

# THE GEAUGA SENIOR NEWS

*April 2021*



# IN THIS  
TOGETHER



GEAUGA COUNTY  
DEPARTMENT ON AGING



From the Desk of Jessica Boalt  
Director, Geauga County Department on Aging

March 16, 2021 marked one year since the Geauga County Department on Aging made the difficult decision to modify operations due to the Covid-19 pandemic. These modifications reduced our Agency's face to face appointments and resulted in the closure of our Senior Center and Adult Day Service locations. Creativity, thoughtfulness and flexibility were the foundation that allowed us to continue to serve the seniors of our community safely and responsibly during this most difficult time. We remain thankful and appreciative for all of the kindness, support and patience we have received from our community. While technology has helped to narrow the gap in our service provision, specifically with our Senior Center and Adult Day Service programs, it is certainly not ideal for all of whom we serve. We remain positive and hopeful for the future with a goal to resume increased face to face appointments and in-person Senior Center and Adult Day Service Programming. We will continue to operate thoughtfully and responsibly and commit to making decisions regarding our operations that are in the best interest of the safety and well-being of our staff and the clients our agency serves.

Thank you all for sticking by us and with us during this challenging time.

Sincerely,

*Jessica Boalt*



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Geauga County  
Department on Aging

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## Get “Extra Help” With Medicare Part D Prescription Drug Costs!

**Extra Help** is a Medicare program that helps people with limited income and resources pay Medicare prescriptions drug costs. You may qualify if your monthly income and total resources are below these limits:

**Single: \$1,630/monthly & resources below \$14,790; or  
Married \$2,198/monthly & resources below \$29,520.**

**Contact a Geauga Department on Aging Social Worker for assistance with your application!**

**When the GDA re-opens** the Adult Day Service program is a FREE service for Geauga County residents who have beginning to mid stage dementia or Alzheimer’s disease. The program is offered Monday through Friday, 9:00 AM to 2:30 PM and includes transportation, daily activities and lunch. There is no charge for this program, but donations are greatly appreciated. ADS is located at 8090 Cedar Road in Chesterland. ADS Contact phone number (440) 279-2149, or email [vkrueger@co.geauga.oh.us](mailto:vkrueger@co.geauga.oh.us).

Scope of Service: ♦ To provide client-centered continuum of care to frail and/or cognitively impaired Geauga County Seniors. ♦ To promote independence and well-being of the program participants. ♦ To provide support, education and relief to caregivers. ♦ To provide physical, mental, and social stimulation

## Platinum Patrons

Andy Bushman

Joy Bramley in Memory of James Bramley and Rob Warren

Joan Spangenberg and Family in Memory of Dale J. Spangenberg Sr.

Reva Loewenthal and Family

Alan & Peggy Bialosky

Donald Sulhan In Memory of Elaine and Jonathan Sulhan

Members of Newbury Class of 1956

Ben Shuman

Dale & Jean Endle, and Thomas & Elizabeth Buckles

## The Home Energy Assistance Program, 2020-2021

In home assistance is available for completing **HEAP** Applications.

**Eligibility** - A household whose total income is at or below 175 percent of the 2020-2021 federal poverty level. See the Chart to the right for income guidelines, as you may qualify for **HEAP** assistance.

Size of Household	Total Gross Annual Household Income
1	\$22,330
2	\$30,170
3	\$38,010
4	\$45,850
5	\$53,690
6	\$61,530
7	\$69,370
8	\$77,210

For families/households with more than 8 members, contact your local Community Action agency.

### YOU MAY BE ELIGIBLE CONTACT

Gauga County Dept on Aging  
470 Center St Bldg 2  
Chardon, OH 44024  
(440)279-2130.

For more information, call toll free 1-800-282-0880. Hearing impaired applicants with a telecommunications device for the deaf (TDD) can call toll free 1-800-686-1557.

Applicants requirements at the time of application - A list of all household members and proof of income for the last 30 days and 12 months for each member, Income documents, Main and electric heating bills (if the applicant has gas and electric) regardless of account status, Proof of Citizenship, Proof of Disability if applicable, and Social Security Numbers for all household members. This Program is made Possible through a grant from the Ohio Department on Aging, through the Western Reserve Area Agency on Aging, apply by May 31.

