

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



Senior Center Hosts Health And Wellness Fair
 With 40 vendors, a free lunch and numerous screenings and giveaways, the Maumee Senior Center was bustling with activity during its annual Health and Wellness Fair on September 7. Pictured: Mary Rodriguez gets her bone density checked by St. Luke's Hospital registered nurses Lisa Taylor (center) and Lindy Hansen.

MIRROR PHOTOS BY KAREN GERHARDINGER



Registered nurse Valorie Mahas, owner of Partners in Home, checks Victor Patel's blood pressure.



Joan Ackley has her blood pressure checked by Rachel Hedges of Sunset Retirement Communities.



Karen Foster (right) tries to open a pill package as part of a study by Great Lakes Market Research on behalf of the Consumer Product Safety Commission.



Julie Didion and Rob Green of Heritage Health Care welcome Joan Harrington to their table.



Maumee police officer Wendy Newsome speaks with Dessie Shoemaker.



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Sue Miller of Whitehouse (foreground) went Over the Edge for Victory on September 7. She raised \$1,085 for the Victory Center in memory of her father, Mitch Cousino, and husband, Jim Miller.

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Reflexology (above) is one of the many healing services available through the Victory Center.

PHOTO COURTESY OF THE VICTORY CENTER

Jumping Off A 16-Story Building Raises Funds For Cancer Survivors

BY KAREN GERHARDINGER
MIRROR REPORTER

While Carol Fusco didn't go Over the Edge for Victory, she watched and cheered from the "chicken coop" below as 85 men and women rappelled off the 16-story Toledo Edison building on September 7.

Fusco, a breast cancer survivor, volunteered that day to set up photos with Mud Hens mascot Mudonna during the fundraiser for the Victory Center — a nonprofit organization that's made such a difference in her own life.

Founded in 1996, the Victory Center's mission is to provide hope and support for cancer patients, survivors and those closest to them.

"I talk to other ladies who are going through the same thing," said Fusco, explaining that it's hard for those who haven't been through cancer to quite grasp what she's experiencing.

While the Monclova Township woman didn't undergo chemotherapy, she did have 38 radiation treatments, which badly burned her skin, and follow-up medications left her feeling sick.

"Sometimes people think you've just had an operation that took the cancer out and you're OK," she said. "People here understand. They're like a whole other family."

The Victory Center provides that support through art and exercise classes, mas-

sage therapy, social gatherings and even a wig bank — all at little or no charge, said executive director Dianne Barndt.

Reiki, reflexology, healing touch, facials, yoga, aromatherapy, belly dancing and even aquatic therapy are among the classes offered to help cancer survivors and their families. These and art classes, such as polymer clay, painting, barn wood art and other crafts, are made possible because so many instructors offer their expertise at no charge.

"Our services have grown by 300 percent," Barndt said. "Part of it is getting the word out there, and our amazing program director who comes up with new programs. We're also partnering with

community entities to offer more services."

ProMedica pays for a dietician and an instructor to lead exercise and aromatherapy classes. Mercy is providing 2,000 square feet in its new Perrysburg location beginning next month.

Still, the Victory Center needs funds to operate and serve its ever-widening client base, Barndt said. The second annual Over the Edge for Victory event is their best fundraiser. Rappellers raise at least \$1,000 to secure one of 85 spots.

Sue Miller of Whitehouse raised \$1,085 in memory of her father, Mitch Cousino, and her husband, Jim Miller.

"Jim died exactly five years ago on September 7. What better opportunity for

me to honor him than to jump off a building," she said with a laugh. The Victory Center was also there for her father when he was going through cancer treatments.

"They offer so many programs for free, and support groups. They're an amazing asset," Miller said.

For Fusco, the Victory Center's art classes not only give her an opportunity to relax and create, but to make friends who get together outside of the center as well.

"I talk to the other ladies who are going through the same thing. We give each other a lot of support. And the staff there is amazing," she said.

For more information on the Victory Center, visit www.thevictorycenter.org.



The Victory Center offers several exercise classes, including yoga, stretching and low-impact aerobics.

PHOTO COURTESY OF THE VICTORY CENTER

ProMedica Offers Community Events

ProMedica will offer the following community events in September:

• **Aromatherapy** — *Wednesdays, September 19 from 1:00 to 2:00 p.m.* at The Victory Center, 5532 W. Central Ave., Suite B, Toledo. Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at (419) 531-7600 for details.

• **Bariatric Seminar - First Step** — *Monday, September 17 and Wednesday, September 26 from 6:00 to 8:00 p.m.* at ProMedica Health and Wellness Center, Community Education Room, Suite 101, 5700 Monroe St., Sylvania. ProMedica Weight Loss is hosting free bariatric seminars. Attending an in-person seminar is the first step in the journey toward weight loss surgery. Learn from expert surgeons who will explain the weight loss surgery process, eligibility requirements, types of surgical procedures and potential benefits and risks. Talk with someone who has already had bariatric surgery. Ask questions and get answers that will inform a healthy weight loss decision. For more information or to register, call (419) 291-6777 or (800) 971-8203 or visit www.promedica.org/bariatric.

