

The Willoughby Times

Lake Community News



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12 Pages

Mayor's Report



Robert Fiala
Mayor/Safety Director

The last month has seen immense change, endless information, concern and optimism. As we move through and out of the current COVID-19 crisis, we urge our residents to use the Lake County General Health District and the City of Willoughby websites and social channels as a source for the most accurate information regarding the pandemic. The city receives weekly briefings from Lake County, the Lake County General Health District and the state of Ohio and we relay this information as it becomes available. We will also post information regarding summer events, parks and recreation opportunities, and community/economic development initiatives as we confirm events and programs based on public health protocols to ensure the safety of our community and employees. City employees working remotely will return to work on May 4th; however,

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Willoughby Parks are OPEN During the COVID-19 Pandemic

Willoughby parks have a lot to offer in addition to exercise, including beautiful views of Lake Erie, fishing or skipping rocks in the Chagrin River, greenspace to picnic with your family, many different plants to explore, and look for some cool birds too! If you can't get to a park, take a walk in your neighborhood... the benefits are endless. Please practice social distancing while visiting the parks.

On May 1st, the tennis and pickleball courts at the Euclid Ave. Pool and Osborne Park will be open. Only players are permitted on the courts and a maximum of 6 people outside the courts

waiting to play. Please sanitize all equipment before and after playing and take all precautions to

maintain social distancing. There is still an order from the Governor to keep the playgrounds closed.

Please visit the city's website or the Parks & Recreation Facebook page for any updates.

COVID-19 SOCIAL DISTANCING IN WILLOUGHBY PARKS

- If You Are Sick, Please Stay Home**
Do not go to a park if you are having any symptoms.
- Share the Trails**
Warn other visitors of your presence as you pass them.
- Give Some Space**
Observe CDC's minimum social distancing of 6 feet from other persons at all times.
- Practice Good Hygiene**
Bring hand sanitizer and avoid touching your face.
- Bring Your Own Water Bottle**
Be prepared for limited access to restrooms and water fountains.
- Avoid Close Contact Activities**
Choose activities such as fishing, hiking, paddleboarding, bike riding.
- Avoid Playgrounds**
Playgrounds are closed to prevent the spread of the Covid-19 virus.
- Carry-in, Carry-out Trash Policy**
Trash you bring into the park you must take with you.

WILLOUGHBY

Willoughby-Eastlake Library: Resources Available Online 24/7

With the Willoughby-Eastlake Public Library being closed, resources are still available online 24/7.

There are many digital resources that can be accessed

with a Willoughby-Eastlake Public Library card from home. These digital services include but are not limited to: Overdrive (eBooks and audiobooks), Hoopla (movies, music, audiobooks and

graphic novels) and Kanopy (documentaries, classics and Indie films). Children's resources include Tumblebooks, Sesame Street eBooks and ABC Mouse.

materials will be extended to the date that the library reopens. There is no need to return any of those items during the period that the library is closed.

For the duration of the closure, due dates for checked-out materials (including wifi hot spots and tablets) and holds for

Additional information and resources can be found on the library's website at we247.org.

Postal Food Drive Postponed

It is with great sadness that I have to report that the 28th annual Letter Carriers' Stamp Out Hunger Food Drive, scheduled for May 9, 2020, has been postponed. The NALC, as well as our national partners, are fully committed to rescheduling the food drive later in 2020. A new date has not yet been scheduled.

how long these guidelines will remain in place, we will keep people posted with updates as soon as it is known when we can safely conduct this Food Drive.

The annual success of the food drive is largely due to the efforts of letter carriers, other postal employees, postal customers, community volunteers and many more. Their safety is of utmost importance. As of this writing, much of the United States is currently under shelter in place or similar advisories due to the COVID-19 pandemic, and public health authorities such as the Centers for Disease Control and Prevention (CDC) have issued guidelines that include social distancing. While it is unknown

Millions of Americans donate food on the second Saturday in May every year to help fight hunger in their communities. While we may not be able to safely conduct the food drive on its traditional date, we encourage those that would participate to consider donations that may be safely made to food banks in the form of food or financial assistance. Letter carriers, our national partners, community supporters and volunteers will be prepared to Stamp Out Hunger once again when it is safe to do so.

Thank you for your understanding and for all of the wonderful generosity through the years to this Food Drive.

- Jim Ockuly, Branch 3688 Food Drive Coordinator

Responsible Restart Ohio Plan

Ohio Governor Mike DeWine, Lt. Governor Jon Husted, and Dr. Amy Acton, MD, MPH, recently made several major announcements regarding Ohio's plan to responsibly restart Ohio's economy during the ongoing COVID-19 pandemic.

if a safe environment can be established.

