When Jill Wells-Dahmer walks across the stage on October 28, she’ll exit with a diploma that’s sure to land her a job.

Jill, a 1992 Anthony Wayne High School graduate, recently completed the one-year Pharmacy Technician Program (PhT) at Professional Skills Institute (PSI). While she worked for several years in doctors’ offices, when Jill returned from a break taken to care for her son, she found that the field had changed.

“I heard about PSI and I liked the medical field — but more of the book part than the blood and guts,” she admitted.

The institute’s PhT coordinator/instructor, Bonnie Mason, who has been a licensed pharmacist for 26 years, noted that working in the pharmaceutical field is ideal for those who get squeamish at the sight of blood, but who still want to help patients.

When Mason, who remains a practicing pharmacist, began setting up the new program with PSI last year, she began by creating a real-life pharmacy, complete with a walk-up window, pharmacy software, an IV laminar flow hood and areas to compound medications.

For nine months of the yearlong program, students learn about pharmacy practice and law, frequently used medications, brand/generic names and classifications, and how the drugs work in the body. During labs, Jill said, she learned how to make IVs, compound drugs and dispense medications.

After nine months, students spent 160 hours in an externship — unpaid work in several pharmacy settings: in retail at Rite Aid, in a hospital with ProMedica Toledo Hospital inpatient services and in an institutional setting with Heartland Healthcare.

“They rotated through all three pharmacy settings to get an idea of the different job opportunities for pharmacy technicians, Mason said.

While Jill said she enjoyed all three settings, she’s leaning toward working in a hospital — a fact that gets her a little teasing from Rite Aid pharmacist Hal Levine.

“Jill has been great to work with. She’s very knowledgeable, which is refreshing. It’s easier than starting someone out from scratch and training,” he said.

Down the road, Levine expects to see an increased need for pharmacy technicians, as insurance companies require pharmacists to provide more regular medication therapeutic management (MTMs) with patients. An MTM is when a pharmacist sits down with a patient to review his or her drug profile, side effects and recommendations from the doctor.

Levine became a pharmacist 30 years ago — around the same time that PSI was formed. The private, family-owned, accredited institute has since trained thousands of students in programs including Physical Therapy Assistant (PTA), Practical Nurse (PN), Medical Office Assistant (MA) and Associate MA (AMA) as well as Medical Billing and Coding Specialist.

Registration is currently underway for the PhT session that begins on Monday, October 5. For more information, contact PSI at www.proskills.edu or call (419) 720-6670. PSI is located in Arrowhead Park in Maumee, at 1505 Holland Rd., in the former Hickory Farms building.
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U.S. Sen. Sherrod Brown
(D-OH) announced last month that the White House’s Office of National Drug Control Policy has awarded grants totaling $265,000 to combat heroin and prescription opioid abuse in Ohio’s High Intensity Drug Trafficking Areas (HIDTA).

Counties with HIDTA designations in Ohio include Adams, Cuyahoga, Fairfield, Franklin, Greene, Hamilton, Lucas, Mahoning, Montgomery, Scioto, Stark, Summit and Warren.

The Ohio HIDTA program will use these federal resources to implement prevention initiatives and improve the daily operations of Ohio HIDTA.

“Ohio is on the front lines of the opioid epidemic and too many communities have been devastated by drug abuse,” Brown said. “This investment in preventing opioid abuse and addiction will give local, state and federal law enforcement officers the resources they need to save lives and keep the public safe.”

Ohio HIDTA will receive a $70,000 award for operation efforts, a $125,000 award to strengthen HIDTA infrastructure and operations, and a $70,000 award for Operation Street Smart.

Operation Street Smart is a national program designed to provide current drug prevention education to community groups focused on the health and safety of youth and young adults. This $70,000 will allow the Franklin County Sheriff’s Office to work with the South Central HIDTA Drug Task Force to link community groups with law enforcement to prevent drug abuse.

Brown continues his fight to help prevent and combat drug abuse. He also called on the U.S. Department of Health and Human Services (HHS) to increase access to medication-assisted therapy (MAT) for patients struggling with opioid addiction.

