he Ithy ling news



Commonsense coronavirus protection | Kids' summer camps Look your best for spring | Runners without a race Your prostate health, part 1 | Occupational therapy explained





What will your face, neck, and hands reveal about you during the approaching spring and summer months? When you are enjoying yourself with friends and family, will the fine lines, brown spots (age spots), and sagging jowls and neck not portray your true age but make you appear tired and withered? Why not consider a painless and no-downtime cosmetic procedure to reduce your aging, sun-damaged, and sagging facial skin and eliminate brown spots? Allow Dr. Handler to evaluate and personally recommend a skin rejuvenation program for you to reduce the signs of aging. Look as young as you feel when gathering with friends and family.

www.drharveyhandler.com

Reduce lines, fade sun spots

Smoother, tighter, younger-looking skin on face, arms, and chest

clear + No surgery.
brilliant laser No injections.
No downtime.

PEDIATRIC, & COSMETIC **DERMATOLOGY**

ADULT, | HARVEY L. HANDLER, M.D., F.A.A.D. DIPLOMATE AND FELLOW OF THE AMERICAN BOARD OF DERMATOLOGY

5300 Harroun Rd., Suite 126 (in the Medical Office Building on the campus of Flower Hospital) HAIR & NAILS | 419.885.3400

Whenever aged and spotted sun-damaged skin is discussed, the term used is rejuvenation. Wait! What about "pre-juvenation"? Prevent and reduce the signs of future aging and sun damage with a skin-care program designed for the Millennial and prior-tanning-booth generation. Be proactive before the lines and age spots appear. Speak with the staff at Dr. Handler's office to inquire about specials for cosmetic procedures and topical products to reduce the signs of aging and fade and eliminate "age spots."

Dr. Handler personally performs many anti-aging procedures that are "non-invasive" with minimal discomfort or downtime. You can minimize under-eye darkening and wrinkling, raise those droopy eyelids, shrink pores, lift sagging jowl areas, and appear as youthful as you feel. Call Dr. Handler's office for a personal evaluation with treatment recommendations designed specifically for your aging skin.

Remember, 80% of the signs of aging are due to prior sun exposure and subsequent skin damage. All the brown spots ("age spots"), broken blood vessels on the face, fine lines, and sagging skin are caused almost entirely by sun! This is something young people should be aware of since we get 80% of our lifetime sun exposure by the time we are 18-20 years of age.

What about the "worry lines" between your eyes, deep smile lines, upper lip lines (lipstick runs uphill), and your sagging jowls and neck? These unfortunate changes caused by prior sun exposure and aging can be improved dramatically with pain-free, non-invasive cosmetic procedures performed entirely by Dr. Handler.

The NEW Thermage CPT Deep Tip procedure painlessly heats damaged collagen under your skin to tighten and lift sagging areas of the neck, jowls, and upper arms, and wrinkling of the skin on the abdomen. The **NEW Thermage CPT Deep Tip** procedure utilizes radiofrequency energy (not laser). This procedure also encourages a natural repair process that results in further tightening, lifting, and younger-looking skin. With only ONE treatment, results are seen be-

fore leaving the office. Continued tightening and lifting of sagging skin occurs over a 6-month time period with results lasting 3-4 years! There is **NO** downtime and NO pain. The NEW Thermage CPT Deep Tip system has been utilized by Dr. Handler for many years with excellent results and very satisfied patients. Most patients see results at the completion of the procedure.

For lines between the eyes (worry lines, 11's, ski slopes), crow's feet, and the "sleepy and tired look with droopy eyelids," the use of Botox or Dysport works well to improve these

areas. The results are diminished lines and a more "wide-awake"

EXCESSIVE UNDERARM SWEATING?

Most cosmetically-oriented patients know that **Botox** and **Dysport** are used to reduce the signs of aging. However, Dr. Handler has utilized these products over many years for excessive sweating of the underarms. This excess sweating is known as hyperhidrosis and is associated with embarrassment and anxiety. Most patients require injections twice a year to reduce sweating 80% or more! The procedure is associated with minimal pain and no downtime.

The use of fillers, such as Restylane, Restylane Lyft, Juvederm, Radiesse, and others, to "fill" deep smile lines and the marionette lines (the sad look) from the corners of the mouth produces immediate results lasting 12-15 months! Don't look tired or sad when you are not! Since these products are combined with a numbing agent, the pain is minimal. Now, Dr. Handler utilizes the injection of new fillers called "Restylane Silk" and "Restylane Refyne and Defyne." These products markedly improve upper and lower lip lines (lipstick lines). Restylane Silk also volumizes your lips and restores their natural curve while looking attractive and natural. There is no downtime with these noninvasive procedures. These products also improve the "tear trough" depression and hollowness under your eyes and cause darkening to be much less obvious.

(brown spots from sun exposure) and shrink pores? Then the non-invasive Clear and Brilliant laser is for you. When the Clear and Brilliant laser is combined with Thermage CPT Deep Tip, the results are ideal for patients who desire no downtime or pain and predictable results of lifting sagging skin and smoothing fine lines. Dr. Handler is the only dermatologist in northwest Ohio performing this procedure.

and less tired appearance.

Do you want to reduce fine lines, acne scars, and age spots

5. Has passed exams for board certification in dermatology. Be aware and cautious of medi-spas and cosmetic centers organized and maintained by individuals other than a board-certified

dermatologist or even any medical doctors (not MD's). Many of these individuals have no formal education or training in skin disease diagnosis, treatment, or cosmetic enhancement of skin defects. How do you know whether he/she is a board-certified derma-

tologist? Look for F.A.A.D. (Fellow of the American Academy of Dermatology), which is a formal designation from the American Academy of Dermatology following the dermatologist's name. To confirm this information, check the American Academy of Dermatology website at aad.org/findaderm. None of the above requirements are met by a nurse practitioner, certified nurse practitioner, physician assistant, or any other medical doctor licensed to practice medicine. Do your homework before trusting your skin disease diagnosis and treatment to anyone but a board-certified dermatologist.

Are you aware that Dr. Handler personally performs laser procedures for removal of body hair anywhere hair grows? Yes, this minimally painful laser destroys hairs around the chin, jawline, upper lip, underarms, ears, nose, bikini line, etc. And this laser is not just for women. Many men have this laser performed to permanently remove chest and back hair as well as beard hair that grows down onto the neck.

Dr. Handler also utilizes the latest in lasers for removal of "age spots" (sun spots really) anywhere on the body. This laser works especially well for the tops of hands covered with those "age spots." Finally, Dr. Handler also performs laser removal of unwanted blood vessels that grow on your face and enlarge with heat, stress, and the intake of

alcohol. Again, pain and downtime are minimal with this laser.

Anti-aging and cosmetic enhancements are not for any specific gender. Male cosmetic enhancement and anti-aging procedures have increased almost 300% in the past 5 years for sagging skin, darkening under the eyes with the "hollow" look, and brown spots. The utilization of fillers, such as Restylane and its family of fillers, Juvederm, Radiesse, etc., is excellent for deep smile lines and the "sad and tired look" as evidenced with sagging at the corners of the mouth, hollow cheeks, and aging of the hands. And, of course, the use of Dysport/Botox to reduce forehead "worry lines" is superb.

All of these cosmetic enhancements are performed entirely by Dr. Handler. To view before-and-after photographs of patients who have had these procedures performed by Dr. Handler, visit www.drharveyhandler.com. For more detailed information about the above-mentioned procedures or products, please call Dr. Handler's office at 419-885-3400. Also, remember to inquire about special pricing available on many cosmetic procedures and products to diminish the signs of aging and obtain a more vibrant and youthful appearance of your skin. Look as young as you feel.

HAIR LOSS IN MEN AND WOMEN

Are you losing hair from surgery, anesthesia, illnesses, pregnancy, medications, stress, genetics, or "normal" hair loss secondary to aging or low blood levels of nutrients? There are many causes of hair loss in men and women. Most are not simply due to age or family history, and most are treatable. Now these problems of hair loss can be evaluated and there is hope for reducing your hair loss and stimulating new growth. Dr. Harvey Handler, board-certified dermatologist of Sylvania, Ohio, has a medical treatment for decreasing your hair loss and increasing growth in many patients!

Pediatric skin disease diagnosis and treatment is one of Dr. Handler's special fields in general Dermatology. Age of the child is not rel-

evant since Dr. Handler diagnoses and treats eczema, hemangiomas, contact and allergic dermatitis, and general "lumps and bumps" that children and infants develop. What about "birth marks," scalp and body "ringworm," body and head lice, scabies, psoriasis? If there is a lesion or spot on the skin, Dr. Handler is trained to examine, diagnose, and treat appropriately.

Also, everyone should have a yearly full body exam to check for skin cancer, changing moles, and new growths that develop on our bodies. This comprehensive exam should be conducted solely by a board-certified dermatologist.

of seeing a board-certified dermatologist for the diagnosis and treatment of skin disease. Please be aware that a board-certified dermatologist has the following minimum education versus the above-mentioned quasi "skin doctors":

It is appropriate for patients to understand why it is in their best medical interest to always seek the advice of a board-certified

dermatologist for skin care. Why is seeking a board-certified

assistant, or any other medical individual? I am providing the

following information for patients to understand the necessity

dermatologist the most beneficial route for solving skin disease

issues versus a general practitioner, nurse practitioner, physician's

- 1. Four years of college to earn a bachelor's degree
 - 2. Four years of medical school to become a medical doctor (MD) or doctor of osteopathic medicine (DO)
 - 3. One year of an internship
 - 4. 3-4 years in a dermatology residency program

April 2020 · Vol. 25, Issue 4

Your Monthly Guide to Healthy Living

HEALTH & BEAUTY

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MISSION STATEMENT

Healthy Living News offers the residents of northwest Ohio and southeast Michigan a monthly guide to news and information about healthy life styles, health care, sports and fitness, and other issues related to physical, mental and emotional quality of life. The publication promises to be an attractive, interesting and entertaining source of valuable information for all ages, especially those 35 to 50. Healthy Living News is locally owned, committed to quality, and dedicated to serving our great community.

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To advertise: Healthy Living News, 130 Louisiana Avenue, Perrysburg, OH 43552. Phone: 419-874-4491 or email Chet Welch at chetw@ perrysburg.com. Ad reservation deadline is the 15th of the month preceding publication. HLN reserves the right to refuse advertising for any reason and does not accept advertising promoting the use of tobacco.

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Dear Readers,

Thank you for picking up the April issue of Healthy Living News. This past month has been a rollercoaster for all of us, with the COVID-19 pandemic dominating headlines and imposing

wide-ranging, albeit necessary, restrictions on our way of life. While there's no question that these changes are disruptive, we urge all our readers to adhere to any guidelines or recommendations from

federal, state, and local health authorities on how to minimize the spread of this virus. The more we pull together and heed the advice of health experts now, the faster we'll put this crisis behind us.

For some tips on how to protect yourself and those around you from COVID-19, be sure to read the article on page 8, which

contains commonsense advice from the Centers for Disease Control and Prevention that you've likely heard before but certainly bears repeating. If you've suddenly joined the ranks of at-home workers due to the coronavirus (or any other reason), "Tips

> for Balancing Your Home Life and Home Office" on page 11 can help ease that transition. And, parents whose children are now confined to the house and need a healthy outlet for their energy won't want



to miss "Kids Stuck at Home? Get 'Em Gardening!" on page 9.

Speaking of keeping children productively occupied, this issue also features ads from several area schools and organizations that are offering fun and informative summer camps for kids (p. 4). In April we typically

print a more comprehensive Summer Camp Guide, but this year we've made the decision to postpone the full guide until May when we'll hopefully be better poised to solidify camp listings and schedules. So be sure to tune in next month!

As I bring this to a close, I'd like to thank all the area businesses and organizations that support HLN with their advertising dollars. Without them, we couldn't keep providing this publication free of charge each month. Now many of them are facing economic hardship due to the current health crisis, so we urge you to keep supporting them and other local businesses in any way you can—and when you do, be sure to tell them you "saw it in Healthy Living News."

Adam and Chet Welch

SPEND YOUR SUMMER AT MAUMEE VALLEY!



REGISTER TODAY

Co-ed | Preschool - Grade 12

Weekly Sessions: June 15 - July 24

Maumee Valley Country Day School

1715 S. Reynolds Rd. | Toledo, Ohio mvcds.org | 419-381-1313

www.MVCDS.org/Summertime



broaden kids' horizons

"There's nothing to do! I'm so bored!"

These are the words that all parents dread but fully expect to hear from their kids about one week after school ends. It seems all the activities kids dream about during the school year—when they're supposed to be studying, doing homework, or absorbing lectures—somehow become less attractive when they can actually do them whenever they please. Naturally, once summer break begins to lose its allure, kids usually gravitate toward sedentary activities that can be carried out from the comfortable vantage point of the couch and typically involve the use of electronic devices.

The good news for parents is that there are plenty of ways to keep kids off the couch, out of the house, and productively occupied while having fun this summer. Schools and organizations all around the community offer a wide variety of summer camps that help kids develop in sports, academics, and personal interests. Who knows, they might even make a few good friends along the way! Check out the ads in this section for some excellent summer camp options for your kids.

However, please note that due to the dynamic nature of the COVID-19 outbreak and evolving guidelines for preventing the spread of the virus, camp listings are subject to change. An updated and more comprehensive Summer Camp Guide will be published in the May issue of *Healthy Living* News.



ATHLETIC CAMPS

2020

ST. FRANCIS DE SALES

SUMMER



2323 W. Bancroft Street Toledo, Ohio 419-531-1618 sfsknights.org



📎 FOOTBALL CAMPS

Football Youth Camp Monday, Tuesday, Wednesday June 22, 23, 24 • 6 - 8:30pm Location: LaValley Stadium

For those entering grades 3-9 (Boys); Cost: \$25

BigMan Camp

Thursday | June 25 • 6 - 8:00pm Location: LaValley Stadium

For those entering grades 3-9 (Boys); Cost: \$10

Friday Knight Lights Friday | June 26 • 7:15 - 9:45pm

Location: LaValley Stadium For those entering grades 6-9 (Boys); Cost: Free

Monday Knight QB Camp Monday | July 6 • 7:00 - 9:15pm Location: LaValley Stadium

For those entering grades 3-9 (Boys); Cost: \$10

SOCCER CAMPS

Youth Soccer Camp **Monday thru Thursday** June 22 - 25 • 9am - Noon

Location: LaValley Stadium For those entering grades 3-9 (Co-Ed Camp) Cost: \$60 per player

Futsal Skills Camp Monday thru Thursday

July 13 - 16 · 9am - 11:30am Location: The Pit (SFS Gymnasium) For those entering grades 3-9 (Co-Ed Camp) Cost: \$75 per player



LACROSSE CAMP

July 6 - 9 · 10am - Noon

Location: LaValley Stadium
For those entering grades 5-9 (Boys); Cost: \$50

GOLF CAMP

Monday thru Thursday June 8 - 11 • 9am - Noon

Location: Heatherdowns Country Club For those entering grades 3-12 (Co-Ed Camp)

BASEBALL CAMP

Sunday | June 7 • 4pm - 7pm Monday thru Wednesday June 8 - 18 • 9am - Noon Location: Don Kober Field

For those entering grades 4-9 (Co-Ed Camp)

 BASKETBALL CAMPS Session 1

Monday thru Thursday June 8 - 11 • 9am - Noon

Location: SFS Gyms For those entering grades 2-9 (Co-Ed Camp)

Monday thru Thursday June 15 - 18 • 9am - Noon Location: SFS Gyms

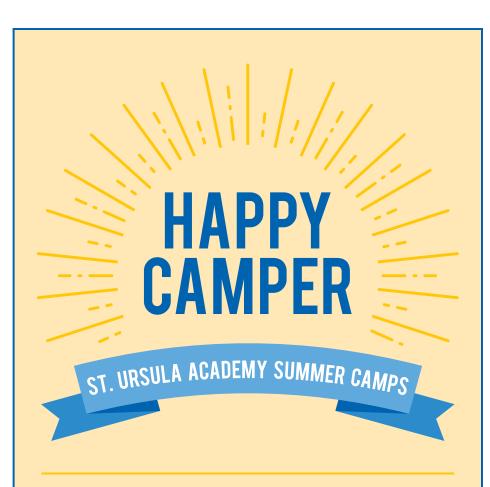
For those entering grades 2-9 (Co-Ed Camp) Cost: \$75

REGISTER FOR SUMMER CAMP AT SFSKNIGHTS.ORG/CAMPS



Due to our CASE renovation, we will only offer athletic camps this year.

