

Serving Our

Seniors



magazine
Issue #53


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YOU Age
Successfully
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From the Director



The purpose of this magazine is to create a positive attitude toward aging and inform our readers of what we are doing to help YOU age well in Erie County. Each page is filled with information you can use. Our cover story is about a trip we want you to take down memory lane by attending our spring show/fund-raiser, **American Bandstand**. Tim Parkison, is volunteering his time and talent impersonating Dick Clark, for our show. Tim is a Financial Advisor at Stifel. You may know him best when he was a DJ for K-96 radio. Read all about the upcoming show on pages 10-12. If that isn't enough reminiscing for you, be sure to read page 13 – **Relive The Beatles in Cleveland**.

You will be inspired by two stories of older women Louise (pg 13) and Bev (pg 22) who won't let their age be an excuse. There are other stories that cover **what you ought to know for your age** (pg 6) and help for older drivers to **keep your keys longer** (pg 21).

We have had some success attracting new advertisers to the magazine, with this issue. We are back up to 24 pages! If you enjoy receiving the magazine, would you help us by giving one or two advertisers a call? **Let them know you saw their ad in Serving Our Seniors Magazine** and thank them for supporting this publication.

Enjoy the spring weather and I hope to see you soon!

Stay well,

Sue Daugherty

Serving Our Seniors REPORT TO THE COMMUNITY

October – December 2023

- 3,120** The number of calls to Serving Our Seniors asking for help.
- 1,718** Individual older adults who called for help with a question/problem/concern.
- 252** New older adults calling Serving Our Seniors for the first time.

Affordable Transportation

- 142** Older adults used weekday transportation funded by Serving Our Seniors.
- 1,555** 1-way trips were taken by older adults who paid a bus fare of \$1.50.
- 27** Older adults used weekday transportation at a reduced bus fare of .50 per ride.
- 527** 1-way trips provided to the 27 people for 50¢ reduced bus fare.
- 39** Older adults used out of town transportation to get to health care appointments.
- 67** Trips were driven to take the 33 older adults to their health care appointments.
- 2** Older adults received a gas voucher to afford travel out of town to their health care appointments, when we were short on volunteer drivers.
- 4** Older adults took 5 trips using our wheelchair transportation for out of town health care appointments.

Nutrition

- 7,933** The number of rural home delivered meals funded by Serving Our Seniors.

Services to Support Independence

- 7** The number of small home repairs.
- 3** New ramps installed.
- 124** The number of ramps in service throughout Erie County
- 661** Medicare counseling sessions (group and individual)

Correction from Firelands Health

By Sue Daugherty

In the January – March 2024 issue of Serving Our Seniors Magazine, the article entitled, **Consumer Be Aware: What Medicare Advantage Plans Don't Explain**, Serving Our Seniors printed "Maybe you want to rehab after surgery at Firelands Health's rehabilitation floor. After surgery you find out that Firelands Health does not accept your Medicare Advantage Plan for rehabilitation services. You have to go somewhere else. Know the details of the Medicare Advantage Plan."

Firelands Health has asked that Serving Our Seniors make the following correction:

Firelands Health Rehabilitation Program does accept Medicare Advantage Plans, however some, if not most, Medicare Advantage Plans do not approve inpatient rehabilitation.

If, after being seen by a physiatrist (doctor specializing in rehabilitation), you meet the criteria for admission, the

Inpatient Rehabilitation Program will request approval for your stay and help you fight for your right to receive this service.

The Steps for Appeal

A precertification will be completed including an in-depth medical status. If this is denied, we will conduct a peer-to-peer review in which our physician will speak directly to the insurance company's physician. If your case is still denied, we ask for the case to go to expedited appeal at the insurance level. If the case continues to be denied, the case is sent to Maximus, an independent entity that contracts with Medicare to review appeal cases. Each of these appeals is your right. Firelands' rehabilitation program will be with you every step of the way.

As the director of Serving Our Seniors, and the author of the January article, I regret any difficulty the example I composed caused for Firelands Health and its staff.



