The Mirror’s

VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE

Guide To Good Health

Muddy Mini Marathon Is Planned For Summer

BY NANCY GAGNET
MIRROR REPORTER

This summer, the city of Maumee will host a mini marathon. Run Toledo is organizing the “Muddy Mini” marathon, which will begin in uptown Maumee and end at Fifth Third Field in downtown Toledo. The race is set to take place on June 17 and features both short- and long-track events, with a quarter-marathon or 6.55-mile race and a half-marathon or 13.1-mile race.

While organizers continue finalizing details of the course, race director Clint McCormick said that the quarter-marathon will begin at Fort Miami Elementary and the half-marathon will begin somewhere in uptown Maumee. Both races will end at the downtown Toledo field.

“This is a first for us to end a race right in the Mud Hens’ stadium,” said McCormick.

Approximately 1,000 runners are expected to participate. The Muddy Mini is the second race in a five-race Grand Prix Series, called “Run the 419,” which is designed to keep runners involved in races throughout the year. Runners have the option of taking part in all five events, either $125 for all quarter-marathons or $160 for all half-marathons.

“It’s really incentivized for runners to compete in all five events,” said McCormick. “You can buy your package now and then you’re set for the year — you can just start training.”

McCormick is still working to secure sponsors and has been meeting with city leaders, business owners and nonprofit organizations to finalize the details.

Members of Maumee school district athletic teams and clubs have already committed to volunteering in exchange for a financial contribution to those teams and clubs.

District Superintendent Todd Cramer said the event is a great way for the district to be involved in the community.

“This race is another way that Maumee City Schools can support the community that is so supportive of us. We are hoping it brings patrons into uptown — those who may not otherwise have a reason to come — and they will see all our town has to offer,” he said.

McCormick, who has helped design the Glass City Marathon, enjoys running through Maumee. At one time, the marathon came through the city, but when the course was re-designed it moved away.

“Maumee was always my favorite part of the course and so I wanted to design a race through Maumee. My goal is to provide a course that is unique with a great atmosphere,” he said.

For more information, please visit http://runtoledo.com/runthe419/.

Batman And Belle Make Appearance At Craft Show

Princesses and superheroes joined crafters at the 11th annual Crafting Wishes Arts and Crafts show to benefit Make-A-Wish. Pictured is 6-year-old Alba Rollins with Belle and Batman.

Museum Program Featuring Hats In Portraits Offered To Those With Mild Memory Loss

Hats – from top hats to ball caps – will be the topic at the Saturday, December 10 Meet Me at the Toledo Museum of Art gathering, sponsored by the museum and the Alzheimer’s Association, Northwest Ohio Chapter.

During the hourlong, free program beginning at 1:00 p.m., participants will discover the different styles of hats featured in the portraits in the museum’s collection. The special program is designed for those with mild memory loss and their families and friends. Participants should meet at the information desk just inside the Grove Place entrance to the main museum building. Galleries are fully accessible and wheelchairs are available at no charge. Parking is free for tour participants with tokens available through the group leader. Registration is requested. To register or for more information, call the Alzheimer’s Association at (888) 272-3900.
Many people think of health insurance companies as impersonal, numbers-first corporations that care solely about the bottom line. While that may sometimes seem to be true, there are nevertheless pockets of personal touches in the industry that get one’s attention.

Paramount, a Maumee-based health insurance company affiliated with ProMedica, has twice visited 85-year-old Gery Fruik in the hospital, once after a series of health issues. Gerry, sitting in her bed on a recent day while recovering from a procedure at Toledo Hospital, wore a cross necklace that Angela gave to her upon their first face-to-face meeting, which came after the two had talked on the phone several times about Gerry’s health. (Gerry’s son, Olen, has twice visited her at home.)

“Even though the goal is to address the medical (needs), we also take the holistic approach,” Angela said.

