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There is humor inside these pages...please join us!

A Nationally Syndicated Columnist describes The Senior News on her website as “The Boomer ‘Zine That is Hip, Slick and Cool!”

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A special sightseeing trip to New York City with my sister Pattie Canter and our brother Rick Schelling who served as our travel guide, was recently made. Our highlight was to see and ride Jane’s Carousel now beautifully restored and located by the Brooklyn Bridge in New York City. This merry-go-round holds many pleasant childhood memories for us from family visits to Idora Park where the ride was located before the park closed. We enjoyed and shared The Senior News on our train ride and while in New York City.

Billie Sicafuse
Poland, Ohio

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Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send your photo to us at the address on the left. That’s all there is to it!

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One entry per envelope. Winners may receive a $25.00 check in lieu of actual gas card. Contest may end without notice. Winners agree to have name and photo published and/or used in conjunction with The Senior News. Legal, legal, legal...blah, blah, blah...yada, yada, yada.

WHERE DO YOU READ YOURS?

the biG apple!

Happy Granparent’s Day

Sunday, September 13

From

THE BIG APPLE!
The tuatara, a reptile endemic to New Zealand, is sometimes called "a living dinosaur" because it's the only surviving member of an order that flourished 200 million years ago. But while tuataras are largely physically unchanged from their distant ancestors, they also hold current title to the fastest evolving animal at the DNA level.

"What we found is that the tuatara has the highest molecular evolutionary rate that anyone has measured," said David Lambert of the Allan Wilson Center for Molecular Ecology and Evolution in New Zealand. "We would have expected the tuatara, which does everything slowly - they grow slowly, reproduce slowly, have a very slow metabolism - would have evolved slowly. In fact, at the DNA level, they evolve extremely quickly." Slightly faster, it turns out, than Adelie penguins and much faster than other previously studied animals like the lion, ox and horse.

What does this mean? Lambert said it could help conservationists struggling to preserve the tuatara, which is endangered. And the work could aid scientists interested in plotting human molecular evolution.

VERBATIM

I don't think I would go as far as shorts myself yet.
- Lord Adair Turner of the United Kingdom's Climate Change Committee on the suggestion that suits and ties be abandoned in the workplace in favor of more casual clothing, thus reducing the need for carbon dioxide-producing air conditioners

BRAIN SWEAT

Who is your father's only son's brother's uncle's wife's daughter's brother's father's son?

SURELY YOU'RE JOKING

Q: How many quantum theorists does it take to change a light bulb?
A: No one knows for certain.

ANTHROPOLOGY 101

Koreans once believed that if you wrote someone's name in red, it meant you wanted them to die.

QUIRKS OF NATURE

In some birds, large eyes weigh more than their brains. Similarly, their feathers can weigh more than their hollow bones.

YA DON'T SAY

Ambergris is a natural digestive bile produced - and occasionally spit up - by sperm whales. Initially, it's soft and foul-smelling, but water and sun exposure render it solid, waxy and unusually sweet-smelling. For centuries, ambergris was used in making perfumes, but synthetic compounds have largely replaced it.

Still, ambergris is valuable in some medicines and as a flavoring, though not in the United States, where it is banned under endangered species legislation.

Occasionally, ambergris washes up on beaches. Depending upon size and quality, it can bring a chunk of change. For example, an Australian couple found a 32-pound lump on a beach last year and eventually sold it for $295,000.
The Senior News  
September 2015

(NAPS)—Whether it’s your parents, grandparents, aunt, uncle or neighbor, you likely received guidance from or looked to older people in your life as you’ve tried to become more independent and deal with change and everyday challenges. This month is an ideal time to honor seniors for the wisdom and care they have provided us, and also to celebrate the members of the older generation by finding ways to enhance their lives as they age.

There’s No Place Like Home

Nearly 90 percent of seniors want to age in place—stay in their own homes as they get older. But one out of three seniors suffers a fall each year, according to the CDC. Making an older person’s home as safe as possible is integral to helping him or her maintain this independence. Walking through seniors’ daily routine with them, from the time they get out of bed to when they go back to sleep, can reveal patterns in how they navigate their home and any potential hazards. By identifying the areas of concern and making necessary adjustments, you can decrease the risk of an accident and seniors can reside more confidently in their own home.

Stay Connected

Technology now allows grandparents to FaceTime their children and grandchildren across the globe or even in the next town, and seniors to reconnect with classmates of decades past via Facebook. Older generations can create, build and maintain quality social relationships with the convenience and ease of social media. Seniors have online outlets to share updates, photos and videos with loved ones. To help them stay in touch, ensure that the seniors in your life have reliable Internet connectivity, and help them set up social media accounts if they don’t have one already. In-person interaction is ideal, but keeping in touch through computers, tablets and smartphones is a great way to supplement seeing and speaking with each other.

Everyone’s Wearing Technology

Wearable technology like the Apple Watch is popular among younger audiences, but wearable fitness trackers and medical alert devices can provide great benefits to seniors. In the event of a fall or accident where it’s impossible to get to a phone to call for help, a medical alert device immediately connects the injured to emergency services. Because that person’s medical history and health needs are on file, first responders can more easily treat them. With help a push of a button away, medical alert devices give seniors peace of mind even beyond health concerns. In fact, a recent survey by Bay Alarm Medical found that 80% of medical alert device wearers worry less when their adult children travel because they feel the device provides an adequate support system. If you decide to help protect the senior in your life with a wearable medical alert system, it’s also wise to look for a caring, people-first, ethical provider. Bay Alarm Medical, for example, implemented a Code of Ethics it follows for uncompromisingly ethical and transparent business practices. The company vows to prioritize customers over sales, make pricing publicly accessible and never pressure customers into a product or service they do not need.

Let’s all make an effort to commemorate the great ways in which seniors have helped us and show them how thankful we are. Simple steps such as a home safety walk-through, staying connected and providing the tools to enhance their physical and emotional well-being can go a long way in reducing the stress of aging for seniors and their loved ones.

Three Ways To Celebrate The Older Generation

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Are you in need of a joint replacement?

What are the goals of joint replacement surgeries?
1. To restore a painfree joint.
2. To restore range of motion (ROM).
3. To allow function that approaches normal for a

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New Volunteer Program Bridges Generations, Offers Free College Tuition

A brand new joint initiative between the Ohio Department of Higher Education and the Ohio Department of Aging launched in Youngstown and allows area residents age 60 and older to earn free college tuition by volunteering in their community.

Through the GIVE back. GO forward. program, elders in the Youngstown region can “give back” to their community by volunteering at least 100 hours per year at any of three local organizations. In exchange, they will earn a three-credit-hour tuition waiver at either Youngstown State University or Eastern Gateway Community College that they can use themselves or gift to a student to help him or her “go forward.”

“Of course, our elders are valued and respected resources that are in a position to contribute to their communities in ways that will impact the state for years to come,” said Ohio Department of Aging Director Bonnie K. Burman. “GIVE back. GO forward. will allow Ohio’s elder population to feel valued in their community while they experience the health benefits that come with volunteering and helping others. And by working with youth-centered programs, they will be able to pass along wisdom and experience on to a younger generation.”

In this first year of the program, volunteers have from August 3 through May 31, 2016 to earn at least 100 hours of volunteer service with the following:

- United Way Success By 6, a United Way pre-kindergarten summer readiness program that gives children the opportunity to be successful in kindergarten and beyond.
- United Way Success After 6, a United Way program that focuses on academic success for hundreds of students in grades K-6 with the goal of improving their test scores, behavior, and motivation to stay in school.
- Inspiring Minds, which seeks to engage, inspire, and empower youth to reach their full potential through education and exposure to life-changing experiences.

The program has a vision “to see every student graduate from high school, complete college or a vocational school, and become strong, successful members of our society.”

Once volunteers reach 100 hours, they will receive the tuition waiver. Volunteers may earn only one tuition waiver per year, and the waiver must be used within five years of earning it. Students receiving the tuition waiver as a gift may receive a waiver from multiple volunteers, but may utilize no more than two waivers (valued at six credit hours) per year.

“At a time when college affordability is increasingly important, GIVE back. GO forward. provides a way for students of any age to jump start their college education,” said Ohio Department of Higher Education Chancellor John Carey. “Governor Kasich knows the value of giving back to your community and making higher education more affordable, and this program brings both of those things together. We are glad that the Youngstown region and its college presidents have embraced GIVE back. GO forward, and we are excited to see how this first year unfolds.”

GIVE back. GO forward. is open to 100 new volunteers in its first year. Youngstown State and Eastern Gateway each will provide 50 three-credit-hour tuition waivers for those volunteers. Director Burman and Chancellor Carey said ultimately, the idea is to continue GIVE back. GO forward. in Youngstown for years to come as well as replicate the program in other communities around Ohio. To learn more about GIVE back. GO forward., visit www.ohiohighered.org/gbgf.

The Ohio Department of Higher Education is a Cabinet-level agency for the Governor of the State of Ohio that oversees higher education for the state. The agency’s main responsibilities include authorizing and approving new degree programs, managing state-funded financial aid programs and developing and advocating policies to maximize higher education’s contributions to the state and its citizens.

Mark Your Calendar Now for these Upcoming Illustrated Art Talks*

at The Butler Institute of American Art  Youngstown, Ohio

*These free programs will occur at 2pm in the Butler’s Beecher Center Auditorium, first floor, in Youngstown. Seating is on a first come, first served basis. For further information, call 330.743.1107, ext. 123.

Sunday, September 13 & 27; October 11 & 18 • 2 pm DIRECTOR’S ART TALKS (Beecher Center Auditorium, Youngstown) Join Butler Director Zona for five illustrated talks that cover two centuries of artistic movements from the Neo-Classicism of France’s Jacques Louis David through the Post-Modernism of America’s Jeff Koons. Program highlights will also include the topics of Cubism, Surrealism, Abstract Expressionism, and Post Modernism These programs are free; seating is on a first come, first served basis.