Compass Point: It's Like School

Compass Point is an adult day facility to help people who are living with memory changes. It opened in November 2024 from 9:00 a.m. – 2:30 p.m., Monday through Friday. Karen and Neil are one of the first to take advantage of Compass Point.

Karen said, "We call it school, because he experiences new things and he is socializing with other people. He needs that. The staff is encouraging and offers enlightening activities for him. I remember the first day he was here. I asked him 'How was it?' He said to me, 'It far exceeded my expectations.'"

The supervision is very good. He is very complimentary

of the food and it has been a great experience for him. I want Neil to have the best and he looks forward to it."

For Karen, it gives her time to herself one day a week. She hopes others, in similar circumstances, try Compass Point, too. She and Neil are glad they did.

Serving Our Seniors has received grant money from the Ohio Department on Aging to pay for using Compass Point, for Erie County residents who qualify, starting April 1, 2024. Call Serving Our Seniors for more information 419-624-1856. For more information about Compass Point Adult Day Center call 419-502-1020. Ask for Rhonda Story, RN.



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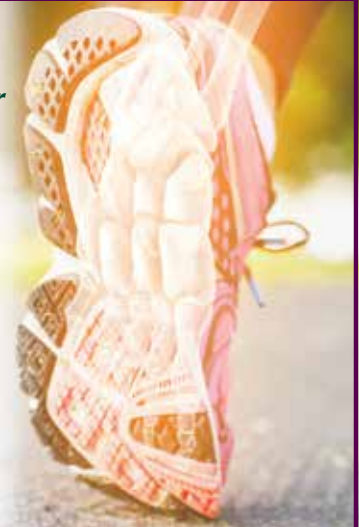
Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor.



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Helping YOU Age Successfully

By Tina Sluga, Health Care Advocate Trainer and Sue Daugherty, Director



L Tina Sluga, Health Care Advocate Trainer with Barb Leal

As we continue to get older and live longer there is another change taking place... Family size is shrinking. Young adults are not having as many children or having no children. This brings consequences for people of older age. In the next ten years, and beyond, there will continue to be workforce shortages – especially in health care. The American Association of Medical Colleges study reported an overall projected shortfall in America of 37,800 to 124,000 physicians by 2034. (www.aamc.org/news/aging-patients)

In response, we will see more computerization and artificial intelligence filling the health care gaps. Where does this leave older Americans? ANSWER: In a difficult position.

If older Americans are serious about aging successfully, they must gain an understanding of what is taking place at their healthcare appointments (virtual and in-person) and take better care of him/herself, in later life. Often, people of older age believe their declining health or their inability to do things, independently, is because they are “old.” **That is not true.** There is something causing the decline and it is not due to a chronological number.

Join us for the following forums:

What I Ought To Know For My Age: Vital Reasons For Vital Signs, April 18, 2024, 1:30 – 3pm. Tina Sluga, Health Care Advocate Trainer, will answer your questions so the audience will understand the reasons vital signs are taken, she will explain commonly used medical jargon and basic information most patients don't understand, *but should*.

What I Ought To Know For My Age: Should I Tell My Doctor? June 13, 2024 1:30 – 3pm. Dr. James Preston (retired) and Tina Sluga, Health Care Advocate Trainer, will talk -- in easy to understand terms -- about the importance of being open and honest with your doctor/ nurse practitioner (NP); and give examples of bringing small changes to the doctor/NP's attention. Location: Erie Co. Senior Center, 620 E. Water Street – Sandusky.

This is Personal: An Attempted Scam on ME!

I'm writing to thank you, Serving Our Seniors, for providing an expert and facilitating the seminar on Thursday, November 30, 2023 on scams. I learned so much!



After leaving the facility, I ran a few errands before returning to my apartment, shortly after 4:30pm. In catching up on my e-mail, that evening, to my surprise was this e-mail, which under no circumstances was I going to open. It said, “Tom Pascoe your order #ML018JH payment is completed. Invoice date: Friday, 01, December 2023. Invoice #350496930. Thank so... 7:07 a.m.”