With Gerry, for example, Angela followed up about medical but we’ve talked about housing, Medicaid, I’ve made phone calls to Area Office on Aging, helped her with some of her medications to make sure they were filled and available to her, and I’ve made phone calls to doctor offices if there was a break in communication. Angela said she felt compelled to reach out to Gerry and visit her in person because “I grew close to Gerry because she had multiple health issues and I had developed a relationship. I think I felt comfortable reaching out to her,” said Angela. “I just felt for her. She just felt so frustrated and I just felt that she needed an advocate.”

“What will give Gerry advice on questions to ask medical staff to ensure she’s as informed as possible about her health, as serving as a bridge between the patient and health care providers, and her caretakers in the hospital.”

As a proposal for its implementation of 100 percent smoke- and tobacco-free campus policies, BGSU is one of the first 20 colleges and universities to receive a TFCCG grant. Over the past three years, colleges and universities throughout the U.S. will be awarded TFCCG grants to support their efforts to advocate for, adopt and implement a 100 percent smoke- and tobacco-free campus policy. Campuses will also receive technical assistance and resources to support their efforts in education, communication, cessation and evaluation.

“Recreation and Wellness is extremely honored to be a recipient of the Tobacco-Free Campus Initiative Funding,” said Dr. Thomas Gibson, BGSU vice president for student affairs and vice president, “While access to quality higher education starts by age 18, 99 percent by age 26. This staggering statistic emphasizes the importance of educating students about the dangers of tobacco and the importance of making good health choices.”

The fund grants will be used to develop a proposed tobacco-free campus policy as a proposal for its implementation. A portion of the funds will have been budgeted for marketing and education materials for the initiative.

“Tobacco-free grants are intended to address the unmet need by helping colleges and universities develop comprehensive tobacco and tobacco-free campus policies. The U.S. Department of Education reports there are approximately 4,700 institutions of higher education in the United States. According to the Americans for Nonsmokers Rights Foundation, only 1,427 colleges and campuses are 100 percent smoke- and tobacco-free.”

According to a Morning Consult poll of 2,202 registered voters, commissioned in partnership with Tobacco-Free Campus Initiative, there is strong public support for addressing the continued need for smoke-free use on college and university campuses. Among the key poll findings:

More than half of Americans (56 percent) think the number of tobacco-free campuses is too low. The survey data is similar to college students where the combined percentage is 54 percent.

Three-quarters (75 percent) of Americans support policies that prohibit smoking and discourages the use on college campuses.

Fifty-two percent of Americans think whether or not a campus is tobacco-free is an important consideration when applying to or attending a college, and 67 percent, according to a university survey, including in the state, detention and glucosa. Diabetic retinopathy affects more than women. Diabetic macular edema (DME) is due to accumulation of diabetes caused by fluid accumulation in the macula that can affect the patient’s vision in one eye.

HARBOR BEHAVIORAL HEALTH, PROMEDICA Earn Mental Health Project Grant

Harbor Behavioral Health, ProMedica, has been awarded a $1.6 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) for a mental healthcare project. The Primary and Behavioral Health Care Integration (PBHCI) project will provide coordinated and integrated care through the co-location of primary and specialty care medical services in a community-setting on Harbor Behavioral Health. The project will serve adults living with severe and complex mental health issues, who are at risk or have been diagnosed with chronic physical illnesses and/or substance use disorders.

Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults in the U.S. living with serious mental illness are two to three times more likely to die by suicide than others, largely due to treatment conditions. Medical care for individuals with chronic mental health and psychiatric conditions.

Bariatric surgery isn’t just about feeling more comfortable in your own skin — it’s also about reducing your risk for some preventable conditions and reversing existing health problems.

Many patients experience these positive health benefits following bariatric surgery:

1. **Diabetes Control.** Did you know that weight-loss surgery is an effective tool for preventing, treating and even resolving diabetes in some patients? Studies show that in a number of patients, weight-loss surgery completely resolves or significantly improves type 2 diabetes. As a result, patients can often stop or reduce diabetes treatments such as insulin and medications. Weight-loss surgery can also reduce the risk of diabetes complications, such as blindness, limb amputation, kidney disease and stroke.

