

The Mirror's **VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE** Guide To Good Health

Rep. Barbara Sears Vacates Seat To Join Office On Health Transformation

BY KAREN GERHARDINGER
MIRROR REPORTER

As the representative for Ohio House District 47 for the past nine years, Barbara Sears has tackled everything from finances and budgets to social worker registration and pit bull legislation.

On July 1, Sears will take on a new role: assistant director of the governor's Office of Health Transformation.

"Thank you. This has been an opportunity that I don't know how to duplicate," she said of her time as a representative. "It's been an honor to serve in Fulton County and Lucas County. I wish I didn't have to stop."

The Northwest Ohio native, who served on Sylvania City Council and has decades of experience in insurance, was appointed in

January 2008 after Sen. Paul Gillmor died and then-representative Mark Wagoner took over his seat. She has been subsequently re-elected and is finishing her fourth term. Knowing that she was term limited, Sears began looking for a new job when this opportunity became available.

Created by Gov. John Kasich in 2011, the Office of Health Transformation eliminates the overlapping of duties and services shared by the departments of Health, Mental Health, Aging and Job and Family Services, Sears said.

In this newly created position, Sears will be responsible for taking the reforms and projects and giving them more oversight and direction, she said.

She pointed out that many issues cross through several state agencies. The opioid addiction issue



Rep. Barbara Sears will finish her term early in order to begin working as assistant director for the Office of Health Transformation on July 1.

PHOTO COURTESY OF BARBARA SEARS

impacts not only Medicaid and the Department of Health, but also the Department of Aging, as the number of older Ohioans facing addiction has increased. Because substance abuse is a barrier to employment and impacts mental health, the departments of Job and Family Services and Mental Health are also impacted.

"We need to have someone coordinate the departments to make sure we're moving in the same direction and not wasting taxpayer dollars," she said.

Another health issue she'll focus on is the high infant mortality rate. Ohio ranks among the highest in the nation for infant mortality, with Lucas County at the epicenter, she said.

"I'm shocked at how poorly we do with elementary education on preventing infant mortality," Sears

said, noting that expectant mothers need to be informed on overall health as well as the impact of smoking, drinking and drugs on the baby.

Sears said her 35 years of experience in health insurance, a legislative background in Ohio and "being able to get stuff done" make her qualified for the job. Getting started on July 1 is imperative as the office is working on its 2017 budget.

Most state senators and representatives are currently in their districts meeting with voters prior to the November 15 active voting session, so Sears said she's not missing key legislative action.

Her staff will be working in the office answering questions from constituents — which typically revolve around getting help navigating through the state government.

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Toledo Area Sanitary District Prepared For Zika Virus

BY KAREN GERHARDINGER
MIRROR REPORTER

The Zika virus-bearing mosquito hasn't buzzed into Lucas County, but if it does, the Toledo Area Sanitary District (TASD) is prepared.

Traps are set throughout the county to check for the *Aedes albopictus*, or Asian tiger mosquito, said biologist Paul Bauman of the TASD.

During a May 24 Zika forum held at Toledo Hospital, Bauman and experts from throughout Ohio gathered to share details on the virus.

The Asian tiger mosquito has not been found in Lucas County. Of the 544 reported Zika virus cases in the United States, including 12 in Ohio, all have been due to travel.

News reports of the Zika virus, which causes brain defects in infants and illness in adults, have triggered worldwide concern.

In May 2015, the Pan American Health Organization issued an alert regarding the first confirmed Zika virus infections in Brazil, said Dr. Arlette Aouad.

In January 2016, the Centers for Disease Control began responding to outbreaks of Zika in the



Crews have been spraying areas where water collects, in order to prevent the spread of mosquitoes.

PHOTO COURTESY OF TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT

Americas and increased reports of birth defects and Guillain-Barre syndrome in areas affected by Zika. In February, the World Health Organization declared a public health emergency of international concern because of clusters of microcephaly and other neurological disorders in some areas

affected by Zika. That same month, President Obama requested \$1.8 billion in emergency funds for agencies to accelerate research into a vaccine and to educate at-risk populations.

In April, the CDC confirmed that Zika causes microcephaly and other severe fetal brain defects.

Discovered in 1947, the disease is named after the Zika Forest in Uganda. The first human case of the virus was detected in 1952, and outbreaks have been reported in tropical Africa, Southeast Asia and the Pacific Islands.

The symptoms are similar to other diseases: fever, joint pain and redness in the eyes. It's spread by bites from the *Aedes* mosquito. It can also be transferred sexually, lasting for up to 62 days in the semen of an infected man. The virus can also be spread through blood transfusion and organ transplantation.

Locally, homeowners should work on reducing the mosquito population by removing standing water, such as birdbaths, old tires, potted plants and clogged eavestroughs.

For more information, visit www.tasd-mosquitoes.org.

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Annual MS Bike To The Bay Ride Supports Research, Patient Programs

Don't just ride, Bike MS.

Join more than 1,000 cyclists on Saturday and Sunday, June 25-26, as they challenge themselves during the Bike MS Bike to the Bay cycling event. The Bike to the Bay ride presented by The Andersons is a special two-day ride devoted to helping people who are living with multiple sclerosis, a chronic and unpredictable disease of the central nervous system.

The Bike to the Bay ride begins at Owens Community College on Saturday, June 25. There are route options of 35, 50, 75 and 100 miles so riders of any age (12 and over), experience and ability level can

register to ride. Two-day riders stay overnight in Port Clinton and receive a Jet Express ticket to Put-in-Bay before making the return trip to the college on Sunday, June 26.