• **NICU Reunion** — *Sunday, September 16 from 1:00 to 3:00 p.m.* Ronald McDonald House parking lot, 3883 Monroe St., Toledo. ProMedica Toledo Children's Hospital invites all former Newborn Intensive Care Unit patients and their families to reunite with other former NICU patients. Come enjoy an afternoon of fun and fellowship with crafts, refreshments and entertainment. All reunion activities will take place in the Ronald McDonald House parking lot. Donations are welcome for the families at the Ronald McDonald House, such as individually wrapped snacks, microwavable meals and individual coffee creamers.

• **Caring and Restoring Each Other: Pregnancy and Infant Loss Support Group** — *Tuesdays, September 18 and 25 from 7:00 to 8:30 p.m.* Ronald McDonald House, first-floor conference room, 3883 Monroe St., Toledo. This support group is for families who have experienced miscarriage, stillbirth or infant death in the first few months of life. Each week during the four-week group, a different speaker will present on various topics such as grief, follow-up pregnancies, other children and relationships. Speakers include an OBGYN physician, a grief specialist and parents who experienced an infant death many years ago. A social worker, chaplain and neonatal nurse practitioner facilitate this group. The group is free and RSVP is appreciated, but not necessary. For more information, contact Kim Folk-Axe at (419) 291-9475 or kim.folk-axe@promedica.org.

• **Family Movie Night Featuring Wonder** — *Sunday, September 23, times vary.* Promenade Park, 400 Water St., Toledo. ProMedica and Buckeye Broadband will host free, outdoor family movie nights in Promenade Park. Guests are encouraged to bring lawn chairs and blankets for seating. Food trucks will be on-site. This event is free and open to the public.

Zepf Center Introduces 24/7 Detox Admissions

In response to the growing opioid epidemic in Lucas County, the Zepf Center has opened its Inpatient Medical Withdrawal Unit for admissions 24 hours a day, seven days a week. This unit can be easily accessed by calling (419) 754-DTOX.

Deb Flores, CEO of Zepf Center, said, "This need is critical and we are hopeful that with additional staffing we can ensure that help is readily available to any client who needs immediate assistance."

A Zepf nurse will respond to each call and walk the patient or provider through the admission process. Once the necessary information has been gathered, the patient will be directed to the Zepf Inpatient Medical Withdrawal Unit located at 2005 Ashland Ave., Toledo.

Zepf Center is a nonprofit mental health and substance abuse treatment organization with several locations throughout Northwest Ohio.

The organization is dedicated to providing excellent quality care for clients dealing with addiction and mental health disorders.

Some of its addiction services include: medication-assisted treatment, inpatient, outpatient (ambulatory) and partial hospitalization services, individual and group counseling, case management, recovery housing and a wide variety of wellness programs, all of which are designed to provide the organization's clientele with the tools they need for a successful recovery.

Working hand in hand with community partners, including Mental Health and Recovery Services of Lucas County and other organizations, the Zepf Center aims to not only save lives, but to turn lives around and give a fresh start to those who need and deserve it.

For more information, call Zepf at (419) 841-7701, ext. 6100.



Jason Bartley, parent of Ayva Bartley, listens to Evan Stigall and Reese Rigney – aka the Carrot Duo.



The Kale Kings include (from left) Layla Kajfasz, Chase Hizer and Brynn Wiskochil.

MIRROR PHOTOS BY KAREN GERHARDINGER

Jr. High Gardeners Grow More Than Sustainable Foods

BY KAREN GERHARDINGER
MIRROR REPORTER

Chase Hizer has never eaten kale, but as a member of the Kale Kings, he now understands how to plant, grow, harvest and cook with the green leafy vegetable.

“My mom grows kale and I cook it up with olive oil,” said fellow team member Layla Kajfasz.

Along with Brynn Wiskochil, Chase and Layla

were taking a break from a presentation about kale to a team of gardening experts on September 7 at Anthony Wayne Junior High School.

The Kale Kings were among several dozen teams formed in Kay-Lynne Schaller’s Principles of Food, a Penta Career Center Family and Consumer Sciences class offered at AW.

“This is about growing food sustainably, but it goes beyond that,” Schaller said.

“It’s professionalism, interacting with adults, critical thinking, creativity and answering questions they hadn’t anticipated.”

Just three weeks into school, the students broke into groups to research a food that could be grown in the classroom.

Lyn Aldridge and Reagan Ceglio focused on lavender, which is not only sweet-smelling, but flavorful.