Beginning May 1, 2020, all medically necessary procedures that do not require an overnight stay in a healthcare facility or do not require inpatient hospital admission and minimizes use of personal protective equipment may move forward. This includes regular doctor visits, well-care checks, well-baby visits, out-patient surgeries, imaging procedures, and diagnostic tests.

Beginning on May 4, 2020, general office environments, as well as manufacturing, distribution, and construction businesses may reopen if these businesses can meet mandatory safety requirements for customers and employees.

Dental services and veterinary services may also proceed

Beginning on May 12, 2020, consumer, retail and services, may reopen if these businesses can meet mandatory safety requirements for customers and employees.

The general safe business practices that all businesses must follow as they reopen are:

- Recommending face

Continued on page 2

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Meet Us in The Garden Series is Now Online

Due to new guidelines set by The Ohio State University Extension, Master Gardener Volunteers cannot hold face-to-face meetings with the public until July 7.

Our Meet Us in the Garden Series for April, May, and June are cancelled. Our HELpline is still open to community members with questions about gardening. You can reach this number at 440-350-2254.

We plan to hold the following 1-1 1/2 hour workshops online to take the place of our public classes

which have been cancelled.

Continuous Color Using Perennials-- Saturday, May 2 at 10:00 am

Your garden can be interesting and colorful all year long, and one garden can have many looks. Learn about how to combine many elements into a coherent whole and what you need to have available to succeed.

Square Foot Gardening -- Saturday, May 16 at 10:00 am

All you need to know to decide if square foot is for you. We will discuss and show the methods used

in setting up the garden, creating the soil needed, sectioning off the garden, and the types of plants used to make the most of the space available in your yard.

"Bee" Friendly with Natives-- Saturday, June 6 at 10:00 am

Native plants have evolved with our native bees. These plants are not only beautiful, but provide multiple ecosystem services. Learn how planting with natives provides benefits to you and our bees. Go Natives!

Gardening as We Age-- Saturday, July 11 at 10:00 am

(either offered online or in-person depending on OSUE guidelines.)

Gardening gets more difficult as we age. However, by using the right tools and techniques, gardening remains in reach at any age. This presentation may be offered online or in-person.

Check our Website at lake.osu.edu to register for these

online workshops and receive information on how to log on.

If you would like to join our email list with more information on how to attend a virtual workshop and a link to log on, send us an email at MGVLakeCounty@gmail.com.

For questions, contact 440-350-2254. Also visit our FaceBook page at Ohio State University Extension-Lake County Master Gardeners.

Mayor

Continued from page 1

city buildings will remain closed to the public, except Police and Fire lobbies which remain open.

The governor's recent press conference outlined a phased re-entry for our economy. Please note these important dates. As of May 1st, healthcare may provide all procedures. May 4th allows the reopening of manufacturing, construction and general office activities. Finally, May 12th brings the reopening of consumer and retail services. Each of these scheduled phases brings guidelines developed by the State of Ohio.

These guidelines are available on www.coronavirus.ohio.gov and our website. The governor also strongly recommends continuing the practices employed to help stop the spread of the virus. These include social distancing, use of facial coverings when in public, frequent hand washing and sanitizing and limits to the number of people for a public gathering.

Over the past several weeks, our city has adapted to significant changes with remarkable strength. We have witnessed community members providing meals for our healthcare workers

and anonymous benefactors paying rents for struggling business owners. Additionally, organizations are assisting to ease the social isolation of our seniors and increased support from our local ministers. These are great examples of the community spirit for which Willoughby is known. Stay safe and healthy.

RestartOhio

Continued from page 1

coverings for all employees, clients and customers

- Conducting daily health assessments or self-evaluations of employees to determine if they

should work

- Maintaining good hygiene such as hand washing and social distancing
- Cleaning and sanitizing workplaces throughout the day and at the close of business or between shifts
- Limiting capacity to meet social distancing guidelines

CONTINUED CLOSURES

The following types of establishments are ordered to remain closed due to their increased risk of potential COVID-19 exposure:

- Schools and daycares
- Dine-in restaurants and bars (carry-out is still permitted)
- Personal appearance and beauty businesses
- Older adult daycare serveries and senior centers
- Adult day support or vocational rehabilitation services in group settings
- Entertainment, recreation, and gyms

Due to the fluid nature of the COVID-19 pandemic, the information presented in this article can change without notice.

For the latest updates, visit coronavirus.ohio.gov/ResponsibleRestartOhio.

The Willoughby Times

A Lake Community News Publication

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Willoughby Lions Club Cancels Mother's Day Carnation Sale

The Willoughby Lions Club regrets that it is not able to hold our annual Mother's Day Carnation sale this year. Although we have been utilizing this fund-raiser for years in order to help us finance eye care for local residents, this year's unusual circumstances have made it impossible.