Needless to say, (1) this sender didn't know my spouse

passed, several years ago and (2) Americans don't date communication like this. Duh! – Patty Pascoe

If you missed it... Patty is referring to the forum entitled, “How to Detect a Scam Artist on Your Computer or Telephone.” This was a question & answer session with the Federal Trade Commission (FTC) Attorney, Fil DeBante.



If you would like to receive a printed list of upcoming forums contact Serving Our Seniors at 419-624-1856 or Mail@ServingOurSeniors.org or check out our website www.servingourseniors.org and click on the word Events at the top of the web page.

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BRUMBAUGH LAW FIRM CAN HELP YOU PROTECT YOUR LEGACY.

We handle a great deal of probate cases in my office. In fact, if someone has passed away in your family, we can probably help you. However, when I work on these cases, I often wonder why so many people allow their assets to go through probate. Did they not know there were so many other choices? Did they not know how expensive probate can be? I am often saddened when I see a person's Will that leaves assets equally to all the children, but the assets pass outside the Will and do not follow the person's wishes. Below, I will address some of the common misconceptions many people have.

FALSE BELIEF #1: I HAVE A WILL SO MY ASSETS WILL AVOID PROBATE.

TRUTH: If an asset passes through the Will, the assets will go through probate. You should think of your Will as a fancy letter to the probate judge giving instructions to the judge on who you want the court to appoint to be in charge (your executor) and who you want your assets to go to once the debts are paid.

FALSE BELIEF #2: MY WILL CONTROLS WHERE ALL MY ASSETS PASS UPON MY DEATH.

TRUTH: Your Will only controls those assets in your name at death where you have not named a beneficiary or where there is no surviving co-owner who has survivorship rights. If you put a child on an account or on real estate, it is generally as joint owner with survivorship rights. This means even though your Will says your assets are to be divided equally between your children, this isn't what happens. Instead, your bank account or real accounts or real estate, you have now potentially made your assets part of your child's divorce case. You have also put your assets at risk if a child gets in a car wreck and gets sued. In addition, when you add a child to real estate, you have made a gift for Medicaid purposes and caused unintended tax consequences through partial or total loss of a stepped up tax basis, upon death.

Going through probate is expensive and generally not necessary. A house worth \$100,000 going through probate can create fees between \$4,000 and \$8,000. In order to avoid probate while maintaining a plan that gets your assets where you truly want them to go without risking your assets to your child's creditors or to divorce proceedings or to unexpected tax consequences takes a bit of planning. However, this planning doesn't have to be complicated.

Please call us to schedule a **CONSULTATION** to discuss ways to avoid probate. If you want to go further than just avoiding probate, we can discuss ways to protect your assets from the high cost of long term care.

CALL NOW TO SCHEDULE A CONSULTATION!

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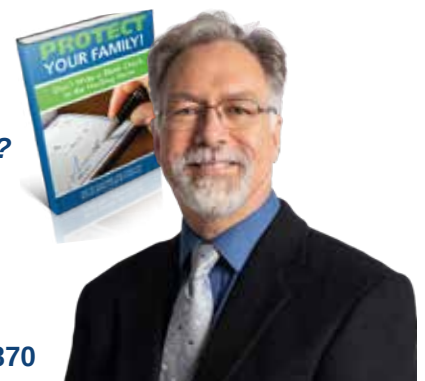
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They may be gone, but they are not forgotten. When family and friends leave this world, the void can feel enormous. Regardless of how long they have been gone, there is a desire to keep their spirit alive. Serving Our Seniors is honored it received the following memorial contributions as of December 1, 2023 through January 19, 2024, in memory of:

Bill Bossetti
Charles Jenkins
Don Miller

Patricia Biehl
Charles Jenkins
Jim Powers

Ken Fultz
Nancy McPeck
Richard Ward

Hats Off to YOU! Donors Pay Tribute to Extraordinary People

Serving Our Seniors received three donations to pay tribute to the following people for being extraordinary individuals. The donations are used to help older adults maintain their health and functional independence, as they grow older in Erie County. The donors' names will remain anonymous.

