

LORAINCOUNTY.COM

SENIOR LIVING GUIDE

Empowering Seniors
Supporting Their Families
and Caregivers





Lorain County Office On Aging

**PROVIDING SUPPORTS, RESOURCES, AND
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- ✓ Retired Senior Volunteer Program
- ✓ The Senior Years Newspaper

LOCATIONS

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Southern Office
105 Maple St.
Wellington, Ohio 44090
440-647-0777



WWW.LCOOA.ORG



SENIOR LIVING GUIDE

Welcome to what we are calling “Edition 0” of the LorainCounty.com Senior Living Guide.

The goal of the Senior Living Guide is to be a valuable resource for seniors, their families, and caregivers.

This ‘0’ edition is a small run, with a larger and more comprehensive Guide scheduled to be released in February 2025.

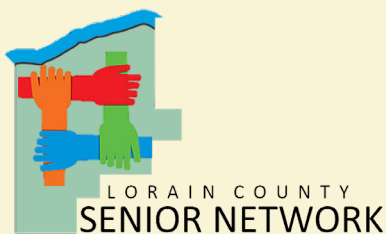
We are thankful to the initial sponsors who have helped to underwrite the costs of this guide.

This publication wouldn’t be possible without our partners:

Lorain County Office on Aging



Lorain County Senior Network



Be sure to visit the online Senior Living Guide:
LorainCounty.com/SeniorLiving

LorainCounty.com, LLC
412 Avon Belden Rd. Avon Lake, OH 44012
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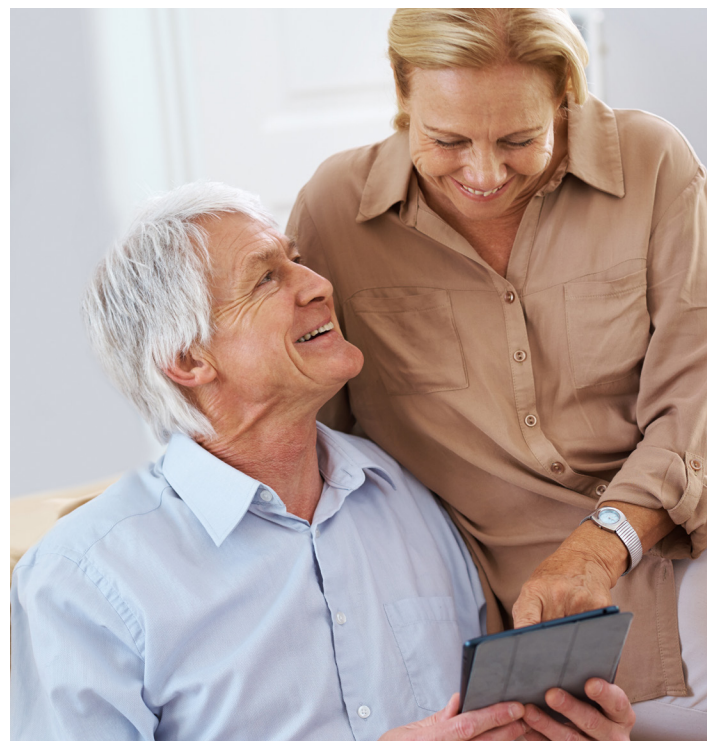
Staying Connected in a Digital World

In today's digital age, staying connected with loved ones, managing health, and engaging with the world has become easier than ever, thanks to technology. However, for many seniors, the rapid evolution of technology can feel overwhelming. The good news is that technology is becoming more user-friendly, and there are countless tools designed specifically to meet the needs of older adults. This article will explore ways seniors can use technology to stay connected, provide tips for getting started, and highlight the benefits of embracing digital tools.

1. Why Technology Matters for Seniors

Incorporating technology into daily life offers significant benefits for seniors, including:

- > **Social Connection:** Staying in touch with family and friends, especially for those who live far away or have limited mobility.
- > **Mental Engagement:** Games, puzzles, and educational content available online can help keep the mind sharp.



- > **Health Management:** Telehealth appointments, online medical records, and health tracking apps make managing one's health easier.
- > **Safety and Security:** Devices like smartphones and smart home technologies can improve safety and offer peace of mind.

Technology provides not just convenience but also a lifeline for staying engaged and connected.