September 9 through December 27, 2015 Block & Sully: A Photographic Archive (Mesaros Gallery, Youngstown) Meet the Curator Sunday, October 25 • 1-3 pm Block & Sully “Family Album” Art Talk by Professor Richard Mitchell Sunday, November 8 • 2 pm Jesse Block (1901-1983) and Eva Sully (1901-1990) were an American husband and wife vaudeville team who were actively performing from 1926 to 1948. Documented by professional photographers throughout their career, this exhibition represents a look at the working couple in an entertainment industry that was evolving from vaudeville to movies, radio, and eventually television.

September 13 through October 25, 2015 RESCHEDULED Rhoda Sherbell: Sculpture (Davis Gallery, Youngstown) Meet the Artist Sunday, September 13 • 1-3 pm Sculptor Rhoda Sherbell is also a teacher who taught sculpture for many years at the Museum of Modern Art, the Art Students League, Hofstra University and at the National Academy School of Fine Arts. She is a renowned portrait artist in sculpture, with commissions from the Baseball Hall of Fame in Cooperstown, NY as well as private commissions.

September 13 through December 31, 2015 Gisela Colón: Glo-Pods (Flad B Gallery, Youngstown) Meet the Artist Sunday, September 13 • 1-3 pm Gisela Colón has fused Op Art, Pop art, and global art world trends in a dazzling synthesis of elegant, contemporary beauty. Influenced by the Light & Space art of Southern California Minimalists of the 1960s and 1970s, including artists such as James Turrell and Larry Bell, Colón’s Glo-Pods are meticulously created through a fabrication process of molding and layering acrylic materials. Colón’s use of amorphous, organic, asymmetrical lines, light-reflecting and radiating media make her objects appear to pulsate with light and energy. This exhibition is presented in conjunction with Katherine Carter Associates.

Sunday, September 20 • 2pm Film on Art: Eadweard Muybridge (1830-1904) This documentary surveys the life and career of one of the most prominent pioneers of photography. The program is presented in cooperation with the Intern museum Conservation Association (I.C.A) and the National Endowment for the Arts (NEA), which has funded the restoration of several Muybridge works from the Butler’s collection. These Butler works will be on view in September. This program is free; seating is on a first come, first served basis. Parental discretion is advised.
A few years back my golfing buddies and I were members of a golf club that had been strategically designed and built in a beautiful valley. Holes 3 through 6 were laid out in the lowest portion, and while playing them you felt strangely separated from everything else. There was even a cable car on tracks to bring up to the rest of the course those brave and hearty enough to walk their round of golf.

Once while playing in that deep valley surrounded by thickly forested hills, I commented on how eerily dark it was for that time of the day. My friend sitting in the cart looked at me with a curious grin on his face, and while playing them you felt strangely separated from everything else. There was even a cable car on tracks to bring up to the rest of the course those brave and hearty enough to walk their round of golf.

Holes 3 through 6 were laid out in the lowest portion, and while playing them you felt strangely separated from everything else. There was even a cable car on tracks to bring up to the rest of the course those brave and hearty enough to walk their round of golf.

Just as the sunglasses I wore affected me in a negative way, so has this magnanimous force impacted me in the most positive and edifying way possible. Considering my years, and while playing them you felt strangely separated from everything else. There was even a cable car on tracks to bring up to the rest of the course those brave and hearty enough to walk their round of golf.

And most of all His Word is settled! Now and forever it does not change, wane, or diminish. When there is nothing else standing His Word will still be standing. In this ever-changing world with its insidious uncertainties the Word of God is the Rock on which I stand. Though it may be vilified by the doubters, detested by the demons of hell, scorned by the scoffers, detested by the demons of hell, scorned by the scoffers, and laughed at by the unbelievers, and while playing them you felt strangely separated from everything else. There was even a cable car on tracks to bring up to the rest of the course those brave and hearty enough to walk their round of golf.

By Pastor G. Coleman Lilly
Lilly Restoration Church

His Word really is a lamp to my feet and a light to my path so that I can see clearly and walk faithfully in the way He would have me go.
September to Remember Ohio Roadtrips

Fall Festivals and Foliage
With its small-town charm and rolling hills, visitors can feel the stress melt away as they drive the scenic roads of Carroll County.

Located in East Central Ohio, Carroll County’s scenic vistas come alive with color as autumn arrives with its red, oranges and golds. Visitors are encouraged to celebrate the heritage of this rural county and to enjoy a festival almost every weekend from Labor Day through mid-October.

Sept. 12 is the date for the 12th annual “Dancing on the Bridge” in Malvern. It is an all-day event that is a fundraiser for community projects in the small village of Malvern. The free event includes entertainment, food and craft vendors, a car show, children’s play area, raffles and a beer garden. Jimmy & the Soulblazers will perform at 7 p.m. and a beer garden, will be held noon-9 p.m. in Minerva Municipal Park, just off U.S. Route 30.

Also planned Sept. 26-27 in the Village of Minerva will be the Atwood Area Fall Festival and Craft Show is slated for Sept. 20 and features crafts, food and a ski show. The gated lake community is open to the public during the festival, which is held at the main beach area and clubhouse. It is a free event.

The 13th annual Scarecrows on the Square will take place Saturday, Sept. 26, on Public Square in downtown Carrollton. This festive annual event brings area businesses and organizations together in friendly competition to construct imaginative scarecrows. The ‘crows will be on display through Oct. 19 to greet visitors making the trip to the area.

The Village of Minerva will be bustling with activity on Sept. 26. An Oktoberfest, featuring music, crafts and a beer garden, will be held noon-9 p.m. in Minerva Municipal Park, just off U.S. Route 30.

Also planned Sept. 26-27 in Minerva is Stockers and Streeters’ On the Bricks Car Show. This two-day event draws nearly 100 vehicles each day lined up along the village’s historic brick Market Street.

The 33rd annual Atwood Area Fall Festival will be held Oct. 2-4 at the Atwood Lake Park, located on the west side of Atwood Lake. The weekend celebration has everything from a Native American pow-wow to radio-controlled model planes. There will also be historical reenactments, nature displays, arts and crafts, contests, live music and a wide variety of entertainers throughout the weekend. Sunday will feature a huge car show to finish out the weekend. Visit www.atwoodfallfest.org.
School buses roll, backpacks are slung over shoulders and parents do the dance of joy. Unless your child has been relegated to the purgatory of year round school, the school year has begun. This often times invokes nostalgic reminiscing of walking to school, carrying books on your hip and your parents rejoicing. School bells and lockers slamming is heard from the tube. I developed a two model car a day habit as a result. As for airplane glue I was frequently clogged at the opening. I invariably squeezed and squeezed to dislodge the dried glue only to have it burst out like an incoming tsunami. I could not draw a straight line using ruler let alone cut it. Our 2nd grade art teacher showed us how to fold a sheet of paper several times, cut it in multiple places and unfold it, producing a snowflake. When I unfolded mine it produced confetti.

Art projects were particularly challenging. I could not draw a straight line using ruler let alone cut one. Our 2nd grade art teacher showed us how to fold a sheet of paper several times, cut it in multiple places and unfold it, producing a snowflake. When I unfolded mine it produced confetti.

Pasta and glue produced disastrous results. I never mastered the white paste that was spread with the plastic fork-like device attached to the inside of the lid. Instead of applying it smoothly to unidentifiable shapes I had attempted to cut and now paste onto construction paper I could only apply it in globs. My paper chain for the Christmas tree weighed 3 1/2 pounds. In retrospect, I now wish I had just eaten the paste like my grade school buddy Walter Armsey. At the time I doubted his tastes in that he also picked his nose and ate the results.

Elmer’s Glue was always clogged at the opening. I invariably would squeeze and squeeze to dislodge the dried glue only to have it burst out like an incoming tsunami. As for airplane glue I was frequently overcome by the fumes generated by the volumes of glue that I squirted from the tube. I developed a two model car a day habit as a result.

When I played the game “Operation” the other kids threaten to sue me for malpractice.

Then there was my handwriting. My 3rd teacher, Miss Carter, told my mother that I had the hand writing of a doctor. My mother was thrilled at first believing that Miss Carter could predict my future through handwriting analysis. She was far less thrilled was Miss Carter told her she meant my handwriting was illegible.

It was at this point my mother enrolled me in the Zaner-Bloser Penshhip Program to improve my cursive handwriting. Hope on my block printing had long been abandoned. The program included several work books with writing exercises and a pen. It was no ordinary pen. It was especially designed for the fingers of the hand to ensure the proper grip on the instrument as the student through the circles of o’s, the loops of the l’s and the curvy q’s of the z’s. The pen was squatty at the bottom and became suddenly ultra-thin after that. Imagine Olive Oyl standing on Bette Midler’s shoulders.

The program worked – to a point. Each year the teacher would send samples of student’s handwriting off to the Zaner-Bloser Company. The company would then send a certificate suitable for framing to each student who demonstrated satisfactory handwriting. I received such a certificate in the 3rd, 4th and 5th grades.

Then it happened. My 6th grade year I had arrived. I was Captain of the traffic scouts, which was the highest office that could be held at Highland School. Since we had no class officers, no hall monitors and no sports teams it was the only office that could be held. I was “going with” the prettiest girl in the school. I was too shy to talk to her but we did dance the Twist at the 6th grade dance and everyone knew she was my girlfriend. I had even performed in the school talent show which will not be discussed here.

But when it came time to pass out the Zaner-Bloser certificates my name was not among them. It was just me and the left handed kids who always smeared their papers because they had to drag their hand across the paper to engage in cursive handwriting, and thus disqualifying themselves from certification. The rest of the class knew who received certificates and who did not. The southpaws had an excuse. But me?

It was official. I had no fine motor skills.

That fact had now been certified by Zaner-Bloser. I feared I would be drummed out of the traffic scouts – I was not. I feared my girlfriend would break-up with me – she did. All of us fear failure. Few of us ever have our failures certified. Thank you Zaner-Bloser.
YOUR SPOUSE'S HEALTH

By Sharon Naylor

When your spouse's doctors advise a healthier diet and exercise but you don't see those changes being made at home, you're likely to want to take action. As a supportive spouse, you want to help your loved one live a long time, avoid medical procedures and illnesses, and cut down on that handful of prescription pills each morning and night.

