Connections
Staying healthy and active while having fun!

GENERATIONS BOWLING LEAGUE 2022

Looking for a way to pass the dreary winter months? The Generations bowling league is right up your alley. This 10-week short-season, nonsanctioned league is a way to have fun, meet new friends and stay active.

The 2022 Bowling League will be held at Park Centre Lanes in North Canton. Whether you are a single or have a twosome or foursome, attend the bowling meeting on Tuesday, Jan. 25, at 9:30 a.m. We will gather individual information and help form teams at this time. Those interested will be able to bowl after the meeting.

The league will run every Tuesday, beginning Feb. 1 through April 5, at 10 a.m. The cost is $9 each week, and participants will receive rental bowling shoes, three games of bowling and a chance to win prizes. A Generations representative will attend weekly and coordinate the details.

There is not a moment to spare; reserve your lane today by calling 330-363-6262. Try it, you’ll strike it.

League meeting: Jan. 25, 2022, at 9:30 am.
League dates: Every Tuesday, Feb. 1 - April 5, at 10 a.m.
Location: Park Centre Lanes
7313 Whipple Ave NW
North Canton, OH
Grateful Patient Spotlight - Sue Horst

On Oct. 19, 2020, Sue Horst was brought by ambulance to Aultman Hospital and tested positive for COVID. With no visitors or family members allowed to visit, Sue was alone, feeling weak and relying on a ventilator. Sue shared, “During that time, I never felt so alone … but I was never alone. By the grace of God, He was with me.”

Sue was in Aultman’s ICU for 23 days. She remembers being emotionally and physically exhausted. “All I wanted was to go home and be with my family. I was so homesick, I would just sit there and cry.” Sue did not realize at the time the seriousness of her condition.

“The girls were super,” Sue said, referring to her caregivers Alexis, Chrissy, Marthie and Kim. From the comforting recliner to the good therapy that “got me going,” Sue remembers every detail of how the care team made a difference. She even recalled when her husband and children called, how the nurses would hold the phone to her ear or assist with a video conference. How difficult that must have been for them all – 23 days in a hospital bed. Sue never wanted her family to see her in that condition.

On the one-year anniversary of her arrival at Aultman, Sue said, “On paper, a patient in my condition was never supposed to survive. But here I am, a COVID survivor! I hope that I can offer encouragement to others.” And, she already had!

Sue inspired us! And she did so long before Alexis and team wheeled her down the hallway toward her husband, as we cheered on her improved health and departure. Her words of gratitude and praise to her bedside nurses and care team members provided wonderful strength and support during such tremendously difficult times. Sue holds a special place in our hearts today and always will.

The Horst family went above and beyond to demonstrate their gratitude for Sue’s care. Their donation to Aultman’s COVID fund generosity provided special equipment and supplies for patients. A true blessing for those we are privileged to serve and at such an important time. And on Oct. 19, in recognition of her Aultman anniversary, Sue thoughtfully had lunch delivered to 100 of our care team members – sharing her love with those who cared for her, and many more!

It was our blessing to care for Sue, and we are forever grateful for the support she and her family have kindly shown to fellow Aultman patients and our care team members. Our time with Sue is more than a care experience … it is a lifelong friendship. On behalf of our Aultman family, thank you Sue Horst for inspiring us to give our best every day and for sharing your story.

“God wasn’t done with my life, and I’m here to give Him all the glory and praise,” shared Sue.
**JANUARY 2022**

**Meal Prep Demo with Joy Benjamin**
Monday, Jan. 10 at 5:30 p.m.
Virtually via Zoom

Join us on Monday, Jan. 10, from 5:30-7 p.m. as we meal prep with AultCare Dietitian Joy Benjamin. This virtual class is a chance for you to do your dinner meal prepping ahead of time. There is no cost to join the class, but you will be required to grocery shop for the needed items ahead of time. By the end of this session, you will have four dinner meals portioned correctly and ready for simple, quick cooking for the rest of the week! A vegetarian menu is available upon request. Once registered, you will receive all details, including the menu, grocery list, recipes and Zoom information. Plan to use your personal computer, laptop or iPad for best access.

**MARCH 2022**

**Face 2 Face Tribute**
Saturday, March 12 at 5:30 p.m.
Amish Country Theater (Millersburg, OH)

Face 2 Face is an amazing tribute to superstars Elton John and Billy Joel. Elton and Billy dominated the charts through the 70s, 80s and 90s selling millions of records with mega hits such as “Saturday Night”, “Crocodile Rock”, “Yellow Brick Road”, “Candle in the Wind”, “Piano Man”, “Big Shot” and “Just the Way You Are”. Elton and Billy on stage together is a “must see” show. Face 2 Face is a high energy, interactive show with funny performance bits, sing-along parts and spontaneous humor. Ticket price includes dinner and show only. Transportation will not be provided. The cost is $45.

**GENERATIONS 2022 GOLF OUTINGS**

**Mark Your Calendars**

**Friday, May 20 at 8 a.m.**
Spring Valley Golf Course (East Sparta, OH)

Reservations due by May 6.
Call 330-363-6262.

Spring Valley Golf Course will challenge your golfing skills with two completely different nines. The course is lined with wooded fairways, water hazards and unique greens, challenging you to use every club in your bag. The annual spring outing starts with breakfast at 8 a.m., and the shotgun start follows at 9 a.m. Breakfast, lunch and golf are included in your $75 cost.

**Friday, Sept. 30 at 8 a.m.**
The Sanctuary Golf Club (North Canton, OH)

Voted in the top 20 golf courses to play in northeastern Ohio, the Sanctuary is one of Stark County’s premier golf courses. Featuring five sets of tees, rolling hills, sand traps and water, the Sanctuary is ideal for any level of golf skill. The annual fall outing starts with breakfast at 8 a.m., and then the shotgun start begins at 9 a.m. Breakfast, lunch and golf are included in your $75 cost.

**VIRTUAL HEALTH TALKS**

The Aultman HealthTalk Speaker Series has gone virtual. Through this free program, physicians and healthcare professionals take a personal approach in educating the community on a wide array of important medical topics. To find out more, to register for an upcoming HealthTalk, or view past talks, visit aultman.org/healthtalks.
Social Security - Answers from the Experts

You may need Social Security when you least expect it, and we’re here to make sure our information is always accessible to you. Whether you’re planning for your retirement years in advance or thinking about applying today, you probably have questions.

Our Frequently Asked Questions webpage at faqs.ssa.gov has answers to your questions about our programs and services. We feature our most-asked questions at the top of the page to help you find answers to the most common questions quickly, such as:

- What should I do if I receive a call from someone claiming to be a Social Security employee?
- How do I change or correct my name on my Social Security number card?
- How do I apply for a new or replacement Social Security number card?
- How can I get a Social Security Statement that shows a record of my earnings and an estimate of my future benefits?

You can also browse by topics like:

- Disability
- Retirement
- Social Security Payments
- Medicare

We also have a publications library at ssa.gov/pubs with information on many topics. And we provide each publication in text, audio and downloadable formats.

Stay Connected  Are you part of our email mailing list? Every Monday, we send out an email keeping you up to date with Generations events, latest news from Aultman, monthly photo contests and important community information. If you are not receiving these emails, we encourage you to sign up by calling our office at 330-363-6262 or visit aultman.org/generations and click on the “Sign Up for Email Updates” button.