The Summer Crisis Program is available July 1 – August 31, The Winter Crisis Program is available Nov 1 – March 31, **The 2020 HEAP Summer Crisis Program deadline has been extended this year until September 30<sup>th</sup>.**

### Deadline for the news and information items is the 5th of the month prior to publication.

The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging. Located at 12555 Ravenwood Dr. Chardon, Oh 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web. If you

are not receiving the newsletter, and you are a Geauga County Senior, 60 years of age of older, call (440) 279-2130.

### Board of Commissioners

Geauga County Ohio  
**James W. Dvorak**  
**Timothy C. Lennon**  
**Ralph Spidalieri**

### Please let us know if you have a change of address. Leadership Team

**Jessica Boalt** – Director  
**Kathy Petrella** – Asst. Director  
**Reba Dykes** - Administrative Services Manager  
**Sandy McLeod** – Senior Centers Supervisor  
**Karen M. Stone** – Internal Operations Manager

Here's What's Happening in April!

# Online Senior Center

Join our Virtual Knit and Crochet Group! The group will meet every Monday at 1:00 p.m. via the Bainbridge WebEx link. Trade knit and crochet tips, share project ideas, and spend some time with your fellow knit and crochet pals! For more Information, call the Bainbridge Senior Center at 279-1313.

Also join us every Monday at 3:00 for our new Monthly Series Set! Our set includes history and geography programs, an animal facts program, and a reminiscing program.

Join us every Tuesday on the Chardon link for a series of fun programs at 1:00 p.m. The third Tuesday of the month will feature a cooking demonstration from the chef at Heather Hill! For more information, call the Chardon Senior Center at 279-2126.

Our Wednesday Speaker Series will feature a lineup of programs featuring: UH Geauga Pharmacy; and a Healthcare Discussion Panel. Join in the Speaker Series every Wednesday at 1:00 p.m. on the Bainbridge link. For more information, call the Bainbridge Senior Center at 279-1313.

Challenge yourself! Learn a new language! Every Thursday at 1:00 p.m., we will be offering an American Sign Language Class. Join in on the West G. WebEx link. For more information, or to sign up, call West Geauga Senior Center at 279-2163.

Join us on Thursdays 4/1 & 4/8 at 3:00 p.m. for health discussions with nursing students from Kent State University. For more information, call Melissa at 440-279-2167.

Join us every Friday at 1:00 p.m. for Potpourri Friday, a mixture of trivia, education, and other fun surprises! Join online, via the Chardon WebEx link. For more information, call the Chardon Senior Center at 279-2126.

Monday	Tuesday
	<b>To join us for these ONLINE programs, you must be currently registered with GDA, and provide us with a valid e-mail address. Call in by phone options are also available for some classes. Call one of our senior centers for more information!</b>
<b>5</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Scattergories (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (BSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Knit and Crochet (BSC)</b> <b>2:00 Balance Exercise (CSC)</b> <b>3:00 History Series (BSC)</b>	<b>6</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Boggle (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (WGSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Armchair Travels: New York (CSC)</b> <b>2:00 Balance Exercise (WGSC)</b>
<b>12</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Scattergories (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (BSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Knit and Crochet (BSC)</b> <b>2:00 Balance Exercise (CSC)</b> <b>3:00 Do You Remember? Program (CSC)</b>	<b>13</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Boggle (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (WGSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Roman Mythology: The Beginning of Rome (CSC)</b> <b>2:00 Balance Exercise (WGSC)</b>
<b>19</b> <b>20 9:30 Socialization (BSC)</b> <b>10:00 Scattergories (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (BSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Knit and Crochet (BSC)</b> <b>2:00 Balance Exercise (CSC)</b> <b>3:00 News Follies (BSC)</b>	<b>20</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Boggle (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (WGSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Heather Hill Cooking Demo (CSC)</b> <b>2:00 Balance Exercise (WGSC)</b>
<b>26 9:30 Socialization (BSC)</b> <b>10:00 Scattergories (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (BSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Knit and Crochet (BSC)</b> <b>2:00 Balance Exercise (CSC)</b> <b>3:00 Where In the World? Program (WGSC)</b>	<b>27</b> <b>9:30 Socialization (BSC)</b> <b>10:00 Boggle (BSC)</b> <b>10:00 Exercise (WGSC)</b> <b>11:00 Chair Exercise (WGSC)</b> <b>12:00 Socialization (WGSC)</b> <b>1:00 Idioms Program (CSC)</b> <b>2:00 Balance Exercise (WGSC)</b>