The construction on Erie St. would make it difficult to position

our usual drive-through in front of the Willoughby Library. But, more importantly, we are concerned about the safety of our members and purchasers due to the COVID-19 situation.

We apologize to the community and to anyone who planned to support us. We plan to hold our usual sale in 2021 and hope that you will return to support us.



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Lakeland Helps Students Keep College Plans on Track in Uncertain Times

Whether you're a potential new student or you took a couple of classes years ago, or even if you're home from another college, one thing remains constant: Lakeland is here for you.

Due to COVID-19, Lakeland Community College is operating online, and like most other colleges, our summer courses have been transformed to be delivered remotely. Now might be the time to get ahead or catch up by taking online classes for less - Lakeland's tuition is about one-third the cost of most four-year schools and credits easily transfer.

Some students may be unsure about college right now, and even rethinking college plans. Attending Lakeland for a few semesters and then transferring is a good way to stay on track. Starting locally with general classes allows time to plan and think about transferring to a four-year institution, all while saving

thousands of dollars.

Opportunity starts here - to get started, get ahead or keep up. Whatever chapter of life you are in, you can talk to one of our admissions counselors to help guide you on the path to your college goals.

We invite you to take a virtual tour at lakelandcc.edu/visit. New students can fill out an application at lakelandcc.edu/apply. Current or returning students can talk to an adviser by phone. Call 440-525-7200 to make an appointment.

One thing is for certain in uncertain times, Lakeland remains an affordable college option close to the comfort of home.

Home Improvement Essentials and Covid-19

We understand that in the tough times facing the residents of Willoughby, it's easy to overlook home repairs.

We also understand that it's so important to be financially disciplined. We totally understand that.

We are ALL in this together. We as a company have made many financially prudent decisions during this time as well. We have had to make decisions keeping our quality of service high while looking after the safety of everyone.

Covid-19 doesn't need to get in the way of any of your home repairs. Thankfully, Covid-19 hasn't stopped us from servicing customers' essential needs. As

you know, in any house there are always things that are in need of repair or upgrade. Many of these repairs require prompt service to avoid damage later and ultimately saves our customers money.

You can't take it with you. If you are going to be in quarantine, shouldn't you enjoy the space? We are confident we will all get through this together. Many of our customers are relieved after we help get their homes back in great working order. From essential repairs to bathroom and kitchen remodels our customers are getting their projects completed during quarantine.

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Bankruptcy 101:

The Covid-19 Financial Fix that Works Fast

The world changed in a day. Fortunes were lost in an hour. Financial security was exchanged for terror. A 2017 report by the employment website CareerBuilder found that seventy eight percent of American workers were living from paycheck to paycheck. This means that almost a full eighty percent of Americans need their entire monthly income just to cover their monthly expenses and they have no savings. Watch the news about how effectively the small business loans under the federal CARES act are being administered. Ask people you know how many of them have any of that whopping twelve-hundred-dollar government payment left or if they have even received yet. Do you think "things" (you know, life as we knew it) will be back to "normal" in three months. Six months? A year? Ever?

The only three economic realities we can rely on for sure are 1.) the spread and devastation of covid-19 is getting worse every day, 2.) the American economy (and probably the world economy, also) is going to be "bad"- to say the least - for an extended period of time, 3.) the virus is in control of the economy not us and 4.) the government cannot help you. If you do not agree with one or more of my "for sure's" then re-read the article six months from now. The bottom-line is people cannot even safely leave their homes- let alone- go back to work. Even if we could all get out there is no job to go back to. The bills will not stop. At some point, the utility companies will be able to disconnect service, the cost of food will skyrocket, collection activity/harassment will increase dramatically and so will stress caused illness. If you are one of the many people, whose bottom is about to fall out there is still hope. Do not allow yourself to lose your health (or, maybe, even your life over financial stress) because if that happens you will not be able to fix your life. If you are healthy and maintain right thinking you will come out of this OK. I have seen it work thousands of time. Bankruptcy is a constitutional protection established for the purpose of helping the financially distressed person get a fresh start. To help people get back on their

feet and start contributing to the American economy once again.

Bankruptcy is the most affordable, fastest working, constitutionally backed legal mechanism available for Americans in financial trouble. Most importantly, bankruptcy offers powerful protections to people that cannot be had in any other way. Some of those protections are as follows:

1.) Protection of Assets: Once a bankruptcy is filed the Court protects many assets from being taken. It also prevents garnishment of wages. In almost all cases we are able to keep a person in their home, keep their cars, and all of their personal belongings to name just a few of the benefits.

