

JULY / AUGUST 2022

MEDINA *senior* TALK



**And the winners are...
Joe Destro and Stan Sever!
See page 14**

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Older adults and mental health



anxiety among the 50-plus can be attributed to personal challenges, domestic politics, and the Russian invasion of Ukraine.



Laura Toth

Most (61%) older adults age 50-plus say they have experienced some level of anxiety in the past year. Experiences related to the COVID-19 pandemic can be seen as the primary culprit related to the level of anxiety felt by those ages 50-plus. Three in ten (31%) say experiencing the COVID-19 pandemic has increased their level of anxiety.

While it is understandable to see a decline in mental health or emotional well-being during trying times, this is not a normal part of aging. To combat possible hesitation on the part of older adults to seek help with managing their emotional health, it is important that access to mental health treatment is easy, seamless, and normalized. Ensuring mental health and emotional well-being are addressed during all medical visits is an invaluable step toward ensuring older adults receive comprehensive care.

Medina County Office for Older Adults is here to help you with any mental health concerns. We offer referrals to qualified counselors who can help older adults with anxiety, depression, or other mental health concerns. Start your journey to better mental health today.

Lampkin, Cheryl. 2022 AARP Healthy Living Survey of Adults Age 50 and Older. Washington, DC: AARP Research, May 2022.

Have you taken the opportunity to take care of you? Many older adults experience anxiety and depression. Most of us don't like to talk about or think about our mental health but addressing mental health is an important part of healthy aging. According to a recent survey completed by AARP:

While most older adults say their emotional and mental health are very good, many say they have been bothered by anxiety and depression.

When asked about mental health, two-thirds of older adults age 50-plus say their emotional (64%) and mental (66%) well-being are excellent or very good. However, when asked about specific emotional health measures, we find, two weeks prior to the study:

- 45% had been bothered by anxiety.
- 34% say they had little interest or pleasure in doing things.
- 31% had feelings of depression or hopelessness.
- 52% had difficulty falling asleep or staying asleep.

Does this sound familiar to anyone? In addition to the pandemic, other factors are contributing to mental health struggles today as exhibited in the following:

In addition to COVID, increased



246 Northland Dr., Medina OH

www.mcooa.org



www.facebook.com/
MCOOfficeforOlderAdults

Office Hours

Monday-Friday 8:00am-4:30pm

Toll Free 844-722-3800

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Jenny Kiouis

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Laura Toth, LISW-S

MCOOA Director
lltoth@medinaco.org

Free copies of this newsletter are available at the Senior Center or subscribe online: www.mcooa.org/services or send your email address to: jakiousis@medinaco.org

OUR MISSION

Medina County Office for Older Adults will offer supports to older adults and adults with a disability to live independently within their own homes and community functioning at the highest level possible.

Supports include protection from abuse and neglect, meal, transportation and financial services, social and recreational activities, advocating for senior and adult needs, and educating and empowering individuals to seek opportunities to remain self-sufficient.

FARMER'S MARKET COMING SOON!

CHECK FOR A FLYER IN THE SENIOR CENTER OR FOLLOW US ON FACEBOOK, DATES WILL BE POSTED WHEN CONFIRMED!



90+ BIRTHDAY PARTY
SEPTEMBER 22 BE SURE TO RSVP



MCOOA UKULELE BAND

"THE SILVER STRINGS"

IN CONCERT
FRIDAY AUGUST 26
11AM

DRIVE-THRU COMMUNITY MEAL

MEDINA COMMUNITY CHURCH
416 S BROADWAY
JULY 16 & AUGUST 20
6-7 PM • FREE
FIRST COME, FIRST SERVED

Veterans Luncheon

Every Tuesday at 12:30 pm a group of friendly Veterans bring their lunch and shoot the breeze for about an hour. No need to sign up, just stop by and join them. They meet outside in the courtyard in nice weather, in the dining room otherwise



Living Hope Church 6288 Wooster Pike (Rt. 3)
Saturday, July 9 & August 6 • 8:00- 9:30 am



Medina County Office for Older Adults offers:

- Loaned out for your personal use, Chromebooks will be signed out to use for 2 months at a time. Call Jenny to learn more and to sign one out.
- Niche Academy-Check out this link:
<https://my.nicheacademy.com/medinacountyofficeofaging>
The link has easy to view videos to learn how to Zoom, Facebook and much more.

Call the OOA for more info.
Must have some basic computer knowledge

THE AGING & DISABILITIES RESOURCE CENTER



The Aging and Disabilities Resource Center of Medina County Office for Older Adults is available to help those aged 18+ with a disability or 60 and over:

INFORMATION AND ASSISTANCE

An information and Assistance Specialist can help you by providing unbiased information on services that support your independence.

