morley Library
6 p.m. - 7 p.m.

Wednesday, June 6
Concord Community Center
2:30 p.m. - 4 p.m.

Wednesday, May 23
Willowick Public Library
11 a.m. - 12 p.m.

Wednesday, June 13
Fairport Library
1 p.m. - 2:30 p.m.

Thursday, May 31
Eastlake Public Library
10:30 a.m. - 12 p.m.

Tuesday, June 19
Willoughby Hills Rec. Center
12 p.m. - 2 p.m.

Let's go places, together

By: Julia Schick

Has the winter weather been giving you cabin fever? Do you need more transportation options? Maybe you've been considering Laketrans for yourself or a loved one, but are not sure where to start? Seniors on the Go is the perfect introduction to Laketrans!

Seniors in Lake County step aboard Laketrans's Local Route and Dial-a-Ride service every day to get to work, medical appointments, shopping, libraries and senior centers. With an affordable fare of just 75 cents, Local Routes 1-6 provide 80,000 trips each year for seniors, offering accessible transportation along the major corridors in Lake County.

Laketrans's door-to-door Dial-a-Ride service provides transportation to any destination in Lake County and select Cuyahoga County medical facilities. For many senior citizens in Lake County, Dial-a-Ride is their only means of transportation to medical appointments, shopping and socializing. In 2017, Laketrans provided over 290,000 Dial-a-Ride trips! Laketrans's goal is to guarantee seniors are not isolated in their homes.

There's a lot to learn about Laketrans's services! Attending a Seniors on the Go program will educate you and your caregiver about how Laketrans can make a difference in your life. Seniors on the Go focuses on how seniors can maintain their independence - whether it's everyday use, an occasional trip, or help during winter months or nighttime driving. During the program you'll learn about reduced fare programs, scheduling or planning trips, and other travel tips for riding Laketrans. Over the last 4 years, Laketrans has helped over 900 seniors who attended the Seniors on the Go program.

This spring, many local senior centers and libraries are hosting Seniors on the Go group training sessions. All sessions are free for seniors and their caregivers.

Even if you already ride, you are encouraged to join us at one of the local programs to learn about new Rider Tools to help manage your transportation needs, like online reservations, real-time arrival information, and Laketrans's new mobile app. Laketrans will demonstrate the new tools at each session.

Those looking to get started or have more information on hand about Laketrans services will find attending one of the upcoming Seniors on the Go program a valuable way to get started. If you are unable to attend any of the upcoming meetings, you can schedule a home visit for an individual session by calling Ben Mordush at (440) 350-1067 or visit www.laketrans.com for more details.

We hope to see you on board soon!



Holly's Hearing Aid Center

Hearing loss has many causes, symptoms and effects when untreated over time. In fact, well over 30 million Americans, of all ages, report having some degree of hearing loss. Many of these people could reconnect themselves to the sounds they love if they chose to use hearing aids. Our goal is to help anyone who feels they may be experiencing the negative impact of hearing loss in their daily life take the first step. If you, or a loved one, are ready for your free hearing appointment, please contact us and we will schedule an appointment at your convenience.

Please visit us at our Ashtabula, Concord Twp., Chardon, Mayfield and Willoughby, OH hearing aid stores. Not only will you find a terrific selection of state-of-the-art hearing devices, but you'll love the personal service you'll receive. Look forward to all you've been missing – come see us and discover how today's advanced technology hearing aids can help restore your hearing.



Holly's Hearing Aid Center

This week only!

FREE HEARING EVALUATIONS!



Untreated hearing loss can contribute to social isolation, anxiety, depression and **cognitive decline**.

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(855) 831-5972

www.HollysHearing.com 



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Over 50 years of experience!

National Center for Health Statistics, Inter-university Consortium for Political and Social Research. (1989). National Health Interview Survey. United States Department of Health and Human Services. Doi:http://doi.org/10.3886/JCPSR09583.v1

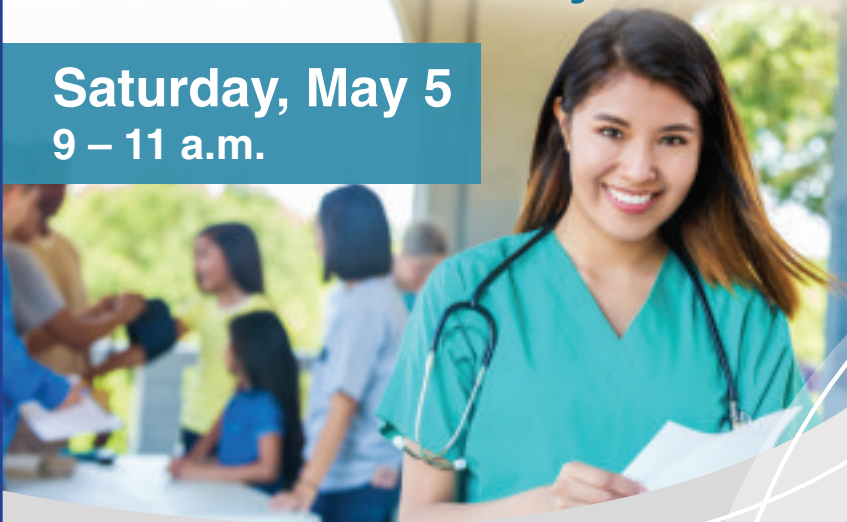
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Free Community Health Fair

Saturday, May 5
9 – 11 a.m.



Bring this ad in for
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Join us for a Free Health Fair featuring:

- Blood pressure screenings
- BMI screenings
- Cholesterol screenings
- Continental breakfast and refreshments
- Raffles
- Facility tours and information



Mapleview Country Villa

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Dealing with Dental Issues as you Age



Remember the days of opening Coke bottles with your teeth? Or chipping a tooth at the skating rink? Oh, the crazy days of our youth, right?

