Mentor Monitor

Lake Community News

Mentor Monitor Willoughby Times Eastlake Gazette

Willowick Courier =

Painesville Pride

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May 2020

20 Pages

This is printed at no expense to the City

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

Census 2020 Have You Responded?

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location.

Think of your morning commute: Census results influence highway planning and construction, as well as grants for buses, subways, and other public transit systems.

Or think of your local schools: Čensus results help determine how money is allocated for the Head Start program and for grants that support teachers and special education.

The list goes on, including programs to support rural areas, to restore wildlife, to prevent child abuse, to prepare for wildfires, and to provide housing assistance for older adults.

Please complete your form online, by phone, or by mail when your invitation to respond arrives. Visit my2020census.gov to

Responsible RestartOhio Pl

Ohio Governor Mike DeWine, businesses may reopen if these 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.

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, wellcare checks, well-baby visits, out-patient surgeries, imaging procedures, and diagnostic tests. Dental services and veterinary services may also proceed if a safe environment can be established.

Beginning on May 4, 2020, general office environments. as well as manufacturing, distribution, and construction

businesses can meet mandatory safety requirements for customers and employees.

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 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

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

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

Wildwood Cultural Center Community Gardens

Planting season is quickly approaching! Bring your green thumbs, we have the gardens! The Community Gardens at the City of Mentor's Wildwood Cultural Center, 7645 Little Mountain Road, is again selling community garden plots for the 2020 growing season. Gardening is excellent for

church groups, boy scouts or girls scout groups, and for individuals who live in an area without land for growing a garden. Plots cost \$35 for a 20x25 plot.

There are organic and nonorganic spaces available. the organic space, only organic pesticides and organic insecticides are permitted. Each gardener is responsible for the maintenance and upkeep of their garden plot during the garden season, from April 20th – October 12th.

Please Contact Wildwood Cultural Center to register at (440) 974-5735.

Mentor Library Offering Free Classes on Financial Wellness Online

Mentor Public Library is hosting a pair of free programs online about financial wellness this May. Both will be led by Steve Leskovec from Western Reserve Consulting.

The first program will stream at 6:30 p.m. on Tuesday, May 5. The subject will be financial wellness in the workplace. Leskovec will offer business leaders information

about the continuing financial crisis, how it affects the workplace, and potential solutions.

The second program will stream at 6:30 p.m. on Tuesday, May 12. Leskovec will explain the basics of creating a spending plan and share seven steps to financial freedom and security.

Both of these programs will be shared online via Zoom and are free to attend. You will need to register for the programs via the library's online calendar. For additional info, visit www. mentorpl.org/financialwellness.

Both of Leskovec's programs will be recorded and available for viewing at a future date on the library's website (www.mentorpl. org,) Facebook, and YouTube



City of Mentor-Special Supplement

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Rosey's Words.



Rosey Gamiere Guest Writer

The Seniors

The seniors in our beloved Mentor have contributed so much to us in their lifetimes and need our support at this time.

Many are without food and cannot eat much of the food offered them by different agencies because of health issues and cannot get out to purchase what they need.

Many cannot have salt, sugar, too many carbs, etc.

A more appropriate package might include some greens, citrus, breads, milk, juice, trail mixes, soups (less salt), candy (sugar free), rice, vegetables like carrots,

cabbage, lettuce, celery & onions, coffee & tea, peppers, tomatoes, crackers, nuts, yogurt, pudding, green beans, etc....and snack foods that are healthy.

It would be helpful if they can eat the foods provided, as they cannot eat certain foods.

It is not to say they aren't grateful, but they have issues that need addressing and we need to be mindful of these things during times of flu & viruses.

I have heard from many who depend on their TV's for entertainment, as many are now doing in the lockdown.

The issues I'm hearing about are their ability to hear & some have vision problems.

What I'm being told is that the TV personalities and newscasters talk so fast that they cannot be understood. The captioning that provides written text cannot keep up with the rushed, fast-talking media.

What's worse, and I checked it out myself, is that whoever types the information cannot spell! An example was "Peggy" was written as 'Piggy', "shut' was written 'ship' and so on, becoming very confusing for our needy.