CASE provides collaborative opportunities, bringing the classroom and laboratory together in six new spaces. The facility reinforces the ideal educational learning environments that are required for today's learners. We welcome you to come explore the new ProMedica Human Performance Lab.



ENRICHMENT AND ATHLETIC CAMPS

We look forward to seeing Happy Campers in grades K-8!

ENRICHMENT CAMPS

American Girl® • Art • Aspiring Arrows
Baking • Cooking • Digital Arts
Galaxy Girl • Hand-lettering • iMovie
Laffalot • Photography • STEM
Theater • Writing • Yoga

ATHLETIC CAMPS

Basketball • Lacrosse • Soccer Softball • Volleyball

REGISTER ONLINE:

www.toledosua.org/camps





Because of the uncertainty of the summer schedule, SUA will allow cancellations and full refunds for summer camps.

Play it safe when returning to lawn and garden chores

Spring is a breath of fresh air for Northwest Ohioans. We've spent the last several months holed up indoors, staring out at a lifeless land-scape and overcast skies, wondering whether warm weather will ever return again. So, when that first balmy spring day finally arrives, many of us simply can't resist the urge to head outside and tackle a few lawn and garden chores.

But after a long winter of inactivity, it's wise to ease back into some of the more physically demanding warm-weather activities, such as raking, digging, soil cultivation, transplanting, weeding, and mowing. In addition to taking it easy, it's essential to:

Take steps to prevent cumulative injuries

Athletes who have been out of the game for a prolonged period must return to peak performance in very gradual steps or they risk sprains, strains, and other cumulative injuries. The same is true when you try to tackle lawn and garden chores after a long winter spent "cruising the couch."

Keep in mind that tending your lawn and garden is not a competition. There are no prizes for finishing first, but there may be negative consequences for pushing too hard. Take frequent breaks, and, if necessary, try to spread major tasks out over several days. For example, if you have a big mulching project ahead of you, why not tackle it one planting bed at a time rather than all at once? If a job is especially overwhelming or potentially dangerous, consider hiring a professional landscaper instead of trying to handle it yourself. The modest investment may very well save you a painful, debilitating injury.

Other steps you can take to prevent cumulative injury include:

- Keep your back as straight and erect as possible while using long-handled tools (rakes, shovels, hoes, cultivators, etc.) and when working in a crouched position.
- Always lift with your knees, not your back.
- Frequently alternate the arm you are using.
- Keep your elbows bent, and

- avoid resting your weight on your elbows.
- Grip tools gently.
- Limit the amount of time spent working above shoulder level to five minutes or less.



Take care with power equipment

While poor gardening or landscaping ergonomics can lead to aggravating pain, the improper use of power tools can have much more serious consequences. Hence, the utmost caution must be used at all times when power tools are in operation to prevent injury to the user or other people in the vicinity. Here are a few power-tool-safety pointers to keep in mind:

Dress for success

Before firing up your lawnmower, weed whacker, chipper shredder, hedge clippers, lawn edger, or any other outdoor power tool, make sure you're dressed properly for the task at hand. Wear close-fitting, full-length pants and a long-sleeved shirt, and remove any dangling jewelry. Your shoes should be sturdy with slip-resistant soles. Protect your hands with a durable pair of work gloves. Of course, safety goggles and hearing protection are a must.

Survey the site and check the equipment

Give the work area a thorough "once over" to check for any objects that might damage the equipment or interfere with safe operation, and remove any objects or debris that might become a projectile. Make

■ Lawn and Garden - continued on p32

Immunotherapy boosts body's natural defenses to fight cancer

The body has a remarkable ability to ■ defend itself against disease using a highly complex network of organs, tissues, and cells commonly known as the immune system. Most people recognize the vital role the immune system performs in protecting the body from harmful microbes, especially now with COVID-19 making daily headlines.

However, the immune system can do much more than fight off invading viruses and bacteria. It can also be harnessed in a variety of ways to help fight cancer. This exciting new frontier in cancer treatment—called

cancer immunotherapy involves the use of different techniques to "rev up" the immune system so it kills cancer cells, prevents cancer from developing, or slows an existing cancer's rate of growth and metastasis.

According to Shaili Desai, MD, of The Toledo Clinic Cancer Centers,

checkpoint inhibitors are currently the most commonly used form of immunotherapy and a major focus of research studies. Checkpoints are proteins that the body produces naturally in order to prevent an overly robust immune response that kills healthy cells. Cancers can exploit this process by actually producing an immune checkpoint protein. "For example, certain cancers express a checkpoint called PD-L1 on their surfaces, which prevents the immune system from killing tumor cells. If we block that protein with a checkpoint inhibitor, the immune system can do its job and kill the cancer," she says.

Dr. Desai notes that two of the more commonly used checkpoint inhibitors are Keytruda and Opdivo. "There are also ongoing clinical trials for new drugs that inhibit checkpoints in different ways while researchers try to determine whether different combinations of checkpoint inhibitors might be more effective than any of them used individually," she adds.

Of course, checkpoint inhibitors are just one form of cancer immunotherapy. Other examples of this revolutionary approach to cancer treatment include the use of monoclonal antibodies that attach to certain proteins on cancer cells and flag them

for destruction, the use of genetically modified viruses that trigger the immune system to attack cancer cells, and the use of vaccines to train the immune system to recognize and attack substances called antigens that are specific to certain cancers.

Several forms of cancer seem to respond well to immunotherapy, including melanoma, lung cancer, bladder cancer, certain breast cancers, head and neck cancer, and various other malignancies. In addition, immunotherapy compares very favorably to chemotherapy when it comes to side effects. "Traditional chemo-

> therapy kills both good and bad cells, which can cause side effects such as fatigue, nausea, vomiting, and hair loss. With immunotherapy, patients don't experience those problems. Plus, immunotherapy is better tolerated by older patients and patients with other pre-existing medical problems. Any side effects



that do occur with cancer immunotherapy tend to be autoimmune-related, such as pneumonitis, thyroid issues, liver issues, diarrhea associated with colitis, adrenal insufficiencies, and/ or rash," says Dr. Desai.

Looking forward, Dr. Desai sees a very promising future in the realm of cancer treatment, with a lot more immunotherapy drugs becoming available thanks to ongoing clinical studies. "That means patients can expect even more effective treatment and enjoy the highest possible quality of life, especially older patients who can't tolerate standard chemotherapy," she says.

The Toledo Clinic Cancer Centers, located at 4126 N. Holland Sylvania Road, Suite 105, also provides imaging, laboratory, chemotherapy and IV services. The cancer center consists of 8 medical and 2 radiation oncologists along with 7 nurse practitioners and 4 research nurses. The cancer center also has satellite centers in Maumee. Napoleon, Bowling Green, Wauseon, and Monroe.

The Toledo Clinic Cancer Centers has earned Patient-Centered Specialty Practice level 3 recognition and Oncology Medical Home recognition from the National Committee

■ *Immunotherapy - continued on p10*



Choose well, feel better.®



4126 N. Holland Sylvania Rd., Suite 105 **Toledo, OH 43623**

Call 419.479.5605

Located on N. Holland Sylvania Road, we have laboratory, MRI and other specialty services conveniently located on the premises.

- Dr. David Brown
- Dr. Shaili Desai
- Dr. Mersiha Hadziahmetovic
- Dr. Tim Kasunic
- Dr. Rex Mowat

- Dr. Dhaval Parikh
- Dr. Richard Phinney
- Dr. Hammad Rashid
- Dr. Bradley Sachs
- Dr. Charu Trivedi





For the convenience of our patients, we also have satellite offices in Bowling Green, Maumee and Monroe.

ToledoClinic.com

Commonsense protection against the coronavirus



he arrival and spread of COVID-**▲** 19 has disrupted our lives in unprecedented ways and ushered in considerable uncertainty over what the future holds for us, our families, and even the nation. With tangible facts about this novel virus in short supply, it's easy to feel as though we have no control over its impact. The truth is, there are several steps we can take as indi-

viduals to help reduce the risk of getting infected as well as prevent the spread of the virus to others in our community.

The Centers for Disease Control and Prevention recommends the following commonsense measures (source: cdc. gov/coronavirus/2019-ncov/prepare/ prevention.html):

Watch for the symptoms

Reported illnesses for confirmed COVID-19 cases have ranged from mild symptoms to severe illness and death. Symptoms include fever, cough, and shortness of breath, and may appear two to 14 days following exposure to the virus. Call your medical provider for guidance if you experience these or other concerning symptoms, and get medical attention immediately if you experience emergency warning signs such as difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or the inability to arouse, or bluish lips or

Practice social spacing

The coronavirus is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes, so it's important to avoid close contact with people who are or might be sick by allowing at least six feet of space between yourself and others and avoiding large social gatherings.

Social distancing is especially important for individuals who are at higher risk of getting very ill from this disease, which includes older people and individuals of any age with a pre-existing health condition such as heart disease, diabetes, or lung disease.

Clean your hands frequently

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, blowing your nose, coughing, or sneezing. If you don't have access to soap and water, an acceptable alternative is to use hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all the surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Don't spare the disinfectant

The virus can also be spread by people touching surfaces with the virus on it, so in addition to frequent handwashing, be sure to clean and disinfect frequently touched surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. This is especially important if someone in your home is sick.

Cover your coughs and sneezes

Cover your mouth with a tissue when you cough or sneeze, and discard used tissues in the trash. If you don't have tissues, use the inside of your elbow when you cough or sneeze. Don't forget to wash your hands or use hand sanitizer afterward.

If you're sick, stay home

If you're feeling sick, stay home. Do not go to work, school, or any public place. Call your medical provider for guidance. If possible, try to separate yourself from others in your home, for example by staying in a designated "sick room" and using a separate bathroom. Also, avoid sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home—and wash these items thoroughly after using them. Seek medical care if you begin to feel worse or experience any of the emergency warning signs mentioned above.

Stay tuned to updates from federal, state, and local authorities

If the last several weeks have taught us anything, it's that recommendations and advisories related to COVID-19 are in a constant state of flux as health authorities at all levels learn more about this disease and struggle to stay ahead of its spread. So, keep in mind that these recommendations may be modified as this challenge unfolds. It's vital to pay close attention to the latest updates from federal, state, and local authorities and be ready to change course or implement additional measures as advised.

More information on COVID-19 and steps you can take to protect yourself and your loved ones can be found at cdc.gov/coronavirus/2019-ncov/ prepare/prevention.html, coronavirus.gov, and lucascountyhealth.com.

Tarbor is providing services amid the **Coronavirus Crisis!** 419.475.4449 to schedule an appointment www.harbor.org ADAMHS X SAMHSA



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James D. Diethelm, MD Ryan Szenderski, PA-C

Same day appointments available with our physician assistant

419.473.2273

7640 W. Sylvania Ave., Suite C2 Sylvania, Ohio 43560

Welcoming New Patients

Kids stuck at home? Get 'em gardening!

ith the COVID-19 outbreak keeping many of us at home, parents everywhere are looking for ways to keep their kids productively occupied. The upcoming growing season might just offer the perfect solution. Why not encourage them to

kids to actually eat vegetables and fruits is no small challenge. On the other hand, when kids have a hand in growing their own produce, they tend to be much more amenable to eating—or at least sampling—the fruits of their labor.



garden this spring? There's no question that starting kids on a diet rich in vegetables and fruits sets them squarely on a path to good health in adulthood. But, as every parent knows, convincing

plant and tend their own vegetable

Many lessons to learn

In addition to encouraging them to make healthier food choices, a vegetable garden has myriad life lessons to teach children. Planting and carefully tending vegetable plants teaches kids responsibility, improves observational skills, high-

lights the connection between effort and reward, and demonstrates the value of patience and postponing gratification. Not to mention, gardening is a rich sensory experience that gets kids outdoors and away from the electronic gadgetry that tends to consume so much of their attention. Working on a gardening project together is also an excellent bonding opportunity for parents and kids to share.

Choose the right location

Pick a sunny location with good, well-drained soil that contains ample composted organic matter. Make sure the location is also easy to reach with a hose. If the soil on your property is heavy clay, a raised garden bed is a good option. If your property is too small to realistically accommodate an in-ground garden or you live in an apartment or condo with no yard, you can always set up a container vegetable garden on a porch, patio, or balcony instead. Ideally, you'll want to position the garden where it is easily accessible to the children (e.g., near their play area) so they'll have a greater sense of connection to—and ownership in—the project. If you have an established vegetable garden, consider setting aside a portion of it just for the kids to cultivate.

Arm them with the right

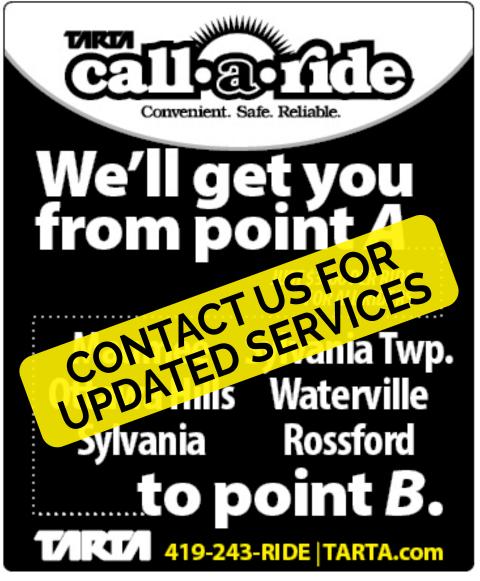
Adult gardening tools, e.g., shovels, trowels, cultivators, and rakes, aren't designed for easy wielding by smaller kids. They also tend to have sharp or pointy edges that can cause injury if mishandled. A set of kid-friendly tools can be the perfect solution to this dilemma. Kids' tools tend to be brightly colored (i.e., fun!), are designed for smaller hands to grip, and typically have more blunt "business ends" so accidental injury is less likely. You can even repurpose old spoons and measuring cups as shovels and soil scoops for the smallest gardeners.