2.) Protection from Creditors: Once your bankruptcy is filed, you receive a legal protection called an Automatic Stay. This "stay" prevents creditors and debt collectors from making contact with or trying to collect money from you. The automatic stay will stop foreclosure, lawsuits, wage garnishments, vehicle repossession, utility shut off, license suspensions for uninsured accident damage to another motor vehicle and more.

3.) Discharge of Debt: Upon completion of the bankruptcy your debt is eliminated and does not ever have to be paid back.

4.) Time to catch up on Payment: In many cases bankruptcy filers get a chance to catch up on payments that are overdue on your home, car, or other assets.

5.) Prevent utility disconnections: It provides you the legal authority to stop utility disconnections and the shut-off of essential services. It gives you the power to legally force the companies to reinstate (turn back on) services that have been disconnected.

6.) Re-build Your Credit: Bankruptcy clears up and resolves your debt, judgments, delinquencies, foreclosure and other bad marks on your credit rating and gives you a "fresh slate" upon which to re-build your credit. It also prevents creditors from coming after you years down the line for debts that are labeled "write offs" or "charge offs" by the bank on your credit report but that, unknown to most, are still collectible.

7.) It Works Fast: We are able to stop creditor harassment, lawsuits, foreclosures, garnishments, repossessions and a whole lot

of other problems FAST with bankruptcy. Bankruptcy is not like applying for a bank loan or government assistance. It moves fast. The protections discussed can be used the same day we file. Some of these protections like stopping harassing phone calls are available immediately upon giving us money down for representation.

8.) Peace of Mind: It will provide peace of mind during these crazy, unpredictable times which will prevent illness leading to even bigger problems. It gives you "breathing room" and a time to rest your mind and focus on the other aspects of your life that need to be addressed. And, most importantly, it gives you the legal power to protect your family.

9.) Predictability: You will get the relief and protection you need. We have done thousands of these cases and have a one hundred percent success rate.

10.) It is Covid-19 and Disability Friendly:

We can do it without you ever having to leave home.

11.) It is affordable: We make bankruptcy affordable to

everyone by starting your case for only \$300 down and letting you pay the remainder through an easily affordable, liberal payment plan.

Bankruptcy is about having peace of mind and relief now, but it is also about financial planning for the future. It is about re-establishing credit, keeping the lion's share of your property and resolving all of your current debt and bad marks on your record so that you will be in good financial standing in a few years. It is about a fresh start in life. Everyone deserves a fresh start.

Even though a bankruptcy is technically public record, the fact that you are filing bankruptcy will only be known by a few people who you probably will never even come in contact with- let alone know. It is not published in the local newspapers. The truth is that no one really cares whether you file bankruptcy anyway. They are too concerned with their own problems in these times.

I have often stated that bankruptcy is an act of love to yourself and your family. You do not need to live in fear of debt

collectors, lawsuits, losing your home or any of the other dreaded consequences of financial problems. You do not have deal with the unbearable anxiety of financial stress. We cannot cure your cancer but we can cure your debt problems. We cannot develop a Covid-19 vaccine, but we can help you prevent the virus from financially devastating you and your family. We can help you regain your peace of mind despite the crisis. It is important to remind yourself that financial problems are temporary. They come and they go. This crisis will end too, like all things. But your health is permanent. Do not allow yourself to lose your permanent health over this temporary crisis and the temporary financial problems it causes.

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CAREGIVER STRESS... Take Time for Yourself

Caregiver burnout is more common than you think. It's so important to take time for yourself when caring for a loved one. But how...

Taylor Made Home Care is the solution to give you a break that you need and deserve. We provide respite care for your loved one so you can focus on yourself. Let's face it you're no good to them if you don't take care of yourself, and sometimes just a little outside help can make the world of difference to a caregiver. We can be there to help so you're not missing work or using your vacation /sick time, save that for yourself.

Don't ignore these caregiver burnout warning signs.

Crying more often-Trouble Sleeping -Low Energy -Headaches -Chest Pains -Change in appetite
These emotions are not

uncommon when caring for a loved one.

-Guilt -Sadness - Exhaustion
- Loneliness - Helplessness - Frustration

Here are some tips for reducing caregiver stress:

- Ask for and accept help
- Don't feel guilty that you are not perfect
- Accept what you can and cannot change
- Find out about caregiving resources in your community

We have felt all these emotions and the stress that comes from caring for our loved ones. That is why we are so passionate about what we do to help others.

Sometimes a little outside help can make all the difference in the world. Give us a call and let's talk about it 440-946-6446

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we remove stubborn dirt and stains; then a nylon lifter is used to groom the beautifully cleaned carpeting. Offering economical disinfectants, deodorizers and protectors, we also specialize in upholstery, Oriental and area rug cleaning throughout residential and commercial Lake County, plus we are listed with the Better Business Bureau.