2. Simple Tools to Help Seniors Stay Connected

For seniors who are new to the digital world, starting with simple, user-friendly tools can make the transition smoother. Below are a few easy-to-use technologies that help seniors stay in touch and remain engaged.

Smartphones and Tablets

- > **Video Calls:** Apps like FaceTime, Zoom, and Skype allow for face-to-face conversations, bringing loved ones into the room virtually.
- > **Text Messaging:** Tools like WhatsApp and iMessage make texting and sharing pictures with family and friends easy and fun.
- > **Apps for Seniors:** Many apps focus on simplicity, offering large icons and easy-to-navigate interfaces. Examples include Magnifying Glass apps or medication reminder tools.

Social Media Platforms

- > **Facebook:** The most popular platform for seniors, Facebook is a great way to share photos, stay updated on family events, and even connect with old friends.
- > **Instagram:** Though photo-centric, Instagram offers a simple way to follow family members and engage with pictures and videos.

(continued on page 6)



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Kendal at Oberlin is now offering Direct Admissions to our Stephens Care Center. For more information, call Kim Preston at 440-935-0574.

We believe retirement should be filled with cherished traditions, new adventures, and peaceful relaxation — plus so much more. That's why we offer retirement living that connects generations and provides easy access to entertainment, arts, culture, lifelong learning opportunities, wellness activities — all while providing a maintenance-free lifestyle for you to enjoy it all.

Visit us online or call to learn more about Kendal.

kao.kendal.org | 440.775.0094

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Older Adults in the Quaker Tradition



Kendal at Oberlin

Kendal at Oberlin is a life plan community for older adults, located less than one mile from the Oberlin College Campus. Most residents begin in an independent living cottage or apartment. Then, as needs change over time, more supportive services are offered in our Stephens Care Center. The most popular and comprehensive Residence and Care agreement for independent living includes the cost of future long-term care in the entry fee and ongoing monthly fees.

Direct admission to our Stephens Care Center is also offered on a daily rate basis when space is available. Kendal is accredited by the Commission on Accreditation of Rehabilitation Facilities, with a focus on person-centered care for assisted living, memory support and nursing care.

Kendal offers many resident-led programs and interest groups. Over 100 committees are organized by the Kendal at Oberlin Residents Association, which focus on sustainability, music, art and lifelong learning, to name just a few.

The campus features 100+ acres of natural beauty,



including a certified arboretum, wetlands and ponds. Wellness opportunities include walking trails and a fitness center with two pools. Enjoy a well-equipped library, art studio, wood shop and more.

For information about independent living, contact Elisabeth Christman at 440-775-9062. To inquire about direct admission to the Stephens Care Center, reach out to Kim Preston at 440-935-0574.

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- > **YouTube:** Not just for entertainment, YouTube offers tutorials on nearly every topic imaginable, including how to use different types of technology.

Email

- > **Email Services:** Gmail, Yahoo Mail, and Outlook are popular, reliable, and easy-to-use platforms for communication. Emails provide a way to stay informed, receive newsletters, and communicate with family.
- > **Voice Dictation:** For seniors who have trouble typing, most email platforms offer voice dictation features to make writing emails easier.

3. Staying Connected to Health Care

Technology also plays a critical role in health management. Here's how seniors can use digital tools to stay on top of their health:

Telehealth

- > Many doctors now offer telehealth services, where patients can have appointments via video call. This is especially helpful for those who have mobility issues or live far from their healthcare provider.

Health Monitoring Apps

- > **Medication Reminders:** Apps like Medisafe send reminders to take medication, ensuring seniors stay on track with their health.
- > **Exercise Trackers:** Devices like Fitbit or Apple Watch can track physical activity, helping seniors monitor their fitness goals.
- > **Sleep Monitoring:** Several apps can track sleep patterns and provide insights into sleep quality, a crucial aspect of overall well-being.

Online Health Portals

- > Many healthcare providers have online portals where patients can check test results, communicate with doctors, and refill prescriptions. Portals like MyChart make it easy for seniors to manage their health from home.

4. Safety and Security Through Technology

Staying safe while embracing new technology is essential. Fortunately, several tools are designed to help seniors feel secure at home and online:

Personal Emergency Response Systems (PERS)

- > Devices like Life Alert or Medical Guardian provide seniors with a button to press in case of emergency, instantly connecting them with emergency services.