Life takes its toll on our bodies and minds, and our teeth are no different. We don't realize when we're young that we only get one set of permanent teeth, designed to last a lifetime. So what do you do when you outlive your dental health?

First step is to get connected with a good dentist. If it wasn't on your radar screen in your teens, 20's or 40's, it needs to be now. This professional team can walk you through all the details of good dental health and restorative processes that will guide you through aging. These might include deep cleanings, cavity repair, crowns, implants to replace missing teeth, or full set dentures.

Modern dental processes offer so many healthy and beautiful alternatives to the teeth you are born with there is no reason not to explore solutions. Not only will you gain a new smile, you will gain confidence, and even possibly improve digestion and overall physical health.

In Madison and surrounding areas contact Dr. Katherine Thokey at 440-428-9568.

Dr. Thokey has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994. Dr. Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.



Katherine A. Thokey
DDS. LTD.

24 Lexington Blvd. • Madison, OH 44057
440.428.9568
Thokeydental.com

Office Hours By Appointment

Katherine A. Thokey
DDS. LTD.

Start 2018 with Good Dental Hygiene.

Take charge of your health in the New Year. Good dental hygiene has a big impact on your well-being. Dr. Katherine Thokey and her staff offer gentle dentistry that can fix problems like loose teeth, cavities, ill fitting dentures, teeth straightening and so much more. Start with a good cleaning and exam.

Dr. Thokey offers a payment program called **Quality Dental Plan, QDP**, that helps those with no or minimal dental coverage. Yes, you CAN afford dental care. Do it today!



Visit QDP website or call our office for more information.
www.qualitydentalplan.com

• Family • Cosmetic • Dentures • Implants

Watch Your Mail for Your New Medicare Card

Medicare has begun a year-long project of mailing replacement Medicare cards to all Medicare beneficiaries. Your card will have a new number using a combination of letters and numbers that replaces your Social Security number as your ID. This change is being made to help to reduce identity theft and will not affect your benefits.

Ohio beneficiaries are scheduled to begin receiving their cards after June, 2018. Your new card will be sent automatically through the mail to the address on file with Social Security. If you've moved recently, make sure your mailing address is up-to-date by contacting your local Social Security office or Medicare.

Be on the lookout for scammers who are already trying to take advantage of people during this transition. Do not be fooled if someone calls or visits you demanding to switch out your card. Medicare will not send someone to your

home or phone you asking for personal information. They will not threaten to cut off your benefits. If someone tries to use these scare tactics, report them immediately to your local police and the Medicare helpline, available 24 hours a day, 7 days a week at 1-800-633-4227.

If you would like to learn more about Medicare, please join me, Laura Mutsko, for my class, Getting Started with Medicare. Registration is going on now for my class on Monday, May 21 at Morley Library in Painesville beginning at 6:00 PM. To register, call 440-255-5700. The class is only for educational purposes and no plan specific benefits or details will be shared.

You can also find information on other class dates and times at www.mutskoinsurance.com/seminars. For questions on insurance, including life, health, dental, vision and Medicare Advantage plans, contact Mutsko Insurance Services at 440-255-5700.

Get the FACTS on Medicare Health Insurance and Rx Plans.



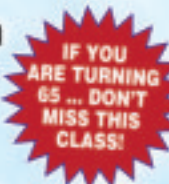
Medicare Advantage Plans
Medicare Supplements
Medicare Part D Plans
Individual & Group Health
Dental & Vision Insurance
Life Insurance

CALL TO REGISTER FOR A CLASS IN YOUR AREA!

Mon., May 21 • 6-8:00 pm
Morley Library, Painesville
440-255-5700 to register

Wed., June 13 • 7-8:30 pm
Euclid Library
216-261-5300 to register

Thur., June 14 • 6:30-8 pm
Concord Community Center
440-639-4650 to register



Mutsko Insurance Services, LLC
440-255-5700
www.mutskoinsurance.com

These events are for educational purposes only and no plan specific benefits or details will be proposed. Limited seating. Pre-registration required. Some nominal fees may apply.

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For more information please call 440.255.9309



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A Continuing Healthcare Solutions Community

To meet the healthcare needs of the community we serve, **Continuing Healthcare Solutions** accepts Medicare, Medicaid, and most major insurance plans.



GREAT LAKES MALL

Senior Day!

**JOIN US
TUESDAY, MAY 15**
Starts at 8:30am

Brought to you by Lake County Senior Centers, Lake County Council on Aging, RSVP, WINT Radio 1330 AM/101.5 FM and Great Lakes Mall

BINGO! CONTINENTAL BREAKFAST! LIVE ENTERTAINMENT AND MORE!

We welcome seniors to participate in this fun-filled day! Senior Day will feature exhibitors, activity stations, The Price is Right "Light" Game, live entertainment from the Chardon Polka Band and the Outstanding Senior Awards Presentation.



For details on more seasonal happenings, visit SHOPGREATLAKESMALL.COM

Senior Day at Great Lakes Mall

Great Lakes Mall will host Senior Day on Tuesday, May 15 from 8:30 a.m. until 2:00 p.m. This annual event, in its 38th year is hosted in partnership with The Lake County Council on Aging, RSVP, The Lake County Senior Centers and WINT Radio 101.5FM/1330AM. Senior Day 2018 is sponsored by Advanced Audiology Concepts, Brunner Sanden Deitrick Funeral Home & Cremation Center, Laketran and the Western Reserve Area Agency on Aging.

