

Serving Our Seniors



magazine
Issue #44

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From the Director

In the spirit of Valentine's Day, I hope you enjoy reading about our Lake Erie couples, (pg 6) featured on the cover. Each share how they found one another and what they credit to their lasting relationships.

I turned age 60 in December 2021 and I write about it. On page 10, my significant other, Mark Norman and I share our thoughts about confronting our health fears as "older" adults.

On page 13 you will read about my **Successful Aging Visit** at the Cleveland Clinic and what it uncovered about my health.

I intend to use my new place in life as a bully pulpit to destigmatize talking about memory changes and aging; as well as, become the posterchild for the benefits of having a consultative geriatrician and the value of undergoing a lengthy geriatric assessment.

If you are a grandparent raising grandchildren, be sure to read the two articles on page 4. The remaining pages are filled with thanks and acknowledgments, a tip for healthy eating, and more on preventable health care and innovations in delivering primary care at home.

To the right is our report to the community for Serving Our Seniors Fiscal Year 2021 (October 1, 2020 – September 30, 2022). It's a quick glimpse of what we have been up to and the impact we are making.

Finally, **I would like to ask for your help – as a reader.** If you enjoy this magazine, please tell our advertisers. Let them know that you saw their ad in **Serving Our Seniors Magazine**. It is the advertisers, who pay for the cost of publishing and mailing the magazine to your home. We couldn't do it without them. **Please thank our advertisers.**

Happy New Year,

Sue Daugherty

www.servingourseniors.org 419-624-1856

Serving Our Seniors REPORT TO THE COMMUNITY

October 1, 2020 – September 30, 2021

- 10,822** Total Number of Calls to Serving Our Seniors Asking for Help
- 1,159** Individual Older Adults Who Called for Help with a Question/Problem/Concern
- 754** New older adults calling to ask for help for the first time

Priority Programs

Affordable Transportation

- 232** Older adults used weekday transportation funded by Serving Our Seniors
- 8,402** 1-way trips were taken by older adults who paid a bus fare of \$1.50
- 42** Older adults used weekday transportation at a reduced bus fare of 50¢ per 1-way trip
- 2,513** Trips were provided to the 42 people for 50¢ per 1-way trip
- 41** Older adults used Out of Town Transportation to get to their health care appointments. *(Volunteer drivers resumed driving in July 2021)*
- 59** Trips were driven to take the 41 older adults to their health care appointments
- 15** Older adults were given gas vouchers so they could afford to travel out of town to their health care appointments.

Nutrition

- 22,865** Rural Home Delivered Meals
- 0** Rural Lunch Groups met in fiscal year 2021 due to Covid-19 guidelines

Services to Support Independent Living at Home

- 88** Small Home Repairs
- 37** New Ramps Installed
- 137** Ramps in Service throughout Erie County

Education Offered

- 998** Medicare Counseling Sessions



*Luis
Quezada,
Intensive
Care Case
Manager*



*Racquel
Pace,
Exec.
Director*



*Shelly
Bell,
Program
Coordinator*



*Tory
Yarbboro,
Social
Worker*

Help For Grandparents Raising Grandchildren

A study was published in 2020, entitled “Family Well-being in Grandparent Vs Parent Headed Households.” In this study, 30% of grandparents felt that they had no one to turn to for day-to-day emotional support.

Generally speaking, a traumatic event is responsible for grandchildren to be transferred from the care of the parent(s) to the grandparent(s). If this describes you, then you need to know about **The Center for Cultural Awareness, 419-621-1117, 1610 Cleveland Road, Suite 102, Sandusky.**

The Center for Cultural Awareness can give grandparents practical help and moral support. As an example, Social Worker, Tory Yarbboro, said he can help grandparents find an after school program that

will be the best fit for their grandchild. He knows the days and hours the various after school programs are open, which ones pick the child up after school, which offer an emphasis on physical activities versus help with homework, arts & crafts, etc... and which programs offer a hot dinner before the child goes home.

The Center for Cultural Awareness adds a personal touch when helping those who call. A staff member will make the time to truly get to know the grandparent(s). Serving Our Seniors encourages any grandparent who is raising grandchildren to call the Center for Cultural Awareness (**419-621-1117**) for more information.

Sandusky City Schools Parent Summit Helps Grandparents Raising Grandchildren

If you are age 60+ and raising a grandchild **in any school district**, mark your calendar for January 29, 2022. Plan to be at the Sandusky High School from 10:00 a.m. – 2:00 p.m. This is a special event that will help you and your grandchild/children. Advanced registration is required. Register by going to the Sandusky City Schools website at scs-k12.net.

Sandusky Schools wants to help parents and grandparents be successful. The theme for the 2022 Parent Summit is **Building Even Better Families**.

In the gymnasium will be a showcase of multiple organizations to distribute information and explain how each can be of assistance to the parents/grandparents or the students. For students preschool-6th grade, there will be a Kids Camp that is full of fun and interactive learning, produced by “Imagination Station Museum.”