Smart Home Devices

- > **Voice Assistants:** Devices like Amazon Echo (Alexa) or Google Home allow seniors to control lights, locks, and thermostats with voice commands. This can make life easier and safer for those with mobility challenges.
- > **Home Security Systems:** Smart doorbells with cameras, such as Ring, allow seniors to monitor who is at the door from the safety of their living room.

Online Safety Tips

- > **Password Management:** Tools like LastPass can help seniors manage their passwords securely and avoid using weak or repeated passwords.
- > **Avoiding Scams:** It's essential to stay vigilant about potential scams, especially online or phone scams targeting seniors. Education about common scam tactics (like phishing emails or fake tech support calls) can help seniors avoid fraud.

5. Getting Started: Tips for Seniors New to Technology

Starting with technology may seem intimidating, but with a few steps, seniors can feel comfortable and confident using digital tools:

Take It One Step at a Time

- > Begin with one or two tools, such as learning how to send text messages or make video calls. Gradually add more as comfort increases.

Attend a Class or Workshop

- > Many community centers, libraries, and senior centers offer technology classes specifically designed for older adults. These classes can provide hands-on experience and support.

Use Online Tutorials

- > Websites like YouTube have countless tutorials on how to use different devices and apps. For example, seniors can search for "how to use Zoom" and follow step-by-step instructions.

Ask for Help

- > Family members or caregivers can be great resources for answering questions and providing tech support.

The Benefits of Embracing Technology

While technology may seem daunting at first, it offers many rewards:

- > **Connection:** Stay in touch with family and friends through video calls, messaging, and social media.
- > **Independence:** Apps and devices can assist with everything from medication reminders to grocery deliveries, making daily life more manageable.
- > **Engagement:** Seniors can explore new hobbies, learn new skills, and keep their minds active through online games, tutorials, and educational content.

Conclusion

Technology opens doors for seniors to maintain independence, stay engaged with loved ones, and manage their health more effectively. By starting with simple tools and taking small steps, seniors can confidently embrace the digital world and enjoy the many benefits it brings.

With a bit of guidance and support, seniors can discover that technology is not something to be feared, but a valuable resource that empowers and enhances their lives.

7 Brain-Boosting Activities for Seniors

Keeping the mind sharp is just as important as maintaining physical health, especially as we age. Mental stimulation helps improve memory, cognitive function, and overall mental well-being. Here are seven brain-boosting activities that are both fun and beneficial for seniors:

1. Puzzles and Games

- > **Crossword Puzzles:** These classic puzzles are excellent for vocabulary and problem-solving skills.
- > **Sudoku:** This number-based puzzle challenges logical thinking and keeps the brain engaged.
- > **Jigsaw Puzzles:** Working on a jigsaw puzzle improves spatial awareness and memory.

2. Learning a New Language

- > **Language Apps:** Apps like Duolingo or Babbel make learning a new language accessible and fun.
- > **Memory Benefits:** Studies show that learning a new language enhances cognitive function and delays the onset of cognitive decline.

3. Reading and Audiobooks

- > **Books:** Reading fiction or non-fiction stimulates the brain by introducing new ideas, vocabulary, and concepts.
- > **Audiobooks:** For seniors with vision difficulties, audiobooks are a great alternative that still provides mental engagement.

4. Creative Hobbies

- > **Painting or Drawing:** These activities improve creativity and fine motor skills while offering a calming, meditative experience.
- > **Knitting or Sewing:** Crafting hobbies like knitting help with concentration, hand-eye coordination, and focus.

5. Memory Games and Brain-Training Apps

- > **Lumosity:** This popular brain-training app offers games specifically designed to improve memory, attention, and problem-solving skills.
- > **Elevate:** Another great app, Elevate, provides fun exercises that focus on reading, writing, math, and memory.

6. Playing a Musical Instrument

- > **Instrument Lessons:** Whether it's



picking up the piano, guitar, or even learning drums, playing an instrument challenges the brain to focus on rhythm, hand-eye coordination, and muscle memory.

- > **Cognitive Benefits:** Music is proven to stimulate multiple areas of the brain, helping with memory and emotional regulation.

7. Engaging in Social Activities

- > **Group Discussions:** Book clubs, discussion groups, or even casual conversations with friends stimulate critical thinking and help with verbal skills.
- > **Volunteer Work:** Volunteering keeps seniors mentally active while providing a sense of purpose and community involvement.