Seniors are invited to participate in a special day of activities, annual awards and great fellowship. \$1 tickets are available at any of the Lake County Senior Centers or at the door.

Vendor stations will include Massage and Reiki, Wine Glass Painting, a Cooking Demonstration, Chair Volleyball and more. Attendees can enjoy entertainment including the Chardon Polka Band and the Price is Right "Light" game show.

A major focus of the day will be the presentation of the "Seniors of the Year" awards at 1:00 p.m. which will include proclamations from the Lake County Board of Commissioners and the Lake County Council on Aging. For more details about Senior Day 2018 visit shopgreatlakesmall.com.

SENIORS & PUPPIES

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**GOVERNOR'S
POINTE**

A Randall Residence



Remarkable Assisted Living for the Independent Spirit

Celebrate Life at 2018 Walk to Remember

Presented by Huntington Bank



Now in its seventh year, Hospice of the Western Reserve's 2018 Walk to Remember presented by Huntington Bank is the nonprofit agency's largest fundraiser of the year. Held at the Cleveland Metroparks Zoo, the event is open to anyone wanting to celebrate the memory of loved ones and make a difference in the lives of those living with serious illness.

Walk to Remember allows Hospice of the Western Reserve to offer services not reimbursed by insurance such as art and music therapy, pediatric hospice care, grief and trauma support in local schools and a Moments to Remember wish fulfillment program for hospice patients. This year's Honorary Chairs are Dr. Akram Boutros, President and CEO, MetroHealth Systems, and Suzanne Aral-Boutros, president of

the Suzanne Aral-Boutros Agency. Kristi Capel of Fox 8 News in the Morning is the event's Emcee and Honorary Media Chair.

Registration is \$12 for children, \$25 for adults and \$75 for a family (two adults + three children ages 4-12). Children 3 and under are free. Registration includes all-day admission to the Zoo, snacks, a live band, family-friendly entertainment and much more! A brief Celebration of Life multimedia show will be held immediately following the Walk. To register or donate, visit hospicewr.org/walk. For more information or to submit photos of loved ones to include in the multimedia show, contact Bridget Murphy: 216.383.3715, bmurphy@hospicewr.org.



More time with his favorite ballerina.

Hospice care reduces stressful hospital visits, giving him more family time. When you're considering hospice care, you have choices. **Not all hospices are the same.** If you or a loved one has been diagnosed with a chronic or serious illness and you need help, **insist on Hospice of the Western Reserve.** Your journey to compassionate care begins at hospicewr.org.



**HOSPICE OF THE
WESTERN RESERVE**

NORTHERN OHIO'S HOSPICE OF CHOICE



Retiring? Turning 65?

Navigating the Medicare maze can be very challenging. Let us help you understand the basics of your eligibility.

Let's talk about your Medicare options.

Call Mary! 440-286-1263



Mary Duncan
Certified for Medicare Plans

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HAAS Healthcare Solutions

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100 7th Ave. #135 Chardon, Oh 44024



**86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.**

DoIHavePrediabetes.org



Medicare Made Easy

Medicare. It's a word that causes confusion and even a headache for many people approaching 65. The question is what do I do first, who do I call and where do I go?

Those eligible for Medicare must be a U.S. citizen or legal resident for at least five consecutive years and 65 years old or older, unless there is a qualifying disability. When turning 65, Medicare provides for an initial enrollment period three months before the person's birthday, the month of the person's birthday and three months after the person's birthday. However, before a person can enroll in any Medicare plan, the person must have applied for and obtained a Medicare card with Part A and Part B, also known as Original Medicare. If a person already receives Social Security, the person automatically receives a card when turning 65. If they are not drawing Social Security, the person can go to a Social Security office to apply or visit medicare.gov.

The coverage options take us back to kindergarten, where we learned our ABC's.

Part A: covers inpatient hospital care plus additional services.

Part B: covers physician services and some preventive services.

Part C: Medicare Advantage. This is where a professional certified for Medicare plans is needed to guide you through the maze of plan options. Be sure to ask about value added benefits such as Silver Sneakers, hearing aids, Dental and Vision.

Part D: Prescription drug coverage.

Medicare prescription drug coverage is received by either joining a Medicare prescription drug plan or through a Medicare Advantage Plan that includes drug coverage. Even if few or no drugs are used, it's important to purchase a plan because there is a penalty if you do not enroll when eligible. This

penalty will last a lifetime and add to monthly costs. It is important to provide your professional a current list of your medications and ask them to determine which plan will include all your current drugs at the best price.

Medicare supplements are letter plans that fill gaps in Original Medicare A and B. The most popular plans are Plan F and G.

One of the most frequently asked questions is, "When I choose my initial plan, will I be stuck with that plan forever?" The answer is absolutely not.

During annual open enrollment, which occurs between Oct. 15 and Dec. 7, a different Medicare Advantage Plan or a Part D prescription drug plan can be selected. Since formularies change each year, it is recommended to review options with a professional that is certified for Medicare plans. There is typically no charge for an annual review of your benefits.

There are numerous Medicare plans to choose from, but as you are considering each type of plan, it is important you feel comfortable with the cost of the plan, cost of any co-pays and how you will receive the provided services.

**Let us make
Medicare easy
for you or your
loved one. Call
us today. WE
CAN HELP!!!!!!**

More information is available at www.haas-haasinsurance.com

Mary Duncan is vice president of Haas Healthcare Solutions in Chardon, Ohio. She can be reached at 440-286-1263.