A discussion panel will talk about the impact COVID-19 has had on learning; the help that is

available for parents, grandparents; and help available for students. There will also be a session to show parents and grandparents how to use social media to stay in touch with Sandusky City Schools and see their student’s grades and level of participation.

For more information about the Parent Summit, grandparents who are raising grandchildren should call **419 984-1022**.



Keelen Alvarez, Grandson and Crystal Alvarez, Grandparent

Creating A World Without Alzheimer's Disease

The Erie County community gathered at Shoreline Park on September 18, 2021 raising more than \$60,000 for the 2021 **Erie Shores Walk to End Alzheimer's**. The Walk is one of more than 600 national walks that annually raises money for Alzheimer's research and other types of dementia.

The Alzheimer's Association – NW Ohio Chapter provides free care and support services to local families. It uses these donations from The Walk to End Alzheimer's to fund the Sandusky Caregiver Support Group, care consultations with caregivers and family members and educational programs, such as the "10 Warning Signs of Alzheimer's" and "Understanding Alzheimer's & Dementia." This is at no cost to participants.

If you are a resident of Erie county, Serving Our Seniors works closely with the Alzheimer's Association – NW Ohio, to support Erie County residents living with Alzheimer's disease and their



100s show up to End Alzheimer's Disease



Kay Buriel, Volunteer

family members. Serving Our Seniors donates the use of its office space and its technology for Erie county residents to have a virtual "care consultation," which is a face to face discussion with a professional from the Alzheimer's Association – NW Ohio. The talk is held using ZOOM. Consultations are also available by telephone, if you prefer. For more information, call Serving Our Seniors (419-624-1856) or visit alz.org or call 800.272.3900.

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CAM AND PAT SHENIGO



Perkins Twp residents, Cam and Pat Shenigo have been married for 39 years. They are the owners of ShenCon Construction and Pat is serving his third term as an Erie County Commissioner.

Cam, 60, remembers when she first set eyes on her spouse-to-be, "I was a freshman in high school and it was during study hall. He barely knew I existed."

Pat, 63, explained, "Back then I was a little skinny guy who would come to study hall with wet hair. The girls would tell me I looked like I had greasy hair. I remember I would sit down at the study hall table and the girls would all say 'ewww, ewww!' (aka gross) when they saw my hands." His hands were stained black. Pat explained that he didn't play sports. Instead, he worked second shift for his father in the steel business.

For Cam, she didn't find the greasy-hair look nor the dirty-hands detracting.

She remembers being at the ice skating rink when Pat was there. Cam's friend was leaving and Cam wanted to stay, because Pat was there. Pat offered to take Cam home and she accepted. "He took me out for hot chocolate." She remembers that he kept the car running so she

could stay warm, as he went inside and brought the hot chocolate to the car.

Later that year, at a basketball game, Cam recalls strategically meandering over to sit near Pat. "He invited me to go out to eat pizza with a group of students after the basketball game," she said. After that, they became steady couple.

Cam became an x-ray technician. Pat was starting his own construction business. By day she worked at Providence Hospital and after work and on weekends, she helped Pat build houses. "I was so impressed by his ability to do things and fix things. He was such a hard worker and so ambitious. I credit him for causing me to find my ambition," Cam said.

Pat said the same about Cam. He admired and appreciated how hard she worked. "She would do anything that we needed to get done." At the time, Cam had the blisters to prove it. They built four houses together and sold the first three.



Pat proposed to her on Christmas Eve 1981 and they married in September 1982. They built their fourth home, together, and moved into it after they married.



Today, they are still very much in love and the proud parents to four adult children. Two of whom are married. They have two grandchildren.

When I asked what is responsible for making their love last, Cam said, "We weren't just boyfriend and girlfriend – were also best friends... And continue to be." They also credit their Christian faith for their strong marriage.

Pat said having their last child when they were in their 40's was also responsible for keeping their marriage relationship alive. At this stage, couples are starting to experience the empty nest. For Cam and Pat, expecting a baby gave them a new beginning, which brought them even closer.

"There isn't one magic secret," said Cam. "Being best friends was the glue in our marriage. We clung to each other and our families – not parties and socializing. If you are so blessed to find the right person, hold on to him/her with all of your might!"



ITSUKO AND JON SCHULTZ



Itsuko and Jon Schultz are both age 76 and residents of Perkins Township. How they met is an unusual story.

Jon joined the Navy in August of 1964. After 12 weeks of Boot Camp at Great Lakes Training Center, Jon completed training as an Aviation Electronics Technician in Memphis, Tennessee.

For two and a half years he was part of a flight crew that flew Passive Electronic Counter Measures in the Viet Nam War. "We usually spent about one month in Viet Nam and one month in Japan," he said.

After being honorably discharged in August 1968, he returned to Sandusky to look for a job. He responded to an ad in the Cleveland Plain Dealer seeking qualified veterans to upgrade aircraft. The work was in Japan. He met all of the qualifications and was soon working for Lear Siegler. "I already had friends in Japan so it was a perfect fit," Jon said.

