

# Guide To Good Health

## Local Municipalities Asked To Support Tobacco 21 Effort

BY KAREN GERHARDINGER  
MIRROR REPORTER

On December 7, Cleveland became the fifth Ohio city to adopt an ordinance changing the legal age to purchase tobacco products from 18 to 21.

During December, local doctor Amy Thompson and a team of advocates have been meeting with representatives from Toledo-area municipalities, asking them to likewise pass the Tobacco 21 ordinance.

During a December 14 Waterville City Council meeting, Thompson — a University of Toledo professor of public health — outlined the reasons for such a change.

- Ninety percent of cigarette smokers first tried smoking by age 18.

- Each day in the U.S., more than 3,800 youths age 18 or younger smoke their first cigarette and an additional 2,100 youths and young adults become daily smokers.

- Approximately 259,000 Ohioans who are ages 18 and under now will die prematurely from smoking.

- In Lucas County, 22 percent of seventh- to 12th-graders have tried cigarette smoking.

- Although cigarette smoking has declined among U.S. youth, the use of other tobacco products, such as e-cigarettes, hookahs and smokeless



The Tobacco 21 campaign is an effort to raise the legal age to purchase tobacco products from 18 to 21. The change has been shown to reduce the number of teen smokers.

tobacco, has increased.

Raising the legal age by just three years can have a significant impact on youth smoking, Thompson said.

In 2005, Needham, Mass., became the first U.S. city to adopt the measure and has seen a dramatic decline in youth smoking. Current tobacco use among high school students dropped

almost in half, and the rate of frequent tobacco use fell by 62 percent. Tobacco use among high school students fell significantly faster in Needham than in the 16 surrounding suburbs.

“The Needham experience suggests that raising the tobacco sales age is effective, even if surrounding communities do not make the same change,”

according to the Tobacco 21 website. “The law effectively blocked the social sources that had been providing tobacco to high school students.”

Studies show that cigarettes smoked by children under 18 are often purchased legally by 18- to 20-year-olds and then supplied to the minors, Thompson said.

While U.S. Sen. Sherrod

Brown has introduced a bill at the federal level, and a similar law is being considered at the state level, Thompson said legislators like to see local, municipal support before passing a law. This is similar to the efforts to ban smoking in bars and restaurants, she said.

She believes the support for Tobacco 21 is there.

Studies show that 75 percent of U.S. adults, including 70 percent of current adult smokers, support raising the age to 21.

In Ohio, five cities have adopted the Tobacco 21 ordinance, including Cleveland, New Albany, Bexley, Grandview Heights and Upper Arlington.

Waterville council member Chuck Larkins expressed surprise that the legal age to purchase tobacco is something that is regulated by each municipality. Thompson said he’s not alone.

“This is one of the few issues in which we have pre-emption,” Thompson said.

Waterville council, which next meets on Mondays, January 11 and 25, has the option of preparing and passing the ordinance, said administrator Jim Bagdonas.

Maumee administrator John Jezak asked Thompson to meet with Don Adamski, of the Substance Abuse Intervention League (SAIL), to coordinate an effort to bring the Tobacco 21 ordinance to Maumee’s council in January.

“Everyone has been supportive,” Thompson said. “No one says, ‘Let’s let kids smoke.’”

For more information, visit [www.tobacco21.org](http://www.tobacco21.org) or [www.tobaccofreekids.org](http://www.tobaccofreekids.org).

## Local YMCA Offers Guidance For New Year's Fitness Goals

BY RENEE SMALL  
WELLNESS DIRECTOR  
FORT MEIGS YMCA

If you are starting, re-starting or changing your fitness program for the New Year, the Fort Meigs YMCA staff can help.

You will want to figure

out where you are vs. where you want to be. Set a date and see if you can reach your goal within a certain amount of time.

As part of your membership, Y staff can provide an initial fitness assessment and a general exercise plan.

If you need more guidance, the YMCA is offering a five-week, small group session to help members implement individualized strength-training programs; and, of course, the Y has personal trainers available for any fitness goal.

For example, excellent coaches are available for private or masters swim instruction now, individualized triathlon training starts in February, and a Couch-to-5K program is set for April.

If you have medical con-

siderations, the Y offers an ongoing diabetes exercise program on Tuesdays and a Delay the Disease exercise classes for Parkinson’s every Tuesday and Thursday. A diabetes education program is scheduled in February and a

Livestrong exercise program will be offered to cancer survivors in April.

Let the Fort Meigs Y help you reach a new level of wellness. Visit at 13415 Eckel Junction Rd., Perrysburg, or call (419) 251-9622.

