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From Mentor City Council



Mentor City Council

FRONT (left to right): Janet A. Dowling – Councilperson-at-Large; Bruce R. Landeg - President of Council, Councilperson, Ward 3; Scott J. Marn – Councilperson -at-Large

REAR (left to right): Matthew E. Donovan - Vice-President of Council, Councilperson, Ward 2; Ray Kirchner – Councilperson-at-Large; Sean P. Blake – Councilperson, Ward 1; John A. Krueger – Councilperson, Ward 4

Celebrate Earth Day at Springbrook Gardens Park

Join the City of Mentor Natural Resources Division and Keep Mentor Beautiful staff for our 6th Annual Celebrate Earth Day event.

This year, held at Springbrook Gardens Park, the event will feature engaging and educational activities for all ages of environmentally curious citizens! Experts from environmental groups will be on-hand to provide guidance in how to improve your local environment and help the planet. You will learn about native plants, rain gardens, and habitat preservation. There will be numerous kid-friendly activities, information on volunteer opportunities, and upcycled craft demonstrations, teaching you how to turn discarded items into things of beauty.

There will also be several food trucks selling healthy and delicious food and vendors and nurseries with locally sourced items like honey, all-natural soaps, and native plants.

Other events will include a wildflower walk, a spring bird hike, and Yoga on the Lawn!

Admission is free.

Volunteer This Summer with Mentor Recreation

Volunteers are an integral part of the Mentor Parks, Recreation and Public Facilities Department. They assist with camps, special events, learn-to-swim, in maintaining our parks and public lands, and with numerous activities at the Mentor Senior Center.

As a volunteer for the City of Mentor, your time, commitment, energy and assistance help the staff of the Mentor Recreation Department achieve our mission

through the implementation of quality leisure time activities and events for our residents.

Applications are now available for Lend A Hand for Summer, a volunteer program for kids ages 14 and older, which offers opportunities within our day camps, special events and aquatics programs.

To be considered for volunteer work, teens must fully complete the Lend A Hand for Summer

Volunteer Application at www.cityofmentor.com/play/volunteer and submit a personal recommendation and a teacher recommendation (included with application).

Applications are due to the Mentor Recreation Department no later than May 8, though earlier is always appreciated.

Adults wishing to volunteer may call the department year-round at (440) 974-5720.

Mentor Public Library Offers Online Resources

Mentor Public Library's branches may be temporarily closed to the public because of COVID-19, but the library offers several online services that are still available -- even when its buildings are closed.

If you have a computer, smartphone, or tablet, then you can still:

- stream movies, documentaries, TV shows, and Great Courses lecture with Hoopla and Kanopy
- stream music with Freegal and Hoopla
- borrow ebooks, audiobooks and even comics with OverDrive and (once again) Hoopla
- read digital versions of your favorite magazine with Flipster
- keep learning with online

tutorials on Lynda.com and Niche Academy

All of these services can be accessed online or by free apps that are available on the Google Play or Apple App Store. All you'll need is your library card number. For more information, you can visit www.mentorpl.org/getdigital.

Buy Your Pool Pass Early and Save!

We're thinking summer at Mentor Recreation, and we've got a great offer for our pool patrons. Purchase your Mentor pool passes anytime between April 6 -30 and you will save \$10 off a Family Pass and \$5 off an Individual Pass.

Passes can be purchased at the Recreation Department office, 8500 Civic Center Blvd. Monday

- Friday, 8 a.m. - 5 p.m. You must come into the recreation office to purchase a pool pass.

We will also have extended hours until 7:00 p.m. on the following dates. April 21 & 30, May 5, 13 & 21. On Saturday, April 25 we will be open from 9:00 – 12:00 p.m.

When purchasing your pool pass in order to receive the resident

pass rate, you MUST bring a current utility bill with your name and address on it and a photo ID as proof of residency. Without these two forms of identification, the nonresident fee will be charged.

Pool passes serve as photo identification, so each person must be photographed. We recommend that children receive a new photograph annually.

Ohio Dept of Health: This or That Prevention & Preparedness

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/resources/how-you-can-prevent-and-prepare>

This or That Prevention - Social Distancing

Instead of this: Only washing your hands on occasion, or just using water.

Do That: Wash your hands regularly! Use water and soap and wash for at least 20 seconds.

Instead of this: Sneezing into

your hands (ew!).

Do That: Sneeze into your arm or a tissue.

Instead of this: Checking social media or cable news 24/7.

Do That: Continue to stay informed, but also disconnect on occasion. Try reading a new book or trying meditation. Mental health is important.

Instead of this: Going straight to the doctor or urgent care when

you're feeling under the weather.

Do That: Believing every rumor you see online or using non-reputable sources.

Instead of this: Believing every rumor you see online or using non-reputable sources.

Do That: Use reputable sources! Get info from verified accounts from CDC, Ohio Department of Health, Governor Mike DeWine, local health departments, and

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In Rosey's Words....



Rosey Gamiere
Guest Writer

'Cyber Hackers'

Good Morning my darlings out there!

Once again I've been enlightened about an issue I shared with you.

It was brought to my attention that we need to be very savvy and aware of the dangers of the 'hackers' out there that have found new ways of showing off their evil ways.

They are so proud of their abilities to wreak havoc on the world when they can use their intelligence to benefit the world!

Shame on you for causing mistrust in the so called 'smartphone' by the dumbest on earth.

Recently I spoke to several people in the medical field that said because of these electronics today people should consider getting off the grid, and replacing such devices with their own brains, before we forget how to use them!

Furthermore, the hackers have learned how to intercept pacemakers in the heart and actually turn them off!

Safety necklaces and wristbands have also been turned off by ruthless hackers who have nothing better to do.

They're using technology and their ability to destroy lives of many innocent people, many unaware of the crimes against them, risking their lives.

How would you feel if you needed help in an emergency and your 'Life Alert System' was hacked and you couldn't get help? Or your pacemaker in your chest, surgically implanted to save your life potentially, couldn't save you during a heart attack?

These are service issues we need to address.

In doing my research I also found

that the devices used to lock your car doors, lock your house, set your alarms and turn on your outside lights can also be intercepted by these 'hackers.'

It's different today and we need to be vigilant in our choices.

For me it is time to get off the 'grid' and cancel all of it.

We know that our phones and computers have been targeted and even our identity compromised at the least.