OPTIONS COUNSELING

An options counselor is available to talk with you about community services and support to fit your needs and preferences.

BENEFITS ASSISTANCE

A Benefits Specialist can screen you for your eligibility for public benefits and assist you with the application process.

MEDICARE COUNSELING

Medicare Open Enrollment is Oct. 15th through Dec. 7th. Do you need help picking the right plan for you? Call us for free, unbiased assistance.

HEAP

The ADRC department will be happy to answer any questions you have about the Winter Crisis Program and will help fill out applications for the Home Energy Assistance Program (HEAP). Call us at 330-723-9514. Our office is open, appointments face-to-face (socially distanced) or by phone.

2022 Home Energy Assistance Program (HEAP)

Assistance is available to help with home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills. Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating and cooling costs. HEAP benefits are applied to an individual's energy bill after January 1st. The deadline for this program is May 31, 2022. This is not an emergency program. When applying be ready to provide the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social

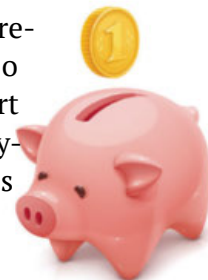
Security numbers, and proof of income for the past 30 days, 12 months for certain income types).

- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

If eligible you will receive assistance toward your home energy bills. This program is made possible through a grant from the Ohio Department of Aging and the Western Reserve Area Agency on Aging. If you would like more information, applications, or to sign up, please contact the Medina County Office for Older Adults/ADRC Department at 330-723-9514.

Medicare Savings Programs

You can get help from your state paying your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and co-payments if you meet certain conditions. Check with the OOA's ADRC department for more information and to determine if you qualify. 330-723-9514.



Sit down with Sean

MCOOA offers on-site benefits counseling services with ADRC Supervisor Sean Parker at the Brunswick Rec Center every third Wednesday from 1-2pm in increments of 20 minutes. Call Jenny to make your appointment.



Sean Parker

Medicare offers *Extra Help* for prescription drug plan

Medicare beneficiaries can qualify for the *Extra Help* with their Medicare prescription drug plan costs. *Extra Help* is estimated to be worth about \$4,900 per year.

To qualify for *Extra Help*, a person must be receiving Medicare and have limited resources and income. Call the ADRC at 330-723-9514 for assistance in applying.

Summer Crisis Program starts July 1

The Ohio Department of Development and the Medina County Office for Older Adults will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1, 2022, until September 30, 2022.

To apply for the program, clients are required to schedule an appointment with The Medina County Office for Older Adults. Appointments can be scheduled by calling 330-723-9514.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills;
- A list of all household members and proof of income for the last 30 days or 12 months for each member;
- Proof of U.S. citizenship or legal residency for all household members;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for



a household member's health (if there isn't a household member over the age of 60).

The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, cen-

tral air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program and what is needed to apply, contact the Medina County Office for Older Adults at 330-723-9514. To be connected to your local Energy Assistance provider visit www.energy-help.ohio.gov or call (800) 282-0880.



Senior Farmer's Market Nutritional Program

The Western Reserve Area Agency on Aging is happy to administer the SFMNP again this year. The SFMNP is funded by the United States Department of Agriculture (USDA), the Ohio Department of Aging (ODA) and the Western Reserve Area Agency on Aging (WRAAA).

The coupons will be distributed first come first serve. There is no guarantee that you will receive coupons even if you are eligible for this program. A list of participating markets can be found on our website.

Produce Perks Program

Shop with SNAP/EBT and P-EBT at participating locations and get FREE fruits Shopper at the Farmer's Market on the Square.

The Produce Perks program provides a \$25 match on SNAP/EBT and P-EBT purchases. This means that any amount spent with SNAP/EBT or P-EBT, up to \$25, will be matched \$1-for-\$1. Produce Perks matching dollars can be spent on fruits and vegetables.

We've got your ticket to ride

Medina County Public Transit

MCPT buses can be boarded at all scheduled stops and anywhere along the routes by hailing the drivers. All buses are equipped with wheelchair lifts and locks for access by persons with disabilities.



Free for senior citizens and disabled who are registered with OOA. Home pick-up can be arranged with notice. Call 330-723-9514.

classes, fun & games



Pool Tables

Are available for use for everyone age 60 and over 8:00 to 4:30.

Join the rest of the pool sharks mornings from 8 am to 12 pm for tips or just for fun.

BINGO!

Wednesdays 9:30 am

Fridays 9:30 am • Dining Room

Thank you to our sponsors!

Life Care • Crossroads

Broadway Creek • Summa Care

Westwood Place • Echelon

Storypoint • CarePatrol

Grocery Bingo: Friday 7-1 & 8-5

Bring an item from the grocery store to give away!