Serving Our Seniors is proud to use our magazine to recognize those who are living lives worthy of a tribute. I hope it makes your day to learn that you are seen as an extraordinary person. Thank you for being YOU!

Bill Biehl

Mary Koelsch

Jay & Kathy O'Neill

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Do you have an old vehicle in the driveway or taking up space in the garage? Donate it to Serving Our Seniors and discover how easy it is to give back to your community. Our vehicle donation program offers an effortless and secure way to give. Serving Our Seniors accepts all types of vehicles. Pick up is free, whether the vehicle is running or not. Call Serving Our Seniors at **419-624-1856** and ask for Brenda to help you through the donation process. Or, if you prefer, you can call 855-500-7433 seven days per week; donate via Serving Our Seniors website at www.servingourseniors.org (click on the **DONATE** button) to complete your donation and schedule your pick-up. We will take it from there.

Serving Our Seniors AMERICAN BANDSTAND SHOW,

Buy your tickets, now, to Serving Our Seniors Annual Spring Show / Fund-raiser. The theme is **American Bandstand**, starring Tim Parkison as Dick Clark. The show will take place **Saturday, April 13, 2024** in the theater at **Sandusky High School** 2130 Hayes Ave. – Sandusky. **Doors open at 1pm. Showtime is 1:30pm.** Tickets are **\$20.00/person.** **All tickets sold in advance.** **Tickets will NOT be sold at the door on the day of the show.**

Purchase your tickets by credit card, over the phone by calling 419-624-1856 (ask for Brenda) or purchase in person at Serving Our Seniors, 310 E. Boalt Street – Sandusky. We accept cash, check or credit card.

There is a **“Meet the Stars”** reception, following the show, in the cafeteria. Complimentary refreshments will be served.



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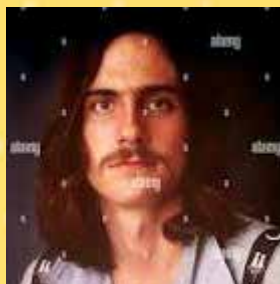
Lolita Hayes as Whitney Houston – **“How Will I Know”**



Aryanna Hicks as Stevie Wonder – **“Isn’t She Lovely”**



Samantha Stack – **KISS Medley**



Phil Weinau as James Taylor – **“You’ve Got a Friend”**



Johnny Pretto as Billy Paul – **“Mrs. Jones”**

Saturday, April 13, 2024



Dan Beason & Brian Foos as Zager & Evans – **“The Year 2525”**



Mary Rowe as Karen Carpenter – **“Top of the World”**



Kate Voltz as Dolly Parton – **“9 to 5”**



Rebecca Jones – **“What a Wonderful World”**

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Betty Maceo as Martha Reeves – **“Heat Wave”**



Dennis Rowe as Tony Burrows - **“Love Grows”**



Harmony, Inc. Jeff Catanese and Don Furr as The Eagles – **“Peaceful Easy Feeling”**

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see page 12 for more performers



Pamela Tillar as Chaka Kahn –
“Tell Me Something Good”



John Ball as Looking Glass -
“Brandy”



Dawn Washington as
Alicia Myers – “I Want to
Thank You”



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Pam Shirtz as Gloria
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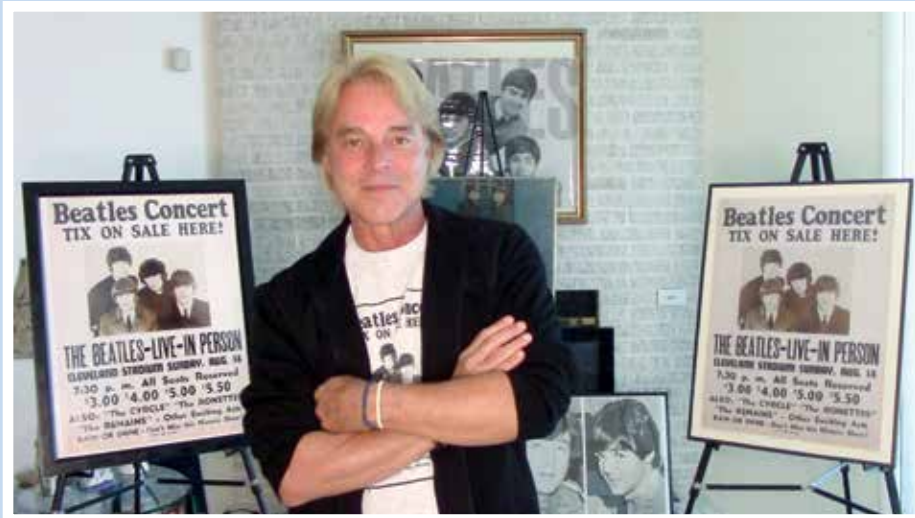
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Relive The BEATLES in Cleveland