We need to visit, if only by phone or through a window, to check on their well-being.

An elderly neighbor's wife

passed away and he fell in his home and laid there for two days before he was found.

These things are unacceptable and need to be looked into, as many do not have family & their friends have passed on or are in the same position.

A phone call per day could save a life if nobody answers, as well as the alert systems worn on the neck

The baby boomers are aging, and the next generation needs to be taught the value of giving of themselves for those who got them there to begin with! LOL!

Our elder generation came from tough times in many cases and need our selfless efforts now to have their latter days more secure and less afraid.

Thank you to all first responders and kind-hearted residents of Mentor for all they do to volunteer their time & spread the love that makes this the great place we have to live in!

Thank you & God Bless,

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Online Resources Still Available at Mentor Public Library

Mentor Public 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.

The

Mentor Monitor

A Lake Community News Publication

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Deadlines are the 10th of each month.

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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
- 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.





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Lakeland Helps Students Keep College Due to COVID-19, Lakeland thousands of dollars. Plans on Track in

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 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 fouryear 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 fouryear institution, all while saving

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 Improvement Essentials and Covid-19

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

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

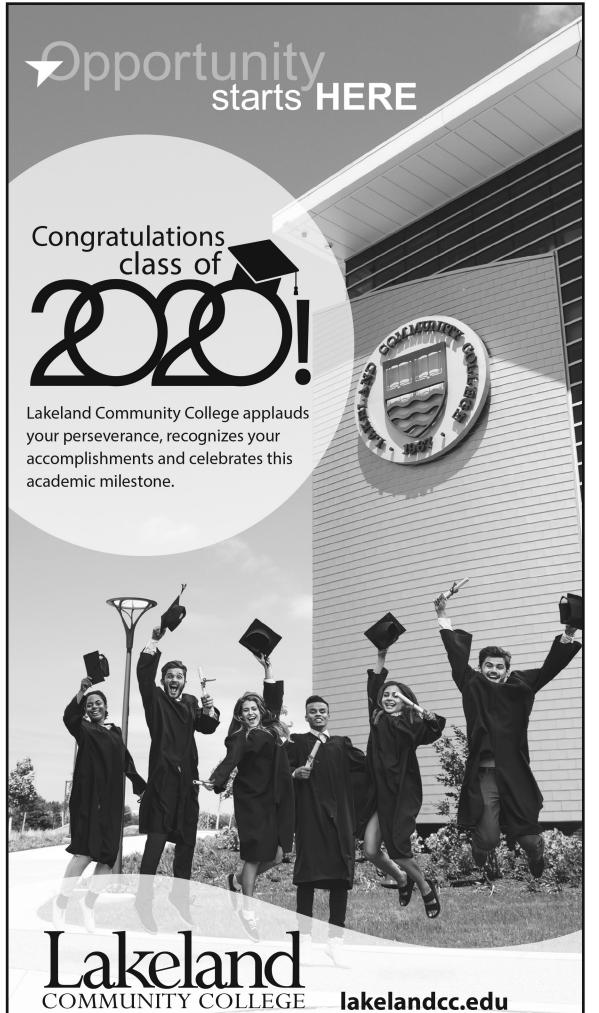
We are ALL in this together. We as a company have made many financially prudent decisions during this time as well. We have had to make decisions keeping our quality of service high while looking after the safety of everyone.

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.

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.

Give us a Call Today! Handyman Service 440-363-6400





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 twelvegovernment hundred-dollar 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 bottomline 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, vou 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.
- Time to catch up on 4.) 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 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.

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

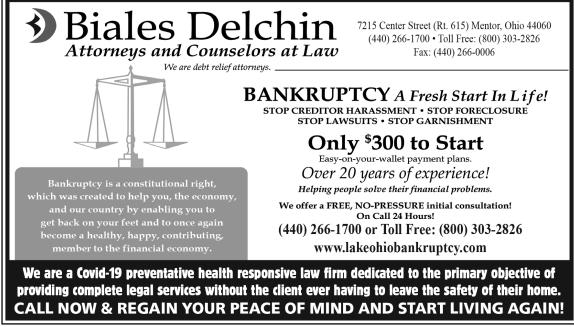
Bankruptcy is about having peace of mind and relief now, but it is also about financial planning for the future. It is about reestablishing credit, keeping the lion's share of your property and resolving all of your current debt and bad marks on your record so that you will be in good financial standing 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 withlet 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.