A big thank you to our Bingo caller/computer guru Doug! We also Zoom Bingo on Wednesday and Friday

Movie Day

Once a month • 12:30

July 19

CODA

Marlee Matlin



August 16

MINARI

Steven Yeun



Leo's Jolly Jammers

July 14 Jam Session

July 15 Concert

August 11 Jam Session

August 12 Concert

Everyone is welcome to come listen to Leo's Jolly Jammers & enjoy the band. Always welcoming new members too! See Jenny for details.

Pinochle Party

Wednesdays &

Fridays • 12:00 pm

Rec Room

More players needed. Stop by, friendly instructors available!

Hand & Foot

Thursdays • 10:00 pm

Rec Room

If you like Canasta, try this fun form of Canasta: Hand & Foot. We'll teach you how to play. Join us! See Jenny if interested.

Euchre

Thursdays • 12:00 pm

Various Rooms

The faster version of Bridge. More players are needed! See Jenny if interested.

Bridge

Mondays • Noon

Rec Room

More players are welcome! Call or stop in to sign up.



Follow us on Facebook for announcements about new classes and activities. We're always trying something new!

www.facebook.com/MCOfficeforOlderAdults

14

Tuesdays • Noon

Rec Room

A new, easy and fun card game. There is room for more. Get to know these friendly ladies and join the fun.

Mah Jongg

Mondays • 1:00 pm

Rec Room

New players are always welcome and lessons are available. If you have never played and would like to learn, stop on in!

Hook Nook

Tuesdays • 1:00 pm

Craft Room



If you like to knit or crochet, this group is for you. Our friendly group leader, Pat, can teach if you would like to learn or just need a refresher.

Wednesday Painters

Wednesdays • 10:00 am

Craft Room

Bring your supplies and learn different techniques. Not for beginners.

NEW!

Watercolor Class

Thursdays • 1:00 pm

Craft Room

STARTING SEPTEMBER 1 Barbara Johns will be teaching a Watercolor class. Call Jenny if interested.



Balloflex Fitness Class

Every Monday • 10:30 am
Every Thursday • 2:30 pm
Dining Room

BalloFlex Fitness is a seated dance exercise program that combines fitness, dance, positive upbeat energy and music, and camaraderie. Taught by Certified BalloFlex Instructor Jani Ott. Only \$2 per class!

Edwina's Exercise

Tuesdays & Thursdays
9:00 am & 10:00 am
Healthy Corner Room

This group uses dynabands and light weights to strengthen muscles. No charge!

Line Dancing

Every Monday • 1:00 pm
Dining Room

Come and join us on Mondays!



Tai Chi Classes

Every Wednesday • 5:00 pm
Dining room

The cost is \$40 for an 8 week session or \$5 every class. First class is free. Free for Silver Sneakers members or Renew Active Members!

Let's Get Strong: Brain & Body

Fridays • 10:45 am

Strength training with light weights to improve muscle mass, coordination and balance. \$3 or free for Silver Sneaker or Renew Active Members.

Lisa's Chair Yoga

Wednesdays • 1:00 pm

Healthy Corner Room

\$3 per class or Free for Silver Sneakers or Renew Active Members. This class is great for beginners or experienced yogis.

Jackie's Chair Yoga

Mondays • 9:30 am

Healthy Corner Room

Try this free yoga class led by our newest yoga teacher, Jackie. Come on over and check it out!

LIMITED TIME CLASS

Community Nutrition

Shopping & Cooking
Made Simple

August 4, 11, 18 AND
Sept 1, 8 & 15 FREE
10:45 am- 11:30 am

Join Jennifer Wetzel from OSU Extension for nutrition info, food sampling and games! Contact Jenny for details.

Attend 4 of 6 classes to receive an incentive!

Parkinson's Support Group

1st Thurs. Every month • 1:00 pm

If you would like to join the group please contact Lalitha at Right at Home: 330-721-7590



LIMITED TIME CLASS

Concerned about Falling?

A Matter of Balance

Mondays 1 - 3 pm
Aug 15 - Oct 17

(No class Sept 5 or Oct 10)

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely.

