Words for Seniors

By Marcia Peiffer

We're approaching graduation. There will be lots of cake, lots of career advice, and lots of graduation speeches. Here are excerpts from the three most meaningful commencement addresses:

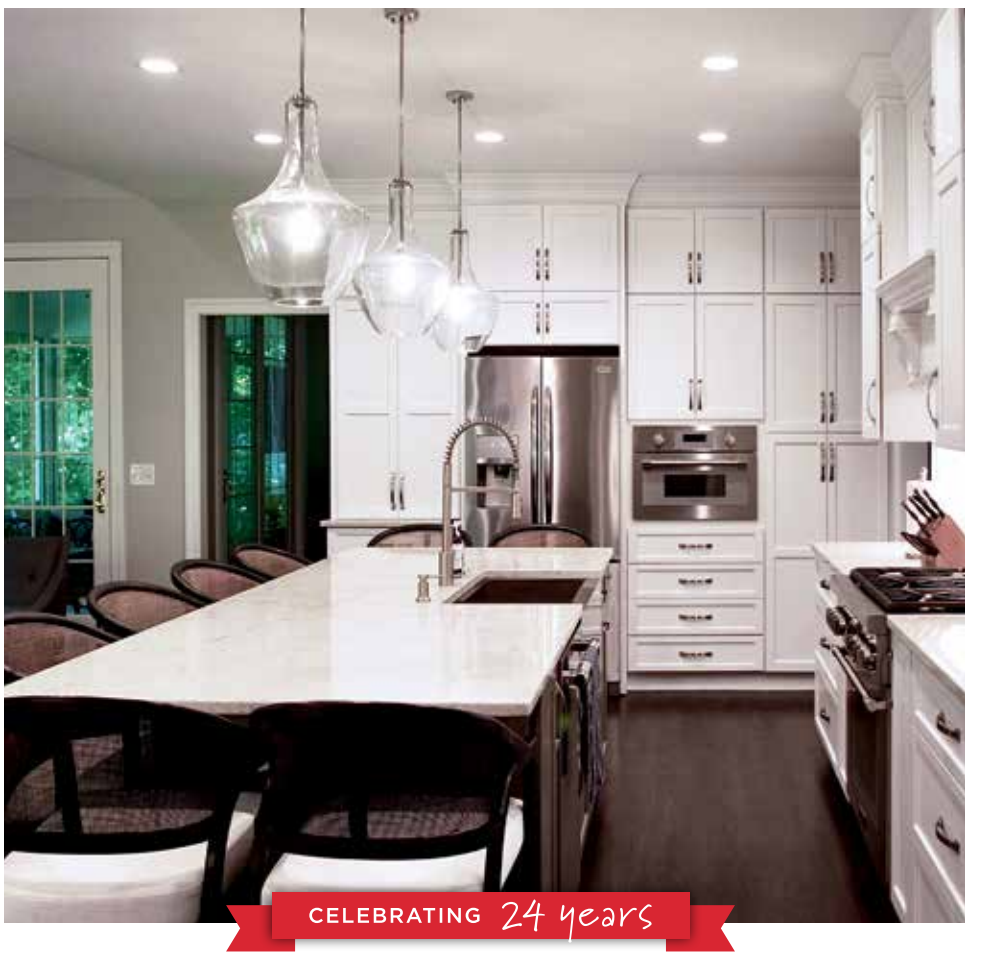
Taylor Swift on what to take with you: "Part of growing up and moving into new chapters of your life is about catch and release. What I mean by that is, knowing what things to keep, and what things to release. You can't carry all things, all grudges, all updates on your ex, all enviable promotions your school bully got at the hedge fund his uncle started. Decide what is yours to hold and let the rest go. Oftentimes the good things in your life are lighter anyway, so there's more room for them. One toxic relationship can outweigh so many wonderful, simple joys. You get to pick what your life has time and room for. Be discerning."

Michelle Obama on embracing your struggles: "But, graduates, let me tell you, you should never, ever be embarrassed by those struggles. You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages. And I know that because I've seen it myself, not just as a student working my way through school, but years later when...I came to the White House and I worked as a dean at a college."