Biales Delchin offers to start bankruptcy protection and stop bill collector harassment for only three hundred dollars down. If you think Bankruptcy might be able to help you, please call us for a free, confidential, no obligation phone or video consultation.

Robert C. Biales





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

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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

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

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 inperson 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 MĞVLakeCounty@ gmail.com.

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



Mentor Farmers Market **Accepting Vendors!**

Spaces are still available for vendors interested in participating in the Mentor Farmers Market. The Farmers Market is held every Friday starting June 26- September 25, from 2–6 p.m. at Eleanor B. Garfield Park 7967 Mentor Ave., Mentor.

Market vendor categories include: produce, bakery, pastas, oils, honey, tea/coffee, dairy, candy, jams/jellies, specialty foods, and plants.

Craft vendors are welcome on Fantastic Fridays; June 26, July 31, August 28 and September

For more information, go to www.mentorfarmersmarket.com or call the Wildwood Cultural Center at (440) 974-5735



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This is your home. Your investment. Never try to save money on product or professional installation...it just guarantees future problems.

MDM Painting offers senior discounts as well as military discounts. We're proud that we Business Bureau because I answer the phone and quickly address any problems that may occur. When I show up for an estimate, I have extensive testimonials as well as before and after pictures of recent and past work successfully completed in your community so you can make a more confident decision about my credibility and your selection to move forward

I'm insured and bonded and will have my insurance company send you a document insuring "YOUR HOME" while we are there to paint, if you wish.

I have learned that becoming a reputable company requires honesty, fairness, and an extra helping of punctuality. Let's face it...as long as you do excellent work and maintain a clean work

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

Bottom line...do it right, use the best available materials and take pride in your trade...the rest just falls into place!

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Medicare and COVID-19

Are you on Medicare or turning 65 soon and getting ready to sign up for Medicare? health, and related services and other ways Medicare is helping. There is also information on

If so, you might be wondering where to get up-to-date information related to Medicare and COVID-19.

There are several ways to stay current with Medicare and the coronavirus. You can visit www.medicare.gov/medicare-coronavirus to see how you can slow the spread of coronavirus, hygiene precautions you can take, and how you can slow the spread. This website also has information on coping with stress, tele-

other ways Medicare is helping. There is also information on what Medicare covers related to coronavirus. A couple things to note is that the test to determine if you have coronavirus when ordered by your doctor or other health care provider that accepts Medicare is covered. Also, due to the pandemic the CARES Act has a provision that requires Part D plans to provide up to a 90 day supply of covered Part D drugs to enrollees who request it. This applies to both standalone prescription drug plans and

Medicare Advantage drug plans.

Another website that offers the latest information about prevention, symptoms and much more on the coronavirus is coronavirus.org. You can also visit CDC.gov/coronavirus for safety and public health information.

You can also reach out to your health insurance provider or agent/broker to get details on coronavirus and what is covered under your policy.

Jackie Greene is a local licensed health insurance agent located in Mentor, Ohio. If you have questions, Jackie can be reached by email at jackiegreene@gbaoh. com or phone at 440-266.0333x3.

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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 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.

Lake Community News

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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 shake style siding, seamless gutter

systems, gutter covers, blown in insulation, and a complete line of backyard storage buildings.

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CAREGIVER STRESS... Take Time for Yourself

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

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

Caregiver burnout is more uncommon when caring for a loved

-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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offer an affordable, We aggressive 4-step cleaning process that enables your carpet to dry in about 45 minutes PLUS every job comes with our 30 day ironclad GUARANTEE! After an industrial vacuuming, we apply an enzymatic pre-treatment to heavily soiled areas. By using state-of-the-art equipment containing a non-residue solution, 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.

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Look for money saving COUPON within this issue, then contact QUICK DRY at (440) 269-4971 or www.quickdryohio. com for all your professional carpeting and upholstery cleaning

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

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

Matt's Lawn Service, Inc. business to grow and expand over the years. "Being depandable 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.