Conclusion:

Engaging in these activities regularly can help seniors maintain mental sharpness, reduce the risk of cognitive decline, and bring joy and satisfaction to their daily lives. By keeping the brain active and challenged, seniors can support both their cognitive and emotional health for years to come.

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Senior Center Locations

	SENIOR CENTER	ADDRESS	Telephone
1	Avenue at North Ridgeville	6200 Lear Nagle Road, North Ridgeville	(440) 412-7100
2	Avon Oaks Caring Community	37800 French Creek Rd, Avon	(440) 934-5204
3	Avon Place Skilled Nursing and Rehabilitation	32900 Detroit Rd, Avon	(440) 937-6201
4	Danbury Senior Living	33770 Bagley Road, North Ridgeville	(440) 596-3797
5	ERC Senior Apartments	145 Academy Ct., Elyria	(440) 322-2292
6	Independence Village Senior Living	345 Lear Rd, Avon Lake	(440) 930-7100
7	Kendal at Oberlin	600 Kendal Drive, Oberlin	(440) 775-0094
8	Keystone Pointe	383 Opportunity Way, LaGrange	(440) 355-4616
9	Kingston of Vermilion	4210 Telegraph Ln, Vermilion	(440) 967-1800
10	Northridge Health Center	35990 Westminster Ave, North Ridgeville	(440) 327-8511
11	O'Neill Healthcare	38600 Center Ridge Road, North Ridgeville	(440) 298-7154
12	Oak Hills Nursing Center	3650 Beavercrest Dr., Lorain	(440) 282-9171
13	Rose Senior Living Avon	33200 Health Campus Blvd, Avon	(440) 937-0757
14	Sprenger Health Care - Amherst Manor	175 North Lake Street, Amherst	(440) 988-4415
15	Sprenger Health Care - Anchor Lodge	3756 W. Erie Avenue, Lorain	(440) 244-2019
16	Sprenger Health Care - Autumn Aegis	1130 Tower Blvd., Lorain	(440) 960-5612
17	Sprenger Health Care - Elms Retirement Village	136 S. Main Street, Wellington	(440) 647-2414
18	Sprenger Health Care - The 1907 at Central School	474 Church Street, Amherst	(440) 984-6999
19	Sprenger Health Care Towne Center Community Campus	500 Community Dr., Avon Lake	(440) 930-6600
20	The Abbewood	1210 South Abbe Road, Elyria	(440) 366-8980
21	The Woods on French Creek	37845 Colorado Ave, Avon	(440) 695-1400
22	Welcome Nursing Home	417 S Main St., Oberlin	(440) 775-1491
23	Wesleyan Meadows	5400 Meadows Lane Court, Sheffield Village	(440) 934-9400
24	Wesleyan Village	807 West Avenue, Elyria	(440) 284-9000
25	White Orchid Adult Care Home Ohio	32624 Greenwood Dr., Avon Lake	(440) 930-0239