Let them choose the plants

Young gardeners are most likely to sample the fruits of their labor when they're allowed to choose which vegetable plants to grow. Peas, beans, lettuce, carrots, radishes, and cherry or grape tomatoes are just a sampling of veggies that are particularly popular with kids.

■ *Gardening - continued on p11*





Social distancing tips: 15 ways to stay both sane and safe

Practicing social distancing to mitigate the COVID-19 pandemic may sound scary or impossible to do, but there are ways to appropriately handle the process, says Jagdish Khubchandani, a health science professor at Ball State University.

The Centers for Disease Control and Prevention has issued guidelines to limit the spread of COVID-19 that include recommendations for social distancing—a term epidemiologists use to refer to a conscious effort to reduce close contact between people and hopefully stymie community transmission of the virus.

"Social distancing can be tough on people and disrupt the social and economic fibers of our society," Khubchandani says. "Given the existing crisis of isolation in societies—with probably the loneliest young generation that we have today—social distancing can also take a personal health toll on people, causing psychological problems, among many others."

Khubchandani recommended 15 ways to counterbalance the effects of social distancing:



- 1. Maintain a routine. As much as possible, social distancing should not disrupt your sleep-wake cycle, working hours, and daily activities.
- 2. Make social distancing a positive by taking the time to focus on your personality and personal health, reassessing your work, training, diet patterns, physical activity levels, and health habits.
- 3. Carve out time to cook for yourself and others in need. Add more fruits, vegetables, vitamins, and proteins to your diet (most adults in the United States do not consume enough fruits and vegetables). Get two to three meals a day.
- 4. Go for a walk or exercise at home. Definitely go out in nature as much

as possible. Only half of American adults today get enough exercise.

- 5. Do not let anxiety or being at home lead you to indulge in binge eating or alcohol and drug use. Don't oversleep, but do sleep at least seven hours. Our recent study found that more than a third of Americans sleep less than seven hours.
- 6. Social distancing can cause anxiety and depression due to disruption of routines, isolation, and fear due to a pandemic. If you or someone you know is struggling, there are ways to get help from a distance.
- 7. Think forward and try to make the best use of technology to finish your work, attend meetings, and engage with coworkers with the same frequency that is required during active office hours. The good news: Working from home can make people more productive and happier.
- 8. Small breaks due to social distancing are also times to reassess your skills and training—think of an online course, a certification, training, personality development, or a new language to learn.
- 9. Engage in spring cleaning, clear that clutter, and donate non-junk household stuff. Household clutter can harbor infections or pollutants and create unhygienic spaces.
- 10. Social distancing should not translate to an unhealthy life on social media. While you can certainly become a victim of myths, misinformation, anxiety, and fear-mongering, you may also inadvertently become a perpetrator, creating more trouble

for communities.

- 11. Based on the American Time Use Survey and leisure-related time-spending patterns worldwide, we spend too much time on screen. Except for one to two times per day to watch national news for general consumption and local news to check the spread of COVID-19 in your own community, you are likely over-consuming information and taking away time from yourself and friends and family.
- 12. Reach out to people and offer help. Social distancing should also help reinvest in and recreate social bonds. Consider providing for and helping those at risk or marginalized (e.g. the elderly, disabled, and homeless; survivors of natural disasters; and those living in shelters). You will certainly find someone in the neighborhood who needs some help. This can be done from a distance, on the phone or by online activities and giving.
- 13. Check your list of contacts on email and phone. Certainly, there are people you have not talked to in a while—time to check on their wellbeing and connect. This will also help you feel more connected, social, healthy, and engaged. Be kind to all; you never know who is struggling and how you can make a difference.
- 14. Engage in alternative activities to keep your mind and body active, such as listening to music and singing, trying dancing or biking, yoga or meditation, taking virtual tours of museums and places of interest, sketching and painting, reading books or novels, solving puzzles or engaging in board games, trying new recipes and learning about other cultures, etc.
- 15. Do not isolate yourself totally (physical distancing should not become social isolation). Don't be afraid, don't panic, and do keep communicating with others. *

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■ *Immunotherapy - continued from p7*

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■ *Gardening - continued from p9*

Essentially, any veggies that little hands can easily pick and are ready to eat fresh from the garden (with a good rinsing, of course) will win kids over. Pumpkins, with their obvious Halloween connotations, are another favorite, though they require more patience than some veggies do as well as a fairly substantial amount of garden space.



Put them to work!

Even from a very young age, children can assist with gardening chores. With some adult supervision, little ones can take on responsibilities commensurate with their size, strength, and attention span, such as sowing seeds, digging holes for transplants, watering, pulling weeds, and keeping a sharp eye out for garden pests. (Their position close to ground level makes youngsters especially adept at spotting pesky, plant-munching critters.) In addition to assisting with these chores, bigger kids can be enlisted to help with some of the more physically demanding gardening tasks or those chores requiring a bit more finesse, such as turning and amending the soil, cultivating or raking around plants and between rows, spreading mulch, tying up plants, pruning, and, of course, overseeing the efforts of their younger siblings.

Keep it fun!

Most importantly, make sure your kids have fun with the garden project. Don't fret if they wind up covered with mud from head to toe every time they work in the garden or if they present every bug they dig up for your close inspection. Remember, it's all about fueling their curiosity about the natural world and developing their gardening skills. And if they decide they like the taste of fresh vegetables in the process, so much the better!

Tips for balancing your home life and home office

C triking a balance between work and home life has always been a challenge. But if your office happens to be in the home—whether permanently or temporarily due to the coronavirus outbreak—the lines between these two areas of life can be especially blurry. On the one hand, there are endless domestic distractions that can cut into your productivity. On the other hand, with the workplace always just a few steps away, the temptation to pop into the office during family time to get a little work done is ever present. So, how do you achieve some sort of equilibrium between the often-competing influences of work and home life when they're in such close proximity?

Set aside a workspace

Defining a physical workspace within your home is the first step toward achieving balance. Claim a spare room or quiet corner in another room for your space and post it off limits to all other activities. Your computer, phone, and other office equipment should also be designated for work use only.

Establish boundaries with friends and family

One of the biggest challenges faced by people who work in the home is conveying to loved ones and friends that they are actually working at home. The same people who would never think of popping in for a social visit if you worked in an office building may not think twice about stopping by your home office. It's important to politely establish early on with friends and family that just because your office happens to be in your home doesn't mean you're available to chit-chat, baby sit, problem-solve, or run errands for them during business hours.

Follow a routine

There are two types of at-home worker: those who have a hard time getting motivated to work because of the lack of structure and immediate supervision and those who have a hard time disconnecting from work because there's always "just one more little thing" to be done. Both types of worker will benefit from following a set work routine, which includes a standard starting time, lunch and breaks, and a standard stopping time.

It's also helpful to get up each day at the same time and get ready just as you would if you were commuting to work.

That doesn't necessarily mean your schedule has to run from nine to five or that you should never deviate from it. After all, schedule flexibility is one of the biggest advantages of working from

home. It may work out better for you to schedule a few hours of work during your child's normal nap time and, perhaps, a few more in the evening after everyone else has gone to bed. And there may be times when you have to disrupt your daily schedule to run your child to a doctor's appointment. The important thing is establishing a predictable timeframe to help keep you on task when you need to be working and help you shut down when it's time to stop.

Young kids? Consider a sitter

There's no question that part of the allure of working at home for many people is spending more time with the kids and spending less cash on childcare. But, let's face it, it's not always practical to conduct business with an infant or toddler in the home. Many at-home workers with young kids find it helpful to have a babysitter come in for a few days a week or even just a few hours a day so they can tackle important work or converse with clients without constant interruptions.

Older kids interrupting? Send a signal

Of course, older kids can cause their share of work interruptions, as well. If your kids are constantly appearing in your office door, asking you to referee arguments or help with homework, when you're trying to finish important work or carry on a phone conversation, it might be helpful to work out a do-not-disturb signal with them. For instance, let them know that any time your office door is shut or

> a light near your office is turned on, you are not to be bothered.

Hang a sign

Finally, when business hours are over and you've done your share of work for the day, it's time to devote your time and energy to family or other pursuits. Shut down your computer, clean up your desk, close

the office door behind you, and hang a "closed for business" sign on your doorknob. Remember, whatever tasks are left undone at the close of business will still be there in the morning. **¥**





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Alternatives for runners when the big race is cancelled

Marathon training is an intense commitment—both of a runner's body and mind. So for those who have been training on the track and on the roads for a big race, a cancellation can be devastating. But it doesn't have to be.

Runners throughout the world, who have been anticipating and training for a half marathon, marathon, or even that first 5K, are suddenly finding that the race they've been working toward—in some cases for many weeks, months, or years—may no longer be happening. That has left many runners wondering what to do.

For example, the popular Mercy Health Glass City Marathon, which was originally scheduled for Saturday, April 25, has been suspended until next April. According to physical therapists Dayna Pirrwitz and Jeff Swartz of Mercy Health – Orthopedics and Sports Medicine, runners can take advantage of the downtime a race cancellation produces in a variety of healthy and productive ways.

In the case of runners who were training for the Mercy Health Glass City Marathon, one alternative is to go ahead and run the race—just not in the usual format. A virtual option has been developed for runners who don't want to defer until next year.

Runners participating virtually will complete the marathon on their own and on the same day as originally planned using a GPS-enabled watch. Information about the virtual race can be found at glasscitymarathon.org.

Swartz notes that runners can certainly use this downtime to continue training, whether in a local park or on a treadmill. However, absent a race to focus on, he recommends that they scale back the intensity of their training or even take some time off and give their body a chance to recover. "This downtime is a great opportunity to rest, refocus, let your legs recover, and seek medical care if you need it. Once you know when the next race will be, you can start to build back up again without all the aches and pains. If you keep pushing and experiencing more and more soreness, your body won't be where you need it to be when it's

time to race again," he says.

Pirrwitz and Swartz often work with runners or other athletes who have injured themselves in the course of training or competition. One common reason these injuries occur is failure to build up an adequate base of strength and endurance before taking on a major race.

Pirrwitz points out that it takes a long time for someone new to the sport of running to get prepared for that first half marathon or marathon. In fact, elite runners typically don't hit their peak until age 30 to 35. Scaling back now and then building up gradually can pay huge dividends in terms of race preparedness in the future. "Think of it like financial investing," Swartz says. "If you set aside a small amount of money each month for 40 years, you'll end up with a much bigger nest egg than if you wait to start saving until you're

about to retire."

Another factor that commonly causes pain or injury while running is improper form. "We often treat people who have injured themselves on a training program or experience pain with every training cycle due to poor mechanics. It's great that they seek medical help for the pain or injury, but what they really need to address is the underlying issue with mechanics that is causing the problem in the first place. This downtime provides the perfect opportunity to do that," Pirrwitz states.

Swartz advises anyone who is having issues with pain to take a week off with no running whatsoever. "You may still be able to get some exercise and enjoy the outdoors, for example by going to your local Metropark for a walk or bike ride, as long as you don't overdo it and the activity is in keeping with the latest guidelines with respect to social distancing," he adds.

Above all, Pirrwitz and Swartz encourage runners with no major race on the horizon to stay positive. "Remember, racing is just a validation of the training we do. We also run to improve our fitness, mental health, and overall wellbeing. We can still do all that with or without a race," says Pirrwitz. "





Laurels rehab team member explains the vital role of occupational therapy

When people hear the term "occupational there." cupational therapy," many mistakenly conclude that this discipline has something to do with career building or helping people find job opportunities. Others might erroneously assume that occupational therapy is just another name for physical therapy. But if neither of these definitions hits the mark, then what exactly is occupational therapy?

According to the website of the American Occupational Therapy Association (aota.org), "Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—injury, illness, or disability."

Cristina Nickle, a licensed certified occupational therapy assistant (COTA/L) at The Laurels of Toledo, adds that occupational therapy (OT) is

used in a wide variety of environments, including skilled nursing, hospitals and acute care, and outpatient settings. OT is also used across a broad spectrum of populations, ranging from pediatric to adult, geriatric, and mental-health clients.

"Here at The Laurels, the focus of occupational therapy is on functional

activities of daily living, or ADLs, such as bathing, dressing, and toileting, as well as higher-level tasks, such as housekeeping, cooking, and doing laundry," Nickle says. "Many people come here for a rehab stay right out of the hospital, and our job is to get them ready to return home successfully."

Among the higher-level tasks that The Laurels' OT staff addresses with clients are avocations that bring fulfillment to life, such as gardening. In fact,



The Laurels uses a raised-bed flower garden, located in a courtyard adjacent to the rehab gym, to help clients work on the skills necessary to plant and tend flowers. They also take clients on community outings to work on the skills they'll need to function and navigate in real-world environments.

In addition to helping with ADLs and higher-level tasks, the Laurels OT team provides wheelchair positioning for clients who need a customized wheelchair or specialized seating. Another specialized service they provide is splinting to help manage contracture, or the tightening of tendons and other tissues that can limit flexibility and dexterity, for example in people who have experienced a stroke and are unable to use one side of their body.

"Education is another major component of our job. We teach a lot of compensatory strategies and educate clients on the use of adaptive equipment so they can live and function as independently as possible," Nickle says.

Wrapping rubber bands around jar lids or door handles to make them easier to grip and turn; buying milk by the quart or half-gallon rather than by the gallon so it's easier to lift; and storing frequently used kitchen items on the counter, table, or a bottom shelf are just a few of the simple compensatory strategies occupational therapists can teach clients.

A sampling of adaptive equipment that can make it easier for clients to manage ADLs includes mechanical reachers, sock aids, long-handled shoehorns, long-handled ergonomic combs for reaching the hair on the back of your head, long-handled sponges for bathing hard-to-each areas, button aids for people with fine-motor limitations, and elastic shoe laces, which never come untied

■ Laurels - continued on p28



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One of the simple pleasures of strolling along Jones St. is peeking through wrought-iron gates into private gardens.

Stop me if you've heard this one

by LeMoyne Mercer

People of a certain age are often accused of repeating the same old story until it becomes exquisitely tedious. So, Shirley and I have agreed with friends to use a hand signal: place your thumb and first two fingers together and tap them over your heart. It means, OK, we have heard that one enough already. Shirley is always too polite and patient to avail herself of the signal, but I'm not above flailing away like crazy trying to hit the pause button. Or

ignoring the frantic signals of others if the storyteller is me.

In a recent column, I mentioned that we had been to Savannah, Georgia, our favorite city, 14 times. In October it became 15 times. Naturally I assumed that Savannah had been written about quite enough already. But a check of the records revealed that Savannah stories appear far less often than I had thought. If you are a particularly diligent reader of this column and are bored with Savannah already, just tap your chest and turn the page. Really. It's OK.

Our love of Savannah starts with the historic architecture of the city, the basis for its popularity with most other tourists as well. That has not always been the case. Like many cities, Savannah went through a phase of urban blight before it was reborn. (Consider Toledo's Old West



Gen. Oglethorpe, founder of Savannah and the colony of Georgia.