If I need to research something, I need to get off my laurels and go the library.

Enough laziness and convenience- there is a time to slow down and think about your risks in conveniences.

Sometimes it's just not worth the risk.

If only the new technology was being used properly, safely and securely would I say it could survive.

If a person can bring a plane down single handedly, he's no friend of anyone.

Don't allow yourself to become a victim.

If you want to chat, pickup a telephone. If you want to write, pick up a pen & paper. A stamp may cost you less in the long run.

We have bigger issues, like viruses, the economy, the dropping stock market, bullying in schools, medical issues, and enough pressure to make many want to escape.

Besides getting yourself off the grid and keeping your business

to yourself, we all need to pray, ignore the adversary and let God lead us in the direction we need to be going.

Slow down, relax, think, and remember as brothers and sisters in this world we need to be there for one another in peace and love.

Be present, be who you were meant to be, caring and helping your fellow man & woman.

Protect and teach your children and keep them safe and positive in their values.

I have faith that if we take a step back and remember the lessons we were taught years ago, that there is much to be re-learned again that will help us today.

I for one will always love and believe in you. You are never alone.
~Rosey

This or That

Continued from page 1

verified media accounts.

This or That Preparedness - Social Distancing

Instead of This: Panicking and buying enough toilet paper

for a year.

Do That: Don't panic. Just make sure you have enough food and medication for a possible 14 day quarantine period.

Instead of This: Going to the grocery store every day.

Do That: Go once a week,

during non-peak times.

Instead of This: Going out if you're an older adult or have a pre-existing medical condition.

Do That: Ask your family, friends, or neighbors if they can get your groceries or run errands for you.

Instead of This: Being mean or rude to service workers, healthcare professionals, or others on the front lines of the outbreak.

Do That: Be kind! We're all in this together and kindness is more important than ever.

Spring Bird Walks with Blackbrook Audubon

Blackbrook Audubon Society will begin their annual Spring Bird Walks at 7:30 a.m. April 12 at Headlands Beach State Park. Birders of all skill levels are welcome to attend this series of six walks Sundays through May 17.

Participants can park in the lot at 9600 Headlands Road. This Mentor Marsh parking lot is on the west side of Shipman Pond at the northern trailhead of Zimmerman Trail. Birders will have the option of the walk or a "big sit" on the final Sunday, May 17. Participants should bring chairs, binoculars, beverage cups and snacks to share for this passive style of birding at 8:30 a.m. Blackbrook will provide coffee and beverages. Meet at the far eastern side of the parking lot, row P-1, near the Headlands Dunes State Nature Preserve. This migrant hotspot is reached by using the entrance to Headlands Beach State Park, which is at the northern end of Rt. 44 or Heisley Road. The entrance to the handicapped-accessible boardwalk leading to the beach is near the gathering spot for the Big Sit. The restrooms at the park are also nearby.

This will be the 87th annual Spring Bird Walk series for Audubon. Sites of other walks in

the series by chapters and park districts are listed here.

Blackbrook Audubon started as the Blackbrook Bird Club and has been leading walks in this area since the 1940's. Now

Blackbrook is the local chapter of National Audubon Society covering Ashtabula, Geauga and Lake Counties. Follow Blackbrook Audubon Society on Facebook.

**These walks may be canceled to meet guidelines on social distancing.*

For more information, email blackbrookaud@aol.com or visit blackbrookaudubon.org.

Lake County Seniors- Get Your Hot Meal at Mentor Senior Center

The Mentor Senior Center is closed to the public until further notice due to the COVID-19 crisis. However, they want to ensure that no seniors go hungry. Therefore, they are offering curbside pickup for a "made-from-scratch" daily special to all Lake County seniors.

Reservations for lunch must be made by noon the day prior.

Reservations can be made online or by phone at 440.974.5725 and paid for with a credit card. The cost is \$4.50 per meal. Pick up time will be 11:30 am - 12:30 pm. Please pull up to the curb at the Munson Road entrance. Please show identification or receipt. A volunteer will get your meal for you.

Meal choices will be posted on Friday each week.

The Mentor Senior Center will continue to send updates to Mentor Senior Center members via email, (please check spam folder if you didn't receive an email), also at www.mentorseniorcenter.com and the Senior Center voicemail at 440.974.5725.

The Mentor Monitor

A Lake Community News Publication

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Lakeland Honors Program Provides High-Achieving Students With Opportunities to Excel

Lakeland Community College launched an honors program in fall 2018 for high-achieving students. The program has attracted students with a grade-point average (GPA) of 3.5 or higher, who also excelled on their ACT. To date, the program has accepted 94 participants. The

average GPA of the group is 3.73. In addition to honors coursework, students may participate in a variety of co-curricular and extra-curricular activities, events and leadership opportunities.

Lakeland's honor students at a glance:

- Age range – While the majority has just graduated from high school, there are some adult learners in the mix. The group range in age from 17-53.

- Majors/degrees – Most are pursuing an Associate of Arts or Associate of Science degree with additional interest in business,

education, engineering or health care.

- Scholarships – Lakeland offers need-based honors scholarships in all disciplines as well as full-tuition merit scholarships in cybersecurity and all Associate of Science program areas.

- Cities represented – Students come from Ashtabula, Barberton, Canton, Chagrin Falls, Chesterland, Chardon, Cleveland, Concord, Conneaut, Eastlake, Geneva, Highland Heights, Jefferson, Kirtland,

Madison, Mentor, Mentor-on-the-Lake, Middlefield, Novelty, Painesville, Perry, Rock Creek, Rome, Wickliffe, Willoughby, Willoughby Hills and Willowick.

Lakeland currently has five honors transfer partnerships with local and regional four-year institutions. Transferring students save on tuition for two years while at Lakeland; they also gain the advantage of a strong academic program with great transfer options.

More information at lakelandcc.edu/honors.

Opportunity starts HERE!

Get started or get ahead on your educational goals with summer term classes.



Summer term classes are offered in five or eight-week formats.

- First summer session (5 weeks): May 18 - June 23
- Full summer session (8 weeks): June 8 - Aug. 2
- Second summer session (5 weeks): June 24 - July 30

lakelandcc.edu/summer



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Prohibited Items:

TVs, CRT monitors, exercise equipment, large appliances, bulbs, loose batteries. Trailers prohibited.