While in Japan, Jon recalled being invited to a friend's dinner party which is where he met his wife-to-be, Itsuko. He said, "I spoke a little Japanese and she didn't speak English. I felt an immediate connection." While at the dinner party he mustered up the courage to ask her out for a date.

Lake Erie Love

Itsuko wanted to learn English, so their dates always included homework – learning to speak English. She said, “He spoke pretty good Japanese.”

The two dated for about one year. “I asked her to marry me. We went down to the American embassy and got married. We didn’t have a wedding.” They explained, Jons family was not able to come to Japan and Itsuko’s family was not fond of Americans.



A year later their son, Alan, was born. Four years later a daughter, Jo-Ann, was born. In 1984 they moved to the United States. Although they would go out and socialize with other couples, Itsuko



found it difficult to make American friends. She remembers being home-sick for a very long time.

To Jon’s surprise he learned Itsuko was an exceptional seamstress. After the children were in school, she found employment with “Bridgettes” and “Brides World” making dresses.

They both acknowledged that marriage, for them, hasn’t been easy. They argue a lot – even today, but they make up quickly, too.

I asked what they believe is responsible for the two of them staying together? Jon said, “Actions speak louder than words”. He also believes that because his parents never divorced, this caused him to remain dedicated to his marriage. Itsuko nodded that the same was true for her. Jon admires her commitment to him and the family. “I remember she stuck with me when I was unemployed for a year.”

For Itsuko, she admires her husband’s dedication to her. She recalled on two different occasions, “I was in the hospital and he was there every day. He would not go anywhere. He would stay and care for me.” She knows she can always rely on her husband to be there for her.



BETTY AND THANDA MACEO



Thanda and Betty Maceo are age 62 and live in Sandusky. They have been married for 13 years and have a lot in common. Both had been married, previously; are successful education professionals and both are passionate about their work.

They met through a mutual friend. They were fixed up, so-to-speak. Betty said she was not looking for a relationship at the time. In fact, she thought she was done with love. That is until their friend and colleague, Dr. Jo-Ann Sanders, arranged for the two to have lunch, together.

Thanda, on the other hand was looking forward to this introduction and fond of the notion of a love connection. He described their courtship as a strong and developing relationship, which withstood the interrogation of Betty's two granddaughters ages 3, 6 and her grandson who was 8 years old, at the time.

Nine months later, Thanda popped the question on bended knee at the shores of Lake Erie. Betty said she wasn't expecting it, but it felt right. She accepted Thanda's proposal of marriage. They married on November 7, 2008.

Betty had two children from her first marriage, who were already grown and on their own. After the wedding, she inherited two twin teenage daughters. "They put us through the ringer," they said as they laughed.

Thanda described Betty as "a God-send." They raised the girls together using a united front. It worked, too. Today, one daughter is a lawyer and the other is an epidemiologist.

For Betty, she knows that her husband accepts her as she is. "In this marriage I have found my voice and I speak it. That was something I did not do before." In other words, in the past she would

ensor herself to keep the peace. She appreciates that her husband is a confident and non-confrontational man. "He is one of the most caring men I have ever met," she said. For instance, if Betty says something brisk, "He will look at me with a smirk and say, you don't mean that."

Thanda said, "I realized that I never met the woman that I really needed to be with, until I met



continued on page 11

Confronting Our Health Fears as Older People

By Mark Norman and Sue Daugherty

We all notice changes throughout our lives, from elementary school into our 50's. We don't assign much meaning to these changes as they seem more like transitions – not declines.

In our 60's, however, wrinkles, cataracts, flabby muscles, age spots, etc... have more relevance. We quietly second guess the meaning of an ache or a pain, feeling tired or forgetting where we laid our keys. This combined with polished medical advertisements, news reports, scams and navigating Medicare can raise additional doubts about our well-being at age 60+.

There is another part of us who is fearful of what we might find out if we talk about the changes we notice in later life. Not knowing what's really going on with our body can be more emotionally taxing than actually confronting our fears and finding the answer.

Waiting can compound the issue to the point of being serious and irreversible.

In November 2021 we each had a geriatric assessment, which the Cleveland Clinic refers to as a **Successful Aging Visit**. The doctor is a geriatrician. Geriatricians are specialists, trained to understand the meaning and significance of the changes that occur in later life. They also know the best methods



Sue Daugherty, 60 and Mark Norman, 70

to diagnose and treat conditions in older aged individuals.

As the Director of Serving Our Seniors, I am a passionate proponent of Consultative Geriatricians and **Successful Aging Visits**. On page 13, you can read about my 2 hour appointment at the Cleveland Clinic. I hope it inspires you, to face your aging fears and seek real answers to the changes you are noticing in your functional health during later life.

