

The Mirror's **VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE**

Guide To Good Health

LifeSkills Training To Replace DARE In AW Schools

BY KAREN GERHARDINGER
MIRROR REPORTER

Since Jeff Graham became a DARE instructor in 1997, the drug resistance education program has gone through several remakes.

While the Waterville Township police officer, who teaches DARE in Anthony Wayne Local Schools and other districts, says he loves the program, but he admits that “it’s fallen behind the times.”

With states pushing to legalize marijuana, the DARE literature has removed all references to the most-used illegal drug in the United States, he said.

“DARE has given in to political influences,” Graham believes.

This fall, Graham, with support from Awake Community Coalition and



Waterville Township police officer Jeff Graham leads a DARE class at Fallen Timbers Middle School. The district will change from DARE to LifeSkills in fall 2015.

MIRROR PHOTO BY KAREN GERHARDINGER

Anthony Wayne schools, will instead begin using the Botvin LifeSkills Training program for grades 3-8.

“LifeSkills covers bullying, violence, communication – the skills kids need to deal with life,” Graham

said. Self-esteem, decision-making, social skills, assertiveness, communica-

tion skills and understanding the manipulation of advertising are among the segments Graham will cover. Drug and alcohol resistance skills will also be included in the lessons.

The Botvin program is endorsed by the Center for Substance Abuse Prevention, American Medical Association, Centers for Disease Control and Prevention and several other national groups.

“I believe LifeSkills is a better program. It’s about making the child a better child,” Graham said.

Several other school districts have changed over to LifeSkills, including Rossford and Wood County Educational Service Center, said Graham, who is a certified LifeSkills trainer.

Currently, DARE is taught to fifth- and eighth-graders. The Botvin cur-

riculum is expanded to cover students in grades 3-12. After meeting with school administrators, the district is open to providing the program for students in grades 3-8, said Awake executive director Amy Barrett. The cost would be roughly \$11,000. Currently, DARE is funded through Waterville Township Police and a matching grant for a total of about \$10,000. That \$5,000 grant is only available for DARE instruction.

Awake has agreed to support the LifeSkills program for roughly 2,160 students, but is seeking donations from local government, law enforcement and community organizations to help cover the cost.

For information on LifeSkills, visit www.lifeskillstraining.com. To contact Awake, call (419) 441-0029 or visit www.awake.org.



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HEALTH CARE CALENDAR

Mercy Offers Free Skin Cancer Screening

Mercy Cancer Centers will host free skin cancer screenings on Saturday, April 18 from 9:00 a.m. to 2:00 p.m. at Mercy St. Anne Hospital, 3404 W. Sylvania Ave., Toledo.

Spaces are extremely limited and appointments will be given on a first-come, first-served basis. Those interested in scheduling an appointment are asked to call Mercy HealthLink at (419) 251-6372.

Participants can ask about a specific spot that is causing them concern or they can choose to undergo a full skin exam. Because of the time necessary for the physicians to complete a full skin exam, appointments are mandatory.

Sibshops Offered For Special Needs Siblings

Sibshops, a group for 9- to 16-year-old brothers and sisters of people with special needs, offers an opportunity to share with others while having fun. Gatherings feature hands-on activities to engage participants.

The events will be held at the Alternative Learning Center, 3939 Wrenwood, Toledo, on Saturdays from 10:00 a.m. to 1:00 p.m. Scheduled dates include: April 18 and May 9. For more information or to register, contact wsmenner@eslakeeriewest.org or call (419) 214-3066.

Toledo Walk For MS Planned At UT

The Toledo Walk for MS will be held on Sunday, April 19 at The University of Toledo Health Education Building, 2801 Bancroft, Toledo.

Check-in is at 8:00 a.m. All proceeds from the Walk for MS are used to provide programs and services for people with multiple sclerosis and their families, as well as to support MS-related research efforts to find the cause and cure for multiple sclerosis, a chronic and unpredictable disease of the central

nervous system. For more information, contact Karen Moore at (419) 482-1586 or karen.moore@nmss.org.

Central Park West Announces Health Programs

Central Park West Health Center, located at 3130 Central Park West Dr., Toledo, will host a variety of health-related programs throughout the month of April, including:

Wednesday, April 22 from 1:00 to 4:00 p.m., Medication Therapy Management with Michelle Schroeder of UTMC. Bring a list of all medications. Call (419) 841-9622 to reserve your space.

Maumee Library Hosts Free Medical Lectures

The Maumee Branch Library will offer a free health lecture on Saturday, April 25 from 2:00 to 4:00 p.m.

Dr. Gary Smith will speak about autoimmune disease with a focus on thyroid, MS and Crohn's. There will be time for questions and answers. Come and learn about improving your health.

Dr. Smith will offer an additional free lecture on Saturday, May 23 from 2:00 to 4:00 p.m. on the thyroid. He will discuss the six major pathways that cause thyroid symptoms, and which five are helped best without medication. For more information, call (419) 902-7101.