End neighborhood.) This renaissance can be traced to the beginnings of the Historic Restoration movement in 1962 when the Davenport House just barely missed becoming a parking lot.

Before you can have a rebirth, though, you have to have a birth. Georgia was established as the 13th and final American colony in 1733 when General James Oglethorpe founded Savannah. The main purposes of the colony were to provide opportunities for poor English emigrants and to create a buffer zone protecting South

Carolina from encroachment by the Spanish down in Florida. Oglethorpe immediately made friends with Indian Chief Tomo-chi-chi and secured his permission to build Savannah. Thus, the city managed to thrive without the conflict that sometimes characterized the origins of other colonies.

Tomo-chi-chi, by the way, deserves more attention than he usually gets. The chief was reportedly impressive in both physical and political stature. At the age of 84, he and his wife, Senauki, visited London where he was presented to the king at court and introduced to the Archbishop of Canterbury. At his own request, he was buried in Savannah among his English friends.

Oglethorpe laid out Savannah in a grid pattern that provided wide streets and 24 shaded public squares or parks for community gatherings, business centers, and elegant residences. Rather, the residences built 100 years later were elegant when the local economy prospered by exporting cotton and rice. Savannah was and remains a major international port. It is a little-known fact



We took a tour of the Port of Savannah on the stern wheeler Georgia Queen.



that the first steamship crossing of the Atlantic was made by the S.S. Savannah in 1819. Today, you can sit on a park bench along the river and watch the arrival and departure of cargo vessels and impressive 100-foot pleasure craft. Or tour the port in a faux stern wheeler like the Georgia Queen. Perhaps climb aboard a sailing ship that welcomes visitors.

History buffs will recall that Gen. Sherman's infamous March to the Sea ended at Savannah. When Sherman had taken nearby Fort McAllister, city leaders came out to make nice so that beautiful Savannah would not be burned like Atlanta. Sherman was invited to use the Green-Meldrim Mansion as his headquarters. From there he sent a telegram to President Lincoln on Dec. 22, 1864, offering him Savannah as a Christmas present. You might want to visit both Green-Meldrim and Ft. McAllister. We camp at the fort when they have scheduled Civil War re-enactments and during the Great Ogeechee Seafood Festival in October.

There are dozens of additional attractions worth your attention. For Shirley and me, the chief of these are located in the Historic District and the



The shady streets of Savannah's Historic District are pleasant for walking tours.

surrounding neighborhoods that are once again stunningly beautiful with fabulous private and museum homes lining each of the squares or parks. Each square is shaded by grand old live oaks draped with Spanish moss and features a monument or fountain.

The monuments include statues of Gen. Oglethorpe, of course, in Chippewa Square. Visitors who have never heard of Oglethorpe might recognize Chippewa Square as the location of the park bench where Forrest Gump talked about life as a box of chocolates. The bench itself was just a temporary movie prop, so you can't get a selfie on it.

In Johnson Square is the mon-

ument to Gen. Nathanael Greene, second in command and close friend of George Washington. (He named his son George Washington Green.) Gen. Greene was a hero of the Revolution as leader of American forces in the South. Casimir Pulaski, whom you might think of as the Polish Lafayette, is honored in Monterey Square as a father of the American cavalry, for saving the life of George Washington, and for giving his own life in the defense of Savannah. Next to the City Market is an impressive monument to Les Chasseurs Volontaire de Saint Dominique, black volunteer troops from Haiti who fought for the Revolution.

For people who like to eat, there are choices ranging from high-end Low Country cuisine to traditional Southern cooking, barbecue, and Paula Deen. There are numerous opportunities for outstanding meals in every price range.

For music lovers, you can't beat Savannah's Favorite Son, Johnny Mercer, winner of four Academy Awards for best original songs. His statue is in recently restored Ellis Square, which was still occupied by a parking garage the first time we visited. (The restoration ladies saved Davenport but were too late getting to Ellis Square.) Another connection is the Mercer House, built by his great grandfather, Confederate Gen. Hugh Mercer, and still further back, another Gen. Hugh Mercer who served in the Revolution. Mercer County Ohio is named for this general who was mistaken for Washington at the battle of Princeton and bayoneted to death by the British.

The Mercer House is especially popular with tourists because it was the setting of the events represented in Clint Eastwood's film Midnight in the Garden of Good and Evil. The film and the best-selling novel on which it is based, called The Book in Savannah, are often credited with the huge surge in Savannah tourism because of its focus not only on the architecture but on some of Savannah's quirkier residents. The Mercer House was once owned by the socially prominent antiques dealer and murderer Jim Williams played by Kevin Spacey. There are even specialized tours that take you to all the locations featured in the movie.

There are now about two dozen historic homes open for tours. Every time we visit it seems like there is another new old house worthy of attention. In addition to the Mercer House, now owned by Williams's sister, you might consider touring...

- The Davenport House, in the Federal style, completed in 1820.
- The Owens-Thomas House, considered the finest example of the English Regency style in America. LaFayette addressed citizens of Savannah from its side balcony.
- The Harper-Fowlkes House, a Greek Revival mansion built in
- Birthplace and childhood home of writer Flannery O'Connor.
- Home of Juliette Gordon Low, founder of the Girl Scouts.
- The pumpkin-colored Sorrel-Weed House, which was the site of marital infidelity, suicide, and death that could have come right from a Faulkner novel. Sorrel-Weed is featured on the Ghost Tour. Apparently, there are enough ghosts in Savannah to justify several tours based on that theme.

All of these magnificent homes, some of which occupy entire city blocks, contain original and/or authentic period furnishings and décor as well as intricate, fantastic woodwork, plasterwork, and staircases. More recently, the antebellum homes of the Historic District have been joined by the restoration of once derelict

homes and mansions in the 50 blocks of the Victorian District. Craftsmen in all the skilled trades are constantly busy refurbishing and maintaining Savannah's proud heritage.

In addition to the squares, you will want to visit Forsyth Park for its exceptional fountain, erected in 1858, reached by a long, wide, shady allee of live oaks festooned with the obligatory Spanish moss. We find it even more stunning when the azaleas, rhododendrons, and dogwoods are in bloom. One spring we were invited to attend a wedding near the fountain. Very romantic, featuring bagpipers and bridesmaids whose gowns defied convention by actually



The magnificent fountain in Forsyth Park is reached via a wide, live-oakshaded walkway.

■ A Walk in the Park - continued on p16



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■ *A Walk in the Park - continued from p15* being attractive.

While you are at Forsyth, take a stroll along adjoining Gaston and Whitaker Streets to admire still more beautiful homes such as the Georgian-Revival-style Mills B. Lane House. It has stately Ionic columns, a "swan's neck" pediment, splayed lintels, and an ornate wrought-iron gate and fence. Directly across from the live oak allee that leads to the fountain



The impressive Mills B. Lane House is easy to find, directly across from Forsyth Park.

is the Armstrong-Kessler House, the last built of the truly great mansions of Savannah. Its restoration was completed at the end of 2019 after it had served for decades as home to a small college and then as law offices.



The Armstrong-Kessler Mansion was the last built and most recently restored of the great homes in Savannah.

And don't miss Jones Street, which has been described as one of the most beautiful in America. The street is shaded by a canopy of live oaks, of course. The neighborhood itself is the attraction rather than individual mansions of special renown. Certainly, though, there are notable homes and gardens all along the street. Shirley and I make a practice of walking the entire length of the street, up one side and back the other, peeking through iron gates to admire private gardens or stopping to chat with residents we meet along the way. Savannahians are very sociable and welcoming to visitors—even Damn Yankees.

Our preferred way to see Savannah is on foot so we have time to pause and appreciate homes as our whims

dictate. Other people, though, take advantage of guided tours that are sometimes conducted on foot but are more likely to be provided in buses, horse-drawn carriages, or even on Segways, those battery-powered, two-wheeled vertical scooters.

You will also want to stroll the nine blocks of River Street, cobbled with ballast from early sailing vessels. (Walk carefully. Cobblestones make



Some people prefer to tour by carriage with drivers who know a thousand stories about Savannah. Some of them are even true.

the footing uneven, and the high steps of historic stone stairways can be a special challenge.) The street is lined with former cotton and rice warehouses that are now shops and restaurants. In the waterside park on River St. there is some sort of festival just about every weekend. While on River St., get a free sample of pecan pralines at the Savannah Candy Kitchen and nuts and other goodies at the Peanut Shop. Enjoy an upscale seafood lunch or dinner at the Shrimp Factory or the River House. If you are feeling especially confident, try a big brandy snifter of Artillery



Every trip to Savannah includes a visit to Bonaventure Cemetery.

Punch. One little sip will blow you away. There are also numerous casual restaurants and pubs. Poke your head into some of the art galleries, specialty shops, and antique stores.

When we are in Savannah, we never miss yet another visit to Bonaventure Cemetery because of the sheer beauty of the place. At Bonaventure, the usual cemetery monuments truly are monumental and the usual live oaks are augmented by camellias, azaleas, and rhododendrons. Toss some pennies onto the marble-covered tomb of Johnny Mercer. It's the customary tribute to "Pennies from Heaven," one of the more popular of his 1,500 or so compositions for Broadway and the movies. In similar fashion, the inscription on the gravestone of his wife Ginger is "You Must Have Been a Beautiful Baby."

Speaking of Mercer songs, when we are not at Fort McAllister we usually camp at Skidaway Island State Park. The park is reached via the bridge across Moon River. When Andy Williams was singing about it back in the 1960s, we thought it was just a poetic metaphor, but it turns out to be an actual river.

If you have a hankering for the beach, Tybee Island is just a few minutes away. Climb the stairs in the lighthouse for a panoramic view. Or, take a short drive down I-95 to see the Gilded Age mansions on Jekyll Island. Board a ferry, escorted by porpoises, out to Cumberland Island, home to a herd of wild ponies and the wedding site chosen by John F. Kennedy, Jr. and Carolyn Bessette. Savannah is also just a short drive from Hilton Head and Beaufort, SC.

There are so many things to see and do on a trip to Savannah that you cannot exhaust them all in one trip. We return again and again to see everything that was old becoming new again. October and March-April are probably the best times to visit when the temperatures and humidity are just about ideal. I have heard people recommend the summer months because hotel rates are lower then. Shirley and I think there is a very good reason the rates are lower then. By mid-April, things are already getting a little on the sticky side. Still, no matter how often we visit, Savannah is always just a walk in the park.

LeMoyne Mercer is the travel editor for Healthy Living News. There is limited space here for LeMoyne's photos. You might want to see more at anotherwalkinthepark.blogspot.com. Please leave comments on the site. **

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Signs that your aging loved one could benefit from assisted living

Every life journey is unique. Even as we age, we continue to follow distinct paths and advance through the aging process in very different ways. As a result, there is no clearly defined point at which older adults begin to need help with day-to-day activities and would benefit from moving to an assisted-living community. However, according to Gayle Young, Director of Marketing, Communications and Public Relations for Sunset Retirement Communities, there are certain signs that can help adult children determine when it might be time for an aging loved one to make that transition. They include (among others):

Activities of daily living are becoming more challenging

Daily activities such as dressing, bathing, grooming, toileting, and transitioning in and out of bed are an integral part of everyday life, and it's not unusual to need a little help with these activities as we get older. But if an aging loved one is having significant difficulty with daily activities that necessitates a high level of direct care and oversight,

assisted living might be a good option. "One of the primary indicators that assisted living might be a appropriate for an older adult is if he or she is beginning to require much more hands-on assistance to complete these fundamental tasks," states Young.

A chronic health condition is worsening

Chronic health conditions, such as diabetes, cardiovascular disease, congestive heart failure, or COPD, are often manageable at home during the early stages of the disease with a little help from family caregivers and routine medical visits. But as these conditions progress, symptoms often become more acute, expert medical care is needed more frequently, and effective at-home management tends to become more difficult. "Choosing a quality assisted-living facility will not only result in more effective

disease management, but also help free family members from the exhausting routine of around-the-clock caregiving," Young says.

Fall risk is on the rise

Factors such as declining strength, endurance, flexibility, balance, and vision can significantly increase the risk of older adults falling and experiencing a debilitating or even fatal injury. Some of the signs that can indicate an older adult is at increased risk of falling or is already experiencing falls are unexplained bumps, bruises, or other injuries; holding on to furniture and walls when walking; visual impairments; dizziness or impaired balance; weakness, numbness, or reduced sensation in the lower extremities; cognitive decline;

> and taking multiple medications (aka polypharmacy).

Hygiene and cleanliness are declining

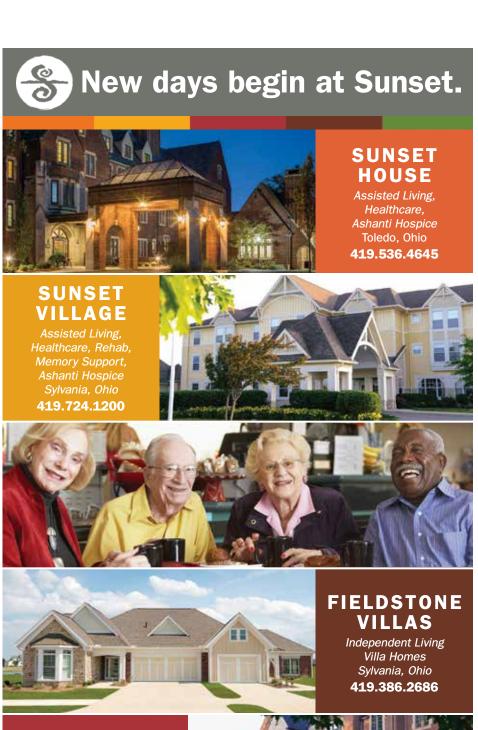
Another common indicator that an older adult might be ready for assisted living is if he or she seems to be having increasing difficulty with personal hygiene habits or with routine household cleaning. The for-

mer may be evidenced by an unkempt appearance, body odor, and/or wearing the same clothing repeatedly; the latter by a cluttered living space, spilled food or beverages that aren't wiped up, dirty dishes piling up in the sink and on counters, etc.

Healthy eating is getting harder

As people age, a wide variety of physical, emotional, social, and economic factors can increase their risk of malnutrition. The signs of improper nutrition in older adults can be subtle and difficult to detect. Young advises, "Some of the 'red flags' of poor nutrition in older adults include a once hearty eater losing his or her appetite or losing interest in favorite foods, unexplained weight loss or clothes fitting more loosely than normal, unhealthy skin tone, poor wound healing, a normally active

■ *Sunset - continued on p33*

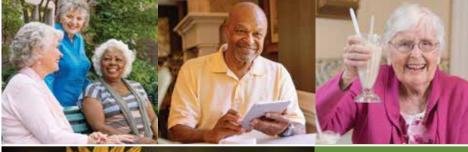




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For those who would like to know what all the hoopla around the area's recommended spring training program is, Dave's Running Shop has made the remainder of it public on the free Strava app. You can install the free app to your mobile device and join the Dave's Club there to watch the fun activities abound and interact safely with other people just like you. They're regularly adding new challenges, sharing training tips, and providing support to everyone there. Try on Strava for feel.

Look for the latest challenges in your app notifications and have fun completing them in an interactive environment online. Many challenges also include free giveaways that anyone could win, regardless of how fast you

run or walk—another way to help keep yourself moving and motivated.