BLOOD PRESSURE SCREENINGS

10:00 am - 11:00 am

The 1st Thursday of every month provided by Life Care

The 3rd Thursday of every month provided by The Cleveland Clinic



Medina Lunch and Learn



JULY 2022

JULY 6 • 11:00 am
Brunswick Pointe
*"You need skilled nursing.
Now what?"*

JULY 13 • 11:00 am
OSU Ext. Office
"Wits & Wisdom, Part 3"

JULY 20 • 11:00 am
Medina County Parks
"Birds of Medina County"

JULY 27 • 11:00 am
Brookdale
"Dealing with Diabetes"

JULY 29 • 11:00 am
Footsteps World Travel
"Discovering Italy"

AUGUST 2022

AUGUST 3 • 11:00 am
Area Pros
*"Do's and Don(u)ts
of Downsizing"*

AUGUST 10 • 11:00 am
Senior Care Authority/
HMC Hospice
"Mindfulness Matters"

AUGUST 17 • 11:00 am
OSU Ext. Office
"Wits & Wisdom Part 4"

AUGUST 24 • 11:00 am
Humana
"Tech 101"

AUGUST 31 • 11:00 am
Brookdale
"Exercise: Keep it Moving"



Lunch and Learn is brought to you
with the support of the Medina County Senior
and Adult Foundation

ZOOM CLASSES

YOGA W/ LISA

Lisa Wittman will be giving free Zoom classes if you have Silver Sneakers or Renew Active. Chair Yoga Monday & Wednesday
Tuesday is Cardio and Thursday is Ener-Chi



July 12 • 10:00 Lilly's Acrylic Art Class

For just \$8 you will paint "Desert Sunset." All materials included. This class is for all skill levels: beginner through advanced. Space is Limited.





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Our team spends time with every client inquiring about family dynamics and listening to client's concerns. We strive to explain difficult concepts in understandable terms and to make ourselves accessible to answer questions. It is our mission to provide premium estate plans that accomplish appropriate personal goals for our clients and their loved ones.

For more information, please contact us to schedule an appointment.




Marie Mirro Edmonds
OSBA Certified in Estate Planning, Trust & Probate Law

Ashley R. Sorgen
Masters of Law (LL.M.) in Estate Planning and Elder Law

Phone: 330 725 5297 • Fax: 330 722 5932
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807 E. Washington St. | Suite 200 Medina, Ohio 44256



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BRUNSWICK 330-225-2400

You Take Care of Each Other, We Will Take Care of Everything Else

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WE CAN HELP!
Ask for our Resource Center.

Western Reserve
Area Agency on Aging

Serving older adults and individuals with disabilities in Cuyahoga, Geauga, Lake, Lorain and Medina counties.

800-626-7277 • www.areaagingsolutions.org

They deserve our support



The Medina County Senior and Adult Foundation supports the Medina County Office for Older Adults in their mission to aid seniors throughout Medina County with funding for new programs and services.



To find out how you can join us in supporting Medina County Seniors, contact 330-723-9514

facebook.com/MCSeniorAdult
www.mcsaf.org



Mike Kovack
Medina County Auditor

Information for Seniors on our website includes local senior services, senior activities, aging in place news and much more!

144 N. Broadway St, Medina, OH 44256
Medina: 330.725.9754
Toll Free: 844.722.3800 ext. 9754
www.medinacountyauditor.org/Seniors.htm



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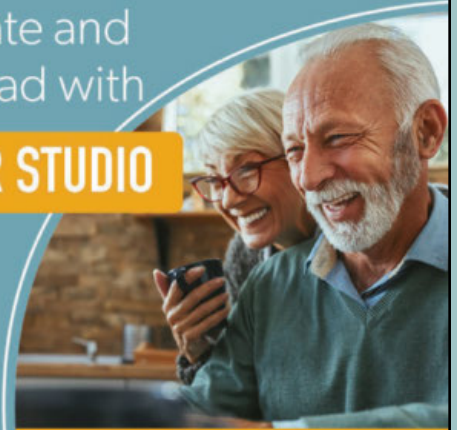
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CRITCHFIELD
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Ann is certified by the Ohio State Bar Association in Estate Planning, Trust and Probate Law. She is also a Certified Elder Law Attorney (CELA) by the National Elder Law Foundation and the OSBA.