"I hope you will be treated unfairly, so that you will come to know the value of justice."

Chief Justice Roberts on how life lessons come from unfairness and failure: "Commencement speakers will typically also wish you good luck and extend good wishes to you. I will not do that, and I'll tell you why. From time to time in the years to come, I hope you will be treated unfairly, so that you will come to know the value of justice. I hope that you will suffer betrayal because that will teach you the importance of loyalty. Sorry to say, but I hope you will be lonely from time to time so that you don't take friends for granted. I wish you bad luck, again, from time to time so that you will be conscious of the role of chance in life and understand that your success is not completely deserved and that the failure of others is not completely deserved either. And when you lose, as you will from time to time, I hope every now and then, your opponent will gloat over your failure. It is a way for you to understand the importance of sportsmanship. I hope you'll be ignored so you know the importance of listening to others, and I hope you will have just enough pain to learn compassion. Whether I wish these things or not, they're going to happen. And whether you benefit from them or not will depend upon your ability to see the message in your misfortunes."

May the words of the greats be your guide as you embark on life post-high school. Congratulations on another milestone. On to the next.



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Theordore Thomas Olson

Eclipse Baby Welcomed by Olson Family

Dan Olson and his wife Emily gave birth to an 8 pounds, 7 ounces son during the second half of the Eclipse, at 4:22 p.m. This was their first child, and he was given the name of Theodore Thomas Olson.

Dan is the son of new grandparents, Dale and Nancy Olson of Bainbridge.

Theo was born at Fairview Hospital.

Vacation Bible School at Valley Lutheran Church

Valley Lutheran Church's (VBS) is a fun summer program that allows kids ages three (must be potty trained) through fifth grade to learn about the many ways God has touched all of our lives.

The 2024 VBS theme is "Celebrate the Savior." We're having a party—a party to celebrate the Savior—and you're invited! Celebrate the Savior: Jesus.

Join us for fun crafts, engaging activities and catchy music to share God's love with children in a fun-filled week!

Register today for VBS on July 15-19 from 9-11:30 a.m. at www.valleylutheran.org/vbs Let's get ready to celebrate our Savior! God has given us so many amazing blessings: our families, friends, and His everlasting love.

Lord of Life Celebrates First Communion

A group of 15 students at Lord of Life Lutheran Church in Bainbridge experienced Holy Communion for the first time on April 7. This was a major step in the spiritual development of these children.

At Lord of Life, First Communion generally takes place during the fifth grade year and is preceded by a series of classes taught by our Intern Pastor and a weekend retreat. Students are engaged on their level in these instructional events as they explore the context in which Jesus instituted Holy Communion. The concepts of sin, our need for forgiveness, and what Jesus did for us all those years ago on the cross (and continues to do for us today) are addressed.

Rev. Robert Henderson, senior pastor at Lord of Life says, "First Communion is an opportunity for children to begin to move beyond the basic stories of the Bible and make their faith real and tangible in their lives. It is the first in a series of rites of passage as they grow from children into adult members of the body of Christ."

The process that Lord of Life has put in place seeks to make the event an impactful one that draws children closer to God and the church. The children often look back on the experience as one of the most meaningful of their young Christian lives.

Lord of Life is located just south of Rt. 422 at 17989 Chillicothe Rd. (Rt. 306) in Bainbridge Twp. For further information on First Communion or any of the ministries of Lord of Life, please contact the church office at 440-543-5505 or visit their website at LOLOH.org.

Kenston High School Spring Signing Day

Five Kenston High School Seniors participated in the Spring Signing Day last month. Congratulations to our Bombers for announcing their commitments to continue their playing careers at the college level next year. Brandon Bell will be playing football at the University of Mount Union. Robbie Hatcher will be playing football at Capital University. Ashton Kolenic will be playing football at the University of Mount Union. Sean Patrick will be playing football at the University of Akron. Wes Toth will be playing baseball at Bluffton University. We wish them all the best of luck with their future sports careers. Pictured from left, Brandon Bell, Robbie Hatcher, Ashton Kolenic, Sean Patrick and Wes Toth

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RockAbility Free Concert May 22

RockAbility, an adaptive, integrated music project for musicians with developmental disabilities, will be performing at 6:30 p.m. on Wednesday, May 22 at the Geauga Board of Developmental Disabilities /Metzenbaum Center, 8200 Cedar Rd., Chesterland.