Did you see the Beatles in Cleveland in 1964 or 1966? Some describe these concerts as two of the wildest, out of control concerts in Beatles Rock n Roll history. Join us for a special event, **Thursday, May 2, 2024, 1:30 – 2:30 pm at the Erie County Senior Center, 620 E. Water Street – Sandusky**, and relive the Beatlemania experience you had – or wished you had.

Author Dave Schwensen, will take you behind the scenes and on stage with the Fab Four, through insider stories, rare concert films, never-before published photos and memorabilia. His presentation highlights include films of

The Beatles riotous concerts at Cleveland Public Hall (1964) and Cleveland Municipal Stadium (1966). Books and concert t-shirts will be available for purchase after the presentation. Dave will be available for book signing.

To reserve your seat, requires a \$5.00 refundable deposit, payable to Serving Our Seniors, 310 E. Boalt Street – Sandusky. Must be received by April 22, 2024. Complimentary food and beverage will be served after the show. Those who arrive late or leave early during the presentation are not eligible for the refundable deposit.

LOUISE MOOS: Making A Difference for Over 30 Years

As Care & Share celebrates its 50th Anniversary, they also want to appreciate Louise Moos. Louise lives her later life of being helpful. She started volunteering for Care & Share at the age of 66. Today, she is 96 and she isn't letting her age stop her. Instead, she adapts.

Her sister, Terry, was the Vice President of Care & Share when she started volunteering. "I wasn't there a month and then they asked me to volunteer as Treasurer. I did this for about 15 years."

Back when she first started, Care & Share had food, furniture and clothing under one roof. She worked 2 hours a day every day. "I use to drive a truck and help move the furniture. I was also in charge of the food department at Care & Share. I would pick up 40 lb of frozen chicken and sort the food.



L-R Louise Moos, Volunteer and Anita Kramer, Director, Care & Share

That was when I was 70 years old."

"I do like to work and that is why I am still working here." Today she works 2 days / week for 2 hours a day. Her tasks allow her to sit. She sorts and labels clothes with size and gender. It is work she can easily do and she enjoys knowing that she is helpful to Care & Share.

"Volunteering and helping people who really need it makes you feel so good. I recruited my niece to volunteer at Care & Share. Rhonda works almost every day. Today she said to me, 'I like working there because it makes me feel so good.'"

I hope this story has inspired you to give a couple hours a day to a cause you believe in. Louise is living proof that **age doesn't matter**, if you want to do good.

Serving Our Seniors Can Help Older Adults Afford These Necessities

If you need help affording the cost of necessities for day to day living, are age 60 or older and live in Erie County, **call Serving Our Seniors 419-624-1856**. We can make the following items available at a price that will not cause the individual financial difficulty.

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Fresh Hope for The Way You Are Feeling



L-R Deb, Karen, Barry Gill, Paster Erin, Karen Gill

Fresh Hope is a Christian, peer-to-peer support group for people who are grappling with unhealthy feelings and have a diagnosis. It's also for their loved-ones. Barry Gill and his wife Karen, facilitate the new group. Barry is no longer ashamed that he is living with a condition that causes him to feel low and then have days when he is feeling energetic to frantic. He accepted his condition and the treatment to feel healthy, again.

Karen knew, since her childhood, she was experiencing feelings that "weren't right," but didn't know what to do about it. A year after her husband was successfully treated, she sought help. Like Barry, she is unashamed. That is how it should be.