QUICK DRY stands behind every job 100%. If you are not happy with our work, within 30 days, we will re-clean the area in question for FREE. Weekend and evening service available at no additional charge.

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Matt's Lawn Service - Proudly Serving Lake County Since 1990

Matt's Lawn Service, Inc. has been providing service to residential and commercial customers for over 30 years.

The business started in 1990 when owner, Matt Goglin was 15 years old. He pushed a lawn mower around the neighborhood he grew up in and was able to grow his business by word of mouth. Providing quality weekly lawn maintenance and being dependable has helped the

business to grow and expand over the years. "Being dependable and providing customer satisfaction is the key to owning a successful service based business. We truly care about satisfying our clients needs," says owner Matt Goglin.

Matt's Lawn Service provides quality services at affordable prices. For a free estimate contact Matt's Lawn Service, Inc. at 440-255-8887.

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Can UVC Kill the Novel Coronavirus?

The Coronavirus disease, or COVID-19, is a virus that is mostly transmitted through the air in water droplets found in coughs and sneezes by those infected. UVC irradiation has the ability to kill any kind of bacteria or virus. The COVID-19 virus is 0.1 microns in size making it highly susceptible to UV-C (<https://www.cdc.gov/coronavirus/>).

The amount of UVC necessary to kill virus varies from virus to virus.

Here are a few examples measured in Microwatt Seconds per Square Centimeter.

Adeno Virus Type III 3 - 4,500

Bacteriophage 1,3,4,5,6,9 - 6,600

Coxsackie - 6,300

Influenza 1,2,3,4,5,7,9 - 6,600

Infectious Hepatitis 1,5,7,9 -

8,000

As you can see some are easier to kill than others, but all are killed by UVC.

What we do know is it takes a considerable UV dose to kill germs and virus. The principle of UVC sterilization is related to intensity of the lamps used. The more powerful the lamp the better the kill. The slower the air is moving the better the kill.

All One Hour UVC products are designed to meet or exceed the design parameters set forth by Westinghouse. We need a 110 Microwatt lamp in an airflow up to 2400 CFM to get a 70 to 85% kill in a duct system. The lamp intensity is measured at one meter from the lamp. As germs get closer to the lamp the intensity increases. Two inches from the lamp we have 5,814 microwatts. We can't block the UVC with any

type of cell or screen causing a shadowing effect. The light must irradiate up and down the duct to give us time and distance to allow the germs to absorb the UVC light as they flow through the duct.

If a customer is trying to protect their family from spreading germs around their home through their HVAC system we would recommend installing one of the One Hour dual lamp units (see chart). Putting two high microwatt lamps in the duct will produce 360 microwatts of UVC. That will be more than three times the Westinghouse recommended intensity necessary to get an 80% single pass kill. It's not even important to kill viruses but simply deactivate or sterilize them so they can't reproduce.

We maintain an A+ rating with the Better Business Bureau and are a very proud partner of the

Health Benefits of Massage Therapy

By Rocky Nelson Med, LMT

Massage therapy is getting more recognition these days as an effective tool for managing health and wellness. Almost 25% of American adults have gotten at least one massage in the last year and nearly half were for specific health benefits. Massage is the practice of systematic manipulation of the body's soft tissue for the purpose of improving or maintaining health and commonly used for stress or pain relief. When asking doctors, chiropractors, and physical therapists about the benefits of massage half recommend it to enhance the effectiveness of their treatment when paired together.

Massage has been shown to boost the body's immune system and lower blood pressure. It alleviates back pain and decreases headache reoccurrence. Chronic conditions like osteoarthritis can manage stiffness and joint functionality with regular massage. It has shown benefits when used with people battling cancer as it can reduce symptoms like pain, fatigue, and depression.

It can also reduce side effects from cancer medication and treatments.

Several things occur in your body while receiving a massage and all principle systems are affected. The mechanical movement of the body pushes blood and lymph through tissue. This activity allows for greater nutrient, oxygen, and waste exchange during circulation. The simple act of touch also ignites the reflexes of both the Central and Peripheral Nervous Systems that are connected together and communicate with the entire body. There are a wide variety of massage techniques that range from relaxation to therapeutic. The technique best for you can be determined by speaking to a licensed Massage Therapist.

At Rock House Fitness our specialty massage starts with relaxation and assesses for issues that may require Structural Integration, a form of deep tissue. It is the most effective way to restore normal function and range of motion to every joint in the body. The end result of this massage will break up any adhesions in your body which

will increase blood flow to all areas, increases your range of motion, and decrease aches and pain. Blood flow is essential for any type of tissue healing. What sets us apart from others is The Rock House owner and Massage Therapist Rocky Nelson's extensive knowledge of the human body and how it works. He is an Exercise Physiologist with a Masters degree in Exercise Science and had been a college teacher for 18 years specializing in anatomy, exercise physiology, and massage.