2. **Lower Cholesterol.** Gastric bypass surgery can help lower cholesterol and improve the ratio of total cholesterol to HDL (good) cholesterol. The American Society for Metabolic and Bariatric Surgery (ASMBS) cites studies reporting that within just six months of gastric bypass, nearly all patients with high cholesterol had normal blood cholesterol levels and 91 percent of patients who were on statins or other lipid-lowering drugs before surgery no longer needed them. Even after six years, all patients were off medication.

3. **Normal Blood Pressure.** Seventy percent of patients who have high blood pressure and who are taking medications to control it are able to stop all medications and have a normal blood pressure, usually within two to three months after surgery. When medications are still required, dosage can often be lowered, leading to a reduction of medication side effects.

4. **Lowered Risk for Heart Disease.** Although it can’t be stated that heart disease is reduced by weight-loss surgery, the improvement in conditions such as high blood pressure, high cholesterol and diabetes surgery that lowered risk is very likely possible. In one recent study, the risk of death from cardiovascular disease was profoundly reduced in diabetic patients, who are particularly susceptible to this problem.

5. **Improved Asthma/Respiratory Conditions.** Most asthma patients who have fewer and less severe attacks, or sometimes none at all. Improvement of exercise tolerance and breathing may usually occur within the first few months after surgery. Often, patients who have barely been able to walk find that they are able to participate in family activities and even sports.

6. **Sleep Apnea Relief.** Dramatic relief of sleep apnea occurs as patients lose weight. Many report that within a year of surgery their symptoms were completely gone and they had even stopped snoring altogether — and their spouses agree. Many patients who require an accessory breathing apparatus to treat sleep apnea no longer need it after surgically induced weight loss.

7. **Gastroesophageal (Acid) Reflux Disease Relief.** Relief of all symptoms of reflux usually occurs within a few days of surgery for nearly all patients.

8. **Improvement of Stress Urinary Incontinence.** This condition responds dramatically to weight loss and usually becomes completely controlled. A person who is still troubled by incontinence can choose to have specific corrective surgery later, with much greater chance of a successful outcome with a reduced body weight.

9. **Low Back Pain, Degenerative Disk Disease and Degenerative Joint Disease Relief.** Patients usually experience considerable relief of pain and disability from degenerative arthritis and disk disease, and from pain in the weight-bearing joints. This relief tends to occur early, usually with the first 25 to 30 pounds lost. If there is nerve irritation or structural damage already present, it may not be reversed by weight loss and some pain may persist.

10. **Improved Fertility.** Weight-loss surgery may help infertility in obese women, especially those who are infertile due to polyovarian ovarian syndrome (PCOS). Significant weight loss after surgery can help restore normal menstrual cycles, reduce high androgen levels and reduce the risk of type 2 diabetes, all of which play a role in a woman’s fertility.

Your doctor will be able to answer any questions you may have about weight-loss surgery, as well as advise on whether the procedure is right for you.

So you’re ready to take a closer look at bariatric surgery as an option. Now what?

**Do Some Soul Searching**

If overeating is linked to emotions — and it usually is — bariatric surgery will help to an extent, but lifelong success depends on also addressing underlying issues. Overeating and food addiction can be linked to childhood trauma, depression and social anxiety; and other emotional factors can be the root cause of obesity. Weight-loss surgery without addressing the root cause of overeating is like taking (continued on page 4)
Do Your Homework
This is a life-changing decision. Seek your own work. Research online. Look at bariatric surgeon profiles — years of experience, procedures performed, facilities where they perform surgeries, accreditations and board certifications can provide valuable insight. One of the most important steps to take is to attend an information session — one where a bariatric surgeon walks through the process and offers time to answer your questions (bring a written list with you).