The all-ages performance is free. T-shirts and other merchandise will be available for purchase. RockAbility welcomes musicians with disabilities into performance-based musical projects. Participants have the opportunity to play and perform with mentor musicians who are actively performing and recording in various genres throughout Northeast Ohio. RockAability was formed in January of 2022 and has performed in open-mic nights, local jam sessions, fundraising and special events. The group has 14 scheduled performances in 2024, including shows by ensembles as well as the full band. This May 22 performance is a full-band, two-hour show with an intermission.

The band will play original songs and popular covers featuring well-known artists such as Elton John, Bob Marley, The Beatles, Genesis, Olivia Rodrigo, Barenaked Ladies and many more. Six lucky attendees will have the opportunity to be called up to stage to play "spin the wheel" and choose the next song the band will play! If they choose the song the wheel lands on, they will receive a free RockAbility T-shirt. If not, they will get a free RockAbility bandana.

What is RockAbility?

RockAbility is a performance-based musical project which integrates musicians with disabilities with local mentor musicians. RockAbility's mentor musicians are local artists, many of whom have life experience with someone who has a disability. RockAbility places musicians with disabilities into situations where they can bring their existing skills to a project that can help elevate everyone's abilities. All rehearsals and performances focus on musicianship and teamwork. Participants are expected to practice their parts ahead of rehearsals, which are devoted to learning how to put songs together, collaborate, problem solve and compromise. This is not a music education program that teaches people with disabilities how to play an instrument or to sing.

Goals:

- Increase confidence
- Build community connections
- Elevate self-advocacy
- Establish and build touch-points with audiences
- Demonstrate integration in action
- Improve musical skills
- Have fun and rock out!

RockAbility exists as a quality-of-life program for musicians with developmental disabilities so they can have something productive and constructive to do. It is offered free of charge.

What RockAbility Isn't

RockAbility is not a music instruction organization run by music teachers. We do not gather during rehearsals to teach people how to become drummers, guitarists, singers, or play any other instrument.

RockAbility is not intended to be a source of income for any client musician. Inclusion and diversity in action Musicians with documented disabilities who want to level-up their skills while working with our mentor musicians are welcome to contact us. A successful audition demonstrating an ability to play an instrument or sing is required to participate. Space constraints prohibit the group from accepting everyone, however, the group's non-performance track "Inside Circle" meets at Burton Public Library and Chardon Library monthly, and everyone is welcome to play there and be invited to join the full band on select songs at performances.

Mentor musicians provide guidance, suggestions, and musical camaraderie. They offer constructive suggestions to the clients who need help finding the beat, staying on pitch, or working out a few kinks in a solo. Often, mentors show up at practice early or stay late to help a client musician work on specifics. Although the emphasis is on spotlighting the musicians with disabilities, mentor musicians can step in and help carry the material as needed.

NPower Services is grateful for the support of individual donors as well as the Geauga County Board of Developmental Disabilities, the Metzenbaum Foundation, the Cuyahoga County Board of Developmental Disabilities and Jewish Family Services Association. This undertaking would not be possible without them.

About NPower Services

NPower Services helps adults with developmental disabilities build meaningful lives by identifying and finding opportunities including volunteering, employment readiness, athletics, art, music, service projects and socialization. Learn more: https://npowerservices.com/