Facilitating Fresh Hope is one of the things Barry and Karen do to stay well, using their lived experience to help others. It is also a place where a kinship has developed among members. Barry said, "It's not where you find your support – whether it is faith-based or secular – just find support. This group happens to be based on Christian principles. That is what led us to the Fresh Hope program."

I asked, "What happens that makes going to Fresh Hope (or any other group) helpful?" They said, "It's community, it's fellowship. What is discussed is not just about mental health. Sometimes we talk about things that may not

have anything to do with mental health. Some people come and just listen."

Deb and Karen #2 are both widowed and attend Fresh Hope. Deb explained, "After a while, people kind of drift away. I was feeling isolated." Karen reached out to Deb and they are both active participants in Fresh Hope. It is helpful for coping with their grief, sadness and loss. "We help each other."

Barry wants readers to know that the Fresh Hope program emphasizes the difference between just surviving and thriving. "By accepting who you are, taking the support of those around you and using your gifts/abilities, you can learn how to thrive."

Pastor Erin Porter said, "Some older people can feel like life is over, because of a lack of purpose. We have to choose, 'Am I just going to accept feeling this way or say, there can be hope for me, too. I can live well.'" Fresh Hope wants to be one of the places to help move people from feeling isolated/unsettled to discovering the steps to take to live and thrive.

Fresh Hope meets at Christ Community Church, 2401 Columbus Ave. – Sandusky. 2nd and 4th Wednesday of each month, 6:30pm – 8pm. For more information call 419-625-7663 or go to www.freshhope.us.



Money To Fix Your Home

The Erie County Health Department has HEALTHY HOMES grant funds to remediate housing-related health and safety hazards in privately owned, low income rental and/or owner occupied housing in which older adults 62 years and older reside in Erie County. Serving Our Seniors is assisting the Erie County Health Department with supplemental funding from the Ohio Department on Aging for identified projects that exceed \$10,000.00. Call Jeff Hayes, Healthy Homes Supervisor for more information about how the HEALTHY HOMES Program work 419-626-5623 ext 5162. Or, call Serving Our Seniors to assist you in reaching Jeff Hayes via a 3-way phone call.

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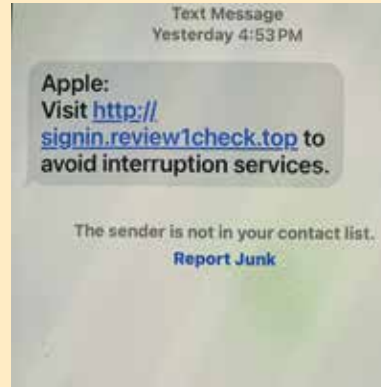
TIPS TO AVOID A TEXT SCAM

By Sue Daugherty

This scam showed up on my work cell phone. I also receive these text scams on my personal cell phone. Both of my phones are i-phones, however, text scams like this show up on all smart phones, NOT just i-phones. The scammers are hoping anyone and everyone will fall for this “bait” and click on the link.

The lesson is this...

1. Never click on links when you don't know the person who sent it to you.
Tip: Even if you do know the person who sent it, call them before you click on the link. Ask him/her 1. “Did you send me this link?” 2. How do you know it is safe to click on?” If they can't answer the second question...
Don't click the link!
2. Call Serving Our Seniors and make arrangements for one of our advocates to look at the message to help you determine, is this real or is it a scammer's “bait.”



What a text scam can look like



Here is how I know this text is a scam.

- The message is trying to scare me into clicking on the link by stating... **to avoid interruption services.**
- The message is using improper English. It should read like this... **to avoid a service interruption.**
- Notice that the link starts with <http://> This is not a secure website. Secure websites begin with <https://> The s stands for “secure”
- If this were really Apple why isn't this link taking me to Apple's website? (apple.com)



GIVE YOURSELF A “RAISE” BY SWITCHING YOUR MEDICARE SUPPLEMENT

by **Chris Hardin**, Medicare Supplement Specialist

Getting a raise feels great! Yes, I know... you're probably retired. But don't let that stop you! If you could lower your expenses by \$100 (or more) every month, it would be just like getting a raise. Right?