Be Patient
"Why do I have to wait to get bariatric surgery?"

"This is one of the most common questions patients have when they begin their weight-loss journey," according to Dr. Daniel McCullough, FACS, a ProMedica bariatric surgeon. "The answer is actually more complicated than they think at first, but ultimately they understand its importance in maximizing their chance for success."

Medically supervised weight loss before surgery helps patients transition into eating mini meals every few hours, as they will need to after surgery. It’s common for insurance companies to require a patient to participate in medically supervised weight loss before they will cover a bariatric surgery.

Another piece of the pre-bariatric surgery journey includes physical conditioning. "We want our patients to do the best possible with surgery, and improving physical conditioning before surgery helps our patients recover quicker and with fewer problems after the operation," explained McCullough.

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Health Benefits Of Weight-Loss Surgery
A board-certified general surgeon and a fellow of the American Society for Metabolic and Bariatric Surgeons, McCullough has performed more than 1,500 bariatric procedures during the past 10 years of practice in Salisbury, Md. A Toledo native, he recently returned to join Dr. Patrick White, FACS and education and FACS and the dedicated, comprehensive team of professionals at ProMedica Weight Loss.

Background
Hello, holidays. Goodbye unwanted varicose veins.

Don’t let varicose and spider veins get in the way of your holiday plans. VeinSolutions has a treatment option for you. Our ProMedica Physicians team is specially-trained in the treatment of varicose and spider veins.

Schedule a free consultation today! Call (419) 291-2070 or visit promedica.org/Veins

The American Red Cross has scheduled blood drives on the following dates. For more information, visit www.redcross.org/blood.

Friday, December 9 – Community of Christ Lutheran Church, 6517 Finzel Rd., Whitehouse, noon to 2:00 p.m.

Tuesday, December 13 – Gateway Middle School, 900 Gibbs St., Maumee, 3:00 to 6:00 p.m.

Wednesday, December 14 – St. Luke’s Hospital, 5901 Monticello Rd., Maumee, 7:30 a.m. to 1:30 p.m.

Friday, December 16 – Whitehouse American Legion, 6910 S. Providence St., Whitehouse, noon to 6:00 p.m.

Lutheran Homes is now Genacross Lutheran Services
For more than 150 years, Lutheran Homes has been ready to help when life presents challenges and opportunities. To better reflect the diverse populations we now serve, we’re changing our name to Genacross Lutheran Services. Through our youth services, affordable housing, home health, community services and senior living options, we will adapt to the needs of people in and around northwestern Ohio. Moving forward as Genacross Lutheran Services, one thing will not change — our deep commitment to faithfully serving people of many different generations.
Studio Fitness Announces December Classes

Studio Fitness, 1413 Berlin Pike, off Airport Highway, offers fitness classes for active seniors 55 and older. Classes are free for SilverSneakers members and $3.00 for nonmembers. Classes offered on Mondays include Strength and Balance at 11:00 a.m., Zumba Gold Low-Impact Dance at 1:00 p.m. and Cardio Drumming at 2:00 p.m. Wednesdays feature Strength and Balance at 11:00 a.m., Zumba Gold Low-Impact Dance at 1:00 p.m. and Chair Yoga at 2:00 p.m. On Fridays, join Cardio Drumming at 9:30 a.m., Strength and Balance at 11:00 a.m. and Zumba Gold Low-Impact Dance at 1:00 p.m.

For more information, contact Studio Fitness at (419) 870-2318 or www.studiofitnesspoledivas.com

St. Clement Catholic Church Holds Health Screenings

Residents living in and around the Toledo area can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening.

St. Clement Catholic Church will host this community event on Thursday, December 22. The site is located at 2990 Tremont Ave., Toledo. Screening can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL cholesterol levels.
- Diabetes risk.
- Bone density as a risk for possible osteoporosis.
- Kidney and thyroid function, and more.

Screenings are affordable, convenient for everyone and accessible for wheelchairers and for those with trouble walking. Free parking is also available.