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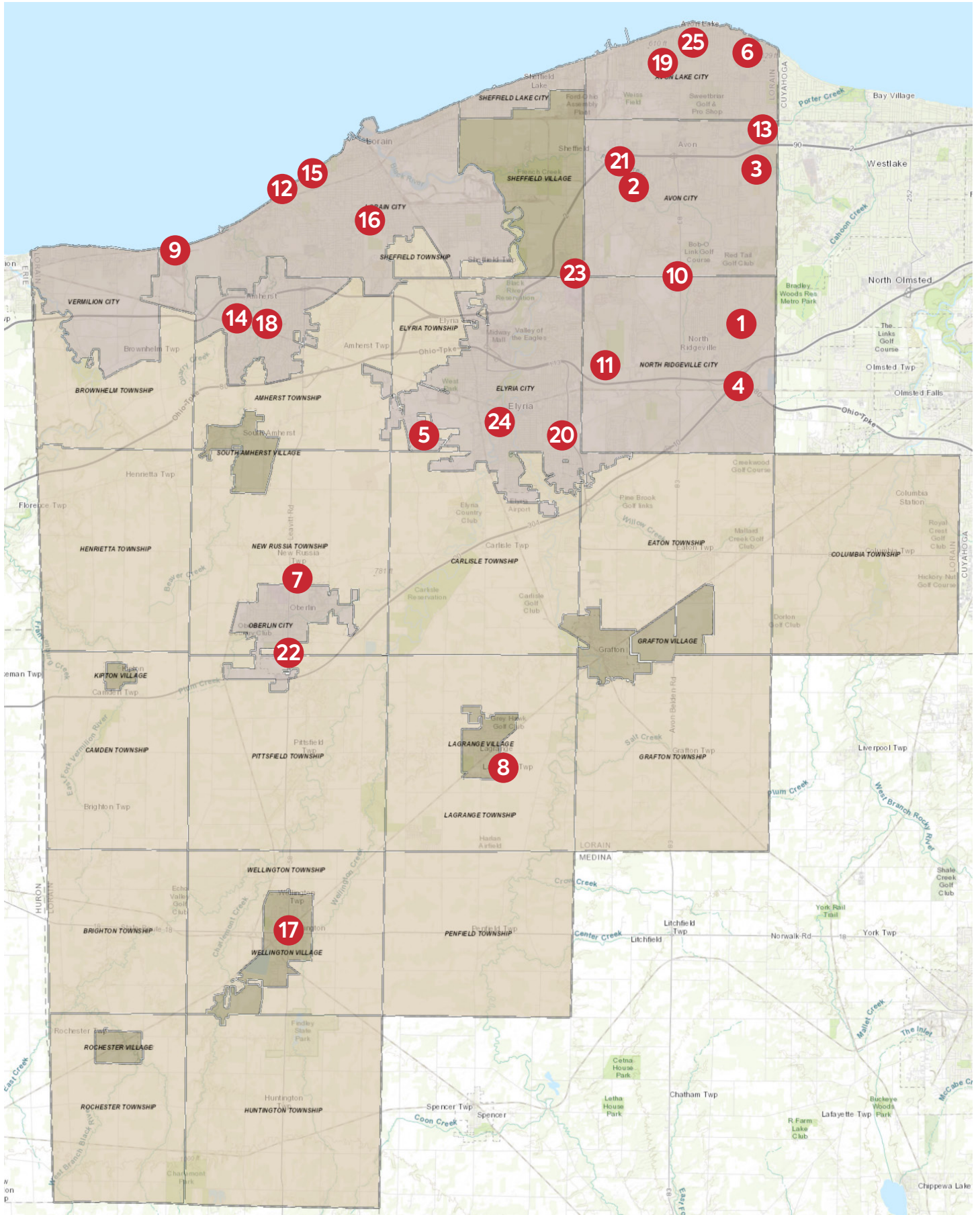
Let's Discuss Your Needs!

✓ Medicare Alone ✓ Medicare Advantage
✓ Medicare Supplement ✓ Part D Drug Plan



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Senior Center Locations





10 Must-Visit Websites for Seniors

The internet is a treasure trove of knowledge, entertainment, and opportunities for connection. Here are ten websites that seniors can explore to learn new things, stay entertained, and keep connected:

1. AARP.org

- > **Why Seniors Will Enjoy It:** AARP's website offers a wealth of information for seniors, including articles on health, finance, retirement, and lifestyle. It also includes benefits and discounts for AARP members.
- > **Features:** Educational articles, retirement planning tools, health tips, and access to exclusive deals and discounts.

2. TED.com

- > **Why Seniors Will Enjoy It:** TED Talks provide insightful and inspiring lectures on a wide variety of topics, from science and technology to personal growth and art.
- > **Features:** Free video talks by experts in various fields, perfect for lifelong learners looking to expand their knowledge.

3. Duolingo.com

- > **Why Seniors Will Enjoy It:** Learning a new language has been shown to improve cognitive function, and Duolingo makes it fun and easy.
- > **Features:** Free language lessons in dozens of languages, gamified for an enjoyable learning experience.

4. YouTube.com

- > **Why Seniors Will Enjoy It:** YouTube is home to millions of videos, from how-to tutorials and educational content to entertainment and music.
- > **Features:** Easy access to video tutorials on cooking, tech, hobbies, fitness routines, or even just listening to favorite music or watching travel videos.

5. Lumosity.com

- > **Why Seniors Will Enjoy It:** Lumosity offers scientifically designed brain games to help seniors keep their minds sharp.

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Foundations Health Solutions is owned and operated right here in Ohio, our people live and work in the communities they serve, and are proud to be Ohio Homegrown.