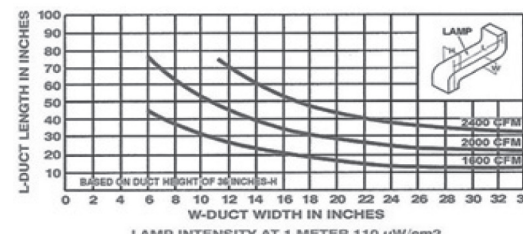
Massages are priced at \$70 for half hour, \$100 for the hour and \$230 for a couple's individualized massage. We have 3 locations for massage, Painesville, Mentor, and Chardon on the Square.

Visit www.rockhousefitness.com or to see the beautiful beach themed room for couples massage go to www.takeawayhair.com. Find us on Facebook @therockhousegym!

We follow the Physicians Guidelines for COVID 19.

To schedule or need more info call Rocky Nelson MEd, LMT, 440-477-4696

The chart below is a guide to achieving an 80% kill rate using a 110 microwatt lamp. All One Hour 16" UVC lamps produce 180 microwatts each



LAMP INTENSITY AT 1 METER 110 μW/cm²

Recommended UV-C Treatment Products



Children's Miracle Network. We are licensed, bonded, and fully insured. Your comfort and safety are truly our top priority! Experience the Benjamin Franklin Plumbing and DeBord's One Hour Heating & Air Conditioning difference today by calling (440)

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Blade Special!

\$7.00 Blade Sharpen & Balance (You Bring Blades)

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For more information refer to the article. . .



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Need Help? Dial 211

If you or a loved one are facing challenges like job loss, loss of health insurance, foreclosure or other problems, Lifeline may be able to help. They are Lake County's designated Community Action Agency and their mission is to connect those in our community who need help with the appropriate providers.

Lifeline assists qualifying Lake County residents obtain counseling, healthcare, housing, education and training, energy assistance and much more.

Their healthcare programs help residents who are uninsured or underinsured and increase access to healthcare services including prescription medications and diabetic testing supplies. Lifeline helps residents secure safe and affordable housing, as well as

the homeless in our County transition back into stable housing. Their education and training programs include financial literacy training, asset building assistance, employment training, nutrition education, and tax clinics. And, for those struggling with the most basic of needs, Lifeline offers several utility related emergency services through the federal Home Energy Assistance Program (HEAP).

Visit lclifeline.org to access their interactive database or dial 211 to speak with a representative about available programs. Representatives can be reached 24/7. This service is free and confidential.

If you or a loved one can use some help, you owe to yourself to learn more about programs which already exist in our community.

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Coronavirus (COVID-19)-Related Stress Factors and Resources

The impacts of COVID-19 aren't confined to physical health. If you or a family member experiences stress related to this pandemic we want to reassure you that help is available.

From the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board

Free, confidential local resources

Crossroads Health Coronavirus Warmline: 440-754-3340

- Call this number first for help with COVID-related stress, anxiety, or uncertainty.
- Warmline hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.

Crossroads Health Virtual Support Groups (VSGs)

- To access on line log onto <https://crossroadshealth.zoom.us/j/6044743547>
- You can also elect to participate by phone: 888-788-0098, meeting ID: 604-474-3547
- Virtual Support Groups are expected to last one hour.

VSGs for first-responders and behavioral health/healthcare professionals:
 Mondays, 1:00 p.m. • Wednesdays, 6:00 p.m.

VSGs for clients connected to Lake County ADAMHS provider agencies:
 Mondays, 11:00 a.m. • Tuesdays, 3:00 p.m. • Thursdays, 4:00 p.m.

VSGs for community members:
 Tuesdays, 12:00 p.m. • Thursdays, 6:00 p.m.


Lake Co. ADAMHS Board Compass Line: 350-2000 or 918-2000 (both 440)

- Call the Compass Line for information about all behavioral health services, including those relative to COVID-related stress or anxiety, and/or to explore telehealth options.
- Compass Line hours are Monday through Friday 8:00 a.m. - 4:00 p.m.

Lake County Crisis Hotline: 440-953-8255

- Free, 24/7 help for when you or a family member experiences overwhelming stress that impacts ability to function normally.

The ADAMHS Board is responsible for planning, evaluating, monitoring, and funding services available for Lake County residents who are dealing with mental illness and/or addiction disorders.



YOU.ME.US. We're in this together. There is no them.