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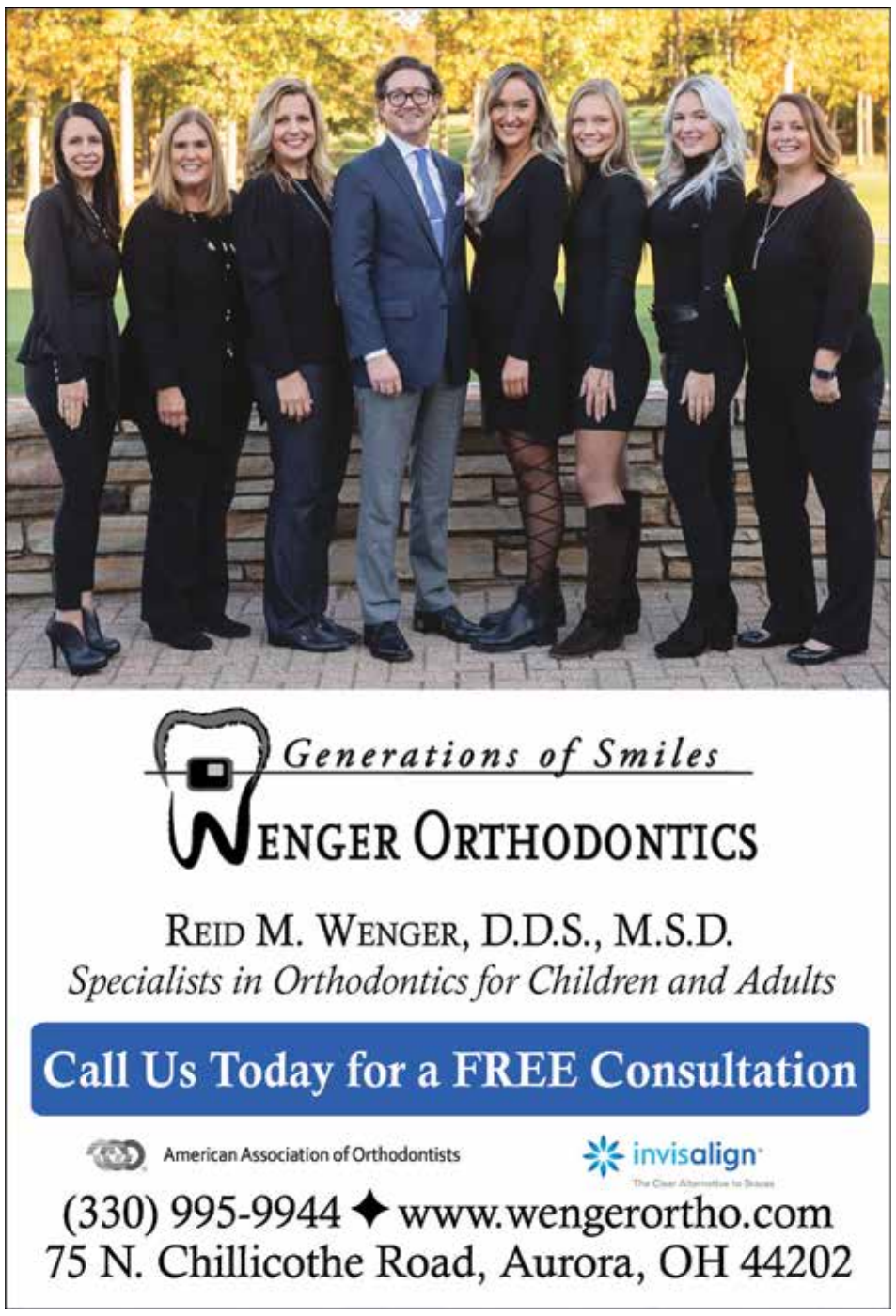

Bainbridge Senior Happenings for May

Bainbridge Garden Share Club

New for 2024! Want to streamline your garden? Or join forces with another gardener to trade? Or maybe you just need a place to unload all that extra produce, so it doesn't go to waste? Do you need to get (or give) some advice on composting, pest control, etc.? If any of those apply, then join our Garden Share Club! First meeting will be Thursday, May 2 at noon at the Bainbridge Senior Center. Meetings will be held monthly with updates as needed. If you are interested or have any questions, please contact Keri, (440) 279-1313.

Planning for Your Loved Ones

On May 21, at the Bainbridge Senior Center, Andrea Hauserman, MBA, KW Real Estate Planner, Senior RE Specialist and Lisa Alongi, CPFP, Advance Planning Specialist and Family Services Advisor, will provide a 12-1 p.m. learning session for Geauga seniors. Take Control and Steer a Course for Proactive Planning! Join two professionals for a lively and realistic discussion of the Now: What if I want to age in place in my home vs How to best tackle the work of a move? And the Later: Remove the burden from loved ones and Put a Plan in place now to express your wishes for final arrangements.