Foundations Health is Ohio's premier long-term care company managing 60+ care facilities statewide, specializing in physical therapy, skilled nursing, quality outcomes, and resident satisfaction. Foundations Health Solutions is committed to serving our communities with the highest level of clinical excellence and resident satisfaction, along with a strong employee culture that places priority and resources on the direct caregiving team.

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Admiral's Pointe
1920 Cleveland Rd. West, Huron, OH
419.433.4990 • admirals-pointe.net




Avon Place
32900 Detroit Rd., Avon, OH
440.937.6201 • avon-place.net




Brunswick Pointe
4355 Laurel Rd., Brunswick, OH
330.741.8000 • brunswick-pointe.net




Huntington Woods
27705 Westchester Pkwy, Westlake, OH
440.835.5661 • huntington-woods.net




KEYSTONE POINTE
383 Oppourtunity Way, LaGrange, OH
440.355.4616 • keystone-pointe.net




Riverview Pointe
9027 Columbia Rd, Olmsted Falls, OH
440.427.8884 • riverview-pointe.net




The Woods on French Creek
37845 Colorado Ave., Avon, OH
440.695.1400 • french-creek.net




Crocker Pointe
4000 Crocker Rd, Westlake, OH
440.892.2100 • crocker-pointe.net





Admiral's Pointe Nursing and Rehabilitation

📍 1920 Cleveland Road West, Huron
📞 (419) 433-4990

🌐 admirals-pointe.net
📘 [admiralspointe](https://www.facebook.com/admiralspointe)

Admiral's Pointe Nursing and Rehabilitation is a physical rehabilitation and skilled nursing care facility in Huron. They work every day to afford you the ability to reach your highest level of independence and the opportunity to live life to its fullest. Admiral's Pointe Nursing and Rehabilitation is a CMS 5-star rated facility.



Avon Place Skilled Nursing and Rehabilitation

📍 32900 Detroit Rd, Avon
📞 (440) 937-6201

🌐 avon-place.net
📘 [avonplaceoh](https://www.facebook.com/avonplaceoh)

Avon Place Skilled Nursing and Rehabilitation is a trusted long-term care and rehabilitation facility in Avon. They provide comprehensive services to support the health and well-being of their residents. With a dedicated team of professionals, Avon Lake offers personalized care and rehabilitation programs to help individuals regain their independence and improve their quality of life.



Brunswick Pointe Transitional Care

📍 4355 Laurel Rd, Brunswick
📞 (330) 741-8000

🌐 brunswick-pointe.net
📘 [brunswickpointeOH](https://www.facebook.com/brunswickpointeOH)

Brunswick Pointe Transitional Care is a rehabilitation facility in Brunswick dedicated to developing a plan for healing at your own individualized pace in the ideal atmosphere. The inviting environment stimulates thoughts of healing and recovery.

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businesses visit

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Crocker Pointe Health and Rehabilitation

📍 4000 Crocker Rd, Westlake
📞 (440) 892-2100

🌐 crocker-pointe.net
📘 [crockerpointeOH](https://www.facebook.com/crockerpointeOH)

Crocker Pointe Skilled Nursing and Rehabilitation is a nursing home in Westlake featuring 96 over-sized private suites providing their residents with space to rest and recover after a post-acute stay or as a home for long-term care services. Their specialty services include on-site invasive ventilator management, non-invasive trilogy service, and on-site dialysis den.



Dewey Furniture

📍 4483 Liberty Ave, Vermilion
📞 (877) 443-3939

🌐 deweyfurniture.com
📘 [DeweyFurniture](https://www.facebook.com/DeweyFurniture)

Dewey Furniture is a 4th generation family owned and operated furniture store. Serving Lorain County for over 70 years, they offer a wide selection of furniture, mattresses, and flooring in their showrooms.



Gotcha Covered

📍 2525 Nagel Road, Avon
📞 (440) 709-8249

🌐 gotchacovered.com/avon

Gotcha Covered specializes in custom window treatments and blinds. They offer a wide range of solutions for every window, including shades, shutters, blinds and more. Their design experts work with customers to create customized window covering to meet their needs.