Look forward to what's next Keep motivated and moving toward something.

Even though all of the spring races and events have been cancelled or postponed, Northwest Ohio will get through this crisis and be running/

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walking the 419 region together again soon. When the government restrictions are lifted, what will there be to look forward to? A lot! The running community here is vibrant and active, so it won't be difficult to find others to engage with if you look in the right places.

Make a new race your goal race and keep training. A current season calendar is available at www.Daves-Races.com. Whether you want to walk your first 5K or set a personal record (PR) at a half marathon, there will be several of these opportunities

once we can all congregate as a group again. Join the Dave's Facebook Group and join the Dave's Strava Club. Mark summer events on your calendar, and be ready to





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■ *Dave's* - *continued on p21*



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A must-have parenting conversation

by Katie Kurivial, PsyD, licensed psychologist

Twas recently approached by my brother and sister-in-law about the most important parenting conversations they should be having as they prepare to become parents in a couple of months. I think I surprised them when my response was, "Have you talked about electronics?'

In my office I see individuals of all ages, and the use of electronics is almost always a topic of conversation. While advances in technology continue to offer amazing new opportunities and a plethora of knowledge, one of the major downsides of electronics is the individual's inability to balance screen time with daily functioning (and I am including adults in that statement).

So why do I think this is an important conversation to have with your partner before your children are even born? Simply put, the use of electronic devices is interfering with the development of emotion-regulation skills in children. Emotion regulation deals with an individual's ability to respond, inhibit, or modify emotional responses to a trigger or situation. These skills are essential to managing every area of life.

In order to manage emotions, individuals need to develop a wide assortment of coping strategies that work effectively in a variety of situations and in response to an array of stressors. The use of electronics has become a primary coping strategy

for many individuals of all ages. In a way, electronic devices have become a pacifier for young children. However, unlike the pacifier, electronic devices increase in popularity over time.

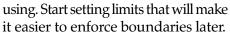
While it is incredibly tempting to hand over a phone or show a video while at an appointment, while running errands, or to end a temper tantrum, I encourage parents to think twice before resorting to this method. The long-term effects of

self-soothing with electronics can be significantly harmful.

What happens when that child becomes a pre-teen or teenager? Often the consequence for poor behavior is the removal of electronics—a mixed message from their younger years when they were given electronics to self-soothe. For many, the use of electronics has become their core coping strategy, and lack of access leads to an inability to manage their emotions appropriately. Furthermore, electronic use reinforces defenses such as denial and avoidance (coping strategies that remove individuals from the difficult or challenging situation, stressor, or interaction) instead of

helping them problem-solve how to address the issue. This limits their ability to overcome adversity in the present moment as well as in the future.

So, as parents, what can we do? Set strong boundaries from the beginning. Take the time to think about immediate concerns as well as future challenges. In the early years of children's development, many parents do not worry much about limit-setting because they are more in control of the devices their children are



For example, if an iPad was always in your child's room from the time he or she was a toddler, why would that child as a teenager expect the phone to be anywhere else? Be clear with all childcare providers (e.g. grandparents, babysitters, aunts, uncles, daycare, etc.) about expectations around electronics use. Be specific with respect to how much time (daily and/or weekly) the use of devices will be allowed. In addition, always remove electronics from sleeping areas. Be clear about times or situations in which electronic devices are off limits, and this includes adults as well. Lead by example. Always use passwords so children can use devices only with your permission and supervision. Don't make a habit of using electronics to help calm your child, except for rare occasions.

As children move into adolescence and start having access to their own devices, evaluate and communicate the limitations around electronics. There are many helpful screen-time contracts to assist parents in conversation with their children at different stages of life. These contracts are useful in laying out common guidelines and expectations before a negative event. As children develop good habits, contracts may be evaluated and revised.

None of these suggestions may feel urgent to the overwhelmed and exhausted parent. However, setting boundaries on the use of electronics now will help assure the health, safety, and overall well-being of your child later. Be proactive, stay informed, and remember that "an ounce of prevention is worth a pound of cure!"

Katie Kurivial, PsyD, is a licensed psychologist at The Willow Center and *can be reached at 419-720-5800.* **€**



the

Katie Kurivial, PsyD

by Myles Mellor • ilovecrosswords.com • Answers on page 22

HEALTH CROSSWOR

ACROSS

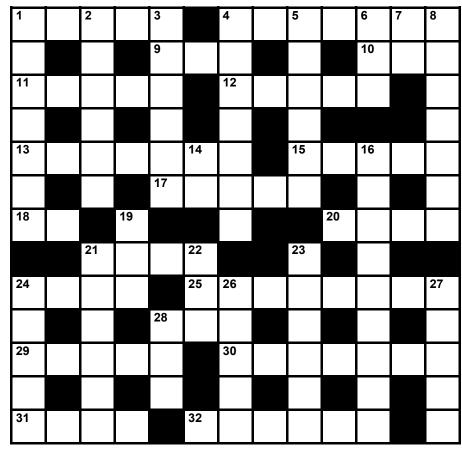
- Hand sanitation aids
- Planting seeds and tending to them
- Web address
- 10 Train section
- Tart fruit full of vitamin C
- 12 Subside as a fever
- 13 Disease
- 15 Disinfectant's target
- 17 Not here
- 18 Depart
- 20 Functions
- 21 Toothpaste holder
- 24 Machine used by those with sleep apnea

- 25 Properly retained by the body
- 28 Words before distance 8 or glance
- 29 Mexican pots
- 30 Marked, after surgery
- 31 Almonds and cashews
- 32 Tired and ready for bed

DOWN

- Great daily exercise
- Big citrus fruit
- Peaceful view at the end of the day
- Optician's prescription
- Navel, for one

- Swelling reducer 6
- Sodium symbol
- Cattle food
- 14 Quiet!
- 16 Healthy fruit
- 19 Liquid unit
- 21 Gelcap alternative
- 22 Consume
- 23 Medicine amount
- 24 Dentist's creation
- 26 So-called "king of herbs"
- 27 Avoid, an issue say
- 28 Request, with for



YOUR PROSTATE HEALTH, PART 1

Prostate cancer diagnosis and personalized care

HLN recently had the pleasure of sitting down with UTMC urologic oncologist Firas Petros, MD, and Puneet Sindhwani, MD, chairman of the UTMC department of urol-

ogy, to discuss various aspects of prostate health and the latest advances in the diagnosis and treatment of prostate issues. In the first installment of this two-part series, we'll share our questions and Dr. Petros' expert answers on prostate cancer diagnosis and genetic testing:



Firas Petros, MD

HLN: How do you determine whether a patient has prostate cancer? Is this assessment based primarily on PSA levels?

Dr. Petros: If a patient is referred to us, whether because of an elevated PSA level, an abnormal finding during a digital rectal exam, or a family history of prostate cancer, we look at a lot of different factors before concluding that it's appropriate to perform a biopsy looking for prostate cancer.

By itself, a high PSA, which stands for prostate-specific antigen, is just one indicator that we need to explore further. If only one PSA test has been done, we'll often repeat it to get a sense of the trend over time. In some patients, depending on rectal exam findings and PSA level, we also want to know the ratio between free and total PSA, which helps us determine whether the elevation is due to cancer or benign prostatic hyperplasia, commonly known as BPH. The lower the percentage of free PSA, the higher the chances of prostate cancer. In addition, we conduct further blood and urine testing looking for other biomarkers to predict whether cancer is present.

HLN: We understand UTMC offers a state-of-the-art approach to prostate biopsy. What can you tell us about this advanced technique?

Dr. Petros: UTMC offers MRI/Ultrasound Fusion Biopsy, which is a sig-

nificant improvement on the traditional approach to prostate biopsy. With the standard approach, multiple tissue samples are taken at random from the prostate gland under ultrasound guidance. Because ultrasound is ineffective at differentiating between cancerous and non-cancerous tissue, this

random approach has the potential to either overlook harmful tumors, which could then go untreated, or detect inconsequential ones, possibly leading to overly aggressive treatment.

However, with MRI/Ultrasound Fusion Biopsy, we can get a much better visual assessment of the prostate and see if there are any suspicious lesions. Then, if a suspicious area is noted, we will still do a systematic biopsy, but we can also make sure we're getting a sample from that questionable area. This targeted sampling greatly increases the accuracy of the biopsy. Using MRI also allows us to assess the tissues around the prostate to determine whether cancer has spread to surrounding organs or structures, and our radiation oncologists and surgeons can use the same imaging to help guide their treatment planning.

HLN: What role does genetic testing play in the care you provide?

Dr. Petros: National Comprehensive Cancer Network guidelines now recommend genetic screening for individuals who are at high risk or very high risk of developing cancer. However, we're also doing genetic testing for individuals at intermediate risk based on their biopsy result as well as those with a family history of prostate cancer or certain other forms of cancer.

The testing we do is called germline testing, which screens for a variety of hereditary gene mutations that can be associated with increased cancer risk. For example, mutations in the BRCA1 and BRCA2 genes can increase the risk of breast and ovarian cancers in women, but also prostate cancer in men. This screening involves a simple blood test that we send off to a company in California, which then sends us results in about two weeks.

Germline testing offers numerous benefits. One is that it can help us determine whether the patient's children are at increased risk of developing cancer and may need earlier medical surveillance. In fact, if an individual tests positive for a specific gene, there's at least a 50 percent chance of that gene getting passed on to the kids. For that reason, the testing company allows

the patient's children to be tested for free for 90 days after the initial test. So, we're not just treating you. We're also thinking about your family, how they should be screened, and how we should follow up with them afterward.

Another major benefit of germline testing is that it allows us to provide highly individualized treatment, which was not the case just five years ago. Cancer is different from patient to patient, and genetic testing makes it possible to tailor treatment and anticipate outcomes based on the individual's unique genetic profile. UTMC is on the cutting edge with germline testing, and it's really helping us take cancer care to the next level.

Next month, be sure to read part 2 of this series, in which Dr. Puneet Sindhwani will share his expert insights on the diagnosis, symptoms, and advanced treatment options for BPH, or benign prostatic hyperplasia.



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■ *Dave's - continued from p18*

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Stay safe. Wash your hands. Keep moving forward. 👻

Understanding the emotional side of money

Lf you've ever felt a rush of excitement at making a big purchase or experienced feelings of shame at making a financial mistake, you know that our relationship with money isn't completely rational. For most people, money comes with a lot of emotional and psychological baggage that affects the decisions we make.

Psychologists call these emotions "money scripts" and have found that these unconscious beliefs can drive many positive and negative financial behaviors. As financial professionals, we know that money is a very emotional subject. We have seen many instances where emotions drive negative actions:

Emotional investing decisions can wreak havoc on long-term

creating fun with cherished ones.

performance by leading to overconfidence when markets rally and panic when markets decline.

- Anxiety about the unknown can leave people feeling paralyzed with worry and unable to make financial decisions or prepare for the future.
- Shame and avoidance can lead to inaction and push people into ignoring critical financial tasks that make them uncomfortable.
- Emotional spending can give people a brief feeling of euphoria or distraction but cripple their savings strategies if left unchecked.

What can you do?

The first step to unraveling your psychological relationship with money

is to realize that you're in good company; everyone has positive and negative emotions related to money that can lead them to make not-sosavvy decisions.

One way to help you explore your internal money scripts is by imagining how you feel in certain common financial scenarios:

- How do you feel about earning money?
- How does saving for the future make you feel?
- How do budgeting and tracking expenses make you feel?
- How do you feel when markets are up?
- How do you feel when markets are down or volatile?
- How do you feel about meeting with a financial professional?

If you discover that you have strong positive or negative reactions to these questions, it's a good idea to take note of those feelings and explore them in more depth—perhaps with the help of a professional. While some emotional triggers can lead to positive activities such as saving and preparing for the future, others can cause negative behaviors such as avoidance, overspending, and emotional investing. Even positive emotions such as self-confidence and optimism can lead to negative outcomes when they cause people to ignore the future.

Another way to help avoid letting emotion derail your finances is by

Answers to crossword from page 20

 Build financial strategies to help neutralize your emotions during stressful periods.

- Work with a professional to get guidance and positive reinforcement.
- Automate your saving and investing through your workplace retirement plan to stay on track.
- Take small steps toward better financial behaviors like biweekly family budget meetings.
- Forgive yourself for mistakes and get back on track as quickly as possible.

How can we help?

As financial professionals, it's our job to help our clients untangle their emotions about wealth and guide them in developing strategies for the future. Part of that job is acting as an impartial party when dealing with stressful situations and powerful emotions about money. If you or someone you love is finding it difficult to tackle their finances or experiencing a lot of financial stress, please reach out to us for help. We've helped many clients work through tough periods and would be happy to be of service.



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Dr. Banker discusses downtime and restrictions for common cosmetic procedures

t this time of year—with tax re-Aturns hitting the mailboxes and bathing suit season right around the corner—Luxe Laser Vein & Body Center always sees a significant increase in clients seeking cosmetic procedures. In addition to inquiring about what happens during the procedures and the results they can expect, clients usually want to know how much time they'll need to take off work or any other restrictions that might apply after the procedure. Oftentimes they're surprised to learn that many of today's popular cosmetic procedures have minimal or no associated downtime and restrictions.

Dr. Wade Banker of Luxe Laser points to the examples of Botox and fillers. "These procedures have zero downtime, and you can have them done on your lunch break and go back to work that same day," he says. "One exception might be lip fillers, which can cause swelling in some patients. But even if you do experience swelling, it usually subsides within a few days."

Laser hair removal, tattoo removal, and other light laser procedures also have no associated downtime. Some individuals who undergo these procedures may experience some sun sensitivity afterward, so the only restriction that might apply is avoiding the tanning bed as well as wearing sunscreen and being mindful of sun exposure when participating in outdoor activities such as boating.

Another procedure that's very popular at this time of year is breast augmentation, which Dr. Banker performs with the patient awake under local anesthesia. He explains that the advanced techniques used in this procedure have significantly reduced the associated downtime. "You'll still want to take a few days off work, for example by scheduling the augmentation to coincide with a long weekend, but you can return to day-to-day activity immediately. The only restriction is avoiding lifting heavy objects and putting excess stress on the area. After a few weeks of initial healing, you can resume

more strenuous activities at your own pace, being mindful to avoid overdoing it," he says.

A very similar recovery profile is seen with Smart Lipo, which is also performed under local anesthesia. Dr. Banker notes that the laser-assist feature of this technology helps reduce downtime and the only limitation is to avoid stressing the area and, preferably, to rest for a few days afterward. Otherwise, patients can resume normal day-to-day activity. As with breast augmentation, they can go back to exercising and putting stress on the treated area after the initial healing period.

Tummy tucks are also in this category and have the same recommendation of resting for a few days. "With tummy tucks, Smart Lipo, and breast augmentation, returning to work afterward is fine as long as no strenuous activity is involved. Any of these procedures can be accomplished and healed up on a very short timeline because today's techniques are much more advanced than they

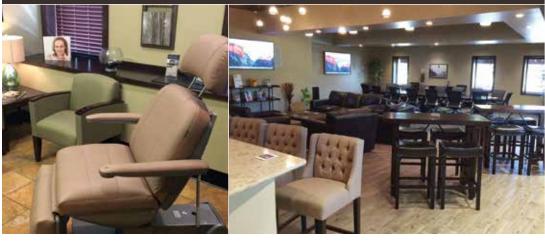
were in the past. Also, we're happy to provide a medical note for employers so you can take time off work if you need it," Dr. Banker adds.