See website for complete list of **ACCEPTED & PROHIBITED ITEMS** at LakeCountyOhio.gov/Utilities - Special Collections Information

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Bankruptcy 101:

Overcoming the Fear of Filing Bankruptcy

Filing bankruptcy is scary on many fronts. I know because I'm a bankruptcy lawyer and I talk to bankruptcy clients every day. I also have had financial problems like most everyone else and I was scared at the time. I thought about filing bankruptcy. I must admit it was a very frightening thought. I really believed that my life for all practical purposes would end in humiliation and despair. I believed that everyone would look at me and talk and snicker. That it would be in the newspapers and my parents would disown me and that I would die lonely because no one would ever speak to me again. Forget about ever getting another date. They probably wouldn't even let me adopt a cat.

At that time, I couldn't put my finger on why the thought of filing Bankruptcy was so HORRIFYING. Since that time, I have had the opportunity to speak with many people who have gone through the bankruptcy process and now I know why the idea of bankruptcy is so scary. I also know now why it is such an irony that the solution to so many scary things causes us such apprehension. The reason is simple. It is an assault on our pride. A blow to our ego.

There is no other reason to fear such a remarkably effective solution to real tragedy (like, say, having your wages garnished, being sued, losing your home, not having money to eat, dying from stress, going insane, etc.) Pride is one of the seven deadly sins because it causes us to do things that we should not. It also causes us NOT TO DO THINGS THAT WE SHOULD.

Based on my conversations with many people I have concluded that bankruptcy is looked at in the negative. I know people are reading this last line and thinking "duh-yeah!" But in my world, I don't think it is so straight forward. Because I see fearful, distressed, sad, stressed out, suicidal, miserable, guilt ridden, angry people made better by bankruptcy. Not just a little better, either. A lot better. The "I can't believe it, but I actually have peace of mind!" kind of better. I run into people at the grocery store who tell me life has never been so good. I wouldn't normally believe them because I knew them. They were our clients. They were people who came into our office eight months earlier depressed, hopeless, despondent, fearful and beaten. But now their faces, their demeanor and their attitudes are hardly recognizable. They have been restored to sanity.

They have been healed and they know peace. That past life that was so unmanageable, painful and, seemingly, spiraling downward out of control did not crash and burn. Something took the controls and managed to pull it back up seconds before the fiery fateful collision-moments before they came to that dark place that is not known but dreaded. That something was the law of Bankruptcy!

It was probably something greater that took them to the acceptance that bankruptcy was the only thing that could right their lives at this point. But that is beyond this discussion. Everybody's bottom is at a different level. The only question is how much suffering a person endures and makes their family endure until they embrace the solution. I am a simple man. I think financial

problems have a simple solution. That solution is bankruptcy.

So, no, you are not a loser if you need bankruptcy and use it. You will be a winner. Trust me, I know. We are not dealing with kids or irresponsible adults who went crazy at the mall and want to skate out of debt. Not in this world. Not now. In these times, people are struggling to eat; to drive to work; to live. And, no, you are not the only one who is in this much financial trouble. You only think you are because they don't make television sitcoms about the pretty people living in California hanging out at the beach filling out their bankruptcy petition. **YOUR FINANCIAL PROBLEM IS TEMPORARY. YOU WILL RECOVER.** You just need a little breathing room. If you let it cause you health problems- those may

be permanent. General Motors is a prime example. They went bankrupt in 2009. In 2011 they made record profits.

So, what's my point? Don't listen to other people's opinions because they are only parading their ignorance. Don't be proud because pride is the mask of a fool. Don't be afraid because there is a solution to financial distress. Don't think you're the only one because that's just other people lying to you. Don't be idle because if you are, you'll never be free from the financial craziness, harassment, emotional turmoil and debt collector head games. And do be positive because winning is a state of mind not a state of financial wealth. Get your peace of mind back!

Robert C. Biales

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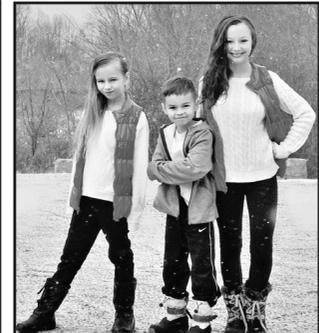
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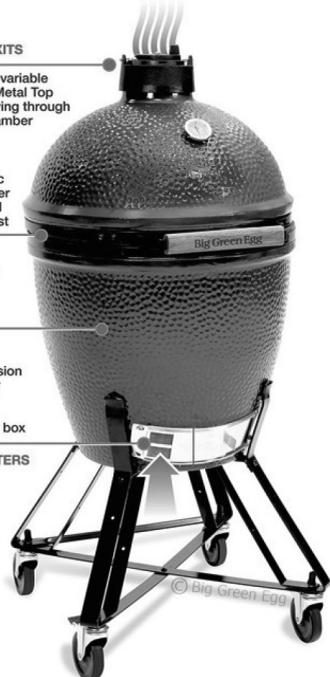
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site and keep a respectable image... people will want you back for future work and will tell others about your company.

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National Diabetes Prevention Program

According to the Center for Disease Control and Prevention, approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% do not know they have it.

It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include but are not limited to:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Had gestational diabetes or gave birth to a baby weighing more than 9lbs.

• Having polycystic ovary syndrome.

If you have prediabetes, the CDC's National Diabetes Prevention Program has a behavioral change program that can help you make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

The program begins with 16 core sessions offered in a group setting over a 6-month period. In these sessions, you will receive training to make realistic changes in your diet and exercise and provided with strategies to control your weight. A specially trained coach will help motivate you.

Once you complete the core sessions, you will have six more months of follow-up sessions

to help you maintain healthy habits and an additional twelve months of ongoing maintenance sessions if you meet certain weight loss and attendance goals during the first year.

The program is limited to Medicare Part B beneficiaries who meet the specific guidelines for the program. You can find details at www.cdc.gov/diabetes/prevention and ask your health care provider to provide you with a referral. If you are eligible, you will pay nothing for these services.

You can also find more information on Medicare's

coverage for diabetes in a Medicare publication, **Diabetes Supplies, Services and Prevention Programs**. It explains in detail coverage for diabetes medication, equipment, supplies, insulin pumps, therapeutic shoes, medical nutritional therapy services and more. For your copy of this publication you can go online to www.Medicare.gov/publication or call 1-800-Medicare to request a copy.