# Schedule for April 2021



Wednesday	Thursday	Friday
<p><b>WebEx Class Link Code:</b></p> <p><b>BSC = Bainbridge link</b>  <b>CSC = Chardon link</b>  <b>WGSC = West G. link</b></p>	<p><b>1</b></p> <p>9:30 Socialization (BSC)            10:00 Bingo (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (WGSC)            12:00 Socialization (WGSC)            1:00 Sign Language (WGSC)            2:00 Balance Exercise (WGSC)            3:00 KSU Nursing Students Program (CSC)</p>	<p><b>2</b></p> <p>9:30 Socialization (BSC)            10:00 Trivia (BSC)            10:00 Drum Fit Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Potpourri Fridays (CSC)            2:00 Balance Exercise (BSC)</p>
<p><b>7</b> 9:30 Socialization (BSC)            10:00 Crosswords (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Guest Speaker: COVID-19 Vaccine Program with UH Geauga Pharmacy (BSC)            2:00 Balance Exercise (CSC)            3:00 Who, What, Where (WGSC)</p>	<p><b>8</b></p> <p>9:30 Socialization (BSC)            10:00 Bingo (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (WGSC)            12:00 Socialization (WGSC)            1:00 Sign Language (WGSC)            2:00 Balance Exercise (WGSC)            3:00 KSU Nursing Students Program (CSC)</p>	<p><b>9</b></p> <p>0 Socialization (BSC)            10:00 Trivia (BSC)            10:00 Drum Fit Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Potpourri Fridays (CSC)            2:00 Balance Exercise (BSC)</p>
<p><b>14</b> 9:30 Socialization (BSC)            10:00 Crosswords (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Guest Speaker (BSC)            2:00 Balance Exercise (CSC)            3:00 Who, What, Where (WGSC)</p>	<p><b>15</b></p> <p>9:30 Socialization (BSC)            10:00 Bingo (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (WGSC)            12:00 Socialization (WGSC)            1:00 Sign Language (WGSC)            2:00 Balance Exercise (WGSC)</p>	<p><b>16</b></p> <p>9:30 Socialization (BSC)            10:00 Trivia (BSC)            10:00 Drum Fit Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Potpourri Fridays (CSC)            2:00 Balance Exercise (BSC)</p>
<p><b>21</b> 9:30 Socialization (BSC)            10:00 Crosswords (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Guest Speaker: The Importance of Accessing Healthcare Discussion Panel (BSC)            2:00 Balance Exercise (CSC)            3:00 Who, What, Where (WGSC)</p>	<p><b>22</b></p> <p>9:30 Socialization (BSC)            10:00 Bingo (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (WGSC)            12:00 Socialization (WGSC)            1:00 Sign Language (WGSC)            2:00 Balance Exercise (WGSC)</p>	<p><b>23</b></p> <p>9:30 Socialization (BSC)            10:00 Trivia (BSC)            10:00 Drum Fit Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Potpourri Fridays (CSC)            2:00 Balance Exercise (BSC)</p>
<p><b>28</b> 9:30 Socialization (BSC)            10:00 Crosswords (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (BSC)            11:00 Lunch and Learn to Go (CSC)            12:00 Socialization (WGSC)            1:00 Current Events Talk (BSC)            2:00 Balance Exercise (CSC)            3:00 Who, What, Where (WGSC)</p>	<p><b>29</b></p> <p>9:30 Socialization (BSC)            10:00 Bingo (BSC)            10:00 Exercise (WGSC)            11:00 Chair Exercise (WGSC)            12:00 Socialization (WGSC)            1:00 Sign Language (WGSC)            2:00 Balance Exercise (WGSC)</p>	<p><b>30</b></p> <p>9:30 Socialization (BSC)            10:00 Trivia (BSC)            10:00 Drum Fit Exercise (WGSC)            11:00 Chair Exercise (BSC)            12:00 Socialization (WGSC)            1:00 Potpourri Fridays (CSC)            2:00 Balance Exercise (BSC)</p>