If you are an Erie County resident, age 60+ and would like Serving Our Seniors to assist you in making arrangements for a **Successful Aging Visit**, call our office at 419-624-1856. We will facilitate setting up an appointment using 3-way calling.

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Katie Myerholtz at the laptop



Patient being examined

Betty. She is very loving, giving and considerate. She also knows who she is... She is her own woman and she has opinions. I'm the type of man who is not threatened by that. My thinking is that I want her to be all the woman that she can be and I'm the man who is going to stand next to her."

Although they have a lot in common, they also have interests, which are not in common.

"We give each other the freedom to go our separate ways and do our thing." Thanda is OK without Betty being at his side and Betty, too, is able to enjoy her interests without her husband being next to her. "We let each other do each other," said Betty.



Their favorite thing to do is spending time with the grandchildren. Six live locally and will come to see them. Fifteen other grandchildren live throughout the United States and are the ideal reason for a travel trip.

Their advice for others, age 55+, who want to live happily ever after is this...

- You have to do things to communicate. Thanda, who is currently working out of town, said he sends his wife a text every morning with emojis. "I let her know that I'm waking up thinking of her."
- Recognize that listening is part of communication. Become a good listener.
- Be genuine and authentic to yourself.
- Last but not least... Remember "the why" – Why did I marry this person.

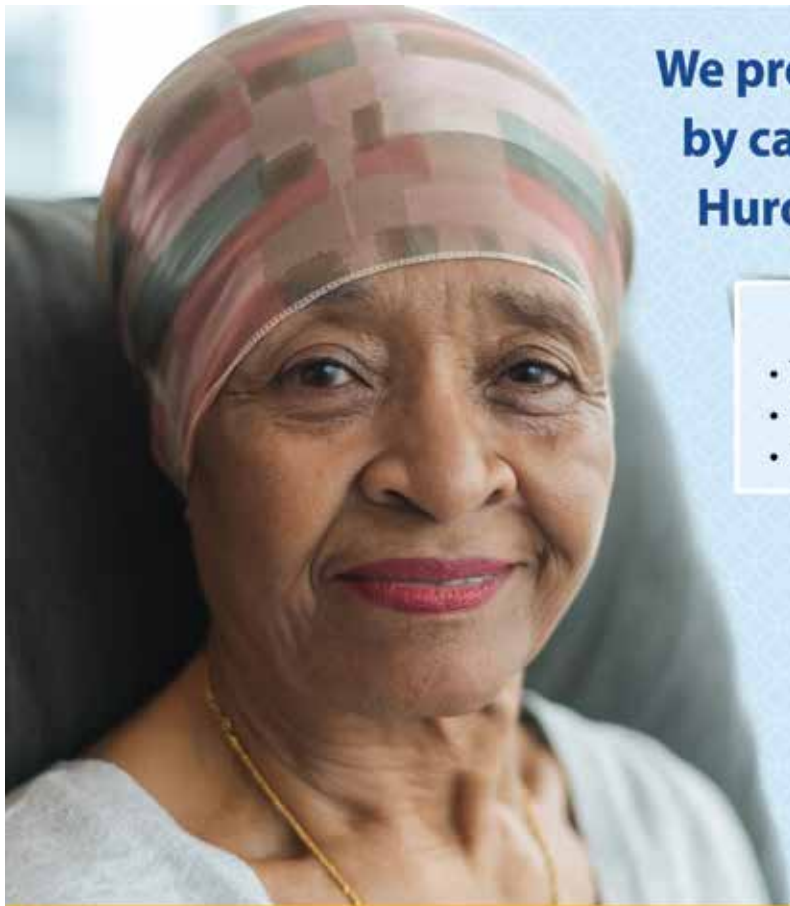
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My Journey Towards Successful Aging

By Sue Daugherty

A month before I turned age 60, I had an appointment for a “Geriatric Assessment”, also known as a **“Successful Aging Visit,”** at the Cleveland Clinic. Before I went, I talked to my primary care physician, Kaitlin Schwerer, D.O. I told her I was obtaining the services of a Consultative Geriatrician and asked if she would she work with him. I clarified that the geriatrician would not be my primary care physician. I would need her services for that aspect of my health care. She agreed without any objection.

I arranged for this assessment because I want to have the expertise of a geriatrician to help me maintain my health and ability to function independently. Consultative geriatricians have an understanding of the disorders that occur in later life. They are trained to find the cause for a change in health / function in older adults. Additionally, geriatricians will **not** tell you the problem is due to your chronological age.

My Successful Aging Visit started with talking to the doctor. We discussed who I am and my quality of life; my medical history, my current concerns and my ability to sleep.

I wasn't the one filling out the notes regarding my medical history and my sleep habits. These questions were asked of me and it was a thorough, relaxed, conversation.

The talk also reviewed my wishes about my care should I become terminally ill or in a permanent unconscious state. During the entire appointment, the doctor was looking at me (not a computer screen) while I was talking. While he was speaking with me, again, it was a face to face conversation.