But first they will provide lunch, catered by the Two Café, All Organic, Farm to Table Delicious Food. RSVP's are due by May 16 - or earlier if required by David Craig.

Bainbridge Walking Group

With spring returning, so is the Bainbridge Walking Group. Geauga seniors will meet a staff member at a local park for nice relaxing walk every Tuesday morning at 8 a.m. Call (440) 279-1313 for more information. May's schedule is listed below:

May 7: Holbrook Hollows (Bainbridge)
May 14: Frohring Meadow (Bainbridge)
May 21: River Road Park (Bainbridge)
May 28: Beartown Lake (Auburn)

Geauga County Family Caregiver Video Series

Are you a caregiver for someone with dementia? Then visit the website below to view a free series of videos created to support family caregivers of persons living with dementia in Geauga County, created with funding in part from a grant from The Cleveland Foundation Lake Geauga Fund.

Topics include: **Using Strengths:** Ways to use remaining abilities to encourage independence and engagement; **Engaging Activities:** The importance of meaningful activities, examples of purposeful activities, and how to make activities more accessible for persons living with dementia; **Understanding Behavior:** Common responsive behaviors that accompany dementia, with an exploration of causes and interventions.

To view the video series go to bit.ly/Homecare-Videos or you can also visit Center for Applied Research in Dementia online, where you can find additional Free Resources, follow us on social media and subscribe to our newsletter for activity ideas and inspiration. Go to cen4ard.com.

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Take Charge of Your Health with the Diabetes Self-Management Program

Are you a senior, 60 years of age or older, dealing with diabetes or do you want to help your spouse? If you or someone you know has diabetes, join the Free six-week Diabetes Self-Management (DSM) workshop, offered by the Geauga County Department on Aging. You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating; 4) appropriate use of medication, and 5) working more effectively with health care providers.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Classes held at the Geauga County Office Building, Second Floor - Room B200, 12611 Ravenwood Dr., Chardon, from 1-3:30 p.m. on April 1, 9, 15, 22, 29 and May 6.

Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health and life.

To register for this class please call Melissa Wheeler at 440-279-2167

Home Delivered Meals Needs Volunteers!

The Geauga County Dept. on Aging is in need of Home Delivered Meal drivers in Bainbridge and Auburn areas. Meal routes start at the Bainbridge Senior Center located at 17751 Chillicothe Rd., in Bainbridge. The HDM program delivers warm, nutritious lunches between the hours of 11 a.m.-1 p.m., Monday through Friday to homebound seniors in the community.

GDA is looking for area agencies, organizations, church groups and individuals 18 years old or older, with a valid driver's license, who are interested in volunteering for this program. Training includes filing GDA HDM Volunteer paperwork and a short orientation about the program. Volunteers can deliver meals on a weekly, bi-weekly, monthly or as needed/substitute basis.

To sign up or for any questions, please contact Nathan Gorton at (440) 279-2138 or email at NGorton@co.geauga.oh.us

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Understanding Stroke and Rallying Support for a Neighbor in Need

By Jeff Guritza

Every 40 seconds, someone in the United States has a stroke.

Stroke is an event that affects the arteries of the brain. A stroke occurs when a blood vessel bringing blood to the brain gets blocked or ruptures (bursts). This means that the area of the brain the blocked or ruptured blood vessel supplies can't get the oxygen and nutrients it needs. Without oxygen, nerve cells can't function. Your brain controls your ability to move, feel, think, and behave. Brain injury from a stroke may affect any of these functions.

My dear friend, John Bauswein, a well-respected member of Bainbridge and the co-publisher of *Bainbridge Banter* and now *Spirit of Bainbridge* for more-than-a-combined 30 years, suffered a stroke last summer that has left him permanently disabled. Not unlike the thousands of Americans suffering a stroke each year, John now navigates the challenges of rehabilitation and adjustment to his "new normal."