Are Permanent Teeth Right For Me? Submitted By: Dr. Jeffrey Gross

“Permanent teeth” is the new hot phrase in dentistry. We would like our teeth to last for a lifetime, but this may be out of the reach for a number of us. What is history getting to that point is usually not relevant. What is important is how we will move forward and deal with our present situation. Classically, all we did was replace teeth with components or artificial teeth that would come in and out on a regular basis. There is still a need for this, but we now have other options. Now, we can get close to what we had when we had our own teeth that formed in our bodies.

When we deal with just a few missing teeth, a permanent option can be very simple. We have different types of choices. They could be cemented bridges, bonded bridges or dental implants. They are all good solutions to the problem of replacing missing teeth with a permanent solution. When we are faced with losing all of our teeth, we only have one permanent solution. This

is permanent teeth supported by multiple implants.

Imagine no adhesive, no slippage and no bulky section over the roof of the mouth. Avoidance of coverage of the roof of the mouth is one of the biggest reasons that permanent teeth are requested. Adaptation to speech and tasting of food are affected by covering the roof of the mouth. Since permanent teeth utilize implants to hold them in place, coverage of the roof is not necessary.

There is not a day that goes by that I do not see a commercial talking about this. The approach has been around for a couple of decades but only in the last 10 years or so has it exploded. It is the closest thing that we have to turning back the hands of time for many patients. It is not an invention. It is a technique. As with all techniques, improvement is the constant mantra. I have done root canals for decades. The way that I do them now is so different than the way that I did them years ago. They are better and faster. The

result is a happier patient coupled with great results.

The same is true with permanent teeth. The procedure keeps on evolving. Many times the teeth in a day procedure literally takes a day. There are so many variables and intricacies in the technique that predictability and repeatability has been a challenge. One of our local laboratories has pioneered a technique which makes the entire process modular. The procedure is aptly named The Guided Smile Technique. The result is less stress for all of those involved and a reduction in the total procedure time. Teeth in a day has now evolved into teeth in a half a day. The technique is computer driven and involves

multiple pieces that fit together precisely. We just did one of these procedures last week. The smile was great and we corrected teeth that were spaced, decayed and broken. We even added teeth to places that were missing teeth for years. Best of all this patient did not have to learn to wear an upper denture. Learning to deal with a set of teeth that come in and out can be a challenge for us as we get older. This solution will greatly reduce or even eliminate dealing with this challenge.

If you want to learn more about this breakthrough in permanent solutions to broken and decayed teeth, please call me at 440.951.7856 I look forward to speaking with you.



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Home of the **\$1,995⁰⁰** Implant • Includes Implant & Crown
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New Mini-Implant System for less than \$500 each!

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Dr. Jeffrey Gross's Healthy Smile Dental Care Center

Jeffrey Gross, DDS, FAGD

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34586 Lakeshore Boulevard | Eastlake, Ohio 44095 (¼ mile west of Route 91 on Lakeshore Boulevard)

**INQUIRE ABOUT PERMANENT TEETH
USING *GUIDED SMILE!***

Dr. Jeffrey Gross is an Ohio licensed general dentist.



Residents of Ohio Living Breckenridge Village have just made their 3,000th wooden cross



These “holding crosses,” as they’re called, are just the right size to fit in the palm of your hand. To some, they may look a little abstract; there are no hard edges or corners. The crosses are made with gentle curvatures to fit comfortably in the hand.

Handcrafted by members of the campus’s woodshop club, these crosses are distributed to Ohio Living Breckenridge Village residents in skilled nursing care, assisted living, and to anyone else who would like one. They are accompanied by a card that reads “A gift for you” on the cover. “From our hands to your hand – to remind you always of Christ’s love for you,” is the inscription inside. It is lovingly signed, from the woodshop club.

“These crosses help bring a sense of peace and love to people who need it most” says Wally Mueller, a woodshop club member and resident at Ohio Living Breckenridge Village. “The project has truly been a labor of love!”

Hello, Freedom!



At Ohio Living Breckenridge Village, you have the freedom to live life your way.

Enjoy a chef-prepared meal at one of our casual or fine dining venues, join friends for an exercise class, or take a dip in our indoor pool. Explore your creativity in the art studio or woodshop, relax with a good book in the library, or nurture your spiritual life through our worship services and inspirational programs.

You can choose to hit the road on one of our resident road trips or relax in peace in your spacious ranch, brownstone or apartment home. Whatever you decide, the choice is all yours

Call 440.942.4342 to learn about spring incentives at the Breckenridge Village North Apartments!



 **Ohio Living**
Breckenridge Village

Ranch, Brownstone & Apartment Homes | Assisted Living | Memory Care | Outpatient Therapy
Short-Term Rehabilitation | Long-Term Nursing Care | Home Health & Hospice
36855 Ridge Road | Willoughby, Ohio 44094 | 440.942.4342 | ohioliving.org



A Stroll in the (Classic) Park

When Minor League Baseball came to Lake County in 2003 families and baseball fans throughout northeast Ohio were excited about the prospects of having an affordable, family-friendly and easily-accessible entertainment venue close to home. Those same traits that are appealing to families also attract tens of thousands of seniors to Classic Park on an annual basis.

The Lake County Captains and Classic Park have plenty to offer to seniors looking for a fun, affordable night out. Seniors can get discounted Captains tickets for as little as \$8 each, or \$9 on fireworks nights, when purchased in advance. Parking is available immediately surrounding the stadium which makes the walk from the car to the front gate quick and easy. Parking in the Captains Gold Lot can sell out, passes are \$6 in advance, so it is advised to purchase

parking passes early if possible.

Thanks to Wickliffe Country Place, the Captains also host four "Senior Day" games at the ballpark with early afternoon start times, free coffee and free Bingo throughout the game. Individual tickets are available for these games as well as group tickets for all types of Senior Living facilities. The Captains even offer a discounted pre-game picnic party for seniors during these games with a ticket and all-you-can-eat buffet available for only \$20 per person. For information on senior groups contact Scott McGorty with the Captains at 440-975-8085 x102.