Well, that happens to be our specialty. In most cases, we can help you reduce what you pay every month for your Medicare Supplement while keeping your coverage exactly the same. And you can do it any time of year... with no penalties!

Annual open enrollment might be closed but it **DOES NOT APPLY** to Medicare Supplements. Even better, Medicare Supplement plans are standardized. Plans with the same letter have the same benefits regardless of the company. So Plan G with one company provides the exact same coverage as Plan G with any another company; the only difference is the cost of the premium.

If you are in good health and can save at least \$20 monthly, it is usually a good idea to consider changing who you buy your Medicare Supplement from. You can keep the coverage the same but pay less each month.

If you are currently paying more for your Medicare Supplement than what is shown in the chart to the right, please call us at 1-800-866-8950 to request a complimentary comparison report.

If you are paying more than this per month... call us today!

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Age	Plan G	Plan F	Age	Plan G	Plan F
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This project is supported by ACL/HHC as part of a financial assistance award totaling \$982,941 with 100% funding by ACL/HHS.



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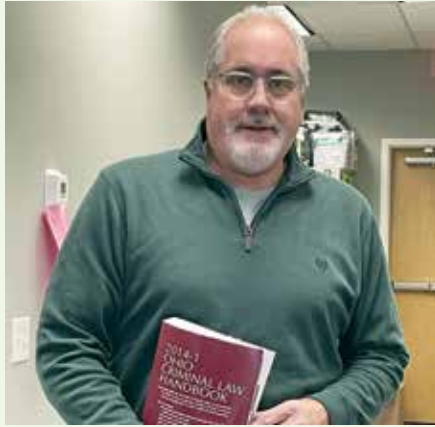
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Focused on You

Artificial Intelligence and its Ability to Scam You

Dan McLaughlin is the Erie County Financial Elder Abuse Investigator. He works out of the Erie County Prosecutor's office. The Financial Elder Abuse Stats for 2023 are disturbingly high. He wants to make you aware that the scams and fraud are only going to become more sophisticated in 2024. He warns, "**Be aware of Artificial Intelligence (AI) and its ability to scam you.**"



Dan McLaughlin, Financial Elder Abuse Investigator

Dan attended an elder abuse seminar at Ohio State, produced by the **Ohio Coalition of Adult Protective Services**. One presentation explained how AI is being used to commit financial elder abuse. Dan said, "People

will get calls and hear Ed McMahon's voice calling him/her. The person on the other end of the call will hear "This is Ed McMahon and the person who answers the phone will hear Ed McMahon's voice say s/he is one of the finalists for the Publisher's Clearing House Sweepstakes. The person needed to send in their entry fee. Using AI, the person will be instructed to send a check or give Ed McMahon their credit card or debit card number to become a "winner."

The speaker at the seminar, reminded the audience that Ed McMahon died in 2009. How many of you remember that?



Dan's passion is **preventing** elder fraud and exploitation. If you receive a call and don't know how to sift fact from fiction after 5pm or on the weekends, Dan wants you to have his cell phone number **419-503-5385**. Otherwise, call Serving Our Seniors (419-624-1856) and let us help you distinguish if this is real or if it is a scam?

I've Fallen and I CAN Get Up!



Time, and therefore, age does cause changes in the body and it does affect one's ability to function. If we are not actively engaged in stretching and improving the strength of our legs...we live with the consequences.

The consequences are difficulty doing tasks that were never problems at a younger age. For example, getting out of a chair without using your arms, getting off the toilet easily and getting off of the floor to a standing position, when necessary.

On **May 16, 2024, 1:30 pm – 3pm, at the Erie County Senior Center, 620 E. Water Street – Sandusky**, Serving Our Seniors is holding a forum, entitled, "**I've Fallen and I CAN Get Up!**" Tim Albrethsen, Physical

Therapist with Firelands Health will answer audience questions about physical changes that prevent one's ability to "do for him/herself," as we age. He will also address what can be done to restore/improve lower body function. Serving Our Seniors' Health Care Advocate Trainer, Tina Sluga, will also sit on the panel to address your questions and lend clarifying comments.