Like most victims, John's stroke struck suddenly, robbing his mobility and independence. Overnight, simple tasks became daunting challenges, and the retirement he had envisioned abundant with leisure time and travel has morphed into an acute physical and financial crisis. John's journey to recovery is not just about daily therapy and medical treatments; it's about rebuilding a life upended by unforeseen circumstances.

Living alone, John needs more than just constant medical attention; he needs the support of others in many ways.

There are common physical changes after a stroke. If the stroke occurs on the brain's right side, the left side of the body and face will be affected. (It's the opposite for a stroke that occurs on the left side of the brain.) Another common result of stroke is spasticity, causing the tendons and soft tissue around muscles to become tight or stiff. If not treated, the muscle can freeze into an abnormal and often painful position.

John's left arm is unusable now due to untreated spasticity following his stroke.

When parts of the brain that control emotions are injured following a stroke, a condition called PBA (also called emotional lability or reflex crying) occurs. Most often, people cry easily. Some may laugh uncontrollably or even have sudden mood swings.

John has lability; certain comments or topics spark him to weep uncontrollably. It took me a while, but once I understood the circumstances surrounding his emotional outbursts, John and I were able to better navigate our conversations.

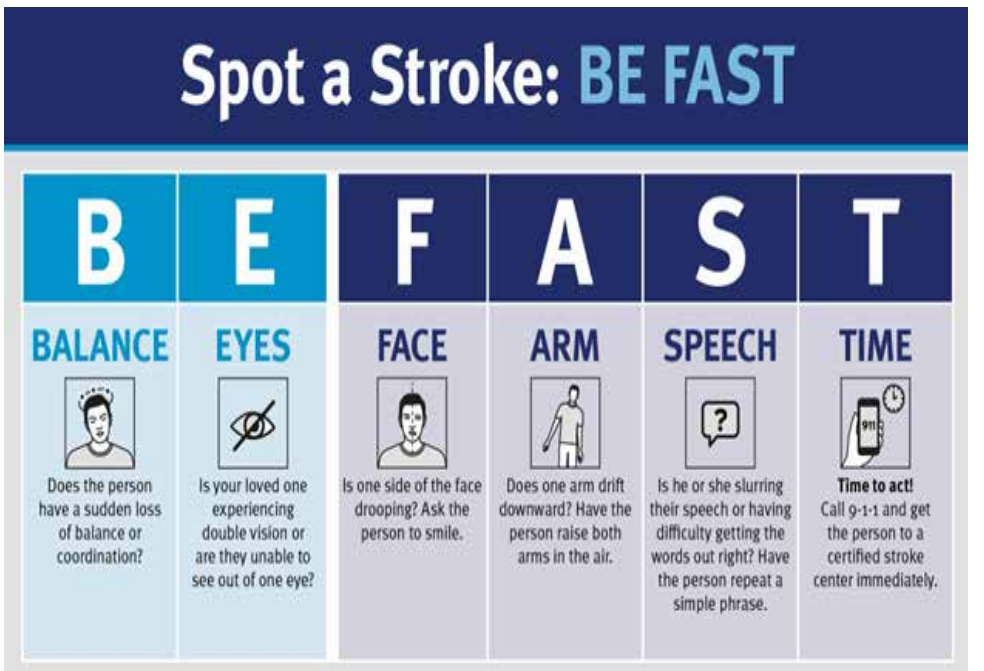
From medical expenses to home modifications, the costs of living with a disability can be overwhelming. John's circumstance is no different, his stroke has gutted his family's resources.

Stroke affects so many different functions—paralysis and weakness; gross motor skills; fine motor skills; speech and language; cognition; vision, and emotions. The rehabilitation and support a survivor receive can greatly influence health outcomes and recovery.

If you are the caregiver, family member or friend of a stroke survivor, your role is vital. Your support helps accommodate their critical needs—whether they be physical, mental, emotional, financial and/or spiritual. Combined with a committed health care team and a rehabilitation plan specific to their needs, most stroke survivors can prevent another stroke and thrive.

Despite all the challenges, John remains determined and upbeat. For anyone confronting recovery from a stroke, each day should be viewed as another opportunity toward progress. Even if they're just taking baby steps, continue to encourage them as they're successfully moving toward the goal of getting healthy.