For general information or questions about the Lake County Captains visit CaptainsBaseball.com or call the Captains at 440-954-WINS (9467).

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www.news-herald.com/email_signup

Start your day knowing what is happening in our area with the best of local news from a source you can trust.



SENIOR DAYS AT CLASSIC PARK

presented by



Wickliffe Country Place

Part of the Legacy Health Services Family

MAY 17 • 11:00 AM

JUNE 13 • 12:00 PM

JULY 19 • 11:00 AM

**FEATURING FREE COFFEE,
BINGO & CONVENIENT PARKING!**

440-954-WINS



CAPTAINSBASEBALL.COM





Mentor Ridge

HEALTH AND REHABILITATION

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Insurance for
Rehab as well as
Private Pay
Long-term
Care*



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Experience the new standard of healthcare in your community. Our Private Rehabilitation and Long Term Care suites promote healing and wellness, with the dignity and care you deserve.



Please contact Abby or Kelly
8151 Norton Parkway | Mentor, Ohio 44060
440.299.5500
www.mentor-ridge.net

The Rehabilitation Center at Heather Hill is a brand new short term recovery center offering Physical, Occupational, and Speech therapies. Our highly specialized rehabilitation team offers a customized, interdisciplinary approach to each patient's recovery plan.



Please contact Abby or Erica
12340 Bass Lake Road | Chardon, Ohio 44024 | www.heatherhill-care.net
440.285.4040

Active Outings At Lake Metroparks

New things to do and places to see to check off your bucket list

There are few things that are for certain, but one of them is that we are all getting older. What that means today is not necessarily what it meant 30 years ago. It used to mean that we would slow down and become less active. Today though, we are using our free time for a variety of active leisure activities—biking, hiking, running and paddling to name a few. We no longer want to watch life and opportunities pass us by, we want to get out and participate! We are looking for new things to do and places to see to check off our bucket lists. With this in mind, Lake Metroparks is joining the fun by creating opportunities to introduce active people to the outdoors. These activities can be autonomous recreation or they can be in a group at one of our programs.

For those of you who want to set off on your own, we have more than 50 miles of trails to hike, 27 miles of the Scenic and Wild Grand River to paddle, nine different parks along the river, five ponds to fish and six lakefront parks to explore. In addition, we have paddleboards and kayaks for rent at Fairport Harbor Lakefront Park if you want to give it a try on your own.

For those of you who desire a little guidance, we have programs and activities throughout the year to get you familiar with the activity and the area. This summer, we are designing programs specifically for people ages 50+ who are looking to become more active. Here are some of our offerings:

Tour the Coast Guard Station

Thursday, June 14 • 10 am to noon • Fairport Coast Guard Station
Have you ever had the opportunity to see the workings of a U.S. Coast Guard station and ride on a rescue boat? Come join us and see how our waters are protected. Snack provided. \$5

Sail Away in the Harbor

Thursday, July 19 and August 16 • 10:30 am to 12:30 pm
Fairport Harbor Lakefront Park
Experience the wind blowing through the sails while we skim through the waters of Lake Erie. We will sail over to a hideaway beach, have a picnic lunch and then sail back. Lunch provided. \$15

Paddle the Grand to Erie

Thursday, August 30 • 10 am to noon • Grand River Landing
Experience kayaking on the scenic Grand River to Lake Erie. This is a 3.4-mile paddle to Fairport Harbor. Once we reach the shoreline, lunch will be provided. \$15

Breakwall Hike to Lighthouse

Thursday, July 12 • 10 to 11:30 am
Headlands Beach State Park
Have you ever wondered what it looks like out at the lighthouse on the breakwall in Fairport Harbor? Come join us for an adventure on the west end of the breakwall. Terrain is difficult. Snack provided. \$5

2018 Northcoast | SENIOR GAMES



LAKEMETROPARKS.COM

June 2-9

hosted by Lake Metroparks

Register now for these great events that promote healthy lifestyles through education, fitness and sport. Competition groups are divided into 5-year categories beginning at age 50.

June 2

Softball

June 4-9

Bowling • Basketball (foul shot) • Billiards • Darts • Shuffleboard
Horseshoes • Golf • Putt-putt golf • Checkers • Bocce ball
Cornhole • Pickleball • Archery • Track & field events

Registration Fee: \$25 by May 11 (\$35 paid after May 11)

Registration forms are available at your local senior center, online at lakemetroparks.com or by calling the Lake Metroparks Registration Department at 440-358-7275 Monday through Friday 8 am to 4:30 pm.



Additional private kayak, paddleboard and sailing lessons can be set up at a time that is convenient for you.

To experience the many adventures that can be had right here in Lake County, visit lakemetroparks.com or call 440-358-7275 to set up your next adventure. Instead of fading into the sunset, put on your sunglasses and life jacket and paddle away!

2018 Northcoast Senior games

June 2-9 • Registration now open!

Lake Metroparks will host the Northcoast Senior Games. These great events are geared for both athletic competition and social opportunities. Competition groups are divided into five-year categories beginning at age 50. Call 440-358-7275 to register.

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Funding provided by the Lake County Senior Services Levy, Western Reserve Area Agency on Aging, United Way of Lake County, grants and donations.