First, accept that change may not come easily. In later years, we become creatures of habit, and some of our comfort foods will be quite difficult to give up or limit. Your spouse may fight your suggestions or rebel against your rules. Be gentle and remind him you're acting out of love and concern.

**Increasing Exercise**

Aim for 30 minutes of exercise a day. "Lead by example," says Nicole Clancy, a certified trainer and medical exercise specialist. Rather than be a nag when you encourage your spouse to go for a walk, "say, 'It's a beautiful day outside; let's walk to breakfast,'" Clancy says. "'The grandkids will be here soon; let's walk to the corner to greet them.'"

Clancy suggests combining exercise with social outings. "Exercise is way more fun if we're doing it with our friends," she says. "For example, coordinate a coffee group after the morning gym visit. Schedule a walk-and-talk visit with neighbors who've been traveling. The small informal fitness format will be less intimidating." If your spouse prefers solo exercise, arrange for him or her to swim laps in the pool while you do your water aerobics.

Many seniors are signing up for charity walks or bike ride events. "Encouraging friendly competition or goal setting is an instant way to improve motivation for ourselves and others," Clancy says. "Register to participate in an event that supports a cause near and dear to your heart. Many communities sponsor walking or athletic events with a local nonprofit as the beneficiary. Your spouse will be inspired to head out for daily walks to prep for the event, knowing his/her participation is raising awareness. Encourage others to join you, and form a team. Choosing to participate in honor of a loved one will also encourage activity. Make the outing about the cause, not the fitness."

**Healthier Diet**

Improving your spouse's diet can be a challenge if he or she enjoys fast food or nighttime snacks, so endeavor to introduce healthier options gradually. It's a wise idea to speak with your doctor or a nutritionist in order to learn what's advised for your spouse's particular health issues. You might be encouraged to make hearty minestrone as a dinner once a week, switch from 2 percent milk to 1 percent, add leafy greens to stews, or drink more green tea.

Linda Hollinger-Smith, Ph.D., "Nutritional needs change as we age. Older adults must ensure they're consuming the right kind and the right amount of food. One of the main goals for older adults' diets is to increase nutrition while intaking fewer calories. This can be done by consuming daily recommended servings of fresh fruits and vegetables, consuming more fiber and including low-fat, high-protein meats into your diet. In general, older adults should avoid anything containing sugar, salt and caffeine -- basically anything that may interfere with organ function or digestion."

"Also avoid saturated fats, trans fats and cholesterol -- such as red meat, cheese, any type of junk food (chips, crackers, ice cream) and prepackaged or frozen meals, because eating too much of any of these may increase the risk of heart disease. As you support your spouse, start by serving fruits at breakfast and desserts and trying new recipes to add more antioxidant-, fiber- and calcium-rich foods to your weekly menus. An immediate change you can make is to eat monounsaturated and polysaturated fats -- found in fish, nuts and vegetable oils -- to reduce saturated fat calories in your diet. And eating a diet rich in potassium helps counterbalance sodium's harmful effects on blood pressure."

**Sound Sleep**

Sleep is an important health element. Without it, our bodies and minds don't function as they should. "Contrary to popular belief, older adults require as much sleep as they did when they were younger," Hollinger-Smith says. So encourage a regular sleep schedule, which might involve eliminating nighttime snacks and going to bed a half-hour earlier.

Praise your spouse when he or she makes a smarter health choice, and celebrate when your spouse receives better medical test results from your new, healthier lifestyle.
**WHAT DO YOU DO?**
You’re riding a horse at full speed. There is a giraffe beside you and you are being chased by a lion.

**DO YOU KNOW?**
Question: What is very heavy forward but not backward?
Answer: Ton

**WHAT’S IT LIKE?**
Imagine being completely naked in a room full of people who speak a different language and they all want to touch you.

This is the life of a dog.

**OOOOPS**
Two nuns are asked to paint a room in the convent, and the last instruction from Mother Superior is that they must not get even one drop of paint on their habits.

After conferring about this for a while, the two nuns decide to lock the door of the room, strip off their habits, and paint in the nude.

In the middle of the project, there comes a knock at the door..... "Who is it?" calls one of the nuns.

The two nuns look at each other and shrug, and deciding that no harm can come from letting a blind man into the room, they open the door.

"Nice boobs," says the man, "where do you want the blinds?"

**SPOT OF TEA**
One day my Grandma was out, and my Grandpa was in charge of me. I was maybe 2 1/2 years old. Someone had given me a little ‘tea set’ as a gift, and it was one of my favorite toys.

Grandpa was in the living room engrossed in the evening news when I brought him a little cup of ‘tea’, which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was ‘just the cutest thing!’ Grandma waited, and sure enough, here I came down the hall with a cup of tea for Grandpa, and she watched him drink it up.

Then she said, (as only a grandma would know), “Did it ever occur to you that the only place she can reach to get water is the toilet?”

**TRY THIS**
Did you know that you can’t hum while holding your nose?
Go ahead, try it.
Ok, just stop. You look silly!

**THE TRUTH HURTS**
It’s a very strange name they picked for “Social Security.” For what they actually send you, you can’t afford to be “social” nor can you really feel “secure.”

**SENIORS OVERHEARD...**
Wife: Whatchya Doin’?
Husband: Nothing.
Wife: You Did that Yesterday.
Husband: I wasn’t done.

**BLESS ME, FATHER**
An elderly Italian man, who lived on the outskirts of Rimini, Italy, went to the local church for confession.

When the priest slid open the panel in the Confessional, the man said: ‘Father... during World War II, a beautiful Jewish woman from our neighbourhood knocked urgently on my door and asked me to hide her from the Nazis. So I hid her in my attic.’

The priest replied: ‘That was a wonderful thing you did, and you have no need to confess that.’

‘There is more to tell, Father... She started to repay me with pleasures of the flesh.’

This happened several times a week, and sometimes twice on Sundays.’

The priest said, ‘That was a long time ago and by doing what you did,you placed the two of you in great danger, but two people under those circumstances can easily succumb to the weakness of the flesh.

However, if you are truly sorry for your actions, you are indeed forgiven.’

‘Thank you, Father. That’s a great load off my mind.
I do have one more question.’
‘And what is that?’ asked the priest.

‘Should I tell her the war is over?’

---

**Health Food Center**

**GOT THE SNIFFLIES?**

Gone are the days of rubbing Vicks VapoRub on your burning nose and throat - and then waiting for the burn to subside. The all-natural MucoStop is effective in reducing mucus. Blended to assist in overcoming the symptoms often associated with sinus and chest congestion.

MucoStop contains the highest potency of an exclusive blend of proteases to assist the body in purification. The immune system can then concentrate its full action on an invasion.

**IMMUNE SYSTEM UNDER ATTACK?**

Virastop contains the highest potency of an exclusive blend of proteases to assist the body in purification. The immune system can then concentrate its full action on an invasion.

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**SENiORS OvERHEArd...**

Wife: Whatchya Doin’?
Husband: Nothing.
Wife: You Did that Yesterday.
Husband: I wasn’t done.

**BLESS ME, FATHER**

An elderly Italian man, who lived on the outskirts of Rimini, Italy, went to the local church for confession.

When the priest slid open the panel in the Confessional, the man said: ‘Father... during World War II, a beautiful Jewish woman from our neighbourhood knocked urgently on my door and asked me to hide her from the Nazis. So I hid her in my attic.’

The priest replied: ‘That was a wonderful thing you did, and you have no need to confess that.’

‘There is more to tell, Father... She started to repay me with pleasures of the flesh.’

This happened several times a week, and sometimes twice on Sundays.’

The priest said, ‘That was a long time ago and by doing what you did,you placed the two of you in great danger, but two people under those circumstances can easily succumb to the weakness of the flesh.

However, if you are truly sorry for your actions, you are indeed forgiven.’

‘Thank you, Father. That’s a great load off my mind.
I do have one more question.’
‘And what is that?’ asked the priest.

‘Should I tell her the war is over?’

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**IMMUNE SYSTEM UNDER ATTACK?**

Virastop contains the highest potency of an exclusive blend of proteases to assist the body in purification. The immune system can then concentrate its full action on an invasion.

**GOT THE SNIFFLIES?**

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**IMMUNE SYSTEM UNDER ATTACK?**

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TRUSTS FOR CHILDREN

It is a parent’s job to raise and take care of their children. The question no one wants to think about is who would do that job if you were gone? Losing a parent is one of the hardest things emotionally a child can go through, but you can still take steps to provide for your children if you should die before they are grown. You can appoint a guardian in your will to raise your children, but you can also set up a trust to make sure the money is managed properly to provide for your children’s care.

A trust is like a basket. It is the vehicle for holding assets. The person who sets up the trust (the settlor) can customize the trust to handle things as she sees fit. She can name who will handle the money (the trustee), and name backup trustees in case the original trustee is unable to manage. The settlor can also name beneficiaries to the trust and decide what benefits they will receive from the trust. The settlor can also decide at what point the trust has served its purpose and will end, and when it ends who gets whatever assets may be left in the trust.

**How to Spend the Money**

The parent can make the trusts as strict, or as flexible as they like. Some parents choose to leave the trustee complete discretion. So if something like a trip to Europe for the child comes up, the trustee can choose to pay for it if they think it’s a good idea, or decline. Other times, the parents may say that the trust is only to be used for education, so if the same European trip came up, the trustee should pay for it only if it were deemed a study abroad educational expense.

Some parents may place conditions on what the child needs to do to inherit their share. They can say the child is entitled to inherit at age 25, or inherit at age 25 provided they have graduated from a state accredited college. If they do not graduate, they do not inherit.

The parent may say the money is to go to care for the family home so long as the youngest child is living in it, or it may simply lay out a general wish of how the settlor hopes the money will be used.