For your questions on life, health, Medicare Advantage Plans and Medicare Supplements, call or email me at Lmutsko@mutskoinsurance.com or call 440-255-5700.

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.

Are You Ready to "Cut the Cable?"

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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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 (440)461-3900, (216) 789-7936 or jeff@mobilecsllc.com so I can personally help you find a solution for your household or business technology challenges.

PLANNING YOUR RETIREMENT HEALTH CARE?

Get the FACTS on Medicare Health Insurance and Rx Plans.

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Laura Mutsko is an independent insurance broker. She will compare rates and coverage from many of the nation's most respected insurance companies to get the plan that's right for you.

IF YOU ARE TURNING 65 ... DON'T MISS THIS CLASS!

Mon., May 11 • 6-8:00 pm Willoughby Hills Library
To Register Call: 440-942-3362

Mon., May 18 • 6-8:00pm Morley Library
To Register Call: 440-255-5700

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Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

For more information about the Scrap Tire Collection:
LakeCountyOhio.gov/Utilities - Special Collections Information
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Who Takes Care of the Caregiver?

When family cares for family, caregiver burnout is more common than you think. One reason caregivers have health problems is they are so focused on their loved ones, that they ignore their own health concerns.

FAMILY CAREGIVERS BURNOUT WARNING SIGNS:

- *Crying more often
- *Trouble Sleeping
- *Low Energy
- *Headaches
- *Chest pains
- *Change in appetite

ARE YOU AWARE OF WHAT'S GOING ON WITH YOU?

These Emotions are not uncommon when caring for a loved one:

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

WHEN WAS THE LAST TIME YOU TOOK TIME FOR YOURSELF?

Get to Know MBU Interiors This Spring!

Now is a great opportunity to get to know MBU INTERIORS and experience their comfortable furniture at a great introductory price! Sofas, loveseats and chairs in a special style are now on sale. Choose from three designer fabrics and regular or firm seat foam is also an option at no extra charge.

MBU has been building upholstered furniture for over forty years and that's not an easy accomplishment in these times. Quality workmanship, reasonable rates and large selection has always been their cornerstone of business. No high pressure or gimmicks, they're not salespeople, they're master craftsmen. You deal direct with the manufacturer. MBU INTERIORS makes all

their custom furniture at their shop in Mentor so you can keep your business local.

MBU welcomes any questions you have about their furniture. Much of the knowledge and experience that goes into building MBU furniture has been handed down through the family for generations. Each piece is built with family pride!

Stop in and have a seat on truly well built furniture made with comfort and longevity in mind. You can see for yourself what they're all about. MBU INTERIORS is located at 8294 Lakeshore Blvd in Mentor (corner of Hopkins and Lakeshore). Call 440-209-8000 or email info@mbuinteriors.com - website: mbuinteriors.com

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

It's so important to take time for yourself when caring for a loved one. But how...

We are here for you. We have been through it, and genuinely understand and want to help.

TAYLOR MADE HOME CARE can give you the break you need. We provide respite care for your loved one so you can get the time you deserve to rejuvenate

yourself. Face it—everyone needs a break. When you get to the point where you feel overwhelmed then what? You can't take care of anyone if you don't care for yourself.

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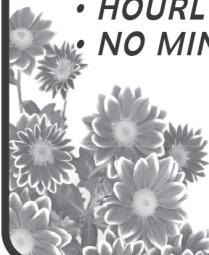
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DO YOU HAVE MEDICARE QUESTIONS?**

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What are Medicare Advantage Plans?

You've heard of Medicare Parts A, B, and D, but what is C all about? Medicare Advantage Plans or "Part C" are an alternative to Original Medicare and secondary insurance. These plans are all in one and combine Medicare Part A- Hospital, Part B - Medical, and usually Part D - prescription drug coverage. Medicare Parts A, B and D are bundled together in one plan "Part C" that is offered by private companies that are approved by Medicare.

Medicare Advantage Plans are available to those enrolled in Medicare Part A and B, live in

the plans service area (county), and for those who DO NOT have End Stage Renal Disease. There are multiple plan options. There are Health Maintenance Organizations (HMO) options that require care and services from provider and facilities in the plan's network. There are also Preferred Provider Organizations (PPO) options that allow care and services in and out of the network. When care is received out of network the costs are typically higher.

Medicare Advantage plans cover everything that original

Medicare covers. Most plans include the Part D prescription drug benefit. Enrollees pay the Part B premium and any other applicable costs. Some Medicare Advantage plans may offer extra coverage which could include vision, dental, hearing, and an over the counter benefit to name a few.

There are many ways you can join, switch, or drop a Medicare Advantage plan. If you have questions in regards to Medicare Advantage Plans you can reach me at 440-266-0333 x 3 or email me at jackiegreene@gbaoh.com.

Emergency Home Repair Programs Available to Qualifying Mentor Residents

Low-to-moderate income Mentor homeowners in need of critical home repairs may qualify for assistance through

programs offered by the City of Mentor and managed by the Fair Housing Resource Center, Inc.

These programs are designed

to help homeowners in need make their homes safe, sanitary, and secure. Projects could include, but are not be limited to heating, roofing, electrical, or plumbing repairs as well as providing or enhancing ADA accessibility.

In order to qualify, the applicant must be the owner/occupant of a home in the city of Mentor, meet income requirements, and be either disabled or a veteran.

These programs are funded through the Department of Housing and Urban Development Community Development Block Grant Program which provides communities with resources to address a wide range of unique community development needs. The Fair Housing Resource Center (FHRC), Inc. is a non-profit 501 (c) 3 organization that offers several housing programs that benefit residents of Lake, Geauga, and Ashtabula County, Ohio.

For additional information, and to confirm eligibility, contact the Fair Housing Resource Center at (440) 392-0147 or hollie@fhrc.org.

Golden Crust Bakery

Hi Everyone!
Hope you're all doing well. It's been a very trying time for many people. Now more than ever we find that we should help each other. Spring always feels like a new beginning...you plant new gardens and clean your house or plan a patio. Maybe it's time to change the way we look at things and ourselves.

It's a very Holy time of the year for many and a time when we should appreciate the beauty around us and celebrate it. Our children need some joy and Easter is always fun. We have all your favorites from nut rolls and

bread to mini bunny cakes and centerpiece edible baskets.

First communions are a very special time in many children's lives. We'll have all kinds of goodies for your parties from cakes and cookies to party trays, breads and rolls.