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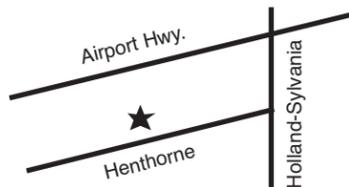
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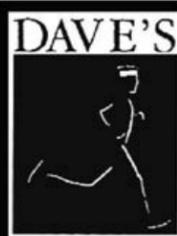
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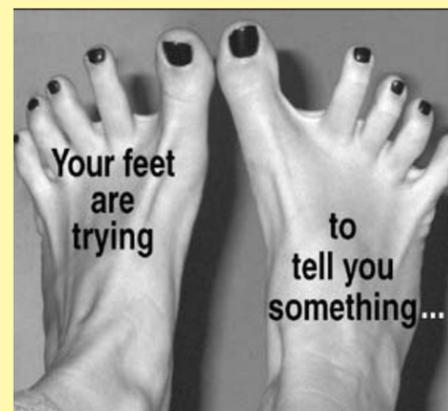
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# A Year's Supply Of New Toothbrushes Part Of Contest Giveaway

**BY NANCY GAGNET**  
MIRROR REPORTER

Fairfield Elementary students have plenty to smile about – and thanks to a donation of new toothbrushes, those smiles will look even whiter and brighter than ever.

Delta Dental has donated a one-year supply of toothbrushes to all 325 students and 46 staff members at the school.

The toothbrushes arrived in December and because toothbrushes should be replaced every three months, a new supply will be shipped to the school every three months throughout the school year.

“Getting a new one every three months is a good reminder for kids to replace their old one. It was very nice of them (Delta Dental) to include the schools in this giveaway,” said



Fairfield principal Michele Eble (right) hands out new toothbrushes to second-graders in Meghan Hudson's class. Throughout the rest of the school year, the students and staff will receive new toothbrushes every three months, courtesy of Delta Dental.

MIRROR PHOTO BY NANCY GAGNET

Fairfield Elementary principal Michele Eble.

Jennifer Compos, the parent of a Fairfield student, nominated the school

to receive the toothbrushes as part of a Delta Dental contest in which she received a Sonic toothbrush. The school also

received educational materials for the Rethink Your Drink campaign, which

was created to encourage children and adults to drink more water because

of the high sugar content in other popular beverages.

According to the Ohio Department of Health, dental care is the No. 1 unmet healthcare need for nearly 157,400 children of all family incomes across Ohio, as well as for all races and ethnicities. A little more than half of Ohio's children have experienced tooth decay by third grade.

In the 2013-14 Lucas County Health Assessment, one-third of parents surveyed reported problems with their children's teeth, and the No. 1 problem reported was cavities. In Lucas County, 91 percent of children ages 5-11 have seen a dentist in the past year, but dental care should be maintained by regular brushing and flossing at home.

## Red Cross Asks For Blood Donations

This January, during National Blood Donor Month, the American Red Cross encourages people to roll up their sleeves to give blood to help maintain a sufficient blood supply for patients.

Since 1970, National Blood Donor Month has been observed in January to not only honor blood and platelet donors, but also to help increase donations during the winter months. Maintaining a sufficient blood supply for patients is difficult at this time of year because extreme winter weather and seasonal illnesses often impact donor turnout.

Karla Essmiller became a blood donor in college, but the importance of giving blood hit home when several family members had medical emergencies. “It only takes once sitting in a hospital, praying that your loved one will live through the day, to know how thankful you are for every single thing done to help them,” she said. “Donating blood is a simple gift that I can make that may help up to three people live

another day. That makes me feel like a hero.”

The Red Cross encourages eligible donors to resolve to give blood regularly, beginning in January. Donors with all blood types are needed, especially those with types

AB, O, B negative and A negative.

To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call (800) RED CROSS.

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11:15-11:45 **STEP**  
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## HEALTH CARE CALENDAR

### 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, 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@eslakeeriewest.org](mailto:wsmenner@eslakeeriewest.org).

### CPW Health Center Announces Brown Bag Lecture

Central Park West Health Center, 3130 Central Park West Dr., Ste. A, Toledo, will host a Brown Bag Lecture featuring Pam Hayes, founder of The Arms Forces, on Thursday, January 14 from noon to 1:00 p.m. She will offer information about traumatic brain injury, post-traumatic stress and improving the lives of veterans. Lunch will be provided. Call (419) 841-9622 to sign up.

### Victory Center Presents Financial Seminar

On Monday, January 18 from 6:00 to 7:30 p.m., The Victory Center will present "Love & Money," a financial informational event for cancer survivors.

The topic will focus on common concerns couples have handling finances, including savers vs. spenders, financial infidelity, combining incomes and carrying debt. The presenter will be Josh Mudse, senior financial planner with Munn Wealth Management.

The Survivors Financial Wellness Series was developed by The Victory Center in response to an unmet need expressed by cancer patients and survivors. All individuals diagnosed with cancer in Northwest Ohio and Southeast Michigan are invited to participate in order to address their financial concerns. They will have a chance to get information, hear experts in the field and learn strategies to understand and deal with financial matters after a cancer diagnosis and treatment.

Survivors of all types of cancer are invited to attend. Additional topics, in a variety of financial areas, will be offered in the months ahead.