To learn more or to support the American Stroke Association on a national level, go to www.stroke.org. To help John Bauswein here in our own community, please contact his son, Chris Bauswein at 440-478-2357.



Pedaling for Parkinson's Program

The Geauga County Dept. on Aging and Ohman Family Living are collaborating to offer a Pedaling for Parkinson's class. Our Parkinson's participants will be riding Pelton Bikes indoors at Ohman Family Living at Holly in Newbury Township.

Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. A number of studies support that rigorous exercise, emphasizing gross motor movement, balance, core strength, rhythm, and hand-eye coordination can favorably impact range of motion, flexibility, posture, gait and daily living activities for those with Parkinson's disease. Recent studies, most notably at the Cleveland Clinic, focus on the concept of intense forced exercise therapy suggesting that certain types of exercise are neuro-productive and that boxing and biking are two types of exercise that may actually slow disease progression. To get started and for free upcoming class information, contact the Geauga County Dept. on Aging at 440-279-2137.

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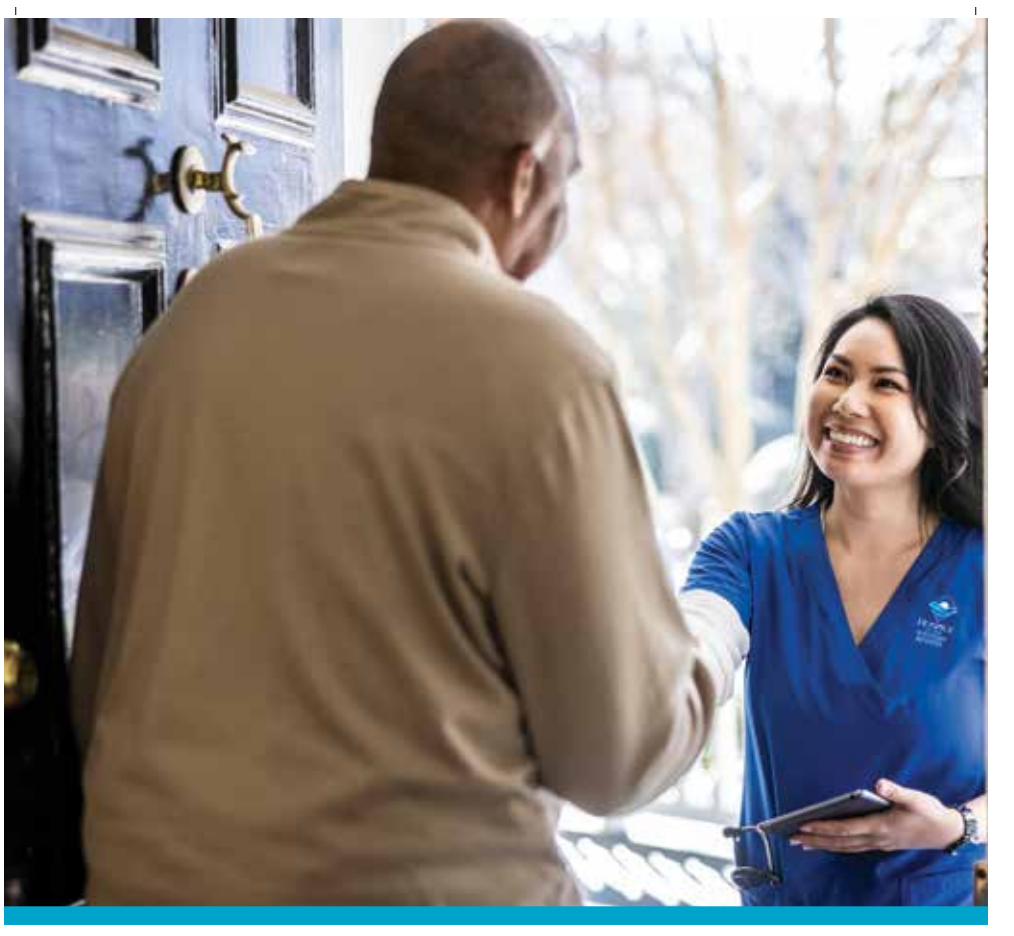

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