In a letter to HHS Secretary Sylvia Burwell, Brown and 12 of his Senate colleagues urged her to raise the cap on the number of patients a physician can treat using MAT each year. Of the approximately 2.5 million Americans who abused or were dependent on opioids in 2013, only 990,000 received medication-assisted therapy for their condition.

Also last month, Brown announced the bipartisan Stopping Medication Abuse and Protecting Seniors Act – legislation to create a patient review and restriction, or “lock-in” program, that would limit Medicare beneficiaries with a history of drug abuse to seeing one prescriber and one pharmacy. This drug abuse prevention plan will also encourage insurers, Part D plan sponsors and professionals to assist beneficiaries battling addiction in seeking substance abuse treatment.

Sen. Sherrod Brown Takes Steps To Prevent, Treat Drug Abuse

The American Red Cross encourages eligible donors to help their communities prepare for emergencies by giving blood during National Preparedness Month this September.

Becoming a regular blood donor is one way to help ensure communities are prepared for any emergency, including those where blood transfusions are needed. The Red Cross also encourages the public to get prepared by making a disaster plan for their homes or workplaces.

A sufficient blood supply is central to ensuring hospitals are prepared to meet patient needs in times of disaster, including the very personal ones that can happen any day. Because blood takes about 48 hours to be tested, processed and made available for patients, it’s the blood already on the shelves that can help save the day when emergencies occur.

This month also marks the sixth year that the Red Cross and Sport Clips Haircutsm have teamed up to help increase blood donations. Through the “Saving Lives Never Looked So Good” campaign, Sport Clips is thanking those who come to give blood in September with a coupon for a free haircut at participating Sport Clips locations. The coupon is valid through Sunday, November 8, 2015, and will be sent to donors via e-mail a few days after their donation.

Every two seconds someone in the U.S. needs blood, and volunteer donors are the only source of blood for patients needing transfusions. The Red Cross needs blood donors of all types — especially those with types AB, O negative, B negative and A negative — to give blood regularly.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org or call (800) RED CROSS. For information on planning for emergencies and preparing for a family emergency, visit www.redcross.org/pre-pare.
Health And Wellness Fair For Seniors Provides Helpful Information

BY NANCY GAGNET

Hundreds of seniors turned out for the second annual Health and Wellness Fair at the Maumee Senior Center.

Over 30 vendors were on hand with information, including Debbie Priest, referral manager for Arbors of Waterville.

“We want to be able to get out in the community, and let people know that we’re under new management,” she said.

Dorothy Romp and her friends attended the event, where they took part in free blood screenings and blood pressure checks.

“We just want to make sure everything is working all right,” she laughed.

Several businesses were on hand, as well as the Maumee police and fire division and the Lucas County Public Library.

Chair massages were offered, as well as flu shots, balance tests and strength tests.

“We had a good overview of businesses that offer a wide array of services,” said event organizer Mary Beth Danford. “We had new participants and people we knew, so it was really great. 

Over 125 people attended the event. A free brunch was served and Pat Cheney won the grand prize drawing for a two-day trip to Chicago.

Join Our Family.

Elizabeth Scott’s RECRUITMENT FAIR FRI., OCT. 2, 10 am - 4 pm

What to Expect: On-site interviews with Elizabeth Scott representatives.

What to Bring: Your resume.

Available Positions:
  - Charge Nurses (full and part-time) - Must possess a current license by the State of Ohio as a Registered Nurse
  - Nursing Assistants (full and part-time) - Must be State-Tested or Test-Ready
  - Dietary Assistants (part-time)

Questions? mmikesell@elizabethscott.org or call Mary Mikesell at 419-724-5004.

Elizabeth Scott’s Community

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□ Ranked 3rd in Ohio among OHCA members for Family Satisfaction.

BASSETT’S HEALTH FOODS

What to Expect:
  - On-site interviews with Elizabeth Scott representatives.

What to Bring:
  - Your resume.

Available Positions:
  - Charge Nurses (full and part-time) - Must possess a current license by the State of Ohio as a Registered Nurse
  - Nursing Assistants (full and part-time) - Must be State-Tested or Test-Ready
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Our Top Seven Vitamin & Supplement Lines Will Be 30% OFF Full Retail on October 10th & 11th at both locations.