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Seniors becoming more tech-savvy

Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet — a 6 percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the amount that did in 2013. Seniors in Australia are especially tech savvy, as

Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

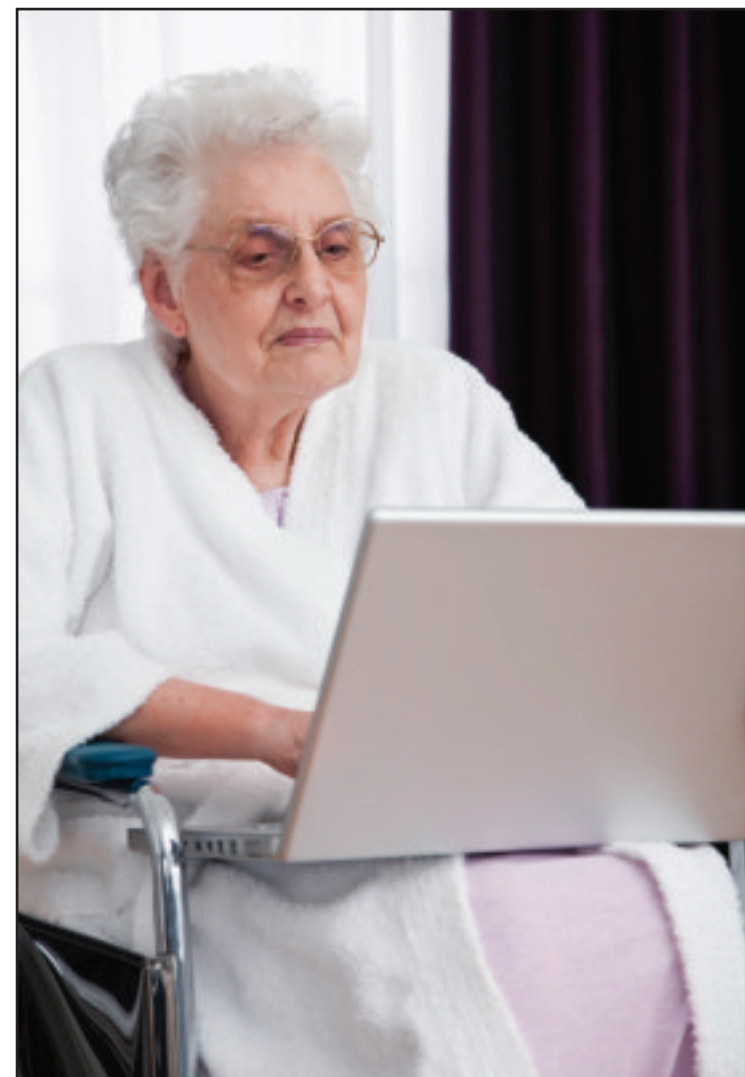
While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens.

Some families employ 24/7 alert systems or smarthome technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/lights are on or off. This represents a great way for families to stay informed and provide assistance even if they are not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.



Are you tired of feeling tired, and frail, dealing with pain?

Do you want to get back to enjoying life, sports, retirement? What if you could do something once a week for less than 20 minutes that could drastically improve your overall health and wellbeing?

Sounds too good to be true right? Well what is more convincing than hearing from someone who has experienced this improvement?

David Ricketts, Concord Township, Age 56

I was up to 800 mg of Ibuprofen twice a day for chronic pain in my shoulders and knees. Playing team softball for the past 25-plus years took its toll on my body, especially my knees since I'm a catcher. An MRI showed I had a tear on my left rotator cuff and a bone spur on my right one. My knees were in so much pain I could hardly go up and down stairs without them buckling. And I had begun to have balance issues as well.

I heard about OsteoStrong and

thought I had nothing to lose so I gave it a shot.

It's been life-changing. Though I was skeptical at first that just one session a week would have a profound effect on my body, it did. I am by nature a very competitive person and found these sessions have helped me get back in the game. Today I am pain free, medication free and feel better than ever.

Christi George, Auburn Township, Age 66

Four years ago I was training to attempt my first local competition in women's "figure class," senior division. Running, lifting and staying in shape was my way of keeping my chronic arthritis at bay for decades.

Everything came to a screeching halt due to what seemed like excruciating pain in all joints after a training session. I learned I needed one immediate hip replacement and one shoulder replacement and possibly neck surgery, all due to arthritis. Fast forward. I had my right hip replaced in October, 2016. After

surgery I had no strength in any body quadrant due to inactivity and my bone density was rapidly decreasing.

In July of 2017, I met Stacie Brower, who described to me the philosophy and technology of osteoloading. The following week I joined OsteoStrong with some skepticism but with nothing to lose. I remained close to the vest in my evaluation while noticing increased strength.

Here's what I know today, eight months later. I have gained 70% strength from my starting strength baseline. My neck and shoulder pain are gone, my upper body strength now allows me to pick up boxes and planters. My posture and spine are squared and straight. Here's the best part... before my hip replacement, I couldn't get up the stairs, period. After, I could walk up the stairs. Today, I run up the stairs!

Joanne Litwinick, Huntsburg, Age 64

I have suffered from rheumatoid arthritis for the past 15 years, and

You go to OsteoStrong to improve your overall health by focusing on the one thing we all have in common a skeletal system. It works for people of all ages (8 to 92) and fitness levels (ex-treme athletes to seniors) to promote skeletal strength. Osteogenic loading sessions are quick, painless but the results are amazing!

osteoporosis for the past two years. I work full time as a controller at a local plumbing contractor. When I heard about OsteoStrong and the power it had to strengthen people's bones, I thought, now is the time—I'm not getting any younger.





I didn't want to go on medication to address my bone density loss. The weekly sessions fit perfectly into my very busy schedule. They weren't strenuous and I was never sore. After just one year, when I underwent another bone scan, it was back to what it was 10 years ago. I was amazed. I have increased well-being and functionality as well.