CITY OF MENTOR SPECIAL SUPPLEMENT | COVID-19 INFORMATION



ABOUT THIS SPECIAL SECTION

This special section contains information from the City of Mentor related to the impact of COVID-19 on programs and services in our community, as well as resources which are available to our residents.

The information presented in this section was current as of April 22, 2020. Information related to COVID-19 changes on a regular basis, therefore, we urge you to stay up to date by visiting the City of Mentor's website and/or following the city on social media.

www.cityofmentor.com www.facebook.com/cityofmentor www.twitter.com/cityofmentor

If you have questions related to any of the information presented in this section please email pubinfo@cityofmentor.com or call (440) 255-1100.

WE ARE HERE FOR YOU

The City of Mentor is well-prepared to meet the needs of our community through the COVID-19 pandemic. In cooperation with federal, state, and local jurisdictions, as well as regional health systems, plans and resources are in place to meet the needs of our residents. Local safety forces and health officials regularly rehearse procedures and scenarios of this type and are experienced in understanding resident needs from past similar events.

The City of Mentor is committed to serving our residents. We continue to conduct the day-to-day operations required to manage our community needs.

The City will continue to closely monitor and adapt to the situation with our local, state, and national partners.

If you have any questions regarding the City of Mentor, please call (440) 255-1100 or email pubinfo@cityofmentor.com.

Thank you for doing your part in protecting the health of our community.

BE PART OF THE SOLUTION

Mentor Fire has always been here for you, but the days ahead will continue to present a challenge. This is YOUR chance to be an important part of the solution. Right now, the goal is to continue to slow the spread of COVID-19 so that these resources aren't overwhelmed – and that includes EMS services.

Before calling 911, ask yourself if this is really an emergency. If you are facing a life-threatening situation, including chest pain, stroke, trauma, or other serious condition, we certainly want you to call 911.

But for minor injuries, please consider if an emergency department is really necessary and if you need an ambulance to get you there

And, if you're experiencing symptoms of COVID-19, contact your primary care provider. If you are under the age of 60, are not diabetic, are not pregnant, do not have a history of lung or heart disease, are not immunocompromised, or do not have a history of hypertension, there is no need for transport to the emergency department.

A typical EMS transport takes over an hour from the moment you call 911 through the moment the ambulance is disinfected and prepped for the next emergency. Also, every time an ambulance is placed in service for a minor injury or illness, there is one less ambulance available to respond to life-threatening emergencies in your community.



PUBLIC MEETINGS

Despite the COVID-19 pandemic, the business of running the city must go on. Public meetings will proceed as scheduled unless otherwise noted. For those who wish to participate, remote access to City Council, Planning Commission, and Board of Zoning Appeals meetings are accessible via Webex. Meeting links, agenda, and information packets are posted prior to every meeting. Visit cityofmentor.com for details.



HOT MEALS FOR LAKE COUNTY SENIORS

The Mentor Senior Center offers curbside pickup for a "made-from-scratch" daily special for \$2.50 per meal for ALL LAKE COUNTY SENIORS. Reservations for lunch must be made at least 24 business hours prior, however we expect to sell out quickly. We suggest registering for a week at a time. Visit www.mentorseniorcenter.com for details.

HOME-DELIVERED GROCERIES FOR LAKE COUNTY SENIORS

This program provides a pre-selected bag of groceries to Lake County households with a senior aged 60 or over for those unable to grocery shop and do not have someone to shop for them. Households are eligible to receive one bag of groceries per week.

Seniors can obtain groceries by calling Lifeline at 2-1-1 Monday – Sunday between the hours of 8:30 am to 5:00 pm or the Council on Aging at 440-205-8111 Monday through Friday from 8:30 am to 4:30 pm.

This program is presented by Laketran, Lifeline, Council on Aging, RSVP, the Lake County Board of Commissioners and United Way of Lake County.



CURBSIDE WASTE PICKUP

Waste Management temporarily suspended curbside pickup of yard waste. That service has been restored effective April 27, 2020.