In addition, Luxe Laser offers an entire category of non-invasive procedures that have no downtime. For example, the CoolSculpting fat-removal procedure and radiofrequency skin tightening are completely non-invasive and require literally zero downtime. With both, patients can leave Luxe Laser right after the procedure and head right to the gym for a workout if they wish. "These non-invasive approaches may not achieve the same level of results seen with minimally invasive procedures, but many patients feel the benefit of zero downtime is well worth the tradeoff," Dr. Banker states.

To learn more about these or any other procedures or services offered at Luxe Laser Vein & Body Center, please call 419-893-2775. Consultations are always free of charge. Additional information is also available online at luxe-laser.com. €



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Laser Vein Treatment

- Spider Veins
- Varicose Veins
- Sclerotherapy

SkinMedica Products



Ability Center offers vital resources for all ages and disabilities

The Ability Center began as a rotary initiative that served kids with polio in 1920. Throughout the agency's 100 years of service, programming has evolved to meet the current needs of youth and adults with disabilities. Our agency serves as a hub of information and referral network for those looking for resources for all ages and disabilities.

We serve people with disabilities through advocacy work, training, and placing of assistance dogs; providing durable medical equipment and assistive devices including walkers, wheelchairs, and bathroom equipment; and constructing home modifications

Parkinson's Symposium postponed

In alignment with recommendations from the Centers for Disease

Control and Prevention, the World Health Organization, and local, state,

and federal agencies, the University of Toledo has canceled all events with

expected attendance of 100 or more through April 30. This will include

the 23rd Annual Parkinson's Disease Symposium originally scheduled for

like ramps, stairlifts, and grab bars to ensure safety in the home. For more information on our programs or disability-related resources, visit abilitycenter.org or call 419-885-5733.

Youth services

Programming is offered to youth up to age 26 and their families to support independent living goals through best practices and partnerships with schools, service agencies, and community organizations. Staff work with youth to develop goals in the areas of recreation, transition, employment, and independent living. Free interactive classes are offered to youth and young adults to develop skills for independent living, competitive employment, or community-based living. Classes run on a school calendar and include topics of employment preparation, independent living, cooking and nutrition, financial management, personal safety, self-advocacy, sex education, social skills, leadership development, and volunteering.

Engagement

Monthly recreation events take youth out in the community to have fun—while also giving them opportunities to engage with their peers. Staff focus on setting boundaries with others, including identifying personal space, promoting healthy relationships, safe social media usage, and developing healthy habits.

Employment

Youth with disabilities who receive job training skills become adults with disabilities who are competitively employed. Curriculum is based around honing skills that connect the person's capabilities and interests to opportunities in the workforce. Staff

conduct interest testing, mock interviews, and professional networking to prepare youth for competitive placements as they enter adulthood.

Self-advocacy and leadership

Learning to ask for what you need is an important part of self-advocacy. Elements of self-advocacy are implemented in each of the life-skills classes. Students learn to advocate for themselves in educational, work, medical, and social settings. This is achieved through education, group discussion, and role play. Youth learn how to use assertive communication, ask for appropriate accommodations, and both set and respect boundaries.

Launching in summer 2020, The Ability Center will offer extended leadership training classes, participation in a youth forum, and collaboration with other local organizations that focus on developing young leaders. The Ability Center was selected to host this week-long forum for current juniors and seniors in high school with a disability who want to advance their leadership skills. Interested youth should contact The Ability Center for more details.





You're never too old for Super Slow Training

Though most of the clients cur-**■** rently taking advantage of the Super Slow Training method offered at TriggerPoint are in their 40s, this evidence-based, time-efficient exercise solution is gaining popularity among people of all ages-including individuals well into their senior years.

One such client is Peg Anderson, age 92. Anderson learned about Super Slow Training from an ad and article in Healthy Living News and decided to explore the program further. So she came to TriggerPoint, tried it out, and was immediately impressed. "I thought, 'This is great! I need to keep doing this!" she recalls.

At that time, Anderson was beginning to have difficulty managing the stairs outside her home and wasn't sure whether she would be able to continue living there. She had even purchased two canes to help her navigate the stairs. However, after just a handful of Super Slow Training sessions, she began to notice a positive change. "I could tell a difference after doing the program once a week for just three weeks. I realized I was getting stronger and could go up and

down those stairs without much effort whereas I struggled before. So I said I'm never going to quit this. I'm still not using either of those canes, and I attribute that to coming to TriggerPoint and making

my muscles stronger," she says.

TriggerPoint owner Russ Wakefield explains that Super Slow Training involves lifting and lowering weights at a very slow rate, keeping consistent tension on the muscle throughout its whole range of motion. High-tech monitors on the specially designed Super Slow Training equipment help clients maintain the proper form, technique, and tempo during workouts. This method differs from conventional strength-training tech-



niques in that there is no fast momentum to help do the work for you.

Though slow, this technique is intense, really working the muscles. It's also very safe, with highly experienced and educated trainers working one-on-one with clients and monitoring and adjusting their every move. After this intense exercise stimulus, the body

recovers for seven days, producing the desired results.

Ours is a busy, fast-paced society that allows us little time to focus on health and fitness, so TriggerPoint clients appreciate the fact that Super Slow Training demands no more than a half hour of their time once a week. In fact, the program can be completed over your lunch hour with no requirement to change clothes or shower afterward. What's more, as you progress through the program and begin to see results you never thought possible, that weekly workout time may actually decrease.

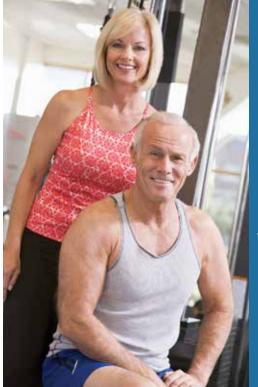
Super Slow Training is considered a high-intensity workout, but that should not discourage anyone from participating as long as they have their physician's approval. Wakefield notes that clients of all ages, backgrounds, personalities, and body types—even pregnant women—can participate in and benefit from this time-efficient program. Anderson has certain physical challenges, including arthritis in her shoulder, but she says that her trainers at TriggerPoint are fully aware of her age and limitations and are careful to modify her program accordingly.

Asked what she would tell others in her age group about Super Slow Training, Anderson states, "You are never too old for this. If you have physical limitations, the trainers will help you work around them. Remember, health problems are expensive and become more and more likely the older you get. You can't just sit around reading magazines and eating bonbons and expect to stay healthy. You have to get moving and keep moving!"

Wakefield urges anyone who is seeking a more efficient strength-training and conditioning alternative—or is simply tired of getting disappointing results from conventional workouts—to follow Anderson's example by calling TriggerPoint and giving Super Slow Training a try. "This efficient, evidence-based program might just be the exercise solution you've been looking for," he states.

For an appointment, call Russ Wakefield at 419-536-0408. TriggerPoint, located at 2449 N. Reynolds Rd., is also on Facebook. &

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Tornado watch or warning: What's the difference?

Though we already have enough on our plates with the COVID-19 pandemic, April is the start of peak tornado season in our area, so we need to be alert to weather forecasts and familiarize ourselves with the terminology meteorologists use, such as "tornado watch" and "tornado warning."

A tornado watch is posted when conditions are right for a tornado to develop. This is a good time to make sure all of your emergency supplies are present in the room you plan to shelter in, stay tuned to local weather broadcasts or a weather-alert radio for updates, and review with your family what to do in the event of a tornado. A tornado warning indicates that a tornado has actually been sighted by storm spotters or

detected by weather radar—and that means you and your family should seek shelter immediately.

Our local meteorologists keep us pretty well informed of severe weather developments, but it's important to be able to recognize potential tornado warning signs. They include:

- Low, dark clouds with a sickly, greenish caste
- Fast-moving or rotating clouds
- Whirling dust or debris beneath a cloud base
- A thunderstorm followed by a strange calm
- A visible funnel cloud
- A loud, continuous roaring sound, likened to a jet or locomotive

Spring is home inspection season



Most people associate home inspections with the process of buying or selling a house. At the inspection stage of the home sale, sellers worry that major (read: costly) repairs or upgrades will be recommended, while buyers keep their fingers crossed that the inspector won't find any issues that might scuttle the deal and prevent them from getting their dream home.

However, contrary to popular misconception, home inspections aren't merely a component of the home-buying ritual. Having your home inspected each spring is a great way to stay ahead of potential issues and maintain the value of your home whether you're planning to sell in the future or not. Here are a few good reasons to consider making the modest investment in a home inspection this spring:

Winter is hard on homes

Ice, snow, freezing rain, extreme cold temperatures, and repeated freezing and thawing cycles can really take their toll on a home, causing or exacerbating problems such as cracking in the foundation, roof damage, moisture infiltration, etc. A roof-to-basement home inspection in springtime will help you identify and correct these problems before they lead to major damage.

Small problems become big problems

Maintaining a home is a lot like maintaining a healthy body. If you see your doctor regularly for checkups and follow through with routine health screenings, you'll be more likely to catch problems early on when they're easiest to treat. On the other hand, if you ignore your health and seek treatment only after serious symptoms arise, you could end up

with a much bigger problem—and much higher medical bills.

Similarly, if a routine inspection identifies a problem in your home's structural integrity or one if its major systems, the fix might be very inexpensive initially but very costly in the future if ignored. For example, replacing old, damaged exterior window caulk is a relatively simple repair that won't set you back too much financially, even if you need to hire someone else to do it. But if you wait to address the problemor aren't even aware that there is a problem—moisture can continue to work its way through cracks and gaps in the caulk and into your home, potentially doing thousands of dollars in structural damage.

Inspections help prioritize repairs and improvements

Let's face it, most homeowners have a limited budget for repairs and improvements, and it's important to prioritize how those dollars are allocated according to the urgency of the project. You may have your sights set on replacing your home's old vinyl siding to boost its curb appeal, but if a top-to-bottom home inspection reveals that your roof is due for replacement or the furnace is on its last legs, you might just decide there are better places to direct those limited financial resources.

Pre-emptive home inspections limit selling-time surprises

If you are planning to sell your home in the future, there's a strong likelihood that the eventual buyer will pay to have it inspected after his or her offer has been accepted. As alluded at the beginning of this article, this is a nerve-wracking experience

■ *Inspection - continued on p30*

NEBODY'S PERFECT I can't eat that!

by Sister Karen Zielinski, OSF

Thaven't eaten Miracle Whip in decades.

For those who aren't familiar with Miracle Whip, it's a dressing that looks like mayonnaise and is used in hundreds of food dishes such as deviled eggs, sandwiches, and potato and pasta salads. I remember that I did eat it as a child, but at some point would not touch it.

I traced my aversion back to playing with a childhood friend, Alice. I was at Alice's house on a Saturday when her mom called us to eat lunch. She

served grilled cheese sandwiches and told us that she opened up the sandwiches and spread some Miracle Whip inside. Alice and I ate our lunch and continued playing, and then I went home. In the middle of the night, I got up with all the symptoms of the flu. I mean all the symptoms. I got over it in a couple days, and life went on.

A few months later, my mom dished some potato salad onto my plate, and I refused to eat it. I could not eat any of it. Just the smell of the Miracle Whip in the dish repulsed me. Trying to understand why I would not eat her potato salad, Mom made comments like, "You used to love potato salad" and "When did you stop eating potato salad?" and the typical parental query, "what is wrong with you?"

If I had known it back then, I would have told her, "The last time I ate Miracle Whip I got the flu. Now I am repulsed by the smell and idea of Miracle Whip!" To this day, I only eat and purchase mayonnaise.

My high school biology teacher told us that all food tastes are psychological. I started to think about this and called my childhood friend, Diane M. Kaszuba, RDN (registered dietitian nutritionist), to find out if there is any truth to this.

Diane shared her own story: "When I was a kid, I ate too much pineapple cream pie at a family dinner.

That night, I got nauseous and was throwing up! Disgusting! Maybe I had the flu too, but to this day, I can't eat anything creamy with pineapple!" She added that pineapple is great fresh or canned but not in a cake, with cheese, or with whipped cream or cream cheese.

People avoid certain foods for a number of reasons. Both our food stories might be considered taste aversions. People might avoid certain foods, of course, because of food allergies or sensitivities that cause a rash, diarrhea, or other discomfort. If a person has acid reflux, they might

not even want to look at a big bowl of marinara sauce or Mexican food. Some people with rosacea avoid red wines, different sauces, or chocolate. Basically, if it makes us sick or gives us discomfort of any kind, we will probably avoid that food.

I do not have any known food allergies, and I believe I have a strong aversion to

Miracle Whip because of my child-hood experience. I have learned that my high school biology teacher was right. There is such thing as a psychological taste aversion.

A psychological taste aversion is a tendency to avoid or make negative associations with a food that you ate just before getting sick. Many people have taste aversions, and they're often the subject of conversations about food. When someone asks, "What food do you dislike?" many people can come up with a story about a run-in with a food that they now refuse to eat.

Both my friend Diane and I are classic examples of a conditioned taste aversion—we got the flu after eating a specific food, and then, long past the incident, avoided the food that we ate prior to getting sick. This can happen even though the food didn't cause the illness since it isn't spread this way. This is called a conditioned taste aversion because you've trained yourself to avoid the food

■ *Nobody's Perfect - continued on p32*

Northwest

Hearing Clinic EXPERT CARE . SOUND RESULTS



OUND ADVICE

by Randa Mansour-Shousher, AuD, CCC-A In this monthly column, audiologists from Northwest Ohio Hearing Clinic offer "Sound Advice" on issues affecting hearing and hearing health.

: My parents are reaching the age of 90, and they are still driving. I am very concerned about their wellbeing and the wellbeing of others on the road. Do you have any pointers to share with my parents regarding driving with questionable hearing?

sensitive microphones designed to better discriminate between speech and background noises. Yet even with hearing aids, you'll want your parents to eliminate distractions while they're driving. According to the National Highway Traffic Safety Administration (NHTSA), distracted driving claimed almost 3,500 lives in 2016 and

: When we're Adriving, we actually rely on our hearing more than we think. The sense of hearing is second only to sight when we're behind the wheel. The ability to hear helps us detect the sound of horns, emergency vehicles nearby, and even the subtle sound



of the turn signal. Having hearing loss doesn't significantly affect the ability to drive, but it does mean the individual needs to take extra caution when driving.

If your parents' hearing is in question, a consultation with an audiologist will determine whether they have hearing loss as well as the type and degree of the loss. If either of them has a hearing loss that can be medically treated, it's important to do so to prevent it from becoming a permanent situation.

If sensorineural hearing loss is diagnosed, then hearing aids are recommended. With hearing aids, your parents will be able to hear the important sounds they've been missing. It is so important to keep the brain nourished with sounds that have been missing. Restoring missing sounds enables the brain to stay healthy and even relearn to hear road sounds so it can, for example, recognize the sound of a deflating tire.