I have noticed changes in my memory since my early/ mid 50's. This was my primary motivation for making this appointment. I wanted to know if the changes I have noticed in myself are “normal” for my age or is there a reason for concern. I also wanted a baseline, which my doctor can use to compare as I grow older.

After my discussion with the doctor, I was then introduced to the Medical Assistant, who checked my vital signs and medications/vitamins.

Then she gave me the MoCA (Montreal Cognitive Assessment). To say that I was a stress-free, while



My height and weight



My blood pressure



My over-the-counter pills/vitamins

answering this series of questions, would be a lie. It was a challenge. I scored 29 out of 30 (to my surprise). Had I scored less than 24, this geriatrician said he would have recommended brain imaging.

For patients who score well on the MoCA, there is another cognitive assessment, which I will take at my next visit. It is a computer based test. The difficulty of the questions increases until the patient starts answering incorrectly. The incorrect answers will trigger the testing to stop. A report is then generated and my doctor and I have a baseline for gauging my memory and cognition as I age.



Testing my ability to think and reason

Depression screening. This was another series of questions about my life and how I feel about myself and my life. My score did not suggest any issues with depression. If it had, both medication and non-medication (counseling) may have been suggested to address depression. There is also a “cheek swab” pharmacogenomics test, to identify which depression medications are right for each individual and which would cause side effects. This is all based on each patient’s unique DNA (from the cheek cells).

Swallowing problems. The Cleveland Clinic is conducting a study on changes in voice and swallowing in older adults. A medical student met with me to screen my ability to swallow. Many in the health care profession see problems with voice and swallowing as normal aging. The medical student explained that voice changes and/or difficulty swallowing are not normal aging. He said, “Something is causing this to happen.” This is a condition that can be treated when properly diagnosed.



Medical student is asking questions about swallowing

Untreated or undertreated swallowing problems deserve more attention than is paid. Swallowing problems are responsible for malnutrition and failing to take medications as prescribed.

If my screening test suggested impaired swallowing, I would have been given the option to see an ears, nose & throat, physician, who specializes in treating changes in voice and swallowing.

Treating a changing voice is also important. When the voice becomes too soft for others to hear, it becomes too much work to talk. This can cause one to feel like a bother / interruption when socializing. This prompts some people withdraw from interacting with friends and family.

Hearing Screening Test. This was another one of my concerns. In my case, I was able to hear the various

sounds and pitches in both ears during the screening test. The results did not show hearing loss that required treatment. Therefore, I was not referred to an audiologist for further testing.



Screening for hearing impairments

The doctor conducted a variety of screening tests for **muscle strength and flexibility** along with a **Balance Screening Test** and a **Walking Screening Test**. It confirmed my balance is impaired, but my walking gait is strong.



Screening for balance

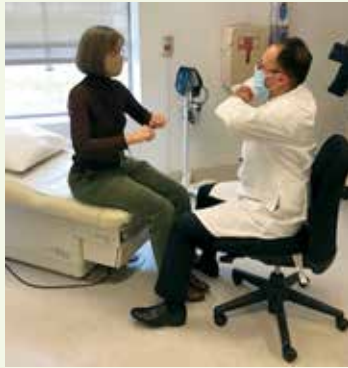
At the conclusion of my 2-hour appointment the doctor explained to me, “Since you have noticed some changes in your memory and you do have changes in your balance, the interesting thing is the vitamins I check for in the blood test are exactly what I check for in memory and balance. Sometimes there can be a link.”

Then he explained, “It is not a huge deficit, but there is something that is changing and it is easily and naturally treatable. Could that ‘something’ be causing the memory changes and the balance changes?” He also explained, for some people, who have a greater degree of impaired balance than I am experiencing, this can be caused by compression of the spine.

Blood tests were ordered to find out my levels of vitamin



Screening for grip strength



Screening level of muscular strength in arms



Assessing sciatic nerve



Assessing my visual field

B12, vitamin D and thyroid stimulating hormone.

Although my memory in not impacting my ability to work/ function, he asked me to pay special attention to see if



Expaining the results of my Successful Aging Visit

I notice changes in my driving, my ability to manage my finances and remembering to take my medications. (In my case, I don't take any medicine. I do take vitamins.) "If any of those tasks are taking longer I want you to tell me about that," he said.

Sleep, he explained, is also an important factor affecting memory and balance. I am to do all that I can to get better sleep. He prescribed some lifestyle changes and natural remedies to increase relaxation before sleep.

I am not sharing the specifics for my plan of care, for fear that the readers may think what is good for me will also be good for you – the reader. Let me conclude with this... If you are age 60 or better, having a consultative geriatrician and a thorough **Successful Aging Visit** is a valuable tool for sustaining quality of life, in later life. **I highly recommend obtaining both...** And don't forget your flu shot.



I got my flu shot

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- Ensure stairs and handrails are in good repair.
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- Ask your doctor to assess your personal risk of falling.