Ann E. Salek

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salek@ccj.com • www.ccj.com

SUPPORT OUR ADVERTISERS!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="color: red; font-size: 48px; margin: 0;">July 2022</h1> <p style="font-size: 12px; margin: 5px 0;">* = Fee required Z = Zoom class</p> <p style="color: red; font-weight: bold; font-size: 14px; margin: 0;">ACTIVITIES & CLASSES SUBJECT TO CHANGE.</p> <div style="display: flex; justify-content: flex-end; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> <p style="font-size: 10px; margin: 0;">Medina County</p> <p style="font-size: 24px; font-weight: bold; margin: 0;">Office for Older Adults</p> <p style="font-size: 10px; margin: 0;">www.mcooa.org</p> </div>  </div>				<p>1 Billiards: All Day</p> <p>9:30 Grocery Bingo-Z</p> <p>10:45 Let's Get Strong w/Lisa*</p> <p>11:00 Dee Jay Big Dave</p> <p>12:00 Pinochle</p>
<p>4</p>  <p style="color: red; font-weight: bold; text-align: center; margin-top: 10px;">MCOOA OFFICE CLOSED</p>	<p>5 Billiards: All Day</p> <p>9:00 Edwina's Exercise</p> <p>10:00 Edwina's Exercise</p> <p>11:30 Lunch</p> <p>12:30 14 Card Game</p> <p>12:30 Veteran's Group</p> <p>12:30 Ukulele Lessons</p> <p>1:00 Hook Nook</p>	<p>6 Billiards: All Day</p> <p>9:30 Bingo - LifeCare - Z</p> <p>10:00 Painting</p> <p>11:00 Lunch/Learn - Brunswick Pointe <i>"You need skilled nursing, now what?"</i></p> <p>12:00 Pinochle</p> <p>1:00 Chair Yoga w/Lisa*</p> <p>5:00 Tai Chi*</p>	<p>7 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise</p> <p>10:00 BP ScreenING</p> <p>11:30 Lunch</p> <p>12:00 Euchre</p> <p>12:30 Hand & Foot</p> <p>1:00 Parkinsons Supp.</p> <p>1:00 Watercolors</p> <p>2:30 BalloFlex*</p>	<p>8 Billiards: All Day</p> <p>9:30 Bingo- Broadway Creek-Z</p> <p>10:45 Let's Get Strong w/Lisa*</p> <p>11:1 PICNIC ON THE PATIO w/John & Kate</p> <p>12:00 Pinochle</p>
<p>11 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie</p> <p>10:30 BalloFlex*</p> <p>11:30 Lunch*</p> <p>12:00 Bridge</p> <p>1:00 Line Dancing</p> <p>1:00 Mahjong</p>	<p>12 Billiards: All Day</p> <p>9:00 Edwina's Exercise</p> <p>10:00 Edwina's Exercise</p> <p>10:00 Lilly's Acrylic Class*</p> <p>11:30 Lunch</p> <p>12:00 14 - Card Game</p> <p>12:30 Veteran's Lunch</p> <p>12:30 Ukulele Lessons</p> <p>1:00 Hook Nook</p>	<p>13 Billiards: All Day</p> <p>9:30 Bingo -Devoted - Z</p> <p>10:00 Painting</p> <p>11:00 Lunch/Learn - OSU Ext Ofc - <i>"Wits & Wisdom Part 3"</i></p> <p>12:00 Pinochle</p> <p>1:00 Chair Yoga w/Lisa*</p> <p>5:00 Tai Chi*</p>	<p>14 Billiards: All Day</p> <p style="color: red; font-weight: bold;">HOLLYWOOD GAMING TRIP*</p> <p>9 & 10 Edwina's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Euchre</p> <p>12:30 Hand & Foot</p> <p>1:00 Jam Session</p> <p>1:00 Watercolors</p> <p>2:30 BalloFlex*</p>	<p>15 Billiards: All Day</p> <p>9:30 Bingo- Samaritan-Z</p> <p>10:45 Let's Get Strong w/Lisa*</p> <p>11:00 Jolly Jammers Concert</p> <p>11:30 Lunch*</p> <p>12:00 Pinochle</p>
<p>18 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie</p> <p>10:30 BalloFlex*</p> <p>11:30 Lunch*</p> <p>12:00 Bridge</p> <p>1:00 Line Dancing</p> <p>1:00 Mahjong</p>	<p>19 Billiards: All Day</p> <p>9:00 Edwina's Exercise</p> <p>10:00 Edwina's Exercise</p> <p>11:30 Lunch</p> <p>12:00 14 - Card Game</p> <p>12:30 MOVIE: Coda</p> <p>12:30 Veteran's Lunch</p> <p>12:30 Ukulele Lessons</p> <p>1:00 Hook Nook</p>	<p>20 Billiards: All Day</p> <p>9:30 Bingo -Willowood - Z</p> <p>10:00 Painting</p> <p>11:00 Lunch/Learn - Medina Cty Parks <i>"Birds of Medina Cty"</i></p> <p>12:00 Pinochle</p> <p>1:00 Chair Yoga w/Lisa*</p> <p>1:00 Friends 'n Focus</p> <p>5:00 Tai Chi*</p>	<p>21 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise</p> <p>10:00 BP ScreenING</p> <p>11:30 Lunch</p> <p>12:00 Euchre</p> <p>12:30 Hand & Foot</p> <p>1:00 Jam Session</p> <p>1:00 Watercolors</p> <p>2:30 BalloFlex*</p>	<p>22 Billiards: All Day</p> <p>9:30 Bingo-Echelon-Z</p> <p>10:45 Let's Get Strong w/Lisa*</p> <p>11:1 PICNIC ON THE PATIO w/Holly Prather</p> <p>12:00 Pinochle</p>
