

# The SENIOR PARTNER

8 PAGES

A NEWSPAPER SERVING MATURE READERS

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## Creating Communities That Support Optimal Aging In Place

**BY KAREN GERHARDINGER**  
MIRROR REPORTER

When Diana Williams broke her ankle in 2015, she was grateful to have an apartment that was designed with accommodations for those with walkers or in wheelchairs.

It was then that she learned just how difficult it is for those with physical limitations or the aging to get around town, visit friends or just stay at home.

Williams recently told Whitehouse Village Council members how that experience inspired her to learn more, including prompting her to attend an Optimal Aging Community Fair at Bowling Green State University, where she heard environmental gerontologist Esther Greenhouse explain what communities can do to ensure that residents can age in place.

"Her thoughts on 'Designing the Built Environment to Enable Optimal Aging' made me reflect on my own community of Whitehouse," Williams said.

Along with Paula Davis, a project administrator for Bowling Green State University's Optimal Aging Institute, Williams urged the mayor and council to consider working toward making the village an age-friendly community.

These are communities

that consider access to grocery stores, doctors, churches and banks; safe roadways to accommodate mobility; para-transit services for those unable to drive; adequate housing for aging in place; and visitability – creating a place where those in wheelchairs and with mobility issues can visit easily.

Last month, Williams sat in her Whitehouse Square Senior Villas apartment with neighbors Roberta Drouard and Carol Permar, and explained how the two-bedroom apartment provides that visitability. With zero-entry doors, wide doorways, bathrooms with handlebars and wheelchair-accessible counters, the units are easy to navigate.

"When I first moved here, I thought I would never need something that's handicapped-accessible," Williams said. In the year following her broken ankle, however, she needed knee surgery and had limited mobility.

"It was a humbling experience. I knew my situation was temporary, but for others it is not," she said.

Henry, her neighbor, relies on a motorized scooter and regularly experiences challenges in accessing services he needs beyond his apartment. He's afraid to cross SR 64 to go to the Hope United Methodist Church community luncheon on Wednesdays because of a lack of a traffic light, Williams said.



**Whitehouse Square Senior Villas residents (from left) Carol Permar, Diana Williams and Roberta Drouard appreciate the amenities that will allow "aging in place." Williams spoke to Whitehouse Village Council about finding ways to make the village a more senior-friendly community.**

MIRROR PHOTO BY KAREN GERHARDINGER

"He would like to attend the lunches, but it's unsafe. This creates a lower level of functioning and dependence for Henry," she said.

Drouard, who works at Browning Masonic Community transporting seniors to the grocery store on Wednesdays, said she knows the challenges that the aging face when it comes to transportation and accommodations. One veteran told her

of sitting out in the cold for an hour waiting for a bus transfer to reach the VA clinic, she said.

Seeking out transportation options with TARTA and adding a light at SR 64 and Whitehouse Square are just two of the ideas that Williams and Davis shared with council. Both suggested that the administration research how cities like Columbus, Cleveland and

Oxford made changes to become AARP Age-Friendly Communities. This means the elected leadership has made the commitment to actively work toward making its community a great place for people of all ages. Membership in the network involves following a multi-step process of improvement.

Greenhouse asserts that the status quo of the built environment is designed for

a subset of the population, requiring others along the ability continuum to adapt. This creates unnecessary obstacles to functioning and independence, pushing many citizens to an artificially lower level of functioning and dependence.

"This is preventable by informed design. Design that respects the range of abilities across the lifespan can be applied to create homes and communities that enable all people to thrive. This is a foundation of optimal aging," Greenhouse believes.

The BGSU Optimal Aging Institute was created in 2016 to help middle-aged and older adults experience all dimensions of health, wellness and resiliency, Davis said.

"Optimal aging goes beyond good health and longevity. It deals with the capacity to function across many dimensions of wellness – physical, emotional, intellectual, social, spiritual, cultural and occupational. The ability to function is rooted in one's own resiliency – being able to adjust and adapt, no matter what challenges and stressors one encounters."

The institute does this through education, research and learning opportunities.

For more information, visit [bgsu.edu/oai](http://bgsu.edu/oai), [esthergreenhouse.com](http://esthergreenhouse.com), [visitability.org](http://visitability.org) or [aarp.org/livable-communities](http://aarp.org/livable-communities).