The Importance of Advance Directives

I am not an attorney so please do not mistake this for legal advice. However, I believe everyone should put their health care decisions in writing and select a person to act on their behalf, just in case they are ever unable to speak for themselves. You can do this by preparing a set of formal documents referred to as Advance Directives stating your wishes. In most cases, your Advance Directives will include:

A **Living Will** which states what life sustaining medical treatments you would want or refuse if your life is in jeopardy and you are unable to express your wishes.

A **Health Care or Medical Power of Attorney or Durable Power of Attorney for Health Care** which names a specific person to represent you. This document gives this person the rights to:

- Make medical decisions that

are not covered in your living will

- Enforce your healthcare wishes in court if necessary

- Hire and fire doctors and medical workers overseeing your treatment

- Access medical records
- Provide visitation rights

Your representative cannot contradict the terms of your Living Will. Also, a physician and a second doctor must both conclude you are unable to make your own decisions before the Medical Power of Attorney goes into effect.

Once you prepare your Advance Directives, it will be up to you to share these documents with your family, your medical team and those who will be entrusted to carry out your directives.

Directives can be revoked or replaced at any time as long as you are capable of making your own decisions. It is recommended that you review your documents occasionally to ensure that they continue to accurately reflect your wishes.

You can download Advance Directive forms online or contact your local office on aging, your state health department or an attorney to learn more.

No one wants to envision a time when they are unable to make their own health care decisions. But, having your Advance Directives in place offers some assurance that there is someone you trust who will do the best to honor your wishes.

For questions concerning your insurance, including Life, Health, Medicare Advantage Plans or

Medicare Supplements, please call me at 440-255-5700 or email me at Lmutsko@mutskoinsurance.com to set up an appointment to discuss your insurance needs.

Laura Mutsko is a licensed insurance broker offering a complete line of health and life insurance products, including Individual, Group and Family Health, Annuities, Long Term Care Insurance, Medicare Advantage, Medicare Supplement Plans, Medicare Part D Prescription Coverage, Vision, Dental and Life Insurance. Mutsko Insurance Services, LLC is located at 6982 Spinach Drive in Mentor, Ohio. Laura can be reached at 440-255-5700 or through email at Lmutsko@mutskoinsurance.com.

For more information, visit www.mutskoinsurance.com.

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A number of our "Getting Started with Medicare" classes have been postponed. Please check our website at mutskoinsurance.com/seminars for rescheduled dates and times.

Until we can meet in person, Mutsko Insurance Services remains available to serve you by phone, email and internet. We look forward to seeing you again soon.

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for more classes in your area!

These events are for educational purposes only and no plan specific benefits or details will be proposed. Limited seating. Pre-registration required. Some nominal fees may apply.

NEW: Hospice of Western Reserve Virtual Training

Are you looking for a way to stay engaged in your community?

Are you willing to engage with homebound patients and families by phone or by mail?

Consider becoming a Hospice of the Western Reserve Volunteer. We are excited to announce virtual volunteer training for new volunteers. For more information, contact us at 216.255.9090 or fill out an online application hospicewr.org/volunteers.

Volunteers who complete virtual training will be able to provide in-person visits as soon as Ohio's Stay at Home order is lifted.

About Hospice of the Western Reserve

Hospice of the Western Reserve is a community-based, non-profit agency providing

comfort and emotional support to patients and their families. The agency cares for people in a variety of settings including the home, hospital, long-term care facility, David Simpson Hospice House overlooking Lake Erie and Ames Family Hospice House in Westlake. For more information, visit hospicewr.org or call 800.707.8922.

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Deciding who to call to get your best deal when it's time to replace your outdated windows & doors is easier than you realize.

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We start by reviewing your project and listening to your goals and concerns and we welcome any recommendations you may have. Then together we establish a budget and work to stay within that cost.

Your materials selections are hands-on, not from pictures out of brochures and once all your selections have been made, we order any products that are not in stock.

After scheduling a start date and work begins, we stay on the project from start to finish. To make your remodeling experience as stress-free as possible, we always keep you informed of the

progress of the job. Because Shoreline Window and Remodeling Company is a family owned business, you will always be dealing directly with the owner, no pushy salesman or inexperienced tradesmen. Our company is bonded and insured, and our workers are covered by workers compensation for your protection.

We have the highest ratings with the Better Business Bureau and Angie's List. We take pride in our workmanship so you will not only be current client, but in the future, we want to be "the one" contractor you call to take advantage of our other professional services including kitchen and bathroom remodeling. Plus, we also accept all major credit cards & special financing.

Let us show you how to make your next remodeling project a little easier by calling Shoreline Window and Remodeling Company at (440) 946-1495 or (440) 336-3300. You can also look us up at www.shorelinewindowandremodeling.com.