Hearing aids are the best gift for the brain. And today's hearing aids are technological marvels, with

injured more than 390,000 people in 2017 alone. Here are a few tips to help your parents and anyone else with hearing loss keep distractions on the road to a minimum:

- Before you start driving, make sure your hearing aids are working according to the manufacturer's specification to avoid any distractions such as feedback. The hearing aids should also have new batteries so they don't die while you're on the road. And under no circumstances should you attempt to change batteries in your hearing aids while driving.
- While you are on the road, make sure there's not too much noise inside the car. Adjust the radio volume so it doesn't affect your ability to concentrate and listen to what's going on around you. You should either turn the radio off or lower the volume before you leave the driveway. If there are passengers, try to keep the volume of conversation low and speak one at a time so you can focus on the road and hear the conversation. Keeping the windows closed will also help to reduce the road noise.
- *Sound Advice continued on p31*

Keep it simple to move seniors successfully

In the next five years, experts predict 28 percent of the United States population will retire. Children and families of this "Baby Boomer" generation—people born between 1946 and 1960—will soon find themselves helping elderly loved ones move.

Moving a senior family member is challenging—no one wants to upset that person, and everyone wants the move to go as smoothly as possible. This can sometimes seem like an impossible accomplishment.

The important thing to remember when moving a senior is to stay organized and calm throughout the move, say the experts at TWO MEN AND A TRUCK[®]. When moving a senior into a living facility, consider contacting management to find out what can be brought, what are appropriate moving hours, and if they have any tips for the move.

Remember:

- Start packing several weeks in advance. Pack early and no one becomes overwhelmed as moving day draws near.
- Wrap small items in colored paper. This prevents items like knick-knacks from becoming lost or thrown out.
- Label boxes on the top and sides. Mark the top and sides of boxes as they're packed. Make sure to label boxes containing breakable or sentimental items with "fragile."
- Pack all electronic equipment in original boxes. Otherwise use low-static bubble wrap when packing these items
- Always use packing paper. When wrapping fine china and precious items, the ink from printed newsprint can bleed.
- Sealing all boxes with packing tape. This makes it easier to stack and protect belongings.
- Use boxes designed for the items you are packing. Use dish pack boxes for dishes, wardrobe boxes for clothing, etc.

"We know moving and relocating family members can be very overwhelming and emotional," says Mary with Marketing in the Toledo/Perrysburg location. "We want to work with you and your loved ones to make sure everyone is comfortable with the process. We treat customers how we'd like our own grandmothers to be treated—with care and respect."

For more information, call the Perrysburg, Ohio TWO MEN AND A TRUCK® at 419-318-3688 or visit twomenandatruck.com. ♥

■ *Laurels* - *continued from p13*

and essentially convert tied shoes into slip-ons.

Laurels occupational therapists can also perform home evaluations to observe clients' living environments and recommend steps or modifications that will make them safer, such as removing throw rugs and other tripping hazards, improving lighting in hallways, installing grab bars in showers/ tubs and around toilets, using a bench to transfer in and out of the tub, etc.

Though OT is distinct from physical therapy, the two disciplines often work hand in hand at The Laurels to help clients regain the strength, mobility, and function they need to get back to their normal lives safely and successfully. Nickle adds, "We also work closely with speech therapy, especially if a client needs help with self-feeding. In this situation, the speech therapist will work with the client on swallowing and the muscles involved in that process while the occupational therapist will work with the client on bringing hand to mouth and using utensils."

Nickle points out that the American Occupational Therapy Association's motto is "Live life to the fullest." "That philosophy is what occupational therapy is all about," she emphasizes. "We're here to help our clients maximize their potential, return home safely, and enjoy the highest possible quality of life."

The Laurels of Toledo accepts Medicare, Medicaid, and all private commercial insurances. A physician's order is required to obtain outpatient services. For more information, call 419-536-7600 or visit www. laurelsoftoledo.com. 📽



Tap into intuitive eating

by Laurie Syring, RD/LD

y now, most people are familiar $\mathbf{D}_{ ext{with}}$ the concept of mindful eating, which is the philosophy of being present during the eating experience in a nonjudgmental way. This month, I'd like to talk about a different approach to eating that many people are embracing—intuitive eating.

This eating philosophy, developed in 1995 by dietitians Evelyn Tribole and Elyse Resch, focuses on listening to the body's internal hunger cues rather than letting external cues

determine what, when, and how much to eat. Intuitive eating actively rejects dieting and is thought to be a healthier way to manage weight compared to tracking the foods you eat. Because intuitive eating fosters a healthier relationship between food and one's mind

and body, it has also become a popular way to treat eating disorders.

Tribole and Resch developed 10 principles of intuitive eating. They include:

- 1. Reject the diet mentality—Discard the false hope that the next fad diet will finally do it!
- 2. Honor your hunger—Give your body the energy and carbohydrates it needs to stay satiated. Otherwise, you'll eventually become excessively hungry and trigger the primal urge to overeat.
- 3. Make peace with food—Give yourself unconditional permission to eat. Forbidding oneself certain foods or groups of foods leads to uncontrollable cravings and binge eating.
- 4. Challenge the food police—The "food police" are housed deep in our psyche and tell us we're "good" or

"bad" based on our food choices. Chase them away!

- 5. Discover the satisfaction factor—Giving yourself permission to experience the true pleasure and satisfaction of eating can actually help you determine when you've had enough.
- 6. Feel your fullness—Learn to identify and listen to your body's satiation signals.
- 7. Cope with your emotions without using food—Recognize that food won't fix your feelings. Seek ways other than eating to comfort/sooth

yourself and resolve issues.

- 8. Respect your body—Accept that you have a unique genetic blueprint that influences the shape and size of your body.
- 9. Movement: feel the difference—Exercise with a focus on how good it feels to move your

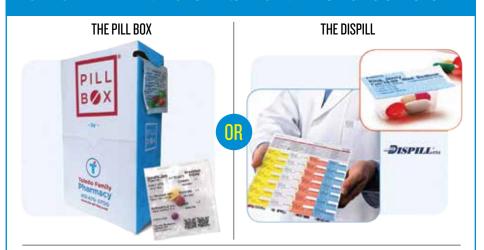
body, not on how many calories you're burning.

10. Honor your health with gentle nutrition—Make food choices that are good for your health and pleasing to your taste buds. Don't worry about eating perfectly or think that one "off" snack or meal will sabotage your health. What matters is how you eat consistently over time.

These tenets are easy and complex at the same time. Intuitive eating is a new skill that takes time, practice, and patience to acquire. You need to develop a new relationship with food, especially if you have a long-standing relationship with eating rules and restricting yourself from certain foods or food groups. But as you practice and adapt to this philosophy, allowing yourself permission to eat all foods while listening to your body, your body and mind will eventually meet

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somewhere in the middle.

We live in a society ridden with diet plans, diet shakes, diet pills, and weight-loss aids. It's easy to get caught up in the latest and greatest diet fad in the hope of finally shedding pounds and keeping them off. But as we know, weight loss attempts very seldom lead to permanent lifelong body changes.

Intuitive eating encourages you to let go of the goal to change your body and focus on your wellbeing instead. This philosophy gives you unconditional permission to eat all

foods and doesn't label them as "good" or "bad." We all know a bowl of broccoli is a better choice than a bowl of ice cream. The principle is to give yourself the choice and pay attention to how you feel afterwards. So, work on embracing all foods and, of course, focus on forms of movement that make you feel good.

For more information on intuitive eating, visit www.intuitiveeating.org.

Laurie Syring, RD/LD, is Clinical Nutrition Manager at ProMedica Flower Hospital. **₹**

Spiritual y Speaking The Devil and Mrs. Jones Pert 2 People get into trouble. Choosing

Healing our home

by Sister Mary Thill

an you believe it has been 50 years this April 22, 2020 that we have been celebrating Earth Day? That means I have been alive for all of its 50 years, and yet I can only remember that I've really been conscious of its existence for maybe 25 of those 50 years. Where was I or where was my awareness during the first 25 years? It really wasn't until my religious community made environmental issues a priority during one of our Chapters (community meetings) that we, with the help of some of our own members, began to study about the environment and what was happening with the amount of pollution taking place that was literally choking the environment and "killing" the earth, which of course includes us.

We spent several years during our community-wide meetings in the fall and spring learning about the harm being done to the planet by our use of materials even in our homes and on our campus in Sylvania. We were contributing to the problem rather than helping to solve the issues. It took years of convincing folks to recycle paper, decades to almost rid ourselves of the use of Styrofoam products, finding chemicals that are eco-friendly when applied inside and outside. We still struggle with the issue of composting food waste and the cost of trying to be good stewards of what God has given for our use.

Here at the workplace, the great St. V's, I've been delighted to see the progress we have made ever since our Creative Care Team was started as a response to Pope Francis's 2015 letter on the environment, Laudato Si. Efforts had been made previously regarding recycling such things as aluminum cans, paper, and cardboard, but since the committee has been working for the past three years, we have been able to set out bins for recycling cans, glass, plastic, and paper waste; no longer use Styrofoam containers for food in the cafeteria; and compost some of the food waste from the dietary department. There 30 April 2020 | Healthy Living News

God of love, show us our place in this world as channels of your love for all creatures of this earth, for not one of them is forgotten in your sight. Enlighten those who possess power and money that they may avoid the sin of indifference, that they may love the common

good, advance the weak,

and care for this world in which we

+Pope Francis, Laudato Si, 2015

We are a people of hope. *We hope for the future.* We hope for change. We hope for the healing of the Earth.

Let us also be a people of action, moving to protect and heal our home.

+CHAUSA, 2020

are plans to recycle clean Styrofoam used in packaging and continued awareness of recycling throughout the Medical Center.

The key to success in these efforts has been education, education, education. It certainly helps to have more companies and governments interested in the environment that we can call on to help us with our efforts of recycling, reducing, reusing, and refusing. We look forward to enlarging our environmental awareness efforts as we continue to be inspired by so many grassroots efforts in our area that call us to be concerned about what we will leave for future generations. Because we are people of hope who hope for the future, hope for change, we will be among those who work towards healing our home, for that is what it is. Earth is our home, and we need to leave it in good shape for those who will come after us.

Sister Mary Thill is a Sylvania Franciscan Sister. She is Patient Liaison for Mature Health Connections at Mercy Health - St. Vincent Medical Center. *She can be reached at 419-251-3600.* **€**

by Chris Stieben

Me pick up with Mrs. Jones a week later, and she has had a couple falls in the last week. She has some confusion and trouble urinating. Her children take her to the urgent care, and the doctors decide to send her straight to the hospital. At the hospital, Mrs. Jones undergoes urinalysis and complete blood count testing, and it is found that she has a blood infection and will need intravenous antibiotics.

While at the hospital, Mrs. Jones' family takes turns to ensure she is supported and that they stay informed as to her health and developments. In this setting, if things aren't going as planned or if the family has issues with the care, it is important to remember that any complaints can be reported to the Joint Commission, which is the hospital-accrediting body in the United States. Together Mrs. Jones' son and daughter speak with the physicians and nursing staff and explain their feelings that their mother needs rehab in a facility setting prior to returning to her own home. At this point in time, it is important for Mrs. Jones' family to understand the Medicare guidelines regarding the need for a three-day qualifying hospital admission to access her Medicare benefits for skilled nursing care in a facility.

Mrs. Jones now has to struggle with the decision on next steps. She must be self-aware of her care needs to help her make the decision to go home or proceed to a facility for inpatient rehab. This is where many

people get into trouble. Choosing a rehab facility is not as simple as looking at reviews and trusting word of mouth. Mrs. Jones and her family must think through all possible scenarios, including the possibility

> of the need for a long-term stay should her rehab not achieve the desired results.

> > This is where Mrs. Jones will need to do her homework.

She asks her children for help researching facilities in the area and finding one that has quality rehab and long-term-care beds should she need to transition to a long-term stay. Her family gathers information from

multiple sources to make decisions. They begin trying to identify an appropriate facility that will meet Mrs. Jones' needs by reviewing the 5-star ratings and comparing services via Nursing Home Compare on the Medicare.gov website. They also call the Long-term-Care-Ombudsman Office, make in-person visits to facilities, and ask their friends and other family members for suggestions.

Next month we will look at how Mrs. Jones and her family will use the information collected to make the best decision for her next steps. Mrs. Jones is lucky; she has a great support system. That isn't always the case for all seniors. As such, we will also examine how a person who may not have a strong support system or advocate can access the same information to choose a facility that best meets their needs and health goals.

Christopher Stieben is Director of the ABLE Long-Term-Care-Ombudsman Program, which can be reached at 419-259-2891 (http://ombudsman.ablelaw. org). 👻

■ *Inspection - continued from p27*

for buyer and seller alike. But if you, the eventual seller, have the home inspected prior to putting it on the market, you'll be able to identify any problems in advance and work to remedy them as your time and finances allow rather than get hit with a big list of issues that have to be addressed within the relatively constrained timeline of a home sale.

Of course, different inspectors might find different issues, so a pre-emptive home inspection won't necessarily eliminate all possible selling-time surprises. It should, however, catch any major problems and give you time to remedy them so they don't derail the sale or force you to accept a significantly reduced offer. And even if selling isn't on your radar, routine inspections can be a vital tool in maintaining the value of your home while maximizing your confidence in the soundness of its structure and major systems. 👻

The dangers of quiet cars

by Shelly Horvat, AuD, CCC-A

s anyone living near a busy street Aknows, motor vehicles make noise and that noise can disrupt your life, causing lack of sleep, reduced concentration, and irritation. The advent of today's new electric vehicles and quiet gas-powered and hybrid vehicles is bringing vehicle noise levels down to a welcome level of quiet for many people. Quiet vehicles do, however, have two dangerous and deadly down sides.

The first problem with quiet vehicles is that because electric and hybrid vehicles operate nearly silently, especially at slower speeds, humans and animals sharing the roadways, parking lots, and driveways with these vehicles have a hard time hearing these vehicles coming. Accidents involving pedestrians and electric vehicles are on the rise, and pedestrians are 40% more likely to be hit by a hybrid or electric vehicle than a combustion-engine vehicle. Due to the problem of people not hearing these vehicles, auto manu-

facturers are designing special beeps and chirps for upcoming electric and hybrid vehicles to warn pedestrians of their presence. Green energy is extremely important for air quality as well as for conserving natural resources, and hopefully the newer technology will incorporate audible safety features.

The second problem with today's remarkably quiet cars is that drivers can forget to turn them off when parking them. This can cause carbon monoxide poisoning when a vehicle is parked in an attached garage. This problem is especially prevalent in the keyless vehicles since drivers don't need to turn a physical key to turn off the vehicle. Keyless vehicles make up more than half of new cars sold in the United States today. Motorists, especially but not limited to older people, have inadvertently parked in attached garages, left the vehicle engines running, and been killed or poisoned by carbon monoxide filling up their garage and home while they slept. Another problem arising from today's newer keyless vehicles is

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that combined with the quiet operation, drivers have forgotten to put the vehicle into park and turn off the engine, causing the vehicle to continue moving as the driver exits the vehicle.

