

## Black River Historical Society to Meet June 16

The Black River Historical Society will meet June 16 at 7 p.m. at the Rosebud Party Center, 4493 Oberlin Ave., Lorain. The program for the evening will be "From Volcanoes to Glaciers - Three Billion Years of Great Lake Scenery in the Making" presented by Dr. Charles Hardendorf.

**For more information, contact the Black River Historical Society at 440-245-2563 or at [www.loraincityhistory.org](http://www.loraincityhistory.org).**

The Moore House Museum is located at 309 W. Fifth St., Lorain. Tours are available Monday-Friday 10 a.m. to 4:30 p.m. Sunday from 1 to 4:30 p.m. Admission fee is \$2 for adults and \$1 for children 5-18. Members of the society can tour free. Membership in the Black River Historical Society is \$15 per year.

**The monthly meetings are open to the public; newcomers are welcome.**

## Amherst Historical Society Tours Held

Sunday tours of the Amherst Historical Society and Sandstone Museum Center located on Milan Avenue just west of North Lake Street in Amherst, began on May 4 and continue every Sunday until September 28 with the exception of May 11, Mother's Day; June 15, Father's Day and July 13, Jamboree Sunday. Your guided tour begins at St. George Chapel at 2 p.m. and 3 p.m. at a cost of \$3 per person, children 14 years and younger are free. Bring the family to experience a step-back in time and learn about the history of Amherst and the surrounding area. The Art Gallery at Sandstone Center as well as Jefferson 150 Restaurant will be open to further your enjoyment of the day.

You can tour the Quigley Museum, located on the south-west corner of Milan and South Lake Street, between the hours of 2 p.m. and 4 p.m. Donations for touring the museum help the society maintain this facility for all to enjoy and learn about our past. Featured display this season is the Sandstone Quarries - the rock upon which the City of Amherst was built.

**Private group tours are outside of this time frame can be arranged. Please call the Amherst Historical Society Office at 440-988-7255 for further information.**

## Legal Aid Society's Information Column

# Caregivers: Decisions, Burdens and Rewards

By Laura Swords  
Legal Secretary and Caregiver

How do you determine that your parents can no longer handle living in their own home without additional help to manage every day tasks? It is very difficult to watch one or both of your elderly parents reach the point where they can no longer do the simple things that we all take for granted. It is our responsibility to ensure that our parents are safe and able to maintain their independence for as long as they can manage to handle their own care.

It is important to make sure that they are still able to keep up with paying their bills. You should look over their bills and checkbook to make sure they are not behind in payments; that they are correctly entering, calculating and balancing their checkbook. It is not uncommon for the elderly to forget to enter checks into the check register or to have problems being as accurate as they once were in math. If you find that they are beginning to make mistakes, you can assist them in setting it up through the main utility companies so that these bills are paid directly from their bank account.

Another area of concern is their health. You should watch for signs of memory loss; problems with vision; signs of stroke; possible dementia; having difficulty walking around; ability to manage their own personal hygiene; and if they are able to properly manage their own medication. It is helpful for a family member to go to doctor appointments with their elderly parents. The elderly parent may not always admit to problems they are having because they don't want to be a burden to family members. Family

Legal Aid Society of Cleveland  
Lorain County Office  
Jessica Baggett, Managing Attorney  
538 West Broad Street, Suite 300  
Elyria, Ohio 44035  
Phone: 440-323-8240  
or 1-800-444-7348  
Fax: 440-323-8526

members may live farther away and they are afraid that if they have no one to help then, they maybe put into a nursing home. If possible, someone in the family should have first-hand knowledge from the doctor of their specific medical problems, which medications they are taking and what each medication is for. If the elderly parent becomes unable to manage their own medication, it could become potentially dangerous if they miss a dose or take a double dose of the same medication. Divided pill containers are wonderful for separating the daily doses, but the elderly often still need to be reminded to take the pills at the proper time. As a caregiver, you should know about the medications in order to assist in filling the container and administering doses.

If your parent does not already have a living will or health care power of attorney, you should talk to them about this while they are still in good health and able to express their wishes regarding those documents. It would also be a good time to talk to them about setting up a durable power of attorney for

someone they can trust to handle their financial matters.

Often the burden of providing care falls mostly on one family member. There is a lot to handle with this responsibility. You should remember that whether you are working a job as well as taking care of your parents, or not, you still need additional help to give you some relief from the every day burdens and stress. You should recruit family members, friends or an agency for assistance. The key to proper care for your family member and yourself is to have a good, competent support group that you can rely on for assistance.

Last, but not least, the benefits of being a caregiver for your parent or family member can be seen every day in the fact that they are still able to enjoy their own home and have frequent visits from family and friends. Your reward as a caregiver is the everlasting memories that you will have of being close to your loved one; doing everything together will last your entire lifetime, long after your loved one is gone.

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