"Bike MS is more than a ride," said Janet Kramer, president of the National MS Society's Ohio Buckeye Chapter. "It provides hope to people living with MS and raises funds for local programs, services and MS research."

Registration is \$75.00 and riders are responsible for meeting a \$300 fundraising minimum. First-time riders are encouraged to sign up and receive free registration

with the discount code NEWRIDER2016.

The goal of the Ohio Buckeye Chapter's three Bike MS rides being held this summer is to raise \$2 million. Interested cyclists are also welcome to participate in the Bike MS Central Ohio Challenge on Saturday, July 9 and the Bike MS Buckeye Breakaway on Saturday and Sunday, August 6-7. All rides are fully supported along the way with rest stops, bike shops and medical personnel.

For more information about riding or volunteering at Bike MS, visit www.MSobiobike.org or call (855) 372-1331.

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HEALTH CARE CALENDAR

Hospice Helps Those Grieving Traumatic Loss

Hospice of Northwest Ohio is offering a recurring bereavement group for those who are grieving the loss of a loved one from traumatic or unexpected death. Planned for the second and fourth Wednesdays of each month through June 22 from 6:00 to 7:30 p.m. at the Toledo Hospice Center, 800 S. Detroit Ave., the group is open to any adult in the community.

This workshop will be facilitated by expert grief counselors, who will provide participants with information on coping with traumatic loss, along with discussion about the first steps to healing. The focus of the group will be to empower participants to heal and grow, by learning and applying healthy coping strategies for living through grief.

While no prior relationship with Hospice of Northwest Ohio is needed, 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.

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CPR/AED Training Planned At Area Church

First Presbyterian Church of Maumee's Health Ministry Services is offering a non-certification CPR/AED training session.

Instructor Steve Wacha will hold the class at 200 E. Broadway St., Maumee, in the café area on the lower level from 6:30 to 8:00 p.m. on Tuesday, June 21.

The class is free and open to the public. Space is limited. Call Vicki Secord at (419) 392-3921 to reserve a spot.

Franciscan Care Center Announces Job Fair

The Franciscan Care Center, 4111 N. Holland-Sylvania Rd., Toledo, will host a job fair on Wednesday, June 22 from 9:00 a.m. to 5:00 p.m. For more information, call (419) 882-6582.

Opioid Epidemic Forum Planned In Findlay

U.S. Rep. Bob Latta will host a forum addressing the opioid epidemic in Ohio on Monday, June 27 at 6:30 p.m. at the University of Findlay. Latta will be joined by Ohio Attorney General Mike DeWine, Ohio Department of Health Director Richard Hodges and Ohio Department of Mental Health and Addiction Services Director Tracy Plouck.

The forum will consist of opening remarks followed by a panel discussion to raise awareness of increased heroin and opioid abuse across Northwest and West Central Ohio and to find solutions to the epidemic.

Additionally, resource tables will be available to offer educational materials. The panel of local law enforcement, medical experts and community advocates will address why and how opioid dependence is so prevalent, what resources are available to help those addicted and how to stop opioid abuse.

Beginner Tai Chi Classes Offered In Maumee

The Taoist Tai Chi Society is a nonprofit, volunteer organization dedicated to improving health and well-being. Classes consist of slow movements that use gentle turns and stretches to improve balance, flexibility, circulation and strength.

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

Other locations for beginner classes starting in July are in Walbridge, West Toledo and Sylvania.

In August, new beginner classes will start in Maumee, Oregon and Bowling Green.

For more information, call (419) 537-0131 or visit www.toledo.ohio.usa.taoist.org.

Annie's Angels Reaches Out To Caregivers

Annie's Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail AnniesAngels21@yahoo.com to learn more about Annie's Angels.

Growing Through Grief Group Offered In Swanton

The community is invited to an ongoing bereavement workshop, "Growing Through Grief," at Trinity United Methodist Church, 210 N. Main St., Swanton. Held the fourth Tuesday of every month from 3:30 to 5:00 p.m., participants will help each other through the pain, seek new adventures and support each other on the path to healing.

Conducted by licensed bereavement counselors, the sessions are free and open to anyone in the community who is interested in attending, whether or not they have had a prior relationship with Hospice of Northwest Ohio.

Preregistration is required. For more information or to

register, contact the hospice bereavement department at (419) 661-4001.

To learn more about grief and loss or Hospice of Northwest Ohio, visit www.hospicenwo.org.

Parkinson's Support Group Set At The Waterford

The Waterford at Levis Commons and the Parkinson's Foundation have initiated a partnership to hold a monthly Parkinson's support group for not only its residents, but also people in the community who are either suffering from this disease or people who are the family members or caregivers of someone affected.

This group will meet on the third Monday of every month at 6:00 p.m. in the Waterford at Levis Commons Chapel, 7100 S. Wilkinson Way, Perrysburg. For more information, call (419) 931-9390.

Vision-Impaired Support Group Meets Monthly

The Frogtown Low Vision Support Group meets on the first Wednesday of the month from 10:00 a.m. to noon at the Heatherdowns Branch of the Toledo-Lucas County Public Library, 3265 Glanzman Rd., Toledo. For more information, visit www.frogtownvision.org, e-mail frog-towngroup2020@sbc-global.net or call (419) 877-8007.

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.

Lutheran Village Plans 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.

Area 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 or call (419) 213-4121.

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