**How to Hold the Money**

Another question the settlor will have to decide is how the money is going to be “held.” If there is more than one child, the money may be divided into equal shares and each child has their own equal trust. When the child has used up the money in their own trust, it is gone and he cannot access his siblings’ trusts.

The other way is to set up a “Common Pot Trust” which puts all the money in one trust, and the spending on each child is based on need rather than on equivalency. In a common pot trust two beneficiaries may receive drastically different funding based on their needs. This is especially true for clients who have children born significant years apart and can help treat individual circumstances differently. There is no “primary” beneficiary so no child is required to receive any funds before or along with any other child.

Trusts are hard to think about in the abstract, so let’s look at an example:

The following illustration is for example purposes only:

Sally is a single mother, who is diagnosed with terminal cancer. She has four young children, Aiden (20), Becca (18), Carly (16), and Davey (4). Her main goal is to make sure her children are taken care of when she passes away. Her ex-husband, Matthew, is a good father, who Sally trusts to raise the children, but he is not good with money.

Sally doesn’t have much in assets when she passes away, but she did purchase a $500,000 life insurance policy for the kids when she got divorced, that she hopes will be used to care for her children’s wellbeing and education.

If *She Does Not Set Up a Trust*

If Sally names her minor children as beneficiaries of the Life Insurance Policy, the funds will be held by their legal guardian, and the children will have full access to their funds on their 18th birthday.

This means that Aiden and Becca would each inherit $125,000 immediately. Aiden takes a European vacation and buys a car. Becca uses some of the funds for college, but also pays for trips to the bar and shopping trips with her friends.

Carly and Davey’s share is held by their guardian, Matthew. Matthew uses the funds to care for the children, and there is some money left over when Carly turns 18, but not much. Davey’s share is spent before he is 18.

If *She Sets Up Individual Funds*

Sally names her sister as trustee for the funds, and sets up the trust with individual funds because she wants to treat her children “equally.” She says they can inherit when they turn 25.

Each child gets their own trust of $125,000. The trustee can only use funds from the child’s individual trust for their care and once they reach age 25 it is distributed to them.

Aiden is already in his third year of college when Sally passes. The trustee uses some of his trust to pay for his last year of college and helps with some incidental payments over the next few years but when he turns 25, he receives $100,000. He decides to take this money and go drink on a beach for a year.

Becca is just starting college, and decides she wants to go to Med school afterwards. The $125,000 is quickly spent on her undergraduate education and first year of medical school. She pays for the rest of medical school herself by going into debt, and there is nothing left to distribute when she turns 25.

Carly gets in a car accident when she is seventeen. Her trustee uses most of her funds to pay her medical bills and her rehabilitation funds. There are no funds left to help with her college.

Davey is the youngest. Over the years the trustee pays out so that he can have the same lifestyle his siblings had growing up, but the funds run out before he reaches 15.

Even though they each got equal shares of cash, equal doesn’t always mean fair. Davey was much younger than his siblings when his mother passed away, and the siblings all had mom’s support while she was alive. Sally may be rolling over in her grave at the thought of Aiden drinking his inheritance away on a beach while his siblings cannot afford to pay for their schooling or medical bills.

If *She Sets Up a Common Pot Trust*

If she set up the funds in a common pot trust, then the insurance money all goes into one pot of $500,000. The trustee has full discretion how to use this money. Sally can set up the direction or her wishes to the trustee to be as limited or as broad as she likes. Sally decides the primary use of the funds should be to raise Davey and for college educations. The trust will continue to provide for all four children until the youngest turns 25.

Aiden decides not to go to college. He buys a house and gets married but pays for everything himself, because the trust is intended to provide for education and Davey’s care.

Becca decides to go to college and then to med school. The trust pays $225,000 for her tuition and books over the years.

Carly decides to go to a year of culinary school. The trust pays $25,000 for her tuition.

Davey is only four when his mother passes away. The trustee pays an allowance to support Davey throughout his childhood, which costs about $210,000 until he turns 18. He decides to go to a local college with a scholarship. The trust pays $36,000 for this expense.

When Davey turns 25, there is only $4,000 left in the trust which is to be distributed equally to the four children. So they each get $1,000.

This may seem unfair to some. After all, Aiden only got $1,000 in inheritance from the trust, and Davey received $246,000. Becca and Carly both went to school for their careers but Becca received $200,000 more than Carly in tuition. On the other hand, if Sally’s main goals were to make sure Davey received the same opportunities as his siblings growing up and to provide for educational opportunities for her children, the trust accomplished it’s goal.

Which is better?

It depends on Sally’s goals. There is no one “right way” to make a trust because everyone has different goals for their children. Because of the customizable nature of trusts, saying “you have a trust” does not tell anyone what that trust does. Trusts are useful tools for accomplishing all sorts of different tasks. One very good use for a trust is for a parent to set one up to hold and manage money for young children if the parent should die before they are grown. This ensures that the parents can lay out rules and hopes for how the funds are to be used for their children, even after the parent is gone. Talk to a qualified estate planning attorney about how a trust could help care for your children.
The Senior News
September 2015

SEPTMBER
...CONTINUED FROM PAGE 7

a scenic drive through the Hills as you taste the creations of these local vintners. Stroll through a vineyard, picnic on a patio and enjoy a little live, local music (weekends).

Before long it will be time to park your baby for a winter’s rest million miles from home.

Begin your Second Summer by selecting the accommodations best suited to you. Looking for a getaway with a special someone or maybe just a solo trip? Hocking Hills has a wide variety of cabins, cottages and Inns providing as little or as much seclusion as you desire. Need to immerse yourself in Mother Nature once more before the cold wind blows? Award winning campgrounds, tips, Gypsy Wagons and camping cottages set the stage for nature’s late summer serenade.

Once you know where you will lay your head it’s time to plan a few adventures. With more than 50 ziplines the Hocking Hills is the Canopy Tour Capital of the Midwest. If you prefer to stay a little closer to the ground take an all-terrain Segway tour or canoe trip to Ohio’s largest natural bridge, Rockbridge State Nature Preserve.

Trade your in-box for a tackle box and drop a line in Lake Logan. The catch of the day may be Northern Pike, Bass, Bluegill, Crappie, Catfish or Saugeye. While you’re waiting for a nibble be sure to watch for eagles and hawks overhead and Blue Heron, swans and ducks on the lake.

The Hocking Hills Indian Run Trail winds through vast wooded areas of the Hocking Hills State Park and Hocking State Forest, crossing streams, deep gorges, shimmering waterfalls and lush forests, leading uphill and down.

When you’re ready to relax tour the region’s four wineries. Enjoy

so get out and cruise Car and Driver Magazine’s “Midwestern driving roads of choice”. Begin your country cruise at the Hocking Hills Regional Welcome Center where you will find the Hocking Hills Road Tour map featuring multiple routes for maximum scenery while taking into consideration the importance of road quality to you and your baby.

September is for savoring. Savor your Sweet September Summer in the Hocking Hills.

A September to Remember in Sidney, Ohio
The upcoming variety of activities, events, and things to do in and around Sidney is impressive. Without question, there’s a little bit of something here for everyone.

Through September 5th, Custenborder Field in Sidney will be transformed into a Field of Valor. Here, friends and families can place flags in honor of those important to them who served this country in the

on one of two large stages. Jazz, Rockabilly, 80s, Blues, Rock, and Country will be featured. In addition, many talented regional artists and craftspeople will be displaying and offering for sale their original work. For additional information, check out the Whistling Goat web site at www.whistlinggoatfestival.com.

On Thursday September 17 through Sunday September 20, the Rebel Run Rod & Custom Nationals car show returns to the Shelby County Fairgrounds. For car, truck, and motorcycle enthusiasts, this show offers a little bit of everything. Live music, parts vendors, muffler rapping, burnout, and flame throwing contests, and much, much more. There will be plenty of great food too. See www.therebelrun.com for more information.

Also this same weekend at nearby Lake Loramie State Park on September 18-20, 2015 you can enjoy their annual Fall Festival. Things get going at 5:00 p.m. on Friday and conclude Sunday at 5:00 p.m. The festival features an Antique Power Show with many gas powered tractors on display. Other equipment such as a lumber mill, wheat threshers, shingle mill and various engines will also be exhibited and operating throughout the weekend.

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Kids’ games and activities are scheduled with a Lake Loramie Naturalist. Over 60 art and craft exhibitors will be at the festival offering items from toys to household decorations, flower arrangements and much more. A Farmers Market will be held on Saturday. Food will be available from several local organizations along with a variety of live entertainment all weekend long.

Another popular feature at this festival is the mountain men encampment. Dressed in clothing typical for the Early American Settler period, these campers display how day to day life was lived during that era in history. They will also have demonstrations on the tools and equipment used to survive on the frontier. Additional information can be obtained by calling the park office at (937) 295-2011.

Now is the ideal time to plan your visit to Sidney. Everything you need to get started can be found at www.VisitSidneyShelby.com. While there, be sure to check out the 7 carefully prepared day-trip itineraries or build your own weekend visit from a list of more than 70 family-friendly area attractions and points of interest.

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Dietary sources of silica are limited as only a portion of the molecule is able to be absorbed by the body in a digestive cycle. A ground breaking study conducted in 2007 indicates only 2-3% of silica consumed from foodstuffs is actually absorbed. The remainder is eliminated as waste.

Our bodies need silica regardless of our age and we become deficient in this essential trace element simply thorough the aging process. In our youth, our tissues absorb and maintain high levels of silica— enabling our bodies to remain flexible, resilient, and energetic—but as we age, our silica levels steadily decline until they become almost nonexistent.

80% of all of our body’s silica is used up by the time we become adults. And the decline is more pronounced as we approach and pass middle age. A teenager has 400% more silica than a 75 year old.

The effect of this steady decrease in silica levels is a progressive decline in health, increasing fatigue and acceleration of the aging process. Silica supplementation is an aid in supporting healthy bones, flexible mechanics, connective tissue plasticity & cartilage.

SILICA AND BODY MECHANICS

Bones. Calcium and vitamin D alone are insufficient for bone growth, density, strength, and flexibility. Research data suggests excessive calcium intake accelerates the leeching away of bone minerals which leads to osteoporosis and similar diseases that affect the connective tissues.