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Mentor Window Earns Yet Another Angie's List Super Service Award- 8 Years Straight!

Mentor Window has earned the home improvement industry's coveted Angie's List Super Service Award for the 8th year in a row. This award reflects exemplary years of service provided to customers throughout Northeast Ohio, along with honest, fair prices.

Steve Douglas the owner of Mentor Window was asked about how they continue having such success in the home improvement industry. "We have crews that have been with us for decades, and we are very particular about the installers we hire. We won't just hire anyone to catch up if we are backed up a bit, quality is at the top of our list when it comes to workmanship. When it comes to pricing, we are straight forward with people, they don't want to

Don't Forget Basic Home Maintenance Tasks....

As the days get longer and we are all quarantined due to COVID-19, it provides an opportunity to address items around your home that may have been put off due to busy schedules. Here are some basic home maintenance tasks that would benefit the efficiency and appearance of your home:

1. Fertilize and mow the lawn
2. Trim up existing landscaping or plant something new
3. Wash down and arrange outdoor furniture
4. If needed, treat trees for illness and remove any dying branches
5. Survey your home's exterior for broken shingles, leaks and general wear of the roof and siding
6. Inspect and repair any cracks in the foundation
7. Power-wash grime from the exterior, including the driveway, porches, patios and siding
8. Touch up any chipped paint inside and outside (especially the trim on the exterior)
9. Check for leaks in pipes and outdoor faucets
10. Treat or restain your wooden porch or deck. Paint railings on the front porch
11. Remove mold, dampness and pests from the basement, garage and attic
12. Examine all windows for cracks and leaks
13. Replace air filters and prepare the HVAC unit for warmer weather
14. Install or test smoke alarms and carbon monoxide detectors for your protection

hear any buy 1 get 1 free nonsense. They want a fair, honest price up front without all the gimmicks you see out there in advertising. We treat each and every one of our customers like family."

"Only about 5% of the Home Improvement companies in Northeast Ohio have performed consistently well enough to earn our Super Service Award," said Angie (founder of Angie's List.)

"It's a really high standard."

Angie's List Super Service Award 2018 winners have met strict eligibility requirements, which include an "A" rating in overall grade, recent grade, and review grade period; the company must be in good standing with Angie's List, pass a background check and abide by Angie's List operational guidelines.

Service company ratings are

updated daily on Angie's List. Companies are graded on an A to F scale in areas ranging from price to professionalism to punctuality.

Mentor Window offers a full range of home improvements, including Energy Star Tilt-In double hung windows, slider styles, bay windows, casement windows, patio doors, fiberglass and steel entry doors, vinyl siding in over 50 colors & styles, cedar

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Right now at Embers, if you donate 10 non-perishable food items for our local food banks, you get 10% off every product we sell (tax and labor excluded). There is no cap on the amount you can save. 10% off every product.

With restaurants shuttered and gatherings banned, now is the time

to save on quality gas grills made in the USA. Whether you want the rock solid reliability of an MHP Gas Grill or the beautiful stylings of a commercial grade stainless steel grill from FireMagic, a barbecue from Embers will far exceed the life of a "throw away"

made in China.

If you've caught the remodeling bug while being stuck at home, check out the full line of gas fireplaces from Kozy Heat, White Mountain Hearth, and Solas. These American hearth companies make gorgeous fireplaces that will add warmth and charm to your home all burn season long. From concept

to installation to service, Embers is an All-In-One fireplace dealer.

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3. Check and adjust fan belt

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In the past, many of you have asked me "Is it possible to cut the cable?" My reply has always been "not yet, but soon". I've been saying it for 7 years. Well, "SOON" is HERE!!

After many months of research, I have finally come to the conclusion that it IS POSSIBLE to "CUT THE CABLE" and save a substantial amount of money. Since everyone has their own needs, I can customize a solution to allow you to cancel your U-verse, cable or satellite service.

If you have any questions or would like more information on getting rid of your cable or satellite company, please contact me.

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Mobile Computer Solutions is your best source for onsite computer, repair and upgrades. We sell new and refurbished towers and laptops. We also can help you with mobile device solutions such as adding your device to your network, data syncing, security, printing options and more. MCS was established to provide fast affordable onsite service to anyone in need. We provide the fastest service in the industry and are available 7 days a week!

My name is Jeff Berg and I am available to personally speak with you to discuss your individual technology needs. I invite you to contact me at

4. Check bearings
5. Align pulleys & lubricate motor
6. Check Filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems.

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 8. Check safety pilot operation
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1. Check Refrigerant Charge
2. Leak test unit if necessary
3. Check & adjust fan belt
4. Check bearings
5. Align pulleys & lubricate motor
6. Check filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems



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