Packages start at $149, but consultants will work with attendees to create a package that is based on age and risk factors. Call (877) 237-1287 or visit attendeest to create a package that is based on age and risk factors.

Good Grief Offers Peer Support To Grieving Kids

Good Grief of Northwest Ohio meets on Tuesdays at 6:00 p.m. at 7015 Spring Meadows Dr. West in Holland. Good Grief provides peer support services to children ages 4-12 who are grieving the loss of someone important in their lives.

Dinner is provided, followed by group sessions that include age-appropriate healing activities to help children learn to cope with the loss while expressing thoughts and feelings through music, play, art and other activities.

Taoist Tai Chi Society Announces Beginner Classes

The Taoist Tai Chi Society’s beginner tai chi classes are scheduled to start in January 2017 in Maumee and Monclova. 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.

In Maumee, classes will be held at the Maumee center, 406 Illinois Ave., on Tuesday, January 3 from 6:00 to 7:30 p.m. and on Saturday, January 7 from 9:00 to 10:30 a.m. In Monclova, classes will be held at the Monclova Community Center, 8115 Monclova Rd., on Wednesday, January 4 from 6:00 to 7:30 p.m.

Aromatherapy For Health Program Planned

A program that discusses aromatherapy and the special ways that essential oils can be used for everyday health and wellness is offered free to people with a cancer diagnosis on the first and third Wednesday of each month from 1:00 to 2:00 p.m. at The Victory Center, 5532 W. Central Ave., Suite B, Toledo. For more information, call The Victory Center at (419) 531-7600.

Monthly Caregiver Classes To Be Held In Swanton

Caregiver classes will be held on the second Tuesday of every month at 3:30 and 6:30 p.m. at Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton. To make a reservation, contact Chris Cremean at (419) 825-1145 or ccremean@swantonhealthcare.com.

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Groups are open-ended. Families enter and leave at their own discretion, and there is no fee. Registration and orientation are required for participation. For further information, call (419) 360-4939 or register at www.pdsnllc.com.

Adult Grief Group Meets At Perryburg 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 on the second and third Tuesdays of each month at the Perryburg Center, 3000 E. River Rd., Perryburg.

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

Annie’s Angels Reaches Out To Caregivers
Annie’s Angels invites caregivers of those with ovarian or digestive 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 AnniesAngels18@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 5:00 to 5:45 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 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.

Parksinson’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 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 419-931-9391.

Vision-Impaired Support Group Meets Monthly
The Fogtown Low Vision Support Group convenes on the first Wednesday of the month from 10:00 a.m. to noon at the Heartlands Branch of the Toledo-Lucas County Public Library, 3265 Glenwood Rd., Toledo. For more information, visit www.fogtownvision.org, e-mail fogtownsupportgroup2008bk@globalnet.co.uk 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 6:30 to 8:00 p.m. 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 to adapt to their grief, set realistic expectations and gain support and understanding in their grief.

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

Genacross Wolf Creek Sets Monthly Wellness Clinics
Genacross Lutheran Services-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 Sybota Rd., Toledo. The wellness clinics will be held from 8:00 to 9:00 p.m. on the Luther Crest Building 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 incon tinence and grip strength. They will also be available to answer health questions. No appointments are required.

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

Area Community Clinic Locations Announced
Shots 4 Tots offers walk-in immunization clinics for children born 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 second Tuesday of each 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 second Thursday of each month, from 11:30 a.m., third Friday of every month from 8:30 to 11:30 a.m. and 1:00 to 3:30 p.m., and on the fourth Monday of every month from 1:00 to 3:30 p.m.
- For more than 3 locations, go to www.lucascountyhealth.com or call (419) 213-4121.

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.