# 2021 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors must be registered with the Department on Aging for 2021 at least one week *prior to the pick-up in order to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month.*

Hambden Twp	April 21 & 22
Bainbridge Twp	April 26, 27 & 28
South Russell Vlg	April 28 & 29
Munson Twp	May 4, 5, 6 & 7
Burton Vlg	May 7
Claridon Twp	May 13
Thompson Twp	May 14
Montville Twp	May 18 & 19
Burton Twp	May 20 & 21
Chardon Twp	June 2 & 3
Auburn Twp	June 3 & 4
Newbury Twp	June 7 & 8
Huntsburg Twp	June 10 & 11
Parkman Twp	June 17 & 18
Troy Twp	July 29 & 30
City of Chardon	September 17
Middlefield Twp	October 1
Chesterland Twp	September 13,14, 15 & 16
Middlefield Vlg	May 27

## Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2021 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete their yearly registration with Dept on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cut off date to be placed on the community pick-up list. Please, no more than 10 items per household. Call (440) 279-2130 for guidelines and questions.

**Registration Deadlines are one week before the first day of selected community  
Trash pick-up!**

**If your community is listed as Not Scheduled above, please call your local officials  
for further information concerning their senior trash pick-up.**

## UH VIRTUAL HEALTH TALKS

University Hospitals is bringing our health experts to you through a series of virtual health talks. The virtual seminars will include a presentation by our experts with an interactive Q&A session. These events are free but registration is required. Visit [UHhospitals.org/HealthTalks](https://UHhospitals.org/HealthTalks) to learn more, view a calendar of upcoming events, watch previously recorded talks and sign up for our weekly email for upcoming talks.

# Do you Qualify for Assistance with Your Medical Bills or Prescription Medicines?

If you meet the income guidelines below, contact the Geauga Department on Aging at 279-2130 for assistance to apply!

## Medicare Savings Programs (MSPs)

Qualified Medicare Beneficiary (QMB): Pays for Part A & B deductibles, coinsurance/copays and premiums.

Specified Low Income Medicare Beneficiary (SLMB): Pays for monthly Part B premium.

Qualified Individual (QI): Pays for monthly Part B premium (limited benefits)

Qualified Disabled & Working Individuals (QDWI): Pays for Part A premium if you are under 65, disabled and no longer entitled to free Part A because you work. Contact the Dept. on Aging worker for more information.

QMB			SLMB			QI		
<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets
Single	\$1,094	\$ 7,970	Single	\$1,308	\$ 7,970	Single	\$1,469	\$ 7,970
Married	\$1,472	\$11,960	Married	\$1,762	\$11,960	Married	\$1,980	\$11,960

Contact a Geauga Department on Aging Social Worker for assistance with your Application!

## TECH HELP

The Geauga County Department on Aging will be offering Tech Help. We will be offering FREE one on one appointments through the Geauga County Senior Centers. Seniors will have the opportunity to meet with senior center staff for appointments to learn the basic steps to being more “virtual savvy”. These appointments will give seniors the opportunity to learn how to use their own devices in order to participate with virtual senior center programs and more. We do not offer any repair of any devices. This is only a learning session to help you stay connected in this virtual world. Seniors must register for an appointment and must wear a mask while working with the staff. Appointment times will vary and will be on a first come, first serve basis. More information will be given at the time of registration.

To schedule an appointment with the West Geauga Senior Center call 440.279.2130

To schedule an appointment with the Bainbridge Senior Center call 440.279.1313

To schedule an appointment with the Chardon Senior Center call 440.279.2126

To schedule an appointment with the Middlefield Senior Center call 440.632.0611

## SAVE THE DATE – SENIOR DAY 2021

Senior Day 2021 will be Thursday, June 3rd. Join Geauga County Department on Aging and Ohman Family Living as we celebrate our Annual Senior Day at the Mayfield Road Drive-In Theatre. We will have games, lunch and a live performance from “Revolution Pie”, a band that recreates the sound of the Beatles! You won’t want to miss out on all the fun! All details and registration information will be published in the May Newsletter.