<p>25 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie</p> <p>10:30 BalloFlex*</p> <p>11:30 Lunch*</p> <p>12:00 Bridge</p> <p>1:00 Line Dancing</p> <p>1:00 Mahjong</p>	<p>26 Billiards: All Day</p> <p>9:00 Edwina's Exercise</p> <p>10:00 Edwina's Exercise</p> <p>11:30 Lunch</p> <p>12:30 14 Card Game</p> <p>12:30 Veteran's Group</p> <p>12:30 Ukulele Lessons</p> <p>1:00 Hook Nook</p>	<p>27 Billiards: All Day</p> <p style="color: red; font-weight: bold;">RABBIT RUN THEATER TRIP*</p> <p>9:30 Bingo - Summa- Z</p> <p>10:00 Painting</p> <p>11:00 Lunch/Learn- Brookdale <i>"Dealing with Diabetes"</i></p> <p>12:00 Pinochle</p> <p>1:00 Chair Yoga w/Lisa*</p> <p>5:00 Tai Chi*</p>	<p>28 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Euchre</p> <p>12:30 Hand & Foot</p> <p>1:00 Watercolors</p> <p>2:30 BalloFlex*</p>	<p>29 Billiards: All Day</p> <p>9:30 Bingo-Z</p> <p>10:45 Let's Get Strong w/Lisa*</p> <p>11:00 Lunch/Learn Footsteps World Travel <i>"Discovering Italy"</i>*</p> <p>12:00 Pinochle</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong</p>	<p>2 Billiards: All Day</p> <p>9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook</p>	<p>3 Billiards: All Day</p> <p>9:30 Bingo - LifeCare - Z 10:00 Painting 11:00 Lunch/Learn Area Pro's "Do's and Don(u)ts of Downsizing" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 5:00 Tai Chi*</p>	<p>4 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise 10:00 BP Screening 10:45 Nutrition Class 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Parkinson's Support 1:00 Watercolors 2:30 BalloFlex*</p>	<p>5 Billiards: All Day</p> <p>9:30 Grocery Bingo - Z 10:45 Let's Get Strong w/Lisa* 11-1 PICNIC ON THE PATIO w/Greg Crowe* 12:00 Pinochle</p>
<p>8 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong</p>	<p>9 Billiards: All Day</p> <p>GREEKTOWN CASINO TRIP*</p> <p>9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook</p>	<p>10 Billiards: All Day</p> <p>9:30 Bingo - Devoted - Z 10:00 Painting 11:00 Lunch/Learn Senior Care Authority/ HMC Hospice "Mindfulness Matters" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 1-3:00 Ask an Attorney 5:00 Tai Chi*</p>	<p>11 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise 10:45 Nutrition Class 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Watercolors 1:00 Jammers Jam Session 1:00 Watercolors 2:30 BalloFlex*</p>	<p>12 Billiards: All Day</p> <p>9:30 Bingo - Broadway Creek - Z 10:45 Let's Get Strong w/Lisa* 11:00 Jolly Jammers Concert 11:30 Lunch* 12:00 Pinochle</p>
<p>15 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong</p>	<p>16 Billiards: All Day</p> <p>9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 MOVIE: Minari 12:30 Ukulele Lessons 1:00 Hook Nook</p>	<p>17 Billiards: All Day</p> <p>9:30 Bingo - Willowood - Z 10:00 Painting 11:00 Lunch/Learn OSU Ext Ofc "Wits & Wisdom Part 4" 12:00 Pinochle 12:00 Friends 'n Focus Grp. 1:00 Chair Yoga w/Lisa* 5:00 Tai Chi*</p>	<p>18 Billiards: All Day</p> <p>CANTEENS, CARRIAGES & COLLECTIONS TRIP</p> <p>9 & 10 Edwina's Exercise 10:00 BP Screening 10:45 Nutrition Class 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*</p>	<p>19 Billiards: All Day</p> <p>9:30 Bingo - Samaritan - Z 10:45 Let's Get Strong w/Lisa* 11-1 PICNIC ON THE PATIO LUAU w/Scott Sopata* 12:00 Pinochle</p>
<p>22 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong</p>	<p>23 Billiards: All Day</p> <p>9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook</p>	<p>24 Billiards: All Day</p> <p>9:30 Bingo - Z 10:00 Painting 11:00 Lunch/Learn - Humana "Tech 101" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 5:00 Tai Chi*</p>	<p>25 Billiards: All Day</p> <p>9 & 10 Edwina's Exercise 11:30 Lunch 12:00 Euchre 12:30 Hand & Foot 1:00 Watercolors 2:30 BalloFlex*</p>	<p>26 Billiards: All Day</p> <p>9:30 Bingo-Echelon - Z 11:00 MCOOA ukulele band "The Silver Strings" Concert 11:30 Lunch* 12:00 Pinochle</p>
<p>29 Billiards: All Day</p> <p>9:30 Chair Yoga w/Jackie 10:30 BalloFlex* 11:30 Lunch* 12:00 Bridge 1:00 Line Dancing 1:00 Mahjong</p>	<p>30 Billiards: All Day</p> <p>9:00 Edwina's Exercise 10:00 Edwina's Exercise 11:30 Lunch 12:00 14 - Card Game 12:30 Veteran's Lunch 12:30 Ukulele Lessons 1:00 Hook Nook</p>	<p>31 Billiards: All Day</p> <p>9:30 Bingo - Z 10:00 Painting 11:00 Lunch/Learn - Brookdale "Exercise: Keep it Moving" 12:00 Pinochle 1:00 Chair Yoga w/Lisa* 5:00 Tai Chi*</p>	<div style="text-align: center;"> <h1 style="color: yellow; font-size: 2em;">August 2022</h1>  <p>Medina County Office for Older Adults www.mcooa.org</p> <p>Activities subject to change. Call to confirm.</p> </div>	