Bulk trash pickup remains suspended until further notice. Only trash or recyclables placed in their respective Waste Management containers will be collected until further notice.

This means that extra trash bags, bundles of waste, and bulk items (Furniture, carpet, mattresses, appliances, etc.) will not be collected.

The Lake County Landfill has advised that they are discouraging unnecessary drop-offs by residential customers at this time. Please keep all bulky or special wastes until Waste Management resumes full service. Call 440-350-2644 with questions.

MAKE MENTOR COUNT

If you haven't completed the Census yet, please take the opportunity to do so today. When you respond to the census, you help ensure that Mentor gets its fair share of the more than \$675 billion per year in federal funds spent on schools, hospitals, roads, public works and other vital programs. Results of the Census also help determine how many seats each state gets in Congress. State and local officials also use census counts to draw boundaries for congressional, state legislative, and school districts. Participating in the census isn't just a chance to make a difference in our community, it's also the law.

CITY OF MENTOR SPECIAL SUPPLEMENT | COVID-19 INFORMATION

WATCH OUT FOR SCAMS

Scammers are trying to monopolize on the fear and uncertainty that COVID-19 has brought to so many. Learn more about the types of scams that are out there and how to avoid them! Consumers who suspect an unfair or deceptive sales practice should contact the office of Ohio Attorney General Dave Yost at www.OhioProtects.org or 1-800-282-0515.

CONCERNS OVER "STAY AT HOME" COMPLIANCE

Concerns regarding compliance to the Stay at Home Order in Lake County may be reported to the Lake County General Health District at COVID19@lcghd.org or 440-350-2188. Individuals seeking anonymity are encouraged to report via telephone. Due to an increased volume of inquiries, and the need to consult with Ohio Department of Health and legal expertise, it may take up to 48 hours to respond and/or resolve a complaint.

JUST DIAL 211

Are you having financial issues related to the COVID-19 pandemic or are you struggling to get your basic needs met? Just dial 211.

Lifeline's 211 is available 24/7 to help you navigate the vast array of resources available in Lake County for things like rent/eviction prevention, access to food pantries and emergency services like utility assistance.

Their database features over 900 programs through more than 400 agencies, churches and government entities and includes updated information specific to the COVID-19 pandemic. Need help? Lifeline is there for you.



FINANCIAL RESOURCES FOR FAMILIES & BUSINESSES

The COVID-19 Pandemic has created a great strain on the nation's healthcare system, but it has not come without economic difficulties as well. State leaders are working to ensure resources are readily available to Ohio businesses and workers. Connect with unemployment resources, health insurance relief, school meals and more available from the State of Ohio at coronavirus.ohio.gov.

The City of Mentor Planning and Development Office can provide you resources and information to best protect the health and well-being of your workers and your business, as well as critical resources which you may not be aware of.

Learn more at mentormeansbusiness.com.

JOBS & FAMILY SERVICES

Residents can access JFS services including public assistance, child & adult protective services, unemployment insurance, child support enforcement, from home. Download the info sheet or logon to the Lake County Department of Jobs & Family Services at www.lakecountyohio.gov/lcojfs.

SUPPORT OUR RESTAURANTS

The City of Mentor is home to over 175 restaurants – many of whom offer take out and/or delivery. Go to visitmentor.com. and download a copy of the Mentor Visitor Guide for an updated listing of eateries. Thank you for continuing to support our local businesses!



MENTOR PARKS & RECREATION

The City of Mentor is committed to protecting the health and safety of our community. Programs and rentals have been canceled through May to align our operations with the orders/recommendations of national, state and local health experts.

The Mentor Senior Center, Wildwood Cultural Center and Mentor Ice Arena will remain closed through May as well.

Black Brook Golf Course remains open as a walking course only - no carts.

All playground equipment, basketball courts, skateparks, pickleball courts, and tennis courts remain closed until further notice.

Residents are invited to continue to use Mentor parks and trails while still practicing safe, social distancing.

The status of summer camps and pools are still being evaluated.

Summer events, including Mentor Rocks, Headlands BeachFest, Mentor CityFest are currently being planned according to schedule. Although we do remain hopeful, all dates are subject to change or cancellation.