Silica is required to re-mineral damaged bones because silica functions in aiding calcium and phosphorus form bone which are composed mainly of phosphorous, magnesium and calcium. Visible manifestations of calcium-fingernails and toenails have increased tensile strength and quicker regrowth period with silica supplementation.

Ligaments, Tendons and Cartilage. Ligaments bind bones to bones and tendons bind bone to muscle. Both are primarily composed of collagen which is the main protein found in connective tissue.

Cartilage is a type of connective tissue comprised of a matrix of protein, collagen, sugar and chondrocytes: 50% of its dry weight is collagen which is the flexible and strength component. Healthy, young and properly nourished collagen is flexible and strong. It is also silica rich. Injury, overloading, poor diet and aging lead to collagen degradation resulting in limited mobility. Silica supplementation increases collagen levels in connective tissue and is frequently used in sports and injury therapy rehabilitation.

SILICA AND THE SKIN

Skin is our largest protective organ and studies have demonstrated the linkages between silica content and healthy skin. Skin elasticity is a factor of silica content. Collagen accounts for up to 75% of dermis (skin) weight and is responsible for skin resilience and elasticity.

Our connective tissues consist of collagen, elastin, mucopolysaccharides and mucous carbohydrates which aid in moisture retention. All of these tissues are silica rich in our youth and gradually deplete with age. Silica has a long history in pharmaceutical applications regarding wound healing whether for surgical scars, burns, lacerations, etc. to build collagen and elastin.

SILICA AND THE BRAIN

Research is leading towards confirmation that Alzheimer’s disease is linked to a buildup of aluminum in the brain by examining the connection between aluminum concentrations and prevalence of Alzheimer’s disease. Recent research indicates silica molecules attach to aluminum which is then excreted; lowering aluminum concentrations in the brain, liver, bone, spleen and kidneys. Recent studies have shown promising results in ameliorating the effects of Alzheimer’s. A linked benefit is increasing silica intake may work as a proactive measure to inhibit the onset of the disease itself. Research has also shown that increased silica intake improves nerve synapse-the process of signaling from one nerve to another.

SILICA AND THE CARDIO- VASCULAR SYSTEM & IMMUNE SYSTEM

Silica can hinder the effects of coronary disease by fortifying blood vessels and assuring the integrity of elastic fibers and impermeability of arterial walls. Studies confirm that with age, silica disappears from the aorta, the heart’s key blood vessel— thus weakening its critical connective tissue and resulting in a greater cardiac risk. Silica also aids in the repair and maintenance of vital lung tissues and defense against toxic particles introduced by pollution, smoke, etc.

Silica performs an important role in the immune system and inflammatory response because it is necessary for the manufacturing process of antibodies/antigens. These immune system processes are those which identify ‘invader’ cells (pathogens) and create responses for elimination. Silica decreases swelling due to its positive effects on the lymphatic system.

What type to use? Regarding scientific studies, the bioavailability of silica depends on its molecular form*

Monomethyl Silanetriol (MMST) was discovered by Dr. Loïc Le Ribault after 40 years of research, is the most bioavailable source of silica known with a 70% of bioavailability.

This means quick absorption and fast results in short term compared with the other silica supplements which are poorly bioavailable with only 1% to 7% bioavailability.

We encourage all readers to try this natural treatment. There is a money back guarantee, it is a safe treatment without contraindications, proven through studies and a large number of testimonials.

The offer to The Senior News readers is a limited time one. Regular price is $69 per bottle. SN readers price is less than half.

**The comparative absorption of silicon from different foods and food supplements” - Ravin Jugdaohsingh et al.
Ohio is on the Road to Balance

Planning for and responding to our growing and changing older population

By Bonnie K. Burman, Sc.D., Director Ohio Department of Aging and John B. McCarthy, Director Ohio Department of Medicaid

Bonnie K. Burman and John McCarthy

Upon entering office in 2011, the Kasich Administration prioritized the need to create more ways for aging Ohioans with long-term care needs and individuals living with disabilities to remain in the comfort of their homes, rather than enter institutional settings. As evidenced in a new report from the Scripps Gerontology Center at Miami University titled, “The Road to Balance: Two Decades of Progress in Providing Long-Term Services and Supports for Ohio’s Older Population,” Ohio has certainly moved the needle in recent years.

Today, like many states, Ohio’s population is growing older. In fact, Ohio’s aging population is the seventh largest in the nation. While there will always be those individuals among us whose level of care requires them to obtain services in a nursing home setting, others must be afforded the opportunity to remain in the community. By making home and community-based services more accessible throughout the state, more individuals are able to live independently and on their own terms.

It has been this same theme of independence that has driven the State of Ohio’s work in the past four years. Through the collaboration of several state agencies, and the partnership of many community organizations, individuals and their families now have a series of options in the arena of long-term care.

Proof of this shift can be seen among some of the milestones achieved in recent years:

- Once plagued by a long waitlist for enrollment, the PASSPORT program, under the Kasich Administration, is now immediately accessible to those individuals looking for services.
- The HOME Choice program, dedicated to moving individuals out of institutional settings and back into the community, has successfully completed more than 6,500 transitions since its inception. The Ohio program ranks first nationally for transitioning individuals living with mental illness and second in overall transitions.
- In June 2013, Ohio was awarded over $169 million for its participation in the Balancing Incentive Program, which incentivizes states to direct at least 50 percent of long-term care spending toward community-based options. In 2014, the state achieved its balancing target one year ahead of schedule and, today, is investing more than 50 percent of long-term care funds into home and community-based alternatives.

With the conclusion of another state budget cycle, Ohio’s commitment to its seniors and individuals with disabilities remains strong. Though a great deal of progress has been made, we must continue to create new avenues for individuals to enjoy independence through greater choice. Important work certainly lays ahead.

Remember 1957?

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for $20.00."

"Have you seen the new cars coming out next year? It won't be long when $3,000 will only buy a used one."

"If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."

"Did you hear the post office is thinking about charging a dime just to mail a letter?"

"If they raise the minimum wage to $1, nobody will be able to hire outside help at the store."

"When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage,"

"Kids today are impossible. Next thing you know, boys will be wearing their hair as long as the girls."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either 'hell' or 'damn' in it."

"I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas."

"Did you see where some baseball player just signed a contract for $75,000 a year just to play ball? It wouldn't surprise me if someday that they will be making more than the President."

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."

"It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."

"I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."

"Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to Congress."

"I guess taking a vacation is out of the question now days. It costs nearly $15.00 a night to stay in a hotel."

"No one can afford to be sick any more. $35.00 a day in the hospital is too rich for my blood."
Housebound?  
16 Survival Tips

When someone is sidelined due to convalescence from an illness, recovery from surgery, or a major chronic illness or disability, their world shrinks considerably. It’s all too easy to become disconnected from others and the world in general.

If you, or someone close to you, find yourself confined to home for a significant period of time, try not to despair. There are many things you can do to remain involved in life. Sixteen ideas are included below.

1. Make it a point to stay connected to important people in your life.
   
   Call friends up and invite them over regularly. It’s worth the time and energy.

2. Cultivate relationships with people who listen attentively, demonstrate compassion, and provide encouragement. Do be careful not to make your health problems, and any related frustrations, the focus of every conversation. Perpetual frustration or self-pity will only alienate others.

3. Seek help from your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. There is no need to suffer, because depression is treatable.

4. Practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Ensuring you’re in the best possible health will help to maximize your quality of life.

5. Accept help. Be prepared when friends and neighbors ask if there’s any kind of practical assistance they can offer. Perhaps it’s dusting and vacuuming, doing laundry, running errands, sweeping the walk or taking out the garbage. If necessary, ask for help rather than struggle alone. People in your life will likely be only too happy to provide assistance; they just need to know what you need.

6. Research and take advantage of businesses that offer home delivery - for example, grocery stores, drug stores, and dry cleaners, as well as personal concierge services. Do likewise regarding mobile services in your area, such as hairstyling, nail care, dental hygiene services, and dog grooming.

7. Purchase a treat by mail order now and then; you’ll have something to look forward to while it’s en route. The gift to yourself might be a book, movie, music CD, or seasonal decor item, for example. If you have limited income, find out if the public library has an outreach service.

8. Make the effort to feel good about your appearance. Paint your nails, have a friend set your hair, or order a new accessory. Put together a pamper kit of items to give you a lift when you’re feeling down - for example, a relaxation CD containing soothing sounds of nature, scented candles, fragrant body lotion, or gourmet coffee or tea.

9. Cultivate some solitary pastimes (such as taking up word puzzles or jigsaw puzzles, writing, sketching, a handicraft, or playing a musical instrument) that bring pleasure or fulfillment and enable you to enjoy your own company.

10. Facilitate connections to the outside world by asking after family and friends and following current events. Arrange a subscription to a newspaper (The Senior News!) or newsmagazine if finances permit.

11. Get a computer and learn how to use it. Internet access can help you stay connected to loved ones, keep up with local and world news, shop, and gather health-related information, among other things. You can also take online education courses, play games like chess and bridge, and connect with others in a similar situation through Internet messages and chat rooms.

12. Call the local volunteer office, or a non-profit organization that resonates with you, and find out what you need.

13. If mobility issues prevent you from accessing the community, rent or purchase a walker, electric scooter, or wheelchair. Register with the local accessible transportation service if appropriate.

14. If you need an escort for outings and finances permit, hire a companion so you can regularly get out. Let loved ones know that a gift certificate to the home healthcare agency of your choice would be welcomed for special occasions.

15. Get information about community resources, such as meal delivery, friendly visiting, volunteer driver programs, and suitable leisure programs. Information can be obtained from the local office on aging.

16. If design issues make it hard to get in and out or around your home, and your physical challenges will be ongoing, consider renovations if they’re feasible, or move to a more accessible setting.