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# SENIOR CITIZENS'

## CALENDAR OF EVENTS

The following events are planned at the Maumee Senior Center, located at 2430 S. Detroit Ave. For additional information about programs, call the center at (419) 893-1994 or visit [www.maumeeseniorencenter.com](http://www.maumeeseniorencenter.com).

### MONDAY, JANUARY 15

*Closed for Martin Luther King Jr. Day*

### TUESDAY, JANUARY 16

**Menu:** Polish sausage, cabbage and noodles, bread, pineapple, dessert and milk.

- Line Dancing with Claudette Davis, 9:00 a.m.
- Cardio Drumming, 9:00 a.m.
- Mahjong and Six-Handed Euchre, 10:00 a.m.
- Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 a.m.
- Four-Handed Euchre, 12:30 p.m.
- Beginning Four-Handed Euchre, 12:30 p.m.
- Maumee Senior Center Singers Practice, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.
- Cardio Drumming, 1:45 p.m.
- Advanced Line Dancing with Michael, 3:00 p.m.

### WEDNESDAY, JANUARY 17

**Menu:** Chicken noodle casserole, broccoli, tropical fruit, roll, dessert and milk.

- Chair Zumba, 9:00 a.m.
- Line Dancing with Michael, 9:00 a.m.
- Zumba Lite, 9:00 a.m.
- Pokeno, 10:30 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Hand and Foot, 12:30 p.m.
- Poker, 12:30 p.m.
- Strength and Balance, 12:45 p.m.
- Bingo, 1:00 p.m.
- Cardio Drumming and Tai Chi, 5:30 p.m.

### THURSDAY, JANUARY 18

**Menu:** Grilled cheese, tomato soup, pears, dessert and milk.

- Cardio Drumming, 9:00 a.m.
- Line Dancing with Glenn LeFever, 10:00 a.m.
- Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
- Tai Chi II with Gavin, 11:00 a.m.
- Six-Handed Euchre and Duplicate Bridge, 12:30 p.m.

### FRIDAY, JANUARY 19

**Menu:** Veal patty and gravy, mashed potatoes, lima beans, orange, bread, dessert and milk.

- Line Dancing with Michael, 9:00 a.m.
- Advanced Tai Chi with Dennis, 9:30 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 p.m.

- Pinochle and Skip-Bo, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.

### Souper Bowl Lunch Fundraiser Planned

The Maumee Senior Center will host its annual Souper Bowl Lunch Fundraiser on Wednesday, February 14 at 11:30 a.m. Attendees can enjoy soup, fresh-baked bread, dessert and beverage for \$5.00 per person. To compete for the 2018 Silver Ladle Award, sign up at the front desk to cook and enter your favorite soup.

### Senior Center Singers Plan Practices

The Maumee Senior Center Singers, led by director Jim Burns, meet on Tuesdays at 12:30 p.m. Beginners are welcome. The choir has presented over 500 performances in Northwest Ohio. For more information, call (419) 893-1994.

### Art Classes With Julie Harrison Available

Watercolor, drawing and oil/acrylic classes are available at the Maumee Senior Center. Watercolor and drawing is offered on Tuesday mornings at 9:30 a.m., and oil/acrylic on Thursdays at 11:30 a.m. The cost is \$30.00 for a six-week session. Art instructor Julie Harrison will teach the classes.

### Lowrey Organ Lessons Announced

Lowrey organ lessons are offered on Wednesdays at 3:45 p.m. Individual lessons are also available. Class is appropriate for all levels. To sign up for classes, call Jennifer at (734) 770-6860.

### Fitness Classes Offered At Center

**Cardio Drumming**, a SilverSneakers Flex class with Cheryl Rodgers, meets on Tuesdays and Thursdays from 9:00 to 9:45 a.m. Equipment is provided. No cost for SilverSneakers members and \$3.00 for others. Preregistration is required.

**Line Dancing** classes with Glenn LeFever meet every Thursday at 10:00 a.m. The cost is \$2.00 per class, payable to the instructor at the door. Class is open to intermediate line dancers; you need not be advanced to attend.

**Line Dancing** classes with Michael meet on Fridays at 9:00 a.m. The cost is \$2.00 per class, payable to instructor at the door. Everyone is welcome.

**Line Dancing** classes with Claudette Davis meet on Tuesdays from 9:00 to 10:15 a.m. The cost is \$5.00 per class.

**Tai Chi: Moving for Better Balance** classes are held on Fridays from 9:30 to 10:30 a.m. and on Tuesdays and Fridays from 11:00 a.m. to noon. The class is taught by a certified instructor. Preregistration is required.