Home Instead

📍 35590 Center Ridge Rd, Suite 101, North Ridgeville

📞 (440) 305-6814

🌐 homeinstead.com/location/690
📘 [homeinsteadloraincountyohio](https://www.facebook.com/homeinsteadloraincountyohio)

Home Instead provides reliable in-home assistance for common activities of daily living. Their dedicated team offers personalized care and support to help individuals maintain their independence and quality of life. With a focus on compassion and respect, Home Instead ensures that clients receive the assistance they need in the comfort of their own homes.



Huntington Woods Care and Rehabilitation Center

📍 27705 Westchester Pkwy, Westlake
📞 (440) 835-5661

🌐 huntington-woods.net
📘 [huntingtonwoodsOH](https://www.facebook.com/huntingtonwoodsOH)

Huntington Woods is an 82-bed rehabilitation and skilled nursing facility in Westlake – a place where residents and their families feel comfortable, cared for and most importantly, empowered to live a meaningful life. Whether you are there for rehabilitation or skilled nursing care, Huntington Woods provides a fulfilling experience for every resident that ensures happiness and health.



Kendal Early Learning Center

📍 600 Kendal Dr., Oberlin
📞 (440) 775-9815

🌐 kendalearlylearning.org

Kendal Early Learning Center, a Step Up to Quality Five-Star rated program, is located inside Kendal at Oberlin. Their unique intergenerational program combined with the creative curriculum provides a balanced approach for young children to learn and grow. They provide programming for preschool children.



Lorain County Office on Aging

📍 534 Abbe Road S, Elyria

☎ (440) 326-4800

🌐 lcooa.org

📘 lcooa

The Lorain County Office on Aging is dedicated to enhancing the well-being and autonomy of seniors in Lorain County. Their mission is to improve the health and independence of older adults through various programs and services. With a focus on promoting a high quality of life, the organization strives to meet the unique needs of seniors in the community.



Lorain County Senior Network

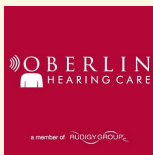
📍 P.O. Box 39553, North Ridgeville

🌐 loraincountyseniornetwork.org

📘 facebook.com/profile.

php?id=100063593269901

The Lorain County Senior Network is comprised of professionals who represent agencies, organizations, institutions or individuals who are concerned with the well-being of older adults in Lorain County. Their purpose is to develop, coordinate and support a community network of care and resources for older adults in Lorain County.



Oberlin Hearing Care

📍 224 W Lorain St. Ste 400, Oberlin

☎ (888) 561-2728

🌐 oberlinhearingcare.com

📘 OberlinHearingCare

Oberlin Hearing Care works with you to diagnose and find solutions for your hearing and tinnitus needs using state-of-the-art equipment and the most advanced technology. Their patient-centered approach allows them to focus on satisfying your hearing care needs, whatever they may be.



Riverview Pointe Care Center

📍 9027 Columbia Road, Olmsted Falls

☎ (440) 427-8884

🌐 riverview-pointe.net

📘 riverviewpointecarecenter

Riverview Pointe is an 124-bed rehabilitation and skilled nursing facility in Olmsted Falls - a place where individuals and their families feel empowered, comfortable and most importantly, special. Whether you are there for rehabilitation or skilled nursing care, Riverview Pointe provides a rewarding individual experience focused on health and wellness.



Rose Senior Living Avon

📍 33200 Health Campus Blvd, Avon

☎ (440) 937-0757

🌐 avon.roseseniorkiving.com

📘 RoseSeniorLivingAvon

Rose Senior Living Avon is a welcoming senior living community in Avon. With a focus on providing exceptional care and support, they offer a range of services and amenities to enhance the lives of their residents. From comfortable accommodations to engaging activities and personalized care plans, Rose Senior Living Avon strives to create a warm and inviting environment for seniors to thrive.



Snakovsky Insurance

📍 Columbia Station

☎ (440) 476-8559

🌐 insurewithss.com

📘 insurewithss?mibextid=ZbWKwL

Snakovsky Insurance is an independent insurance agency specializing in Health Insurance Solutions for Businesses, Baby Boomers, Individuals & Families. Founder, Stephanie Snakovsky works with the major insurance companies so she can offer her clients appropriate coverage for them.



Stack Heating Cooling Plumbing & Electric

📍 37520 Colorado Ave, Avon

☎ (440) 485-3077

🌐 stackheating.com

📘 stackheating

Stack Heating Cooling Plumbing & Electric is a business in Avon, specializing in plumbing, HVAC, and electric services. With their expertise and commitment to customer satisfaction, they provide reliable solutions for all your home needs. Whether you require repairs, installations, or maintenance, their skilled technicians are ready to assist you.