* = Fee required
Z= Zoom Class



DAY TRIPS



CASINO TRIPS

HOLLYWOOD GAMING

Youngstown • Thurs. Jul. 14
\$40/per person

- VLT games from 1 to \$25.
- Try your luck at Keno

The casino is not currently offering a gaming bonus.

Depart Brunswick: 8:30am
Depart Medina: 9:00am
Depart Casino: 3:30pm

GREEKTOWN CASINO

Detroit, MI • Tues., Aug. 9
\$50/per person

\$45 Early Bird by Jul. 8

- 2,500+ slots and video poker machines
- Action-packed table games and a live poker room.

The casino is not currently offering a gaming bonus.

Depart Medina: 7:30am
Depart Brunswick: 8:00am
Depart Casino: 4:00pm

THE RIVERS CASINO

Pittsburgh, PA
Tuesday, Sep. 20
\$50/per person

\$45 Early Bird by Aug. 19

- 3,000+ state-of-the-art slots
- Over 100 table games.



Depart Brunswick: 7:30am
Depart Medina: 8:30am
Depart Casino: 4:30pm

WEDNESDAY, JULY 27 • \$104/pp

Rabbit Run Theater North Madison, Ohio

- Depart Medina 2:45pm • Brunswick 3:15pm • Return approx. 11:55*
- **Disney's "Newsies"** Following the rousing tale of charismatic news boy Jack Kelly as he and his fellow newsies rally to clash with New York City's titans of publishing to fight for their rights. Set in the turn-of-the-century and inspired by a true story, Newsies is packed with non-stop thrills, great dance numbers and a timeless message.
 - **Dinner at the Grand River Cellars Winery** Grand River Cellars Winery and Restaurant is located in the heart of the Grand River Valley Wine Region. Begin a relaxing evening with a wine tasting featuring 3 varieties of wine. Then enjoy a delicious dinner.

THURSDAY, AUGUST 18 • \$84/pp

Canteens, Carriage & Collections Mansfield, Ohio

- Depart Brunswick 7:45am • Medina 8:15am • Return approx. 6:45*
- **Dennison Railroad Museum.** This depot is the most significant remaining example in the nation of a railroad canteen still reflecting its WWII heritage. During WWII, 1.3 million service members were served free meals by 4,000 working volunteers at this depot which also contains an orientation theater, historical railroad exhibits, the Whistle Stop Railway Shop and themed railroad cars. Explore steam locomotives, a Nickel Plate caboose, freight and other passenger cars.
 - **Lunch** is included in the package
 - **Auman's TV and Radio Museum** - TVs that date back to the first one at the World's Fair, plus games, lunch boxes, etc. that went with the classic TV shows. There are numerous radios and a display of Dick Goddard's old meteorological equipment and Alan Freed's DJ booth.
 - **J.E. Reeves Victorian Home & Carriage House Museum.** Step back into the elegance of the late 19th Century in the former home of this prominent Dover industrialist, Jeremiah E. Reeves.