“Honey lavender ice

cream is amazing,” Lyn said.

The Lettuce Ladies – Sarah Aranyosi, Vaida Eichenlaub, Teagan Ferrington and Aly Mathias – agreed that lettuce tastes great, especially with some salad dressing.

“We knew this would be the most hardy vegetable to grow, and we all like it,” Vaida said.

Sarah said that one garden expert suggested that they plant more seeds at a time to

ensure a good outcome, and to keep the ground moist but not flooded.

The Dragons, which include Carson Bartley, Maddie Mitchell, Trinity Nowicki and Gillian Yoder, focused on dragon carrots, which include red, purple, yellow and orange carrots. Cut open a purple carrot, and it’s yellow, Jillian said.

“I’ve heard that they have a sweet and spicy flavor,” Carson said.

Carrot Duo Reese Rigney and Evan Stigall chose traditional orange carrots, but ones that are really round, juicy and sweet.

“It’s easier to grow in cooler weather,” Evan said, adding that the harvest could be in time for Thanksgiving.

As the young gardeners care for their plants over the next several months, their peers can follow the progress on social media via the hashtag #awschoolgarden.



The Lettuce Ladies (from left) Teagan Ferrington, Aly Mathias, Vaida Eichenlaub and Sarah Aranyosi all agree they like lettuce, especially with salad dressing.



Peas in a Pod team members (from left) Zach Fisher, Joey Gladwell, Taylor Durham and Mariah Britsch share their ideas with David Hileman and Loretta Wilson.

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*The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. Information within this offer may vary or be subject to change. CCRG2/C

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Free Memory Screening Set In Swanton

Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton, will host a free memory screening on Wednesday, September 26 from 2:00 to 4:00 p.m. by appointment only. To make a reservation, call Chris at (419) 825-1145. For more information, visit www.nationalmemoryscreening.org.

Caregiver Ed Workshops Available Thru December

Hospice of Northwest Ohio is offering a free, two-hour workshop to teach family caregivers the basics of providing hands-on care twice a month at either the Toledo or Perrysburg Hospice Center.

Classes are offered at the Perrysburg Hospice Center, 30000 E. River Rd., Perrysburg, on Saturdays, from 10:00 a.m. to noon on September 29 and November 10; and at the Toledo Hospice Center, 800 S. Detroit Ave., Toledo, on Saturday, October 13 from 10:00 a.m. to noon; Tuesday, October 23 from 2:00 to 4:00 p.m.; Monday, November 19 from 2:00 to 4:00 p.m.; Saturday, December 8 from 10:00 a.m. to noon; and Tuesday, December 11 from 2:00 to 4:00 p.m.

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 call Sheila Young-Snyder at (419) 661-4001 to register.

Taoist Tai Chi Society Classes Announced

The Taoist Tai Chi Society beginner tai chi classes are scheduled to start in Maumee in October and November. 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 will be offered at The Ballroom Company, 2319 S. Detroit Ave., Maumee, on Tuesday, October 2 from 9:30 to 11:00 a.m. and on Thursday, November 1 from 9:30 to 11:00 a.m.

Other locations for beginner tai chi classes starting in October and/or November are in Bowling Green, Sylvania, Toledo and Walbridge.

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

Caregiver Workshop Slated For October

“Caring for the Caregiver,” a free workshop designed to help those who are caring for the needs of a friend or family member find personal meaning in the experience, is being held on Tuesdays, October 2 and 9 from 10:00 to 11:30 a.m. at West Park Place, 3501 Executive Parkway, Toledo.

Participants will learn about: coping mechanisms, self-care, available resources, simplifying caregiving, approaching difficult conversations, end-of-life care discussions and decision making, and maintaining a positive, healthy and hope-filled outlook.

Held in partnership with the Area Office on Aging, Christ the King Church and West Park Place, the general public is welcome to register for the workshop by contacting Katherine Nowak at (419) 531-9211.

For more information or to request caregiving classes for your group, call Hospice of Northwest Ohio at (419) 661-4001.

Village Of Whitehouse To Host Flu Shot Clinic

The Whitehouse Village Hall, 6925 Providence St., Whitehouse, will offer its 2018 Flu Shot Clinic on Wednesday, October 10 from 4:00 to 7:00 p.m.

Toledo-Lucas County Health Department personnel will be on hand to vaccinate citizens with the flu vaccine (or high dose if over 65 years of age) on a first-come, first-served basis.

The health department will bill all commercial insurance companies and Ohio Medicaid and Medicare cards will be accepted.

If your insurance does not pay, you will receive a bill from the health department at an anticipated cost of \$30.00 for the regular dose vaccine.

For more information, contact the Toledo-Lucas County Health Department at (419) 213-4163.

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