CLOTH FACE MASK COVERINGS

The CDC recommends that Americans wear cloth face coverings (masks) in public to help slow the spread of COVID-19. This

recommendation is being made based on studies that show a significant proportion of people with COVID-19 lack symptoms and can transmit the virus to others in close proximity, through speaking, coughing, sneezing or other means. Instructions for making DIY face coverings – including "nosew" options are available at cdc.gov.

MENTAL HEALTH RESOURCES

The impacts of COVID-19 aren't confined to physical health. Signs of stress can include worry, fear, sleep issues, eating issues, pulling away from friends/family, trouble concentrating, feeling helpless, and increased smoking and/or drinking.

The ADAMHS Compass Line is a great place to start exploring free available options. Call (440) 350-2000 Mon-Fri, 8:30 AM – 4:00 PM.

If you are in crisis, call 911.

Visit www.HelpThatWorks.us to learn more.



CITY OF MENTOR 8500 CIVIC CENTER BLVD MENTOR, OH 44060

(440) 255-1100 www.cityofmentor.com

IMPORTANT NUMBERS

CITY OF MENTOR

CITTOI MILITION	
EMERGENCY	DIAL 911
CITY HALL MAIN SWITCHBOARD	255-1100
CITY COUNCIL OFFICE	974-5755
CODE ENFORCEMENT	974-5792
PLANNING & DEVELOPMENT	974-5740
ENGINEERING/BUILDING	974-5785
FIRE NON-EMERGENCY	255-1212
ICE ARENA	974-5730
MUNICIPAL COURT	974-5744
PARKS & RECREATION	974-5720
POLICE NON-EMERGENCY	255-1234
PUBLIC INFORMATION	974-5794
PUBLIC WORKS	974-5781
RITA REGIONAL INCOME TAX AGENCY	526-0900
SENIOR CENTER	974-5725
WILDWOOD CULTURAL CENTER	974-5735

LAKE COUNTY

COUNCIL ON AGING	205-8111
LAKETRAN	888 525-3872
LANDFILL	350-2644
LIFELINE	211
SEWERS	350-3431

Life is Better at Home

We believe life is better at home and that better care begins at home. That's why we're dedicated to providing a comprehensive range of the highest quality nonmedical home care services in a professional and efficient manner that enhances all of our clients' quality of life and empowers families to keep their loved one at home. Remembering that caring is as important as the care, we know the highest calling of our profession is to provide comfort to those who are in distress or need with the utmost dignity and respect.

We coordinate all these services 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.

Call us today at 440-946-1600. We look forward to the privilege of serving you and your family.

Better At Home, LLC understands the challenges facing today's families and the importance of aging in place. That's why we are **dedicated to providing the very best care** to you and your family in the privacy, comfort and safety of your own home.

"Better Care Begins at Home"

We offer 24-hr. care with no hourly minimums and COMPLIMENTARY home assessments to create a unique care plan exclusive to you and your needs.



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The Importance of Advance Directives I am not an attorney so please A Living Will which states what are not covered in your living will

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:

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

• 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

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 thr 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 <u>Lmutsko@mutskoInsurance</u>. 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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www.mutskoinsurance.com for more classes in your area!

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.

These events are for educational purposes only and no plat 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 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.

Window Savings at Shoreline

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

Start by calling Shoreline Vindow and Remodeling Company. A company with a professional, experienced track record dating back to 1954. That's 65 years of total customer satisfaction made possible by all our past clients who trusted in our ability to meet or exceed their expectations on receiving the "real deal" for their remodeling projects.

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

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

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.



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

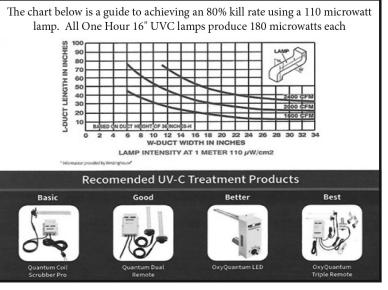
As you can see some are easier to kill than others, but all are killed by UVC.

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 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) 285-9125.