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**Housebound?  
16 Survival Tips**

By Lisa M. Petsche

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**Senior Apartments Designed for the Elderly and Disabled**

-**Rental Requirements:***
  - Application
  - Credit Check
  - Income Requirements
  - Background Check

**Senior Apartments Include:**

- Appliances
- Air Conditioning
- Draperies
- Carpeting
- Special architectural features to assist individuals with disabilities
- 24-Hour Management & Maintenance
- Supportive Services

Management Staff includes a Service Coordinator, who if needed, will coordinate supportive services so that elderly and disabled residents may remain independent.

**Pay only 30% of your income for rent and included utilities!**

**Warner House**

**Apartments for the Elderly and Disabled**

**Apartment Features Include:**

- Special architectural features
- 24-Hour Management & Maintenance
- Supportive Services

**Rental Requirements:**

- Application
- Credit Check
- Income Requirements
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**Service**

- Special architectural features to assist individuals with disabilities
- 24-Hour Management & Maintenance
- Supportive Services

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Management Staff includes a Service Coordinator, who if needed, will coordinate supportive services so that elderly and disabled residents may remain independent.

**Pay only 30% of your income for rent and included utilities!**

**Warner House Apartments for the Elderly and Disabled**

**Rental Requirements:**

- Application
- Credit Check
- Income Requirements
- Background Check

**Senior Apartments Include:**

- Appliances
- Air Conditioning
- Draperies
- Carpeting
- Special architectural features to assist individuals with disabilities
- 24-Hour Management & Maintenance
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**Pay only 30% of your income for rent and included utilities!**
Have you ever been to a dude ranch? In Florida? Yep, Florida. The state is 16th in the nation in cattle production and has a rich history of ranching. The sunshine state was home to the first American cowboys who became known "crackers" because they cracked whips to communicate as they herded Spanish cattle and horses across the marshes and woodlands of Florida from the 17th century onward.

Their legacy lives on in many working ranches and a tourist-oriented ranch, the Westgate River Ranch in River Ranch, Florida, part of a 7,000-acre wildlife management area that is surrounded by 400,000 acres of federal and state preserves.

It is a great place for families (including grandparents and grandchildren) and corporate events. The Westgate River Ranch attracts a diverse crowd because of its abundance of activities including a Saturday night rodeo, horseback riding, swamp buggy rides, swimming, miniature golf, horseback riding, and playful children's activities.

Another feature of the popular Saturday night rodeo is trick riding. Photo: Jeff Orenstein

Getting There
River Ranch is accessible by private plane, train, ship or car.
• The ranch has a non-commercial airport with a 5,000 runway. Orlando International (MCO/KMCO) is 91 miles away and Tampa International (TPA) is 97 miles distant.
• The nearest major cruise port is Cape Canaveral, 121 miles away by I-95 and SR 60.
• The closest Amtrak stations are Lakeland at 56 miles and Kissimmee at 80 miles. Each is served by 2 trains daily. A rental car to the ranch is recommended.
• By car, ranch is on Florida Route 60, 57 miles to Vero Beach and 89 miles from Tampa.

When To Go: Year round. This is Florida! Expect hot and sticky summers, occasional frost is possible in January or February but mostly the winter and spring are great with cooler weather.

Where To Stay: At the ranch. No other lodging is nearby. The ranch offers a wide range of accommodations including glamping (glamorous camping complete with air conditioning), western-theme lodge guest rooms with a microwave, refrigerator, lodge suites, studio, one and two bedroom cottages, rail cars, RV rentals (reserve in advance) and most are fine. Bring your dancing shoes, a big hat and sunblock –this is Florida.

River Ranch At A Glance

Pre-Planning
When it comes to your final arrangements, shouldn’t you make the decisions? The arrangements you make will reflect your exact wishes and desires. Pre-arranging your own service will help to ease the burden of your loved ones. It will also alleviate any questions, problems or differences, which can occur among family members.

Arrangements can be made in the comfort of your own home.

Kirila Funeral Home
258 Poland Avenue, Struthers, Ohio
(330) 750-1321
www.kirilafh.com

Vaschak-Kirila Funeral Home
3100 Canfield Rd., Youngstown, Ohio
(330) 792-2357
Michael Kirila Jr./Owner & Manager
www.vaschak-kirilafh.com

Ginny’s Tips For Dressing
The Simply Smart Travel Way:
Western-style casual dress is the order of the day. Take a cowboy hat and bug spray. As always, start with comfortable shoes or cowboy boots and bring very casual daytime outfits. Shorts for men and women are fine. Bring your dancing shoes, a big hat and sunblock –this is Florida.

Mobility Level: Low to average. Golf carts are available as rentals (reserve in advance) and most of the walks are short. The two story-story lodge does not have elevators.

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Orenstein is a syndicated travel writer who lives on Florida’s West Coast. He and his wife Virginia enjoy simply smart travel and writing about it. They can be reached at jorenstein@SimplySmartTravel.com. Check out their travel ideas, articles and blog at www.SimplySmartTravel.com.
Service-Related Hearing Loss

Hearing loss is one of the most common disabilities for military personnel. It can come from all types of experiences and sources: aircraft engines, firearms, trucks, artillery and helicopters. Once the fragile nerve cells in the ear are damaged, you have hearing loss or tinnitus (ringing or buzzing in the ears). If you ever served in a combat zone, hearing loss can be even greater.

If you've had hearing loss that you've tried to ignore, don't. It's not going to get better on its own. If you've missed out on some of the words in conversations, or if you keep asking people to repeat what they've said, or even if the music you used to listen to doesn't sound the same anymore, you likely have hearing loss.

In most cases, it can be fixed with hearing aids or implants. Depending on your rate of loss, getting your hearing back could open up a whole world. The Department of Veterans Affairs even has a Progressive Tinnitus Management program.

The first step is to call the VA audiology clinic to schedule a full audiology workup for service-related hearing loss or tinnitus. Even if you think you don't have hearing loss, go anyway and get a baseline workup for future comparison.

Another option, if you can't get a fast appointment at a VA facility, is to check your community. Often audiologists and hearing-aid providers will offer free hearing tests. Tell them you need both the "speech discrimination" and "puretone" tests. If you show any hearing loss, that's your first document in submitting a claim to the VA.

If your hearing loss is determined to be service-related, a hearing aid will provided free of charge, and batteries under certain circumstances.

By Mark Ludwick

Dear Mark,

As much as I dislike them, I want to start using the Cash Machines at our bank. How do they work?

J.T. - Youngstown, Ohio

J.T., I have used the ATM a few times...and have been a passenger while my loving wife, Trish, has utilized these services. There appears to be two modes of Modus operandi. I hope this helps! - Mark

MALE PROCEDURE

1. Drive up to cash machine.
2. Put down your car window.
3. Insert card and enter PIN.
4. Enter amount of cash needed and withdraw.
5. Retrieve card, cash, and receipt.
6. Put up window
7. Drive off

FEMALE PROCEDURE

1. Drive up to cash machine.
2. Reverse back required amount to align car window to machine
3. Re-start the stalled engine
4. Put down the window
5. Find handbag, remove all contents on to lap to locate card.
6. Locate make-up bag and check make-up in rear view mirror
7. Try to put card into machine
8. Open car door to allow easier access to machine due to its excessive distance from the car
9. Insert card, then remove card
10. Insert card the right way up
11. Re-enter handbag to find diary with your PIN on the back page
12. Enter PIN.
13. Press cancel and enter correct PIN.
14. Enter amount required
15. Re-check make up in mirror
16. Retrieve cash and receipt
17. Find purse, put cash inside
18. Place receipt in back of check book, Re-check make-up
19. Drive forward 2 feet
21. Reverse to cash machine
22. Retrieve card
23. Re-empty hand bag, locate card holder, and place card inside
24. Re-check make-up
25. Restart stalled engine
26. Drive for 3 to 4 miles
27. Release hand brake

By Samantha Weaver

The first auctions in recorded history were in 450 B.C. in Babylon. Sadly, and perhaps unsurprisingly, the items up for sale were humans.

The Goodyear company, known today for its tires, was originally founded to produce rubber clothing and, oddly, musical instruments.

Ellen Axson Wilson exchanged approximately 1,400 love letters with her husband, President Woodrow Wilson, during their marriage.

You might be surprised to learn that in 1952, the CIA conducted a study of UFO sightings, and concluded that the objects were a threat to national security. The report stated, “the reports of [sightings] convince us that there is something going on that must have immediate attention.”

If you're family is like one-third of families across the country, you have a Scrabble game in your home.

It's been reported that the world's oldest piece of chewing gum is more than 9,000 years old. After that long, though, I wonder how they could tell what its original use was.

Boot makers reportedly can get three pairs of the footwear out of a single ostrich hide.

By Matilda Charles

It's probably still warm out, but this is a perfect time to get ready for winter. It is important to be ready.

Look in stores for personal-size quilts or fleece throws on sale. Buy a few, if you can. These small blankets can be lifesavers when cold weather arrives. Use one as an additional layer on the bed, or wrap up in one when you watch TV at night.

In the grocery aisles, keep an eye out for items to stock up on to save trips to the store in cold weather. Canned fruit, vegetables, soups and stews, packaged pasta, jar spaghetti sauce and more are handy to keep on the shelf. Put flashlight batteries on your list. Add unscented kitty litter for icy walks. If you drink bottled water, bring home a few each time you shop.

If you have a vehicle, make an appointment to get the battery, tires, antifreeze level and windshield wipers checked.

Will last year's coat, boots, hat and gloves see you through another winter?

If you're in snow country, decide if this is the year that you won't shovel anymore and make calls to arrange for someone else to be on call this winter. Middle- and high-school kids are great for this; if it really snows, they likely won't be in school.

By the time the temperatures drop to freezing or the first snow falls, you'll be ready.
Food for Thought:
"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."
- Stanley Horowitz

**Trish’s Dishes**

They are little things we hardly seem to notice at first, the closing of a window as the sun goes down, the grabbing of a sweater as we head out the door, or a glimpse of yellow and the sound of school buses braking down the street. But then suddenly it hits us...summer is gone and autumn has arrived.