We have graduations starting and right around the corner is summer!

We wish you all a very Happy Easter and look forward to helping you with all your upcoming celebrations.

We want to thank you all so much for supporting us through these tough times!

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Meet Us in the Garden Series

Join Lake County Master Gardener Volunteers for one Saturday each month from March through November to learn about a variety of garden topics.

Each class is scheduled to begin at 10 a.m. And runs for 1 to 1 1/2 hours. This year's series will be held in the Community Room in the Painesville Township Offices at 55 Nye Road, Painesville next door to the Fire Station. An informational brochure is posted on the Ohio State Extension website at <http://lake.osu.edu/>.

Upcoming Topics:

*Classes may be canceled as circumstances warrant.

• Saturday May 2, 2020 – Continuous Color Using Perennials

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

• Saturday June 6, 2020 – "Bee" Friendly with Natives

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.

• Saturday July 11, 2020 – Gardening as We Age

Gardening gets more difficult as we age. However, by using the right tools and techniques, gardening remains in reach at any age.

• Saturday August 1, 2020 – Prepping Your Lawn for Next Spring

Fall lawn care is important as your lawn prepares to go dormant for the winter. Follow these tips to make the most of the fall season before winter begins.

to provide seamless service for you and there is always someone available to speak with when you need questions answered.

Better At Home, LLC is not a chain or a franchise. We are a locally owned and operated agency located in Willoughby, backed by the experience of a paramedical professional with over 10 years experience in both the paramedical sector and the home care industry, as well as over 20 years direct care experience. Our staff is an exceptional team of home care professionals who are bonded, insured and backed by real-world experience, education and skills.

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Happy Easter! Sunday, April 12th

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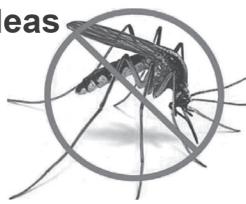
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The business started in 1990 when owner, Matt Goglin was 15 years old. He pushed a lawn mower around the neighborhood he grew up in and was able to grow his business by word of mouth. Providing quality weekly lawn maintenance and being dependable has 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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It's that time of year again! We're all anxious to get out there and GRILL!

How is your grilling area this year and is it ready for YOU? It used to be that only a select group of people could afford an "Outdoor Kitchen." However, with so many manufacturers and distributors of product, along with the huge array of products available, almost anyone can have a beautiful, comfortable outdoor grilling area that is more than just a grill set outside the back door.

The decision to put an "Outdoor Kitchen" into your backyard space can be confusing.

You have choices of gas grills and ceramic smokers or even a pellet smoker. You can choose counter areas, bar top areas and tables that can be from brick or stone or can be fabricated with cement board and studs. There is an entire line of products including refrigerators, dry and wet sinks and storage areas with doors or drawers. Even figuring out the floor area such as a deck

or a paver-patio can be confusing.

We have the expertise at American Home & Energy Products to help you make the decisions on all of this. We can assist with deciding to simply replace a grill to make grilling easier and produce better quality or we can help create an outstanding outdoor grilling space to expand your own living space. We carry the very best in ceramic wood-fired cooker with our Primo line that can grill, bake and smoke. It's available in several sizes to be

sure to fit your needs.

Our gas grills by Napoleon have some of the best features and warranties in the industry. They're available as standalone grills for any grilling area or as a "built-in" arrangement. They range in size from 3 burner (483 sq in) units up to an 8 burner unit (1,150 sq in.)

Our pellet smokers by Green Mountain are so easy to use and look great! You get the ease of pellet fuel and can even get Wi Fi units that you can control

with your smartphone. We are a full service company dedicated to providing the most complete experience for our customers.

We offer the best products and educate our customers about their options. Then we can also install any or all of the project. We look forward to taking the confusion out of your grilling season.

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smell of these fungal gases.

When a closed indoor environment continues to fill with the mycotoxic gases, they can become a health risk. The affect it has on the human body is dependent on three variables. Our individual immune systems, the type of spore and the volume of fungal gas, determines the impact on our bodies.

Additionally, the longer the exposure to these gases, the greater the likely hood we will develop a sensitivity. Much like other environmental allergens we are exposed to, the longer the exposure, the greater the chance our bodies will have an adverse reaction.

Some health effects include, headaches, shortness of breath, dizziness, lethargy, fever, and digestive problems. More severe

reactions are hypersensitivity, and asthma symptoms. Although rare, certain Aspergillus species release aflatoxins that are carcinogenic.

There are many things in life we cannot control, but exposure to fungal gases is not one of them. With a little effort, we can reduce or eliminate this health hazard by using a disinfectant or removing the affected material. In some instances, it may be necessary to seek a professional opinion or get professional help.

Gregory L. Drenik
CIE (Certified Indoor Environmentalist) Mr. Drenik is the president of Monarch Group, LLC. He has performed thousands of mold tests over the last 20 years & completed over 3,000 mold remediation projects (440) 537-4024

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When you hire Benjamin Franklin Plumbing and DeBord's One Hour HVAC, you are hiring an industry leader that offers the highest level of service and warranties.

We are always up front and honest with our service call fee. We quote your service call fee at the time you schedule your appointment, so you know what it is before we arrive to help you. Beware of contractors that are coming out for "free". This tactic leaves you vulnerable to an unknown service call fee added to the cost of your repair at completion of your appointment.

When we arrive "on time" at your home, you'll recognize our signature blue and yellow trucks which are fully stocked. We refer

to them as our "Warehouse on Wheels". Although we cannot stock every item on our trucks, in most cases, we are able to address repairs that same day. We understand that your time is very valuable. We arrive when we say we will and we ALWAYS call when we are on our way!

We also know exactly who we are sending into your home to help you in your time of need. All our service professionals are background checked and randomly drug tested. They also go through regular, rigorous training and all of our repairs are done to the state of Ohio code. We use 5 level pricing and always quote our repairs up front before we begin any work. It is very important to us that our customers know

exactly what we will be doing and exactly what it will cost before we begin any work. In addition to our industry leading manufacturer warranties, we also offer an in-house 2-year warranty on all of our parts and workmanship (some restrictions apply). This is very rare these days, WE STAND BEHIND WHAT WE DO! We are so confident in our level of service that we offer a 100% SATISFACTION GUARANTEE!