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Visit us online at www. debordinc.com or www. BenjaminFranklinPlumbing NEOhio.comOhio

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Cosmetic Laser Medi-Spa & More

Cosmetic Laser Medi-Spa & More has been providing laser and other cosmetic services for over 15 years. Our staff of Medical Directors, Cosmetic Therapists, and Nurses are licensed medical professionals with years of experience in Botox, Juvederm, laser hair removal, and mole and spider vein removal. Our Estheticians and Massage Therapists can also help you relax and rejuvenate your skin, body, and mood! Our goal is to offer services affordable to the average person because we all deserve to invest in ourselves but rarely make it a priority. Whether you're looking for an outpatient cosmetic procedure or a self-care pick me up, we've got the service for you!

We pride ourselves in our deep knowledge of skin, lasers, and how energy all interact. Laser and electrology are our primary focus as Cosmetic Therapists are the expert health care professional in permanent hair removal. We also guide you through the expectations and recommend which treatments or combination of that would provide your desired outcome. Lasers can be used on dark hair to reduce or remove growth on large surface areas. Laser hair removal typically requires 8-14 treatments at 4-8 week intervals. Electrolysis works on all hair types and can clean up any hairs the laser is not able to do such as white, grey or blonde hairs. Since this treats one hair at a

time it typically requires regular visits for 1-2 years. We are a LGBT friendly business and come highly recommended from the Transgender community and Dr. Cecile Ferrando's team at the Cleveland Clinic Transgender Surgery & Medicine program.

Learn more about the standard cosmetic procedures performed at Cosmetic Laser Medispa & More under the guidance of our Medical Directors, Dr. R. Salamon and Dr. B.J. Sidari. Our most popular Medical Director service is Botox and it is a safe cosmetic procedure when administered by a welltrained doctor to an appropriate candidate. Botox can reduce or eliminate wrinkles without surgery. Our Estheticians are experienced in facial peels address concerns like wrinkles, uneven tones improves texture with and topical applications. The skin consultation will also advise on the proper exfoliation methods best for your lifestyle for continued care. Microblading is a much-desired treatment because it is a manual technique of implanting pigment into the skin to create a manicured and full eyebrow effect. Unlike typical eyebrow tattoos, microblading tends to look extremely natural where you can hardly tell that it's not real hair.

We offer beach themed couple's massage rooms at both our locations. We specialize in structural integration massage, a technique that uses therapeutic

deep tissue and relaxation elements to provide an enjoyable experience while addressing chronic muscular issues.

Cosmetic Laser Medi-Spa & More has two convenient locations in Mentor and Chardon. We are in the historic Corning White House located on 8353 Mentor Ave. Mentor, OH 44060 and recently opened our second location on 133 Main Street Upper Chardon, OH 44024.

Visit www.takeawayhair.com and please find us on facebook at Cosmetic Laser Inc! Now on Instagram @cosmeticlaser_medispa.

We follow Physicians Guidelines for COVID 19, one client in waiting room at a time and staff wears masks and gloves etc.

For more information call or text 440-477-4074 to schedule and consult.





Can UVC KILL The Novel Coronavirus?







For more information refer to the article. . .

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Your One-Stop-Shop for Grills, Smokers & Outdoor Kitchens

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.

We are located across from the Lake County Fairgrounds as 1270 Mentor Avenue in Painesville Twp. Our phone number is (440) 358-5858.

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There's More to Mold Than Just the Spore!

Mold can emit a fungal gas! When particular molds colonize and they progress through their life cycle they emit a gas (musty smell). As the reservoir of fungus grows to several billion spores in the colony, our noses detect the 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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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:

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- 3. Check and adjust fan belt

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- 4. Check bearings
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- 6. Check Filters
- 7. Check condenser
- 8. Check drain
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- 1. Clean burners
- 2. Clean, light pilot
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- 5. Adjust burner & pilot
- 6. Adjust blower belt
- 7. Check & adjust furnace controls
- 8. Check safety pilot operation
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- Check & adjust fan belt
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- 6. Check filters
- Check condenser
- Check drain
- 9. Check operation of themostat
- 10. Operational check of systems



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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.



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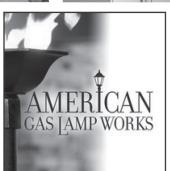




















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