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- Inside Vermilion School Based Health Center
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- Erie County Community Health Center- Norwalk
- Inside Kelleys Island Public Library/School

How Can Serving Our Seniors Help Me?

Serving Our Seniors was started to help keep Erie County residents, ages 60 or better, who are functionally independent, to remain that way. We provide assistance to maintain their health and their physical capacity to do for themselves. We are also here to help prevent older adults from being deceived, which commonly occurs with Medicare insurance sales, home repairs and telephone or computer scams. This is called **Problem Solving and Advocacy**. Problem Solving and Advocacy is our most popular and helpful service.

Problem Solving & Advocacy are services used by callers who have a question / problem / concern and don't know who to ask. Typically, inquiries are those that could negatively impact one's ability to maintain quality of life / financial stability / health or health insurance / access to transportation or housing.

Some examples of common problems called into

our office are: "I don't understand what to do about Medicare Coverage. I'm so confused. Who can help me?" "I can no longer climb my steps to leave and enter my house. I need a ramp. Can you help me?" "I'm overwhelmed with how to apply for Medicaid. Who can help me?" "I need a railing installed so I can walk down to my basement without falling. Can you help me?" "I need to see a dentist, but I can't afford it. Can you help me?" "I need a ride to University Hospital. I don't drive out of town. Can you help me?" "I've got a problem with my Social Security and I don't know what to do. Can you help me? These are just a few examples and are not all inclusive.

If you have never called Serving Our Seniors, before... Now is the time We are your advocate for maintaining health and functional independence and to prevent exploitation. Call us at **419-624-1856**.



L-R Anthony Pool, Quality Assurance Manager; Jo Seiler, Medicare Advocate; Pam Hall Senior Advocate Asst; Wendy Boyer, Senior Advocate Asst; Anna Moses, Senior Advocate; Tammy Hall Senior Advocate Assistant; Deb Rogers, Clerical Support; Chris Ferguson, Senior Advocate Assistant. Not pictured is Patricia Stineman, Medicare Education Specialist/Trainer of Medicare Volunteers

Serving Our Seniors Is Seeking Kind & Reliable Home Health Aids!

Do you know anyone who would like to receive free training to be a home health aid? Or maybe you know someone who is a state tested nurse's assistant? Those hired will earn weekly gas cards to reimburse for travel, a car care account, which pays for car repairs and regular maintenance; and hourly wages of \$15.00/hour with perfect attendance and no tardiness.

For more information about employment opportunities providing help in the home to Erie County residents, age 60+, who live throughout Erie County, call our office at **419-624-1856**. **Ask for Brenda.**



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– Barbara Hargreaves

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Leafy Greens: kale, collards, turnip greens, spinach, arugula are healthy food and cheap to buy!

Did you know? The dark leafy greens are packed with nitric oxide and antioxidants which protect against heart disease by helping our blood vessels relax and expand. Leafy greens are also rich in fiber, vitamin A, vitamin C, and vitamin K.

Buying tips: Look for crisp, unwilted leaves. Store in a bag or container lined with a paper towel to extend their life.

Cooking tips: Add a few handfuls to soups, casseroles, pasta dishes, salads, sandwiches, and any recipe you make!

I took Amanda Garman's information to heart and found this cheap and easy recipe using spinach. Enjoy! I did. – Sue Daugherty

CHRISTOPH'S MEDITERRANEAN SPINACH & SUN DRIED TOMATO DISH

Taken from the Internet by Sue Daugherty
(www.allrecipes.com)

- 1 Tbs extra-virgin olive oil
- 2 C baby spinach leaves
- 1/8 tsp of each black pepper, garlic powder, onion powder
- 6 sundried tomato halves packed in olive oil with herbs. Cut into strips.
- 1 oz crumbled feta cheese

Heat 1 Tbs olive oil in a large skillet over medium heat. Cook and stir baby spinach in hot oil until very tender, about 5 minutes. Season spinach evenly with pepper, garlic powder, and onion powder, turning with tongs while sprinkling. Add tomatoes; cook and stir until tomatoes begin to soften, about 90 seconds. Sprinkle with feta cheese off heat and toss to serve. Takes 15 minutes. Serves 2 people.




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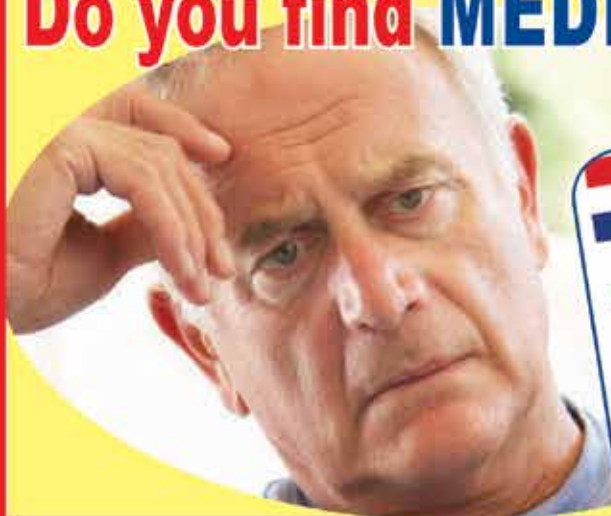
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Thank you Sandusky High Student Council Volunteers