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to indoor air quality and then some. Don't forget to ask your service professional about our preventative maintenance service contract as an opportunity for additional savings!

We are licensed, bonded and insured. We maintain an A+ rating with the Better Business Bureau and are a very proud partner of the Children's Miracle Network. We are here day or night, including holidays, and we never inflate our afterhours repair rates. When calling Benjamin Franklin Plumbing and DeBord's

One Hour HVAC you will always have a live person answer your call for help, never a recording or an answering machine!

Call us today at (440) 285-9125 to experience the Benjamin Franklin Plumbing and DeBord's One Hour HVAC difference. Log on to www.BenjaminFranklinPlumbingNEOhio.com or www.Debordinc.com for additional information and special offers.

Like and share us on Facebook / Ohio License # 12292

Pet Services at Digging Dogs Locations During the Pandemic

The staff at Digging Dogs Training & Pet Care is closely monitoring and observing community suggestions & regulations for businesses during this challenging time.

Our Doggy Daycare/Grooming/Boarding facility will maintain regular hours to service our clients until further notice. Some important things to know:

- We are a small boutique facility – we average 15 dogs daily for daycare. The benefit is that your pets are not exposed to 50-100 dogs and families that are typical

in high-volume facilities.

- Our maximum capacity for overnight care is 10 families. More personal attention and less exposure.

- Veterinary hospital products & cleaning procedures have always been common practice and cleaning schedules have been increased to multiple times daily.

- Ultraviolet Disinfection System to eliminate airborne pathogens & 10 air changes per hour is in our facility air-handling system

Training classes will continue

to be held with our current maximum of 8 students per class plus an instructor in our 5,000 sq. ft. Training Center. Skill drills that require touching dogs and people will be temporarily discontinued. Students are also asked to forgo bringing large groups of friends and families to classes.

The staff at Digging Dogs will do its best to assist our clients in any way possible. Any questions, contact Digging Dogs Owner Elizabeth Richards at 440-255-3500.

Exercise Benefits at Rock House Fitness

The Rock House Fitness is a medical based gym located in Painesville. It was started in 2006 by owners, Rocky and Elaine, who have over 30 years of experience in the health industry. It is a small private gym with 24-hour access to members. Gym memberships encourage regular exercise which have a number of health benefits.

Exercise is most known for controlling body weight but did you know it also it can combat health conditions, diseases and affect your mood? Physical activity boosts the body's "good" cholesterol and decreases unhealth triglycerides which reduces the risk of cardiovascular disease. It can also manage conditions with high blood pressure, type II diabetes, depression, anxiety, and arthritis.

Regular exercise can help you sleep better, improve your sex life, and give you a boost in daily energy. It can even make your skin look better by naturally increasing the body's antioxidant production which

offsets the free radicals produced during metabolism. Free radicals accelerate the aging process and any means of increasing antioxidant either through consumption or your body's production is beneficial.

Regular exercise is especially important for older individuals. Increasing your blood flow will encourage brain stimulation and improve memory. It can also help alleviate chronic pain. In the past it was erroneously recommended to rest and be inactive for conditions like fibromyalgia and soft tissue pain but studies now show that lower back pain and shoulder pain decrease when the supporting muscles are strengthened.

The facility offers around 3,000 square feet of free weight and free weight machine work space, the largest in Lake county. There is a circuit training area with suggested exercises prepared weekly. We use rubber coated weights to soften the noise to keep a pleasant atmosphere. Other equipment available at The Rock House are ellipticals, treadmills,

kettle bells, BOSU balls, medicine balls, punching bags and plyo boxes. There is a multipurpose room in the back for using the calisthenic equipment which is also a great area for stretching and yoga. Zumba classes are available to the public on Sunday mornings and run in three-week cycles. Our equipment is well maintained and we pride ourselves on the overall cleanliness of the facility.

We are a "beginner friendly" gym and each membership receives a detailed orientation on proper equipment use and lifting form. We can discuss training programs and nutrition plans to start you on your path towards your fitness goals. Although most of our members are new weight-lifters, we also cater to the amateur and professional athlete's needs. All members receive a key fob which allows access at all times as this is an unstaffed gym.

For more information call us at 440-477-3064 or visit www.rockhousefitness.com. Find us on Facebook @therockhousegym!

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Fitzgerald Tours Announces 2021 Travel Destinations

Put adventure on the map in 2021 with two exciting travel opportunities from Fitzgerald Tours. In May, you can sail from Amsterdam to Zurich on a deluxe Rhine River boat cruise that takes you from the tulip fields of Holland to the Black Forest region of Germany. In September, immerse yourself in the rich history and local culture of Poland. It's a Central European tour that highlights the beauty and soul of this democratic country.

Debra and Tom Fitzgerald of Fitzgerald Tours make it easy to travel internationally. They have been leading tours to destinations around the world for

18 years, beginning with trips to Ireland from their home base, Fitzgerald's Irish Bed & Breakfast in Painesville. Their popular trips offer travelers an enjoyable way to explore new destinations with carefully planned itineraries that cover all the details. Kick-off receptions let travelers connect with one another in advance.

The Rhine River cruise sets sail from May 29-June 9, 2021. Travelers will explore the majesty of three countries: Holland, Germany and Switzerland. Shore excursions will include visits to two UNESCO World Heritage sites. Enjoy a suite or stateroom of your choice with onboard

evening entertainment, Wi-Fi, meals (with complimentary wine, beer and soft drinks) and much more. Save \$1000 or get free airfare (up to \$1200) per person and save an additional \$300 when you pay in full by April 15, 2020.

Explore highlights of Poland with a comprehensive tour, September 10-20, 2021. The tour will begin in Warsaw, the 700-year-old capital that is a symbol of Polish nationhood. Visit castles and cathedrals, a centuries-old salt mine and the notorious concentration camp Auschwitz-Birkenau, a UNESCO World Heritage site. Poland is a country of great beauty with a

complex history – this tour brings it all to life.

Travel packages by Fitzgerald Tours include meals, admission to all attractions and much more.

Space is limited and these popular trips sell out fast so reserve your space now. For pricing and additional details, visit www.FitzgeraldTours.com or call (440) 796-3529.