Beginner Tai Chi Classes To Start In Maumee

Beginner Tai Chi classes of the Taoist Tai Chi Society will start at the Maumee Center, 406 Illinois Ave., Maumee on Saturday, May 2 from 9:00 to 10:30 a.m. and on Tuesday, May 5 from 6:00 to 7:30 p.m.

Other locations for May beginner classes are in Walbridge, Sylvania and West Toledo. For more information, call (419) 537-0131.

Providing Care With Confidence Classes Offered

Hospice of Northwest Ohio is offering a free, two-hour workshop to teach family caregivers the basics. The program is being offered twice a month at the Toledo Hospice Center, 800 S. Detroit Ave., and is open to anyone in the community.

Classes will be offered on Saturdays, from 10:00 a.m. to noon on May 16 and June 20. Classes will also be offered on Tuesdays, May 12 and June 2 from 2:00 to 4:00 p.m.

Caregivers will learn techniques for bathing, oral care, positioning, back rubs, transfer techniques, making an occupied bed, ambulation, feeding, incontinence care, hand hygiene, skin care, nail care and foot care.

Workshops are open to anyone in the community. To allow active participation, class size is limited to six and pre-registration is required. Those interested should call Sandy Garrison at (419) 661-4001 to ask questions or to register.

Maumee First Presbyterian Church Hosts Free Healthy Lifestyles Expo

A free, public Healthy Lifestyles Expo will take place from 6:30 to 8:30 p.m. at First Presbyterian Church of Maumee (FPC), 200 E. Broadway St., on Monday, April 20. The event will feature healthy food samples, healthy brain-challenge games and hands-on experiences, exercise programs and aromatherapy – just to name a few.

The church is hosting the cutting-edge expo to convey the message that healthy living can be so much more than just exercise and eating right.

"We want everyone to come experience a variety of

options to help enhance your healthy lifestyle," said Diane Harper, an RN and FPC's faith community nurse.

Other highlights will include:

Balance Challenge – Kids and adults can assess their balance with a physical therapist.

Creative Art – Tie-dye a T-shirt.

Bodies in Motion – A hilarious exercise experience with beach balls.

Chair Massage – Take the stress out of your neck and back with massage therapists.

Mobile Alert – Get information about this life-saving device to assist you if you fall.

Kids' Fit Challenge – Kids can assess their fitness levels in this fun event, conducted by a registered nurse.

Spiritual Health – Kids and adults will have fun with hands-on exploration of Bible truths.

The Victory Center, a nonprofit organization that provides hope and support to cancer patients, survivors, and those closest to them, is co-sponsoring the event.

For more information, contact Diane Harper at (419) 708-7589 or Vicki Secord at (419) 392-3921.

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Local Restaurants, Mud Hens Help Raise Autism Awareness

April is Autism Awareness Month and Bittersweet Farms is collaborating with several area businesses to raise awareness of autism. Autism Awareness Week for Bittersweet Farms will take place the week of April 19.

Local Thyme in Whitehouse will host an Autism Awareness Day on Tuesday, April 21. The business will donate 10 percent of the day's food proceeds to Bittersweet Farms. Local Thyme is located at 6719 Providence St.

Zingo's Mediterranean in Perrysburg will likewise host an Autism Awareness Day on Saturday, April 25 and will also donate 10 percent of proceeds to Bittersweet Farms. The restaurant is located at 106 Louisiana Ave.

On Thursday, April 23, the Toledo Mud Hens will host an Autism Awareness Night. A resident of Bittersweet Farms will take the mound to throw out the ceremonial first pitch. One dollar from every game ticket sold using the promo code AUTISM will go to support Bittersweet Farms. Go to www.mudhens.com and use the promo code "AUTISM" or call (419) 725-4367.

These events will help to raise awareness of autism and the proceeds will provide vocational, transitional and recreational activities for individuals with autism at Bittersweet Farms.

The autism community has been celebrating Autism Awareness since the 1970s. The United States recognizes April as the month to educate the public and highlight the growing need for concern and awareness about autism. The Center for Disease Control and Prevention (CDC) estimates the incidence of autism in children is 1 in 68.

Got Drugs? Prescription Drug Take Back Day

Saturday, April 25 • 10:00 a.m. - 2:00 p.m.

Turn in your unused, unwanted or expired pills for safe disposal at any of these convenient locations throughout the Anthony Wayne Community.

- Waterville Fire Department**
751 Waterville Monclova Rd., Waterville
- Whitehouse Fire Department**
10550 Waterville Street, Village of Whitehouse
- Monclova Fire Department**
4395 Albon Rd., Monclova Township
- Springfield Township Fire Department**
7145 Garden Rd., Maumee
- Providence Township Fire & Rescue**
8149 Main Street, Neapolis

Awake
www.awake.org

Mental Health & Recovery Services Board of Lucas County

THE MIRROR

REFLECTING LIFE ALONG THE MAUMEE RIVER SINCE 1980

Vol. 25, No. 19 Issue No. 814 2 Sections / 48 Pages 50¢ May 6, 2014

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