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The various types of arthritis

Arthritis affects hundreds of millions of people across the globe. The Arthritis Foundation® notes that more than 50 million adults in the United States have some type of arthritis, while the European League Against Rheumatism estimates that rheumatic diseases such as rheumatoid arthritis affect more than 120 million people in the European Union. In Canada, the Canadian Community Health Survey found that 16 percent of Canadians age 15 and older were affected by arthritis.

The Arthritis Foundation notes that arthritis is not a single disease. In fact, the word “arthritis” is something of an umbrella term and an informal way of referring to joint pain or joint disease. While these conditions may produce some common symptoms, such as swelling, pain and stiffness, learning to distinguish between some common types of arthritis can help men and women manage their conditions more effectively.

Osteoarthritis

Osteoarthritis, which is sometimes referred to as “degenerative joint disease” or “OA,” is the most common chronic condition of the joints. The symptoms of OA vary depending on the joints that are affected, but pain and stiffness, especially first thing in the morning or after resting, are common. OA can affect the hips, knees, fingers, or feet, and those with OA may feel limited range of motion in their affected areas. Some with OA may hear clicking or cracking sounds when the affected joints bend, and pain associated with OA may be more intense after activity or toward the end of the day.

Inflammatory arthritis

Inflammatory arthritis occurs when the immune system, which can employ inflammation to fight infection and prevent disease, mistakenly attacks the joints with uncontrolled inflammation. Such a mistake can contribute to joint erosion and even organ damage. Psoriatic arthritis, which the Arthritis

Foundation notes affects roughly 30 percent of people with psoriasis, and rheumatoid arthritis are two examples of inflammatory arthritis. Genetics and environmental factors, such as smoking, may trigger instances of inflammatory arthritis.

Infectious arthritis

Bacterium, a virus or a fungus that enters the joint may trigger inflammation and lead to infection arthritis. The Arthritis Foundation notes that the most common bacteria to cause infection arthritis is staphylococcal aureus, or staph. The majority of infectious arthritis cases occur after an infection somewhere else in the body travels through the bloodstream to the joint, though some infections may enter the joint directly through a puncture wound near the joint or during surgery near the joint. Intense swelling and pain, typically in a single joint, are the most common symptoms of infectious arthritis, which is most likely to affect the knee, though it can affect the hips, ankles and wrists. Some people with infection arthritis may also experience fever and chills.

Metabolic arthritis

The body produces uric acid to break down purines, a substance found in many foods and in human cells. But some people produce more uric acid than they need, which they then struggle to get rid of quickly. As a result, uric acid can build up. The Arthritis Foundation notes that this buildup can lead to the formation of needle-like crystals in the joints that cause sudden spikes of extreme pain.

Arthritis can affect people of any age, race or gender. More information about the various types of arthritis is available at www.arthritis.org.



Did you know?

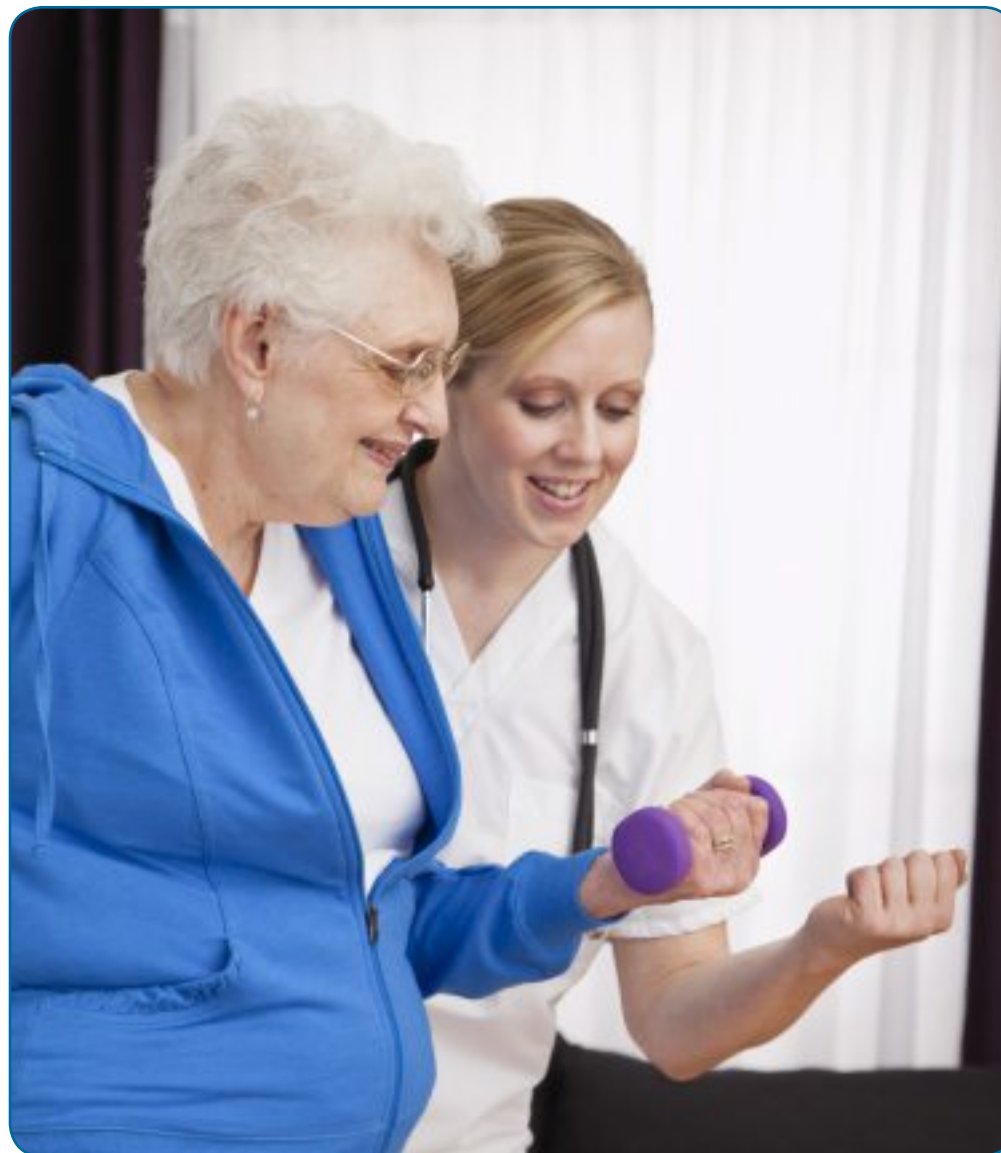
According to the U.S. Centers for Disease Control and Prevention, each week women who are 65 years or older, are generally fit and have no limiting health conditions should combine at least two days of muscle-strengthening exercises with at least two hours and 30 minutes of moderate-intensity aerobic activity. Women capable of more strenuous cardiovascular activity can substitute one hour and 15 minutes of vigorous aerobic activity with their two and a half hours per week of more moderate-intensity exercise. The CDC notes that distinguishing between moderate-intensity exercise and vigorous-intensity exercise is pretty simple. Women can use a 10-point scale in which sitting is zero and working as hard as is physically possible is 10. Moderate-intensity aerobic activity will make women breathe harder and elevate their heart rates, but should not make them feel completely drained at the end of a workout. These activities will register as a five or six on the 10-point scale. Vigorous-intensity aerobic activity includes those exercises that women would deem a seven or eight on the 10-point scale. Such activities should elevate the heart rate considerably and get women breathing hard enough that they will be unable to say more than a few words without pausing to catch their breath. No two women are the same and age must be considered when developing a healthy exercise regimen, but brisk walking may qualify as moderate-intensity aerobic activity while jogging or running would be considered a vigorous-intensity activity.