Zuren

Continued from page 1

Nature Day will be held at: 201 Erie Road Eastlake. Free guided canoe tours from ODNR and CRWP (Enjoy waterfront views, wildlife, and beautiful Lake Erie

from the Chagrin River). Canoes, paddles, life jackets provided. Pre-registration is required and time slots will be announced. Kids can fish in the freshly stocked fish tank (rods, bait, and fish are supplied). The fish tank holds over

300 fish. There will be numerous presentations from conservation and environmental agencies that offer hands on learning for children. Limited food and refreshments will be available for a nominal cost. This is a free community event.

The time and date of the next Vine Street Corridor Business Meeting will be announced shortly. The Vine Street Corridor Business Meeting offers networking, promotion, and showcasing our local companies.

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Michael Zuren, Ward 1

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Parents: Tips to Prepare Your Teens for Safe Driving

If you are a parent of a teenage driver, your child's safety is your first concern. Though you cannot always be by their side, you can take steps to help keep them safe behind the wheel. Educating yourself and your teen driver about the risks of unsafe driving can save lives and money.

"Reminding young drivers about the dangers of distracted driving is so important," Governor Mike DeWine said. "Having rules limiting the number of passengers in the car and reminding teens to keep their eyes on the road and hands on the wheel are other easy ways to

help increase the safety of young drivers."

"Today's world presents many distractions while driving and we must talk to teens about the dangers and consequences of unsafe and distracted driving," Ohio Department of Insurance Director Jillian Froment said. "I

urge parents to establish rules that will help keep their teen drivers and those around them safe while on the road."

Froment encourages parents and their teens to create a teen driver contract using the online template at www.insureuonline.org/teen_driver_certificate.htm. A contract can help teen drivers avoid common mistakes and increased insurance rates, while defining the consequences associated with driving privileges.

Froment said there are actionable steps parents can take to keep their teen drivers safe and to save money on insurance coverage. She shared the following insights:

Set Expectations

- Research suggests parents who set rules cut accident risk in half.

- Set a driving curfew. More than 40 percent of teen auto deaths occur between the hours of 9 p.m. and 6 a.m.

- The relative risk of a fatal crash increases as the number of passengers increases.

- Texting or talking on a cell phone can double the likelihood of an accident.

Keep Costs Down

- Conduct an insurance review with an agent to determine options for insuring your teen driver. Adding a teen driver to your auto insurance policy can be costly.

- The type of vehicle a teen driver uses as well as driving violations can impact the cost of insurance.

- Many companies grant discounts to drivers whose records have been clean for three or more years.

- Some companies offer discounts if your teen completes a defensive driving course and upholds a good grade-point average.

- Ask your insurance company about an "accident forgiveness" clause that guarantees premiums will not increase after one minor accident.

- Install a smartphone application that limits or prevents texting and driving.

Ohioans with insurance questions can call the Ohio Department of Insurance consumer hotline at 1-800-686-1526 and visit insurance.ohio.gov for insurance information.

HAMMERTOES AND CURLED TOES

...corrected in 10 minutes

Improved Technique For Correcting Hammertoes



Dr. William Tenney
Podiatrist-Foot Specialist

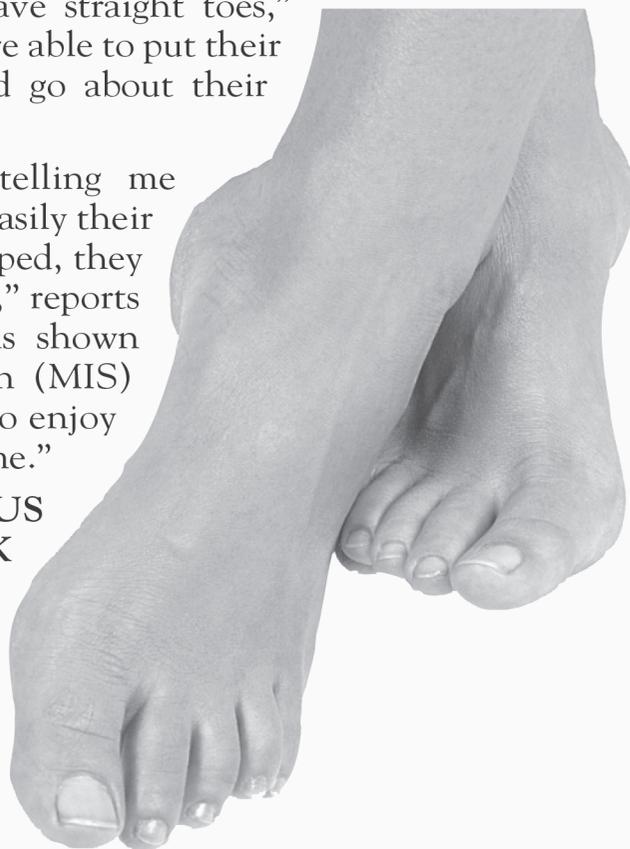
Hammertoes and curled toes often are the cause of corns and irritations that produce pain when wearing shoes. Traditionally hammertoes were corrected by removing a part of the bone and inserting a pin into the toe. The recovery period was often long and painful.

All of this has changed for the patients of Dr. Wm. Tenney. Dr. Tenney is a Podiatrist in Mentor who uses a minimally invasive (MIS) surgical technique in his office, which allows for the correction of curled and hammertoes without the need to disturb the bone. **No pin** is needed and **no stitches** are used. "All that is required is a few drops of a local anesthetic and in less than 10 minutes patients have straight toes," explains Dr. Tenney. "They are able to put their own shoes on, walk out and go about their business."

"Patients are constantly telling me that if they had known how easily their sore feet could have been helped, they would have done it years ago," reports Dr. Tenney. "Experience has shown that by utilizing this modern (MIS) procedure, patients are able to enjoy comfortable feet in record time."

WHY SUFFER? LET US HELP YOU TO WALK WITH COMFORT

For an appointment to see if this modern technique can help you, call **Lake Foot Center** at 440-974-3338. Conveniently located across from Malley's Chocolates, 8899 Mentor Ave.



www.drwmtenney.com

Audubon Offers Solutions to Plastic Pollution

Blackbrook Audubon will present "The Problem with Plastic" by Jill Bartolotta 7:00 p.m. Tuesday, April 21 at Penitentiary Glen Reservation.

Jill is the Ohio Sea Grant Extension Educator for Ashtabula and Lake Counties. Her research focuses on single-use plastics and barriers to reusable alternatives.