Serenity Hosts Pain Support Group Meetings
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 that affects individuals of any age in those 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 chronicpain@globalnet.co.uk 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 Smyth at (419) 243-1419 or smyth@nami-toledo.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

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Metroparks Of Toledo Area Sets A Record With Multiple Awards For Excellence

Metroparks of the Toledo Area records a record six first-place awards in a statewide contest among parks and recreation agencies.

The park district received nine awards in all from the Ohio Parks and Recreation Association in its annual Awards of Excellence contest.

"These award-winners represent the best of the best in parks and recreation in Ohio," said OPRA executive director Woody Woodward. "These programs and projects are changing the lives of people around the state and building better communities in Ohio."

Three of the awards were in the Capital Improvements category: the new Middlegrounds Metropark, which opened on September 17 in downtown Toledo, won first place for projects costing more than $2.5 million. Fallen Timbers Battlefield Metropark, which opened in October 2015 in Maumee, won the first place for projects costing $1 million to $2.5 million. Westwinds Metropark, an archery park in Holland that also opened last October, won second place for projects costing less than $1 million.

A strategic land acquisition plan, which increased the size of the park district by 4,387 acres since 2002, won first place in the Natural Resources and Conservation category.


Two more awards were in the Special Events category: Holidays in the Manor House, a 40-year-old annual event that last year drew more than 25,000 people to Woodview Preserve over nine days, won first place. The annual Outdoor Adventure Expo, held in May at Side Cut Metropark in Maumee, won second place.

Three awards were in the Program category: A grand opening event marking the opening of the Fallen Timbers Battlefield won first place for historical and cultural arts programs; a series of new Outdoor Skills programs won second place for recreation programs; and a summer camp program, My Mentor and Me, in partnership with the Ability Center of Greater Toledo and the Lucas County Board of Developmental Disabilities, won third place for special populations programs.

While 18 different agencies received awards and nine won first-place awards, Woodward said Metroparks of the Toledo Area broke an OPRA Awards record by taking home six first-place awards.

The awards were judged by a panel of 41 parks and recreation professionals from around Ohio.

The OPRA Annual Awards of Excellence will be presented at a banquet hosted by the association at the Kalahari Convention Center in conjunction with the 2017 OPRA Conference and Trade Show. Our first-place award-winner will be presented with the 2016 Governor’s Award for Parks and Recreation, a “best-in-show” award that includes a $500 contribution to the parks and recreation foundation of the winner.

St. Clements Catholic Church Offers Health Screenings

Residents living in and around the Toledo area can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with a portable screenings by Life Line Screening.

St. Clements Catholic Church will host this community event on Thursday, December 22. The site is located at 2990 Tremainsville Rd., Toledo.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL cholesterol levels.
- Diabetes risk.
- Bone density as a risk for possible osteoporosis.
- Kidney and thyroid function, and more.

Screenings are affordable, convenient and accessible for wheelchair and for those with trouble walking. Free parking is also available.

Packages start at $149, but consultants will work with attendees to create a package that is based on age and risk factors. Call (419) 237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

Annual 5K Jingle Bell Run/Walk Benefits Fight Against Arthritis

The Jingle Bell Run/Walk for Arthritis steps off on Saturday, December 10 at 9:00 a.m. at The Shops at Fallen Timbers Day-of-registration and festivities begin at 7:45 a.m. The Jingle Bell Run/Walk is a 5K (3.1-mile) event for competitive and non-competitive runners and walkers with an optional 1-mile walk and 100-meter dash kids’ run. All proceeds benefit the Arthritis Foundation, Great Lakes Region.

Eligible participants are expected to attend the holiday-themed event. More than 50 million Americans have been diagnosed with arthritis and the disease impacts the daily activities of 23 million people roughly one in 20 adults in the U.S. Events such as the Jingle Bell Run/Walk for Arthritis bring the community together to raise funds to fight and cure arthritis.

The Toledo Jingle Bell Run/Walk for Arthritis is expected to raise $37,000 to support local Arthritis Foundation programs that improve the lives of people with arthritis.