**Chair Zumba and Lite Zumba** with Vickie Geha classes are offered on Mondays and Wednesdays at 9:00 a.m. The low-intensity total workout combines all elements of fitness and offers a way to get your heart rate up while "dancing" in a seated or standing position. The cost is \$2.00 for each class or \$4.00 for both.

**Simply Lite Jazzercise** classes meet every Monday, Wednesday and Friday at 11:00 a.m. The 60-minute class pairs moderate aerobics with exercises designed to improve strength, balance and flexibility using easy-to-follow movements. Cost is \$30.00 per month; try the first class free.

**SilverSneakers Flex Classes** with certified Flex instructor Cheryl Rodgers include Circuit Interval Training on Tuesdays from 2:00 to 3:00 p.m. and on Fridays from 9:00 to 10:00 p.m., and Chair Yoga Senior Stretch on Tuesdays and Fridays from 12:45 to 1:30 p.m. Both are no cost to SilverSneakers members and \$3.00 for others.

### Facilities Available For Meetings, Events

The Maumee Senior Center has five different rooms available for the public to rent for meetings or special events. The

spaces can accommodate groups from eight to 147 people. For more information, call the center at (419) 893-1994. Personal tours of the facility are available.

### Applications And Services Available

Applications, services and information that may be obtained from the center include:

- Golden Buckeye Card
- Handicapped Parking
- Medical Claim Form Assistance
- Information on Medicare Supplement Insurance
- Blood pressure, weight and health consulting each Thursday morning
- Referrals for home repair and assistance
- Ohio Energy Credit
- Home Energy Assistance Program (HEAP)
- New Homestead Exemption Form
- Income Tax Assistance
- Living Wills and Durable Power of Attorney

## SENIOR CALENDAR

### Heartland Rehab Holds SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers.

Call for information at (419) 897-9822.

### Free Home Safety Checklist Available For Seniors

The Home Instead Senior Care office serving the greater Toledo area is offering a free home safety checklist and other helpful tools for area seniors and their families.

According to the Centers for Disease Control and Prevention, nearly 20 million seniors ages 65 and older visit the emergency room each year, with almost a third of the visits related to injuries, many of which are sustained in the home. However, almost half of all home accidents by seniors (48 percent) can be avoided, according to a recent survey of emergency room doctors, conducted by the Home Instead Senior Care network.

To request a free home safety checklist, call the local Home Instead Senior Care office at (419) 472-8181 or visit [www.makinghomesaferforseniors.com](http://www.makinghomesaferforseniors.com).

### Genacross At Wolf Creek Offers Free Meeting Rooms

The Genacross Lutheran Services at Wolf Creek retirement community has rooms available that will hold six to 60 people for weekly or monthly professional meetings. Those interested in reserving a room should call (419) 861-5619. There is no charge for the rental of the rooms.

The Genacross at Wolf Creek retirement community is located at 2001 Perrysburg-Holland Rd., Holland. LVWC is a ministry of Lutheran Homes Society in partnership with St. Luke's Hospital.

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Readers interested in submitting items to this column may do so by sending an e-mail to [info@themirrornewspaper.com](mailto:info@themirrornewspaper.com) or by sending a typed press release to The Mirror, 113 W. Wayne St., Maumee, Ohio 43537. Deadlines are at 5:00 p.m. on each Thursday prior to the following Thursday's publication. All items will be used solely at the editor's discretion.

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**FREE EDUCATIONAL MEDICARE SEMINAR**

Saturday, January 13 @ 10:00 a.m.

Stautzenberger College,  
Arrowhead Park  
1796 Indian Wood Circle, Room 126, Maumee, OH

Join me, Jim Poling, for my free "Welcome to Medicare" seminar. This event is for everyone turning 65 soon with questions about Medicare.

It is critical that you understand your options! We will discuss how Medicare works, when to enroll, Medicare Supplement versus Medicare Advantage Plans, Part D Prescription Plans, and how to identify which plan option is right for you.

This is an Educational Event NOT a Sales Event. No specific carrier or plan materials will be presented or sold. There is no cost or obligation to attend.

Walk-ins are welcome. RSVP is optional. Individual appointments are available if you prefer. Call 419-872-0204 with any questions. (Not affiliated with Medicare or any government agency.)

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