MONDAY, SEPTEMBER 5 • \$103/pp

Cleveland Air Show from the Nautica Queen Cleveland, Ohio

- Depart Medina 11:30am • Brunswick Noon • Return approx. 6:15*
- **The Cleveland Air Show** - Cleveland will host the US Navy Blue Angels as headliners of the 2022 Cleveland National Air Show at Burke Lakefront Airport. The six "Blues" demonstration pilots will thrill Air Show fans with a choreographed presentation that includes the graceful aerobatics of the four plane Diamond Formation and exciting high energy opposing solo maneuvers by the two solo pilots.
 - **Enjoy a luncheon** and see the Air Show from the Nautica Queen.

Destro and Sever make all the right shots



Hours of diligent morning practice at the Senior Center led to a win for Joe Destro and Stan Sever at the MCOOA 2022 Double Elimination Doubles tournament on May 3, 2022. They take their place on the winners plaque for the second consecutive time, congratulations!



(l-r) Frank DeCaro, Joe Destro, Randy Ruch, John Walti, Stan Sever, Clarence Kinklaar, Ernie Cody, Roger Bernard, Bob Winkleman

PICNIC

on the patio

featuring

July 8 • JOHN & KATE
R&B, Classic Rock, Jazz Standards

Sponsored by Medina Center for Rehab & Nursing

July 22 • HOLLY PRATHER
Singing the songs you love

Sponsored by Western Reserve Masonic Community

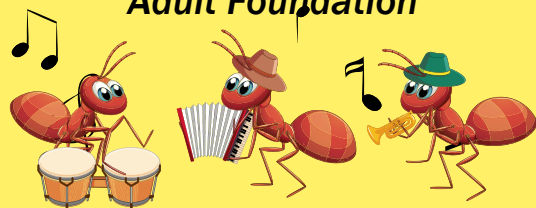


August 5 - GREG CROWE
Melodic Pop/Rock

Sponsored by Pearlview

August 19 • SCOTT SOPATA
LUAU with Steel Drums

Sponsored by Medina County Senior & Adult Foundation



OPEN TO THE PUBLIC • Starts at 11am

Lunch & Entertainment \$5.00/seniors 60+ • \$6.00 all others

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birthdays & anniversaries

happy birthday

JULY

Mike Falk	Jul 1
Janice Radachy	Jul 3
Kathryn Jenkins	Jul 3
Diana Meals	Jul 3
Roger Graham	Jul 3
Benjamin Harris	Jul 3
Virginia Witkowski	Jul 4
Joyce Faber-Miller	Jul 5
Kathleen Seever	Jul 5
Tippy Zeleznik	Jul 5
Donna DeCaro	Jul 5
Dianne Gerspacher	Jul 7
Lois Pavlik	Jul 7
Laurel Schneider	Jul 11
Pat Wagner	Jul 12
Frank DeCaro	Jul 13
Susan Nelli	Jul 13
Billie Branning	Jul 15
Joanie Tomazic	Jul 20
Ernie Cody	Jul 20
Noreen Woodhall	Jul 21
Sally Gardner	Jul 24
Shirley Lynn	Jul 24
Linda Trivisonno	Jul 25
Helen Griffin	Jul 25
Harry Marchand	Jul 26
Judy Mott	Jul 26
Jean Guylas	Jul 26
Mary Stover	Jul 30
Judith Glomb	Jul 30
Panky Price	Jul 31

AUGUST

Linda Fauble	Aug 1
Mary Ann Beachy	Aug 2
Joan Weigel	Aug 4
Dick Holcker	Aug 5
Geneva Cottrill	Aug 6
Madeline Nosal	Aug 6
Shirley Stephens	Aug 7
Kaye Kessler	Aug 9
Donna Scott	Aug 10
Edwina Hawkins	Aug 11
Bill Elligot	Aug 13
Alice Motz	Aug 14
HAPPY 100th BIRTHDAY ALICE!	
Beverly Donnelley	Aug 14
Arthur Branning	Aug 16
Carol Doraty	Aug 19
Shannon Turney	Aug 21
Mary Sandman	Aug 22
Barbara Miller	Aug 23
Oliver Hobson	Aug 25
Marianne Rowland	Aug 25
Jim Snyder	Aug 26
Glenna Duffee	Aug 27
Patricia Hood	Aug 28
Larry Hering	Aug 29
Mary Ambroziak	Aug 31

**“Wrinkles
will only go
where the
smiles have
been.”**

Jimmy Buffet

happy anniversary

Judy & Jim Arthur	Jul 8
Lynette & Mike Falk	Jul 31
Jamie & Michael Piechuta	Aug 3
Elinor & Jim Judson	Aug 9
Alma Bigam & David Drummond	Aug 14
Anna & Wayne Slepecky	Aug 15
Panky & Richard Price	Aug 20
Linda & Bob Fenn	Aug 26
Karen & Tom Caldwell	Aug 28
Madeline & Frank Nosal	Aug 28
Joyce & Dave Rynearson	Aug 29