Don't let time rob you of your independence. Reserve your seat by contacting Serving Our Seniors **419-624-1856** or Mail@ServingOurSeniors.org. An audience of 30 or more is required to justify the time of the speakers. Call and leave your name, phone # and the name of this event by May 8, 2024. If the forum is canceled, you will be notified by phone.

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KEEPING YOUR KEYS LONGER



Driving, in later life is sacred. When the ability to drive begins to diminish, most people will not talk about it, for fear of being pressured to give up their keys. "They should talk about it," said Jennifer Bachelor, an Occupational Therapist, who is certified in Driver Rehabilitation. Most of her clients are older drivers. "Sometimes, it can be the smallest thing that can make the biggest difference."

If you have never heard of driver rehabilitation to keep your keys longer, you are not alone. Most health care professionals are not aware of it, either.

Jennifer has helped restore/improve driving skills for those living with early dementia, stroke survivors, amputees, and many other conditions which can occur with older age.

Bill and his wife Carolyn, who live in a suburb of Columbus, are two of Jennifer's satisfied clients. Bill's driving problems ensued following open-heart surgery. Additionally, he lives with neuropathy in his hands and feet and a chronic neurological condition.

At age 78, Bill and his wife were seeking an objective answer to his question, "Should I be driving or not?"

He made an appointment with Jennifer. At his first appointment, Jennifer assessed Bill's driving for two hours. The next week she spent another hour helping him. A modification was made to his steering wheel, to improve his steering. Three months later, there was a re-evaluation in two different settings.

At age 80, Bill still drives and he is a big believer in driver re-assessments, too. He schedules his own reassessments quarterly and finds it very helpful.

Jennifer Bachelor, OT DRT, based out of the Columbus area, is speaking at Serving Our Seniors forum, "**What You Ought To Know To Keep Your Keys Longer**", **Thursday, June 6, 2024, 1:30pm – 3pm at the Erie County Senior Center, 620 E. Water Street – Sandusky.** Jennifer will bring the specially equipped car used to conduct driving assessments and answer audience questions. An audience of 30 or more is required to justify Jennifer's time and travel to Sandusky. Contact Serving Our Seniors to register at **419-624-1856** or **Mail@ServingOurSeniors.org** **before May 30, 2024** to reserve your seat. Leave your name and phone number. If the forum is cancelled you will be notified by phone.

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Here's Your Proof... Age Doesn't Matter



Bev Hendersen



Brian and Bev



Bev leading Senior Stretch class

Bev Hendersen, 88 years old, had always been physically active. When she worked as a teacher, she and her colleagues would exercise after work. It was in retirement that she stopped. After approximately five years, she said to herself, "I have got to do something, because this is not healthy."

I asked Bev, did she notice if she was declining, physically? She said, "No, but I knew I was just 'O.K.,' and I thought to myself... I want to be better than O.K.."

I have to applaud Bev for not thinking her age is the source of the problem. I said to her, "Most people would not see it as something that is within their own control. Most would say to themselves, 'That's what happens when you get older.'"

Her son, Brian, is the owner of Open Way Yoga in Huron and a Yoga Instructor. Together, they developed the Senior Stretch Class, which Bev teaches. The class is designed to improve joint movement, flexibility, strengthen muscles in the back, pelvis and stomach and improve balance. The class is also good for the brain. Bev will have as few as four and as many as 12 people attend her class. "If the readers of this article did nothing else, but warm up their joints every day they would be surprised how much better they would feel," she said.

If you think you are too old to exercise... Think again. Bev is living proof that age doesn't matter.

Serving Our Seniors has recently received funding from the Ohio Department of Aging and the Erie County Commissioners to encourage healthier lifestyles in later life. If you are sedentary and have time to make a commitment to regular exercise, Serving Our Seniors would like to help you with the cost. The grant expires on September 30, 2024. Call Sue Daugherty for more information. 419-624-1856.

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