## EXERCISE!!

Now is the perfect time to check out our exercise classes! For now, all of our classes are virtual; using the internet platform, WebEx. Join from the comfort of your own home for now; and when we get back together in person, you can meet up with us at one of our senior centers. We offer a variety of classes to suit almost any activity level.

**Hi-Intensity Exercise.** This class is held Monday through Thursday at 10:00 a.m. It is designed for seniors whose activity level is highly physical; not for beginners. The focus of this class is on strength training with hand weights, flexibility training, and aerobic endurance. This class is hosted by the West Geauga Senior Center.

**Drum-Fit Exercise.** This class is held every Friday at 10:00 a.m. It is designed for a senior looking for a high-intensity workout, focusing mainly on a high-level of aerobic endurance. This class is hosted by the West Geauga Senior Center.

**Chair Exercise.** This class is held every day at 11:00 a.m. This class is a low-impact class and focuses on joint-movement and flexibility. Most of the exercises in this class are done sitting in a chair. Weight-bearing exercises are sometimes added, using small-pound hand weights. This class is hosted by the Bainbridge Senior Center on Mondays, Wednesdays, and Fridays, and by the West Geauga Senior Center on Tuesdays and Thursdays.

**Balance Exercise.** This class is held every day of the week, Monday through Friday at 2:00 p.m. This class is a low-impact class focuses on exercises that help seniors maintain balance in all activities of daily living. Most exercises are done in a chair, or standing while holding onto a chair for balance. This class is hosted by the Chardon Senior Center on Mondays and Wednesdays, by the West Geauga Senior Center on Tuesdays and Thursdays, and by the Bainbridge Senior Center on Fridays.

Watch for more exercise classes to be added to our lineup, once we are able to safely get back together in person! Until then, please join us online using the WebEx websites we have set up! It's easy and free to join!

To get involved or for more information, call one of our senior centers: Bainbridge Senior Center at 440-279-1313; Chardon Senior Center at 440-279-2126; or West Geauga Senior Center at 440-279-2163.

### Topic: The Importance of Accessing Healthcare Services

Wednesday, April 21st at 1:00pm

An estimated 41% of the adult population has reported delaying or avoiding medical care due to concerns of COVID-19. Please join Dawn Damante from UH Geauga Medical Center, Joshua Wallace from Ohman Family Living, and Sandy McLeod from Geauga Department on Aging to discuss the importance of accessing healthcare and optimizing the health of yourself and family. We will discuss the importance of visiting your doctor and managing chronic health conditions. We will also discuss the healthcare options that senior living providers offer in our community.

To sign up and receive the WebEx link please call Bainbridge Senior Center at 440-279-1313



According to the Federal Bureau of Investigation (FBI) and other federal partners, scammers are using public interest in COVID-19 vaccines to steal money and information.

Warning signs of a potential COVID-19 related scam:

- Ads, emails, phone calls or other contacts offering you early access to a vaccine if you pay a fee or deposit;
- Requests asking you to pay to obtain the vaccine or to put your name on a waiting list;
- Offers to undergo additional medical testing or procedures when obtaining a vaccine;
- Offers to sell you doses of the vaccine;
- Unexpected emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal or medical information to determine your eligibility to get the vaccine or participate in a clinical trial;
- Claims of FDA approval for a vaccine that cannot be verified;
- Ads for vaccines and other treatments through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources; or
- Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine.

Tips to avoid COVID-19 vaccine-related fraud:

- Learn [what older adults should to know about the COVID-19 Vaccine](#).
- Visit [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov) for up-to-date information about authorized vaccine distribution channels and only obtaining a vaccine through such channels.
- Talk to your doctor or other health care provider before undergoing any vaccination.
- Don't share your personal or health information with anyone other than known and trusted medical professionals.
- Check your medical bills and insurance explanation of benefits (EOBs) for any suspicious claims and promptly reporting any errors to your health insurance provider.
- Follow guidance and recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and other trusted medical professionals.
- Use safe practices online, such as keeping your operating system and security software up to date, not opening attachments you did not expect, and not responding to unexpected online requests for personal, medical, or financial information.

If you believe you have been the target of COVID-19 fraud, immediately report it to the Ohio Attorney General at 1-800-282-0515 or online at [www.ohioprotects.org/file-a-complaint](http://www.ohioprotects.org/file-a-complaint).