This is one sale you don’t want to miss!

Are you worried about getting sick this winter? Start prevention now by supporting your digestive health. Your gut is so much more than a place your food goes. Learn why your digestive tract is also part of your immune system and known as your “second brain”. Find out what you can do on a daily basis to get your gut back on track. Stop in and talk with our vitamin consultants and our Registered Dietitian.

At Bassett’s, we always have vitamin consultants on hand to answer your questions. You can also speak with our Registered Dietitian to help you on your path to a healthy lifestyle. Stop in today and meet our staff.
Beginner Weekend Offers Intro To Tai Chi

The Taoist Tai Chi Society will offer a beginner weekend – 108 moves for $108 – on Friday, September 25 from 6:00 to 9:00 p.m. and on Saturday, September 26 from 10:00 a.m. to 5:00 p.m. at 406 Illinois Ave., Maumee.

The price includes lunch, three months of classes and a T-shirt. For more information, call (419) 537-0131 or visit www.toledo.ohio.usa.taoist.org.

Lucas County Health Dept. Announces Flu Clinics

The Toledo-Lucas County Health Department is offering flu vaccination clinics to the public on the following dates:

• Sunday, September 27 from 8:00 a.m. to 12:30 p.m. at Little Flower Church, 5504 Dorst St., Toledo.
• Tuesday, September 29 from 4:00 to 6:00 p.m. at Toledo-Lucas County Health Department, 635 N. Erie St., Toledo.
• Wednesday, September 30 from 4:00 to 7:00 p.m. at Springfield Township Hall, 7417 Angola Rd., Holland.

The seasonal flu vaccine is $30.00, cash or check. All insurances can be billed, including Medicare Part B and Ohio Medicaid.

The Centers for Disease Control and Prevention recommends that everyone 6 months of age and older receive the flu vaccine each year. For more information and a complete calendar of flu clinics, visit www.lucascountyhealth.com.

For individuals requiring special accommodations, contact the department at (419) 213-4163 to set up an appointment.

Alzheimer’s Association Support Group Meeting Set

An Alzheimer’s Association Support Group for family caregivers will be held on Tuesday, September 29 from 3:00 to 4:30 p.m. at Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton, with facilitator Chris Cremean. For reservations, call (419) 825-1145.

Ecumenical Bereavement Support Group To Meet

An Ecumenical Bereavement Support Group will be held on Tuesday, October 6 from 3:00 to 4:30 p.m. at the St. Patrick of Heatherdowns Parish Emmanuel Room, 4201 Heatherdowns Blvd., Toledo.

For more information, contact Rita Hoff at (419) 724-4772 or Annarooor@toledo.org.

Sibshops Gatherings Set At Alternate Learning Center

Sibshops, a free program for siblings of kids ages 9-16 with special needs, features an opportunity to socialize while participating in hands-on activities with other sibs. Sibshops Gatherings will be held on Saturdays, October 10, November 21, January 9, February 13, March 19 and April 16 from 10:00 a.m. to 1:00 p.m. at the Alternate Learning Center, 3939 Wrenwood, Toledo.

For more information or to register, contact Wendy Smenner, Lucas County parent mentor at (419) 214-3066 or wsmenner@esclakeeriewest.org.

Providing Care With Confidence Classes Offered

Hospice of Northwest Ohio is offering a free, two-hour workshop to teach family caregivers the basics of caring for sick, frail or debilitated loved ones at home. This much-needed 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 held on Tuesdays from 2:00 to 4:00 p.m. on October 6, November 17 and December 8 and on Saturdays from 10:00 a.m. to noon on September 26, October 17, November 21 and December 12.

Through discussion and interactive demonstrations conducted in the Hospice of Northwest Ohio skills lab, family caregivers will learn tips to enhance the way they provide these care needs: 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 contact Sandy Garrison at (419) 661-4001.