Ninety-six percent of the trash found on beach cleanups along the Great Lakes is plastic, most of it identified as single-use. Its presence is wreaking havoc on ecosystems, the safety of our food and drinking water, and the economy.

"The Problem with Plastic" will take an in-depth look into our decades-long use of plastic, its effects on us and the

environment, and provide simple steps to break free from plastic.

Blackbrook serves coffee and tea, but asks attendees to bring their own cups or mugs to cut down on single-use cups.

The program is open to all. Penitentiary Glen is at 8668 Kirtland-Chardon Road, Kirtland.

For more information, visit blackbrookaudubon.org.

Follow Blackbrook Audubon Society on Facebook. Blackbrook Audubon is the local chapter of National Audubon Society covering Ashtabula, Geauga and Lake counties.

This program may be canceled by Lake Metroparks or as circumstances warrant.

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Celebrate Mentor Marsh's Bald Eagles at the 11th Annual Eagle Fest

As Bald Eagle numbers increase, we are all excited for a glimpse of them. You can double that excitement at Mentor Marsh, where a pair of Bald Eagles has nested and raised eaglets for the past decade. In celebration of these birds and their nesting success, the Cleveland Museum of Natural History's Mentor Marsh Nature Center is hosting the 11th-annual Bald Eagle Fest.

This free family-friendly event takes place from noon to 5 p.m. on Sunday, May 3 at the nature center, located at 5185 Corduroy Road, Mentor. Dive into hands-on eagle activities and games, view a replica nest and measure your "wingspan." See live animal programs featuring the natural history museum's animals. Visit conservation exhibitors and nature vendors. Face painting

will be available, as will food for purchase from local food trucks. Be sure to register for a chance to win door prizes. No registration is required for these activities, which will take place rain or shine.

For those interested in observing our nesting Bald Eagles, Museum naturalists will lead hikes to a spot on Zimmerman Trail from which the nest is visible. Hikes depart from the nature center at 12:30, 1:30, 2:30 and 3:30 p.m. Participants will be transported by bus to the Morton Community Park trailhead, where they'll hike the guided two-mile round-trip. Hikes to view the eagle nest are free of charge, but registration is required and space is limited. Spotting scopes and some binoculars will be available, or participants may bring their own. Trails may be muddy; appropriate

footwear is recommended. To register for a hike, visit cmnh.org/eaglefest.

The Mentor Marsh Nature Center is open from noon to 5 p.m. on weekends from April through October at the Mentor Marsh State Nature Preserve. Explore the center's exhibits and displays. Join a free, family-friendly naturalist-guided hike on Sundays from 2 to 3:30 p.m. Get updates on the marsh restoration project as well. The preserve's three trails are open year-round from dawn to dusk.

Mentor Marsh is an interpretative nature preserve of the Cleveland Museum of Natural History and the State of Ohio. You can find more information on the web at <https://www.cmnh.org/mentor-marsh> or Facebook @MentorMarsh.

Eagle Fest



Celebrate our nesting Bald Eagles
Join us for a day of fun and educational activities in honor of these special birds!

Sunday, **May 3, 2020** / 12 - 5 pm

Mentor Marsh Nature Center
5185 Corduroy Road

Register for a guided hike to view the eagles' nest at CMNH.org/EagleFest.

Hikes are free, but registration is required. Space is limited!

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Try Respite Care...Short-Term Relief for Caregivers

Respite care is a special name for a short-term break for caregivers. It can provide a time for them to refresh while allowing a change of pace and environment for their loved one. **There's No Place Like Home** is a special

assisted living home that provides long-term care for a maximum of five elders while also offering respite or short-term care for periods of 7 to 30 days at a time. Respite care may also serve as a potential path to long-term care.

It affords a time for both family and elder to "test" assisted living without a long-term commitment, and in the process, often removing fears and anxiety concerning change.

In our home, all receive quality care and companionship in a worry-free family-like setting - a real home in a residential neighborhood. Each resident enjoys a private bedroom and shares a beautiful ranch-style home where nutritious meals, laundry service and housekeeping are all provided. The care-giving staff is on-site to assist 24 hours, seven days a week so safety and comfort prevail. The home is also state licensed so strict standards are maintained allowing peace of mind for residents and their families

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.

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).

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

Visit lifelinelakecounty.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.

Currently, **ONE ROOM IS AVAILABLE** for a special elder needing long-term care. Respite care is available on-going but is dependent on assessment for appropriateness for our assisted living home. We do not offer skilled nursing.

To schedule a care consultation, contact Fran Frabotta at 440.477.2141 or fjf72@hotmail.com Visit our website: <http://theresnoplacelikehome.net>

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- Individualized wellness program
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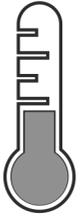
Are you caring for a loved one and need a break?

We offer Short-term Respite Care

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STAY ALIVE!
don't TXT & drive

Self-Monitor and Practice Social Distancing



Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.



Stay home and avoid contact with others. Do not go to work or school for this 14-day period.



Do not take public transportation, taxis, or ride-shares.



Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



Keep your distance from others (about 6 feet or 2 meters).



A call center to answer questions regarding COVID-19 is open 7 days a week from 9 a.m.-8 p.m. and can be reached at **1-833-4-ASK-ODH** (**1-833-427-5634**).

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

For more information and updates, visit: coronavirus.ohio.gov
1-833-4-ASK-ODH (1-833-427-5634)

Air Conditioning Tune Up Special - - - Only \$69.95!

Based in Eastlake, Ohio Hoernig Heating & Air Conditioning has been a family owned and operated business for over 50 years. Working with his sons, Dennis is proud to carry a complete line of quality Rheem products including high efficiency Rheem Air Conditioning and Gas Furnace units.

Right now, Hoernig Heating

and Air Conditioning is offering a Central Air Conditioning Tune-Up for only \$69.95 (Regular price \$95.95). This cooling preventative maintenance safety check includes:

1. Check refrigerant charge
2. Leak test unit if necessary
3. Check and 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.

Want to save even more?? Then have us perform a Heating Preventative Maintenance Safety Check Regular price \$95.95) at

the same time and we'll service both systems for only \$98!!

The gas furnace tune-up and safety check includes:

1. Clean burners
2. Clean, light pilot
3. Check Heat Exchanger
4. Check main gas valve
5. Adjust burner & pilot
6. Adjust blower belt
7. Check & adjust furnace

controls

8. Check safety pilot operation
9. Oil blower.

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



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