## **DIABETES SELF-MANAGEMENT CLASS**

April 16th through May 21st - Every Friday from 12:30-3:00pm

UH Geauga EMS Training Center (Woodiebrook) / 602 South St, Suite C4 / Chardon, 44024

Take charge of your health! If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health – and your life!

To register, please call Melissa Wheeler at 440-279-2126. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

## Geauga Walkers

Date	Park	Parking
April 6*	Sunnybrook Preserve	12474 Heath Road, North of Rt 322, East of Chesterland
April 13	Hach Otis State Nature Preserve	End of Skyline Drive, off River Road, North of Rt 6, Willoughby Hills
April 20*	Big Creek Park	9160 Robinson Road, Chardon, Deep Woods Shelter Wildflowers
April 27	Hogback Ridge Park, West	4885 Emerson Road, Madison Twp – Bluebells

All walks begin promptly at 1:00. \* Naturalist will accompany us on these walks. Any questions, call Carol Rinehart @ (440) 487-4346, Jane Hall-Nemeth @ (440) 567-1228 or Dept. on Aging (440) 279-2130. If schools are closed, check with above names, Geauga Park District or Dept. on Aging to verify if group walk will take place.

***We ask that attendees use social distancing and wear a mask.***

### Lunch & Learn to GO

Join Ohman Family Living at Holly, UH Geauga Medical Center & Department on Aging on Wednesday, April 28th

WebEx will start at 11:00am with Ohman Family Living at Holly's Chef's cooking demo. This month the chef will cook a delicious meal of roasted vegetables, and marinated chicken, quinoa over lettuce greens. Immediately following, a speaker from UH Geauga will give a short educational program on how to control your blood sugar with the food you eat, using our lunch menu as a perfect example.

After your mouth is watering, you can sample this delicious meal prepared by the chef. Hop in your car and drive to Holly for a 1:00pm lunch pick-up. We will draw a name from those who are on the Web Ex program and give a \$25 Gift Card to one lucky senior!

To sign up and receive the WebEx link please call Chardon Senior Center at 440-279-2126

### Easter Parade Drive-Thru Ohman Family Living at Briar

Wednesday, April 7th at 2:30pm

Join the Department on Aging and Ohman Family Living at Briar for a drive through parade and free curbside meal! Participants will be receiving an Easter egg filled with candy or a chance to win a gift card! Decorate your car, write a message on a sign, and wave hello to all the residents sitting window side. Meet in the parking lot of Great Lakes Outdoor Supply (14855 Old State Rd, Middlefield 44062) to line up for the parade at 2:15pm. Please call Chardon Senior Center at 440-279-2126 to RSVP.

### KENT STATE NURSING STUDENTS PRESENT: BUILDING STRONGER, HEALTHIER COMMUNITIES SERIES

Thursday, April 1st from 3:00-4:00pm - Why is it important to have a healthy active lifestyle?

Thursday, April 8th from 3:00-4:00pm - Understanding and filling medication prescriptions

We hope you will join our virtual program as we will learn from Kent State University Nursing students in their final rotation in community health. They look forward to presenting these topics and interacting with our seniors!

For Webex information, please call Bainbridge Senior Center at 440-279-1313.