Dr. Fred Frese Presents Schizophrenia Program

Dr. Frederick Frese, an accomplished psychologist who battled his own mental illness, will be in Toledo on Thursday, October 15 to present “New Directions in Schizophrenia.” The event will be held from 9:00 a.m. to 3:00 p.m. at the Holy Trinity Greek Orthodox Community Center, 740 N. Superior St.

Joining Dr. Frese for this special event is his wife, Dr. Penny Frese. Penny will discuss the urgency of mental health awareness in youth.

Well-known and revered for both his sense of humor and his remarkable ability to translate research and public policy into useful information, Dr. Frese has specialized in the area (continued on page 15)
Women are calling this “life-changing.”

Have you experienced changes in your vaginal health?

If you are experiencing vaginal dryness, itching, burning, painful urination or pain during intercourse, it’s OK to talk about it.

Ask us about the MonaLisa Touch!

We are the first medical practice in the Northwest Ohio area offering this new advanced, non-hormonal, painless, in-office laser treatment.

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Lutheran Village Offers Monthly Wellness Clinics

Lutheran Village at Wolf Creek will sponsor free monthly wellness clinics at Luther Crest and Luther Woods senior apartment communities. These clinics will be held on the first Thursday of each month, and are open to the public.

Luther Crest and Luther Woods are located at 2519 N. Holland Sylvania Rd., Toledo. The wellness clinics will be held from 1:00 to 2:00 p.m. in the Luther Crest Building A social room, and from 2:00 to 3:00 p.m. in the Luther Woods social room at the back of campus.

Therapists and nurses at the wellness clinics will provide a variety of free health screenings, including blood pressure, blood sugar, lower extremity strength, balance, urinary incontinence and grip strength. They also will be available to answer health questions. No appointments are required.

For more information, call (419) 366-3655. Luther Crest, Luther Woods and Lutheran Village at Wolf Creek are ministries of Lutheran Homes Society.

Immunization Clinic Locations Announced

Shots 4 Tots offers walk-in immunization clinics for children birth through 18. All insurance plans are accepted at all locations.

Parents must bring child’s shot record, insurance card and parent identification. The cost is $10.00 per shot for anyone without insurance.

Clinics are available at:
• St. Luke’s Hospital on the third Thursday of every month, from noon to 2:00 p.m. and 3:00 to 5:45 p.m.
• Western Lucas County Clinic, 330 Oak Terrace Blvd., Holland, on the first Thursday of every month from 8:30 to 11:30 a.m., third Friday of every month from 8:30 to 11:00 a.m. and 1:00 to 3:30 p.m., and on the fourth Monday of every month from 1:00 to 3:00 p.m.

For more times and locations, go to wwww.lucascounty-health.com or call (419) 213-4121.

Adult Grief Group Meets At Perrysburg Hospice

Hospice Of Northwest Ohio conducts Grief Group

Hospice Of Northwest Ohio conducts free ongoing grief support for those who have experienced the death of a spouse or partner during the mid-life years. The group is held from 6:30 to 8:00 p.m. on the first and third Wednesday of each month at the Toledo Hospice Center, 800 S. Detroit Ave., Toledo.

Conducted by hospice bereavement counselors, the group helps adults learn ways to adapt to this unexpected life change, set realistic expectations and gain support and understanding in their grief.

Pre-registration is required. For more information or to register, call (419) 661-4001.

Serenity Chronic Pain Support Group Offered

Serenity offers a chronic pain support group for people who are affected by chronic pain conditions, including Ehlers-Danlos syndrome, fibromyalgia or any chronic pain condition. Both those with chronic pain conditions and those still seeking a diagnosis are welcomed.

The group meets regularly and has an active Facebook page for support and to share information and experiences between meetings. Meeting dates are sent out to all who request to be added to the e-mail distribution list and are posted on the Facebook page. Those interested in joining the group, Serenity Chronic Pain, should e-mail BPiehl@aol.com and/or request to join the Facebook page under Serenity Chronic Pain.

Heartland Rehab Offers SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers. Call for information at (419) 897-9822.

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Heartland of Waterville

Heartland of Waterville offers a variety of services and amenities for those in need of care.

Heartland of Waterville is a member of the Serenity Chronic Pain Support Group.

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