The Woods on French Creek

📍 37845 Colorado Ave, Avon

☎ (440) 695-1400

🌐 french-creek.net

📘 woodsonfrenchcreek

The Woods on French Creek is a health and rehabilitation center in Avon. They provide top-notch care and support to individuals in need of specialized services. With a focus on promoting wellness and recovery, this center offers a range of programs and therapies tailored to meet each individual's unique needs.



Wesleyan Meadows

📍 5400 Meadows Lane Court, Sheffield Village

☎ (440) 934-9400

🌐 villageliving.org/meadows-sheffield

📘 wesleyanmeadows

Wesleyan Meadows in Sheffield Village offers exceptional independent living services. With a focus on creating a vibrant and supportive community, Wesleyan Meadows provides a comfortable and enriching environment for its residents. Their commitment to promoting an active and fulfilling lifestyle is evident in their range of amenities and activities.

(continued from page 10)

- > **Features:** Personalized brain-training games that focus on memory, attention, and cognitive flexibility.

6. SeniorPlanet.org

- > **Why Seniors Will Enjoy It:** Senior Planet is designed specifically for seniors and offers articles, workshops, and online courses on topics like technology, wellness, and social engagement.
- > **Features:** Free online classes, tech tutorials, and virtual events focused on seniors.

7. SmithsonianOpenAccess.si.edu

- > **Why Seniors Will Enjoy It:** Seniors with a love of history, art, or science can explore the Smithsonian's vast collection of free digital content, including images, videos, and research papers.
- > **Features:** Access to millions of digital resources from one of the world's largest museums.

8. GoodReads.com

- > **Why Seniors Will Enjoy It:** Goodreads is the perfect platform for book lovers. Seniors can discover new books, read reviews, and connect with fellow readers.
- > **Features:** Personalized book recommendations, user-generated reviews, and a community of readers.



9. KhanAcademy.org

- > **Why Seniors Will Enjoy It:** Khan Academy offers free courses on a wide variety of subjects, making it a great resource for seniors looking to learn something new, from history to economics to art.
- > **Features:** Free educational courses with video tutorials and interactive lessons.

10. RoadScholar.org

- > **Why Seniors Will Enjoy It:** Road Scholar offers educational travel adventures, specifically curated for older adults. Even if seniors can't travel, they offer online lectures and virtual learning.
- > **Features:** Online events, lectures, and travel experiences focused on lifelong learning and cultural enrichment.

Conclusion:

These websites offer a variety of educational, entertaining, and enriching content specifically suited for seniors. Whether looking to stay mentally active, learn new skills, or simply enjoy some entertainment, these platforms provide a world of possibilities for exploration and connection.



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LORAIN COUNTY SENIOR NETWORK

*A Network of Professionals Providing Care & Resources for
Older Adults in Lorain County*

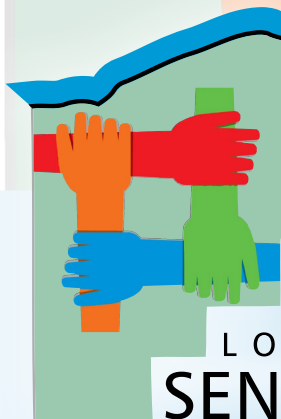


OUR PURPOSE

is to develop, coordinate
and support a community
network of care and resources
for older adults
in Lorain County.

The Lorain County Senior Network

is comprised of professionals who
represent agencies, organizations,
institutions or individuals who
are concerned with the well-being
of older adults in Lorain County.



LORAIN COUNTY
SENIOR NETWORK



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LorainCounty.com/Volunteer

Presented by:



Senior Living Guide



Reach Lorain County's Senior Community

The LorainCounty.com Senior Living Guide is a new magazine and dedicated website section designed to be a valuable resource for seniors, their families, and caregivers. The website section is updated on a regular basis and featured on LorainCounty.com, a site that receives over 30,000 visitors each month.

Reach a targeted audience of seniors and those who care for and about them. Join us in enriching the lives of our senior residents.

For more information contact: Dustin@LorainCounty.com | (440) 284-3653 | 412 Avon Belden Rd. Avon Lake

LorainCounty.com/SeniorLiving