Students: Anna Lazzara, Brianna Poole, Meadow Gilbert, Easton Retzke, Neveah Richardson, Mallory Chapman, Isis Brown, Deonna Williams



Students: Jordan Morris, Araiha Richardson Andre Grant, Niyanna Larkins, Theresa Grantm Emma Beichler, Willow Schreck, Vincent Anderson, Ellie Pitcher, Mariya Sartor, Gracie Kelley, Sophia Olsen Marina Colatruglio

Shortly after school started, Sandusky High School Student Council Advisor, Melissa Chaney-Arafiles, responded to my appeal. I asked if the students involved in Student Council would volunteer to clean Serving Our Seniors office each Monday, from 5pm til 6pm. I explained that if we had 7 to 10 willing workers, the job could be accomplished in an hour.

It's a mutually beneficial relationship. The students have learned a thing or two about cleaning; and more young people now know about Serving Our Seniors. This creates an opportunity for me, as the Director of Serving Our Seniors, to meet a variety of young people, who will become our future leaders. Thank you Sandusky High School Student Council and their chaperones and advisors!



Sydney Downing



Ellie Whelan



Kaely Schonhart

Donors Remember Loved-Ones Who Have Made a Lasting Imprint in the Lives of Others

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 to have received memorial contributions as of August 21, 2021 through November 24, 2021 to commemorate:

Barbara Alafita
Val Constantino
John Mellen
Verlene Wood

Judith Atlee
Wesley Justi
Bernie Rey
Charles McKee Young

John Boes
Joanne Korode
Marjorie Scavio

May we never forget the people they were, the lives they lived and the difference they made.

The memorial gifts will be used by Serving Our Seniors to help older adults to maintain their health and functional independence as they grow older in Erie County. It is with deep appreciation that we accept these memorial gifts. Thank you.

Hats Off To You! Donors Pay Tribute To Extraordinary People

Serving Our Seniors received donations as tributes to the following people for being extraordinary. The donations will be used to help older adults to maintain their health and functional independence as they grow older in Erie County. The donor's name will remain anonymous.

Serving Our Seniors is very proud to use our magazine to recognize those who are living lives worthy of a tribute. We would like to thank you for being YOU and we are honored to congratulate the following:

50th Wedding Anniversary of Ed and Lisa Coles
David Cass, Lawn Barbers, Avon, Ohio
Bill Djubek



Donate your car to Serving Our Seniors and discover how easy it is to give back to your community?

Our vehicle donation program offers an effortless way to donate. Pick-up is free, whether the vehicle is running or not. For more information, call Serving Our Seniors 419-624-1856 or go to www.servingourseniors.org and click the **Donate Button** in the upper right corner.

Meet Our New Volunteer Drivers

Serving Our Seniors is thrilled to introduce you to our newest Out of Town Transportation Volunteer Drivers. **John Zarvis** and **Kevin Shea**. They are helping to make Erie County the best place to live for aging well. They are doing this by volunteering as little as 1 day per month or 12 trips per year.

John and Kevin volunteer their time to drive Erie County residents, ages 60+, who are functionally independent, to health care appointments. The



John Zarvis



Kevin Shea

appointments are located out of town – as far away as Beachwood or Toledo and anywhere in between.

If you are a retiree who has no fear of driving on the interstate and to unfamiliar cities, count your blessings. Not all retirees are in your position. That is why Serving Our Seniors has the **Out of Town Transportation Program for Health Care Appointments**.

Would you help us by dedicating one (1) day per month to take a client to a health care appointment using a Serving Our Seniors car? You can drive as little or as much as you wish. You tell us when you want to drive and you won't be asked to drive any more than you desire. For more information, call Serving Our Seniors (**419-624-1856**) and ask for Brenda Henry, Office Manager.



Brenda Henry,
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Kathy Nestor: She's An Angel

Kathy Nestor is an angel. She has been volunteering for Serving Our Seniors since she retired from working in Medical Records at Firelands Regional Medical Center.

When Covid-19 struck our community in March 2020, Kathy started calling clients known by Serving Our Seniors. She did this from her home. She would talk to 30 people two times a week, to make sure they had someone checking in on them and to be sure they were OK. When she sensed a problem, she would call Serving Our Seniors and tell a Senior Advocate Assistant, who would lend our assistance.

On two different occasions her call came at the right time. In one case, she called and the husband explained to Kathy that his wife had fallen. He was going to try to pick her up.

She asked, "Did you call 911?" He replied, "No, I think I can do it." "This gentleman was quite elderly," said Kathy. "I told him, 'No, you can't.' So I hung up



and I called Serving Our Seniors. One of the advocates called for a first responder go to the home and provide help."