More than 4.8 million people of all ages in Ohio have been diagnosed with arthritis.

The Jingle Bell Run/Walk is a campaign in 2016 that included print and billboard ads. The campaign in 2016 that included hard-hitting messages via strategically placed billboards, radio, print and television ads and a comprehensive website, www.helpwithheroin.com.

The second campaign, beginning in 2017, will seek to reach an addict driving in a car, listening to the radio or watching television through print and billboard ads. The mission continues to be to get the word out about where help is available for those involved in addiction and for families who are seeking assistance and guidance through the addiction process.

Youth Billboard Design Contest Aims To Help Heroin Addicts

Keith Walker, president of Walker General Homes, announced that junior high and middle school students in grades 6-8 who reside in Northwest Ohio and Southeast Michigan can enter the Youth Billboard Design Contest sponsored by Lamar Outdoor Advertising.

The contest, which is sponsored by the Northwest Ohio Heroin Awareness Partnership, is open to students in grades 6-8 who reside in Northwest and Southeast Ohio and Southwest Michigan. All designs should be sent to the first-, second- and third-place winners.

"This award-winning campaign represents the best of the best in Ohio," said Walker. "The way to get the word out is to make our young people aware about the dangers and destruction from heroin abuse. What better way than to include them in the process of making the public conscious of the issues and what community resources are available?"

Designs must make people aware of the dangers of heroin addiction. Each design should include the tagline www.helpwithheroin.com and the Call for Help phone number, (419) 213-6582.

There will be Help With Heroin partners added to the design at a later date.

Cash awards will be given for the first-, second- and third-place winners.

Local community leaders will judge the contest.

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Screenings in Northwest Ohio are held on Saturdays at the following locations: Sandusky in conjunction with the Sandusky County Department of Developmental Disabilities and a series of new Outdoor Skills programs won second place for recreation programs; and a summer camp program, My Mentor and Me, in partnership with the Ability Center of Greater Toledo and the Lucas County Board of Developmental Disabilities, won third place for special populations programs.

This signature Arthritis Foundation event voted one of the nation’s “Most Incredible Themed Races” in 2012 — is sponsored by Janssen, Mallinckrodt Pharmaceuticals, HCR ManorCare, Heartland, Dave’s Running, Hinkle’s Packaging, Marco’s and other Toledo community partners.

Advil, AbbVie, Ferring

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The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.

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The Lakes Of Monclova received the Platinum Award for its commitment to customer service excellence at the Trilogy Health Services 2016 Fall Meeting, which was held in October in Indianapolis, Ind. The award was based on feedback provided by residents and their families through Trilogy Health Services’ bi-annual customer satisfaction survey.

The Lakes of Monclova received recognition for its customer satisfaction scores in staff attitude, quality of nursing care, food quality, activity programming and appearance/cleanliness. The Lakes of Monclova’s mission is to continually exceed the expectations of customers, and it considers scores on the customer satisfaction survey to be a great indicator of the quality of services provided.

“We are excited and pleased to receive such great recognition,” said Ashley Brough, executive director. “We value the fact that our customers have given us their stamp of approval. Our goal is to exceed the expectations of our residents and their families every day by delivering the best care possible. I feel very fortunate to lead such a wonderful team of healthcare professionals.”

Companywide, over 8,700 surveys were mailed to family members and other responsible parties. Over 52 percent of the surveys were returned. Ninety-one percent of customers responding said they would recommend their Trilogy campus to someone who required senior living services. Trilogy Health Services currently operates 102 senior health and hospitality communities throughout Indiana, Ohio, Kentucky and Michigan.

The Lakes of Monclova is a Trilogy Health Services community. It offers a full range of personalized senior living services, including assisted living, memory care, short-term rehab and long-term care. Services are delivered by staff specially trained to honor and enhance the lives of residents through compassion and commitment to exceeding customer expectations.

For more information or to learn more about available services, call (419) 866-3030, or visit www.lakesofmonclova.com.