Heartland of Willoughby & Heartland of Mentor— Providing Skilled Nursing & Rehabilitation to Lake County and Surrounding Residents

Professionalism and sensitivity define the quality of care patients receive at Heartland of Willoughby and Heartland of Mentor. Patients in need of skilled nursing or rehabilitation care get referred to Heartland because its top-notch services and pleasant atmosphere facilitate a speedy recovery.

“We pride ourselves on helping patients with orthopedic injuries, stroke or neuromuscular illness, cardiac care, wound care, oncology care and a wide array of other services,” said Lisa Griesmer, Administrator at Heartland of Willoughby. “Not only do we offer 24-hour nursing care, but we have onsite physical medicine, rehabilitation physicians and attending physicians.”

Short-term intensive rehabilitation and complex medical care are provided for patients that need to recover from surgery, illness or accidents. Hospitalized patients with continuing ailments or need to build strength and stamina before returning home may be identified by their physician as likely to benefit from moving into a skilled nursing facility, such as Heartland, for intensive nursing services and rehabilitation programs. The hospital’s case management department facilitates the referral and transfer. “A multi-disciplinary team evaluates newly admitted patients and develops their personalized treatment plan. Our goal is to help our patients get discharged back into the community as quickly and safely as possible,” said Griesmer.



Heartland facilities also offer medical and rehabilitation with an interdisciplinary team approach in their MedBridge unit. Treatment plans are designed to maximize independent functioning, improve psychological and physical well-being, and assist the patient in returning home. The treatment team includes physical, occupational and

speech therapy designed to address the patient’s impairments and prepare them to successfully return home. The nursing team, supported by nutrition and activities, provides a broad range of services to support the complex needs of our patients. The design of the patient room and common areas are also considered, which includes amenities for visitors

such as lounge areas for visiting and WiFi.

Long-term care is an option for patients requiring nursing services that cannot be provided to them at home. Such care is generally required when their chronic illness, physical disability or cognitive disorder makes it difficult for them to tend to their own basic needs. Treatments are typically specific to patients’ symptoms, and might include rehabilitation.

Heartland of Willoughby can be found just one mile from Lake Health West Medical Center at 37603 Euclid Ave Willoughby, OH 44094 in Willoughby, OH. Heartland of Mentor is conveniently located off Route 90, at 8200 Mentor Hills Drive in Mentor, OH. The HCR ManorCare health care family comprises centers that are leading providers of short-term post-acute services. With 60,000 caregivers nationwide, the HCR ManorCare centers are preeminent care providers in their communities. These locations operate primarily under the respected Heartland and ManorCare Health Services names. Our skilled nursing and rehabilitation centers provide post-hospital care for patients transitioning from hospital to home. Our clinical teams have the demonstrated track record and commitment to impact the success of patients needing this level of post-acute care so they can return home to a meaningful lifestyle.



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If you would like to learn more about MedBridge, please contact our admission team for more information or to set up a tour.

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attention; a larger filling or crown, require a root canal, may fracture and break, need extracted, and in some

cases, can get infected. All of these things add additional expenses, time, and can be painful! Not to mention

this can have a huge impact on your health. With preventative care, we can plan ahead and prepare for dental procedures instead of waiting for emergencies to occur which can, quite honestly, "break the bank."

Also, more often than not, dental insurance plans are limiting your coverage and dictating your care, which is costing YOU more money. We hope that you will be your own health advocate and recognize the importance of dental care, with or without insurance support.

Bottom line, preventative cleanings and routine dental exams can save you money! Not to mention improve your health and reduce uncomfortable and painful situations. Please call our office and schedule your appointment today and go beyond your smile to total health! (440) 954-8300.



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