**APRIL 2021**  
**GEAUGA DEPARTMENT OF AGING**  
**LUNCH MENU**

*Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ BEEF RIB PATTY DICED POTATOES BRUSSEL SPROUTS WG HAMBURGER BUN PEACHES	2 SLICED HAM W/ PINEAPPLE GLAZE DICED POTATOES BROCCOLI WG DINNER TROPICAL FRUIT
5 ROASTED TURKEY BREAST GRAVY MASHED POTATOES GREEN PEAS BLUEBERRY MUFFIN ORANGE	6 MEATBALLS SPAGHETTI SAUCE W/TOMATO SAUCE CAULIFLOWER SPINACH W/ VINEGAR PEACHES	7 SLOPPY JOE SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN PEACHES	8 BREADED FISH TARTAR PC TATER TOTS KETCHUP PC SPINACH WG WHEAT MANDARIN ORANGES	9 ROSEMARY RUB ROASTED PORK LOIN GREEN PEA BUTTERNUT SQUASH WG DINNER ROLL SCALLOPED APPLES
12 CHICKEN ALA KING BABY LIMA BEANS SLICED CARROTS WG DINNER ROLL PINEAPLLE CHUNKS	13 STUFFED CABBAGE W/ SAUCE NOODLES GREEN BEANS SLICED CARROTS WG VANILLA WAFERD APRICOTS	14 PEPPER STEAK SEASONED WEDGE POTATOES KETCHUP PC CALIFORNIA BLEND WG WHEAT BREAD MANDARIN ORANGES	15 BBQ CHICKEN BREAST GREEN PEAS SWEET POTATOES WG WHITE BREAD MIXED FRUIT	16 SWEDISH MEATBALLS NOODLES MIXED VEGETABLES RED CABBAGE WG WHEAT BREAD PEARS
19 CHICKEN CACCIATORE SAUCE BROWN RICE GREEN BEANS BRUSSEL SPROUTS WG WHEAT PINEAPPLE CHUNKS	20 STUFFED GREEN PEPPERS MASHED POTATOES GREEN PEAS WG RYE BREAD SCALLOPED APPLES	21 KETCHUP GLAZED MEATLOAF GRAVY MASHED POTATOES CAPRI BLEND WG WHITE BREAD PEACHES	21 BREADED CHICKEN PATTY MAYO PC HARVARD BEETS MIXED VEGETABLE WG HAMBURGER BUN ORANGE JUICE	23 BEEF STEW BRUSSEL SPROUTS MIXED VEGETABLES CORN MUFFIN TROPICAL FRUIT
26 BREADED PORK PATTY SWEET POTATOES GREEN PEAS WG DINNER ROLL SCALLOPED APPLES	27 BBQ BEEF RIB PATTY DICED POTATOES BRUSSEL SPROUTS WG HAMBURGER BUN PEACHES	28 ROASTED TURKEY BREAST, GRAVY MASHED POTATOES GREEN PEAS BLUEBERRY MUFFIN ORANGE	29 CHILI CON CARNE CORN W/ RED PEPPERS MIXED VEGETABLES RYE BREAD WG VANILLA WAFERS ORANGE	30 BEEF HOT DOG WG BUN MUSTARD PC O'BRIEN POTATOES SPINACH PEARS

**ATTENTION:** The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on aging will not be liable for any damages arising from the consumption of any food or beverages outside of the Department on Aging premises.

**Geauga Department on Aging**  
12555 Ravenwood Drive  
Chardon, Ohio 44024

**ADDRESS  
SERVICE  
REQUESTED**

Days: Monday through Friday  
Hours: 8:00 am to 4:30 pm  
440-279-2130

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DEPARTMENT ON AGING**

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### **WHERE IN THE WORLD– VIRTUALLY!**

West Geauga Senior Center is traveling with their program, Where in the World and you can come along! No plane ticket or reservation required! This will be a virtual program on Webex (West Geauga Link) where we will travel to different countries and explore history, culture, tourism and much more. April's trip held on Monday, April 26th will be a look at some of the top tourist places of Greece along with a look at the Aegean Islands.

A look ahead: May's trip will be to Nepal (trips subject to change).  
If you have any questions call Millissa at the WG Senior Center, 440.279.2130.

### **There will be no Virtual Park District Program for April or May. Join us for a VIRTUAL program with Geauga Park District**

Wednesday, June 2 at 1:00 p.m. on Bainbridge WebEx Link

Our topic will be: Forests are More Than Trees

This program presents the major forest types of the United States, their diversity of wildlife, and importance as natural resources. Local forests are then emphasized depicting the variety of life found in the various forest layers. Many valuable uses of local forests for resources, recreation and wildlife are included.

For more information, call the Bainbridge Senior Center at 440-279-1313.

### **COVID-19 Vaccine Presentation**

The Bainbridge Senior Center will host a live virtual presentation with University Hospitals, Geauga Medical Center on Wednesday, April 7, 2021 starting at 1:00 p.m. on the Bainbridge Senior Center WebEx link. The presentation will be given by UH Geauga Pharmacy staff and will include an update on COVID-19, including information on the COVID-19 vaccine.

For more information, call the Bainbridge Senior Center at 440-279-1313.