This educational event is free and open to the public; however, reservations are required. Light refreshments will be provided. The event will take place at The Victory Center, 5532 W. Central Ave., Ste. B, in Toledo, in the back of the Dental Group West Building. For more information or to make a reservation, call (419) 531-7600.

### Flu Vaccines Now Available In Waterville

Flu vaccinations are available for children and adults through Saturday, January 30 at Rocket Pediatrics, 1089 Pray Blvd., Waterville.

Walk-ins are welcome. For hours and more information, visit [www.uthealth.utoledo.edu/clinics/ped\\_general](http://www.uthealth.utoledo.edu/clinics/ped_general).

The cost is charged to insurance, or you may self-pay for the \$25.00 shots.

### Hospice Of Northwest Ohio Conducts Grief Group

Hospice of Northwest Ohio provides free ongoing grief support for those who have experienced the death of a spouse or partner. The group is held from 3:00 to 4:30 p.m. on the second and fourth Tuesdays of each month at Hospice of Northwest Ohio's Perrysburg Center, 30000 E. River Rd., Perrysburg, and on the first and third Wednesdays of each month from 6:30 to 8:00 p.m. at the Toledo Hospice Center, 800 S. Detroit Ave., Toledo.

Facilitated 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.

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

### Help Offered For Adults Who Have Lost A Parent

Hospice of Northwest Ohio is offering evening support sessions for adults who are mourning the loss of one or both parents. This ongoing group, After Your Parent Dies, will meet at Hospice of Northwest Ohio's Toledo Center, 800 S. Detroit Ave., on the second and fourth Thursdays of every month from 6:00 to 7:30 p.m.

Conducted by bereavement counselors, the group helps participants understand the impact of the loss of a parent on personal identity, revisits childhood losses and explores regret vs. relief.

Free and open to any adult in the community, no prior relationship with Hospice of Northwest Ohio is needed; however, preregistration is required. For more information or to register, call (419) 661-4001.

To learn more about grief and loss or Hospice of Northwest Ohio, visit [www.hospicenwo.org](http://www.hospicenwo.org).

### 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 children without insurance; \$30.00 for adults.

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 [www.lucascountyhealth.com](http://www.lucascountyhealth.com) or call (419) 213-4121.

### Adult Grief Group Meets At Perrysburg Hospice

Hospice of Northwest Ohio offers an ongoing, interactive grief support group for adults who are adjusting to the loss of any loved one. The group meets from 6:00 to 7:30 p.m. on the first and third Tuesdays of each month at the Perrysburg Center, 30000 E. River Rd., Perrysburg.

The group is free and open to any adult; however, preregistration is required. Call (419) 661-4001 for more information or to register.

### 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.

### 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](mailto:BPiehl@aol.com) and/or request to join the Facebook page under Serenity Chronic Pain.

### Mental Health & Addiction Support Announced

The Gateway to Wellness and Recovery ... A Place for Families will be held on the third Thursday of each month from 6:00 to 7:30 p.m. at the University of Toledo Scott Park Campus Classroom Center. The program is a collaborative effort by the Mental Health and Recovery Services Board, NAMI of Greater Toledo and TASC of Northwest Ohio.

This free group provides a place for families impacted by mental illness or drug and alcohol addiction to find resources and information. Tables from area agencies regarding mental health and addiction services, and a monthly speaker on issues related to mental health and addiction services, will be featured. For more information, contact Sarah Smitley at (419) 243-1119 or [ssmitley@namitoledo.org](mailto:ssmitley@namitoledo.org).

### Free Services Offered For Women's Health Needs

The Breast and Cervical Cancer Project (BCCP) offers free services to many women in Northwest Ohio. If you live in a household with limited income, have no health insurance and are 40 years of age or older, you may be able to receive free medical services. Women who have been screened through BCCP and who are found to need treatment for breast cancer, cervical cancer or precancerous conditions will be covered by BCCP Medicaid for their cancer treatment and other health-care needs. Contact the local BCCP enrollment agency at (800) 929-6626 to see if you qualify for free services.

BCCP is funded by the Centers for Disease Control and Prevention and state revenue funds, administered by the Ohio Department of Health and operated by its 11 Regional Enrollment Agencies (REA). BCCP's clinical services are available through a large network of medical providers throughout Ohio. Once a woman is enrolled in BCCP, she will be scheduled for services with clinical providers in her area by staff at her REA.

BCCP is committed to serving Ohio women in a convenient, accessible, respectful and culturally competent manner. For more information, visit [www.bit.ly/Ohio-BCCP](http://www.bit.ly/Ohio-BCCP).

### Free Low-Impact Exercise Set At Church

First Presbyterian Church of Maumee, 200 E. Broadway St., is offering free, adult public exercise classes on Tuesdays from 11:00 a.m. to noon in the Canfield Room.

Most exercises are done sitting down. Classes are designed to increase flexibility, joint stability, agility, muscular strength and cardiovascular endurance.

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