The other incident involved a woman living alone. "She just kept telling me, 'I'm so sick, I'm so sick, I just feel terrible.' Again, I called Serving Our Seniors and a first responder went to her home."

With winter coming, Kathy encourages our readers to take an interest in their older neighbors – especially if they live alone. "Some people don't want to ask for help. So just check to see if they need anything. If they do, the neighbor can call Serving Our Seniors and the advocates can figure out a way to help the older person."

Since the vaccine, Kathy still calls everyone, but now she calls once a week. Our community is lucky to have her caring spirit. Serving Our Seniors is fortunate that she selected our agency to give her compassionate volunteer service. Thank you, Kathy!

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Local Authors Find their Niche

Mila Kette, 63, who lives in Perkins Twp. wrote her first novel, “Finding Cristiana.” The story is tale of two people finding love and is set in the exotic city of Rio de Janeiro, Brazil, in the early 1920s. It includes mystery, romance, chivalry, bravery, kidnapping, matchmaking, blackmail and a unique duel. She said it is funny, with a drop of mystery and it has a diverse cast of characters.



She credits the encouragement of her husband, Terry, for this accomplishment.

Mila writes under the pen name of Emilia Rosa and is composing a sequel. The book can be purchased on Amazon (paperback, large print, ebook). Or you can buy it by contacting Mila, directly at milakette@att.net, or via Instagram, Facebook or Goodreads.

She is a positive image of what living in later life can be. Her advice for anyone who is thinking about becoming a writer is this, “Start writing. A finished book is a marvelous feeling!”



Eda Roggins, 48, who lives in Sandusky, had been writing poetry since she was in her 20's. She has always wanted to be a writer. In 2015 she wrote her first mystery, entitled Strong Motive, under her pen name of KC Turner. She has since written two sequels, Strong Alibi and Strong Conviction. All three books include an overarching mystery with Elizabeth Strong as the protagonist, until the final book.

The digital books are available on Amazon, Kobo, Google Play and Apple I-books. The first one is a free download. The other two are \$4.99/each. Hard copies are available on Amazon and at Barnes & Noble for approximately \$14.00 each. For more information go to www.kcturnerauthor.com and you can also find her on Facebook.

Thank You Donors

Serving Our Seniors is very grateful for the kind and generous support of our donors, volunteers and business partners who make all that we do possible. Our sincere thanks to the donors who generously supported Serving Our Seniors between **October 1, 2020 through September 30, 2021** (our fiscal year). Donations received after September 30, 2021 will not be listed on this page.

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At our Workshop, You Will Discover:

- Why what you have heard about qualifying for nursing home benefits is probably wrong!
- How to avoid having your loved one's savings wiped out by nursing home spend down.
- How Medicaid works: the Default rules that often don't have to apply to you & Why the "Rules" are not the end of the story: strategies can be used to gain eligibility for benefits, while protecting your loved one's assets.
- What can be done NOW to protect the home from being taken by Medicaid Estate Recovery.



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Getting Back to Normal: Facts About Covid and Other Viruses

Erie County Health Commissioner, Pete Schade, is a straight shooter. He doesn't sugar coat anything. He simply tells it like it is. If you want a straight answer to a straight question about Covid and other viruses... Ask Pete.



With so many people skeptical about the Covid-19 vaccine, the booster and its variants, Schade has this to say, "Stay educated on what the mutating virus is doing and the efficacy of the vaccines. Do a search on the CDC website to read the facts for yourself." The Erie County Health Department website and the Ohio Department of Health website also publishes bona fide facts.

He is discouraged by the amount of vaccine folklore

available on the internet because it is keeping Erie County and the rest of the country from getting back to normal. To reach herd immunity, 80% of our population would need to be vaccinated. In Erie County we need 16,000 more vaccinated residents before we can reap the benefits of herd immunity.

"With winter here, we need to protect against all vaccine preventable illnesses," he said. If you don't believe it, talk to a trusted health care professional about vaccine preventable diseases. Look into the Covid vaccine and the Covid-booster, as well as, the shingles vaccine, the flu shot, Pevnar 13 pneumonia vaccine and T-DAP (T-DAP prevents grandparents from getting whooping cough from their grandbabies.)

If you don't have a health care provider, the Erie County Health Department has a primary care clinic with doctors and nurse practitioners. They accept Medicare, Medicaid, private insurance and they accept the uninsured.

For more information about how the Erie County Health Department can help you stay healthy this winter, call 419-626-5623 and ask for Shari Greene, Chief Operating Officer, **419-626-5623 Ext 5132**.

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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!

The annual open enrollment timeline **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!

Male, Non-tobacco			Female, Non-tobacco		
Age	Plan G	Plan F	Age	Plan G	Plan F
68	\$116	\$138	68	\$104	\$118
71	\$125	\$147	71	\$112	\$132
75	\$145	\$168	75	\$127	\$147



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