Fall, like every other season, has its own sights, sounds and offerings. Our little corner of the world here in NE Ohio will burst forth in bright autumn jewel-toned colors. There will be pumpkins and gourds and mums galore. There will be leaves dancing across lawns and Friday night football games. There will be hot apple cider and maple glazed donuts. There will be road trips to view the changing trees, haunted houses, corn mazes and of course fall festivals.

Oh we do like our fall activities here in the Mahoning Valley! And like every other season we like to change up our menus to greet the change in weather. Local farmers will offer up the end of summer’s bounty and root vegetables will abound. As the evenings turn colder our pallets will crave heartier, heavier foods.

Put away the salads and burgers on the grill. As dining moves indoors replace summer salads and burgers with soups, stews and casseroles which will hit kitchen counters this month and everybody loves it! I have made this twice already this month and everybody loves it!

**Spicy Maple Butter**

Spicy Maple Butter
1/2 cup butter, softened
2 tbsp. pure maple syrup or mild honey
1/4 tsp. apple pie spice or ground cinnamon

In a small mixing bowl beat butter, maple syrup and apple pie spice with an electric mixer on medium speed until light and fluffy. Cover and chill for up to 1 week. Serve at room temperature.

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1/4 tsp. apple pie spice or ground cinnamon

In a small mixing bowl beat butter, maple syrup and apple pie spice with an electric mixer on medium speed until light and fluffy. Cover and chill for up to 1 week. Serve at room temperature.

**Autumn Pot Roast**

A fabulous Sunday dinner go to that is so easy to prepare!
1 tbsp. vegetable oil
2 tsp. salt
1 tsp. black pepper
1 tsp. Garlic powder
1 cup cubed carrots
1 cup cubed potatoes
1/2 cup cubed celery
1/2 cup cubed onions
1/4 cup butter
1 tsp. dried rosemary
1 clove garlic (optional)
Preheat oven to 325°. Pour vegetable oil into large oven-safe pot over medium-high heat. Season roast with salt, black pepper and garlic powder. Brown meat on both sides in hot oil, and transfer to a plate. Stir carrots, celery, and onion into the pot, cook and stir until vegetables start to release their juices, about 3 minutes; loosen any brown gravy bits on the bottom of the pot. Add butter & garlic, cook until onions are translucent. Sprinkle in rosemary, stir vegetables, and return roast to pot. Cover with a lid. Roast in the preheated oven until the chuck roast is tender, about 2 1/2 to 3 hours.

**Harvest Pear Bread**

A moist dense bread great served warm with spicy maple butter.
1 cup vegetable oil
2 cups sugar
3 eggs
1 1/2 cups pears, peeled, cored and chopped
1 c chopped pecans or walnuts
2 tsp. vanilla extract
3 cups all-purpose flour
1 tsp. baking soda, salt, & baking powder each
1 tsp. cinnamon
1/2 tsp. nutmeg
Preheat oven to 350°. Lightly grease two 8x4 inch loaf pans. In large mixing bowl combine oil, sugar and eggs, beat well. Stir in pears, pecans and vanilla. In another bowl, combine flour, baking soda, baking powder, salt, cinnamon and nutmeg. Stir dry ingredients into the pear mixture; mix well. Pour batter into prepared loaf pans. Bake for 60 minutes, until a toothpick inserted comes out clean. Allow loaves to cool in pans for 10 minutes before moving to a wire rack. NOTE: You can substitute applesauce for oil for a healthier version of this recipe and you can use half brown sugar and half white sugar if you prefer.

**Zucchini Cornbread Casserole**

A sweet little recipe using that leftover zucchini from the garden!
4 cups shredded zucchini
1 small onion, chopped
2 eggs beaten
1 8.5 oz. dry corn muffin mix
Salt & pepper to taste
8 oz. shredded cheddar cheese
Preheat oven to 350°. Grease a 2 quart casserole dish. In large bowl mix the zucchini, onion, eggs, muffin mix, salt and pepper. Stir in 4 ounces of the cheese. Spread mixture into a greased 2 quart casserole dish; top with remaining 4 ounces of cheese. Bake in a preheated oven for 60 minutes. NOTE: After shredding, zucchini should be placed in a colander, lightly salted and left to drain, then squeezed dry before use.

**Sweet Potato Soup**

A rich and creamy soup that’s great for a brisk fall lunch!
1 cup chopped celery
1/2 cup chopped onion
1 tbsp. canola oil
3 medium sweet potatoes (about 1 pound), peeled and cubed
3 c chicken or vegetable broth
1 bay leaf
1/2 tsp. dried basil
1/4 tsp. salt, optional
In a Dutch oven, sauté celery and onion in oil until tender. Add remaining ingredients; bring to a boil over medium heat. Reduce heat; simmer for 25-30 minutes until potatoes are tender. Discard bay leaf. Cool slightly. In a blender, process soup in batches until smooth. Return all to pan and heat through.

**Roasted Root Vegetables**

A great way to get your “veggies” on, you can use any combination of root vegetables you like.

Cooking spray
1 med. Butternut squash, peeled, seeded and cut into 1 inch cubes
1 large sweet potato, peeled and cut into 1 inch cubes
1 10oz. pkg. frozen Brussel sprouts, thawed and halved
1 onion, thinly sliced
2 parsnips, peeled and sliced
3 carrots cut into chunks
2 -3 tbsp. olive oil
1 tsp. ground thyme
1 tsp. dried rosemary
Salt & pepper to taste
Preheat oven to 400°. Spray a baking sheet with cooking spray. Combine butternut squash, sweet potato, Brussels sprouts, onion, parsnip, and carrots in a large bowl. Drizzle with olive oil and toss to coat. Add thyme, rosemary, salt, and black pepper; toss again. Transfer coated vegetables to the prepared baking sheet. Roast vegetables in the preheated oven for 25 minutes; stir and continue roasting until vegetables are slightly brown and tender, about 20 more minutes.

**Pumpkin Pecan Crunch Cake**

I have made this twice already this month and everybody loves it!
1 can (15 oz) pumpkin
1 can (12 oz) evaporated milk
3 large eggs
1 1/2 cups sugar
1 tsp. cinnamon
Dash of nutmeg (optional)
1/2 tsp. salt
1 box yellow cake mix
1 cup pecans, chopped
1 cup butter, melted
Whipped Topping
Preheat oven to 350°. Combine pumpkin, evaporated milk, eggs, sugar, cinnamon, and salt in a large bowl. (I used my mixer for this step.) Pour into a greased 13x9 baking dish.

Make sure cake mix has no lumps and sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans. Drizzle melted butter over pecans, making sure to cover all the dry cake mix. Bake for 50-55 minutes or until golden brown. Cool. Serve chilled (or warm). Top with a dollop of whipped topping.
SWM – NS, would like to meet a SWF, 55 to 63 for companionship or more. If you like to walk, go to movies or eat out at times, call Jim at 330-942-3191. Are there any single ladies out there at this age?

SWM – 62 would like to meet a nice woman 57 to 65 for companionship, traveling, biking, and movies and out to eat. Call Bob at 330-792-1967

Nice 54 year old SWM, looking for a 45 to 55 year old single or DWF, likes movies and dating 330-272-4341

SWF – 73, Girard area, would like to meet SWM, 70 and older for companionship and fun. I like dining out with cocktails, (must drive), looks unimportant. 330-545-7316

WANTED

Wanted – Old Low Mileage Classic Cars & Trucks, also Corvettes. Estate Sales? What's sitting in your Garage that you want to sell? Call Frank 330-506-9389

CARS & TRUCKS

For Sale – For Crafters – used lace tablecloth, old chenille bedspreads, half finished hexagon shaped piece quilt, at $5.00 each, 330-788-5311

For Sale – Two, side by side cemetery plots at Forest Lawn Memorial Park in Boardman. List price for the plots is $750.00 each. Buy one – get one free! $750.00 for both plots. Call Jeff, 1pm to 11pm, 330-406-2004

For Sale – Gingko Trees, 3 to 4 feet, in pots $10.00 each, 25 for $75.00. Check internet, they sell for $50.00 each, 330-755-9382

FOR SALE

FOR SALE

For Sale – Delta Radial Arm Saw-$200.00/BO, Drill Press-$125.00/BO, Belt Sander-$125.00/BO, 2 Table Saws-$175.00/BO, All in good condition! 330-980-3067

HAM RADIO GEAR. Buying ham radio equipment. Whole estates or individual items. Radios, amplifiers, mics, morse code, etc. Call Mark at 330-270-5442.


CHIMNEY EXPERT! Specializing in all types of chimney repair work, concrete caps, metal caps, tuck pointing, and flue replacements. Expert in ALL roof repairs and slate work, also spouting cleanings. Senior Discounts! Call John Davanzo 330-757-4558

Classified Ads are Prepaid Only. Personal, Personal For Sale and Novena ads are $5. Business and ALL other ads are $15. Price per 25 words. Deadline is 22nd of the month. Send ad & payment to:
The Senior News P.O. Box 2868 Youngstown, Oh. 44511

Thank You Sacred Heart of Jesus and St. Jude. L.M.

Thank You Sacred Heart of Jesus and St. Jude. K. A.

Thank You St. Jude and Sacred Heart of Jesus. P.L.S.

THANK YOU St. Jude & Sacred Heart of Jesus. B.A.

THANK YOU Sacred Heart of Jesus and St. Jude. A.T.M

THANK YOU St. Jude and Sacred Heart of Jesus. A.M.F.

THANK YOU St. Jude & Sacred Heart of Jesus. M.J.L.

THANK YOU St. Jude and Sacred Heart of Jesus. M.A.L.

THANK YOU Sacred Heart of Jesus and St. Jude. M.A.H.

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THANK YOU St. Jude and Sacred Heart of Jesus. M.J.L.

THANK YOU Sacred Heart of Jesus and St. Jude. L.M.

ST. JUDE NOVENA, May the Sacred heart of Jesus be adorned, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us, St. Jude, help of the hopeless, pray for us.