In 2011, the National Highway Traffic Safety Administration proposed a rule that would have required automakers to install more warning alerts to draw attention to a vehicle left running. The auto industry opposed this rule, and no action was taken. Some manufacturers have since started adding these features to newer vehicles, but there are thousands of vehicles on the roads without these features. General Motors, for instance, has since installed automatic shut-off features in 31 of 39 keyless models. Toyota vehicles now beep externally three times to alert the driver that the vehicle is still running, but they do not have an automatic shut off feature. Fiat Chrysler introduced an automatic shut off feature in its 2018 Chrysler Pacifica hybrid minivan. Ford now has an auto-shut-off function in all keyless vehicles made after 2015. However, across manufacturers, there is no consistent safeguard to protect drivers against forgetting to turn off keyless or quiet vehicles.

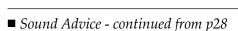
Senator Richard Blumenthal from Connecticut introduced a bill to Congress in 2019 that would direct the National Highway Traffic Safety

Administration to adopt a rule requiring auto makers to include a feature that automatically shuts off an engine in keyless vehicles after a specified period of idling. The act is called Park It, which stands for Protecting Americans from the Risks of Keyless Technology. It has yet to be approved but has been read in the Senate and the House. The Park it Bill would also require car makers to install technology to make the car immobile if the driver's door is opened, the seat belt is unbuckled, or the brake is not engaged when the car has been left running and in gear.

If green energy and safe vehicles matter to you, you may want to make some noise to your political representatives in the US Senate and House to state your support for the Park It Bill.

If you are having trouble hearing the sounds made by your vehicle or vehicles around you, call the audiologists at Northwest Ohio Hearing Clinic to request a complete hearing evaluation.

Shelly Horvat, AuD, CCC-A, is a Doctor of Audiology with Northwest Ohio Hearing Clinic, located at 1125 Hospital Dr., Suite 50 in Toledo (419-383-4012) and 1601 Brigham Dr., Suite 160 in Perrysburg (419-873-4327).



- Because automobiles today are designed to be quiet and provide a more enjoyable driving experience, people are more inclined to speak on their phones while driving. I would encourage you to minimize phone use while driving, as talking on the phone will alter your responsiveness as well as affect your ability to hear what's happening on the road.
- If you are stopped by law enforcement while driving, you may wish to inform them about your hearing loss and the fact that you're wearing hearing aids so that they can more effectively communicate with you. Who knows, maybe they'll even let you off without a citation this time!

Once distractions are minimized, you'll have more capacity to focus on the information your ears are collecting along the way.

When there is any degree of hearing loss, driving comes with a lot of responsibility. That means anytime. Make sure to have your hearing assessed annually. This is important for your safety on the road as well as those who share it with you.

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■ Lawn and Garden - continued from p6 sure all equipment safety devices and features are in place and fully operational before starting work. Also, check the equipment for loose belts, missing or damaged guards, a buildup of grass or leaves, or any obvious structural defects. If you are not completely familiar with the proper operation techniques for the tool you are using, refer to your owner's manual for a refresher.

Know where the children are

Like water and electricity, young children and power tools are a very dangerous combination. Make sure young children are indoors and under close adult supervision before starting up any power tool. The same applies to pets. When mowing, exercise extreme caution while backing up, turning corners, or approaching any objects that obscure your vision (trees, shrubs, air-conditioning unit, storage shed, etc.). Under no circumstances should young children be allowed to operate or ride on a riding lawnmower—even if an adult is present. Teens should be allowed to operate a riding mower only if they demonstrate adequate physical strength and maturity.

Remember electrical safety

When using electrical power tools, avoid working in wet or damp conditions and make sure your extension cords are in good condition, rated for outdoor use, and the proper gauge for the particular tool you're using. As a safeguard against electrocution, use a ground-fault circuit interrupter (GFCI) in conjunction with all of your electrical power tools. A GFCI will instantaneously disrupt the flow of current in the event that a short develops—for example, if the power tool is exposed to water.

Store lawn and garden tools safely

Power tool safety doesn't end when the equipment is turned off and stored away in the garage or shed. Unattended tools should be made inoperable—by engaging locking mechanisms, disconnecting sparkplugs, etc.—to prevent curious children from getting injured. Also, many power tools have sharp blades that can cause lacerations even when turned off. Such tools should be stored well beyond the reach of little hands. Of course, gasoline should be stored in an approved container a safe distance from the house and any ignition source. *



■ *Nobody's Perfect - continued from p27* even though it wasn't related to your illness. It's also considered a single-trial conditioning since it only took one time for you to be conditioned to avoid the food.

Besides a taste-aversion experience, there is lots of

research about factors that cause us to eat or not eat foods. According to Robin Dando, associate professor of food science at Cornell University, our emotions can have a great effect on what we choose to eat. When people are in a positive mood, they are more sensitive to the taste of sweetness. However, experiencing negative emotions tends to heighten the sensitivity to sour tastes.

Taste aversions can occur both unconsciously and consciously. Sometimes, you can unconsciously avoid a food without realizing why. The strength of conditioned taste aversion usually depends on how much of the food you consumed and how sick you were. Your mood at the time you were eating the dish has a large impact on how you perceive taste. Scientists are predicting that this is due to the increase in the chemical serotonin released in the brain when people are experiencing positive emotions, but more research is needed to support this idea.

Dando also shares that color has an effect on our tastes. The flavor that is being perceived is strongly related to the color that you see. In many studies, the color of a drink strongly influenced the participant's guess as to what flavor the drink was.

According to studies by other food researchers (Ndom, Elegbeleye, and Ademoroti), even though there was no association to the actual flavor of the drink, the color of the drink was what highly influenced participant guesses. For example, a green-flavored drink was associated with a citrus lime flavor whereas a red drink was associated more with a sweet strawberry flavor.

The researchers add a "Fun Fact": Colorless, caffeine-free Crystal Pepsi and Heinz's Colored Ketchup did not succeed because people said that they tasted different even though the perceived flavors were not in fact on the ingredients list.

Restaurants are beginning to imple-

sound and music as a way to enhance the taste of the dishes being served. One of the most famous examples of this comes from The

Fat Duck restaurant in Berkshire, England. The owner had a special menu called Sounds of the Sea, where they served seafood accompanied by an iPod playing ocean sounds. According to many customers, this added to the taste and experience of the dish.

Furthermore, researcher Amy Fleming has discovered a correlation between high-pitched sounds and sweetness as well as low-pitched sounds and bitterness when eating bitter-sweet flavors such as dark chocolate or toffee. This phenomenon is called modulating taste and is not fully understood by scientists, but research is being done to further develop the reasoning behind this correlation.

Some food researchers found that round, white plates lead to a 20-percent increase in people rating the food as sweeter and a 30-percent increase in the intensity of the flavors in the meal. Certain theories suggest that the reason behind this phenomenon is that the colors of the food served on a white plate are more vibrant, leading to a perception of more intense flavor.

In the end, our brain is doing a lot more than just enjoying that piece of cake. Everything from our emotions in response to the color of the food and the sounds around us plays an important part in how much we enjoy the food we are tasting. So next time you are out in a restaurant, have a bite of your delicious meal and enjoy the taste of all your senses coming together.

So, be mindful of your next meals.

Sister Karen Zielinski is the Director of Canticle Studio. Canticle Studio is a part of the Sisters of St. Francis of Sylvania, OH's overall advancement effort and has a mission of being a creative center where artists generate works, products, and services in harmony with the mission of the Sisters St. Francis. She can be reached at kzielins@sistersosf.org or 419-824-3543.

■ Sunset - continued from p17

individual becoming lethargic, and finding expired or spoiled food in your aging loved one's refrigerator."

Medication is managed poorly

Older adults often take multiple medications to treat various chronic ailments, but failing to take medications at the right time and in the proper dose can have serious health consequences. If adult children notice that their aging loved one is having increasing difficulty managing his or her medication schedule properly—skipping or doubling up on doses, forgetting whether they've taken a medication, etc.—it's time to give some serious thought to assisted living.

Memory issues are emerging

Of course, many of the issues mentioned above go hand in hand with memory loss, which in and of itself can be another good reason to consider assisted living with memory support for an aging loved one. Some of the early warning signs of memory loss to watch for include becoming lost or disoriented in familiar places, repeating stories or questions in the same conversation, forgetting how to do things the individual has done many times before, having difficulty recalling details of recent events or conversations, frequently forgetting appointments or activities, frequently struggling to find and use the right words in conversation, and exhibiting confusion about time and place.

They want to stay as independent as possible

It may seem counterintuitive, but choosing assisted living can actually help older adults maximize their independence and maintain the highest possible quality of life. "By joining a community where help is provided for daily activities, the risk of falls and other accidents is significantly reduced, transportation concerns are eliminated, delicious and nutritious meals are provided, and social opportunities abound, older adults stand to gain much more than they leave behind when they make the transition to assisted living," Young states.

Young encourages families who are considering the option of assisted living for an aging loved one to visit a community and explore all that it has to offer. She notes that in addition to offering the day-today support residents need, many assisted-living communities strive to create a home-like, family-friendly environment by welcoming pets, supporting intergenerational activities, and providing outstanding dining experiences. "A quality assisted-living community is one that allows older adults to flourish and thrive," she adds.

Sunset Retirement Communities offers a full care continuum that includes assisted living, memory care, and health care at Sunset House; assisted living, health care, memory support, and a state-of-theart rehab center at Sunset Village; independent living apartments at The Woodlands; active-living homes at Fieldstone Villas; and hospice and palliative care services through Ashanti Hospice and Palliative Care. For more information, please call 419-536-4645 (Sunset House), 419-724-1200 (Sunset Village), 419-724-1220 (The Woodlands), or 419-386-2686 (Fieldstone Villas), or visit www. sunset-communities.org. **



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Senior Living Guide

Choosing a senior living community that's right for you or a

loved one is among the most important—and challenging—

decisions you'll make in your lifetime. We're fortunate here in

Northwest Ohio and Southeast Michigan to have a wide variety

of high-quality senior living options, including independent liv-

ing, assisted living, continuing-care, and subsidized low-income

To make your decision a bit easier, we've assembled this guide

to all the senior living properties that regularly support Healthy

Living News through advertising. In addition to referencing this

page for each organization's contact information, we urge you

to see their ads in the pages of this issue, check out their websites,

and give them a call to schedule a tour if you are interested in hearing more about all the services and amenities they offer.

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2735 Darlington Rd. Toledo, Ohio 43606 419-531-4465 www.parkterracenursing.com

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www.ContinuingHC.com

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Genesis Village

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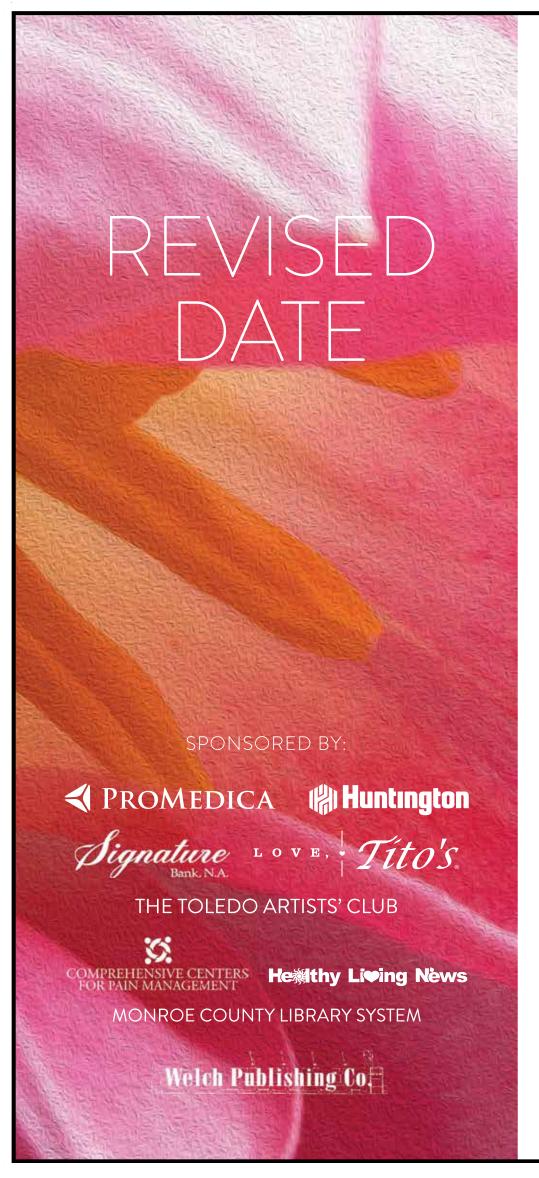
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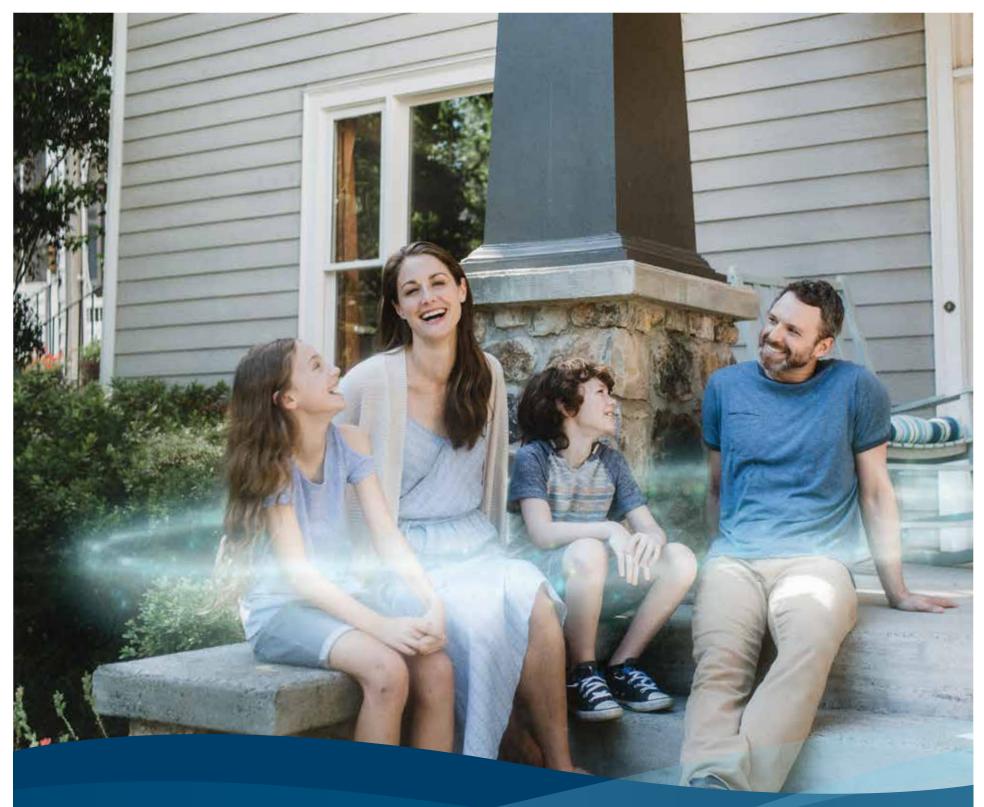
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