Say this prayer 9 times a day for 9 days. By the end of the 8th day your prayer will be answered. It has never been known to fail. Publication must be promised.

ALL ANTIQUES WANTED! – Cash paid for your old furniture, dishes, glassware, all gold, silver and old costume jewelry, pottery, Roseville, Depression, quilts, toys, jukeboxes, bookcases, cupboards, Hoosiers, and most anything over 50 years old!

Call Mr. Fox at 330-424-9486

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All Toy Trains and Older Toys! – Buying Lionel, Marx, American Flyer, HO or any other trains. I will buy one piece or complete sets in any condition. Get my prices before you sell! Call Bill 330-758-2119

LARGE SALE & COLLECTABLES! Ask for Mike 330-394-5204

FOR SALE

FOR SALE

For Sale – 2 crypts in Youngstown Mauzoleum, 330-792-3936

Retired Army Veteran will pay cash for WWI, WWII, and Vietnam war relics such as guns, uniforms, medals, helmets, daggers, swords, knives, etc. Serious local collector.

For Sale – 2 crypts in Green Haven Mauzoleum - $8000.00, Must Sell! 234-600-5302

For Sale – Delta Radial Arm Saw-$200.00/BO, Drill Press-$125.00/BO, Belt Sander-$125.00/BO, 2 Table Saws-$175.00/BO, All in good condition! 330-980-3067

WANTED

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Only $5!

But at this moment, she’s fighting cancer.

That’s why St. Jude Children’s Research Hospital® spends every moment changing the way the world treats children like Grace. Because at this moment, her opponent should be another gymnasium. Not cancer.

Help them live, Visit stjude.org.

St. Jude Children’s Research Hospital

A place where children like Grace belong.

Got That Travelin' Jones

Members of the Trumbull County Travel Club invite the public to join them on the Colonial Williamsburgh and Washington DC five day, mini-vacation departing on October 20 to 24, 2015.

Spend two days in the historic Williamsburgh area with free time for shopping, a guided tour through the living history museum plus dinner at Christina Campbell's Tavern in Colonial Williamsburg. The three days in Washington will include all the Memorials plus historic Georgetown and a tour of the Basilica of the National Shrine of the Immaculate Conception plus free time to see the Smithsonian Museums, Ford Theater, Holocaust Museum or other areas in the capital.

Stops at the Baltimore Inner Harbor Complex and the 911 Memorial in PA will be made on the journey home. Three dinners are included in this trip. There are only 10 seats remaining on this fall trip. For further information please contact Bernadette at 330-533-6045.

Love Potion Number 9

Opera Western Reserve Announces Chorus Auditions for The Elixir of Love

Opera Western Reserve will hold auditions for the Chorus in their production of The Elixir of Love on Wednesday, September 9th at 7PM in the Stambaugh Auditorium Grand Ballroom. OWR is looking for all voices, ages, and types for the November 13th performance. For further information, please contact Bernadette at 330-533-6045 or by email at arcfair@usadasdance2015.com.

All Wine, No Whine

Your Mahoning County Republican Party presents “Wine Fest 2015”. I admit this is a thinly veiled fundraising event, but the fact is, we need your help. But while you’re helping your local party pay the bills and support candidates, why not have fun at the same time? Join us on Thursday, September 24, 6:30PM to 9:00PM for an old fashion wine taste, plenty of food to snack on, and live music and dancing. True, there might be a few comments from the chairman or a special guest, but I promise to keep it fun.

Location: Youngstown Shrine Club, 1735 W. South Range Road, North Lima.

In addition to your $50 contribution, which will go to help the party, bring a bottle of wine (or 2) to share or to auction. Most of the costs to put on the event are being underwritten by sponsors. Your contribution will be put to work helping the party.

To make an early commitment, send your check for $50 per person, made payable to Mahoning County Republican Party, to PO Box 9012, Youngstown, Ohio 44513. To RSVP by phone, call 330-629-7006.

Those Shoes

USA Dance Sunday September 20 features West Coast Swing Lessons and General Dancing at the Orthodox Center, 1025 N. Belle Vista Ave, Youngstown.

5:00 PM Basics for Beginners
5:30 PM West Coast Swing Lessons sponsored by Corey Flowers
6:15 - 9:00 PM Open dancing to Ballroom, Latin, Swing and Hustle
$5 USA Dance Members, $10 Non Members, $2.50 Students
USA DANCE Youngstown - Warren Chapter #2015 is a Volunteer
501 (c) nonprofit corporation dedicated to promoting the healthful benefits of ballroom dancing and sharing the excitement and joy of social and competitive dance in communities across America. For more information please check us out at www.usadasdance2015.com.

Socializing Done Right

Lord of Life Church, 550 N. Broad Street, Canfield.

Monday, September 14, 11:00 A.M. Program: Seniors Helping Seniors. Lunch will be provided by The Woodlands at Hampton Woods.

This is a free community social program offered to all senior citizens. Held on the second Monday of the month, EVERY MONTH! Come out and join us in a fulfilling afternoon of fun and socialization! Spread the word and bring your friends! We are here for you!

Bernadette at 330-533-6045

Want Fair? Come to Canfield

Grandstand Attractions

Guided Senior Citizen Shuttles available from 8:00 AM till 5:00 PM
Cheerleading Demonstrations
11:00 AM. No Admission Fee
Happy Together Tour 2015


Thursday, September 3

The Band Perry w/Open Act Caroline Kole
8:00 PM
High School Band Show
11:00 AM. No Admission Fee
Bike Nite
Starts at 3:00 PM
Friday, September 4

Guided Senior Citizen Shuttles available from 8:00 AM till 5:00 PM
World's Largest Demolition Derby
8:00 PM
Saturday, September 5

Canfield Fair Championship Truck & Tractor Pull
Grandstand | 7:00 PM
Draft Pony Pig Iron Derby
Grandstand | 9:00-11:00 AM
Harness Racing
Pari- Mutual Betting
Post Time 11:00 AM
Free seminar on “How to read a race program and wagering” on the Concours Stage at 10:30 AM

Sunday, September 6

Faith and Family Day
MerryME
Grandstand | 8 pm

Monday, September 7

Draft Pony Pig Iron Derby
Grandstand | 9:00-11:00 AM
Harness Racing
Pari- Mutual Betting
Post Time 2:00 PM
Free seminar on “How to read a race program and wagering” on the Concours Stage at 1:30 PM
Danger, Will Robinson!

Warren G. Harding High School to host 2nd annual Mahoning Valley FIRST Robotics Competition, charity food drive on September 26th. Attention robot fans of all ages! The Northeast Ohio FIRST Robotics Alliance is pleased to announce the 2015 Mahoning Valley Robotics Challenge high school robotics competition, set for Saturday September 26th at Warren G. Harding High School, 860 Elm Road NE, Warren. The action takes place in the main gymnasium from 9:00 AM to 5:30 PM.

NEOFRA is hosting a charity food drive at the MVRC to benefit the Second Harvest Food Bank of the Mahoning Valley. We encourage spectators to bring non-perishable food items and drop them off at the food donation table when they arrive. The most-needed food items are peanut butter, cereal, canned fruit and vegetables, tuna fish, dry pasta, and macaroni and cheese. Come watch the competition and help out a great cause!

If you have additional MVRC questions, please contact Travis Hoffman at 330-219-7848.

Growin Dat Herb

The Holborn Herb Growers Guild is pleased to announce its annual 2015 GARDEN TEA PARTY to be held on Sunday, September 13th at the WESTERN RESERVE VILLAGE in the Canfield Fairgrounds located on St. Rt. 46 Columbiana Canfield Road Gate 5 entrance during the hours from 2:00 p.m. to 4:00 p.m.

This year’s planned festivities feature the sampling of herbal teas along with the samplings of both savory and sweet culinary delicacies to delight the palate. Party goers will have opportunities to tour the historical Western Reserve Village buildings as they stroll among the many herbs, plants and flowers which are cared for by the guild members. Participants will also view herbal demonstrations presented by guild members who will share their knowledge and love of herbs. Other merriments will include music presented by Rachell Joy, a stage veteran of TOP HAT Productions; a Victorian Garden Hat Contest along with a Teddy Bear/Doll Parade. Adults and children are encouraged to dress for the Garden Afternoon Tea and to wear their best Victorian Tea hat for the contest. Children are asked to bring along their favorite teddy bear or doll as part of the Teddy Bear/Doll Parade. As a take home keepsake of the event, souvenir tea cups and saucers will be gifted to each visitor. The Guild will also have available for purchase the second printing of the Holborn Herb Growers Guild cookbook HERBAL FARE.

Garden Party Tea Tickets are $10, children 8 and under are free. Ticket sales are limited. For tickets contact Bunny @ 330.550.1580 or Gill @ 330.533.2926.

Outdoor Jam

The YSU Wind Ensemble Will Perform Outdoors on Wednesday, September 2 at 7:00 p.m. at Harrison Common Field on Walnut Street (across from the MVR). Bring a lawn chair and snacks to enjoy this summertime classic, which is free and open to the public.
GO FIGURE!
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

1 - 2 - 3 5 6 7 8 9

X + - - 16

1 4 6 3

- + 3 2

8 2 3 1

4 6 2 9

9 8 5

2 7 3 6

5 7 9 4

1 8 2

11 20 15

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gap.

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TRIVA

By Fifi Rodriguez

1. HISTORY: What country once was known by the Latin name of Caledonia?
2. ANIMAL ADJECTIVES: What is a group of dragons called?
3. ANATOMY: Where is the retina located?
4. TELEVISION: Who played the character Latka Gravas on “Taxi”?
5. U.S. PRESIDENTS: How old was Bill Clinton when he was inaugurated as president?
6. MYTHOLOGY: The Greek god Aeolus commanded domain over what area?
7. GEOGRAPHY: The Catskill Mountains are located largely in which U.S. state?
8. FOOD & DRINK: What kind of plant does saffron come from?
9. MOVIES: Who directed the movie “The Lost Weekend”?
10. U.S. STATES: What is the only letter of the alphabet that does not appear in the name of any U.S. state?
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